

# SECURITY



To the OSP Population:

As mentioned in the previous article relating to property, the State Fire Marshal has tasked DOC to come into compliance with our own property rule to address the State Fire Marshal's violation notice regarding AIC excessive property. We have been given a compliance date of July 1, 2022. To bring OSP into compliance, each AIC must reduce their property to the following parameters:

1. AIC property must fit inside the allotted storage capacity available to where you are currently assigned. This will be the available drawers and shelving space provided.
2. Property on shelving should not exceed 12" in height to include magazines/books.
3. The only items allowed on your cell floor are shoes, broom, toilet brush, trash container, one musical item, and one authorized legal archive box.
4. Any excess personal property (i.e., books, papers, letters, or other items, etc.) which cannot be stored as indicated above will be sent home, disposed of, or confiscated as per OSP procedures and DOC rules.
5. Authorized legal materials (i.e., complaints, petitions, or answers), legal motions and memorandums, affidavits, court orders, judgments or other necessary documents pertaining to an AIC's own active (open or pending) case(s) will be stored pending disposition in accordance with DOC rule, Personal Property (AIC).
6. All AIC's property must be in compliance prior to any cell move.
7. As of July 1, 2022, the Transport Unit will not transport your property if you have more than the allotted amount, meaning your property must be in compliance.

- (2) Disposition of Excess Property:
- (a) AIC personal property that exceeds the capacity of the facility's designated storage space shall be considered excess property. Excess property shall be mailed out at the AIC's

expense or discarded. Excess property that is not mailed out or discarded at the direction of AIC shall be considered contraband and may result in confiscation of the item(s) and/or disciplinary action.

- (b) Staff shall direct AICs in writing to bring their aggregate property within the capacity of designated storage space. The facility will hold an AIC's excess property for no more than 45 days following the date of Staff's written order directing the AIC to mail out or dispose of the AIC's excess property. If after 45 days the AIC has not made arrangements to mail out or dispose of the item(s), the Department shall confiscate the property as contraband and discard it.
- (3) Disposition of Unclaimed Property: AIC personal property items that the Department cannot identify as the property of a specific AIC shall be confiscated and held by the Department for no more than 45 days. If after 45 days the property items remain unclaimed, the Department shall discard the items.

As we move through this process, we will continue to provide you with detailed information regarding how to send out personal property, shred sensitive material no longer needed, discarding property, and how to donate books.

Staff have been directed to start enforcing these mandates. We encourage you to start working independently on reducing your property. As an item of measurement, the blue bins located in each housing unit should get you within the allotted parameters to store your property in accordance with the rule.

/s/ B. Sundquist, Group Living Captain

# ACTIVITIES

## Memorial Healing Garden Visiting/Photos



The Asian Pacific Family Club proudly informs the OSP community of the process available to schedule visits and photos in the Memorial Healing Garden. Please send an AIC communication form to the APFC to

schedule visits in the Memorial Healing Garden. When submitting a request, please be sure that your work hours and schedule does not conflict. All visiting/photo requests will be submitted to staff for processing every Tuesday; therefore, call passes will be issued for the following week.

Due to programs being held in the Memorial Healing Garden, visiting slots are limited to the following schedule listed below. The cost of a 4X6 photo is \$1.50 each; all proceeds raised from the Memorial Healing Garden Photo Program goes toward the care, sustainability and maintenance of the koi pond. Please anticipate that photo prints take approximately a month for processing.

Sunday 7:45-9:45am and 1:30-3:30pm

Monday 12:00-2:45pm

Tuesday 12:00-2:45pm

Wednesdays closed for maintenance

Thursday 7:45-9:45am-12:00-2:45pm

Friday 1:30-2:45pm

Saturday 12:00-2:45PM

Please see information channel 1.1 for continuous updates. Thank you.

/s/ A. Powers, Activities Manager

# MISCELLANEOUS



## Tips to Remember: Allergies

Spring is coming and it is a common time for allergies to flare up.

Do you have a runny or stuffy nose that does not seem to go away? If so, you may have rhinitis, which is an inflammation of the lining of the nose.

Rhinitis is the most common allergic condition in the United States, affecting about 40 million people.

