

# The Echo

Eastern Oregon Correctional Institution Newsletter

## Points of Interest:

- Comic art contest now open for submissions.
- Enrichment Club is accepting applications.
- AIC COVID Vaccinations for the medically vulnerable begin January 16th.

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## Vaccinations Reach EOCI

Provided by the Agency Operations Center



As you may know, the Oregon Department of Corrections (DOC) has received some COVID-19 vaccine doses, and staff have started to get vaccinated at our institutions and at community clinics. The Oregon Health Authority (OHA) included correctional staff in the 1A category and has placed AICs in the 1B category. We do not have a timeline for 1B category vaccine distribution at this time.

Vaccinations at DOC began December 28 with staff in close contact with COVID-19 positive individuals and infectious materials. DOC expects to receive more vaccine doses in the next few weeks. Once we do, the following groups will be offered a vaccination next:

- Additional DOC employees.
- AICs whose work assignments involve cleaning and disinfecting in COVID-19 positive units and the medically vulnerable (beginning 1/16/21 in multi).

DOC will need to wait for more instructions from OHA (and more shipments of the vaccine) before we can give doses to all AICs who want the vaccine. Please know we will provide this protection to you as soon as we possibly can.

We know you all miss seeing your friends and family, and vaccines will make it possible for DOC to reopen visiting and return to regular operations. Safe and effective vaccinations are the key to slowly but surely erasing COVID-19 from our institutions. Numbers are still climbing at the facilities you live in and statewide. Please continue wearing masks, washing your hands well and often, maintaining social distancing, and sanitizing your living area.

An educational video about the COVID-19 vaccine is currently airing on your institution channel (channel 53). We want you to be well informed so you can make the best decision for yourself and those around you. Thank you for your patience as we work through this process.

### EOCI Tier Status

EOCI is currently on Tier 2 with 3 units on quarantine status. There are 3 units on quarantine status, (A1, E4 and F2) in addition to C1, the medical isolation unit.

As of today, EOCI has 74 staff members who have tested positive with 72 returned to work or have a return to work date. 456 AICs have tested positive with 451 AICs recovered and 610 negative results.

There are currently 9 AICs housed on C1 - 7 positive and 2 negative (unit orderlies).

*AICs identified for the first round of vaccinations have been notified. When more vaccines are provided to EOCI, you will be notified and a vaccine sign up form will be made available to you.*



Phillip Luna,  
Editor, *The Echo*

#### Important Note

Family and friends can text the word “*corrections*” to 22828 to receive a free email subscription to the institution newsletter.

If you are unable to obtain a newsletter on your unit, send a communication form to IWP and we will mail one back to you.

#### Article Vocabulary

1. *Malarkey*: Nonsense or double-speak.
2. *Optimistic*: Hopeful; A positive outlook.

# Letter from the Editor

The 2021 Edition of *The Echo*

Hello readers and welcome to the new and improved 2021 edition of *The Echo*! In addition to a new layout, you may have noticed this version is slightly longer than previous ones. We have reduced the number of copies issued per unit, which has allowed us to increase the page count per issue without adding to the total amount of pages printed. We ask that you please keep in mind the limited number of copies.

As a reminder, we also produce a video newsletter each month, which airs three times per day on Channel 53 and contains all of the relevant content from this month's printed version. For friends and family that would like access to *The Echo*, they may simply text the word “*Corrections*” to 22828. They will be placed on mailing list and receive an email each month with the newsletter. Additionally, if you would like a copy of the month's newsletter and are unable to obtain one on your unit you may send a communication form to IWP and we will mail a copy to you.

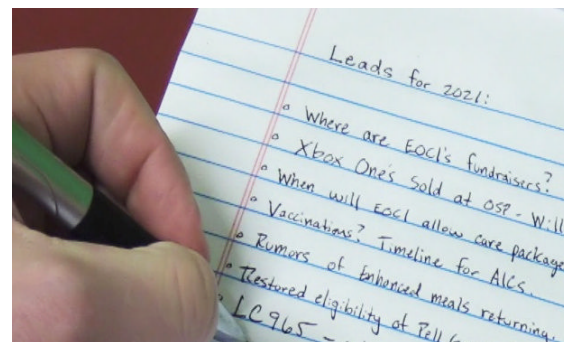
This year was challenging for a number of reasons. A majority of the articles we wrote were fairly negative as result of the events of 2020. I personally do not enjoy writing articles about viruses, floods, wildfires or quarantines. I especially don't enjoy publishing obituaries.

I think ‘negative’ articles are sometimes necessary because they are informative, but they have to be counterbalanced with positive articles. Otherwise, who would read a newsletter that is constantly giving bad news? All the malarkey<sup>1</sup> surrounding clubs, fundraisers, and video games didn't help - and that could have been a real bright spot during 2020. The challenge of the year was finding the counterbalances and we did not have much to work with.

For this reason, I have to thank some of the contributors to the newsletter: Warren Doescher, Owen Youngblood, and Kenneth

Moore. Not to mention Patrick Gazeley-Romney for fulfilling the role of staff writer and being my right-hand man all year. These guys were essential in creating some balance to 2020.

Of course, I also have to thank Mr. Miles, Captain Stewart, Ms. Emory, Mr. Ogle, and the many others who allowed me to pester them with questions all year long. Staff involvement really makes the newsletter much more informative and I greatly appreciate all of their time and effort. And there wouldn't be a newsletter without the tireless advocacy and patience of Mr. Peters, whom I am sure I have annoyed more than a time or two. There were times this year when it would have been much easier not to write a newsletter and the many folks—staff and AIC alike— who contributed helped keep it going despite the challenges.



We have some good leads to follow for 2021 and we are optimistic<sup>2</sup> that they will turn into some exciting stories. My hope is that this year we will be able to write articles about all the wonderful work our fundraising club is doing, about vaccinations and not viruses, and about reunions with loved ones and the return of visitation.

