

The Echo

Eastern Oregon Correctional Institution



Volume II, Issue X

October, 2020 Edition

What Works?

In a study of over 400,000 offenders released from prison across more than 30 states, 68 percent were re-arrested within three years and 77 percent were re-arrested over a five-year period. Unfortunately, for most AICs, the most likely outcome upon release is to be rearrested and it's statistics from studies like this one that leave many wondering, *what works* in terms of reducing the risk of recidivism?

In the 1970's, a few well-known studies concluded with the idea that *nothing works*, which led in a shift in focus from rehabilitation to the ideas of deterrence and "*just desserts*" prevailing in the 1980's and 1990's. This

was most evident in 1994 when the Violent Crime Control and Law Enforcement Act became law, stopping all federal aid (FAFSA) to the incarcerated (with level of education being associated with likelihood of recidivism).

The notion of *nothing works* is essentially the idea that those who are going to re-offend will, and no amount of programming or education will change that. And there is some truth in this concept as each person must make their own choices upon release. However, several studies over the last few decades have rebuked the *nothing works* concept, pivoting towards a focus on *what works* instead.

So what does work? What will help reduce the likelihood of re-arrest? There are many factors that affect recidivism. Some are static predators, such as gender, age, and criminal history, and others are dynamic factors which can be addressed, such as anti-social behavior, substance abuse, education, and employment upon release. As an AIC, earning an education is the single best way to ensure employment upon release, and research suggests that someone who finds a job is less likely to re-offend.

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Getting an OCE Job

OCE Workforce Coordinator Ms. Thomas coordinates the hiring of OCE positions throughout all the Oregon institutions. We caught up with her to get an insider's point of view on what can help the average AIC land one of the coveted OCE positions and here is what she had to say:

Q: What's one thing you want AICs to know when applying for jobs?

A: "Applications for positions that have not been advertised will not be accepted. Wait until the position has been posted before you apply."

Q: What are key things you look for on an application?

A: "I am looking for applications to be filled out completely. Don't leave things blank. I am also looking for the qualifications listed in the recruitment flyer. When you are listing previous work history, don't just list the last three jobs you've had, list the last three relevant jobs."

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Enhanced Face Coverings

From Agency Operations Center

COVID-19

In an effort to further decrease the spread of COVID-19, DOC has enhanced face coverings for distribution to DOC employees and AICs. New research and guidance from the Centers for Disease Control and Prevention (CDC) and discussion with Oregon Health Authority encourage the highest level of protection available.

Rehab of Tomorrow:

The enhanced face coverings may provide more protection from aerosols than a cloth covering. Face coverings are a critical tool in the fight against COVID-19 that could reduce the spread of the disease. The enhanced face coverings are not mandatory. Cloth face coverings are still acceptable.

In Memory:

Three of these face coverings will be available for each employee and AIC. They should be allowed to dry completely before reuse. More face coverings will be available each month for replacement as necessary.

Holiday Canteen:

Bulletin Board:

These will arrive at all locations in the coming days.

We cannot stress enough the importance of doing everything in your power to help reduce the spread of COVID-19. Wash your hands, keep your distance, and wear a mask.

herramienta fundamental en la lucha contra COVID-19 que podría reducir la propagación de la enfermedad. Los revestimientos faciales mejorados no son obligatorios. Los revestimientos faciales de tela siguen siendo aceptables.

Tres de estas cubiertas faciales estarán disponibles para cada empleado y preso a través de los Servicios de Salud en cada ubicación. Deben dejarse secar completamente antes de volver a usarlos. Más cubiertas faciales estarán disponibles cada mes para reemplazo según sea necesario. Estos llegarán a todas las ubicaciones en los próximos días.

No podemos enfatizar la importancia de hacer todo lo que esté a su alcance para ayudar a detener la propagación de COVID-19. Lávese las manos, mantenga la distancia y, por favor, use una máscara.

COVID-19 Notice

Covid-19 Confirmed Cases:

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of October 7th, 2020, DOC Statewide has 197 AICs who currently have COVID-19

The table below shows total numbers since the pandemic began in March.

Employees who have tested positive are not reporting to work. All AICs who have tested positive are being medically isolated at a facility that provides 24-hour medical care.

Provided by ODOC

Remember:

- Wash your hands
- Wear a face covering
- Practice social distancing

	Positive Tests	Recoveries	Negative Tests	Deaths
Staff	271	245		
AICs	1,099	902	6,054	12

Getting an OCE Job

(...continued from page 1)

Q: Is a cover letter necessary?

A: "If it is asked for then yes, because it shows you can follow directions. If it is not asked for in the recruitment flyer it can still be beneficial - if there are skill sets you may want to highlight."

Q: Can you give me an example?

A: "Anytime you are taking an active role in leadership, volunteering for programs, or participating

in things like Toastmasters - these are skills that can help you in a job. Applications give a view of an applicants hard skills, but not their soft skills. A cover letter is a way to highlight those skills."

