

The ECHO

Eastern Oregon Correctional Institution Newsletter

Volume II, Issue VII

July, 2020 Edition

A Green Revolution

By Patrick Gazeley-Romney



When crossing the threshold of the greenhouse from the recycling center fence the first sensation one experiences is a clamming of the skin owing to the elevated heat and humidity of

the greenhouse environment. Wading further into the vast sea of green, the senses are inundated with the sweet aroma of fresh foliage and ripening fruit. "Working in the greenhouse evokes a

sense of peace and tranquility. Remaining connected to the natural world through gardening plays a big part in my happiness" says Greenhouse Keeper Rodney Woodard. All around are lush blooms of flowering plants, swollen fruiting bodies and bushels of harvested spice waiting to be dried and processed. For those that are lucky enough to have found employment in the greenhouse it is a respite from the otherwise banal routines of an AICs life; an oasis in a creative desert.

Currently there are four AICs working in the greenhouse; Anthony King, Luis Silva, Michael Shular (not pictured here) and Rodney Woodard.

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Ramos Ripple Effect

By Phillip Luna

Louisiana and Oregon were the only two states that allowed a person to be found guilty of a crime when the jury is not in agreement. Previously in Oregon, if 10 jurors said a defendant was guilty and two say innocent, he will be found guilty of the charges brought against him. The Ramos ruling by the Supreme Court determined that this is unconstitutional.

Oregon courts began vacating the first non-unanimous jury cases in the past few weeks, but it will take years of legal work

to determine how many cases the ruling affects. For cases that were on active appeal, the Oregon Supreme Court and Court of Appeals began sending those back to trial courts. Once sent back to trial, it will be up to the individual district attorneys to decide whether to retry the each case in hopes of getting a unanimous verdict, or drop the charges. Cases that are not in active appeals will take longer to process.

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Ask PGR:

Hey PGR, I recently noticed a bunch of bees on the H1 JLAD yard fire hydrant and thousands of bees surrounding them in the air. Did the bees leave from one of the beekeeping program hives?

- Just Curious

Hey Just Curious, I've gotten the same question from about 15 other people, so I thought it appropriate for this month's column. The phenomenon you witnessed is referred to as "swarming" and is a strong, healthy honey-bee colonies' natural means of reproduction. The swarm you witnessed came from the green hive on the far right of the beekeeping program apiary. Swarming is most common when the hive population is naturally increasing, usually from May to July.

Swarming typically happens when a colony is so populous or "honey bound" (filled with honey) that the bees no longer have ample room to exist comfortably. This triggers a response by the colony to leave with approximately 50% of the bees in the colony and the old queen to find a more suitable home. Before the colony leaves however, they begin the process of rearing a new queen by placing eggs in queen-size cells so that the bees left in the original hive can carry on with a new queen.

Patrick Gazeley-Romney
Staff Writer and
Honeybee Activist



Native American Resources

The Klamath Tribes' Youth & Family Guidance Center (YFGC) is currently offering re-entry services to tribal members being released to Klamath County. Those services include:

- Transportation home
- A&D counseling
- Mental health assessment
- Case management
- Anger management classes
- Spuklis (sweatlodge)
- Maqlaqsgempga (monthly visits to our sacred landscape)
- Transitional housing voucher
- Recovery support
- Help finding a job

Please call the Case Manager's work cell 541-892-0794 if you have any questions.

The Confederated Tribes of Grand Ronde Health & Wellness Center is excited to tell you about a new program for Tribal Members: the **Ye?lan Tilixam Haws**. This is an office that helps people transition

from incarceration into the community.

If you are within 12- 18 months of parole or sooner (**so... 18 months or sooner**), you may contact **Elaine Robertson** at **9605 Grand Ronde Road, Grand Ronde, OR 97347** to sign up for our services. They can help you to plan for a successful return to the community. Education, employment, housing, alcohol & drug classes, groups, and activities are some of the things they can provide you with.

The **Ye?lan tilixam** will work with you every step of the way to give you the support you need. While you may be referred to other tribal programs, **Ye?lan tilixam** will remain by your side.

Ye?lan Tilixam Haws will help you to find a healthy, drug-free lifestyle upon your parole. You are a valued member of our community! Please join your tribe in creating a healthy, drug-free community for our elders, our children, and for future generations. Haya Masi!

Pathfinders Orderly Wanted

Pathfinders Orderly:

Pathfinders is hiring for an orderly position. Must be incentive level 2 or higher. Awards start at 5 PRAS.

Duties Include:

Duties include sanitation of classroom between classes in compliance with regulations set by guidance from the Centers for Disease Control. Additionally, there may

be some clerical duties required. Work hours are regular business hours Monday through Thursday.

To Apply:

Send a fully completed application to IWP. **Applications will be accepted until July 17th, 2020.**

Applications are kept on file for one year. This position needs to be filled as soon as possible.

Physical Plant Clerk Wanted

Physical Plant Clerk:

There is an open clerk position in the physical plant. The physical plant front office clerk provides clerical and administrative support for physical plant management, as well as each individual shop. The position starts at 9 PRAS points, with an increase over time, maxing out at 17 points.

Responsibilities Include:

Fielding trouble calls; processing work and purchase orders; handling inventory control; tracking and recording utility usage; and developing maintenance reports and project reports as needed.

Criteria for applying:

- One year of clear conduct.
- In compliance with institution programming.
- At least three years remaining on sentence.
- Gate pass eligible.

Desired Qualifications:

- Self-motivated and able to work under limited supervision.
- Have excellent interpersonal skills and be capable of working with a variety of personalities.
- Must be able to multi task.
- Must be able to accept constructive criticism.

- Should possess essential computer skills and experience with Microsoft Suite (Word, Excel, Access).
- Drafting skills and AutoCAD software experience a plus.
- Clerical experience also a plus.
- Must be available to work the required hours. Work hours are 7:00 am to 2:45 pm, Monday through Friday.

To Apply:

If you are interested in applying, send a fully completed application to IWP. **The deadline to apply is July 24th, 2020.** Incomplete or late applications will not be accepted.

*Provided by OSCI Administration,
Corban University*

Corban University Extension

Corban University has extended the deadline to apply.

Oregon Department of Corrections, Corban University and Paid In Full Oregon have partnered to bring a four-year Bachelor of Science degree program to the Oregon State Correctional Institution. Corban University is a private Christian university in Salem, Oregon, accredited by the Northwest Commission of Colleges and Universities. Paid In Full Oregon is a non-profit organization founded with the purpose of partnering with DOC and Corban University "to provide [AICs] a fully accredited bachelor's degree. Paid In Full Oregon is raising all the funds for this program.

The graduates will earn a Bachelor of Science in Liberal Arts with an

emphasis in Psychology, Social Service, and Leadership. This program is about transforming lives. Graduates will not remain at OSCI, rather they will be sent to other institutions to serve as mentors to others.

