

## Points of Interest:

- Mass vaccinations begin at EOCI.
- Min. security status criteria extended to 5 years.
- Comic art contest still open for submissions.
- 1040 tax form instructions from the IRS.

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## Widespread Vaccinations

Governor Orders Massive Vaccination Effort for State Prisons

Written by Phillip Luna



According to a recent article in *The Oregonian*, Governor Kate Brown authorized the Oregon Health Authority to provide state prison systems with 10,000 doses of the Moderna vaccine for the AIC population. As a result, a massive vaccination effort began at EOCI on February 9th, 2021 in the Multi-Purpose building.

On the first day of vaccinations the remaining medically vulnerable population was offered a vaccine. Many of the medically vulnerable have already received their first dose of vaccinations. Day two began with non-medically vulnerable AICs on the West side of the institution, with the East side following suit on day three. The goal is to get as many AICs vaccinated as possible (vaccinations are not mandatory). If you opted out of vaccination but have since changed your mind, contact Health Services.

Vaccination is an important tool for fighting the Coronavirus, especially for AICs. Incarcerated individuals are 10 times more likely to contract the virus than the

non-incarcerated. More specifically, AIC populations have a 28% infection rate which is considerably higher than the 3.3% average outside of prisons, according to *The Oregonian*.

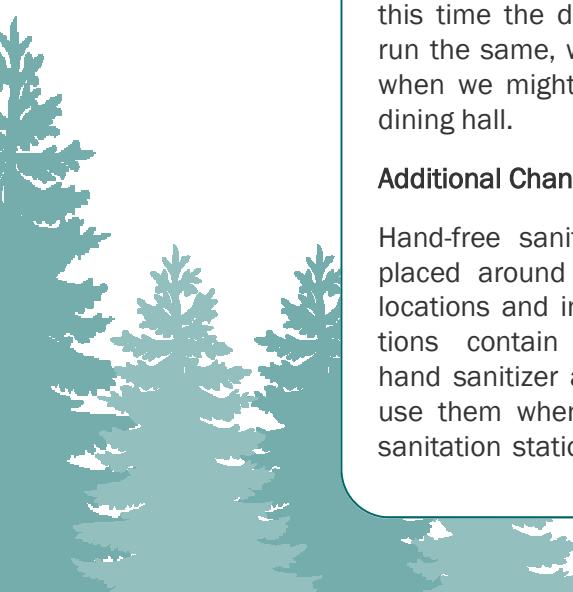
While getting vaccinated is incredibly important, it is not the only tool used to combat the virus. Even after receiving vaccination, everyone inside the facility will still need to wear a mask that covers their nose and mouth, wash their hands often, and maintain social distancing when possible. According to the CDC, “experts don’t know how long the vaccine will protect you, so it’s a good idea to continue following the guidelines.”

Some of you may have heard rumors regarding operational changes that may occur after the population is vaccinated. The increase in vaccinations does allow the opportunity to review some of the restrictions set in place. For example, when asked about the possibility of more yard and recreation time per unit, Captain Stewart stated, “During any incident you make changes to the plans as time progresses for what fits at the time and with the circumstances. With that being said we will start transitioning to try and get extra recreation time [per unit], this will be completed by allowing two units to be scheduled for yard, multi or activities together.”

(continued on page 2...)

## Important Note

Operational changes listed here are subject to change. This process is ongoing and conditions within the facility may constitute a change at any time.



# Widespread Vaccinations

Governor Orders Massive Vaccination Effort for State Prisons

(....continued from page 1)

The vaccination effort over the past few weeks has led to a few initial operational changes, and may lead to additional changes. Some of the notable changes are:

## Two Units per Yard/Multi:

Regarding two units per yard, Captain Stewart states, “*the units will be the same every time and will not change. For example A1 and A2 go to yard together; these two units will go to yard and recreation every time together, it will not change to A1 and A3. It will be the same two for yard and active*

*ties.*” Social distancing will still be required, and masks are required whenever social distancing is not possible and for all indoor activities.

## Non-Contact Basketball:

“*[The] next change will be allowing the use of the basketball. This will be for non-contact games, such as horse or just shooting the ball*” states Captain Stewart. He went on to say that contact basketball, even 1 on 1, will not be allowed. All games must be played half court.

## No Changes for the Dining Room:

There have been rumors regarding the dining room returning to normal operations. At this time the dining room will continue to run the same, with no available date as to when we might go back to serving in the dining hall.

## Additional Changes:

Hand-free sanitation stations have been placed around the compound at various locations and in every building. These stations contain alcohol-free, non-fragrant hand sanitizer and you are encouraged to use them whenever possible. To use the sanitation station, place your hands under

Written by Phillip Luna



the pump and step on the pedal at the bottom of the station.

## First Round Vaccinations (as of 2/15/21):

Since January 16th, 2021 there have been 1201 first round vaccinations offered to AICs with 862 vaccinations given. That is a 72% vaccination rate and 28% refusal rate.

Total Vaccines offered: 1201

Total Vaccinations given: 862

Total opting out: 339

Vaccinations are expected to continue on Wednesday, February 16th, 2021.

# A Cautious Return

Some Classes Scheduled to Begin

Written by Phillip Luna

## EOCI Education Approved for Limited Start



There is good news for the Education Department as they have been approved for a limited start to classes. A maximum of ten students will be allowed per class, with mixed-unit classes allowed (non-quarantine only). Social distancing and masks will be required. Education orderlies will clean classrooms appropriately between classes.

## An Apiary Mystery - Year Two



After an excellent start to the year with five productive hives, it was discovered mid-winter that four of the hives no longer contain any living honey bees. Beekeeper Patrick Gazeley-Romney believes that mites played a key role in the death of the hives.

Some have speculated that the location of the hives is not conducive<sup>1</sup> to the bees. The area past the JLAD dog yard (where the bee hives are kept) provides no wind protection and has very little flora<sup>2</sup>. When asked about this subject, IWP Coordinator and Beekeeping Supervisor Mr. Peters stated, "We are considering moving some of the hives, but mites are a strong possibility [as the cause

of death]." Peters went on to say that 2 new hives will be added to the remainder of this year's hives. The new hives will have the benefit of utilizing the drawn comb which was saved from this year's production.

Beekeeping classes are tentatively<sup>3</sup> set to begin in the spring.

## Roots of Success Starts Slow



The frost has cleared and it's spring time for the Roots of Success (ROS) class. After the small relapse of COVID-19 began to recede, ROS is finally able to start sprouting off some classes. For the time being, classes have been approved to start with a limit of six students per class.

The limit of six students per class does create some challenges. For students who have been selected into the program, please have patience. Although classes have started, there are many of you and only a few students per class. Preference is being given to those with the earliest release dates.

The first round of classes began on February 8th, 2021, and it is expected that several more classes will begin shortly.

## And For the Rest?

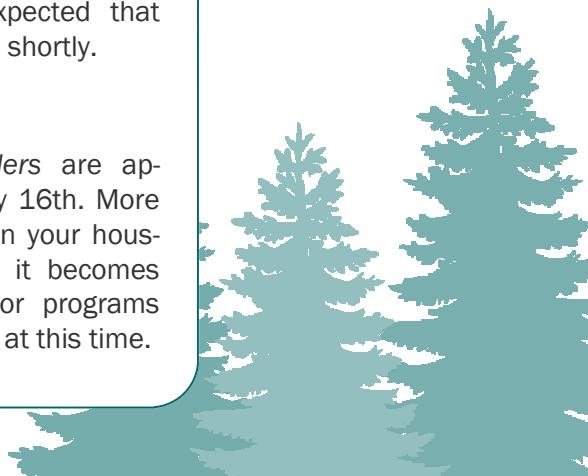
*Art Inside Out* and *Pathfinders* are approved to begin after February 16th. More information will be provided on your housing unit bulletin board when it becomes available. No other classes or programs have been scheduled to return at this time.

## Important Note

The information listed here is subject to change.

## Article Vocabulary

1. *Conducive*: Advantageous or beneficial.
2. *Flora*: Plants, flowers, and other vegetation.
3. *Tentatively*: Cautiously, with the possibility of change.



## Worker Quote

*"I appreciate the opportunity to learn how to use all of the various machines and equipment. I'm excited to put my skills to work sewing when I get out of prison."*

- WFD worker Rios

## Worker Quote

*"The job keeps me busy and constructive. It's great that I get to do something that improves the quality of life for other AICs. I'm always open to AIC input to improve the quality of the goods we produce."*

- WFD worker Cavitt

## Article Vocabulary

1. **Versatility:** Ability to adapt and be resourceful.
2. **Ethos:** Culture; philosophy.