Q: Do you accept hand written cover letters?

A: "Hand written cover letters are fine, but they have to be legible and one page max."

Q: Is it important to follow up or submit multiple applications?

A: "No, do not submit multiple application for the same position. Some positions are very popular, like the DMV positions at OSCI, and at times we may only have five positions and receive 230 applications. We don't have the capability to respond to everyone. If you don't hear anything after 30 to 45 days, then you didn't get the job. There is no need for you to follow up. If your application is selected for an interview you will be contacted."

COVID-19

Work Opportunity:

Education:

Finance:

Rehab of Tomorrow:

Flu Vaccines:

Good to Know:

In Memory:

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OCE Work Opportunity

OCE is recruiting to fill **FUTURE** positions with the DMV Program at OSCI. The work schedule is Monday thru Friday, 8:00am to 5:00pm. This position awards 12 to 17 PRAS points, with the opportunity to earn a production based Team Goal Award as well. Agents in this in-bound call center explain government regulations, sometimes to less-than-satisfied customers. Agents must be able to maintain a professional attitude.

This recruitment will fill open positions as they arise. Successful candidates will be told their start date after all interviews are completed.

All applicants must meet:

- Must have a valid SSN.
- No convictions for ID Theft, Fraud, or Computer-related crimes.
- Must have a GED or Diploma.
- Have been incarcerated at least 1 year.
- Have 1 year clear conduct and have no program failures in the past 6 months.
- Must have release date after December 1, 2024.
- Lifers welcome to apply.
- Be able to read proficiently and speak English clearly.
- Bi-lingual preference will be given to those individuals who speak and write both English and Spanish well.
- Be able to work efficiently and professionally at all times.
- Be willing to sign an **Eighteen (18) month retention agreement**. Anyone leaving the assignment before serving the full retention period will be returned to the sending institution with a program failure.
- If you are currently in an OCE position you must have fulfilled at least one year at your current position.
- Must be able to perform essential functions with accommodations.

Essential Functions:

- Sit for extended periods.
- Use computer and telephone.
- All applicants will need to pass a DOC/OCE security screening and DMV interview.

Application Process:

If you are interested in applying, please send a completed application to:

M. Kessinger
OCE Production Manager C/O OSCI
3405 Deer Park Dr SE
Salem, Or 97310

Applications must be received by 11/15/2020. Late applications will not be accepted.

What Works?

(...continued from page 1)

By Phillip Luna

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Studies show that education, specifically a college education, has a positive effect in reduction of recidivism because it increases employment opportunities upon release. Data from a Texas study shows that AICs who earn an Associate's Degree have a 13.7% recidivism rate, a Bachelors Degree a 5.6% rate, and with a Masters Degree the rate drops to less than 1%. Employment prospects for felons are already weak and education is the most preeminent way to improve the odds of employment. This same data also shows that those obtaining a college degree in prison increases their odds of finding post-prison employment by 59%.

...obtaining a college degree in prison increases your odds of finding post-prison employment by 59%.

Post-prison employment is also important from a cost-benefit perspective, considering that employed individuals are usually paying income taxes, which generates revenue for federal and state governments. Also, crime in gen-

eral is very costly for the state (court costs, victim costs, etc...) and better recidivism rates would reduce this.

While obtaining a GED while incarcerated is highly encouraged, support for college education is almost non-existent. The only two available programs are the New Directions Education Project (NDEP), which allows AICs to pursue an Associates of The Arts Transfer Degree (AAOT) for a reduced tuition cost, and Corban University which allows the pursuit of a Bachelors Degree but requires a transfer to OSCI. Space is very limited for both, and there is only enough available space for less than 1% of the incarcerated in Oregon. Other than these two programs the only option for pursuing a college education is through correspondence courses, which is very expensive.

Some colleges offer payment plans as low as \$75 per month. Hypothetically, if an AIC were able to get a higher paying job, for example at the Call Center or Garment Factory, they could afford to make a school payment and still have money left over to support themselves - but

this doesn't account for school supplies or package and mail costs. The cost of correspondence courses limits their availability to only those with the highest paying jobs in the institution or those who have family that can support them financially.

On the following page are a handful of colleges that are known to work well with AICs, but there are many more out there. Writing a letter and requesting a catalog and information on correspondence based courses is the first step. Most schools will send this information for free, but some might require a Self Addressed Stamped Envelope (SASE).

More than 26 years after becoming a law, the Violent Crime Control and Law Enforcement Act, which ended government financial aid for the incarcerated, remains - despite decades of data showing the benefits to educating the incarcerated. As an AIC, furthering your education, no matter how difficult it may be, is the best thing you can do for yourself.

While this article focuses primarily on a college education, vocational education (obtaining electrician's license, welding certification, etc...) can be equally effective. Learning a skill, gaining work experience, or learning a second language are also ways to improve your chances of employment. Studies have shown that individuals are less likely to commit a crime when they work more often and have employment that is satisfying and perceived as having career potential - and that's what works.