Twenty five students will be enrolled each year, for a maximum capacity of 100 students. Adults in custody will be transferred to OSCI from other institutions if accepted into the program. The new term is tentatively scheduled to start in September 2020. This is a voluntary program. The minimum requirements are:

- Minimum of eight years remaining on sentence with release date after January 1, 2029.
- Must be NCI Level 3. Level 2's may be considered with institution review and approval.

- High school diploma or GED.
- A completed application.
- Agreement to mentor others upon completion of degree.

They are accepting communications through July 15, 2020. If you meet the basic criteria listed above and wish to enroll in this program, send an AIC Communication form to Ms. Norton, Education Manager, DOC Education, 3405 Deer Park Dr. SE-Res 1, Salem, OR, 97310. The Education staff will ensure you meet the basic criteria and then send you an enrollment application with directions on how to proceed.

Completed applications must be returned to Ms. Norton no later than July 31, 2020.

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Cheap Eats

By Patrick Gazeley-Romney

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During these trying times it is good to master some cheap, tasty recipes. Below are some ideas for inexpensive meals you can make in a jiffy!

Honey Orange Pork Rind w/ Rice: Makes 2 Servings

Ingredients:

- Two Orange Crystal Lights
- One 8oz FE Pre-Cooked White Rice \$0.93
- Two 2oz Hot & Spicy Pork Rinds \$1.84
- One 12oz FE Bee Happy Clover Honey \$3.05
- One 6oz Panola Soy Sauce \$1.26

Total cost: \$7.08

Cooking Instructions:

1. Prepare one bag white rice and split between two bowls.
2. Mix together eight spoons honey, two Crystal Lights, four spoons soy sauce, and seven spoons hot water.
3. Pour pork rinds out of bag, leaving small handful in bottom. Add two spoons of prepared glaze mix into each bag with pork rinds, adding more pork rinds after and repeating until all pork rinds and glaze mix are back in bag. Toss pork rind and glaze mix inside bags until pork rinds are coated with glaze. Pour over rice.

4. (Optional) Add one pack of crushed cashews or other nuts as a garnish and enjoy!

Chili Cheese Nachos: Makes 2 Servings

Ingredients:

- One 10oz CA Nacho Cheese Tortilla Chips \$1.92
- One 2oz Hot & Spicy Pork Rinds \$0.92
- Two 2oz CookQuik Instant Vegetarian Chili \$1.70
- Two 2oz Jalapeno Cheese Squeeze \$0.88

Total cost: \$5.42

Cooking Instructions:

1. Fill a bowl with a half bag of tortilla chips.
2. Pour a half bag of pork rinds on top of chips.
3. Prepare one package vegetarian chili and pour over top of pork rinds and chips, allowing time for pork rinds to soften.
4. Top with one Jalapeno Cheese Squeeze and enjoy!

We encourage your involvement in this section of *The Echo* Newsletter. If you have a recipe you would like to share with the EOIC community, please send an AIC communication form to IWP stating your interest.

Gripe Free Nachos:

One of the few things to look forward too in prison is a good meal, although few and far in between. After a few years without enhanced meals the upcoming nacho feed is a welcome change from the norm.

However, there may be some who feel the inclination to have a relapse in compliantinnitus syndrome. I get it. There's always something to complain about if you look for it, and since prison is a place where everyone seems to complain a little more than they should (myself included), it's easy to get caught up in all the tetchiness. But before jumping on the band wagon of gripe kyte flyers, consider this - what do you hope to achieve? If history tells us anything it is that frivolously complaining just gets these events cut and then everyone misses out. While you may feel that paying for a meal entitles you to a say in the quality of its' contents - be assured, it really doesn't. The prison cafeteria is not a restaurant and there will be no scathing yelp reviews to write. That's just not the nature of the situation we are in.

Not every enhanced meal will work for everyone. But, if you're feeling jaded about this meal - you don't eat pork, chips are too crunchy, the cheese is too yellow, or whatever the reason - then maybe this is just nacho meal. As an alternative, you can make some pretty respectable nachos with fourteen items (recipe left). Hopefully, the next meal will be better suited for you, if there is a next one, but I guess that's up to you.

By Phillip Luna
The Echo Editor
& Nacho Enthusiast



A Green Revolution

By Patrick Gazeley-Romney



Greenhouse keepers Anthony King, Luis Silva, Michael Shular and Rodney Woodard work together to plan the year's operation, plant seed for the institution crops, maintain the composting operation and harvest and process the herbs and spices used in the kitchen. They are an affable collective of individuals, each bringing their own strengths to the table in a successful community effort. *"There is so much to learn out here: propagation, harvesting techniques, processing and seed banking for a sustainable operation",* Silva says. *"I'm getting an incredible amount of hands-on*

experience and will be better suited to provide for myself and family after release" Shular adds.

The year 2020 brings with it many changes and new resources for the greenhouse crew. Last year's inaugural composting effort is now in full swing. Each squash plant on the East and West compounds has been given an 8 oz. nutritional boost of compost. The greenhouse also churned out more than 400 tomato plants which can be seen in front of the institution adjacent to E, F and G units. Because of this year's late spring and tentative weather patterns, a majority of the greenhouse space has been allocated for 50% of the institution pepper crop. The change isn't necessarily a bad one, as the suitable greenhouse environment affords an extended growing season for temperamental pepper varieties.

A new focus for the crew this year has been to add to the variety of vegetable types in order to give the kitchen more nutritional choices and different flavor profiles to experiment with. Anthony King explains that *"greenhouse work*

provides nutritional services to the institution community and allows AICs to directly impact the environment in a positive and sustainable manner".



Every industry at EOIC provides a valuable service to the community as a whole. The greenhouse provides us all with a little bit of the nutrition needed to sustain good health while incarcerated. A big thank you goes out to the greenhouse crew for all of their hard work and contribution to the EOIC community!



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Ramos Ripple Effect

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By Phillip Luna

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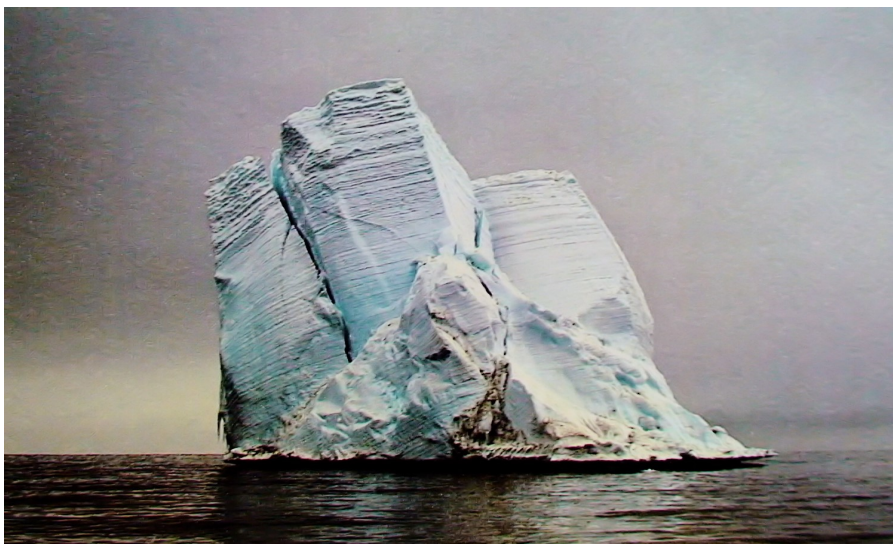
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Since April, when the Supreme Court ruled split-jury convictions unconstitutional, about 300 cases in Oregon have been sent back to trial courts. These first few cases are those with non-unanimous jury convictions that are currently in active appeal. It will take years of litigation to establish precedent and determine all of the cases Ramos applies to.