# Experience that Counts

A Spotlight on Work Force Development

Written by Patrick Gazeley-Romney

officers, quilts for sale at the front of the institution and reupholstered seats in the institution perimeter rovers. Past projects include oven mitts, reusable canteen bags, holiday stockings, and pillows.



The Work Force Development (WFD) program at Eastern Oregon Correctional Institution (EOCI) aims to give AICs hands-on experience in a real trade-shop setting, making them more marketable to employers upon release. The WFD crew prides themselves on constantly evolving their approach to meet the needs of any moment and instilling their AIC workers with a sense of versatility<sup>1</sup> and confidence.

WFD is set up as a repair shop, affording AICs opportunities to practice teamwork and communication skills, time and project management strategies, problem solving and leadership skills in a real workplace setting. A majority of the work involves operating sewing machinery to make repairs and adjustments to clothing (pictured below), mattresses, institution upholstery, mail bags, AC covers, weight benches, laundry bags for incentive units and sheets and towels. Despite the constant work demand at WFD, the crew still finds time to work on specialty items and projects.



This year the WFD workers made winter covers for the Beekeeping Program's hives, gun cleaning bags for community police

WFD aims to capitalize on resources already available at EOCI- reducing waste and the cost of new products by recycling old materials. With repurposing as their ethos<sup>2</sup>, WFD has a positive effect on the local environment. Until 2020, roughly \$2,300 per year was spent on new sheets. The switch from regular sheets to sleeping bag style sheets last year was the result of reusing old sheets that normally would end up in a landfill to meet the institutional demand for new sheets. Anyone who enjoys running cost-benefit analysis or likes finding creative ways to conserve resources and money would enjoy an opportunity at WFD.



New hires at WFD usually begin their work assignments as orderlies; emptying trash, tidying the shop and running products and materials throughout the institution are just some of the jobs' responsibilities. Orderlies start at five points and wait for a spot in the shop to open for promotion. PRAS raises can be achieved as you work your way up in the shop and are 10 and 14 points respectively. Regular work hours for WFD are 7:30 AM to 3:00 PM.

Upon release, sewing machine operators can make an hourly pay starting between minimum wage and \$15. Qualityinfo.org lists this job field as having a slightly above average yearly job openings in Oregon.

# Just the Facts

Questions from Around the Compound

Answers provided by various staff

**Question:** There is a rumor going around that minimum security status has been expanded for those with five years or less remaining on their sentence. Is there any truth to this?

**Answer:** The Population Management Unit of the Correctional Services Division would like to share some exciting news. We recently implemented changes to the sentence remaining calculation in our Classification system. AICs with 60 months or less remaining in their sentence could now score minimum custody if all other policy elements are 1 or 2. This is an increase from the former 48 months or less to qualify for minimum custody. There is no action that you need to take; counselors received notifications for those on their caseloads who would qualify for the change and will be working to reclassify. This change will not mean everyone who now qualifies for minimum custody will be moved to a minimum facility. We still have many factors which could influence movement such as security concerns, medical/mental health needs, space, and COVID-related transfer restrictions.

Ms. Williams,  
Public Interstate Corrections  
Compact Coordinator

**Question:** With the COVID-19 vaccinations, If I opt out of a vaccine will that limit me from work assignments, classes, or visiting (when it reopens)?

**Answer:** No, as of right now it has not been determined that opting out of the vaccination will limit your ability to participate in work assignments or other activities.

Mr. Peters,  
Institution Work Programs Coordinator

**Question:** How do I find out what jobs are available in the institution?

**Answer:** There is not a running list of available work assignments within the institution. Sometimes work assignments come open abruptly and without notice. Also, some positions need to be filled quickly. For these reasons it is best that you apply for work assignments you are interested in ahead of time. Applications are kept on file for 1 year. When a position comes open, the supervisor for that area will pull all the applications on file for review. Often times the position is filled before there is a bulletin posted.

Mr. Peters,  
Institution Work Programs Coordinator



*Just the Facts* is a reoccurring article. Each month a list of questions is compiled, which are based on rumors heard from around the institution.

These questions will be addressed to the appropriate staff and the answers will be written here.

**Question:** A few months back ideas for housing unit murals were requested. Are you still accepting submissions and/or when will this begin?

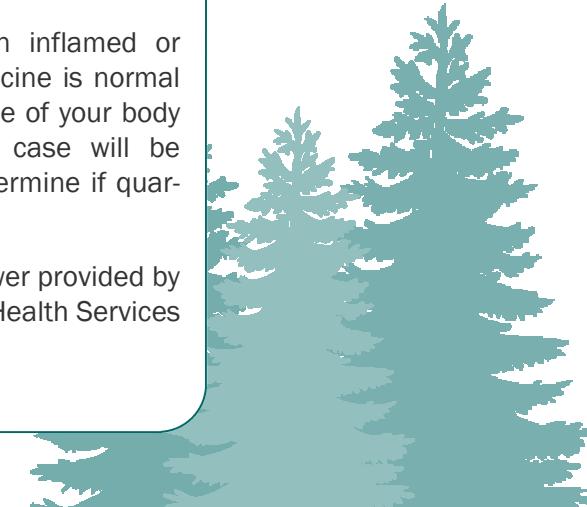
**Answer:** Submissions are still being accepted. There is not start date to begin the murals yet, but hopefully soon.

Mr. Barnhardt,  
EOCI Officer

**Question:** If I have received the vaccination for COVID-19 and then I develop symptoms of the virus, will I still need to quarantine?

**Answer:** Not necessarily. An inflamed or adverse response to the vaccine is normal and expected and is evidence of your body developing immunity. Each case will be evaluated individually to determine if quarantine is necessary.

Answer provided by  
Health Services



## Recommendation

*Stock Investing for Dummies*

By Paul Mladjenovic  
\$26.99 on Amazon

## Article Vocabulary

1. *Index:* An index is method of measuring the value of a segment of the stock market.
2. *NASDAQ:* The Nasdaq is a global electronic marketplace for buying and selling securities.
3. *Nasdaq Composite:* An index, often referred to as just Nasdaq.
4. *Large Cap Stocks:* Shares of companies that have capitalization (total share value) of \$10 billion or more.

# From Planning to Prosperity

What is a Market Index?

Written by Phillip Luna

Whenever you hear the media commentary about “how the market is doing,” typically they are referring to a financial market index, such as “the Dow” or the “S&P 500.” Most people use indexes as a measuring stick - a way of determining how the market is doing at a particular time. Essentially, an index is the tracking of a collection of stocks that is meant to represent the market, or a particular section of the market.

Major indexes cover a broad range; however, there are many lesser indexes that track specific sectors, such as the Dow Jones Transportation Average (which, go figure, tracks transportation stocks). When watching CNBC, some of the numbers in the bottom right corner of the screen are the major indexes. The number is determined by a formula. If the number is green, that means it has risen since yesterday's close. If the number is red, it has fallen since yesterday's close. For example, the Nasdaq might read 10,000 at close today. Tomorrow it could spike up to 12,000 in the morning and drop down to 10,500 by the close of the day. The number will still be green because even though it spent the entire day falling from 12,000, it is still up from yesterday's close.

## Three Major Indexes:

**Nasdaq Composite:** The term, “Nasdaq” is used to refer to Nasdaq Composite, an index of more than 3,000 stocks listed on the Nasdaq Exchange that includes the world's foremost technology and biotech giants such as Apple, Google, Microsoft, Amazon, and Intel. It generally consists of a mix of stocks that are high-growth companies with an over-representation of tech stocks.

**S&P 500 Index:** This index tracks 500 leading, publicly traded companies considered to be widely held. The publishing firm Standard & Poor's (S&P) created this index.

**Dow Jones Industrial Average (DJIA):** This is the most widely watched index (technically

it is not an index, but it tracks as one). It tracks 30 commonly owned, large cap stocks<sup>4</sup>, and it's occasionally re-balanced to drop and replace a stock that is not keeping pace with other stocks.

## Why Indexes Matter:

**They Are Educational Tools:** Before you buy into the market, it is a good idea to take some time to study it. For starters, pay attention to current events and their market correlation. If another stimulus check is issued does that affect the Nasdaq Composite? What specific sectors go up or down? If there is a major hurricane in the United States, another COVID strain outbreak, or the Keystone pipeline gets cancelled, it will likely affect the market in some way. In this sense, the major indexes are educational tools you can utilize to become more knowledgeable.