Thanks for reading and, as always, we are happy to hear from any of you. Feel free to send a kyte to IWP if you have ideas on articles or with thoughts you may have. As a reminder, we do not publish personal stories or religious content.

# Going Up From Here!

An Optimistic Outlook on Fundraisers in 2021

Written by Phillip Luna

Article Note



2020 was tumultuous<sup>1</sup> and the New Year rang in not with cheers, but with a collective sigh of relief. Through the efforts of some exceptional staff members the year culminated on a high note (with a sugary comatose of \$3 cherry pies, giant bags of variety candy, and delicious holiday treats from the kitchen). Although sold at-cost, the cherry pies and *Child's Play* candy served as a significant step towards restoring fundraisers in the institution as it demonstrated EOCI's ability to safely distribute fundraiser-like items. In addition, COVID does appear to be trending downward at EOCI and vaccinations are on the horizon, all indicating a positive outlook for 2021.

In related news, the *East Oregonian* recently published an article lauding<sup>2</sup> the Two Rivers Correctional Institution (TRCI) for their fundraisers and contributions to the struggling Hermiston community during 2020. TRCI's fundraiser club, "Paradigm Shift Club", which serves the same function as EOCI's yet-to-begin "Enrichment Club",



raised tens of thousands of dollars last year through multiple fundraisers. In the article, staff members from TRCI emphasize the clubs affect on AIC self-esteem and are hopeful it will improve society's opinion of the incarcerated. Summarizing this view, TRCI's recreation specialist was quoted saying, *"Let's change how people see [AICs]... there's qualities to these guys. They're not refuse<sup>3</sup> to be thrown out."*

When asked about the topic of fundraisers at EOCI some AICs express optimism. *"When I read the article in the East Oregonian",* stated one AIC, *"I think I see it as a challenge more than anything else. Given the opportunity I think we can beat TRCI with funds raised in 2021. Let's make it a competition."* TRCI's club started in December of 2019.

With the many benefits highlighted through TRCI's experience it appears clear that EOCI will follow suit. And the *Great Sugar Rush* of December has shown that not only does EOCI have capable staff members willing to support the sale of fundraiser-like items, but also that distribution of these items is possible while practicing appropriate social distancing.

Most importantly, there is no shortage of AICs that are willing to participate in fundraisers. The one constant among all EOCI residents is an interest in aiding local communities - specifically those affected by COVID-19 and the Oregon wildfires of last year. Like TRCI, the residents of EOCI are also eager to demonstrate that, *"they're not refuse to be thrown out"* and that they can contribute to the outside community.

Obviously, there is an aspect of fundraisers that benefits the individual - and there are some who are more interested in the items they will purchase than the charities they will benefit. But after a year of perpetual<sup>4</sup> disappointment and anxiety is it wrong to want to focus on something other than floods, wildfires, viruses, and protests?

TRCI's fundraising club, "Paradigm Shift", raised approximately \$15,000 for non-profits including Agape House, a food bank, and Martha's House, a transitional family shelter.

Article Vocabulary

1. *Tumultuous*: Chaotic, confusing and agitated.
2. *Lauding*: Praising, speaking highly of.
3. *Refuse*: Garbage or waste.
4. *Perpetual*: Constant and without end.

Final Thought

EOCI's bakery did an incredible job in December, baking more than 700 cherry pies. If this item was sold as a fundraiser at a price of \$6 per pie, it could have raised up to \$2,100 for charity.



## Important Note

EOCI's beekeeping program takes approximately 1 year to receive certification.

Currently, there are no openings in the program.

## Article Vocabulary

1. *Apiary*: Where bees and beehives are kept.

# 3-Gallon Honey Harvest

Honey Bee's Defy Odds, Produce Honey Despite Pandemic

Written by Phillip Luna



For many of us, 2020 was a year of incredible challenges. To name a few, Kobe, the Black Panther, and the Notorious RBG all left us, murder hornets are apparently a thing, and the northwest was ravaged by massive wildfires. And we added words like social distancing and social justice to our vocabularies. Overall, 2020 was like looking both ways before crossing the street and then getting hit by an airplane.



But here's a fun fact: a honey bee doesn't care about any of that (well, they care a little about the murder hornets). They just continue living their bee lives and making sweet honey. There is a welcome simplicity to *apiary*<sup>1</sup> work that is appealing during a time when nothing in life is quite so simple.

Although the EOCI Beekeeping Program was unable to have regular classes this year, the bee's themselves continued to thrive. Nearly three gallons of honey was



harvested on December 18th, 2020, marking the first honey harvest for the program to date. Beekeeper Gazeley-Romney estimates next year's harvest might reach around 25 pounds of honey. For reference, a honey bee must tap about two million flowers to make one pound of honey. If expectations are met, that's nearly 50 million flowers tapped this year!

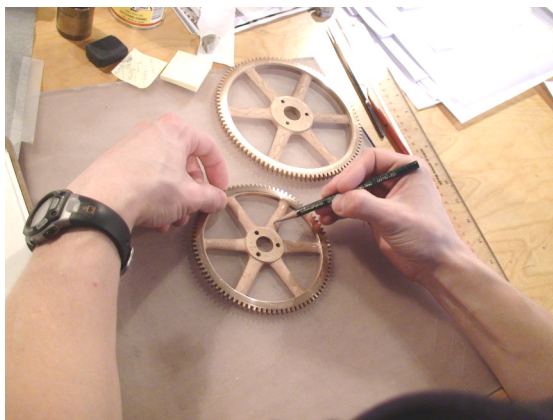
EOCI's beekeeping students will remain in the class for 2021, as they were unable to complete the majority of necessary tasks during this year. This unfortunately means there are no class openings at this time.



