



The Echo

Eastern Oregon Correctional Institution Newsletter

Volume II, Issue IX

September, 2020 Edition

COVID-19 Update at EOCI

As of September 8, 2020, EOCI has had 268 AICs test positive and 271 negative tests with 26 staff members testing positive. There are 8 quarantined units: A3, B3, E2, E3, E4, F3, G4, H1, and H2 in addition to C1 which is the isolation unit. However, this is a very fluid situation and housing units can go into (and come off) quarantine status any time.

Projected end of quarantine dates (subject to change):

A3 – 9/23/2020
B3 - 9/18/2020
E2 – 9/18/2020
E3 - 09/12/2020
E4 - 9/19/2020
F3 - 9/24/2020
G4 - 9/21/2020
H1-H2 - 9/18/2020

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As you have probably seen on the news the pandemic continues in Oregon, the United States, and throughout the world. As we learn more about the virus, EOCI continues to try new things to return the institution to something approximating normal operations while continuing to protect the population, the employees and the contractors who work here. Education has begun again (with much smaller class sizes); OCE is working again (with as many people as possible while maintaining social distancing); other work assignments are being allowed as we identify safe methods for allowing the work to continue (law library); and some activities are taking the place of night yard as the days continue to get shorter.

With no end in sight, it is understandable that a degree of frustration and emotional exhaustion has set in for everyone at EOCl – staff and AIC. To battle these twin annoyances, we ask that everyone be as patient as possible and do what you can to help.

As in the last newsletter, you can help by:

- Wear a face covering, not just because it is required, but because if you have COVID-19 and don't know it, you can protect others around you.
- Social distance from others whenever possible. This includes walking to and from the dining halls and on the

yards. When combined with wearing a face cover, this is a very effective method for controlling the spread.

- Wash your hands. Wash frequently and thoroughly. Soap is a medium that carries the bad stuff off your skin and down the drain.
- Keep your area clean and sanitary. There aren't many options for things to do right now – use the time to thoroughly clean your cell or bunk area.
- Report symptoms. If you or someone you know has symptoms report it to Health Services and encourage others to self-report as well. It may not be convenient, but if it helps end the spread of COVID-19, it will be worth it.
- Finally, be nice to each other. This is a miserable situation for everyone, staff and AIC alike, being nice will help everyone.

We all want this pandemic to end sooner rather than later. However, if the actions of some people are working against the common good, it will continue to delay the end of the pandemic at EOCl. Please help us work toward an end to COVID-19 at EOCl by being patient and following the rules.

Thank you for your help.

Q&A with Captain Stewart

Answered provided by
Captain Stewart

COVID-19

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Q: Would you consider making Multi available to individual units similar to yard lines so that we can have access to endorphin releasing activities more often?

A: Multi is currently open at night after 7:30 pm to individual units along with activity rooms and card rooms. The Agency Operations Center will not allow addition activities until the institution reaches a lower tier level.

Q: Have you explored any options for safely refilling the incentive housing unit vending machines?

A: The vendor made the decision not to provide service to the units at this time. We are working with the vendor to solve the issue.

Q: Will AICs be issued replacement masks due to wear and tear?

A: Masks are available for exchange at the clothing room. Please submit a communication form to the clothing room.

Q: Since we are mixing units during work hours, would it be possible to do the same with yard lines?

A: The goal is to compartmentalize as often as possible, with the facility

currently being on a tier level 4 this will not be considered at this time. As tier level and infection rate decreases these options will be considered again.

Captain Stewart has agreed to attempt to answer questions related to the current pandemic. If you would like to, you may send a communication form to IWP with any question(s) you may have. On a regular basis these questions will be compiled and presented. Any answers received will be posted on Channel 53 and in the newsletter.

Request for Kind Words

As many of you know, three EOCI residents recently passed away (as of 9/8/20).

In the next edition of *the Echo* we would like to write an article sharing a few kind words from those who knew the individuals that have passed. If you are interested in saying a few words, or sharing a brief story about one of the departed you may do so by contacting IWP.

If you would like to provide this in writing, you can do so by sending a communication form to IWP. Or if you would prefer to provide this in person, send IWP a communication form and let us know. We will try to arrange for this to happen (although the current quarantine on units may make this difficult.)

If you would prefer to say something anonymously, please indicate so on your communication form.

Please be considerate of available space within the newsletter. Thank you.

The three men are:

Dennis Howes - H2 Resident

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

Warren Hill - H2 Resident

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

David Windham - G4 Resident

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

COVID - 19 Notice #41

Provided by ODOC

Governor Brown has asked the Department of Corrections to provide a list of individuals incarcerated who are medically vulnerable to COVID-19 or within two months of release. Given the narrow scope of

what is defined as medically fragile, and individuals within two months of release, we will review approximately 88 people and provide our final list to Governor Brown by September 18, 2020. If you meet the

governor's criteria, your counselor has already contacted you.

Per the Governor's request, DOC will provide an updated list of AICs to the Governor every other month.

Acrylamide Warning

Provided by
Food Service Administration

Proposition 65 in California that requires businesses to provide warnings to Californians about exposures to certain chemicals. Since ODOC purchases some foods items from California, some canteen products may have this label.

One of the chemicals listed is acrylamide. Acrylamide is a chemical that is formed in certain plant-based foods during cooking or processing at high temperatures, such as frying, roasting, grilling, and baking. Boiling and steaming foods do not create acrylamide. Sources of acrylamide in the diet include French fries, potato chips,

WARNING: Consuming this product can expose you to chemicals including acrylamide, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

S7LBLP65

other fried and baked snack foods, roasted asparagus, canned sweet potatoes and pumpkin, canned black olives, roasted nuts, roasted grain-based coffee substitutes, prune juice, breakfast cereals, crackers, some cookies, bread crusts, and toast. Researchers discovered the presence of acrylamide in fried, roasted and other cooked

foods (such as coffee and peanut butter) in 2002. High temperatures during cooking convert sugars and other naturally occurring substances in these foods to acrylamide. This is a naturally-occurring chemical.

You may see the label pictured above on certain food items.

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Canteen News



Soda Ticket Reminder:

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda ticket(s) and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of the request. Commissary will not issue

credit for damaged tickets or if the soda machine takes your ticket without dispensing.