**You Can Measure Your Portfolio:** Once you own stock, the major indexes can be a way of understanding performance. For example, if you own a stock that is up 5% on the year, you might feel pretty happy with your investment. However, if the S&P 500 is up 10% on the year, that means your stock is underperforming when compared to the top 500 most widely held stocks (on average). It's not that you own the wrong stock, just that there are better options out there. That doesn't mean you should sell one stock to buy another, because it might not be the correct time to buy in. It just means you are not doing as well as you could have done. The reverse is also true. If your stock is down 5% on the year, but the S&P 500 is down 10% on the year, then you are actually doing quite well comparatively.

Overall, understanding and following indexes is a great way to begin comprehending the ebbs and flows of the market. Before investing your hard-earned money (or stimulus check) it's a good idea to build up your knowledge of the stock market.

# From Planning to Prosperity

## Paying Off Debts

Written by Phillip Luna

It's very difficult to start a financial investment if creditors are looking to seize your funds. If you are interested in investing, obtaining a credit report is an important first step. A free credit report will contain your name and known aliases, all former and current addresses, and specific information on any credit items you have.

**Accounts in Good Standing:** On your report, if an account is in good standing the payment history will appear as such:

| Jan                               | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 2015                              | OK  | OK  |     |     |     |     |     |     |     |     |     |
| 2014 Full Year - In Good Standing |     |     |     |     |     |     |     |     |     |     |     |
| 2013 Full Year - In Good Standing |     |     |     |     |     |     |     |     |     |     |     |
| 2012                              | OK  |
| 2011                              |     |     |     |     |     |     |     |     |     |     |     |

The status of an account in good standing, will read something like this:

| Status  |
|---|
| Paid, Closed/Never late.  |
| This account is scheduled to continue on record until Mar 2024. |

**Accounts in Poor Standing:** If the account is not in good standing and you have missed payments the history will read:

| Jan  | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 2021 | C   |     |     |     |     |     |     |     |     |     |     |
| 2020 | C   | C   | C   | C   | C   | C   | C   | C   | C   | C   | C   |
| 2019 | C   | C   | C   | C   | C   | C   | C   | C   | C   | C   | C   |
| 2018 |     |     |     |     |     |     |     |     | C   | C   | C   |

The status of an account in collections, will read something like this:

| Status  |
|---|
| Collection account.   |
| This account is scheduled to continue on record until Dec 2021. |

Besides the owed amount, the **status** section shown is the most important part of this report. The example above states the "...account is scheduled to continue on record until Dec 2021". That means in December of 2021 this will be written off.

After receiving your credit report you will now have a decision to make. Either you are going to contact your creditors and arrange for payment (creditors addresses are listed on the report) or you are not. If you choose not to pay, then missed payments and debts will remain on your credit report for seven years (December 2021, in this example) Your choice should depend on your financial strategy.

**Financial Strategy - Close to Release:** If any outstanding debts will still be on your report after release, you should arrange to make payments ahead of time. Once you are released, collection agencies can garnish your wages and seize any savings you have. Collection agencies usually purchase your debt for pennies on the dollar and you may be able to negotiate a reduction in the debt amount by arranging to make payments.

If you are planning to contact a credit agency it is a good idea to provide a *proof of incarceration* letter. This can be obtained by sending a communication form to Records and requesting one. This letter will prove to the collection agency that you are incarcerated and for what period of time, which may help you negotiate a lower payment as incarcerated individuals generally do not have any wages.

**Financial Strategy - A Ways To Go:** If you have a longer sentence it is probably better to wait until your debts have been written off before investing. Again, this happens after the seven year point for most debts (usually excluding child support and school loans). For example, if you are serving 15 years, allowing your debts to be written off after seven years still leaves eight years to invest and build up your credit.

If you have outstanding debts it may not be a good idea to place money into an outside savings account or the stock market. Try bonds or CD's (which will be covered in a future article). Interest rates are poor at the moment, these are generally safe.

## Important Note

A Credit Report Request Form can be obtained by sending a communication form to Correctional Rehabilitation. You can also obtain a credit report by having a friend or family member request one online at AnnualCreditReport.com.

**Credit Report Agencies:**  
Transunion  
P.O. Box 1000  
Chester, PA 19022

Equifax  
P.O. Box 740241  
Atlanta, GA 30374

Experian  
P.O. Box 2104  
Allen, TX 75013

## Article Disclaimer

Contents of "From Planning to Prosperity" articles are for informational purposes only. Every situation is different and financial decisions you make should be based on your own research and what works best for you.

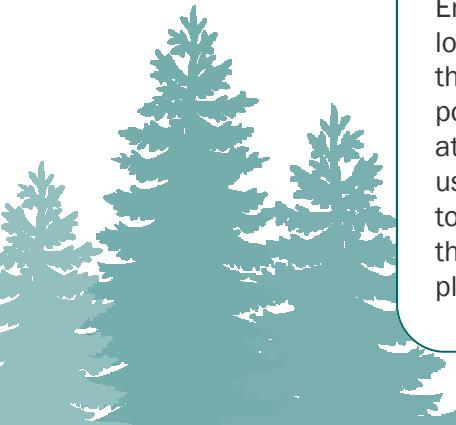


Patrick Gazeley-Romney,  
Staff Writer, *The Echo*

PGR is a Staff Writer for *The Echo* and a facilitator for the Seed to Supper, Roots of Success, and Beekeeping programs.

#### Article Vocabulary

1. *Inextricably*: Incapable of being untangled or untied.
2. *Industrialization*: Cause or become industrial.
3. *Lucrative*: Profitable or financially beneficial
4. *Turbulent*: Disorderly, confused.



# It's Easy Being Green

Going "Green" with your Green

Written by Patrick Gazeley-Romney



The "green economy" refers to the sector of the US economy that includes renewable energy production and the sustainable/natural commodity and service markets. According to Mark Maslin an economist of the university of London, the United States' green economy grew 20% from 2013 to 2016, adding 9.5 million jobs to the sector in just three short years. The green economy in 2016 alone generated \$1.3 trillion, a little under 7% of the annual GDP.

Global economic and environmental processes are inextricably<sup>1</sup> linked, as observed through the correlate lenses of industrialization<sup>2</sup> and climate change. In order to meet the challenges presented by global warming and regional climate change, companies are growing in an ever more environmentally sustainable manner. But the sustainable buck doesn't stop with companies - an investor's choice of where they put their money can have significant impacts on the environment.

Environmentally aligned investors usually look to own shares of lucrative<sup>3</sup> companies that have positive environmental impact policies, respect for human rights and create safe and useful products. Investors can use environmentally responsible investing to meet their financial goals while ensuring their money has a positive impact on people and the planet.

For people concerned with the process of global climate change, sustainable investing presents a unique and profitable platform for environmental activism. A 2019 paper produced by Morgan Stanley Institute for Sustainable Investing compared the performance of environmentally sustainable mutual funds with traditional mutual funds and found that "from 2004 to 2018, the total returns of sustainable mutual and exchange-traded funds were similar to those of traditional mutual funds."

The same Morgan Stanley study found that sustainable funds consistently showed a "lower downside risk than traditional funds, regardless to their asset class." The study also found that "during turbulent<sup>4</sup> market phases such as 2008, 2009, 2015 and 2018, traditional funds had significantly larger downside deviation than sustainable funds" - meaning traditional funds had a higher potential for loss. Environmentally sustainable mutual funds have even managed to post strong performance during a tumultuous 2020.

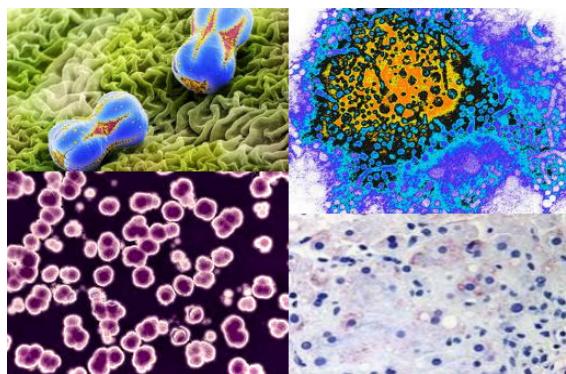
Of 26 sustainable index funds analyzed by the investment research company Morningstar in April, "24 outperformed comparable traditional funds in the first quarter of 2020 (and the beginning of the Covid-19 pandemic)." So not only do environmentally responsible investment strategies contribute to a healthier planet, in some cases they may actually be less risky than investing in conventional portfolios.