Schools with Distance Education



The following is a list of schools that offer distance learning (correspondence courses) and have worked with AICs in Oregon before. If you are interested, you may contact these schools through the mail and request a catalog and pricing information. As an AIC, you are responsible for finding and arranging college correspondence courses. The first step is to identify the schools you are interested in and then determine a payment plan or method of payment.

Ohio University

Hanning Hall 222
Athens OH, 45701
www.ohiou.edu

California Coast University

925 North Spurgeon St.
Santa Ana, CA 92701
(Accepts payments as low as \$100)
www.calcoast.com

Ashworth College

6624 The Corners Pkwy
Suite 500
Norcross, GA 30092
www.asworthcollege.edu

Adams State University

Extended Studies
208 Edgemont Boulevard
Alamosa, CO 81101
www.exstudies@adams.edu

California Miramar University

9750 Miramar Rd.
San Diego, CA 92126

Southwest University

2200 Veterans Memorial Blvd.
Kenner, LA 70062
www.southwest.edu

Stratford Career Institute

PO Box 530212
Debary, FL 32753

ISSA - International Sports Science Association

1015 Mark Ave.
Carpentarie, CA 93013
www.issaonline.edu

Global University

1211 S. Glen Stone Ave.
Springfield, MO 65804
www.globaluniversity.edu

International Christian College and Seminary

PO Box 530212
Debary, FL 32753

University of Idaho

875 Perimeter Drive MS 3081
Moscow, ID 83844
www.uidaho.edu/isi

Rio Salado College

Incarceration Re-entry
2323 West 14th St.
Tempe, AZ 85281
www.riosalado.edu

Coastline Community College

Admissions Services
11460 Warner Avenue
Fountain Valley, CA 92708

Thomas Edison State College

101 West State Street
Trenton, NJ 08608
info@tesc.edu

Upper Iowa University

External Degree Office
Post Office Box 1861
Fayette, IA 52142
www.uiu.edu

University of Wisconsin

Independent Learning
505 S. Rosa Rd., Suite 200
Madison, MI 53719
www.learn.wisconsin.edu/il

Hobe Sound Christian College

PO Box 1065
Hobe Sound, FL 33475
www.hsbc.edu

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Financial Peace: Power of Attorney

By Phillip Luna

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The first step in setting up a savings account with a bank is to find someone you trust to serve as your power of attorney (POA). There are some banks that will work with you to create savings account directly, but this has become more difficult in recent years which makes a POA necessary.

Setting up a Power of Attorney

Choosing the right person: It is important to consider that giving someone your power of attorney enables them access to your finances. If that person is untrustworthy, that may not be the person you want having unfettered access to your money. Generally, a parent or close relative is the best choice when considering a power of attorney.

Another thing to consider is that your power of attorney has to do a lot of work on your behalf. You want to choose someone that is willing to make a continued effort over a long period of time. This person will be responsible for managing your account and eventually investing your money for you. Make sure the person you choose is aware of the responsibility and time commitment you are asking of them.

Choosing the type of POA: There are two main types of POAs - medical and financial. Giving someone a medical POA allows them to make decisions about your healthcare and well-being should you become incapacitated. A financial POA gives someone the ability to make decisions about your finances. For the purpose of this article we will only focus on the financial POA.

For most people, and for the purpose of opening a savings account with an outside bank, a **General Power of Attorney** is sufficient. This type of POA allows the assigned person to make decisions on your behalf, but only while you are of sound mind. It expires if you become incapacitated. A **Durable Power of Attorney** is like the general version, but it continues on if you become incapacitated. You could also issue a **Special or Limited Power of Attorney**. With this type of POA you can grant specific powers to a person. For example, if you wanted someone to sell your house, but you did not want them to have access to your bank accounts or make any other decisions you could indicate so in this type of Special or Limited POA.

If you require something other than a General POA, communicate this with the law library clerks and they will aid you in this process.

Filling out the paper work: Fill out a legal request form indicating that you wish to assign a POA. The law library will place you on a call out and when you arrive you will be given the power of attorney form to fill out. **Do not sign the form until you are in front of the notary or it will not be valid.** Make sure to bring an envelope with you so that the form can be mailed out once it is notarized. After your POA receives the form they can use this document to open a savings account on your behalf.

Remember, setting up a POA does not make that person a co-signer or give legal liability to that person. It simply allows that person to make financial decisions for you.

Setting up a Savings Account

Once your POA has the proper form they can walk into almost any bank and open a savings account in your name. Most banks require funds to be placed into an account in order to open the account. You may need to send money to your POA so that he or she can open the account. This can be done via CD-28. Some banks may charge a monthly or yearly fee.