Allergic rhinitis is caused by substances called allergens. Allergens are often common, usually harmless substances that can cause an allergic reaction in some people.

### Causes

- When allergic rhinitis is caused by common pollens or molds, it is called seasonal allergic rhinitis, or "hay fever". This is common in the Spring.
- Allergic rhinitis is also triggered by common indoor allergens like dust. These symptoms can last year round.

### Symptoms

- Sneezing

- Congestion
- Runny nose
- Itchiness in the nose, roof of the mouth, throat, eyes and ears

### Treatment

1. Drink plenty of fluids, especially water and juice.
2. Identify the allergen and avoid it if possible.
3. Analgesics (like Tylenol or Aspirin) can help. Available on the units.
4. Purchase allergy medication available off Canteen

/s/ Carrie Coffey, BSN, RN, Health Services

### ICH Unit Peer Companion Position

We believe that AICs who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for at least two Peer Companions on the Intermediate Care Housing (ICH) unit. The individuals selected for this position will report to the ICH unit, yard, and/or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on the ICH are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include escorting individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room, treatment lounge, or out for ICH yard time.

Please submit an application AIC Communication Form to Tyann Etzel, ICH Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ T. Etzel, BHS Manager

**Education Updates**



Salary increase with a GED:

Well, it is no surprise that people who hold a GED diploma earn higher salaries than people who do not have the credential. The question is, how much more will you earn?

Research by the U.S. Bureau of Labor Statistics indicates that the salary increase is approximately 25% on average. That is quite something, right? So it seems that earning your GED credential is really rewarding!

If you would decide to continue your education even further, your salary will go up even higher. Some companies, such as Amazon, actively promote further education for their employees and are even paying for college tuition to enhance their workers' professional options!

/s/ K. Arrington, DOC Education

FAFSA Information:

FAFSA is available in July 2023. AICs are sending AIC communication forms requesting FAFSA and there are no forms or information for Education to give out. When July 2023 gets closer, DOC Education Unit will send out updated information when it is available.

The next Corban class is currently postponed due to Corban's request. It will not start in Fall 2022. We are uncertain if it will begin in January 2023 or later.

Once we know when Corban would like to start their next class, we will advertise in the AIC newsletters and interested students can apply then.

/s/ J. Norton, DOC Education, Training & Treatment Manager

**Paint Shop Position**

Physical Plant is accepting applications in the Paint Shop for the following position:

Paint Crew – 10 points – 6:30 am – 4:00 pm Monday-Thursday

The selected candidates will have the closest matching skills to those listed below.



Desired skills:

- Self-motivated individual with a desire to learn skills for the outside.
- Willingness to take direction, criticism, and work with others to accomplish tasks.
- Experience using hand tools, paint brushes, and rollers.
- Able to lift 50-75 pounds frequently.
- Reliable individuals who maintain regular attendance.

Send a completed AIC job application to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant

**OCE Open Position Announcements – Statewide**

EOCI Telemarketing Agent

OCE Program Location – *EOCI Contact Center*

The OCE EOCI Contact Center is recruiting for multiple Telemarketing Agent positions. Applicants must adhere to a high quality standard in a fast-paced environment while meeting deadlines. Agents must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award and a production-based Individual Meritorious Award. This position has opportunities for reviews, promotions and advancement. The current schedule is Monday-Friday, 7:00 am-3:00 pm.

Duties include:

- Agents in this out-bound contact center perform lead generation calls. Lead generation is the process of attracting leads from someone who has indicated interest in the product or service being sold
- Learning new software programs and procedures

Skills that enhance the experience of successful applicants (not required):

- Personal experience – previous successful work in an OCE shop; a humble and inquisitive work mindset with a willingness to learn
- Computer keyboarding experience
- Software experience –Microsoft Office Suite (Word, Excel)

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- Have no convictions for ID Theft, or Computer-related crimes
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12)month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3
- A release date after June, 2026, on current sentence
- Read proficiently and speak English language clearly

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the work day
- Communicate respectfully with staff, AICs and clients
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

If you are interested in applying, please complete an OCE AIC Work Application referencing EOCI Telemarketing agent as the position. Submit paperwork by May 25, 2022 to OCE People Program and Services- S. Thomas C/O OCE Administration 3691 State St Salem, Or 97309

NOTE: Any transfer is subject to safety protocols and may delay the process.