# Food as Medicine

## Probiotics and Blue Zones

Written by Phillip Luna



Some may wonder if the Probiotic supplement available through commissary are worth the \$9.99 cost. So what do you need to know about this expensive little pill? For starters, Probiotics are gut bacteria (usually acidophilus and bifidobacteria). They are a relatively new supplement in the health foods community and all of its benefits are not yet known, but here is a breakdown of what it is and why it matters:

Probiotics are beneficial bacteria normally present in the digestive tract. They are vital for proper digestion and also perform a number of other useful functions, such as preventing the overgrowth of yeast and other pathogens, synthesizing vitamin K, and metabolizing fat. Cultured and fermented foods contain various amounts of this bacteria. These foods include: buttermilk, cheese, kefir, miso, sauerkraut, tempeh, and yogurt.

Some studies have linked longevity<sup>1</sup> to the presence of healthy gut bacteria, but nothing is conclusive and only correlations<sup>2</sup> have been found. What has been discovered is that people living in “blue zones” tend to have more healthy gut bacteria than in other parts of the world.

What is a blue zone? Blue zones are parts of the world where a higher percentage of its residents live past 100 years of age than the rest of the world (Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Southern Sweden; Nicoya, Costa Rica; Loma Linda, California). These areas have been studied

extensively because of the irregularities in their populations average life span.

Upon research, many of the blue zone residents that lived to over a hundred years of age have an abundance of healthy gut bacteria. However, it is unlikely that the presence of healthy bacteria is the only contributing factor to their longevity. What is more likely is that a host of factors play a role, including genetics.

According to Author Dan Buettner, who has done extensive research on the subject of human life spans, all of the blue zones vary to some degree but do have some similar traits. Here are the common principles across all of the blue zones:

### Typical Blue Zone Diet

(in addition to Probiotic rich foods):

- Plant-based, but not vegetarian.
- Lots of legumes - beans, lentils, peas.
- Mostly organic and local foods.
- Heavy on whole grains.

### Typical Blue Zone Lifestyle:

- Non-smokers.
- Close family connections and regular social engagements.
- Consistent moderate physical activity.

The Probiotics sold by canteen also contain Prebiotics, which helps the production of intestinal flora. In summary, it is known that this supplement aids the digestive process, helps support a healthy immune system, and can contribute to fat metabolism. While it is suggested that Probiotics can contribute to a longer lifespan, it is more likely that one would benefit most from a diet and lifestyle similar to those in the Blue Zones and not from Probiotics alone.

## Important Information

Here at *The Echo*, we are seeking contributing columnist who are willing to write on the subject of fitness or health (similar to the article on this page). If you would like to contribute and share your expertise, send a communication form to IWP and let us know!

## Article Vocabulary

1. **Longevity:** Existence, length of life.
2. **Correlations:** Link or a potential relationship (not to be confused with causation).

## Important Note

The cut apples served in the dining hall, although partially fermented (or rotten), probably do not contain any Probiotics. However the sauerkraut, which is occasionally served with hot dogs, does contain Probiotics.



Alejandro Hernandez,  
Contributing Writer, *The Echo*

Hernandez is a contributing columnist, an Education Tutor, and an avid writer.

#### Quote

*"One of the most enjoyable ways to become a better writer is to read. Reading exposes you to different writing styles and voices. Read attentively, with an eye for writing and tone, and you will learn many tricks of the trade."*

- Dr. Jan Yager,

How to Self Publish  
Your Book

#### Article Vocabulary

1. *Interpretive* - An be interpreted in different ways.
2. *Mediocre* - Of ordinary quality.
3. *Inclusivity* - Coverage of a wide or universal range.
4. *Repertoire* - Range of skills.



# Writing on Purpose

Tone - Project a Mood

Written by Alejandro Hernandez



*How do you write in here?*

The most simplistic and arrogant answer is: one word, one sentence, and one paragraph at a time. Just as an artist draws one line or shades one color at a time, a writer creates their masterpieces with single words strung together into sequences meant to inspire images in a reader's mind. It is an art based on interpretative<sup>1</sup> communication from one person to many.

For example, what lines do you remember most in your favorite movies? What made them memorable? It could be how the other characters set them up to make those lines (or words) bring you to your knees in laughter, pull at your heart to the point of tears, or maybe question an aspect in yourself you recognize. These were the manipulations of a writer's words.

*How do you write in here?*

Whenever a person comments, "I could never write like that", it can nearly always be interpreted as "I've never tried to write like that."

A good writer evolved from a mediocre<sup>2</sup> writer, who grew from a bad writer. A bad writer is still a writer; as long as a person designates time to writing they can be included, and this is the beauty of the craft. It doesn't matter if you spell every word correctly or punctuate every sentence properly. The only questions are what inspiration can you inspire in others? And what emotions can you convey?

*How do you write in here?*

By sitting down with a paper, a pen, all the time we've been given; starting with one word, one sentence, and one paragraph.

The above introduction is an example of an author's tone. How did it make you feel? The hope was for at least two things; inclusivity<sup>3</sup> and motivation. One of the most important tools in a writer's repertoire<sup>4</sup> is tone; it can subconsciously influence thoughts, emotions, and perspective in a reader. At its most basic definition, tone can be described as the mood of the piece.

Most of an inexperienced writer's passages will reflect their mood at the time. A good example of this can occur when writing letters. How many times have you written a letter and decided it didn't properly portray the image of yourself you desired? Perhaps it sounded too angry, sad, or even weak; chances are your words reflected a mood affecting you at the time.

The good news is that with practice and a good use of vocabulary you can alter your tone by simply changing a few words and placing focus on a different subject, such as the following example:

*"Simon ran the last few laps around the same boring track. He had to complete three miles in under thirty short minutes."*

*"Simon pushed through the last few laps, his goal to jog three miles in under thirty minutes was nearly in reach."*



# In The Groove

## History of Early Rock

Written by Randall Fox

Today, Rock and Roll has a variety of styles and forms just as diverse as Blues music. However its inception was a gradual process and the term *Rock and Roll* has carried many meanings over the years. In the 17th century, rock and roll was used to describe the motion of ships at sea. *Rocking* began to appear in spiritual music in the 1830's, describing the swaying of the listeners. *Rocking and rolling* became a phrase around the beginning of the 20th century, first describing the motion of trains and later with a double meaning to include the rail workers actions during the rock drilling process of railroad construction.

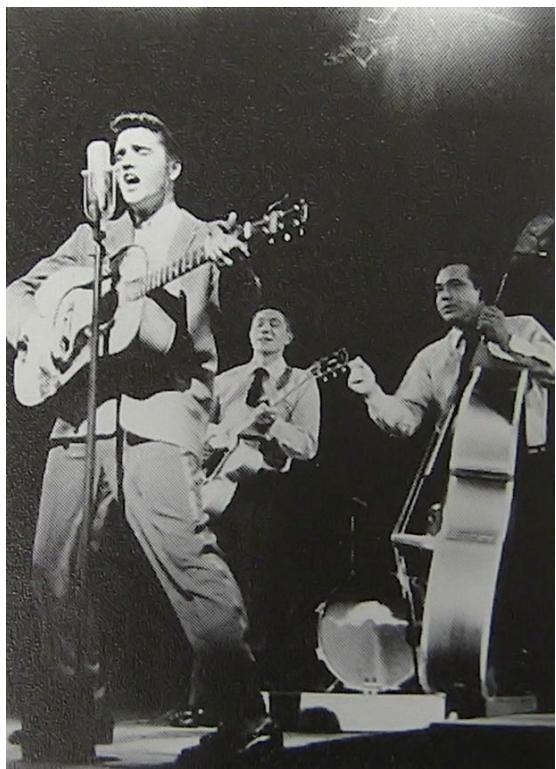
It wasn't until 1922, when Blues singer Trixie Smith recorded "My Man Rocks Me (With One Steady Roll)", that the words *Rock and Roll* appeared together in secular music. Still, this was Blues music and not Rock. In fact, early Rock music was often called Rhythm and Blues (R&B), and the term was used to describe the dancing associated with it. This was potentially how Rock and Roll came to be associated with a strong up beat tempo and an energetic style of playing music. What began to differentiate Rock music from R&B, was the strong driving back beat, typically in 4/4 time signature, and overdriven amplifiers.

One of the first times Rock and Roll was used by a journalist as a descriptive term was in a tabloid called *Metronome* on July 21st, 1938. The Journalist wrote that "Harry James', 'Lullaby in Rhythm', really rocks." By 1940, the phrase Rock and Roll was being used often by journalists.

Early Rock and R&B music wasn't popular with white audiences due to racial bias during this period. It wasn't until 1951, when Alan Freed began broadcasting Rhythm, Blues, and Country music on one station, did white audiences begin to accept R&B as an enjoyable style of music. Familiar with the music of earlier decades, Freed used the wording Rock and Roll to describe

the music he aired over the station WJW in Cleveland, Ohio.