Depositing into Your Account

After setting up an account, your POA will be able to provide you with your account number and the bank address. To make a deposit into your account fill out a CD-28 and on the pay to line write, *for deposit only to account (and your account number)*. Write your bank address in the address column of the CD-28. Before doing this, check with your bank to make sure they will accept deposits in this manner.

Most banks will mail you a bank statement monthly, but with online banking being as common as it is nowadays you may need to request bank statements through the mail. Receiving a bank statement each month will allow you to keep track of your accrued savings.

Managing Your Finances

Having the finances to restart your life is key to success upon release. However, the only thing more important than money is credit. Credit follows you everywhere and bad credit can ruin any chance you have of financing a car or a home. The good news is, credit can be managed while incarcerated.

(continued on next page...)

Financial Peace: Checking Your Credit

Checking Your Credit

Under the Fair and Accurate Transaction (FACT) act, the three major credit reporting agencies (Equifax, Experian, and TransUnion) will provide you with a free credit report every 12 months.

Request your credit report by:

- Having a friend or family member go online with your information to [AnnualCreditReport.com](https://www.annualcreditreport.com). They can print this report and mail it to you.
- Filling out the **Annual Credit Report Request Form** and mailing it to.

Annual Credit Report Service
PO Box 105281 Atlanta,
GA 30348-5281

Send a communication form to Correctional Rehabilitation for the Credit Report Request Form.

Your credit report will contain your personal information, credit history, and credit inquiries. This report will contain any loans, liens, bankruptcies, overdue child support, credit cards, and medical debts you may owe. It does not include information about your checking or savings accounts, bankruptcies more than ten years old, charged-off debts, or debts placed in collection more than seven years ago. Additionally, your free credit report will not contain your credit score - that must be purchased.

Generally speaking, outstanding debts and collections will stay on your credit report for 7 years, and bankruptcies for up to 10 years.

The FICO Credit Score

A credit score is a number lenders use to help them decide if, and how much, credit will be granted to an applicant. Credit scores are based on information found within your credit report and are essentially a snapshot of your credit risk at a particular point in time. The most widely used score is the one developed by Fair Isaac Corporation (FICO). More than 75% of lenders base their decisions on the FICO. Because there are many different companies that produce credit scores, make sure the score you are dealing with is a FICO score. The scores developed by FICO range from 350 to 850.

FICO Score Grade Chart

750 - 850	Outstanding
680 - 749	Above Average
620 - 679	Average
550 - 619	Below Average
350 - 549	Unacceptable

These numbers are derived from a complex algorithm that calculates your risk or worthiness into a score. FICO has broken down specific areas of the credit report into percentages that can be manipulated to increase your score. Neglecting other areas decrease your score.

What Counts Toward Your Score

- Credit History Length (+ 15%)
- New Credit (+ 10%)
- Types of Credit (+ 10%)
- Payment History (+/- 35%)
- Amount Owed (+/- 15%)
- Available Credit (+/- 15%)

- Extra Addresses (- varies)
- Aliases (- varies)
- Excessive Inquiries (- varies)

Other Important Points

Your credit score can change any time information on your report changes. Although you are allowed a free credit report from each of the three main bureaus once a year, your actual credit score must be purchased separately. The cost of a credit score from each bureau ranges from \$7 to \$10.

Finally, in order for an initial FICO score to be calculated on your credit report, the report must contain at least one account ("trade-line") that has been open for six months or longer. This ensures that there is enough recent information in your report on which to base a score. If you don't have any trade-lines in good standing then you have a credit score of 350.

To simplify all of this, once you have your credit report you'll need to pay off your debts. It would not be a good idea to have your POA open a savings account if you have outstanding debts, as they are subject to collections.

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The information provided here is meant to guide you, but every situation is different. Before setting up a power of attorney or working on your credit, do your own research and talk with the law library clerks to find out what works best for you.

Rehabilitation of Tomorrow



Excerpts from an article
from *News Inside*

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In 2012, the Supreme Court decided that mandatory life without parole sentences for juveniles are unconstitutional. And in 2016, the court made the decision retroactive, making thousands of juvenile offenders eligible for resentencing or parole.

In order to help incarcerated individuals who were never expected to have a life beyond prison walls, some states turned to the world of virtual reality as a re-entry tool.

“Research has shown that virtual reality can be used as a therapeutic tool...”

Research has shown that virtual reality can be a useful therapeutic tool, helping people overcome post-traumatic stress and anxiety. In some cases, this type of programming has been shown to promote empathy.

The States of Colorado, Pennsylvania, New York, Alaska, and others have all opted to incorporate

VR as part of their rehabilitation programs. Simulated VR experiences range from *how to self-scan at a checkout* to *how to use an ATM card*. The Alaska DOC is planning on implementing VR sessions to help offenders cope with the state's long and dark winters after release. And the State of Colorado even created a three-year virtual reality based re-entry program for former juvenile lifers. The potential for technology to be integrated into re-entry programs is limitless.