TRCI- OCE Maintenance

OCE Program Location – *TRCI Laundry/ Woodshop*

The OCE TRCI shop is recruiting for an experienced Maintenance worker. Applicants must pay attention to detail and adhere to a high quality standard in a fast-paced environment while meeting deadlines. Workers must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement.

Duties include:

- Setup and operation of conventional and specialized equipment
- Care of all associated equipment and clean-up daily
- Keep machines, mechanical equipment, or the structure of an establishment in repair
- Duties may involve pipe fitting; insulating; welding; machining; carpentry; repairing electrical or mechanical equipment; installing, aligning, balancing new equipment and preventative maintenance

Skills and training that enhance the experience of successful applicants (not required):

- Willingness to complete production work and shop repairs with a mechanical aptitude
- Ability to read blueprints, instructions and drawings
- License or training in a trade such as pipe fitter, electrician, etc.

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- A release date after June, 2026, on current sentence
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12)month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3

Essential functions include ability to:

- Must be able to lift up to 40 lbs.
- Remain standing operating machinery for extended periods of time throughout the work day
- Work in a production setting with loud background noise
- Maintain safety controls and equipment including wearing correct Personal Protection Equipment (PPE)
- Receive training and quality-control advice and corrections from other AICs and staff
- Communicate respectfully with staff, AICs and clients
- Must be a self-starter with limited direction from supervisor
- Must be able to stand on concrete floors for extended periods of time

If you are interested in becoming highly marketable upon release, utilizing modern production machinery, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

If you are interested in applying, please complete an OCE AIC Work Application referencing TRCI Journeyman Maintenance as the position. Submit paperwork by May 25th, 2022 to OCE People, Programs and Service C/O OCE Administration 3691 State St Salem, Or 97309

NOTE: Any transfer is subject to safety protocols and may delay the process.

TRCI Production CADD Operator  
OCE Program Location – TRCI Woodshop

- The OCE TRCI Woodshop is recruiting for a Production CADD Operator. Applicants must pay attention to detail and adhere to a high quality standard in a fast-paced environment while meeting deadlines. Workers must be motivated and able to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The schedule will require you to work 5 days per week which may include weekends.

Duties include:

- Develop and design products to support the OCE Woodshop production and fabrication
- Generate modular 3D computer models, complete with dimensions, bills of materials, cut lists, details of the design process, and realistic renderings

Skills that enhance the experience of successful applicants (not required):

- Experience with Microsoft products; Word and Excel
- Drafting or solid modeling experience using the following software AutoCAD and Autodesk Inventor
- Knowledge in or be able to learn:
  - Practical application of engineering science, design techniques, tools, and principals involved in production of precision technical plans, blueprints, drawings, and models
  - Machines and tools, including their designs uses, repair, and maintenance
  - Raw materials, production processes, quality control, costs, and other techniques for maximizing the effective manufacture and distribution of goods
  - Arithmetic, algebra, geometry, calculus, statistics, and their applications
- Personal experience – previous successful work in an OCE shop; a humble and inquisitive work mindset with a willingness to learn

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- Not involved in conflicting programs or activities during the assigned shift

- Be willing to sign a twelve (12)month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3
- A release date after June, 2026 on current sentence

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the work day
- Communicate respectfully with staff and AICs
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff
- Balance multiple time-sensitive projects with deadlines at the same time
- Stay on task while working in a team setting and independently, depending on the project
- Maintain safety controls and equipment including wearing correct Personal Protection Equipment (PPE)
- Must be a self-starter with limited direction from supervisor

If you are interested in becoming highly marketable upon release, utilizing modern production machinery, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

If you are interested in applying, please complete an OCE AIC Work Application referencing TRCI Woodshop Cadd as the position. Submit paperwork by May 25th, 2022 to OCE-People Program and Services-S.Thomas C/O OCE Administration 3691 State St Salem, Or 97309

NOTE: Any transfer is subject to safety protocols and may delay the process.