Music of this era laid the foundation for well known artists such as the King of Rock and Roll, Elvis Presley. Artists from the 50's like Big Mama Thornton and Carl Perkins were fundamental in supplying iconic songs that elevated the King to his throne. Presley's cover of their songs changed how the world would come to know Rock music.



Some Rock musicians have also taken ideas from Country music, for example, Hank Williams' song "Move It On Over", gave "Rock Around the Clock" its melody. Although the lyrics and tempo are different, the similarity that is undeniable.

Rock music today continues to thrive and draws from the music of the past. In modern Rock music you can hear jazz scales in the mix with Rock and Rolls' traditionally overdriven sound. It is this melting pot of different styles that keeps this genre of music unique and interesting.



Randall Fox,  
Contributing Writer, *The Echo*

Fox is an avid musician and regular contributing columnist. He plays the bass, ukulele, guitar and the keyboard.

## Recommendation

### Recommended Listening

Available via tablet:

1946 - *Rock and Roll Music*, Chuck Berry

1951 - *Rocket 88*, Jackie Brenston & His Delta Cats

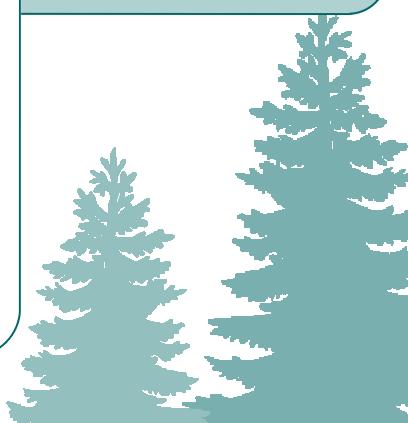
1952 - *Hound Dog*, Big Mama Thornton

1955 - *Birth of Rock and Roll*, Carl Perkins

1955 - *Blue Suede Shoes*, Carl Perkins

1968 - *Hound Dog*, Elvis Presley

1968 - *Blue Suede Shoes*, Elvis Presley

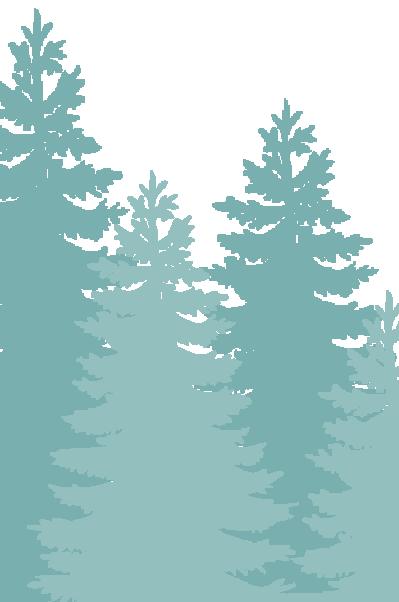


## Important Note

Here at *The Echo*, we are seeking contributing columnist who are willing to write on the subject of art and specific artistic techniques (similar to the article on this page). If you are an interested artist, send a communication form to IWP and let us know!

## Article Vocabulary

1. **Graphite:** A form of carbon used in pencils.
2. **Cross-Hatching:** The act using vertical and horizontal lines in a hatching pattern.
3. **Stippling:** Produced by randomly placing dots on the paper. More dots create darker areas.



# Pencil and Paper

The Basics for Good Artwork

Written by Phillip Luna

## Graphite Pencils

The old yellow number 2 pencil you used in school didn't contain any lead. Lead is metallic element that is not related to graphite<sup>1</sup> in any way. Graphite is actually a form of carbon and before the eighteenth century, when it wasn't fully understood, it was called *plumbago* or *black lead*. The name persisted which is why many people refer to pencils as having "lead".



Artist-grade graphite pencils are more refined than the yellow number 2, allowing for cleaner, smoother lines. The letters and numbers on the side of the pencil indicate the hardness or softness of it, with B being soft and H being hard. The higher the number in front of the B, the softer the pencil is (9B is the softest possible graphite pencil). And vice versa, with the higher the number next to the H, the harder the graphite is.

Harder pencils make lighter marks because they hold a sharp point better. A pencil with an F letter has a degree of hardness half-way between H and B. Harder pencils also tend to scour the page.

## Paper

The type of paper you use depends on the appearance you are attempting to achieve. Although paper choices through commissary are limited, there are some considerations to make.

The poundage of the paper, 100-lb paper for example, refers to the quality of the paper. In general, higher quality paper tends to have more *tooth* or texture than lesser quality. The tooth of the paper refers to the grooves, or peaks and valleys of the paper.

Paper with more tooth can create darker values because they hold more color. To

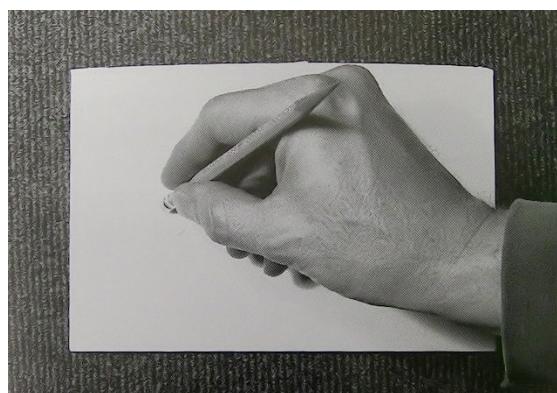
create a really dark shadow, for instance, adding multiple layers of dark blues, purples, grays, and black can help achieve a very dramatic effect.

However, all pages have two sides, usually a smooth side and a rough side (the toothy side). For fine detail work and smooth textures it is easier to work with the smooth side of the page. Again, the trade off is that the colors will not be as rich.

## Flattening the Tooth

Some drawings have smooth subjects, such as glass or metal, and others have more texture, like wooden objects or most clothing. It is always best to use the side of paper that works for your subject, however, some drawings may have both smooth and rough areas.

If you are using the rough side of the page and need an area to be smooth, you can accomplish this by flattening the tooth of the page. Use the rounded metal end of an art pencil and smash down the tooth of the paper (pictured below). Small, overlapping, circular strokes work best.



Alternatively, if you are using the smooth side you can still create textured looks. Employ techniques such as cross-hatching<sup>2</sup> and stippling<sup>3</sup>, using softer pencils, using blenders at different angles, or even not blending at all, to add texture to the smooth side of the page.

# Pearls of Wisdom

Thinking Outside the Box

Written by Warren Doescher

I was listening to the radio the other day, 107.7 to be specific, when it happened again. The song which had just played was good, but there was no deejay - so I had no one to tell me what the song title was.

Perhaps you are familiar with it and can help me? The music is upbeat and the singer has other songs you've probably heard. There is a catchy part that goes, "da da da dada da daa da", you know the one?

When there is no way of getting the information, a lot of good songs get lost and forgotten. I've been mulling it over and may have come up with a viable solution. We need to start a radio station here at EOC!

The idea may sound ambitious, but hear me out. Start with a spare room or an unused small building - we could build one! Then, working with the new Enrichment Club, raise funds to purchase the antenna (only covering part of the institution so it will be small), the equipment, and buying out a slot on the airwaves. We have electricians who I'm sure are qualified to help get everything set up. Choose a name, KEOC

should work. Finally, we find some AICs who have an interest in handling the microphone, creating playlists, and delivering information via the radio.

Now I'm sure there are some who think this idea is way too much just so I can get the title of a song. They would be mistaken. This could help ensure I get the titles of many songs!

The idea is the best I could come up with - I mean, what's the alternative? Allowing somebody like Centurylink to sell us our own individual, secure tablets. Ones in which we could personalize by purchasing music and other apps that have been pre-approved - as a totally random example, the app Shazaam.

Well, both options have merit, though I may be partial to mine. Remember, most problems we face can and will be resolved. Sometimes the solution was in front of you the entire time. Other times you'll stumble upon the solution while you're thinking outside the box.



Warren Doescher,  
Contributing Writer, *The Echo*

Doescher is a regular contributing columnist, WFD Worker, and random song enthusiast.

Article Note

## Comic Contest

First Place Awards a Jar of Honey

The comic contest submission deadline is going to extend another month. We will be accepting comic submissions until March 5th, 2020.

If you would like to submit your artwork and comic, attach it to a communication form and send to IWP. Alternatively, if you wish to submit a comic but would prefer not to place a staple in it, just send IWP a communication form and we will place you on a call out to turn in your submission. All submissions will be returned if requested.

### Tips for Comics:

Comic art doesn't have to be a masterpiece. Even stick figures can be funny given the right context. Often comics are drawn from real life experiences. A funny joke or situation told between friends can be transformed into a witty comic.