According to Aliza Kaplan, a law professor at Lewis & Clark University who had been working to end non-unanimous convictions for the past five years, these first cases are the simplest, but there are much more complicated scenarios. In Oregon, jury polling is optional and there are many cases where it is not known whether the verdict was unanimous or not. Even more complicated are cases when the jury was unanimous, but it is argued that because the jury instructions allowed for the possibility of split-jury verdicts the case still denied defendants their constitutional rights. Kaplan believes, *"...anyone who had a non-unanimous jury verdict, or anyone who had jury instruction of that - their case should be vacated"*.

Marc Brown, an attorney with the Oregon Office of Public Defense Services stated it best in an interview with the *Portland Mercury*, when he said, *"We have 85 years of possibly unconstitutional convictions"*. This is referencing the fact that Oregon voters approved the practice of allowing split-jury convictions in 1934.

***"We have 85 years of
possibly unconstitutional
convictions"***

Additionally, there are thousands of incarcerated men and women who took a plea deal because their lawyer advised them they would not win with a non-unanimous jury. This is common practice by defense attorneys and it is unclear how the Supreme Court ruling will affect those that fall into this category. Every scenario has to be litigated and every successful litigation will open the door for hundreds more cases to be re-examined.

To understand the enormity of the Ramos verdict, we only have to look back at the warning Oregon Attorney General Ellen Rosenblum

gave in a legal brief to the Supreme Court one year ago. In regards to the Ramos case she argued that declaring split-jury convictions unconstitutional would, *"require new trials in hundreds, if not thousands, of cases"*, which would clog up the Oregon courts. Fortunately, the Supreme Court doesn't consider the possibility of overwhelming the courts a primary concern when it infringes upon the constitutional rights of Americans.

***"...require new trials
in hundreds, if not
thousands, of cases"***

In summary, those sentenced by a non-unanimous jury, or where the jury was not polled after trial, or those who took a plea deal after being advised they would not win a with non-unanimous jury, may consider contacting the Criminal Justice Reform Clinic (CJCR) or Public Defense Services. Appellate lawyers are currently in the process of identifying cases that represent the various scenarios clearly, which can be used to set precedent for cases to follow.

The Ramos Project, Kaplan, and the private appellate law firm O'Conner Weber LLC are sending informational packets to the incarcerated explaining how to file a petition for post-conviction relief. You may contact the Criminal Justice Reform Clinic in writing at:

Criminal Justice Reform Clinic

4110 SE Hawthorne Blvd. #725
Portland, OR 97214

About PCRs

By Phillip Luna
& information excerpt from the PCR packet

After the *Ramos vs. Louisiana* verdict, many are considering filing for Post-Conviction Relief (PCR). The process for filing is complicated and can be overwhelming, but here are some key facts to know.

What is a PCR?

Post-Conviction Relief is a civil lawsuit where claims are raised about the constitutional defects that occurred at trial or appeal. For example, the Ramos case determined that non-unanimous jury convictions are unconstitutional - which may mean that those convicted by split-juries have grounds for declaring a constitutional defect.

How Successful is a PCR?

Typically, most judges, prosecutors, and defense attorneys believe that the system works. The success rate is very low, less than 1%. However, the Ramos ruling is unprecedented and it is unclear how it will affect related PCRs.

What is meant by “the system works”?

The constitution does not require that you get the best defense, only an adequate defense. Even if the defense attorney performed at an “D-” level, unless it would have affected the outcome of the trial it is considered “harmless”. A PCR requires you show that had an error not been made, the outcome would have been different.

What is the time period for filing a PCR?

You need to file a state PCR within one year of the date of sentencing

or when your last appeal is final. Otherwise, you must prove extenuating circumstances.

What is the process?

First, fill out a law library request form and ask for a PCR packet. This packet will contain a ton of information on the process and what you can expect. You must file a *pro se* (unrepresented) petition. Additionally, you will need to request 6-month print out of your Trust Account to prove that you are indigent and cannot afford an attorney. All of this will be covered in the PCR packet you receive from the law library. Once you file, the appointed attorney will review the petition and determine whether to meet with you or not before filing. Either way, the Attorney General will file an answer to your petition. Also, the cost for filing is \$265.00.

To summarize, after filling out all of the paperwork and paying \$265.00, you will be assigned an attorney. Once the attorney files your petition you may simply be denied and your \$265.00 will not be returned.

What if my PCR is granted?

If you are successful in your petition and all the appeals that might follow, the relief granted may be a new trial. If you accepted a plea agreement with reduced charges, the prosecutor can charge you with all the charges originally on the indictment. If you were found guilty, but your sentence was reduced, you may get the full sentence. In other words, you may end up with a longer sentence than before your PCR was granted.

However, if a new trial is granted and you decide to go through with it - the jury must now be unanimous for a guilty verdict to occur. Additionally, many use the PCR process to obtain a plea deal for a better sentence than they already have based on the new information provided in the PCR.

What else should I know?

There is a lot to know about filing a PCR. One important thing to know is that unlike a criminal trial, in a PCR hearing you cannot refuse to testify. Also, in a criminal trial the State has the burden of proof, but in a PCR case you must prove the facts you are presenting. Another important note is that if you base your claim on “Ineffective Assistance of Counsel”, that is taken by the court to mean that you waive the attorney client privilege. This means that the attorney from your original case can provide any information they have to the court, should they choose.

Why is the process so difficult?

Just like in criminal proceedings the odds are stacked against you. In a PCR case, it is even more so and the burden of proof for every fact you present falls upon you. Although it is a daunting task and can be overwhelming, the Ramos verdict is a new ripple.

If you are considering filing a PCR, it is important that you contact the law library and understand all of the aspects of doing so. If you believe the Ramos decision directly affects your case, filing a PCR and contacting the Criminal Justice Reform Clinic are the first steps.

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With a large population here at EOCl, sometimes there are shortages of certain items. Units run out of toilet paper, the kitchen runs out of eggs, or even canteen runs out of... well everything and anything. But one commodity is never in short supply - and that is rumors. The rumor mill is constantly churning here, and in order to clear up some of the muck we have done some sleuthing of our own to get the facts on the most widespread rumors at EOCl.

Rumor: MP3/MP4 players are going to be sold soon.

Truth: Communications from ODOC indicated more information regarding MP3/MP4 devices was "coming soon". While this left many of you with questions and the understanding that more information would be provided, there has not been additional information provided as of yet. Many of you have asked that we investigate this as part of our 'Just the Facts' article and we have done so. But there is no new information to provide at this time.