Commissary News:

As the COVID pandemic continues, commissary is starting to see a few temporary manufacturer delays, such as some of the colored pencil options. Notice of discontinuance of any products has not been received at this time, just some temporarily out of stock items due to slowed production.

Provided by Anita Nelson,
Distributions Services Manager

Canteen Sheet Reminder:

Canteen sheets will not be processed if:

- If you have insufficient funds.
- If the form is soiled stained or contaminated.
- If the writing is not legible.
- If it is not written in blue ink.
- If you have doodled or written notes on the form.
- If the form has been shaded or highlighted.

Updates:

Due to vendor availability the Yamaha Keyboard \$226.00 is currently out of stock, the vendor is expecting it to be restocked in September of 2020.

Rule Changes



Provided by ODOC

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Below is the list of status changes made to DOC administrative rules since 06/01/20.

PROPOSED RULES:

291-042 Urinalysis Testing for Substances of Abuse

Amends the rules to comply with HB3146 (2019) by changing inmate to adult in custody (AIC). The change also modifies language to encompass all substances of abuse and updates language to fit current practices and to show understanding of addiction being a chronic illness.

Provide comments by 09/16/20

291-069 Security Threat Management

- Amends the rules to clarify modifications that may be made to services and programs for the safety and security of the facility, staff and AICs.

Provide comments by 9/16/20

291-093 Death Row Housing Unit

- Amends the rules to update the department's policy to allow for individualized housing decisions regarding AICs with a sentence of death, which may include appropriate housing other than the Death Row Housing Unit or a Death Row status cell.

Provide comments by 9/16/20

PERMANENT RULES

291-035 Research External

- Amended the rules to comply

with HB3146 (2019) by changing inmate to adult in custody (AIC).

Effective: 06/18/20

291-180 Interstate Compact

- Amends the rules to adopt the recent changes made to official ICAOS rules.

Effective: 07/24/20

TEMPORARY RULES:

291-062 Alternative Incarceration Programs

- The purpose of these rules is to establish department policy and procedure for leave revocation hearing for adults in custody (AICs) who are on non-prison leave (NPL) as part of participating in an Alternative Incarceration Program (AIP). The department needs to establish a hearing process for AICs whose leave may be revoked to ensure that they receive adequate due process. These rules are intended to meet that need by providing procedures for an AIC to request a hearing or review to dispute the bases for revoking non-prison leave.

Effective: 7/16/2020 to 1/11/2021

291-063 Short-Term Transitional Leave

- The purpose of these rules is to establish department policy and procedures to clarify which adults in custody (AIC) are eligible for short-term transitional leave (STTL) under ORS 421.168, to specify what conditions of supervision the Department may impose for AICs on short-

term transitional leave, and to provide a hearings process for AICs who may have STTL revoked for disciplinary or administrative reasons.

Effective: 7/16/2020 to 1/11/2021

291-066 Leave Revocation Hearings

- The purpose of these rules is to establish departmental policy and procedures for leave revocation hearings for adults in custody (AIC) who are on short-term transitional leave authorized under ORS 421.168 or non-prison leave authorized under ORS 421.510. The department needs to establish a hearing process for AICs whose leave may be revoked to ensure that AICs receive adequate due process. These rules are intended to meet that need by providing procedures for an AIC to request a hearing or review to dispute the bases for revoking the AIC's transitional leave or non-prison leave.

Effective: 7/16/2020 to 1/11/2021

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC rules are available for review and copies in the AIC law library.

Rule Changes



Below is the list of status changes made to DOC administrative rules since 08/01/20.

PROPOSED RULES:

291-001 Procedural Rules

- Amends the rules to adopt current Attorney General Model rules by reference and clarify the rulemaking notice process.

Provide comments by 10/26/20.

291-031 Community Corrections Programs

- Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody.

Provide comments by 10/26/20.

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Provide comments by 10/26/20.

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Provide comments by 10/26/20.

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Provide comments by 10/26/20.

291-072 AIC Identification Cards

- Amends the rules to provide clarity regarding the types of adult in custody identification cards and the process to issue/replace the cards. Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody.

Provide comments by 10/26/20.

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Provide comments by 10/26/20.

291-171 Grievance Review System (Community Corrections)

- Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody.

Provide comments by 10/26/20.



291-201 Adult in Custody Assignment Management

- Amends the rules to provide clarity to program assignments, and align with statutory language changes, replacing the term inmate with adult in custody.

Provide comments by 10/26/20.



Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC rules are available for review and copies in the AIC law library.



In Case of Emergency

Provided by Religious Services

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If your family back home is experiencing an emergency and needs to get in touch with you, they may call the Chaplain's office at 541-278-3641 or 541-278-3642. The Chaplain must be able to verify the

emergency with an outside agency (such as the local police, hospital, funeral home, wildfire, etc.).

Also, please remember to keep Health Services updated regarding

an outside contact (friend, family, loved one) who can be reached in case of medical emergency. Contact health services to update your emergency medical contact.

Call to 30 Days of Prayer

EOCI Chaplains have been in regular contact with all our Religious Service volunteers during the Covid-19 pandemic. Volunteers regularly ask about how men here are doing, ask to be remembered to those who attended their groups, activities, services and send in materials to share with people even though they cannot yet be here in person again. Volunteers continue to ask what they can do to help and remind us they are in prayer constantly for the safety of both staff and the AIC population.

A suggestion was made to formally engage in a day of prayer for EOCI. In light of this suggestion, we are going to invite all to enter into 30 days of prayer, joining together with volunteers, their faith groups, and others to pray EOCI into wellness. The 30 days will begin, at your choosing, around the 20th of September. We ask that in your faith tradition, you commit to praying each day for safety, wellness and blessing for those who live and work at EOCI. We encourage you to use devotionals, meditation, or any form of prayer you practice *in your cell area* and to journal about your experience. It would be encouraging to share your experience with the volunteers when they return.

Below are some encouraging words from faithful EOCI volunteers as we head towards:

30 Days of Prayer for Health, Safety, and Wellness for EOCI

AIC, Staff, and Volunteers!

Please Join Us.

Viewing the time from now back to when our meetings were held pre Covid it seems longer than the counted days. Because we cannot as yet meet together, I look forward to joining all in 30 days of prayer. Know also that I and a group of people do lift you and your families up to our God regularly along with staff and those no longer at EOCI. And I personally pray for the day we can fellowship together.