The Colorado DOC has joined with a research organization, National Mental Health Innovation Center, to informally study the pilot program they have created. Matt Vogl, president of the center, says he is optimistic that VR will be beneficial to the incarcerated. *“We have to try new things and try them aggressively,”* Vogl said. *“I don’t think tech will solve all the problems, and there are a lot of unanswered questions, but if we can put one more tool in the box, we might as well.”*

While much research has been done on VR as a therapy tool, how well VR works to rehabilitate AICs is unknown since these programs are the first of their kind.

In prison, schedules are highly regulated with correctional officers dictating what can be worn, and when to eat, shower, or work. Juvenile lifers enter prison at the same time their brains are developing important cognitive functions, such as emotional-regulation and decision making. Adjusting to life in the outside world, with the sheer number of daily decisions they will have to make, can be difficult after decades without practice. In fact, some of these individuals have never paid a bill or rent, never cooked on a stove, or even bought their own food from a grocery store.

While the focus of VR re-entry programs has been on juvenile lifers thus far, the application to all AICs is clear. VR rehabilitation programs could help many AICs overcome anxieties related to release, practice in job interviews simulations, learn to use apps on the phone, to navigate the internet, or any number of situations that help them experience parts of the outside world they may not be comfortable with.

As this technology becomes less and less expensive, will there come a day when VR simulations will help all AICs prepare for life on the outside? Based on the findings so far, it's not a matter of if, but a matter of when.

Flu Vaccination 2020-2021

Provided by Health Services

Do I need a flu vaccine?

Flu is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

I had the vaccine last year. Do I need to get it again this year?

Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection. A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

Is the flu vaccine safe?

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) to ensure the highest safety standards.

¿Necesito una vacuna contra la gripe?

Las personas sanas pueden enfermarse lo suficiente como para faltar al trabajo o la escuela durante una cantidad significativa de tiempo o incluso ser hospitalizadas. Se recomienda una vacuna anual contra la influenza para todas las personas a partir de los 6 meses de edad. Las mujeres embarazadas, los niños pequeños, las personas mayores y las personas con ciertas afecciones médicas crónicas como asma, diabetes y enfermedades cardíacas tienen un mayor riesgo de sufrir complicaciones graves re-

lacionadas con la influenza, por lo que vacunarse anualmente contra la influenza es especialmente importante para ellos.

¿Es segura la vacuna contra la influenza?

Si. La vacuna contra la gripe es segura. Cientos de millones de estadounidenses han recibido vacunas contra la influenza de forma segura durante los últimos 50 años y se han realizado investigaciones exhaustivas que respaldan la seguridad de las vacunas contra la influenza estacional. Cada año, los CDC trabajan en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. (FDA) y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

Recibí la vacuna el año pasado. ¿Necesito conseguirlo de nuevo este año?

Los virus de la influenza cambian constantemente, por lo que las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente. Necesita la vacuna de la temporada actual para obtener la mejor protección. La protección inmunológica de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para la mejor protección.

Is it a cold or flu?

Signs and Symptoms

Influenza



Cold

Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

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If you have questions please send an AIC Communication Form to Health Services.

Old Man and the Lake

By Patrick Gazeley-Romney

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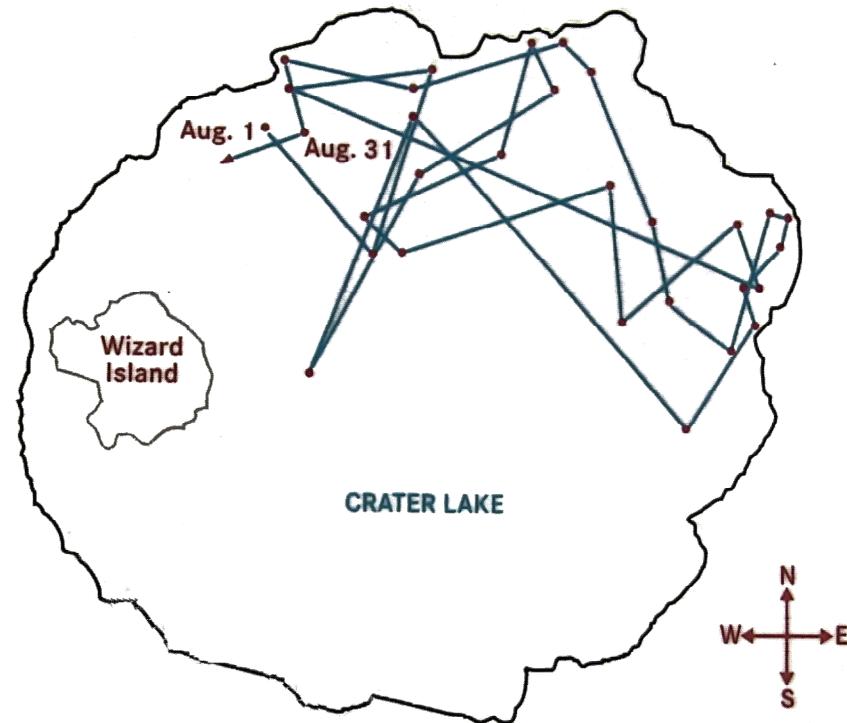
The following is an excerpt from the book *Atlas Obscura* by Joshua Foer, Dylan Thuras & Ella Morton.