Rumor: Old MP3/MP4 players can be unlocked through Telmate by filling out a form (which was posted on housing unit bulletin boards).

For old MP4/MP3 players, once you are released you can send your player in and have it unlocked. The form posted on your bulletin board can be utilized upon your release, or by a family member if you mail your player out to them now. But please note, once you send your player out it cannot be sent back in.

Rumor: ODOC no longer allows international mail of any kind.



Truth: International packages can no longer be sent out. Regular mail sent internationally, in an international envelope, can still be sent out. This is due to changes made by

the United States Postal Service. For full information please see last month's newsletter article or your housing unit bulletin board.

Rumor: Shoes ordered from canteen will no longer be tagged with the iron-on tags.

Truth: Yes, shoes ordered from canteen will no longer be tagged with the iron-on tags. SID numbers will be written inside the shoe with a special permanent purple pen.

Rumor: All kiosks will be removed on July 6th.



Truth: No, the new kiosks are not being removed. There was a notice on housing unit bulletin boards from canteen and it reads, "Due to the removal of the kiosks, beginning July 6, 2020, commissaries will be providing a paper order form". The comma after kiosks indicates reference to when paper forms will be handed out, however, here is the notice re-written to be more concise:

Due to the removal of Telmate kiosks, commissaries will be providing a paper form for items previously ordered through the kiosk, such as shoes and instruments. The new kiosks do not yet have the capability to order canteen items. Paper order forms will be available on July 6th, 2020.

Just the Facts

Rumor: With roster sign ups on every unit again, the rumor is that sports will be returning to EOCI.



Truth: At the time of the printing of this newsletter, sports have not returned and a date of return has not been set. This is being evaluated on a regular basis and any changes made will be communicated. Processes for sanitation of sports equipment between users is currently under evaluation. When sports eventually do return there will be additional safeguards in place to ensure sanitation is completed properly.

Rumor: Canteen orders will eventually be placed over the phone.



Truth: Yes, eventually you will have the ability to place canteen orders over the phone. This feature is not currently active and will need to be evaluated to determine the most efficient process for doing such.

We are aware of the number of phones per unit in ratio to the number of residents. The goal is not

to make the process more complicated, but rather to utilize all of the features offered by the new service provider in order to be as efficient as possible. That may mean a combination of paper and phone orders, or that only certain items are ordered over the phone. This is still being determined and activation of this feature is not imminent.

In the future, once the ordering system has been evaluated and the best process has been determined, activation of the phone ordering system will be communicated in the institution newsletter and on housing unit bulletin boards. Thank you for your patience.

Rumor: Visiting will return soon, in limited fashion soon.



Truth: Returning to normal life has been halted in the state of Oregon; visiting at EOCI has been delayed further. Many of you may be aware of the modifications being made in the visiting room, such as the partitions being built for placement between you and your visitor. Making these modifications does not mean the return of visitation is imminent.

This will be a long and gradual process guided by DOCs executive management. When the institution begins to open up gradually, the situation will be evaluated to deter-

mine the impact of allowing additional people into the institutions.

When visiting does return, it will be on a limited basis and will gradually increase as we mitigate the challenges of this unprecedented time. We understand this is difficult and appreciate your patience.

Rumor: Everyone at DOC, staff and AICs, will soon be required to wear masks at all times.

Truth: On June 29th, Oregon Gov. Kate Brown issued an order for all Oregonians to wear masks - statewide - whenever they are in public places, such as grocery stores, gyms, and shopping malls.

So far, the DOC has determined this does not apply to Oregon correctional institutions, however, this situation is fluid and constantly being evaluated DOC management.

Currently masks are required when visiting health services, attending education, and while working in the kitchen or dining room. Any changes in policy regarding the masks will be communicated.

Thank you Captain Stewart, Mr. Peters, and Mr. Miles for taking the time to answer these questions.

Have you recently heard a rumor and want to know the truth of the matter? Send us a communication form to IWP with the rumor you've heard and we might just investigate it and run the answers in the next *Just the Facts* article.

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Creating a Financially Secure Future

By Phillip Luna

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Saving money for release is one of the most common goals of incarcerated individuals - and one of the most difficult to achieve. While an idealist would argue that it is considerably easier for the residents of a prison to save money - no rent payments, free insurance, and three meals provided each day - any person familiar with the economy of a prison can attest to how difficult this can be. Most items sold inside a prison are subject to huge mark ups and the PRAS award system - which has never adjusted for constantly increasing cost of living - provides very little latitude in terms of saving and spending.

At the surface it does seem simple - get a job, save money, the end. However, finding the right job can be challenging when there are not enough jobs to go around.

Step 1: Get a job

There are roughly 1750 residents at EOCL and there are only 1150 jobs - that's a 34% unemployment rate. High rates of unemployment mean a competitive job market. Starting out, most will have to take an entry level job, such as an orderly or dining room worker.

Step 2: Get a better job

A job that has you stuck under 10 PRAS points will make it difficult to store away money. However, the lower paying jobs are a path to the more sought after, higher paying jobs. Most supervisors want to hire someone who has good work history. For example, any physical plant worker will tell you that the easiest way to get into a certification program (the electrical or welding pro-

gram) is to start as a physical plant orderly. This is the case for most jobs - start at the bottom and work your way up.

Needless to say, the more money you make the easier it is to save money. Call center or OCE jobs earn the most, with some positions paying over \$200 per month. Here is how all jobs breakdown:

9% - 100 Physical Plant workers
(counting WFD and Recycle)

9% - 110 Contact Center

10% - 120 OCE Positions

16% - 185 Unit Orderlies

17% - 200 Kitchen Workers
(40% all jobs are food service)

23% - 270 Dining Room Workers

13% (less than 2% each) - Other
Tutors, Canteen, various Clerks, Multi
Worker, Shower Crew, etc...

By looking at the data it is clear that the highest paying jobs (Contact Center and OCE) account for 230 of the total jobs at EOCL. 230 positions compared to the 1750 residents are not good odds - which brings us to step three.

Step 3: Be realistic

If you are able to get a high paying job, that is excellent for you. But for most, earning 16-18 points and maxing out at about \$75 per month is what you have to work with. Saving \$25 a month from your paycheck will accumulate into \$300 in a year, and \$900 in three years. That's enough to make a deposit on

an apartment or at least pay for some start up costs after release.

To set aside \$25 per month, first make a list of everything you buy each month and then divide those items into subcategories of *wants* and *needs*. *Needs* are things you cannot survive without (soap, deodorant, envelopes) and *wants* are things you would like to have, but are not necessary. Try to be honest with yourself.

Sample list:

Needs	Wants
Deodorant	Coffee
Soap	Creamer
Envelopes	Frosted Flakes
Paper	Doritos

Take the total amount you earn each month and subtract \$25 for your monthly savings. Next add up the total cost of your *needs* and subtract that from the remaining amount. The left over amount is how much you can spend on things in the *want* column each month.