-Lynn

EOCI Friends: Know that we are lifting you up to God in prayer, asking in Jesus' Name that He not only blesses you each day, but gives you opportunities to be a blessing to others, too.

-Dave and Skip

Provided by Chaplain Schwartz
and Chaplain Betts

Dear brethren at EOCI.

Just letting you know that you are not alone, God loves you and He has His hand upon you at this difficult time. The people at the Lighthouse Church care about you and are praying for you daily. Ps 40:2-3

-Lighthouse Pentecostal Pastor

Greetings in the name of our Lord and Savior Jesus Christ. We here at St. Paul MBC want you and staff to always remember that our heartland prayers are with you until the return of Jesus. As a team, we put together words which will lift you up. We give you a shout out in Jesus' name.

We miss being there with you in your time of need. Know that we are always thinking and praying for all of you. God wants to comfort us in our times of need (like this pandemic).

-Rev. Craig Brown, Elder James Wooten, Elder Catherine Brown, Deaconess Coralynn, Mother Ida Shepherd, Deacon Raymond Hatton and Deacon Clarence Hatton

The September Echo

By Phillip Luna

It is difficult to generate material for *The Echo* during the COVID era. The content we typically use to fill the pages doesn't currently exist - graduations, events, fundraisers, and sports have been replaced with pandemics, quarantines, and wildfires. Since we are generally limited on these subjects, it makes for a pretty sparse newsletter. In addition, units being on quarantine periodically has limited the ability of those who contribute to *The Echo* to actually come to work. Needless to say, generating content has been difficult lately.

As an alternative to our regular content, we have chosen to pro-

vide something unorthodox this month. You'll find on the following pages some of our favorite articles over the past eight years or so - a sort of "greatest hits" edition of *The Echo*. Every article has been reformatted to fit the current newsletter layout. Some have been edited for space.

This is by no means all of our favorite old articles, but it is a good handful that we hope it will provide you with some entertainment.

As a reminder, we do accept submissions for *The Echo*. If you have an idea and are interested in writing something, send a commu-

nication form to IWP and we will provide you with the criteria for an article. Please ask for the criteria prior to writing.

If you enjoy writing but are not quite sure of what to write about, the next few pages of old articles may serve as inspiration. If your submission gets published you will receive one free non-color copy of *The Echo*! Woo-hoo! Big Money!

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Did you know?

Have you ever wondered why September is not the seventh month, and October is not the eighth? The prefix "Oct" is generally used when referring to the number eight, so it seems strange that it is the 10th month of the year. But here's why it is the way it is: In the days of the Roman Empire they introduced two months to commemorate their revered rulers. These months were inserted into the calendar, displacing the months named for their chronological position. August is one of these months, named for Caesar Augustus. The other is July, named for Julius Caesar.

The more you know!

PREA

Sexual abuse and harassment are never okay. GET HELP.

Call the Inspector General's Hotline:

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

All PREA Calls are confidential.

Send a letter to the Governor:

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

The Oregon Department of Corrections 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. 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



Bad Seed Turned Good



May, 2012

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Dave Dahl says he is making the world a better place one loaf of bread at a time.

Dahl, ex-con and president of Dave's Killer Bread, describes himself as a bad seed turned good. Ten years ago he sat in a prison cell, serving time on drug charges. These days, his organic, designer bread has a cult following that has cranked up demand to nearly 400,000 loaves a week.

Monday morning, Dahl, 49, spoke about his metamorphosis, addressing a group of inmates at the Eastern Oregon Correctional Institution [April 22, 2012].

"Fifteen years in prison was a tough way to find myself."

"I was a four-time loser," he told 100 or so men sitting on bleachers in the prison's multipurpose room. *"Fifteen years in prison was a tough way to find myself."*

During most of his prison years, he struggled with depression and suicidal thoughts. *"If I'd have had a gun, I'd have blown myself away,"* he admitted. Finally, he tackled his depression with antidepressants,

and the darkness and fuzzy thinking dissipated. Dahl revamped his self-image, studying drafting and concentrating on shucking off negativity. *"I figured out how to enjoy the journey wherever I am,"* Dahl said. *"The last few years in prison were the best years in my life up to that time."* He walked out of prison a free man in 2004 and threw himself into the family business.

Dahl's father, James Dahl, had been a baker. A modern-day prodigal son, Dahl begged his brother Glenn Dahl, who headed AVB Corp., to give him a shot as an oven operator. Eventually, Glenn challenged his brother to create a line of whole grain breads in exchange for a stake in the company.

Three months later, Dave introduced four breads at the Portland Farmers Market Summer Loaf Bread Festival in 2005. Customers responded enthusiastically.

The Dave's Killer Bread name, Dahl said, really had nothing to do with his criminal past. *"It was cute and edgy,"* he said. By the way, he never killed anyone. Thirty percent of the work force is made up of ex-prisoners.

Dahl urged the inmates to focus on what matters, step off the road to nowhere, learn humility and dare to dream of success. *"It's about learning to think correctly,"* he said. *"You have to be able to think the next good thought and to enjoy the journey. You're bound to be successful if you're successful in your mind."*

The inmates soaked in Dahl's message with quiet intensity. Paul Stewart, 31, said Dahl inspired him in his own dream of creating an urban wear clothing line. *"He chased something he loved,"* Stewart said. *"Now, I'm going to chase something I love."*

Dahl started his post-prison life sleeping in his mother's garage nine years ago. Now has a rich career, a home, a swimming pool, a fiancé and a deepening relationship with his two grown daughters. He has learned to love himself after so many years of wanting to die.

After the inmates vacated the multi-purpose room, Dahl lifted his black shirt to his shoulders to reveal a tattoo that said it all: "Good Seed." The words and two flaxseeds with halos stood out against a back drop of angel's wings. *"I'm not a bad seed anymore,"* Dahl said. *"I'm a good seed."*



Father and Child Reunited After 40 Years

March, 2013



The following was submitted by an EOCI inmate who wanted to share a positive story with others – proving that love is a bond more powerful than any distance or passage of time. The names are omitted in the interest of privacy.

Back in 1971, I was 18 and living on my own. My dad was a drunk, and I got tired of getting my butt kicked for nothing. I got a job in a gas station and made enough for a room and one meal a day.

