



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

May 7, 2020

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Activities

AIC Photo Department

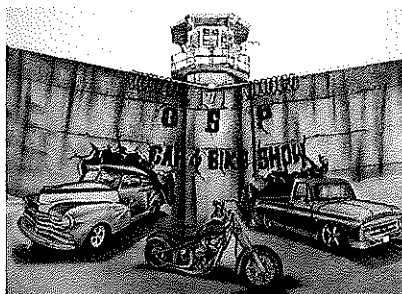
Frequently Asked Questions

- **Price of photos?**
 - \$1.00 for a 4x6 single print
 - \$2.50 for a 5x7 single print
 - \$6.00 for a 8x12 single print
- **Account Number? 2649**
- **Do I need to submit an AIC communication with my CD/28?** No, you do not. Just submit your cd/28 into the white activities box filled out completely with your photo numbers written on the back. Also, if you are ordering multiple photos and or from multiple events you should only submit one cd/28.
- **My money was taken, when will I get my Photos?** We submit our cd/28s to the business office once a week. The money must come off your account before we can order which lands the average photo processing time at about 4-6 weeks.
- **When are photos shown, is there a schedule?** I/M Photo covers a lot of different events including the yard photos. For most activities events we try to show them on 1.1 within a couple days of the event. Yard photos are shown on Tuesday & or Friday depending on scheduling availability and number of photos taken. (yard photos are turned in and reviewed once a week)
- **How are yard photos processed?** The same as activities has always been done. All the regular rules that are in your inmate handbook apply.
 - 4 AIC max in a single photo
 - No towers or security staff in photos will be Photoshopped upon purchase)
 - No blatant display of tattoos
 - No hand gestures and or STM tattoos visible

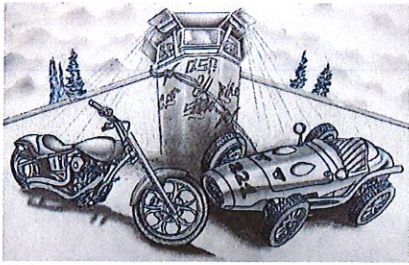
- **Photos are reviewed by Activities Lead - J. Rodriguez.** If you feel your photo has been unfairly removed, send AIC communication to J. Rodriguez. *Continued removal for STM reasons may be forwarded to security management for further review.*
- **How long are photos kept?** Yard photos are stored for a minimum of 6 months. Activities photos are stored for 2 years. After these dates, photos will be deleted.
- **Can I get my photos with boarders and or in Black & White?** Our system is different than Commissary had. We are working on something for special order photos in the future, stay tuned for more on that. For Black & White, just write **B&W** next to whichever photo you wish to be printed as so.
- **Are Felix photos ordered through the same process?** If they made it one T.V. then yes, they are available through the normal process.

Car and Bike Show Logo Contest

Your top three Finalist are in. Place your vote via AIC communication in the White Activities Box at the bottom of the stairs leading to the Activities Floor. Who will be the winner, have bragging rights, win a free pizza, and have full VIP access to our next Car & Bike Show? A special thank you to all of you that participated. This contest has been a tight one so don't wait until the last minute; all votes must be in no later than May 18, 2020. Here are your finalists!



#1



#4



#7

Healing Garden Schedule

Interested in visiting the OSP Memorial Healing Garden? It's finally open for GP access. Sign up now. Here's how:

1. Review the attached schedule chart.
2. Fill out a kyte addressed to the APFC specifying the time you wish to access the garden. (Listing alternative times will help ensure faster processing)
3. Drop your kyte in the white box at the bottom of the activities' stairs.

/s/ J. Rodriguez, Activities

Quote for the Week

Strength of character means the ability to overcome resentment against others, to hide hurt feelings, and to forgive quickly.

Lawrence G. Lovasik

Healing Garden Schedule

#	TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	8:15-8:40AM	GP	GP	GP	Closed	GP	GP	GP
2	8:45-9:10AM	GP	GP	GP	Closed	GP	GP	GP
3	9:15-9:40AM	GP	GP	GP	Closed	GP	GP	GP
4	11AM-12:45PM	Closed	Closed	Closed	ICH	Infirmary	Closed	Closed
5	1:30-1:55PM	GP	GP	GP	Closed	GP	GP	GP
6	2:00-2:25PM	GP	GP	GP	Closed	GP	GP	GP
7	2:30-2:55PM	GP	GP	GP	Closed	GP	GP	GP
8	3:00-3:25PM	GP	GP	GP	Closed	GP	GP	GP

OREGON DEPARTMENT OF CORRECTIONS - Spring-Summer 2020 Calorie Report Menu (Week 3)