Sample:

Monthly Pay	\$70
Amount to Savings	- \$25
Cost of "Needs"	- \$25
Remaining Amount	= \$20

\$20 is not going to stretch very far in terms of *wants* each month, and big ticket items do come up ever so often (replacing shoes or headphones). Again, the most important thing is to be realistic. If \$25 is too much for you, try \$15 per month.

(continued on next page...)

Creating a Financially Secure Future

By Phillip Luna

Step 4: Put It In Savings

There are four different accounts through EOCI - a General Spending Account, Protected Funds Account, Transitional Savings Account, and a General Savings Account. Additionally, creating a savings account with an outside bank is another option available to you.

General Spending Account:

The General Spending Account is where PRAS awards deposit and typically where canteen purchases are withdrawn from. It is best to move the money you have budgeted as part of your savings from this account to avoid spending it.

Protected Funds Account:

Not everyone has a Protected Funds Account. Protected Funds are not eligible for COFO deduction or for the 5% deduction for a Transitional Savings Account. Types of deposits made into this account are disability benefits for veterans, monies received from Native American Tribes or Tribal Government, and railroad retirement benefits. Additionally, those who receive OCE pay will have portion of their pay placed into this account.

Transitional Savings Account:

The Transitional Savings Account (TRSA) is filled automatically until it reaches the \$500 requirement. Every deposit made into your General Spending Account or PRAS award you receive will have 5% taken from it and placed into this account. After the \$500 minimum is reached you may elect to continue adding to this account at 5%. How-

ever, if you have COFOs you cannot exceed \$500 on this account until your debts are paid off. This account generates interest at 1.5% and that interest is deposited into your **General Spending Account**. The TRSA account is protected from garnishment and collection of DOC debts. You can make deposits into this account, until it reaches \$500, by filing out a CD-1832 Transfer Request Form. Once your account reaches the minimum, you may elect to continue depositing the 5% from eligible funds and additional deposits are not allowed.

General Savings Account:

Everyone has a General Savings Account. You can deposit into this account at anytime by filling out a CD-1832 Transfer Request Form, but this account is NOT protected from DOC debt or non-DOC debt collection. If you owe any debts, it can be collected from this savings account. COFOs will not be collected from this account.

The TRSA must have the \$500 minimum before you can deposit into the General Savings Account. The interest in this account is about the same as the TRSA, 1.5%, and again interest is deposited into your General Spending Account. There are no fines or fees to deposit into this account and you may only make deposits once per calendar month.

The TRSA and the General Savings Account may be the only option for you, and that's okay. Either account will work fine for saving money. The drawback is that your money does not grow over time. Every dollar you add to this account will be worth a dollar whether you spend it

now or in twenty years (or whenever you are released). Inflation and the cost of living will rise, which means your investment will be worth less over time. Also, you cannot access either account until you are released.

If at all possible it is better to open a savings account with an outside bank, which can open up additional investment opportunities for you.

A Savings Account with a Bank:

A savings account with a bank is an option if you have someone on the outside who can serve as your power of attorney and open an account on your behalf. The downside of an outside savings account is that it is not protected from garnishment or debt collection. Checking your credit report and consolidating debts from in prison will be covered in a future article.

The benefit of an outside account is that it gives you the option to invest your money. Through your power of attorney you can put your savings into the stock market, bonds, Roth IRA's, or other investment opportunities.

In the next few issues of *The Echo*, we will cover how to set up a power of attorney, create a savings account with a bank, where to invest your money, and how to manage your credit from prison. However, you cannot invest money without having money first. Finding the right job and creating a sensible saving plan are the first steps to creating a financial secure future.

Ask PGR:

Job Opportunity:

Education Opportunity:

Recipes:

Around The Compound:

Rumor Control:

Finance:

Health & Fitness:

Good To Know!

Bulletin Board:



Germ!

Provided by Health Services

Ask PGR:

Job
Opportunity:

Education
Opportunity:

Recipes:

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To Know!

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Board:

Germ are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands with soap and water is one of the most important steps you can take to get rid of germ and avoid spreading germ.

How can washing your hands keep you healthy?

Germ can get into the body through our eyes, nose, and mouth and make us sick. Hand washing with soap removes germ from hands and helps prevent sickness. Studies have shown that hand washing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Hand washing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germ into their bodies.



Germ from unwashed hands may get into foods and drinks when people prepare or consume them. Germ can grow in some types of foods or drinks and make people sick.



Germ from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.

What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds.
4. Rinse your hands.
5. Dry your hands using a clean towel or air dry them.

When should you wash your hands?

Hand washing at any time of the day can help get rid of germ, but there are key times when it's most important to wash your hands.

- Before and after preparing food.
- Before eating food.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the bathroom.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal food, cages, or feces.
- After touching garbage.

What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germ. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

How does hand washing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germ are not killed and they continue to grow. Sicknesses caused by antibiotic resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Hand washing helps prevent many sicknesses, meaning less use of antibiotics.



How Many Calories Do You Need?

Excerpt from a previous article

Figuring out your caloric needs in order to lose weight can be tricky. But with some simple math and a few tried and true formulas you can solve this problem.

The *American College of Sports Medicine* says that there are approximately 3500 calories in a pound of body weight (fat or muscle). Meaning for every 3500 calorie deficit you create you'll lose one pound of body weight. Of this lost body weight, about 75% will be fat and 25% will be lean muscle tissue. This is natural - when you lose body fat you will always lose a percentage of muscle as well.

Creating a 3500 calorie deficit requires you to know how many calories you intake and how many calories you expend each day. There are two formulas that can help you identify your spent calories each day.

The BMR formula uses the variables of height, weight, age, and gender to calculate a Basal Metabolic Rate (BMR). Your BMR is how many calories you burn each day without doing anything.

For males, the BMR formula is:

BMR Formula

+ Add 66
+ Add (6.23 x weight in lbs.)
+ Add (12.7 x height in in.)
- Subtract (6.8 x age in yrs.)
= The total is your BMR

For example, a 30 year old male who is 5'10" (70 inches) tall and weighs 200 pounds has a BMR of

1997. That is the amount of calories his body will burn naturally throughout the day. Every activity he does will add to the calories burned - even something as small as walking to the dining hall burns calories.

Because exercise and strenuous activity increase the amount of calories a body expends, another formula must be used to determine the total number of calories burned. The Harris Benedict Formula, combined with your BMR, can help you identify how many total calories you burn in a day.

Harris Benedict Formula

- Sedentary (little to no exercise): Take your BMR and multiply it by 1.2
- Lightly active (light exercise 1-3 days weekly) BMR x 1.375
- Moderately active (Exercise 3-5 days weekly) BMR x 1.55
- Very active (hard exercise 6-7 days per week) BMR x 1.725
- Extra active (very hard exercise/sports & a physical job or training 2x per day) BMR x 1.9

The total is the amount of calories you need to maintain your current body weight. With a BMR of 1997 and a lightly active week (BMR x 1.375) the total calorie needs for the day would be 2745. Eating 2245 calories a day would create a 500 calorie deficit. After one week (7 days times 500 calories) a 3500 calorie deficit would be created which would result in the loss of one pound.