# Class Winds Down

Clock Class Able to Graduate in 2020

Written by Phillip Luna

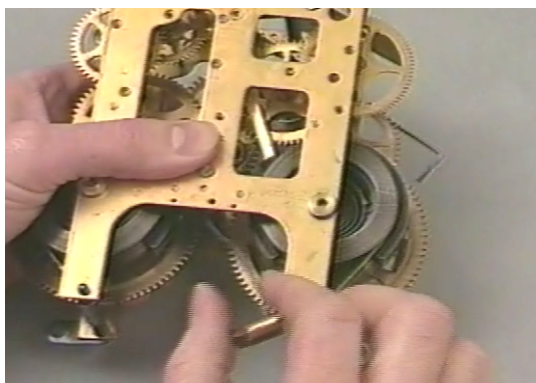


Eight students graduated the Clock Making and Repair Class on December 28th, 2020. Graduates are: Buford Harper, Christopher Allen Vasey, Matthew Lupinacci, Naythan Olney, Rodney Maguire, Denis Steffen, Seth Mathews, and Stan Brittain.

The goal of the class is to give AICs a chance to learn marketable skills that can be used after release and the ability to use various watchmaker's tools, measuring instruments, and bench machines.

The Clock Making and Repair Program began in 2007 with the much publicized repair of the 100-year-old Petaluma, California clock tower mechanism. This clock was shipped to EOIC, dismantled, repaired, returned to Petaluma and to be reinstalled as good as new.

Applications for next year's Clock Making and Repair Class are not currently being accepted. When classes return a notice will be posted in *The Echo*.



Quote

"Time waits for no man"

- The Rolling Stones

# Roots Stays Rooted

No Sprouts yet for the Roots of Success Class



After units A1, F2, and F4 returned to quarantine, the start of traditional classes has been further delayed. While the intention was to start at the beginning of this year, a small resurgence<sup>1</sup> of COVID has delayed the start date.

One student was able to start with individual instruction (one facilitator and one student). This was made possible because this particular student was within a few weeks of release. The rapid instruction took place over the course of a few days.

IWP is currently in the process of identifying more students that are within a few weeks of release and have been selected for the class. However, it is preferable to complete the course with a group of students as much of the class centers around group activities and discussion. Please have patience; classes will fully begin as soon as it is possible.

Important Note

*Roots of Success* is a ten module course teaching environmental literacy and essential work skills. It is estimated that each module will take three to four weeks each.

Article Vocabulary

1. *Resurgence*: A sweeping return or surging back again.



## Important Note

EOCI bakers start out at 5 PRAS points with the opportunity to work up to 17 PRAS points over time, for certain positions. There are only nine bakery positions.

## Important Note

Food Services is currently hiring for kitchen positions. Anyone interested in working in the bakery must first start out in the kitchen.

Turn to page 19 for more information on kitchen work assignment openings.

## Article Vocabulary

1. *Posits*: To present as a fact or assumption; Postulate.

# Experience that Counts

Exploring the Career Pathways of the Culinary Field

Written by Patrick Gazeley-Romney



The EOCI bakery is one of the few ODOC bakeries that supply all of the bread products and desserts served at the institution. Each day the bakery makes fresh bread products and desserts for roughly 1,600 AICs, requiring much teamwork and impeccable timing.

As well as keeping up with the constant institutional carbohydrate requirement, the bakers do a few special events from time to time. In years past, they have baked cakes for weddings in the community and desserts for AIC family events and graduations.

On December 16th, 2020 the bakers were busy in the early morning - scaling and rolling out dough for pie shells, adding cherry filling and streusel topping and finally baking the pies for the most recent institution occasion. The pies were distributed by executive team volunteers in the afternoon so that AICs could enjoy the product while it was fresh.

James Havens became a baker seven years ago - two years into his sentence. Like most people in the EOCI workforce, he followed

an occupational pathway and gradually worked his way into a lead baker position. Havens worked as a unit orderly for his first two years until he found an opening in the kitchen, working and networking there for a short time until he could interview for a bakery position. Havens credits his advancement to his ability to *"work hard every day and maintain a positive attitude."*



*Lead Baker Havens preparing cherry pies.*

With the experience he's gained working in the EOCI bakery over the years, Havens posits<sup>1</sup> he could open his own bakery someday. Following and creating recipes, training crew members and overseeing projects, maintaining ingredient inventories and running cost/profit analyses are skills he has picked up along the way. When asked what the most difficult thing he has encountered is Havens says, *"troubleshooting ingredient proportions when experimenting with new recipes."*

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## Experience that Counts (...continued from previous page)



Those interested in this industry upon release, EOCI food services is a great avenue for learning industry-standard skills that can make you a standout candidate for a job opening. If you work your way through the food service occupational pathway at EOCI you can expect to receive training in tool control, food preparation and storage techniques, specialized equipment operation, sanitation practices and basic mathematics.

An entry-level baker starts at 5 PRAS points. An AICs time in the position and achievement in skill tests through the kitchen dictates incremental PRAS raises to 11, 14, 16 and 17 points for lead bakers.

Work hours for bakers are Sunday through Thursday, 3 am-11 am. In most cases, food service workers start out in the kitchen to prove their worth before moving into a bakery position. Bakers use most of the skills acquired in the kitchen including knife skills, sautéing, broiling, mathematics and timing of recipe components.

According to the State of Oregon Employment Department, bakers may earn between \$12.25 and \$17.34 as employees of a private bakery. In 2019, Oregon had roughly 2,814 bakers employed. Annually there is an average of 474 job openings for bakers in Oregon. Generally, there are no education requirements to become a baker so lack of education is not a barrier many people in the field face. Pioneer Pacific College (Portland and Salem), Central Oregon Community College (Bend), Klamath Community College (Klamath), Linn-Benton Community College (Albany), Southwestern Oregon Community College (Coos Bay) and Job Corps (Portland, Astoria, Troutdale) all offer training programs for those who wish to learn skills relevant to working as a baker, however, for most training is done on the job.

