



ADMINISTRATION



The Department of Corrections (DOC) recognizes the importance of family connections during incarceration and we are working to ensure visiting applications are being processed in a timely manner.

Visiting Services remains open and is working hard to process visiting applications for you and your loved ones – including regular caseload maintenance and renewals.

Waiting to submit an application until the last minute could result in a delay. Now is the time to get these submitted.

- Encourage family and friends to submit applications online – the form is available on DOC's website.
- You may also submit applications directly to Visitor Services using: DOC.Visitors@doc.oregon.gov

All visitors must ensure they are on the adult in custody's (AIC's) approved visitors list before scheduling an in-person visit.

While the online system allows for scheduling regardless of visitor status, the visit will be denied at the institution if the visitor is not approved. Check with your incarcerated loved one to ensure your visiting status is up to date.

Please visit DOC's website at: (available 24/7) for the most accurate and up-to-date information on institution visiting: <https://www.oregon.gov/doc>

This website link <https://www.oregon.gov/doc/visiting> takes you directly to the Visiting section with information on:

- Visiting requirements and restrictions.
- A quick visiting checklist – what to bring and what to leave at home or in a facility locker; and
- Anti-drug smuggling information.

The site also has links to the following specifics:

- How to become a visitor
- Visiting guidelines
- Arriving at the facility
- Visiting hours
- Visiting alerts



IMPORTANT NOTE: We are NOT processing any Administrative Review requests at this time. Updates will be shared once Visiting Services reengages with these requests.

El Departamento Correccional (DOC) reconoce la importancia de las conexiones familiares durante el encarcelamiento y estamos trabajando para garantizar que las solicitudes de visitas se procesen de manera oportuna.

La sección de Servicios de visitas del departamento permanece abierta y está trabajando arduamente para procesar las solicitudes de visitas para usted y sus seres queridos - incluido el mantenimiento y las renovaciones de casos regulares.

Esperar para enviar solicitudes hasta que se reanuden las visitas podría resultar en un retraso. Ahora es el momento de enviar las solicitudes.

- Anime a familiares y amigos a enviar solicitudes en línea - el formulario está disponible en el sitio web del DOC.

- También puede enviar solicitudes directamente a Servicios para visitantes usando: DOC.Visitors@doc.oregon.gov

Todos los visitantes deben asegurarse de estar en la lista de visitantes aprobados del adulto bajo custodia (AIC) antes de programar una visita en persona.

Si bien el sistema en línea permite la programación independientemente del estado del visitante, la visita será denegada en la institución si el visitante no es aprobado. Consulte con su ser querido encarcelado para asegurarse de que su estado de visita esté actualizado.

Visite el sitio web del DOC en: (disponible las 24 horas del día, los 7 días de la semana) para obtener la información más precisa y actualizada sobre las visitas a instituciones: <https://www.oregon.gov/doc>

El enlace de este sitio <https://www.oregon.gov/doc/visiting> lo lleva directamente a la sección de visitas con información sobre:

- Requisitos y restricciones de visita.
- Una lista de verificación de visita rápida: qué llevar y qué dejar en casa o en un casillero de la instalación; y
- Información contra el narcotráfico

El sitio también tiene enlaces a los siguientes detalles:

- Cómo convertirse en un visitante
- Directrices de visita
- Al llegar a las instalaciones
- Horas de visita
- Alertas de visitas



NOTA IMPORTANTE: NO estamos procesando ninguna solicitud de revisión administrativa en este momento. Las actualizaciones se compartirán una vez que Visiting Services vuelva a comprometerse con estas solicitudes.

/s/ S. Lane, OSP Superintendent's Office

Staff Change News:



Beginning April 24, 2023, all grievance and discrimination complaints and ADA concerns should be routed to Josh Lawson. Thank you.

/s/ S. Lane, OSP Superintendent's Office

Trust Account Information



Financial Services is seeking to ensure AICs are provided with information to better understand the administration of debt and obligation collections. AICs with questions regarding their trust account(s) are encouraged to send an AIC communication to Business Services (electronic communications, available on the tablet, preferred).

For detailed information, please read the 'AIC Debt and Obligation Information' addition.

/s/ S. Lane, OSP Superintendent's Office

GENERAL SERVICES



Dish TV Changes

Recently, Dish TV had some changes to their programming. In that process, we have lost around 40 music stations. Currently, there is a very limited selection of music genre and variety.

I contacted our provider and just received the following response as of April 14, 2023: The Ultimate goal of these recent changes is to move content off of the 129-orbital slot. I confirmed that the music swap to 129 is temporary and should be moved back potentially next week. We have begun migrating core channels as of last week, and this will continue through June.

Thank you for your patience and understanding in these trying times.