Try using the perspective of someone/something else. What might the seagulls say in a conversation? How about the JLAD dogs or the bees from the apiary?

### Do you draw comics?

We accept comic submissions for *The Echo*! If you are interested, staple your comic to a communication form and send it to IWP.

Content must be appropriate, non-derogatory, and contain no profanity. Not all submissions will be published.

## Important Note

This information is accurate as of February 15th, 2021.

# COVID Vaccinations

## Fact versus Fictions

Provided by Oregon Health Authority

**Concern:** The vaccine won't help your body build immunity the same way getting the virus will?

**Fact:** The body builds immunity to COVID in a different way with the vaccine than through infection. But the vaccine helps build immunity without having to get the disease, which can be serious and even fatal.

**Concern:** Messenger RNA vaccines are more dangerous than other vaccines.

**Fact:** Messenger RNA (mRNA) vaccines appear to cause short-term side effects more often than many other vaccines, but these side effects do not appear to be lasting.

**Concern:** Messenger RNA vaccines can alter your DNA.

**Fact:** Messenger RNA vaccines work by teaching cells in the body how to make a protein that triggers an immune response, according to the CDC. Messenger RNA injected into your body will not interact with or affect your cells' DNA.

**Concern:** If I've had COVID-19 and recovered, I don't need to get the vaccine.

**Fact:** Due to the severe health risks associated with the disease and the fact that reinfection is possible, people may be advised to get a COVID-19 vaccine even if they have been sick before.

**Concern:** Once I get the COVID-19 vaccine, I can stop other safety measures like masking and physical distancing.

**Fact:** While the vaccine may prevent you from getting sick, it is not yet known whether you can carry and transmit the virus to others after vaccination. Until we learn more, it's best to continue with safety measures like masking, physical distancing, and washing hands often.

**Concern:** People with significant allergic reactions shouldn't get the Pfizer/BioNTech vaccine.

**Fact:** Being allergic to one thing does not mean that you're allergic to another. People who have an allergic reaction to a component of the vaccine should not receive it.

**Concern:** The vaccine was rushed to market and hasn't been adequately tested.

**Fact:** COVID-19 vaccines have been evaluated extensively in large-scale clinical trials. FDA will authorize their use only after reviewing this data.

**Concern:** The vaccine causes sterilization.

**Fact:** There's no evidence to support sterilization as a side effect of the vaccine.

**Concern:** The vaccine only reduces symptoms but does not prevent getting or spreading COVID.

**Fact:** The trials showed that the vaccine prevents COVID-19 illness but did not evaluate whether they prevent infection or transmission. We don't yet know whether they prevent infection or transmission.

**Concern:** The vaccine will be mandatory.

**Fact:** When the vaccine is authorized for emergency use, patients need to agree to receive it. There are no plans to mandate the COVID-19 vaccine.

**Concern:** The side effects of the vaccine are worse than the side effects of COVID.

**Fact:** The COVID-19 vaccine can cause pain at the injection site, headache and muscle aches. These side effects appear to be more severe than with most vaccines but resolve in a day or two. While COVID-19 can be mild, it can also be severe or even fatal.

# COVID Update

For Your Information

Provided by Health Services

## Does the COVID-19 vaccine have viral particles in it?

The COVID-19 vaccine DOES NOT have the virus in it. The flu shot includes tiny parts of the flu virus to trigger your immune system. The Moderna and Pfizer COVID-19 vaccine are different—there are no viral particles in these vaccines. They teach your body how to fight the virus without you having to get the illness. You cannot get sick with COVID-19 from the vaccine.

## Then why does the COVID-19 vaccine cause symptoms?

The vaccine activates your immune system. Many symptoms of illness are tools your immune system uses to fight the illness. As your immune system practices fighting off COVID-19, you might experience mild symptoms like temporary fever, chills, fatigue, or headache for a few days. It is normal to be worried about side effects, but mild symptoms are actually a good sign - it means your body is training hard and will be ready to fight the virus if or when it needs to!

## Have any deaths been linked with the COVID-19 vaccine?

You may have heard a rumor that people have died from the COVID-19 vaccine. The world is watching as more people receive the vaccine, and it is normal to get nervous after hearing about reported deaths.

Unfortunately, people have died after getting their COVID-19 vaccine, and this is why the rumor spread. However, there is a difference between dying after getting the vaccine and dying because of the vaccine. As far as we know, no one has died because of the vaccine.

Following, we discuss the deaths that were recorded among people who received the COVID-19 vaccine to debunk the myth and equip you with credible information.

## Vaccine Trials

There were six deaths during the Pfizer vaccine trials, but only two of those people were given the vaccine. The other four were given a safe placebo solution of salt and water. No link was found between the vaccine and the deaths. Out of 44,000 participants, these two deaths are in line with the death rate of the general population.

## Norway

Thirty-three deaths were reported in Norway this month among some 42,000 people given the vaccine. Norway has prioritized vaccinating nursing-home residents. Those who died were all 75 plus and some were terminally ill patients. About 45 people die every day in nursing homes in Norway, according to the Norwegian Institute of Public Health. No link was found between the 33 cases and the vaccine.

## Germany

In Germany, where more than 800,000 people have received their first dose, at least seven cases of elderly people dying shortly after vaccination have been investigated. It was found that these deaths were caused by the patients' underlying diseases including cancer, kidney problems, and Alzheimer's.

If you have questions or concerns about the COVID-19 vaccine and the potential risks involved, the best thing to do is to contact health services for more information.

In addition, health services also provides regular flu vaccinations and pneumonia vaccinations to those who qualify. Regular flu vaccinations are still available. Contact Health services for more information.

## Important Note

This information is accurate as of February 15th, 2021.

## Important Note

Regular flu vaccinations are still available. The flu is more prevalent in January and February. Contact Health Services if you would like a vaccination.

## Important Addresses

Department of Treasury  
Internal Revenue Service  
Ogden, UT 84201

Oregon Department of Revenue  
PO Box 14999  
Salem, OR 97309

Internal Revenue Service  
5045 East Butter Ave  
Fresno, CA 93727

Central Trust ODOC  
PO Box 14400  
Salem, OR 97309

## Important Note

For more information please see your housing unit bulletin board. If your bulletin board does not have information regarding EIP checks, please contact Business Services directly.

# EIP Stimulus Checks

## The Basics You Need to Know

Excerpt from Information provided by Business Services

### Stimulus Checks General Information

There have been two stimulus checks (Economic Impact Payments, or EIP) issued as a result of relief packages passed by congress.

The Coronavirus Aid, Relief, and Economic Security Act, also known as the CARES Act, is a \$2.2 trillion economic stimulus bill signed into law in response to the economic fallout of the COVID-19 pandemic (which included \$1200 stimulus checks for individuals). This occurred on March 27th of last year.

The Coronavirus Response and Relief Supplemental Appropriations Act 2020 (CRRSAA) is a \$900 billion supplemental appropriations bill which passed into law December 27th, 2020 (and included a \$600 stimulus check).

### What if I didn't get a \$1200 EIP Check?

If you haven't received a \$1200 stimulus check you can file for it using Form 1040 or Form 1040-SR (over the age of 65).

Envelopes that were provided with the form for the CARES Act EIP (\$1200 stimulus check) are pre-addressed with the address of Internal Revenue Service (IRS). Business Services does not have any more envelopes at this time.

### What if I didn't get a \$600 EIP Check?

Many of the \$600 EIP checks issued were sent as debit cards by the IRS. This was done in error. The DOC does not have the ability to deposit debit cards as funds to an AIC account and these have been returned to the IRS.

If you haven't received a \$600 stimulus check you can file for it using Form 1040 or Form 1040-SR. These forms are available on your housing unit.

### Why was the \$600 stimulus check deposited into my trust account and not my general spending?

Because of the way the CRRSAA bill was written, the \$600 EIP check is considered a protected fund. However, because of the way the CARES Act bill was written, it is not considered a protected fund and was deposited into your general spending account (if you received it).

If you wish to spend from your Protected Funds Account you can do this by:

- Using the green Request for Withdrawal of Protected Funds form, CD28P.
- Signing the Protected Funds box on commissary sheets.
- Selecting the Protected Monies Reserve Account when requesting a transfer on the tablet.

### What happens if I am released before I receive the EIP check?

If you are released before the payment arrives it will be returned to the sender. The IRS suggests filing a change of address with the post office immediately in order to expedite the process.

### Can Financial Services provide tax advice or give status updates on stimulus checks?

The Department of Corrections is not allowed to give tax advice or provide status updates. Please contact the IRS or Department of Treasury directly. If Central Trust receives a deposit for an AIC, it will be processed in accordance with OAR 291 Div 158-0045. If an EIP is sent to an institution, it must be forwarded to Central Trust for deposit, which may delay the process.