### Worker Quote

*"It is difficult at first to wake up at 3 am, but once you get used to it it's actually pretty nice. Being done with your day by 11 am feels great and you never miss an afternoon yard."*

- EOCI Baker,  
when asked about early morning work hours

# Donating a DVD

How to Donate a DVD to the Institution

Provided by Ms. Halbert,  
Correctional Rehabilitation

### Donating DVD's:

1. Send a communication form to Multi with the title, year, and movie rating.
2. Staff determines if the movie is on the SWANK-approved list and whether it is already in the institution.
3. If it is SWANK-approved and not in the library, it is sent to the Operations Captain for approval.
4. Multi will send notification of approval or denial to you.
5. You may order the approved DVD(s) through an approved vendor.

### Important:

- Do not order the movie until you are notified of approval.
- All DVDs must come from an approved vendor (Amazon, Wal-Mart, etc...).
- All donated movies become the property of ODOC and not the AIC.

Donated movies must be new and sent from an approved vendor to:

Eastern Oregon Correctional Institution  
Correctional Rehabilitation  
2500 Westgate  
Pendleton, OR 97801

### Important Note

If you have questions or concerns related to donating DVD's, please contact Ms. Halbert, Correctional Rehab, via AIC communication form.

## Article Info



*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.

# Just the Facts

Honest Questions, Straight Answers

**Question:** When I reach the minimum \$500 in my Transitional Savings Account, what is the process for continuing to add 5% to this account for all eligible deposits?

**Answer:** Once you reach \$500 in your transitional savings account, and if you have either met or do not have COFO obligations, you may elect to continue adding 5% to your account from all eligible deposits. You can do this by sending an AIC Communication Form to Central Trust indicating your intention.

Ms. VanEpps,  
Business Services

**Question:** Will Telmate continue to be available for online deposits to trust accounts?

**Answer:** Friends and family can use: Centurylink, JPay, Telmate, AccessCorrections, or send a cashier's check/money order directly to Salem Central Trust, P.O. Box 14400, Salem, OR 97309-5077.

Ms. VanEpps,  
Business Services

**Question:** Are EIP stimulus checks being held for any reason? Why have some AICs received their checks and others have not?

**Answer:** The DOC has no way of tracking the EIP's nor do we have the authority to do so. A trusted friend/family member may be able to check on the status of your EIP through the IRS directly. All EIP checks received are being processed just like any other deposits according to OAR 291-158 once received. Deposits occur within 2-4 business days once received. Regarding the new stimulus EIP check, DOC has received no information about this payment from the IRS and cannot advise as to how or when this payment will occur.

Mr. Ogle,  
Financial Services, Salem

**Question:** What is Loco Moco? I've seen this on the menu, but where does it come from?

**Answer:** You may have noticed a new dish on the fall-winter 2020-21 menu cycle: Loco Moco. Loco Moco is a dish featured in contemporary Hawaiian cuisine. There are many variations, but the traditional Loco Moco consists of white rice topped with a hamburger, a fried egg, and brown gravy. Variations may include bacon, ham, Spam, tofu, teriyaki beef, teriyaki chicken, mahi-mahi, shrimp, oysters, or other meats.

This dish is being offered to enhance the variety in the menus and to feature foods from different cultures around the world. Ideas for new menu items come from AIC Food Service surveys or Food Service staff members. New items or recipes are used on menus if they can be produced with available food products at an acceptable price-point.

Ms. Guevara RD, LD,  
ODOC Dietician

**Question:** There is a rumor that new, high quality headphones will be added to the canteen list soon. Any truth to this?

**Answer:** We have received a few Noise Cancelling Yamaha headphones (\$85 each) and they have been sold. Due to vendor issues, we do not know when we will be getting more in.

Mr. Flanagan,  
Commissary

**Question:** The rumor is that the Enrichment Club has been approved and now accepting applications, is this true?

**Answer:** This is true! See page 19 for more information. There is no application deadline and you may apply at anytime.

(continued on following page...)



**Just the Facts** (...continued from previous page)

**Question:** Recently the facilities in the Western part of Oregon have been allowing friends and family to send care packages through an outside vendor. Are there plans to include the other ODOC facilities in the future? Can you explain why this is being offered in only some places?

**Answer:** The “care packages” that were available to the institutions on the Western side of the state were allowed because the holiday spending for those locations was cut 50% this year while the Eastern side was allowed the normal holiday spending amount. There are currently no plans for care packages to continue.

Mr. Miles,  
Public Information Officer

**Question:** OSP has begun selling XBOX-1 gaming systems to their population. Can you explain why most other institutions have video game systems available and EOCI does not? Recently you stated “EOCI continues to work with IT and security.” Would it be possible to borrow the process that’s in place at other facilities for use at EOCI? Additionally, if AICs from other institutions are transferred to EOCI will they be allowed to keep their game systems?

**Answer:** EOCI continues to work through the process of getting access to video game systems that meet all of the criteria for approval by Security and Security IT. We cannot comment on what other institutions are offering or if they adhered to the same guidelines or procedures that EOCI is following. The goal is to ultimately develop a program that meets all of the requirements, is accessible, and sustainable over time.

Mr. Miles,  
Public Information Officer

**Question:** Will canteen orders eventually be placed over the phone?

**Answer:** Yes, eventually you will have the ability to place canteen orders over the phone. This feature is not currently active

and will need to be evaluated to determine the most efficient process for doing such.

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

Mr. Miles,  
Public Information Officer

**Question:** This is not so much a rumor as it is a generally question - I’ve heard from people this month claiming that their PRAS Awards are short. Anything changed here?