Kent Fanger, Food Service Administrator

Elena Guevara RD, LD Elena Guevara RD, LD

MONDAY 5/11/2020	TUESDAY 5/12/2020	WEDNESDAY 5/13/2020	THURSDAY 5/14/2020	FRIDAY 5/15/2020	SATURDAY 5/16/2020	SUNDAY 5/17/2020
Food Item - Calories Oatmeal - 138 Canned Fruit - 60 Peanut Butter - 239 Waffles - 190 Syrup - 168 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Dry Cereal - 119 Fruit Drink - 0 Sausage Gravy - 299 Fried Potatoes - 165 Wheat Toast - 171 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Farina - 140 Canned Fruit - 60 Hobo Breakfast Scrambled Eggs - 86 Ground Beef - 66 Shredded Cheese - 80 Fried Potatoes - 165 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Dry Cereal - 119 Fruit Drink - 0 Pancakes - 524 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Oatmeal - 138 Canned Fruit - 60 DOC Biscuit Sandwich: 1 ea *Ham - 115 Cheese - 50 Biscuit (large) - 296 Fried Potatoes - 165 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories 9 Grain Cereal - 102 Fresh Fruit - 88 Scrambled Eggs - 115 Turkey Bacon - 209 Fried Potatoes - 165 Wheat Toast - 171 Jelly - 80 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Fruit Drink - 0 Scrambled Eggs - 115 Turkey Bacon - 209 Fried Potatoes - 165 Wheat Toast - 171 Jelly - 80 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0
Meat Sub: Peanut Butter - 239 1.5 oz Tossed Salad - 12 Salad Dressing - 102 Beef Stroganoff - 310 Pasta - 179 Cauliflower - 32 Wheat Bread - 171 Margarine - 80 Fresh Fruit - 88 Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Soup of the Day - 144 10 fl oz Deli Sandwich: *Deli Meat - 135 Cheese - 50 Shredded Lettuce - 3 Onions - 6 Wheat Hoagie Bun - 318 1 ea Peas & Carrots - 98 Tortilla Chips - 140 Mayonnaise - 50 Mustard - 9 Fresh Fruit - 88 Tea - 0	Meat Sub: Scrambled Eggs - 115 3 oz Vegetable Soup - 60 10 fl oz Salmon Pattie - 298 1 ea Wheat Hamburger Bun - 244 1 ea Green Beans - 56 6 oz French Fries - 269 6 oz Tartar Sauce - 39 0.5 oz Fresh Fruit - 88 1 ea Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Coleslaw - 132 6 oz *Pork Fajitas: *Pork Fajita Mix - 178 4 oz Onions & Peppers - 33 4 oz Wheat Tortilla - 314 2 ea Brown Rice - 167 6 oz Salsa - 26 2 oz Fresh Fruit - 88 1 ea Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Pasta Salad - 230 6 oz Turkey & Chs Sandwich: 1 ea Turkey - 94 3 oz Cheese - 50 1.5L Shredded Lettuce - 3 1 svg Onions & Pickles - 8 1 svg Multi-Grain Bread - 155 2 SL Blended Vegetables - 102 6 oz Mayonnaise - 50 0.5 oz Mustard - 9 0.5 oz Fresh Fruit - 88 1 ea Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Lentil Soup - 152 10 fl oz Chicken Salad - 221 4 oz Shredded Lettuce - 3 1 svg Wheat Hoagie Bun - 318 1 ea Carrots - 63 6 oz Tortilla Chips - 140 1 ea Fresh Fruit - 88 1 ea Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Coleslaw - 132 6 oz *Roast Pork Loim - 136 3 oz Parsley Pasta - 166 6 oz Broccoli/Cauliflower - 40 6 oz Bread Stick - 168 1 ea Ice Cream - 137 1 ea Tea - 0
Meat Sub: Peanut Butter - 239 1.5 oz Cabbage Salad - 148 6 oz Teriyaki Chicken - 148 4 oz Brown Rice - 167 6 oz Broccoli - 48 6 oz Wheat Tortilla - 157 1 ea Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz *Mac & cheese w/Ham - 304 10 oz Blended Vegetables - 102 6 oz Pudding - 133 4 oz Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Canned Fruit - 60 4 oz *Ham - 115 2 oz Scrambled Eggs - 115 3 oz Fried Potatoes - 165 6 oz Wheat Toast - 171 2 SL Margarine - 80 0.5 oz Coffee - 0	Meat Sub: Peanut Butter - 239 1.5 oz Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Vegetable Soup - 60 10 fl oz Veggie Pizza - 354 1 svg Baker's Choice - 258 1 svg Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Cheese Ravioli - 269 10 ea Marinara Sauce - 58 4 fl oz Broccoli - 48 6 oz Fruit Crisp - 316 1 svg Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Beef Pattie - 211 1 ea Onions & Pickles - 8 1 svg Wheat Hamburger Bun - 244 1 ea Green Beans - 56 6 oz French Fries - 269 6 oz Catsup - 17 0.5 oz Tea - 0	Meat Sub: Peanut Butter - 239 1.5 oz Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Turkey Tetrazzini - 327 10 oz Peas - 133 6 oz Wheat Bread - 171 2 SL Margarine - 80 0.5 oz Fresh Fruit - 88 1 ea Tea - 0

* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight. This menu can help AICs reduce their calorie intake at each meal by showing how many calories each food item contains. Values listed are best estimates based on current foods purchased.

Menu subject to change without notice. Last Revision: 3/30/2020

Healthy Choice items
 High Fat/Cholesterol
 High Sugar
 High Fat/Chol & Sugar
 High Fat/Chol & Sodium