/s/ S. Thomas, OCE AIC Workforce Coordinator

## CHAPEL



**Oregon Agape Youth Camps**

Would you like to give your children a summer camp experience they will never forget? The Agape Youth Camps are completely free of charge and created only for kids who have experienced incarceration at any time in their lives. Campers learn about love, hope and

forgiveness while also experiencing a wide range of fun camp activities. Every child receives a t-shirt for each day of camp, a sweatshirt, and other camping items they might need. Let your families know registration is available for all camps on our website, which is: [agapefamiliesoregon.org](http://agapefamiliesoregon.org)

This summer we will be hosting camps in Eugene and Salem so make sure your campers apply early to reserve their spot! Here are the dates and locations for our five camps.

Agape Breakaway Camp for children 8th-12th grade

When: June 3-5

Where: Camp Harlow, Eugene, OR

(This Camp is full and has a waiting list)

Agape Youth Camp Salem for children 1st-7th grade

(7 years old minimum age)

When: July 21-24

Where: Camp Aldersgate, Turner, OR

Agape Youth Camp Eugene for children 1st-7th grade

(minimum age is 7 years old)

When: August 25-28

Where: Camp Harlow, Eugene, OR

Bringing Hope & Healing To Children Ages 7-17 Impacted By Incarceration.

/s/ A. Perlstein, Chaplain

## Weekly Chapel Schedule

### SATURDAY, MAY 21

8:00 A.M.

LDS

Sweatlodge

JW

1:00 P.M.

SDA

Jewish

3:00 P.M.

Meditation/

Silent Prayer

6:00 P.M.

Calvary Chapel

### SUNDAY, MAY 22

8:00 A.M.

Spanish Protestant

Spanish JW

3:00 P.M.

Meditation/

Silent Prayer

6:00 P.M.

Catholic

### MONDAY, MAY 23

3:00 P.M.

Meditation/

Silent Prayer

### TUESDAY, MAY 24

7:15 A.M.

U-Self Mentorship

1:00 P.M.

Orthodox

3:00 P.M.

Meditation/

Silent Prayer

Agape Family Svc.

6:00 P.M.

Zen

### WEDNESDAY, MAY 25

3:00 P.M.

Meditation/

Silent Prayer

### THURSDAY, MAY 26

3:00 P.M.

Meditation/

Silent Prayer

### FRIDAY, MAY 27

1:00 P.M.

Nation of Islam

Sunni Jum'ah Prayer

3:00 P.M.

Meditation/

Silent Prayer

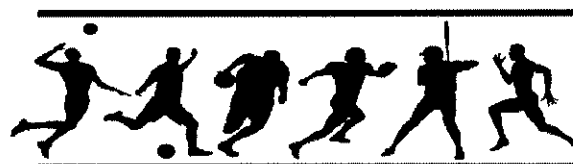
🚫 = Service is full or restricted. Add requests are not being accepted at this time.

📅 = Service has a waiting list. Submit a request to be placed on waiting list

## **A Point to Ponder**

***“If you treat an individual as he is, he will stay as he is, but if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.”***

**-- Johann Wolfgang von Goethe**



**Class announcements - OSP Summer 2022**  
**University of Oregon Prison Education Program**  
**June 20 – September 9**



Note: these are “correspondence” / “packet exchange” courses and **do not meet in person**. This is a difficult format for some people’s learning styles. Informational sheets and academic writing tips will be provided.

The math class is an in-person class with a very small number of available seats. Students who apply for this class have to also be prepared for the class to be postponed, cancelled, or shifted to a remote format if required by Covid restrictions.

#### **4 University of Oregon Credits**

**Prerequisite:** DOC clearance and a GED/High School diploma is required. Students must be at OSP.

**\$50 to participate** (\$75 for graduate students) Payment early May via check, CD-28, or phone-in with a credit card (instructions will be sent if you are accepted to the class). **Scholarships are available.** Books and readings will be provided free of charge. Some paper will be provided but students will need to provide their own pens/pencils and paper they might need for notes. We cannot provide access to computers.

**Applications are due May 24<sup>th</sup>** The class sizes are limited - not all who apply will be admitted. You may apply to more than one class.