**Answer:** There have not been any changes. Review a calendar and count the days you actually worked during the month. Was there a holiday or two? Did you receive a misconduct report? If you can’t determine what caused the shortage, send a kyte to IWP. I appreciate the ‘please check my award’ approach as opposed to ‘my award is wrong and you need to fix it’ approach, but I respond to both versions with an explanation. Sometimes mistakes are made, and it is certainly worth your time to track your points and check your award on your own. What you should not do is send a kyte asking me to manually figure out your award prior to the award day. I don’t have time to do that for everyone; I will just respond with the date your award will be posted and directions to contact me if there is a disparity. Likewise, don’t ask me how many days you worked – you have access to a calendar too.

Mr. Peters,  
Institution Work Programs Coordinator

## Important Note

Have you heard a rumor recently and are wondering if it is true? Send a communication form to IWP and let us know. We will track down the right information and run it in next month’s newsletter.

## Recommendation

**Recommended reading  
of the month:**

*Forbes Guide to the  
Markets: Becoming a  
Savvy Investor*

*By Marc M. Groz.*

## Important Note

Dividend stocks can be a great way to invest, but keep in mind that companies are not required to pay out a dividend. They may cancel the dividend at anytime.

# Financial Peace

## An Introduction to the Stock Market

Written by Phillip Luna

Investing in the stock market can seem overwhelming and with good reason. There is a lot to learn if you want to be a successful investor. Despite the challenges, the stock market is appealing to many incarcerated individuals. This is primarily because the one quality that investing thrives on is patience and most AICs have time to allow their investments to grow.

Before investing it is important to educate yourself. In terms of education, the best sources are watching CNBC (channel 10) Monday through Friday during the early morning and daytime hours, buying a book (or two or three) on investing, or finding a knowledgeable AIC who is willing to share what they have learned from experience. But to get you started here are some key points to know.

### What is a stock?

A stock (also known as an equity) is a security that represents the ownership of a fraction of a corporation. Units of stock are sometimes called shares. A Corporation issues (sells) stock to raise funds to operate their business. There are two types of stocks: common and preferred, which have some differences, but will not be covered in this section.

A holder of stock (a shareholder) has now bought a piece of the corporation. However, stock holders do not own corporations, they own shares issued by corporations. Owning stock gives you the right to vote in shareholder meetings, receive dividends if they are distributed, and sell your shares should you choose to do so.

If you buy 10 shares of a stock at \$10 per share it will cost you \$100. If the price of that stock goes up, to say \$15 per share, your investment is now worth \$150. The opposite is also true - if the stock falls the investment is worth less.

### What is a dividend?

Some companies may choose to give their shareholders dividends. A dividend is a quarterly payment to the shareholder from the profits of the company. Some companies do not offer dividends and instead choose to reinvest profits into itself. This is common with growing companies. For stocks that do pay dividends, you would purchase not for the growth potential of the company, but for income generated from the dividend.

A dividend is quoted as an annual dollar amount (or percentage yield) but is paid on a quarterly basis. Dividends are a percentage of the stock value. If the dividend of a stock is 4% and the stock is valued at \$10, the dividend per share is \$0.40. If you own ten shares then your dividend yield is \$4. If a stock pays a dividend of \$4, you will receive \$1, four times a year.

### What is a broker?

When you're ready to dive in and start investing in stocks, you first have to choose a broker. The broker's role is to serve as the vehicle through which you buy and sell stocks. These are companies like Charles Schwab, TD Ameritrade, and E\*TRADE. Nowadays every average Joe with internet access can invest through places like Robin Hood ([www.robinhood.com](http://www.robinhood.com)), which is the most user friendly way to invest. Some broker's charge fees and/or take a portion of your earnings for their services.

### What do I need to start investing?

You need a bank account with an outside bank, a trusted family member or friend with internet access, and at least a few hundred dollars saved up. There is no one size fits all to investing - and, more specifically, while incarcerated you may need to complete some research to figure out what works best for you.



# The Oatmeal Diet

Lose 5 lbs in just one year!

Written by Phillip Luna

Article Info

A recent yearlong study concluded that men who ate oatmeal daily weighed an average of 5 lbs less than those who ate other breakfast foods. In part, this is likely due to the amount of fiber contained in oatmeal, which is lacking in most American diets. One cup of cooked oatmeal contains four grams of fiber and only 166 calories. Fiber promotes heart and gut health and helps improve blood-sugar levels. In addition, oatmeal leaves a person feeling full and reduces the amount they eat later in the day.

Of course, steel-cut oats are the best type of oatmeal. Since we don't have access to steel-cut, the one pound bag of plain oatmeal from food services is the best option available. Instant oatmeal, as seen in the cereal section of the commissary list, is very high in sugar and lower in fiber than regular oatmeal. It's best to avoid those altogether if being healthy is your concern.

One cup of cooked oatmeal is about 1/2 of a tumbler full, or eight ounces. Since oatmeal can get pretty boring, especially if you are planning on eating it every day for a year, here are some tweaks you can make using commissary items or food received from the dining hall. All ingredients listed are portioned to pair with one cup of cooked oatmeal.

**The Classic Oats:** Add 1/4 cup of raisins, 1/4 cup of almonds, and cinnamon.

**Apple Pie:** Cut up an apple and roll it in cinnamon. Add 1/2 scoop of protein powder and the apple to oats before cooking. Top with honey.

**The Other Classic:** Add 1 cut up banana and 2 tbsp of peanut butter.

**Big Honey Fig:** Add 1 tsp honey, 1/4 cup of honey roasted peanuts, and 1/4 cup of chopped up figs.

**PB&J Oatmeal:** Add your breakfast jam and 2 tbsp of peanut butter.

**The Dark Night-Oats:** Add 1 oz dark chocolate (broken in to pieces), 1 tsp of cinnamon, 1/4 cup of cashews, and 1/4 cup of raisins.