Old Man of the Lake - *Crater Lake*

A floating log may not seem noteworthy, but this one is special. The Old Man is a 30-foot (9m) hemlock tree that has been bobbing along vertically in Crater Lake since at least 1896 (pictured right). Bleached

by the sun and blown across the water by wind currents, the tree protrudes about 4 feet (1.2 m) from the lake's surface.

The Old Man likely arrived in Crater Lake- a 6-mile-wide 1,946-foot-deep (9.6 km, 593 m) blue pool that fills the crater of a dormant volcano- via landslide. Rocks were probably lodged in his roots, pulling his base down and allowing him to float ver-



tically. The clear, cold water has kept the Old Man looking relatively youthful.

In the summer of 1938 two naturalists plotted the Old Man's movements (pictured left) and found he moved an average of 0.67 miles (1.07 km) per day. On one particularly windy August day he traveled 3.8 miles (6.11 km). If looking for him, keep his transient nature in mind.

Crater Lake National Park. The park is 80 miles (129 km) northwest of Medford. N 42.86441 W 122.168478.



Where is the Driest Place on Earth?

It's Antarctica, actually. Parts of the continent have seen no rain for two million years. A desert is technically defined as a place that receives less than ten inches of rain a year. The Sahara gets just one inch of rain a year. Antarctica's average annual rainfall is about the same, but 2 percent of it, known as The Dry Valleys, is free of ice and snow and it never rains there at all.

As well as the driest place on Earth, Antarctica can also claim to be the wettest and the windiest. Seventy percent of the world's fresh water is found there in the form of ice, and its wind speeds are the fastest ever recorded. The unique conditions in The Dry Valleys of Antarctica are caused by so-called katabatic winds (from the Greek word for "going down"). These occur when cold, dense air is pulled downhill simply by the force of grav-

ity. The winds can reach speeds of 200 mph, evaporating all the moisture - water, ice, and snow - in the process.

Though Antarctica is technically a desert, these completely dry parts of it are called, somewhat ironically, oases. They are so similar to conditions on Mars that NASA used them to test the *Viking* mission.





Apiary Update

By Patrick Gazeley-Romney

The EOCl Beekeeping program is currently gearing up to over-winter five colonies at the H-unit apiary. The fall is an eventful time for beekeepers as it is one of the two busiest seasons for hive management (fall, spring). Essential activities for the fall include mite treatment, supplemental feeding (pollen, sugar syrup), moisture control shim placement, rearrangement of the brood nest and insulating the hive bodies.



Varroa mites (pictured above) are considered to be the most detrimental pest to honey bees. The dreaded mites invade cells of uncapped larvae, feeding and spawning on the developing bees and proliferating inside the hive after a bee emerges from its' cell. Varroa mites carry viruses that can decimate entire colonies if not properly managed. Some beekeepers use chemical treatments in their hives to keep mite numbers low so that their colonies can thrive throughout the year. The hives at EOCl are treated in rotation with a variety of products so the colonies do not develop resistance to any one product.

Supplemental feed in the form of sugar syrup is provided to bees during the early spring and fall to assist them in building comb and producing honey stores for the winter months. Pollen supple-

ments are provided to the colonies in the fall to give the bees enough protein stores to make it through the winter.

Moisture control shims are added to the top of a hive, just below the top cover. The shims contain absorbent insulating materials such as leaves, sawdust or pine needles. Adding a moisture control shim keeps a hive dry during the winter, cutting down on mold and the production of harmful bacteria inside.

A bee hive is comprised of two components - areas for resource storage and an area for reproductive activities. The brood nest is the area of the hive in which the queen concentrates her egg laying activity. Generally, the brood nest is concentrated in the center of the hive body, with honey and pollen frames toward the outside. It is smart to rearrange your colonies' brood nests before the onset of winter, leaving at least 90 lbs of honey stores and pollen for the bees to feed on throughout the winter months. Concentrating your brood nest to the center of the hive with honey frames surrounding adds another layer of insulation from the cold winter temperatures.

Some beekeepers choose to wrap their hives in insulated waterproof covers to shelter their bees from extreme winter conditions. The beekeeping program is working with WFD to manufacture covers for the hives at EOCl.



Typically beekeepers in the NW suffer approximately a 50% hive loss during the winter months due to exposure to extreme temperatures, disease within colonies or lack of sufficient supplemental feed. As the seasons begin to fluctuate more due to the effects of climate pattern changes, the future of hive mortality rates grows more uncertain. With any luck the five colonies managed by the EOCl beekeeping program will emerge in the spring victorious, ready to thrive for another year!