A Few Things To Remember:

First and foremost - be honest with yourself about how much you exercise and how many calories you consume.

Second, your BMR is determined in part by your body weight. After you start to lose weight, you will need to re-evaluate your BMR and adjust your calorie ranges accordingly in order to continue losing weight. When you weigh less, you'll have to eat less to continue losing weight.

Third, often when dieting for weight loss, water weight is the first to come off. Be careful not to misinterpret this as actual fat loss.

Additionally, this formula does not account for those that are extremely muscular. A pound of muscle burns more calories than a pound of fat, which is why you may find that extreme athletes have diets that are disproportionate to the diets of normal individuals and contradicting to these formulas.

Also, a prolonged sedentary lifestyle and obesity can affect metabolism and your bodies ability to burn calories. People that have changed their bodies in extreme ways, either with muscle or fat, will not fit into these formulas.



Ask PGR:

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Bulletin
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Bug-Free Summer

Ask PGR:

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To Know!

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With a river flowing right next to EOCI, it's no wonder this time of year brings a swarm of uninvited flying insects. On particularly humid days, it's best to avoid the grassy areas of yard altogether, as you might find yourself catching a face full (or a mouth full) of bugs. It turns out, while resources to homeopathic and chemical solutions are limited in prison, there are a few natural remedies that may help.

Tip One: Vitamin B can actually help prevent mosquito bites and deter bugs interest. Studies show mosquitoes are more likely to bite people low in vitamin B. Vitamin B is found in vegetables, eggs, pork and fish - or vitamin supplements.

Tip Two: Baby oil will keep mosquitoes and insects from biting you.

Tip Three: Mint is a natural bug repellent. Using an empty hairspray bottle, some mint mouthwash and

a little bit of water, you can create an easy DIY repellent.

Tip Four: Avoid using deodorants, shampoos, or products that have a lot of fragrance. Sweet scents attract bugs.

Tip Five: Sweaty skin also attracts bugs. If you just finished a workout at yard, make a stop at the outdoor shower and rinse yourself off.

Tip Six: If all else fails, canteen sells bug spray, although it is spendy.

Great Blue Heron



EOCI has no shortage of wildlife around the compound, particularly of the avian variety. Swallows, owls, hawks, and ospreys are common sights, but there is one particularly large bird that stands out from the rest and that is the Great Blue Heron.

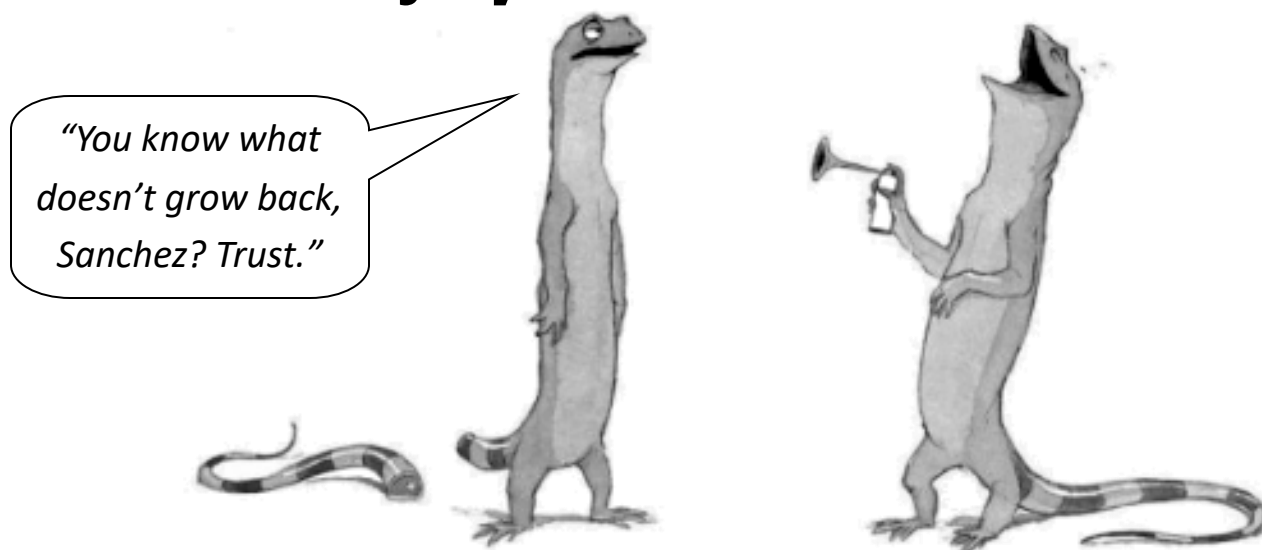
The Great Blue Heron is a large wading bird in the heron family Ardeidae, common near the shores of open water and in wetlands over most of North America and Central America, as well as the Caribbean

**Photograph by David Derrick*

and the Galápagos Islands. As an adult, its head-to-tail length is 36 to 54 inches, it has wingspan of 66 to 79 inches, and a height between 45 and 54 inches (more than 4 feet tall), making it the largest North America heron.

The heron at EOCI can be seen on the East and West yards hunting gophers or flying over the compound. They eat a variety of small wildlife, critters, and fish. Blue heron's are solitary birds and can live for 15 years on average.

A Comic for July



Mindfulness

(Part 3 of 4 part series)

Provided by Behavioral Health Services,
Oregon Department of Corrections

What is Mindfulness?

Mindfulness is a special way of paying attention that helps to relax the body, calm the mind, and reduce stress. The practice of mindfulness is a way of engaging our bodies and minds so that we become more in tune with ourselves and better able to manage in difficult times. There are many ways to do mindfulness practice. Think of this guide as an introduc-

tion to some basic mindfulness practices. These are all activities that you can do on your own.

Included is a series of easy-to-follow self-paced mindfulness activities. There are five mindfulness activities in all:

- Mindful Activity: Maintaining Full Body & Mind Intelligence
- Mindful Awareness: Using Your Five Senses

- Mindful Awareness: Focusing on Your Breath
- Mindful Movement: Walking
- Mindful Movement: Hand Labyrinths

Try them out and find which one works best for you. Remember that it can take several times through a mindfulness activity for it to start to feel impactful.

Self Guided Mindfulness Activity

Provided by BHS

MINDFUL MOVEMENT: WALKING

Mindful walking is one of the simplest forms of mindfulness. What is so useful about this activity is that it allows us to connect the body and the mind in a way that feels easy. Feeling the ground underneath our feet helps us to feel a sense of predictability. When we walk, there is a natural rhythm that moves us. Mindfulness brings our attention to that rhythm. You can do mindful walking just about anywhere or anytime.

Read these instructions right before you take a walk.

Choose a place to walk that it not too crowded, hilly, bumpy or steep. Walking tracks work best. Set a slower pace for your walk. This is not a race. But it also doesn't have to be so slow that you feel awkward or uncomfortable doing it.