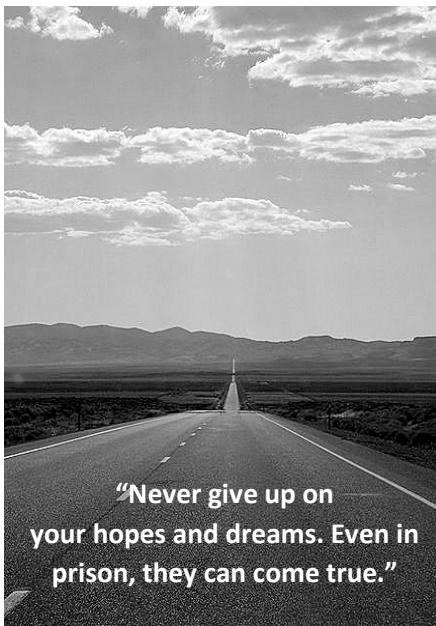
One day I met this girl who was my age, and we went out three or four times, and then she didn't see me for about a month. When she came by finally, she told me she was pregnant. At first, I thought, "Oh well, that's her problem." But the more I thought about it, the more excited I became. I knew I wanted to be a better father than my old man ever was. I wanted to give this baby a life I never had.

I quit my job at the gas station and moved to where I could work in the woods to make money for my child. I told the mother what I had planned, and she agreed. When my daughter was born, I was in the woods two weeks in and two weeks out. When I came out, I went straight to see my daughter. She was two weeks old and was so beautiful. I held her for two days. Every time she was awake, she held on so tight to my finger and never took her eyes off me. She cooed and blew bubbles. I was holding my daughter, my child who I helped make. I was going to be the best dad ever.

Sunday came, and I had to head back to work. I told the mother I

would see her and our baby in two weeks, and I returned to the woods.

Two weeks went by, and I was so excited to see my baby girl again. I went to the house and found it empty. I asked the neighbors where they went. One neighbor said the mother had met a guy and partied a lot and said they were going to California with him. I went ballistic.



My baby girl had been taken from me. I looked around and talked to the mother's friends. All anybody knew was she had gone to California. I tried to figure out my next move. I contacted the police. They checked the hospital, and she hadn't put my name on the birth certificate, so they couldn't do anything for me. My next step was to go to California and look for her.

I was going to need a job to pay for trips to California, so I went to a family friend who owned trucks. I explained what was going on, and I had some papers I had picked up at the DMV. The truck owner took me

for a student drive and filled out the paperwork that I had enough experience to drive a truck. I went to the DMV, gave them my paperwork, took a 30-question test, and I was given a chauffeur's license.

I got a job with a trucking company, and I hauled potatoes to Granny Goose in Oakland, California – two trips a week. I was able to stop in most of the towns on the I-5 corridor and check the phone books, call post offices, leave flyers where I could. I have never forgotten the two days I held my baby daughter when she was two weeks old and I loved her every day since.

I spent 36 years driving truck, checking wherever I could, trying to find my daughter. I spent 40 years looking, wishing, hoping, praying my daughter was alive and well and that she knew I existed, that she knew I was looking for her. I always wanted her to know I never stopped looking. I had never stopped loving my baby girl.

Five months ago, I got a letter in the mail asking if I was the dad looking for his daughter. I almost had a heart attack then and there. We write each other and talk on the phone. She was told I was her dad when she was seven. She had been looking for me for 33 years.

I have never forgotten the two days I held my baby daughter when she was two weeks old, and I loved her every day since then. We will be meeting for the first time in 41 years this summer.

Never give up on your hopes and dreams. Even in prison, they can come true.

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EOCI Hosts First Ever Pow-Wow

October, 2012

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On September 8, 2012, 55 Native American EOCI inmates and 35 family members gathered in the Multi-Purpose Building for a first-ever traditional pow-wow, a long-anticipated day of dance, fun, food, and spirituality. What could have been a logistical nightmare for facility staff and security turned out to be a meaningful and well-organized event.

Never in EOCI history has there been a cultural event of this magnitude – one in which inmate family and friends were welcomed into the prison confines.

The ground-breaking gathering was made possible not only through the tenacious planning of EOCI administration and staff, but also due to the networking prowess of those like Reverend "Grandma" Agnes Pilgrim, member of the 13 Grandmothers International Council.

A colorful array of Native dress and custom added a sometimes surreal, always fascinating texture to the occasion. An assortment of traditional food was served during lunch, including bear, buffalo,

deer, elk, and fresh salmon – much of which was donated by families, tribes, and volunteer organizations. These items were captured and prepared according to Native traditions.



Chich (Reverend "Grandma" Agnes Pilgrim) oversees the pow-wow activities.

Also in keeping with Native American tradition, everyone was invited to join in the meal.

During the pow-wow, Grand Ronde tribal member Brian Krehbeil performed a ceremony entitled *"Giving of the Drum."* He explained that the drum had been presented to the EOCI Native American Circle by Elder "Mushy" of the Grand Ronde. Krehbeil elaborated that the drum did come with stipulations. Every four

years, the drum must be sent out of the institution to be smudged or "purified" for the purpose of bringing good spirits back into EOCI – reminding Native inmates of their homes.

Many dances were performed throughout the pow-wow. Kevin Harrington and Reggie Townsend performed the "Grass Dance," while Jacob Holmes and Jacob Holmes Jr. presented other traditional dances. It was explained that during one particular dance, the "Owl Dance," women invite men to join in the dance. In keeping with tradition, no man refused the invitation.

Also in keeping with tradition, the event included a give-away, an integral part of all Native functions, from pow-wows to celebrations of a loved one who has died.

Cory Lange, Norman Anderson, and Brian Madison prepared more than one hundred dream catchers for this special event. Also given away were several drawings and paintings donated by various EOCI artists. Art prints were also generously provided by Trish Jordan of Red Lodge Transitional Services.



EOCI Hosts First Ever Pow-Wow

October, 2012



Traditional Native America procession.

At the end of the day, there were many long faces and sad goodbyes. Mr. and Mrs. George Silver-smith had traveled from Arizona to attend the pow-wow. *"We will be back next time. It was nice to see my son again,"* said Mr. Silver-smith. Misty Cameron had traveled from Jamaica and said, *"This*

was a great experience. I can't wait until the next one."

The first-ever event was a big success with families, inmates, and staff – and many expressed a sincere desire to see the pow-wow as an annual event at EOCI.



Above: David Derrick, with his mother Cindy and two sisters Faith and Audrie.