#### **GEOG 410/510 LANDSCAPES OF CLIMATE CHANGE / PROFESSOR LESLIE MCLEES**

***Taught at both undergraduate and graduate level.***

This course will provide a spatial understanding of how climate change occurs both from a scientific perspective and a cultural perspective. After an overview in climate change science, we will survey regions of the world to combine science with cultural approaches that impact how people interact with and understand their local landscapes. This class is meant to provide a grounded sense of the complexity of how climate change is understood around the world. This approach highlights how science and culture evolve and interact to produce both distinctive landscapes and diverse, creative adaptations to the changing planet.

#### **CAS 407/507 POST-CONFLICT COMMUNITY: RECONCILIATION AFTER INTRA-COMMUNITY CONFLICT /**

**KATIE DWYER *Taught at both undergraduate and graduate level.***

All too often, communities are split by conflict and violence. In this class, we will engage with theories of reconciliation and case-studies of societies that have worked toward healing, even in the aftermath of terrible and long-lasting conflicts. Some principles of forgiveness or co-existence are specific to cultural groups and situations. Others might be more individual, and even perhaps universal. For students who have taken past classes on intercultural communication, conflict resolution, and social movements, this class is an excellent next step. If this is your first time engaging with complex issues of culture and conflict, I hope you will find you already know much more than you might have otherwise thought.

*We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.*

**Class announcements - OSP Summer 2022**  
**University of Oregon Prison Education Program**  
**June 20 – September 9**



**(In person)**

**MATH 107 UNIVERSITY MATH III / PROFESSOR CRAIG TINGEY**

The main goal of this course is to see many branches of mathematics and areas where real world problems can be solved by using mathematics. Pre-requisite: Math 095 and/or Math 105, 106, or other college-level math. On your application please note if you have taken one of these or other college-level math classes.

Please note also that this class is being offered in person. The course might be interrupted or postponed due to Covid, and is severely restricted in enrollment.

In-person classes have additional requirements for participation:

- NCI level 2 or 3
- Must have been at current institution for at least 6 months
- Must be able to access the education floor
- Must have 6 months clear conduct
- Must have NO history of compromising staff in the past 10 years

*We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.*



**Class announcements - OSP Summer 2022**  
**University of Oregon Prison Education Program**  
**June 20 – September 9**



University of Oregon Summer 2022 Class Application – Due May 24<sup>th</sup>  
 (PLEASE NOTE: THE ADDRESS FOR THE DOC EDUCATION OFFICE HAS CHANGED – SEE BELOW)

Name: \_\_\_\_\_ SID number: \_\_\_\_\_ Current Location: \_\_\_\_\_

Do you have a GED/high school diploma? \_\_\_\_\_

Have you taken college classes before (inside or 'on the streets')? If so, where? \_\_\_\_\_  
 (note: previous college experience is not required) *If you are applying for a graduate-level class, please indicate where you completed your Bachelor's Degree.*

Which class/classes are you interested in? \_\_\_\_\_

On a separate sheet of paper, please answer the following two questions:

1. Why are you interested in college classes in general? (200 words or less)
2. Please write a short essay (200 - 400 words) explaining why you are interested in studying the specific topic in the class/classes. If you are applying to multiple classes, please complete one short essay for each.

If accepted to the class, I commit to taking it and completing the work (except for emergencies) \_\_\_\_\_ (Initial)

I acknowledge this is a "packets" class and will not meet in person \_\_\_\_\_ (Initial) AND/OR I acknowledge that the in-person class might be changed, interrupted, or cancelled due to covid restrictions. \_\_\_\_\_ (Initial)

If you are not admitted to your first choice and there are open spots in another class, do you want to be added to the other class? \_\_\_\_\_ (Yes/No) Are you applying for a scholarship? (Separate application attached) \_\_\_\_\_ (Yes/ No)

Please sign to indicate your application is correct to the best of your knowledge:

\_\_\_\_\_

**Note: Unfortunately, not all those who apply will be accepted.** You will be notified whether or not you are accepted to the class. **DO NOT send payment with your application** - this will cause administrative problems and *will not* improve your chances of being admitted to the class. Acceptance decisions are made first by establishing the pool of candidates who meet minimum qualifications, then those whose application essays are well-written and best express student interest in the subject. If there are more qualified candidates than there are available spots in the class, student names will be selected at random.