COVID-19:

Work Opportunity:

Education:

Finance:

Rehab of Tomorrow:

Flu Vaccines:

Good to Know:

In Memory:

Holiday Canteen:

Bulletin Board:



In Memoriam

COVID-19:

Work
Opportunity:

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Tomorrow:

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Vaccines:

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Know:

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Memory:

Holiday
Canteen:

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Board:



In the September *Echo*, we offered to print kind words anybody had for the three men who passed away in August of this year. Following are the responses we received.



made sure everyone felt welcome. If someone was having a bad day, he took it upon himself to talk to that person, and make sure he walked away with a smile. He was that kind of a guy, who was well known for his keen wit and humorous wisdom. Dennis Howes will be truly missed."

- Ali M. Mattar

was a sign of respect from his peers or not, but that's how I viewed it.

He was a barber at EOCL for more than 20 years, most of that time on H-unit. Every time he cut someone's hair he would always tell them to 'use a CD to look at the back of their hair in the mirror', despite the fact that we haven't been able to buy CD's here for many years now. I may have gotten 50 haircuts from him and he may have told me the CD trick 40 times. He had some funny quirks like that.

David Windham - G4 Resident

Age 54 (6/3/66 - 8/26/20)

Those who knew David Windham said that he was a low key guy who just did his time. He was a Buddhist and he arrived at EOCL in 2011. In his time here he mostly lived on the Eastside dormitories. He had worked in the call center, as a clerk for religious services, and most recently as an East gate orderly.

Dennis Howes - H2 Resident

Age 66 (12/31/53 - 8/20/20)

"Dennis you are missed already my friend, the time we spent together while working in OCE, I'll always remember these things about you. Your work ethic, your smile and the service you provided to all who worked there. Your smile and happiness will never be forgotten. Missing you youngster."

- Brandon Lamb

"Dennis Howes was both a friend and a brother to everyone around him. Whether he was at work, on the unit, or even the yard - he

Mr. Hill took a lot of pride in his work. For any flaws he may have had, I think it says a lot about a person when they take pride in their work, about the quality of their character. But, one of his flaws was that he was a fan of the Detroit Lions, although... I never held that against him. Nobody's perfect and we all make mistakes.

He will be missed."

- Phillip Luna

Warren Hill - H2 Resident

Age 73 (1/7/47 - 8/26/20)

"The first thing I took notice of about Mr. Hill was that no one ever called him by his first name. He was always Mr. Hill, never Warren or just Hill. Even people who've known him for decades would call him Mr., and I don't know if that

Thank you Brandon Lamb and Ali Mattar for contributing. We appreciate your thoughts and effort.



Local Poetry

The Advent of Twilight - by Owen Youngblood



As the tiring sun's ascension
falters toward the pale horizon
weakened by the arduous journeys
of the summer's blazing furies



Gloaming shadows now emboldened
spread as roots across the landscape
bit by bit the light consuming
holding all the land in tension



Gone the raucous hues of daytime
tempered and subdued to ochre,
silver, gray, and shadowed purple
muted half-light mists enshrouding



New the reverie descending
beckons silence through the woodlands
stillness broken only by the
croaks from feathered black blasphemers



Bounties gathered in for keeping
lest the creeping ichor taint them
as the withering shadows spreading
wilt the fruits on vine remaining



Smoke from leaves on altars burning
air perfumed by harvest censers
sacrifices made devoutly
in the ancient oaken temples



Speak we now our fey ablutions
at the advent of the twilight
in her service everlasting
three times three and blessed be

PREA

COVID-19:

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

Work Opportunity:

Call the Inspector General's Hotline:

Education:

1. Pick up a handset

Finance:

2. Press 9 to leave a message

Rehab of Tomorrow:

All PREA Calls are confidential.

Good to Know:

Send a letter to the Governor:
Governor's Office, State Capitol, Room 160, 900 Court St., Salem, OR 97301.

The Oregon Department of Correc-

tions has a zero tolerance policy for 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. Avise 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

Holiday Canteen List

Holiday Canteen:

Tentative Holiday Canteen Items:

(not available yet, and subject to change)

- Dark Choc. Sea Salt Caramels
- Peppermint Bark
- Hometown Provolone Cheese
- Coffee Mate Hazelnut
- Coffee Mate French Vanilla
- Hometown Hot Cajun Jalapeno Beef Sausage
- Kars Banana Split Mix
- Homestyle Peanut Log
- King Size Kit Kat
- Eastview Farms Bacon Jalapeno Cheddar Cheese
- Fritos honey BBQ Twist

- Hostess Cream Cheese Coffee Cake 2pk
- Fisherman's Pride Mackerel
- Fisherman's Pride Oysters
- Zachary Bridge Mix
- BC French Vanilla Cappuccino
- Biglow Cinn. Stick Black Tea
- Sauve Essentials Brown Sugar and Vanilla
- BC Summer Sausage with Cheddar
- Beer Nuts Premium Mix Hot
- El Sabroso Baja Limon
- Squeezum Mustard 12 ct strip
- Velveeta Jalapeno Squeeze Cheese

- Zachary Double Dipped Peanuts
- Little Dutch Main Holiday Shortbread Cookies
- Hershey Reese's Pieces Candy
- Market Square Cookies Chocolate Mint Crème
- Hawaiian Punch Variety Pack
- BC Ground Beef Crumbles Spicy
- Doritos Tortilla Chips Spicy Sweet Chili
- Sevilla Red Beans and Rice
- Mario Green Olives

These items will be available during the holiday spending period. Prices and holiday canteen sheets will become available at that time. All items are subject to change.