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It's Easy Being Green

Food and flowers sprout from EOCI's sustainability "power house."

April, 2013

The EOCI greenhouse is the 4,700-square-foot hub of the institution's gardening, farming, and harvesting program – a sustainability initiative that resulted in more than 30,000 pounds of zucchini, squash, cucumbers, peppers, and other vegetables for inmate consumption. Vegetable starter plants are germinated during the winter and spring months for late spring/early summer planting in the approximately 30,000 square feet of vegetable beds throughout the institution grounds. Water that previously had been used to irrigate lawn now is used in garden maintenance and production. Food production and smart use of

water resources make the EOCI gardening, farming, and harvesting program a model of sustainability.



The greenhouse got a new PVC shell in 1997 and a new roof in the spring of 2012.

The metal framing for the greenhouse was installed in the early-1930s, when the facility was still the Eastern Oregon State Hospital.





GIVING FROM *and* *to* THE HEART



June, 2013

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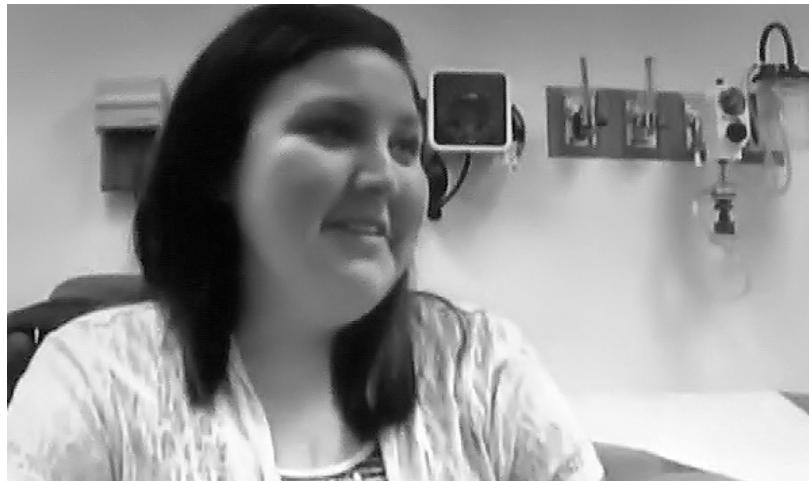
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EOCI inmates raise
\$1299 for heart patient.



During a doughnut fundraiser this last March, EOCI inmates helped raise almost \$1300 so Susana Arroyo (above) could receive a much-needed surgical procedure.

The young Pendleton-area woman suffers from Duchenne Muscular Dystrophy, which severely weakens the muscles, including the heart.

Arroyo learned online that a team of doctors at Cincinnati Children's Hospital in Ohio performed an LVAD operation on a young man with the same medical condition.

Below is local television news story broadcast in Cincinnati, where Arroyo successfully underwent the heart procedure – thanks in part to inmates at EOCI.

She's the first girl with the rare heart condition to receive a life-saving device, and today a young lady from Oregon got to say thank you to doctors at Cincinnati Children's Hospital.

You'd never know it when you look at her now, but Susana Arroyo admits: *"I was really sick when I got here."* Susie, as she's known, had gone from bad to worse at her home in eastern Oregon, the result due to a genetic condition known as Duchenne Muscular Dystrophy that causes the muscles, including the heart muscle to weaken.

Said one of the doctors on the team: *"She was very tired, had difficulty breathing, and was really in the end stage of heart failure."* But all that changed when one day she saw something online that intrigued her. It was the first boy to receive a heart procedure that she knew she needed to stay alive. That boy was named Jason. He too has Duchenne.

Susie says: *"We were at church, we were doing some yard work and stuff, and I was in the van, and I was screaming, 'Mom, Mom, look at this!'"* The team of doctors that put an LVAD device in Jason's heart also installed one in Susie's. According to a doctor on the team: *"She was our first girl."*

The LVAD, or Left Ventricular Assist Device, sits right on the heart, with most of it in the heart. The LVAD replaced the part of Susie's heart that wasn't working. The rest of her body is now receiving adequate blood supply. To the team who's given her back a healthy life, she simply has this to say:

"Well they're like family. You know, they're not just doctors, they're your family."

A family that's given her back hope for the future. Says Susie: *"I'm going to go back to school full-time."*



The young man above is named Jason. Like Susie Arroyo, he suffered from Duchenne Muscular Dystrophy and underwent the operation that uses the LVAD device (bottom).

The device is inserted into the patient's heart and assists in pumping blood throughout the body.



D2 Hallway Gets Art!

September, 2013



There are a lot of artists here at EOCl who experience first-hand the positive effects of creative expression. Inmate Kirk Charlton has long advocated using art as a way to help heal past wounds and focus one's energies on healthy and productive work.

Charlton is a long-time muralist and is currently working on a wall mural along the hall between the D2

officer's station and the elevator. Americana is the theme, with familiar visual references like Uncle Sam, Charlie Brown and Snoopy, Lady Liberty, etc.

The project started a to-scale pencil sketch on paper and progressed to the wall on August 26. Charlton says the work will take about a month to complete.



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November, 2016

Carpentry builds Doll House for Eastern Oregon Children's Museum

The Eastern Oregon Children's Museum will soon receive the doll house at right to help raise money in an upcoming fundraiser.

Carpenter Andrew Rairden (pictured at right) did most of the work on the dollhouse, which originated as a kit (called "The Beacon Hill") of pre-cut materials.

Additional kits were used to furnish seven rooms, as well as provide landscaping - including trellises, grass, vines, shrubs, and flowers.

Rairden added many touches and details, including railings, moldings and trim. The total cost to EOCl of the doll house and accessories was about \$700.



Time Well Spent

January, 2015

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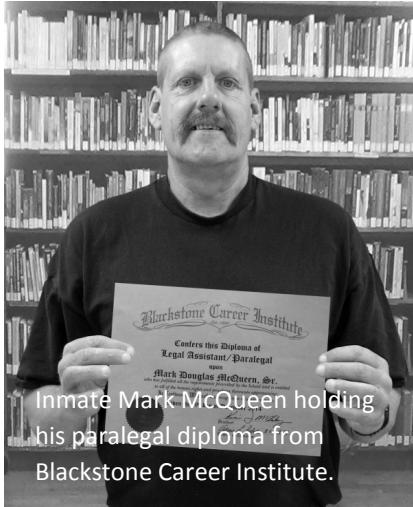
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There are a lot of ways to do time in prison: learning to play a musical instrument, drawing, writing, working out and weight lifting, getting a GED, or watching television – lots of television. Inmate Mark McQueen decided the best way for him to do time was to become a paralegal through a distance learning program.