As you take each step, concentrate on it. Notice the feeling of

the ground underneath your feet. Notice how your feet feel in your shoes. In order to slow your mind, you may find it helpful to count your steps in your head, or to repeat the patterns of your feet (left, right, left, right) as you walk. As you begin to feel your mind clearing of distracting thoughts, begin to bring your focus to the environment around you.

Take in everything around you. Notice the sky (or ceiling if you are inside). Pay attention to the temperature. Feel the air on your skin or the warmth of the sun on the top of your head. Listen to the sounds around you. If it is helpful, try to identify all of the sounds you can hear. Notice any smells in the air. This walk is just about walking, not trying to get anywhere.

If you notice your mind drifting off and engaging with thoughts, that's ok. Just let those thoughts come and go. Don't allow yourself to get carried away with them. Bring your attention back to the feeling of your feet on the ground and your

senses. Allow yourself to let go of any things that have been weighing on your mind and just focus on the peaceful act of walking. If you struggle to keep focus, you might try reciting a prayer, a poem, or a favorite song in your head while you walk. It should be one that you know so well that you can do it almost without even thinking about it.

Try to allow this walk to last for 5 to 10 minutes, or several laps around the track. The more you practice it, the longer of a mindful walk you will be able to take.

Notice how you feel after completing this activity. How was the experience for you? Did you find anything difficult about this experience? What was difficult? What came to you easily? Do you feel any calmer or more focused after doing this activity? Consider doing this activity once a day, or several times a week. It will help you to feel a greater sense of calm and can assist you with reducing stress.

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To Know!

Bulletin
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PREA

Ask PGR:

Sexual abuse and harassment are never okay. Tell Someone. GET HELP.

Job Opportunity:

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press 9 to leave a message

Education Opportunity:

All PREA Calls are confidential.

Recipes:

Send a letter to the Governor:

Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301.

Around The Compound:

Rumor Control:

The Oregon Department of Corrections has a zero tolerance policy for

Finance:

Health & Fitness:

Good To Know!

Bulletin Board:

sexual abuse and harassment. Your family can report on your behalf by contacting the Inspector General's public hotline at: (877) 678-4222.

El Abuso sexual y el acoso sexual nunca son aceptables. Avisele a alguien. CONSIGA AYUDA.

Llame al Inspector General:

1. Al numero de ayuda:
2. Levante el teléfono

Todas las llamadas a 'PREA' son gratis y confidenciales.

También puede reportar a la

oficina del Gobernador por escrito.

Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301

Sus amigos o familiares pueden hacer un reporte llamando a la linea del Inspector General al 877-678-4222.

PREA Advocate: You may also leave a message with the PREA Advocate or write at:

**ODOC PREA Advocate
2575 Center Street NE,
Salem, OR 97301**

How to Donate DVDs

How to get movies donated to the EOCl Movie Library:

1. Send an AIC Communication Form to the Multi Sergeant with the title, year, and rating of the movie.
2. Staff determines if the movie is on the SWANK-approved list and whether it is already in the institution approved database and in the EOCl Movie Library.
3. If the movie is SWANK-approved but not in the Movie Library, it is sent to the Operations Captain for approval, who notifies the Asst. Superintendent of General Services.
4. Multi staff sends notification of approval or denial to the AIC. If it is approved, staff adds the title to the movie database.

5. The AIC may order the approved DVD(s) through an approved vendor or ask someone on the outside to do so.

Important:

- Do not order or ask someone else to order any movie until you are notified that the title has been approved.
- All DVDs must come from an approved vender (e.g., Amazon, Walmart, Fred Meyer), not a private party.
- All donated movies become the property of ODOC/EOCl and not of the AIC who asked to have them donated.
- The DVDs will be available for play on Channel 52 once they are received.
- Because some versions of the same film title may have differ-

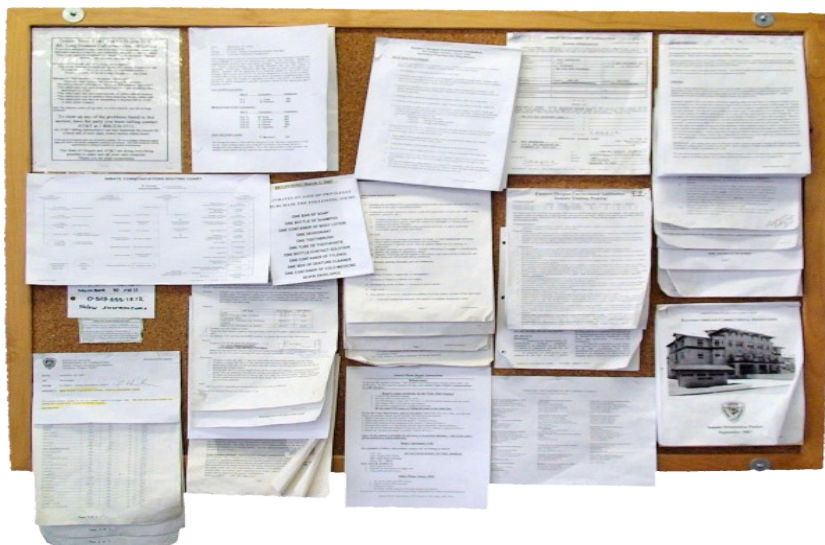
ent ratings, the AIC must notify anyone on the outside who is ordering a DVD that it must exactly match the approved title, version, and rating. For example, the R-rated version of "True Romance" is approved, while the unrated director's cut is not.

- DVDs that are sent to EOCl without prior approval or those of a different version or rating will be disposed of.

All approved DVDs must be sent from an approved vendor to:

**Eastern Oregon
Correctional Institution
Asst. Superintendent
General Services
2500 Westgate
Pendleton, OR 97801**

Bulletin Board at a Glance



Job Opportunities:

Pathfinders Orderly: Pathfinders is hiring for an orderly position. Must be incentive level 2 or higher. Duties include sanitation of classroom between classes. Work hours are regular business hours Monday through Thursday.

This position needs to be filled as soon as possible. Send your application to IWP by July 17th, 2020.

Physical Plant Clerk: The physical plant is hiring for a clerk position. Must be gate pass eligible and incentive level 3 to apply. Full details on page 3. Send your applications to IWP by July 24th, 2020.

Education Opportunity:

Corban University Deadline: The deadline for Corban University Applications is now July 31st, 2020. You must send a communication form by July 15th, 2020 to receive the application packet. The application packet must be returned by July 31st, 2020.

Canteen Notices:

Protected Funds: At the top left corner of your canteen sheet there is a box with a place for your signature. If you sign this box, your canteen purchase will be deducted from your protected funds account. If you do not sign this box your order will be deducted from your general spending account.

Do not sign this box if you do not have a protected funds account as your order will not be processed.

Tags for Shoes: Shoes ordered from canteen will no longer be tagged with the iron-on tags. Instead, AIC SID numbers will be written inside the shoe with a special permanent purple gel pen.