/s/ S. Palmer, Physical Plant Electronics Shop

GROUP LIVING



AIC Property Compliance Mandate--Excess Legal Property

The Deputy State Fire Marshal mandates that the Department of Corrections (DOC) is compliant with the rules for adults in custody (AIC) property in all housing units. Which means DOC must limit the amount of AIC personal property in accordance with Oregon Fire Code.

We are now ready to begin the task of coming into compliance on AIC legal property.

AICs are limited to two totes of legal property in their cell. Each AIC is authorized to possess in his/her living quarters, and in the facility law library, legal material in or directly pertaining to his/her own pending and active case(s)/lawsuit(s) before the courts or paroling authorities. The authorized legal material shall not exceed the capacity of storage container(s) designated by the functional unit manager/designee for storage of AIC personal property. Excess legal property shall be stored in compliance with OAR 291-117-0100. If you have legal property for more than two totes, you will be required to purchase a tote via Canteen. Once you have the tote, you will need to follow the following steps:

- Complete an Excess Authorized Legal Materials Inventory List (CD1242a)
- Submit a Law Library Request form, seeking to store excess legal material
- The Law Library will schedule time for you to bring your tote and inventory list
- Law Library Staff will conduct a cursory review of your items to insure those items in the tote match items listed on the CD1242a
- Your tote of excess legal materials will then be securely stored. You may access it by submitting a Library Request form.

NOTE: Legal totes prohibit storage of the following:

- Non-legal material
- Case Law
- Legal textbooks or books
- Multiple copies of legal material



If you are indigent and need a legal tote, please contact the Law Library.

On April 27, 2023, Security and Library Staff will work with AICs housed on unit A3 and progressively through each housing unit, to ensure that legal totes are sold to AICs who have excess legal property, who have not yet procured one from Canteen. A reconciliation of excess legal totes will occur that day and be placed in secure storage. A schedule for the cleanup date of subsequent housing units will be issued later.

/s/ C. Porter, Group Living Captain

LEGAL LIBRARY



Changes for Legal Library Call Outs

In an effort to fully schedule law library resources, such as computers, Law Library is changing how we enter call outs. For call outs entered on or after May 1, 2023, all call outs for legal appointments (with the exception of attorney calls) will now have a Section Code of "LAW".

The Location Code will indicate what your Law Library appointment is for. Below is a list of location abbreviations and their meanings:

Note: At this time, no changes to how call outs are entered for staff scheduled calls between AIC and attorney will be made.

Abbreviation in Location Field	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled following. For example: MU, MO, C)

/s/ A. Wray, DOC Legal/Library Services Mgr.

Legal Library Closure Week of May 2 to 5, 2023

Legal libraries will be closed across the state for all-staff training during the first week of May. Annual

training allows us to keep Library Coordinators up-to-date and increase the quality of services provided within institutions and to AICs. We appreciate your understanding and look forward to resuming regular services after this event.

Please plan to make Law Library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

OSP Library will be closed all day on May 3 and will only be open 7 am - 9:45 am on May 4. During these days, no attorney calls will be scheduled.

/s/ A. Wray, DOC Legal/Library Services Manager

HEALTH SERVICES



Monthly Self-Exams are Important

Testicular cancer is one of the most beatable cancers when detected early by nearly 99%. Therefore, monthly self-exams are important. The shower is the best place to conduct a self-exam, since the steam relaxes your scrotum and makes it easier to feel around.

Contact your health care provider if you develop these signs or symptoms:

- Abnormalities in your self-exam.
- Pain in your scrotum and/or testicles.
- A lump or swelling on your testicle.
- Discoloration of the skin on your scrotum.
- An abnormal feeling of warmth in the area.
- Blood in your semen.
- Pain in your lower abdomen.



/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENTS

Physical Plant General Maintenance Shop Position



The Physical Plant General Maintenance Shop is hiring. Interested applicants should have a strong desire to work in the Physical Plant performing a wide variety of general maintenance work throughout the institution.

Candidates must be able to lift/carry 80 pounds, be willing to work at heights, and have the ability to work in confined spaces. The successful applicant will exhibit a positive attitude, the ability to work well with others, and a willingness to work under the direction of other Physical Plant Shop Supervisors as needed.

Those chosen to interview will have a minimum of one year good conduct, and have at least one year remaining on their sentence. Preference will be given to applicants with construction experience.

Send completed AIC job application, resume, and cover letter (handwritten is acceptable) to Harris/Physical Plant General Maintenance Shop.

/s/ E. Harris, Physical Plant Gen. Maint. Shop

Physical Plant Electronics Shop Position

The Electronics Shop is accepting applications for AICs interested in a career as a low voltage electrician. This position will give someone an opportunity to go through an apprenticeship program, learn a trade, and earn a LEB electrical license.