McQueen learned about Blackstone Career Institute's paralegal studies program and signed up. A program brochure says it can take from eight months to two years to complete the 31 courses.

The total cost is \$699.99 or \$30 a month. McQueen paid the total amount upfront to receive a 10% discount. He said the cost includes *"all the books and everything you need... You receive specific sets of books as you progress through the coursework."*

Students also receive a law glossary, and law dictionary, a one-year subscription to *Prison Legal News*, and upon completing the course, the book *Writing to Win: The Legal Writer*. McQueen said, *"but once I got the legal dictionary, I sort of took off."*

What does a paralegal do?

According to McQueen, a paralegal does everything a lawyer does, except recruit or interview clients, represent clients in court, or set or adjust client fees. Paralegals do a lot of legal research and write legal documents, like motions, writs, findings, etc. – always under the direct supervision of an attorney.

McQueen especially appreciated the program's emphasis on the high standard of professional ethics required to build and maintain a paralegal career. He said the Blackstone program is well suited for inmates who want to continue learning and secure a better life after prison.

The Independent Study Approach

Because the paralegal program is not part of any DOC program, students work completely independently. McQueen said, *"How hard you work is completely up to you."*

The independent study approach can be a challenge for anyone who is used to a classroom setting and who needs a lot of direction. Even so, McQueen said the Blackstone staff gave him all the support he needed to keep going. *"They are patient,"* he said, *"and they help you if you have problems – all you have to do is send them your questions."*

McQueen continued: *"After you complete each exam, before you send it in, if you have some questions that you're unsure of, you can call them and ask them... and they'll explain it all to you."* The ability to work at his own speed was a plus for McQueen. *"I'm not the fastest reader,"* he admitted, and he fre-

quently would have to re-read sections or whole chapters *"four, five, or ten times... and then 'Oh, there's the answer!'"*

Why become a paralegal?

McQueen said he's always had an interest in the law, and he felt pursuing a paralegal career would help him not only with his post-conviction relief but also with finding a job after his release.

Parole officers look at how someone spent his time while in prison. Was it frequently in Segregation or on the yard, or was it working or studying? Achieving a GED or pursuing a professional diploma says a lot about a person's ability to stay focused and committed to constructive, pro-social goals. These are factors that many parole officers use to determine the level and intensity of a person's post-prison supervision.

Much of the Blackstone materials focused on how to find work as a paralegal. According to program literature, the job of paralegal *"is one of the fastest growing occupations in the country,"* predicting a 28 percent growth rate through 2018 [U.S. Department of Labor, Bureau of Labor Statistics].

The Blackstone booklet continues: *"The demand for paralegals is increasing. Both federal and state governments have many departments which employ paralegals. Many of these work in the neighborhood or community legal service offices and legal offices."*

(continued on next page...)

Time Well Spent



January, 2015

These offices, according to Blackstone, hire paralegals for work in many areas. Blackstone also cites a study by the National Association of Legal Assistants that placed the average annual salary for a paralegal between \$44,000 and \$60,000.

It took McQueen eight months to complete the paralegal program. He said, *"I had severe doubts to begin with whether I'd be able to do it, especially after I received my first test... I thought, 'Man, should I back out of this?'"*

McQueen said he did a lot of praying and decided he would give his all to the work. *"I'd start working every day around 3:30 in the morning... I didn't go to any yards last summer."* Pretty soon McQueen said he really started enjoying the coursework. *"It enthuses me, and I enjoy it."*

He also said his studies *"really made the time go by, to where you don't even think about the time too much... You just keep your mind focused on the subject matter."*

Most inmates who know McQueen would say he has a quiet, humble demeanor. By setting such a big goal for himself, however, and achieving it, McQueen said he now has the confidence to continue his studies in some advanced paralegal courses.

It's a lot of work, he admits, *"but you just put one foot in front of the other and keep going."*

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The Chocolate Derby



On April 14th, 2018, EOCl and its amazing bakers, with the leadership of master baker Ms. Emory, participated in the 1st annual Chocolate Derby. The Chocolate Derby is a baking competition in support of Dream Catcher Therapeutics, a local non-profit that uses horses to help people with emotional, physical, and mental challenges. EOCl bakery participated in the bake-off along with nine local restaurants, one of which was a French trained chocolate store.

While most people might not consider a prison bakery to be capable of competing against a French trained

chocolate store, Ms. Emory believed there was no reason her team couldn't whip up a winning creation inside prison walls - and she would know. Ms. Emory has about 25-30 baking competitions under her belt and 15 years of practice as an executive pastry chef.

The team baked chocolate magic in the form of mint juleps, a delectable dessert that could substitute as a fine work of art. A mint julep is actually a bourbon drink served in Kentucky, but this concoction called for chocolate not bourbon. This winning Kentucky inspired dessert

has a chocolate pecan brownie bottom, a chocolate mint mousse filling, and chocolate ganache topping with a mint sprig garnish. EOCl's confectionary experts produced a 100 sample size desserts as tasters.

Taking first place was no easy feat. The creation process took a total of eight hours from start to finish. The chocolate itself had to be worked in small batches because of its tendency to harden quickly. *"Chocolate is a very delicate process"* Ms. Emory says, *"It's all about timing. Every step is really important. There's a lot of hurry up and wait with this."* The attention to detail and delicate work paid off for the bakers and they came away with the win. It was an unlikely victory as no one expected the AIC's to produce a dessert that demonstrated the fine dining side of baking, but Ms. Emory knew her team well. The bakers were speechless and ecstatic when she brought in the trophies to view. Congratulations to EOCl's bakery for winning their first baking competition.

Lights, Camera, Action!

February, 2019

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Stanger Davis and Will Cote performing a scene together.

AIC's showed off their theatrical talents in a play called *The Down Payment* during the week of January 28th, 2019. Overwhelming interest garnered several showings of the play, and with good reason; with its professional stage lighting, sound effects, and costumes, this play was one of the most well produced EOCl events in recent memory.