Bulletin Board at a Glance



Breaking News:

Economic Impact Payment:

If you haven't already, make sure to apply for your EIP before the deadline. **It must be postmarked before October 30th, 2020.**

Although the deadline was originally October 15th, it has been moved to the 30th.

To receive your EIP faster, write your SID number **in the address field** and list your address as:

Central Trust
P.O. Box 14400
Salem, OR 97309

AICs that mailed their IRS forms with the EOCL address will still be processed by the IRS. Once EOCL receives the IRS checks, Business Services will add your SID and mail them to Salem Central Trust for Deposit.

The IRS will be having staff come in to their Austin, Texas location specifically for processing these forms from incarcerated individuals nationwide. **Instead of using the pre-stamped address, please mail to:**

IRS
Austin, Texas
73301-003

With that said, the ones that have gone out to the IRS already will be forwarded. However, if you haven't mailed your form yet please update the outgoing address to the Texas address listed above.

Library Services:

The general library will begin book exchange to the housing units on October 5th. The first book exchange will be with unit A1 and the last with unit H2 by the end of the month. For a complete schedule and explanation of the new book exchange process, please see your housing unit bulletin board.

Religious Services Procedure:

For New Religious Property:

1. Send an AIC Religious Accommodation Request by mail.
2. The request will be processed.
3. A vendor must be determined.
4. Once a vendor has been determined and if the item has been approved by the religious service administrator, the requesting AIC will receive a conditional approval letter. The request will then be forwarded to the ISM team.
5. ISM team will make the final decision based on what they believe is in the best interest of the institutions.
6. Once the ISM team's decision is made, a letter goes out to the AIC stating the decision.
7. If approved, a notice is sent out to all institution chaplains letting them know this item is now available.

Please see your housing unit bulletin board for more information.

COFO News:

As a part of ORS 423.105, Court Ordered Financial Obligations (COFOs) began collecting **October 1, 2020.** If you have COFO's they will appear on your monthly statement. If you have questions, contact by mail:

OJD Business and Fiscal Services Division

Attn: Collections
1163 State Street
Salem, OR 97301

COFO's will be collected on all eligible deposits. Eligible deposits are monies deposited in an AIC trust account including, but not limited to, AIC performance monetary awards (PRAS) and monies received from an AIC's family member or friend. Eligible deposits do not include protected monies.

Good to Know:

Having trouble getting photos from your friends and family? If they have an iPhone or android, have them check out the Groovebook app. Once downloaded to their phone, the users can upload photos to the app. At the end of each month, for a nominal fee, Groovebook will create a 100 photo booklet and mail it directly to you. It's an incredibly easy and inexpensive way to get photos!

Please see your housing unit bulletin board for complete information.

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"There was much of the beautiful, much of the wanton, much of the bizarre, something of the terrible, and not a little of that which might have excited disgust."

The Masque of Red Death

- Edgar Allan Poe



The Echo - Volume II, Issue X - October, 2020

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News Inside Issue I

Atlas Obscura by Joshua Foer, Dylan Thuras, and Ella Morton
National Mental Health Innovation Center
Internet sources: Wikipedia, Vitamin D Council, NYU Langone Medical Center, Centers for Disease Control and Prevention (CDC), webmd.com

Vocabulary from *The Echo*

Recidivism, page 1:

The likelihood of repeating, especially as in criminal offenses.

Deterrence, page 1:

To avoid or prevent.

Unfettered, page 6:

To liberate, to be free from fetters.

Arduous, page 13:

Demanding great physical or mental care, effort, or endurance.

Advent, page 13:

Arrival, especially of something momentous.

Reverie, page 13:

Abstracting musing; daydreaming.

Ichor, page 13:

A watery acrid discharged from an ulcer or wound.

Fey, page 13:

Sensing imminent death, or having visionary power.

Ablutions, page 13:

To wash away; a cleansing of the body, esp. in religious ceremony.

Important Dates

Full Moon Oct. 1st

International Coffee Day Oct. 1st

National Bosses Day Oct. 16th

Halloween Oct. 31st

Full Moon Oct. 31st

Daylight Savings Nov. 1st

Election Day Nov. 3rd

Veterans Day Nov. 11th