The desired candidate will embody this list of personal traits:

- Self-motivated with a desire to learn new skills and perfect their trade.
- Willingness to take direction, constructive criticism, work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable, maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.
- Stay drug and alcohol free during your time here.

All applicants are required to have close to five years left on their sentence or more, must have a year of clear conduct with a level 3 NCI. Must have desire to be able to be a productive member of society when released. High school diploma or GED.

If you would like to leave Department of Corrections with a trade license, making \$80,000-plus a year, and be able to support your family, send applications with resume and cover letter to Palmer/ Schaeffer Physical Plant Electronics Shop. Good Luck!

/s/ S. Palmer, Physical Plant Electronics Shop



RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, April 29

- 8:00 am LDS
Sweat Lodge/Smudge
Jehovah's Witness
- 1:00 pm Jewish Service
Seventh Day Adventist
- 6:00 pm Calvary Chapel

Sunday, April 30

- 8:00 am Spanish Protestant
Spanish Jehovah's Witness
- 1:00 pm Catholic
Urantia Study
- 6:00 pm Lutheran

Tuesday, May 2

- 1:00 pm Agape
- 6:00 pm Buddhist

Wednesday, May 3

- 1:00 pm Restorative Justice
- 6:00 pm The Most Excellent Way

Thursday, May 4

- 1:00 pm TUMI
- 6:00 pm Gospel Worship

Friday, May 5

- 1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer



A Point to Ponder

"Let us not look back in anger, nor forward in fear, but around in awareness."

~ James Thurber

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called "hazardous medicines."

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

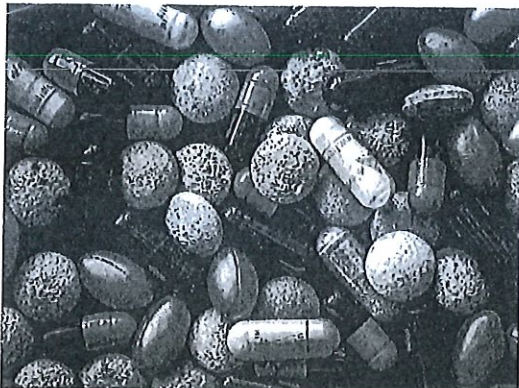


Photo by Raimond Klavins, Unsplash

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.



Foto por Raimond Klavins, Unsplash



AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
<p>Court Ordered Financial Obligation (COFO)</p>	<ul style="list-style-type: none"> Collected from eligible deposits per ORS 423.105 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500 Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied 	<ul style="list-style-type: none"> The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support COFOs will continue to collect during the Holiday Buying Period
<p><i>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are <u>not</u> available until the AIC releases from ODOC custody.</i></p>		
<p>DOC Debt</p>	<ul style="list-style-type: none"> Collected from eligible deposits Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available 	<ul style="list-style-type: none"> DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
<p>County Court Deferred Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> County obligations refer to deferred county filing fees These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee County Court fees will continue to collect during the Holiday Buying Period
<p>Initial Federal / US Court Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> Initial Filing fees can be collected in total and are due upon receipt These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
<p>Federal / US Court Deferred Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected around the beginning of the month 	<ul style="list-style-type: none"> General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.



Mainline

Week at a Glance

	Monday 5/1/2023	Tuesday 5/2/2023	Wednesday 5/3/2023	Thursday 5/4/2023	Friday 5/5/2023	Saturday 5/6/2023	Sunday 5/7/2023	
Week 4	BREAKFAST	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sta,Chl) - 0.33 CP OZCKD Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy (Chl) - 0.75 CP Biscuit (Sta,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sta,Chl) - 0.50 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Commeal Hot Cereal (Sta,Sod) - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.33 CP *Pork Bacon (Sta,Sod,Chl) - 3.00 SLC Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta,Chl) - 1.00 EA Breakfast Pastry (Sta,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	
Week 4	LUNCH	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Mustard - 1.00 TBS Peas - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod,Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Chips - 1.00 BAG Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Sta) - 2.00 EA Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Fish Sticks (Chl) - 4.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni Salad (Sod) - 0.75 CP Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS EA Fortified Fruit Drink - 8.00 FLOZ	
Week 4	DINNER	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cajun Meat Loaf (Chl,Sta) - 1.00 EA Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Choice Cookie (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl,Sta) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sta,Chl) - 1.00 EA Green Beans - 0.75 CP Waffle Fries (Sta) - 5.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Burrito Meat (Chl,Sta) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian.
*Items contain or may contain pork. Meat-Alternative Trays are available at lunch and dinner only.

Sod = High Sodium Sta = High Saturated Fat Chl = High Cholesterol Sug = High Sugar