Send application either by:

Kyte to: Ms. Janet Norton DOC - Education and Training Office 3723 Fairview Industrial Dr. SE Suite 200 Salem, Oregon 97302-4975	USPS to: Katie Dwyer Prison Education Program 1251 University of Oregon Eugene, OR 97403-1251
--	---

*We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.*

# **PRISON EDUCATION PROGRAM**

**UNIVERSITY OF OREGON**



## **Inside Student Scholarship Announcement SUMMER 2022**

The University of Oregon's Prison Education Program (PEP) is announcing scholarship funds for inside students. The scholarship will cover one **UO PEP class**. *Receiving a scholarship does not guarantee admission to a class.*

Please submit your scholarship application along with your PEP class application by **May 24<sup>th</sup>**. Attach additional paper as needed. ***Send the scholarship application along with the class application form.***

---

Name: \_\_\_\_\_ SID: \_\_\_\_\_

**Please write a short statement (20-150 words) about how this scholarship will help you to pursue your educational (or other) goals. If financial need is a motivation for you, please include that information.**

### **(REQUIRED) Short Essay:**

Describe a time when you changed your mind about something (big/important or small). What changed, and has it had an ongoing impact on you?

**Please write a 300-500 word response. Attach additional paper as needed.**

Scholarships are awarded on the basis of merit in the responses to both the short statement and the short essay. Award letters are sent at the same time as class acceptance letters.

***We welcome students of all diverse identities including age, race, religion, LGBTQIA+ identity, gender, citizenship status, first-time college students, and all others.***