**The Hound Dog:** 1 mashed ripe banana, 2 tbsp of peanut butter, 1/2 tsp of cinnamon, and 3 strips of bacon. Yep, that sounds crazy - but it's pretty darn good.

**Raisin Bran-ish:** 1/4 cup of raisins and 1 tsp of cinnamon. Break up the plain bran cereal from the dining room and sprinkle it on top after cooking.

**Mocha Muscle:** 1 scoop of protein powder, 1 tsp of instant coffee, 1 oz of dark chocolate, 1/4 cup of raisins, 1/4 cup of almonds, 1/4 cup of cashews.

**Breakfast Oats:** Can't figure out what to do with a Sunday breakfast? Add three strips of bacon to oats, a dash of honey and top with two over easy eggs.

There are endless variations of oatmeal toppings you can make. Some of the ones listed here are pretty standard and some are strange, but worth a try. The most important thing is to keep everything in moderation. Dark chocolate, for example, is better for you than milk chocolate because of its antioxidant properties. But adding an entire dark chocolate candy bar to your oatmeal would be an unhealthy choice. It's still a candy bar and a modest 1 oz of chocolate can go a long way. Honey, peanut butter, and nuts are very calorie dense so you want to be careful there, and some of the items here can get expensive.

Being able to take food back from the dining hall has allowed for some unique oatmeal pairings. The most important thing is to get more fiber in your diet; studies on the health benefits of fiber are numerous. So get creative!

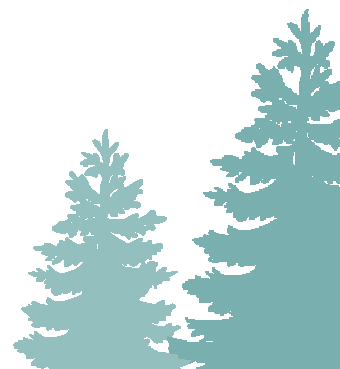
Here at *The Echo*, we are seeking contributing columnist who are willing to write on the subject of fitness or health (similar to the article on this page). If you would like to contribute and share your expertise, send a communication form to IWP and let us know!

Important Note

Mocha Muscle contains 35-45 grams of protein, depending on what protein powder is used.

Important Note

Some of these recipes are healthy and others are a little less so. Remember, moderation is the key here. Don't make recipes with caramels or chocolate in them an everyday occurrence.





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.

#### Quote

*"The majority of the world's population won't be able to adapt. That is being ignored to a degree that is pathetic."*

- Greta Thunberg,  
on climate morality

#### Article Vocabulary

1. **Marginalized:** Barely within the lower standard or limit of quality.
2. **Affluent:** Wealthy or abundant.
3. **Burgeoning:** Growing and rapidly increasing.
4. **Proliferate:** To increase and spread rapidly.

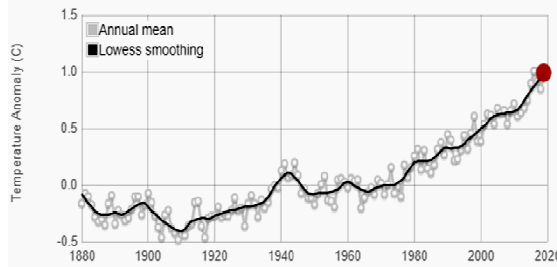
# It's Easy Being Green

Entering the Green Economy

Written by Patrick Gazeley-Romney

## GLOBAL LAND-OCEAN TEMPERATURE INDEX

Data source: NASA's Goddard Institute for Space Studies (GISS).  
Credit: NASA/GISS



Global temperature averages have only been specifically recorded since just before the turn of the century in 1880. Since then, the mean annual land-ocean temperature index has logged a one Celsius degree rise in global temperature contributing to the beginning of massive changes in regional climate across the globe.

Climate change describes change in the long-term weather patterns in a specific geographic region over time. The impacts of climate change are already being felt in many communities across the country. More intense and frequent extreme weather events and changes in average regional climate conditions are expected to continue to impact ecosystems, social systems and infrastructure that are integral to the function of many communities.

In order to address the conditions that contribute to climate change, environmental scientists, politicians, and environmental justice advocates created legislation to provide millions of dollars to support activities that are less harmful to the planet and human health, called "the Green New Deal". The legislation was inspired by the "New Deal" legislation put in place by President Roosevelt during the Great Depression of the 1930s. The focus of Roosevelt's program was to put millions of people to work upgrading public infrastructure.

With decreased access to social and political capital, marginalized<sup>1</sup> communities ex-

perience the negative effects of climate change to a greater degree than those who live in affluent<sup>2</sup> communities. By putting in place smart legislation that invests in the success of low-income communities, the United States may once again become a world economic and social justice champion. The Green New Deal is important as it takes advantage of the burgeoning<sup>3</sup> green sector of the US economy, the fastest growing sector of the economy to date.

The Green New Deal legislation should be of particular interest to anyone who belongs to a marginalized population including people recently released from prison. As the Green economy continues to grow and more venture capital money is pumped into clean tech, opportunities for blue-collar workers will continue to increase. The energy sector in the US employs many workers. As fossil fuel-based industries phase out and the world turns toward clean energy alternatives, opportunities for workers in industrial jobs will proliferate<sup>4</sup>. As public infrastructure is modernized, the nation will need more electrical workers, plumbers, energy capture technicians, and builders.

Industry trades are an excellent career option for felons as most related fields do not use discriminatory hiring practices based on criminal records and they do not require a college degree to enter the field. Most trades provide on the job training in the form of a paid apprenticeship, starting at approximately \$20 per hour. Trade jobs offer great benefits as well, especially if the position is unionized. One can expect to receive great health and dental insurance if a member of a union, as well as job security as the economy continues to change in the future. If a career in industry trades interests you, contact your local community college to make a plan to enter the industry upon release. Most community colleges offer certificate programs and act as funnels for union positions across the state.