Upcoming Events:

Project Angel Tree: There is still time to sign up for Project Angel Tree. Order forms and information is available from your housing unit officer. The deadline is August 28th, 2020.

Multi Notices:

Insanity: Insanity has started back up, but social distancing will be required and class sizes will be limited to 20. Classes started on July 7th. There will be no late sign ups.

TV Programming: *Weeds* has three episodes remaining, after which it will be replaced with *Ballers*. The next season of *Ballers* is available. This show will start from season one and play to the newest season.

Donations of movies and TV series' are accepted. The process for donating a DVD is outlined on the previous page.

Sports:

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Good To Know!

Bulletin Board:

Please see your housing unit bulletin board for complete information.

Will I be asked to self-quarantine upon release?

In the interest of keeping your friends, family and fellow Oregonians safe during the COVID-19 crisis, your county's **Public Health Authority** may ask you to self-quarantine for 14-days upon release. Currently many Oregonians are on self-quarantine status in the community in order to limit the spread of COVID-19.

Quarantine means you stay away from other people for a time when you may become sick with an infection, even if you have no symptoms.

The **Oregon Health Authority** recommends self-quarantine for many people who return from communities where COVID-19 is widespread and for people who have been in close, prolonged contact with someone ill with COVID-19.

Your county's Public Health Authority will work with you to **make a plan** that keeps you, your family, and the public safe.

This plan includes doing the following for the **14 days** after your release:

- *Check your temperature twice a day.*
 - *Avoid places where many people gather, including stores, workplaces, and schools.*
 - *Stay off public transportation like planes, trains, and buses.*
- Call your healthcare provider promptly if fever, cough, or trouble breathing develop.*

FOR MORE INFORMATION
SPEAK WITH YOUR COUNTY PUBLIC
HEALTH TEAM



**State of Oregon
Department of Corrections Commissary**

Date: Thursday, July 09, 2020
To: Adults in Custody
From: Anita Nelson, Distribution Services, Statewide Manager
Subject: Commissary News, Updates and Reminders

News:

The following promotional items are on sale July 6, 2020 thru September 30, 2020

- Goya Vermicelli 7oz = \$.72
- Baron Rasp Cheesecake Chococups 1.41oz = \$1.22
- Baron Caramel Brownie Chococups 1.41 oz = \$1.22
- Wyler's LT Purple Berry Wave 10ct = \$1.22
- Moon Lodge Popcorn Jalapeno Cheddar 5 oz = \$ 1.45

Reminders:

Due to the removal of the kiosks, Commissaries have begun providing paper order forms for items that were previously on the kiosk.

To help ensure your form is processed timely, please attach it to your General Population form. The orders may be delivered separately as some items are special order and can take several weeks to receive.

Additionally:

Please note that you must sign the Protected Funds section if you are wanting the funds deducted from that account otherwise the funds will be deducted from your general account.

- Ensure you have enough funds prior to submitting the order form, you are the correct NCI level to complete your purchase and the forms are completely filled out or your order will not be processed.

I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word.

-Reverend Dr. Martin Luther King, Jr., activist

The Echo - Volume II, Issue VII - July 2020

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Www.Experthometips.com

Criminal Justice Reform Clinic

Student Loan Borrower Assistance

Klamath Tribes' Youth & Family Guidance Center

The Confederated Tribes of Grande Ronde Health & Wellness Center

Www.cdc.gov

Vocabulary from *The Echo*

Banal, page 1

Avian, page 14: Of relating to, or typically of birds

Tetchy (Tetchiness): Easily annoyed, touchy. Someone who is ill-tempered.

Affable, page 5

Adjacent, page 5

Idealist, page 10

Homeopathic, page 15

Important Dates

Independence Day July 4th

Full Moon July 5th

Insanity Starts July 7th

PRAS Awards July 9th

Nacho Enhanced Meal July 16th

Full Moon August 3rd

PRAS Awards August 6th

International Beer Day August 7th

Left-Handers Day August 13th

Deadlines:

Pathfinders Orderly Application July 17th

Physical Plant Clerk Application July 24th

Corban University Application July 31st

Angel Tree Submission August 28th

A publication of Eastern Oregon Correctional Institution, Pendleton, Oregon. Direct questions and comments to EOIC Institution Work Programs (IWP).

Friends and family can view *The Echo*, online, at

<https://www.oregon.gov/doc/OPS/PRISON/pages/eoci.aspx>

The following is a short summary of the finance article contained in the July edition of *The Echo*. You may tear this off and keep it if you would like.

How to Start Saving Money:

1. Get a Job
2. Get a Better Job
3. Create a list of wants and needs
4. Create a savings plan

Where to Put Your Money:

General Spending Account

Summary: This is the account you make commissary purchases from. You cannot add to this account. PRAS awards are deposited here as well as funds deposited by an outside source, such as a family member or friend.

Protected Funds Account

Summary: You will only have this account if you receive funds from OCE pay, Tribal/Native benefits, railroad retirement benefits, or other government issued funds. You cannot add funds to this account otherwise.

Transitional Savings Account (TRSA):

Summary: The TRSA is mandatory for most people. 5% is taken from PRAS awards and deposits made to your General Spending Account and placed into this account until it reaches \$500.

- You can make additional deposits to this account with a CD-1832 Transfer Request form.
- If you have reached the \$500 minimum, you may continue adding to this account if you choose.
- If you have COFO's you cannot add to this account once it reaches \$500, until the COFO's are paid in full.
- This account generates 1.5% monthly interest, which is deposited into your general spending.
- This account cannot be charged for DOC debts, COFO's, or garnished.
- You cannot take funds from this account. It will be provided to you upon your release.

General Savings Account:

Summary: This is an account that all AICs have. You can add to this account at anytime by filling out a CD-1832 Transfer Request form.

- The TRSA must have the \$500 minimum in it before you can add to this account.
- This account is **not protected** from DOC debt collection, non-DOC debt collection, or garnishment.
- This account generates 1.5% monthly interest, which is deposited into your general spending.
- There are no fines or fees for depositing into this account.
- You cannot access the funds on this account until you are released, unless an exception is granted by the Chief Financial Officer.
- You may only deposit into this account once per calendar month.

An Outside Savings Account with a Bank

Summary: Having an outside savings account is a more complicated process, but provides more investment opportunities. The process for opening an outside savings account will be covered in the August, 2020 newsletter. Savings accounts can be subject to garnishment from collection agencies or the IRS.

Canteen Budgeting

Make a list of everything you purchase each month. Divide that list into subcategories of wants and needs.

Add up the total cost of your needs.

Wants	Cost

Needs	Cost

Total _____

How much do you want to save before you are released? _____

How much do you need to save each month in order to reach that goal (total savings goal divided by number of months remaining on your sentence) ? _____

What is your monthly pay on average?	
Subtract the amount you need to save each month	
Subtract the total cost of your “needs”	
(Total Remaining) =	

The total remaining is the amount you can spend on items in the wants column each month. Make sure to take into account big ticket items that come up every so often, such as replacing shoes or headphones.