## OSP CALORIE MENU WEEK 5: May 23 2022 THROUGH May 29 2022

Monday 5/23/22	Tuesday 5/24/22	Wednesday 5/25/22	Thursday 5/26/22	Friday 5/27/22	Saturday 5/28/22	Sunday 5/29/22
<ul style="list-style-type: none"> <li><input type="checkbox"/> Pancakes - 3 ea (524)</li> <li>♥ Oatmeal - 8 oz (138)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>⊗ Syrup - 2 fl oz (168)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Egg &amp; Cheese Muffin</li> <li>♥ English Muffin - 1 ea (286)</li> <li>♥ Dry Cereal - 8 oz cup (119)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>□ Fried Egg - 1 ea (80)</li> <li>□ Cheese - 1 SL (50)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> <li>Meat Sub: Peanut Butter - 1.5 oz (239)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Biscuit &amp; Gravy</li> <li>▽ Biscuit (large) - 1 ea (296)</li> <li>♥ Farina - 8 oz (140)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>◇ Sausage Gravy - 6 oz (299)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>◇ French Toast - 3 sl (793)</li> <li>♥ Dry Cereal - 8 oz cup (119)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>⊗ Syrup - 2 fl oz (168)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Veggie Scramble - 4 oz (108)</li> <li>♥ Oatmeal - 8 oz (138)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Bacon &amp; Eggs</li> <li>◇ Turkey Bacon - 3 SL (158)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>□ Fried Eggs - 2 ea (160)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>⊗ Jelly - 1 oz (80)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> <li>Meat Sub: Peanut Butter - 1 oz (159)</li> </ul>	<ul style="list-style-type: none"> <li>⊗ Kolaches With Fruit - 1 ea (308)</li> <li>♥ 9 Grain Cereal - 8 oz (100)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>
<ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>♥ Tomato Soup - 10 fl oz (68)</li> <li>□ Cheese - 4 SL (200)</li> <li>♥ Grilled Bread - 4 SL (328)</li> <li>♥ Cauliflower - 6 oz (32)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Tuna Salad Sandwich</li> <li>♥ Split Pea Soup - 10 fl oz (207)</li> <li>♥ Tuna Salad - 4 oz (150)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Wheat Hoagie - 1 ea (230)</li> <li>♥ Carrots - 6 oz (43)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Turkey &amp; Cheese Sandwich</li> <li>♥ Soup of the Day - 10 fl oz (144)</li> <li>♥ Turkey - 3 oz (94)</li> <li>□ Cheese - 1 SL (50)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Onions &amp; Pickles - 1 oz ea (14)</li> <li>♥ Multi-Grain Bread - 2 SL (156)</li> <li>♥ Green Beans - 6 oz (56)</li> <li>◇ Chips - 1 bag (120)</li> <li>▽ Mayonnaise - 0.5 oz (50)</li> <li>▽ Mustard - 0.5 oz (9)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Chef Salad</li> <li>♥ Cream of Potato Soup - 10 fl oz (160)</li> <li>♥ Turkey - 2 oz (62)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>♥ Lettuce - 10 oz bowl (12)</li> <li>□ Ranch Dressing - 2 oz (204)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Salad Sandwich</li> <li>♥ Soup of the Day - 10 fl oz (144)</li> <li>□ Chicken Salad - 4 oz (221)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Wheat Hoagie - 1 ea (230)</li> <li>♥ Green Beans - 6 oz (56)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>Tacos</li> <li>♥ Cowboy Salad - 6 oz (129)</li> <li>□ Taco Meat - 4 oz (203)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>♥ Lettuce - 4 oz (6)</li> <li>♥ Salsa - 2 oz (26)</li> <li>♥ Flour Tortillas - 2 ea (326)</li> <li>♥ Broccoli - 6 oz (48)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>	<ul style="list-style-type: none"> <li>⊗ Roast Pork Loin - 3 oz (160)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Tangy Dill Vinaigrette - 1 oz (102)</li> <li>♥ Parsley Pasta - 6 oz (170)</li> <li>♥ Carrots - 6 oz (43)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>◇ Ice Cream - 1 ea (80)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>
<ul style="list-style-type: none"> <li>◇ Turkey Noodle Casserole - 10 oz (419)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ 1000 Island Dressing - 1 oz (102)</li> <li>♥ Peas - 6 oz (92)</li> <li>♥ Dinner Roll - 1 ea (308)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>□ Chicken Lo Mein - 4 oz (233)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Basil Dressing - 1 oz (102)</li> <li>♥ Spaghetti Noodles - 6 oz</li> <li>♥ Stir-Fry Vegetables - 6 oz (89)</li> <li>♥ Flour Tortilla - 1 ea (163)</li> <li>◇ PB Chip Cookie - 1 ea (233)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>Italian Casserole - 10 oz (317)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Creamy Honey Mustard - 1 oz (102)</li> <li>♥ Broccoli - 6 oz (48)</li> <li>♥ French Bread - 1 SL (122)</li> <li>□ Garlic Margarine - 0.5 oz (80)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Pizza - Cheese - 1 slc (337)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ 1000 Island Dressing - 1 oz (102)</li> <li>♥ Vegetable Soup - 10 fl oz (63)</li> <li>⊗ Apple Crisp - 4 oz (340)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>Loco Moco</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ French Dressing - 1 oz (102)</li> <li>♥ Beef Pattie - 1 ea (211)</li> <li>□ Fried Egg - 1 ea (80)</li> <li>□ Beef Gravy - 2 fl oz (46)</li> <li>♥ White Rice - 6 oz (169)</li> <li>♥ Peas &amp; Carrots - 6 oz (66)</li> <li>⊗ Pudding - 4 oz (91)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Chicken Burger</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Green Goddess Dressing - 1 oz (102)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Wheat Dinner Roll - 1 ea (154)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>Tea - s/s (0)</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Chicken Burger</li> <li>□ Coleslaw - 6 oz (134)</li> <li>□ Chicken Burger Patty - 1 ea (232)</li> <li>⊗ BBQ Sauce - 1 fl oz (33)</li> <li>♥ Wheat Hamburger Bun - 1 ea (244)</li> <li>♥ Peas - 6 oz (92)</li> <li>□ French Fries - 6 oz (245)</li> <li>▽ Catsup - 1 oz (34)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>Tea - s/s (0)</li> </ul>

⊗ Contains pork or may contain pork    ♥ Healthy choice    □ High fat/cholesterol    ⊗ High sugar    ✕ High fat/cholesterol/sugar    ▽ High Sodium    ◇ High fat/cholesterol/sodium    (#) Calories

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. MAY/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.