# In The Groove

## The Historic 12-Bar Blues

Written by Randall Fox

To say the least, 2020 was disappointing - you could say it had us singing the blues. The meaning of the blues seems to have roots from a 1600's British phrase referring to alcohol withdrawal, called the "blue devils." Ultimately making its way across the Atlantic Ocean to the US around 1800, the blues have become widely known to mean that someone is agitated or depressed.

One of the first written accounts of the blues occurred in 1862 when Charlotte Forten wrote in her journal that she "came home with the blues" because she felt lonesome and pitied herself. Later she would write about the music she heard, saying it "can't be sung without a full heart and a troubled spirit." Although she didn't know it at the time, the music she was describing would become known as the blues.

This music was born out of extreme turmoil and oppression experienced by the early African American slaves. While working in the fields the slaves were not permitted to speak to each other. They were allowed to sing because this supposedly increased productivity. They would sing back and forth to each other in a call and answer format. This was the foundation of what would later be called 12-bar blues with AAB phrasing.

### 12-Bar Blues

E7 (I)	E7 (I)	E7 (I)	E7 (I)
A7 (IV)	A7 (IV)	E7 (I)	E7 (I)
B7 (V)	B7 (V)	E7 (I)	E7 (I)

Above is an example of 12-bar blues in the Key of E; each box represents one bar.

12-bar blues doesn't mean that someone went to 12 bars and the bartender wouldn't serve them a drink - even though you could write a blues song about this. 12-bar blues refers to the organization of 12 bars - or measures of music - and a specific progression of chords generally using the major first, fourth and fifth of a key. AAB is a musical term for a line sung (or riff played) over four bars, repeated on the next four, and finally sung with a different phrase or ending over the last four. This is a variation of call and answer.

In AAB format, phrase "A" is known as the call and "B" is the response. You can hear this in "AAB" format in blues icon, Robert Johnson's "Cross Road Blues". In the 2nd verse of the famous song, Johnson sang:

#### Verse A:

*"Standin' at the cross road, I tried to flag a ride."*

#### Verse A (again):

*"Standin' at the crossroad, I tried to flag a ride."*

#### Verse B:

*"Ain't nobody seemed to know me, everybody passed me by."*

You can also almost feel the frustration in these words and this is why they call this music the blues. Most blues music speaks of the struggles found in everyday life.

The traditional blues AAB verbiage is even echoed in the songs of the late music influencer B.B. King. King's music has helped bring the blues to genres like jazz, gospel, rock, and R&B. Even though these aforementioned genres aren't typically associated with blues, if you listen carefully you can hear blues music at their core. But if it was not for the early African American slave songs, the music that we know today may have never existed.



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

#### Top 5 (8) Recommended Listening: (Available via tablet)

1. *Cross Road Blues*, Robert Johnson
2. *Something's Got a Hold on Me*, Etta James
3. *Blues in A*, Eric Clapton
4. *The Thrill is Gone*, B.B. King
4. *I Gotsta Get Paid*, Z.Z. Top
4. *Blues Blues*, Bo Diddley
4. *I Asked for Water*, Howlin' Wolf
5. *Colour and Shape*, Joe Bonamassa



Phillip Luna  
Editor, *The Echo*

*Writing on Purpose* a reoccurring column that focuses on creative writing techniques and skill development.

#### Recommendation

##### Recommended purchase:

*The Writing Life: Writers on How They Think and Work*  
By Marie Arana

This book features stories from over fifty writers, each of whom provides insights into the craft of writing and the creative process.

#### Article Vocabulary

1. *Enthralls*: To hold spellbound, to captivate.
2. *Banality*: Lacking originality or freshness.
3. *Infer*: To conclude from certain premises or consequences.
4. *Blather*: Nonsense or tedious speech.

# Writing on Purpose

Crafting Dynamic Dialogue

Written by Phillip Luna

In fiction writing, dialogue can be one of the most challenging - and most important - aspects of crafting a good story. There is a reason we can quote our favorite lines from movies and books - vibrant and unforgettable dialogue grabs us, captivates and does not let go. Every aspiring writer wants to craft dynamic and interesting dialogue that enthralls<sup>1</sup> the reader. Whether you write simply for the therapeutic value of doing so or with the intention of self-publishing a book, dialogue is key in any good story. Following are some of the common pitfalls writers make when crafting dialogue.

## Giving Away Too Much/Over Explaining:

Good dialogue can help the reader ascertain many details without a complete description. Jan Yager, author of *How to Self Publish Your Book*, states, “one of the most common mistakes new writers make is describing too much and not allowing dialogue to work for you.” This mistake is frequent in poorly designed sci-fi novels, but never in quality literary fiction. By taking consideration for the arrangement of dialogue and emphasis of certain words, the author can paint a vivid picture while avoiding banality<sup>2</sup>.

Take the following sample dialogue:

“Come here now,” he said.

- versus -

“Come here,” he said. “Now.”

The placement of “now” in the second set of dialogue creates a pause and emphasizes the last word. There is tension and the authority of the speaker is clear. The dialogue doesn’t tell the reader the speaker is angry, that they are the one in charge, or that there is some type of conflict, but from five words the reader can infer<sup>3</sup> all of this. To take it one step further we could try:

“Come here,” he barked. “Now.”

## Inauthentic Sounding Speech:

Ninety-nine percent of the things we think about are never said. Good dialogue should reflect this and the internal thoughts of your characters generally won’t come across as strong dialogue. Author Virgil Suarez states, “I prefer to always split the narrative into what the character is saying and what the character is thinking. Fragmented dialogue sounds real, timely, and urgent.” It’s not necessary for the character state every thought they have.