The Down Payment has very religious allegory, which may not be for everyone. However, even if the religious beliefs presented in this play are not your own, many of the themes and conflicts are relatable - overcoming drug and alcohol abuse, the adverse ef-

fects of the gang lifestyle, rising above your own pride, and not allowing greed to make your life choices for you.

Although the subject matter was serious, there were moments of comic relief in some of the darker topics. Will Cote's portrayal of a drunk named "Jack Daniels", pictured top right, is one example. Cote's timing, or rather his lack of timing, had an excellent comedic effect that adds some ease to the topic of alcoholism.

One of the more memorable performances came from Richard Brumbach. Brumbach, pictured below, played "Mr. Johnson", an aging army veteran in a nursing home suffering from diminished mental capacities. Mr. Johnson believed he was still fighting on the beaches of Normandy, despite his advanced age and current location.

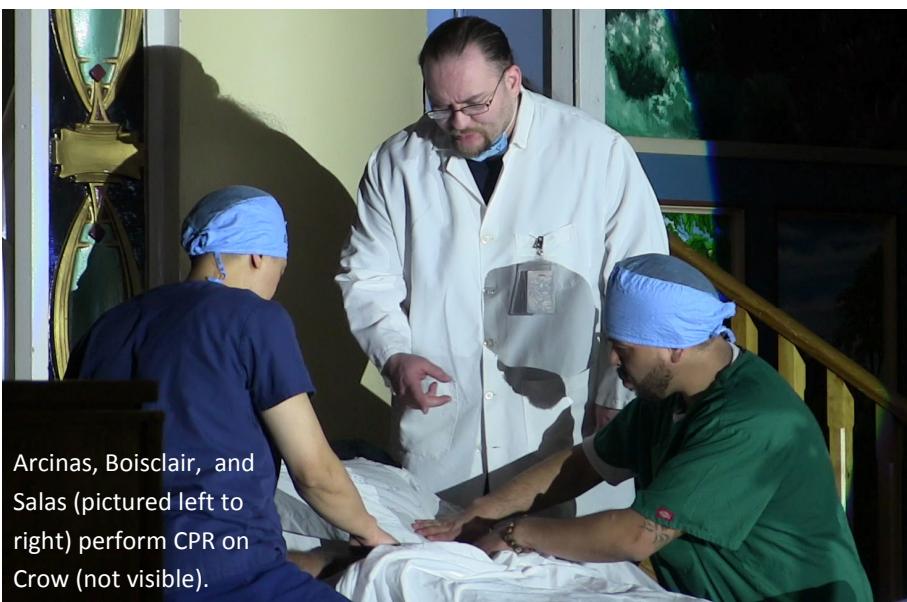
Several other AIC's gave remarkable performances. Luis Salas, pictured left, and Hugh Crow, pictured bottom left, performed multiple scenes together. Crow played a gunshot wound victim who was an enforcer

for a notorious (and fictional) gang, while Salas played a trauma room doctor who knew Crow's character from the streets. Their scenes were arguably the most vivid of the production.



Herzberg, Trafton, and Steggall (from left to right) perform a scene together.

John Woods and Jacob Pomerleau both gave notable performances and Shahid Baskerville seemed to be the most natural actor in the delivery of his lines. The entire cast put on a stellar show. For many, it wasn't just memorizing lines and repeating them - they had body language, mannerisms, and emotions to go with their characters. Overall, it was a really impressive performance from everyone involved.



Arcinas, Boisclair, and Salas (pictured left to right) perform CPR on Crow (not visible).



Crow gives impassioned monologue in performance as "Enrique".

Apiary Program Kicks Off Successfully!

April, 2019



J. Montez and S. Hyde explaining how a smoker works.

Approximately 15,000 Italian Honey Bees were transferred to EOCl on April 4th, 2019 as part of a new beekeeping program. There are two bee hives - each with its own queen bee - and they are located on the South most side of the compound, past the East side dog yard. The hives will be cared for and maintained by the two primary beekeeping facilitators, Patrick Gazeley-Romney and David Salsman, as well as the beekeeping class participants: David Grimm, Shawn Hyde, Antonio Ledesma, Jonathan Montes, Ronald Powers, and David Saucedo.

All of the participants in the beekeeping program learn both inside the classroom and from onsite experience while working the hives. However, the beekeepers are not the only ones contributing to the programs success; the metal shop has created stands for the bee hives, the carpenter shop has fabricated bee boxes, the paint shop provided the paint for the hives, the kitchen has provided product for sugar water, and the grounds crew has begun planting flowers that bees prefer. Beekeeping at

EOCl has been a collective effort to say the least.

In addition, this program will be part of a documentary series - the first of its kind for EOCl - that will be available to the institution. Episode one serves as an introduction to the program and is currently playing on channel 51. There is a fluid timeline for future episodes as bees tend to work at their own pace. However, episode two of the series is currently in production and will cover a very specific topic - *what to do one of your beekeepers accidentally kills the queen?* (yikes).

Despite the unfortunate mishap of a hive losing its queen, the program has been successful and the bees are adjusting to their new environment quite well. We hope you all enjoy the show and in the meantime here is some interesting Q & A about honeybees.

Are Honey Bees Aggressive?

No. In fact this particular species of honeybee is known for *not* being aggressive. After six weeks of filming and more than a dozen people visiting the hives twice a week, not a single person has been stung. In general, bees will not sting you unless they are provoked. Swatting or hitting the bees is the most likely way to get stung.

How many hives will there be in the future?

The number of hives is still to be determined. Currently there are two hives with separate queens. This program will continue to ex-

pand as long as there is an interest and space allows for it to do so.

When will they produce honey?

The bees are already producing honey combs, but for most new bee hives it can take up to one year before beekeepers will see any significant useable honey production. In a lifetime, a single honey bee produces 1/12th teaspoon of honey - it is a slow process. Additionally, bees do a lot more than just produce honey. Bees are pollinators and their presence will increase the production of herbs and vegetables in the greenhouse and around the compound. Much of the food produced around the compound ends up on the main serving line in the dining room.

When will there be openings in the bee program again?

This first round of certifications will take one year to complete. Classes meet twice a week and consist of classroom work plus field work with the bee hives. Students are required to complete a series of tests through Washington State University (WSU). After one year the students will receive their beekeeper certifications through WSU. If you are interested in being in the beekeeping program, the next recruitment will be in December of 2019. Keep an eye out on your unit bulletin board or in *The Echo* for future openings.