If you have not received either (or both) EIP checks, you may indicate so on the 1040 (or 1040-SR) forms. A list of FAQ's is available on your housing unit bulletin board.



Form 1040 Department of the Treasury—Internal Revenue Service (99) 2020 OMB No. 1545-0074 IRS Use Only—Do not write or staple in this space.

**Filing Status**  Single  Married filing jointly  Married filing separately (MFS)  Head of household (HOH)  Qualifying widow(er) (QW)  
 Check only one box. If you checked the MFS box, enter the name of your spouse. If you checked the HOH or QW box, enter the child's name if the qualifying person is a child but not your dependent. ►

|   |                                 |  |
|---|---------------------------------|--|
| Your first name and middle initial<br>John  | Last name<br>Doe #98765-012     | Your social security number<br>123 45 6789                   |
| If joint return, spouse's first name and middle initial   | Last name                       | Spouse's social security number<br>                          |
| Home address (number and street). If you have a P.O. box, see instructions.<br>P.O. Box 5555      |                                 | Enter your inmate identifying number near your last name<br> |
| City, town, or post office. If you have a foreign address, also complete spaces below.<br>Anytown |                                 | State<br>State ZIP<br>ZIP                                    |
| Foreign country name  | Foreign provincial/state/county | Foreign postal code  |

At any time during 2020, did you receive, sell, send, exchange, or otherwise acquire any financial interest in any virtual currency?  Yes  No

**Standard Deduction** Someone can claim:  You as a dependent  Your spouse as a dependent  
 Spouse itemizes on a separate return or you were a dual-status alien

**Age/Blindness** You:  Were born before January 2, 1956  Are blind Spouse:  Was born before January 2, 1956  Is blind

**Dependents** (see instructions):  
 If more than four dependents, see instructions and check here ►

| (1) First name | Last name | (2) Social security number | (3) Relationship to you | (4) ✓ if qualifies for (see instructions):<br>Child tax credit | Credit for other dependents |
|----------------|-----------|----------------------------|-------------------------|--|-----------------------------|
|                |           |                            |                         |  |                             |
|                |           |                            |                         |  |                             |
|                |           |                            |                         |  |                             |
|                |           |                            |                         |  |                             |
|                |           |                            |                         |  |                             |

|    |  |                   |
|----|--|-------------------|
| 1  | Wages, salaries, tips, etc. Attach Form(s) W-2   | 1                 |
| 2a | Tax-exempt interest  | 2a                |
| 3a | Qualified dividends  | 3a                |
| 4a | IRA distributions  | 4a                |
| 5a | Pensions and annuities   | 5a                |
| 6a | Social security benefits   | 6a                |
| b  | Taxable interest   |                   |
| b  | Ordinary dividends   |                   |
| b  | Taxable amount   |                   |
| b  | Taxable amount   |                   |
| b  | Taxable amount   |                   |
| 7  | Capital gain or (loss). Attach Schedule D if required. If not required, check here ► <input type="checkbox"/>  | 7                 |
| 8  | Other income from Schedule 1, line 9   | 8                 |
| 9  | Add lines 1, 2b, 3b, 4b, 5b, 6b, 7, and 8. This is your total income   | 9                 |
| 10 | Adjustments to income:<br>a From Schedule 1, line 22<br>b Charitable contributions if you take the standard deduction. See instructions<br>c Add lines 10a and 10b. These are your total adjustments to income | 10a<br>10b<br>10c |
| 11 | Subtract line 10c from line 9. This is your adjusted gross income  | 11                |
| 12 | Standard deduction or itemized deductions (from Schedule A)  | 12                |
| 13 | Qualified business income deduction. Attach Form 8995 or Form 8995-A   | 13                |
| 14 | Add lines 12 and 13  | 14                |
| 15 | Taxable income. Subtract line 14 from line 11. If zero or less, enter -0-  | 15                |

**Standard Deduction for—**  
 • Single or Married filing separately, \$12,400  
 • Married filing jointly or Qualifying widow(er), \$24,800  
 • Head of household, \$18,650  
 • If you checked any box under Standard Deduction, see instructions

For Disclosure, Privacy Act, and Paperwork Reduction Act Notice, see separate instructions.

Cat. No. 11320B

Form 1040 (2020)

The Recovery Rebate Credit was eligible to be paid in two rounds of advance payments during 2020 and early 2021. These advanced payments are referred to as the first and second Economic Impact Payments.

U.S. citizens and U.S. resident aliens may be eligible to claim the Recovery Rebate Credit on Form 1040 if:

1. they did not receive the full amount of each payment,
2. no one else can claim them as a dependent on their 2020 federal income tax return AND
3. they have a social security number (SSN) that is valid for employment in the United States.

If you do not file a joint tax return with your spouse, have less than \$12,400 in income, and claim no qualifying children who live with you, claim the Recovery Rebate Credit as follows:

1. Select 'Single' or 'Married filing separately' as your filing status.
2. Enter your name, SSN, and address information and answer the question about virtual currency.
3. Enter your income on lines 1 through 8 followed by the \$12,400 standard deduction on lines 12 and 14.
4. Enter the Recovery Rebate Credit amount on lines 30, 32, 33, 34, and 35a.  
 If the IRS did not issue you either Economic Impact Payment, enter \$1,800.  
 If the IRS issued a \$1,200 payment only, enter \$600. If the IRS issued a \$600 payment only, enter \$1,200.
5. Sign and date the tax return.

U.S. territory residents should not follow these simplified instructions and should contact their territory tax authorities.

## Sample 1040 Form, page 2 (...continued from previous page)

Page 19

Form 1040 (2020)

Page 2

|   |  |  |                     |   |  |
|---|--|--|---------------------|---|--|
| 16  | Tax (see instructions). Check if any from Form(s): 1 <input type="checkbox"/> 8814 2 <input type="checkbox"/> 4972 3 <input type="checkbox"/> _____  | 16   |                     |   |  |
| 17  | Amount from Schedule 2, line 3   | 17   |                     |   |  |
| 18  | Add lines 16 and 17  | 18   |                     |   |  |
| 19  | Child tax credit or credit for other dependents  | 19   |                     |   |  |
| 20  | Amount from Schedule 3, line 7   | 20   |                     |   |  |
| 21  | Add lines 19 and 20  | 21   |                     |   |  |
| 22  | Subtract line 21 from line 18. If zero or less, enter -0-  | 22   |                     |   |  |
| 23  | Other taxes, including self-employment tax, from Schedule 2, line 10   | 23   |                     |   |  |
| 24  | Add lines 22 and 23. This is your <b>total tax</b>   | 24   |                     |   |  |
| 25  | Federal income tax withheld from:  |  |                     |   |  |
| a   | Form(s) W-2  |  |                     |   |  |
| b   | Form(s) 1099   |  |                     |   |  |
| c   | Other forms (see instructions)   |  |                     |   |  |
| d   | Add lines 25a through 25c  |  |                     |   |  |
| 26  | 2020 estimated tax payments and amount applied from 2019 return  | 26   |                     |   |  |
| 27  | Earned income credit (EIC)   | 27   |                     |   |  |
| 28  | Additional child tax credit. Attach Schedule 8812  | 28   |                     |   |  |
| 29  | American opportunity credit from Form 8863, line 8   | 29   |                     |   |  |
| 30  | <b>Recovery rebate credit</b><br>Reduce \$1,800 by advance payments issued by the IRS.   | 30 1,800   |                     |   |  |
| 31  | Amount from Schedule 3, line 13  | 31   |                     |   |  |
| 32  | Add lines 27 through 31. These are your <b>total other payments and refundable credits</b>   | 32 1,800   |                     |   |  |
| 33  | Add lines 25d, 26, and 32. These are your <b>total payments</b>  | 33 1,800   |                     |   |  |
| <b>Refund</b>   | If line 33 is more than line 24, subtract line 24 from line 33. This is the amount you <b>overpaid</b>   | 34 1,800   |                     |   |  |
| 35a   | Amount of line 34 you want refunded to you. If Form 8888 is attached, check here   | 35a 1,800  |                     |   |  |
| b   | Routing number   | c Type: <input type="checkbox"/> Checking <input type="checkbox"/> Savings             |                     |   |  |
| d   | Account number   |  |                     |   |  |
| 36  | Amount of line 34 you want applied to your 2021 estimated tax  | 36   |                     |   |  |
| <b>Amount You Owe</b>   | Subtract line 33 from line 24. This is the <b>amount you owe now</b>   | 37   |                     |   |  |
| For details on how to pay, see instructions.                  | <b>Note:</b> Schedule H and Schedule SE filers 2020. See Schedule 3, line 12e, and its instructions. Estimated tax penalty (see instructions)  |  |                     |   |  |
| <b>Third Party Designee</b>                                   | Do you want to allow another person to do instructions   | If blank, you'll receive a check. Don't enter a bank account that is not in your name. |                     |   |  |
| Designee's name ►   | Phone no. ►  | Personal identification number (PIN) ►   |                     |   |  |
| <b>Sign Here</b>  | Under penalties of perjury, I declare that I have examined this return and accompanying schedules and statements, and to the best of my knowledge and belief, they are true, correct, and complete. Declaration of preparer (other than taxpayer) is based on all information of which preparer has any knowledge. |  |                     |   |  |
| Joint return? See instructions. Keep a copy for your records. | Your signature ► John Doe  | Date 3/15/21   | Your occupation     | If the IRS sent you an Identity Protection PIN, enter it here (see inst.)         |  |
|   | Spouse's signature. If a joint return, both must sign.   | Date   | Spouse's occupation | If the IRS sent your spouse an Identity Protection PIN, enter it here (see inst.) |  |
|   | Phone no.  | Email address  |                     |   |  |
| <b>Paid Preparer Use Only</b>                                 | Preparer's name  | Preparer's signature   | Date                | PTIN  | Check if: <input type="checkbox"/> Self-employed |
|   | Firm's name ►  |  |                     | Phone no.   |  |
|   | Firm's address ►   |  |                     | Firm's EIN ►  |  |