(Reminder: This is a past article from April of 2019. There are currently no openings in the beekeeping program.)

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Armistice Day



November, 2019

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On November 11th, 1918, an armistice ended World War I; of those who served, tens of thousands of men were killed or wounded. In 1956 Armistice Day was renamed Veterans Day in the US, a day celebrating and honoring the many Americans who have served our country.

Rarely does the empathy of man extend beyond propinquity; our instinct is to protect our families and ourselves above all else. Nevertheless, those who serve in the military embody this rarity. Their instincts extend to the greater good, encompassing the whole of America as their own, risking their lives for the millions of other Americans who are complete strangers to them. This is, by any definition, in itself an act of heroism.

In America, despite the polarized views on military use, the one certainty has always been the intrepidity of the men and

women who serve. So on Monday, November 11th, apart from your beliefs, opinions, or political views, take a moment, find a Veteran, shake their hand, and thank them for their service.

EOCI resident David McCaffery was drafted into the Navy in 1965, at the age of 18. McCaffery served as a carpenter for three years in Vietnam. His battalion comprised of more than 1,000 men building bridges, airfields, and other projects both small and large scale. McCaffery remembers fondly a motto of his battalion, *"If we can't fix it, it ain't broke"*.

McCaffery says the military was *"no fun, but I made the best of it"*. After his service, he felt the experience was rewarding and states, *"I felt proud to have served my country"*.

McCaffery was honorably discharged in 1969.

AIC Floyd Finsand completed his basic training in the Army in 1967. Finsand was in the Army ASA, which is the military side of the NSA. He attended school for one year in Fort Devines, Massachusetts, and after coming in second in his class, he was able to choose where he wanted to go. Finsand spent the next three years based in Germany, but travelled all over Europe as part of his service.

Finsand says the most rewarding part of his experience was being able to travel, but the most difficult part was being away from family, *"When you first go in, you miss family... especially if you're a long ways away."* He also says the relationships and camaraderie he developed with his fellow service men was invaluable. Today, nearly fifty years after, Finsand still maintains friendship he acquired while in the service.

Finsand goes on to say that the benefits of being in the military are well worth the investment. He used VA benefits to pay for school and to buy a house after being discharged. When asked if he would recommend military service to today's young men and women, he states, *"I do recommend this, I don't think it's for everyone... but I think it can be really good because you get a lot of benefits out of it"*.

(continued on next page...)

Armistice Day



November, 2019

AIC Don Smock served 12 years in the Air Force. He enlisted in 1980 and served as a heavy equipment mechanic, specializing in materials handling equipment.

Smock recalls one of his favorite moments, *"When I was a young airman stationed in Guam, we got to go on an incentive flight on a KC 135, which is an air tanker re-fueler. We got to go up over the pacific ocean and watch them refuel B-52 bombers, and it was really cool to get to experience that."*

From Guam, to Travis Air Force base in California, and even places like Korea, Japan, Honduras, and the Philippines, Smock's 12 years of service afforded him the opportunity to see many places he would not have seen otherwise.

When asked about what Veterans day means to him, Smock says *"I've always been patriotic, even as a kid... as I grow older and I move further away from my active duty experience, Veterans Day does mean a lot more"*. He goes on to say that the military gave him opportunities he never would have had, *"I remember after I selected a job, and I came home and told my dad I was going to be a mechanic, he just kind of laughed and said 'you've never even*

changed the oil in your car'. So, it took me into a field that I had an interest in, but never had any experience".

Smock says that from his experience in the service, he landed a great job in the civilian world, and eventually opened his own business in a related field. He would recommend military service to the young men and women who might be unsure of their career path and states, *"It's a great place to go and get some life experience and learn job skills".*

EOCI resident Juan Sanchez enlisted in the Marine Core right out of high school in 1989. He served as a tanker on main battle tanks A1N1. When asked why he chose the Marine Core he recalls, *"When I was in the third grade, someone gave me a shirt that had a picture of a tank on it and said 'United States Marine Tank Core'. That must of really stuck with me and I knew that is what I wanted to do".*

Sanchez says his favorite experience was boot camp, *"Having seen movies like Full Metal Jacket and knowing from talking to other Marines what the experience would be like, I went in with my eyes open and boot camp wasn't as hard for me. My fondest experience was actually*

laughing through some of the stuff we did and getting in trouble for it."

Many of those who served in the military express appreciation for the value and traits their experience has taught them. When asked what the Marine Core taught him, Sanchez states, *"Everybody says they are not afraid of anything, but what the Marine Core did for me, is I was actually afraid of heights - they teach you that there is nothing to be afraid of".* Although it appears as though he is talking about conquering ones fear, he goes on to say *"This taught me to accept challenges and how to think critically in stressful situations."*

Sanchez expressed that civilians will sometimes confuse the holidays of Veterans Day and Memorial Day. He explains, *"Memorial Day is more of a somber day when we remember the people who didn't come back... Veterans Day is a day to recognize each other and that we have the responsibility to the fallen to live as an example of what it means to serve".*

Sanchez celebrates two military holidays this month, the first is the Marine Core birthday on November 10th, followed by Veterans Day on the 11th.

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“If you steal from one writer it’s plagiarism, if you steal from many, it’s research.”

- Screenwriter Wilson Mizner

The Echo - Volume II, Issue IX - September 2020

Produced at IWP

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Vocabulary from *The Echo*

Pandemic, Page 1:

Widespread discontent; *epidemic* over a wide geographic area.

Epidemic: A rapidly spreading outbreak of a contagious disease.

Endorphin, page 2:

A group of hormones with pain-killing or tranquilizing capabilities that are secreted in the brain.

Compartmentalize, page 2:

To separate or partition into compartments or categories.

Tenacious, page 10:

Holding to firmly; persistent.

Surreal, page 10:

Having qualities of *surrealism*.

Surrealism: A 20th century literary/artistic movement that attempts to express the workings of the subconscious through imagery and irrational juxtaposition of subject matter.

Concoction, page 15:

To prepare by combining ingredients, as in cookery.

Important Dates

Labor Day Sept. 7th

Patriot Day Sept. 11th

Grandparents Day Sept. 13th

Mexico's Independence Day Sept. 16th

Peace Day Sept. 21st

Autumn Begins Sept. 22nd

Full Moon 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

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

Friends and family can view

The Echo, online, at

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