Go to [www.irs.gov/Form1040](http://www.irs.gov/Form1040) for instructions and the latest information.

Form 1040 (2020)

Mailing addresses are based on the state you live in:

Alabama, Arkansas, Delaware, Georgia, Illinois, Indiana, Iowa, Kentucky, Maine, Massachusetts, Minnesota, Missouri, New Hampshire, New Jersey, New York, North Carolina, South Carolina, Tennessee, Oklahoma, Vermont, Virginia, Wisconsin  
Mail to: Department of the Treasury, Internal Revenue Service, Kansas City, MO 64999-0002

Alaska, California, Hawaii, Ohio, Washington  
Until June 18, 2021 - Mail to: Department of the Treasury, Internal Revenue Service, Fresno, CA 93888-0002  
After June 18, 2021 - Mail to: Department of the Treasury, Internal Revenue Service, Ogden, UT 84201-0002

Arizona, Colorado, Connecticut, District of Columbia, Idaho, Kansas, Maryland, Michigan, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, Pennsylvania, Rhode Island, South Dakota, Utah, West Virginia, Wyoming  
Mail to: Department of the Treasury, Internal Revenue Service, Ogden, UT 84201-0002

Florida, Louisiana, Mississippi, Texas  
Mail to: Department of the Treasury, Internal Revenue Service, Austin, TX 73301-0002

## Contact Info

**PREA Advocate:**

You may write the PREA advocate at:

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

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

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press 999 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 zero tolerance policy 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 y marque 999 para dejar un mensaje.

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.

## Article Note



**ODOC**  
Commissary Update

# Commissary Prices Swell

Expected to Continue Increasing

Provided by Commissary

**Price Increases:**

- LD Oatmeal Pies from \$1.99 to \$2.19
- LD Honey Buns from \$1.99 to \$2.19
- LD Cosmic Brownies from \$1.99 to \$2.19
- LD Nutty Bars from \$1.99 to \$2.19
- LD Swiss Rolls from \$1.99 to \$2.19
- LD Shortcake Rolls from \$1.99 to \$2.19
- LD Donuts Sticks from \$1.99 to \$2.19
- LD Zebra Cakes from \$1.99 to \$2.19

**Also, an increase from the USPS products:**

- #1075 Priority Mail \$8.25 to \$8.35
- #1080 S Shipping Box \$8.80 to \$8.90
- #1081 M Shipping Box \$15.55 to \$15.95
- #1082 L Shipping Box \$21.60 to \$22.35

**News:**

Due to manufacturer shortage, commissary has been out of the Fiber Powder Laxative for several weeks. The vendor has informed that it could be another 4 – 6 weeks before the product is available again and that it will double in price. Commissary is exploring other products and found a Fiber Tablet replacement.

More information will be provided when this new product becomes available.

**Commissary is adding two items:**

- Wyler's Light Island Punch Green Tropical Dream 10 ct. box
- 2021 Prison Blues Guitar Pick.

# Bulletin Board at a Glance



## Important Notices:

**Flu Vaccines:** Flu vaccines are still available through Health Services. For more information please see newsletters from December, November, or October of 2020. This information is also available on your housing unit bulletin board.

Regular flu vaccinations are still available. The flu is more prevalent in January and February. Contact Health Services if you would like a vaccination.

**COVID Vaccines:** If you did not receive a COVID Vaccination and you would like one, contact Health Services.

**Self-Addressed Stamped Envelopes (SASE):** Per management in Salem it has been directed to all mailrooms in Oregon that SASE envelopes must have the sender's information in the left corner. When filling out a SASE write your name and address in the center of the envelope AND in the upper left corner. Write the address of the sender in the top left corner below your address.

**Continue to put AIC info here**



Oregon Department of Corrections - Inmate Mail  
 Institution \_\_\_\_\_ SID \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Write sender information you have for  
 the company here.**

## Article Note

**Bulletin Board at a Glance** is a section that highlights information contained on your housing unit bulletin board.

Please see your housing unit bulletin board for complete information.

## Deadlines and Due Dates:

**Tax Returns:** For those who are going to file, tax returns must be filed by April 15th. 1040 and 1040-SR forms are available on your housing unit. It is necessary to file taxes if you did not receive an EIP payment. More information is available on pages 16-19 of this newsletter or on your housing unit bulletin board.

**Comic Contest:** The deadline has been extended. Submissions are due by March 5th, 2021. All submissions will be returned to the sender after the contest if requested.

**Enrichment Club Submissions:** Applications have been received. Staff are reviewing applicants.

## In Case You Missed It:

**COFO's:** 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:

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 AICs family member or friend. Eligible deposits do not include protected monies.

# The Echo

Eastern Oregon Correctional Institution Newsletter

*"I am an invisible man. No, I am not a spook like those who haunted Edgar Allan Poe; nor am I one of your Hollywood-movie ectoplasms. I am a man of substance, of flesh and bone, fiber and liquids - and I might even be said to possess a mind. I am invisible, understand, simply because people refuse to see me."*

Excerpt from the novel *Invisible Man*,  
by Ralph Ellison

## Important Notice - Copies Per Unit:

We have recently been adjusting the number of newsletter copies we issue per unit. Our goal is to determine a copious amount that allows for all interested AICs to read *The Echo* without printing an unnecessary surplus of copies that will only end up thrown in the trash. For that reason, if you are unable to find a copy of the newsletter on your unit, please send a communication form to IWP and request one. The requests we receive for additional newsletters is how we determine where to distribute more (or less) each month.

In addition, this year we are encouraging more article submissions. For those who are interested in writing and submitting an article to *The Echo*, send a communication form to IWP and we will provide you with the criteria for doing so.

Remember, *The Echo* is distributed on the 15th each month, or closest working day.

## The Echo - Volume III, Issue II - February, 2021

Produced at IWP

Mr. Peters IWP Coordinator

### The Echo Staff

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Mr. Miles Public Information Officer

Ms. VanEpps Financial Services

Ms. Stills RN, Health Services

Oregon Health Authority

Internal Revenue Services

[www.cleanjobscount.org](http://www.cleanjobscount.org)

[www.newscientist.com](http://www.newscientist.com)

Natural Investments LLC

Wikipedia.org

Oregon Careers magazine 2020

Men's Fitness magazine February, 2018

How to Self Publish Your Book, by Jan Yager

Drawing Realistic Textures in Pencil, by J.D. Hillberry

Centers for Disease Control (CDC)

### Important Dates and Events

President's Day Feb 15th

Flag Day (Mexico) Feb 23th

Full Moon Feb 27th

Daylight Savings Time Mar 14th

St. Patrick's Day Mar 17th

Spring Begins Mar 20th

Full Moon Mar 28th

### PRAS Posting Dates

January 7th

February 4th

March 4th

April 8th

May 6th

June 10th

July 8th

August 5th

September 9th

October 7th

November 4th

December 9th

### Get The Echo Via Email!

A publication of Eastern Oregon Correctional Institution, Pendleton, Oregon.

Direct questions and comments to EOCI Institution Work Programs (IWP).

Friends and family can text "CORRECTIONS" to 22828 to receive *The Echo* in a monthly email.