## Dialogue That Goes Nowhere:

Much of everyday speech is just blather<sup>4</sup>. In fiction, every piece of dialogue should be important - revealing character traits, moving the story forward, providing comic relief, or perhaps all of the above. When editing your own writing you should ask yourself, “why does this dialogue matter?” and, “does the story change if I remove it?” Reading everyday speech is tedious and will bore your reader. Imagine writing out every conversation you have throughout the day - it probably wouldn’t be very interesting. Sometimes in writing, less is more.

## In Practice:

One common exercise for writers is to choose a personal experience and turn it into a short story. Choose something simple, like a trip to the dentist, a short conversation with a friend, or an interaction at canteen. Describe the setting; write out the dialogue and your inner thoughts during the interaction just as if you were writing a short story. Notice how much from the interaction is said and unsaid.

This exercise can help aspiring authors develop a better understand of what realistic dialogue looks and feels like. Inner speech is just as important as the stated dialogue and can help the reader feel more immersed in the story.



# Textures and Shadows

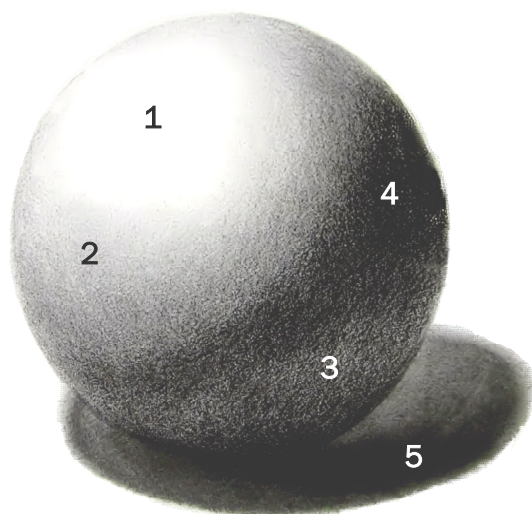
Seeing the Light

Written by Phillip Luna

Article Info

Understanding properties of light sources in art may seem obvious, but it is one of the more difficult areas to master. However, once mastered, using light properly can add depth, shape, and texture to art, leaving a realistic effect.

Generally, areas facing a light source are hit head-on, which means they will have the brightest spots. Areas opposite of the source receive no light and fall into shadows. Areas of light and shadow can be broken into five groups.



**Highlight (1):** This is the lightest value seen on a form. You'll find this mostly on shiny surfaces or places of direct light. In the image above the light source is in the top left corner. Highlights are the white of your paper.

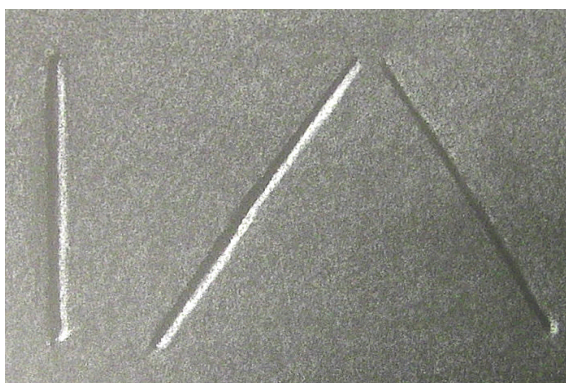
**Halftone (2):** This is the gradual space between the core of the shadow and the highlight. It gradually darkens with distance from the light source.

**Reflected Light (3):** This is the most important element. The reflected light is light that bounces back into the shadow from other objects. It plays a big role in making artwork look three-dimensional. Make sure the reflected light is not lighter than the highlight.

**Core of the Shadow (4):** This is the darkest value on the object, generally appearing between the halftone and the reflected light. The core shadow must be rendered<sup>1</sup> in the shape of the object, as this will help the object appear to have the correct contours<sup>2</sup>. On a sphere it is a simple rounded curve, but on an irregular shape, such as a tree branch, the core shadow must be drawn along the contours of the form.

**Cast Shadow (5):** The cast shadow is the darkness left from the object blocking light to that area. Generally, cast shadows are darkest at the point of origin and gradually lighten as they move outward, away from the object. Notice that directly below the sphere it is almost completely black, nearly blending together the ground and the object.

Light sources can also be used to create recessed areas and indentions. In the image below, notice how the white highlights give the lines the appearance of being indented. The first two lines show great contrast with the highlight being directly next to the core shadow (there are no halftones in between). This creates the illusion of a dramatic change in shape, which is much different from the sphere. In general, the more area you dedicate to halftones, the softer, smoother, and more rounded the form will appear. Fewer halftones mean sharper and more dramatic changes.



Images courtesy of *Drawing Realistic Textures in Pencil*, by J.D. Hillberry

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. **Rendered:** Cause to be; portray.
2. **Contour:** The outline or shape of something, usually an object.

Important Note

The third line, furthest right, doesn't have a highlight because it is too far away from the light source.



Warren Doescher,  
Contributing Writer, *The Echo*

Doescher is a regular  
contributing columnist,  
WFD Worker, and clearly  
a terrible chef.

# Pearls of Wisdom

A Recipe from 2020

Written by Warren Doescher

Most people don't know this, but 2020 was actually a secret recipe. Don't believe me? See for yourself. Start with 3 cups of cancellations - sports, schooling, and other sanctioned activities. Next, gently combine with an unpredictable rotation of quarantine statuses. Carefully pour in the news from outside the fence. The wildfires should be enough, but not too much, such as anything political as that will make the product bitter. Run it in the microwave for 5 minutes and it's done. What we made is a batch of IRFANY! (I'm ready for a new year).



*Toppings: Sardines, Banana Slices,  
Pineapple and Eggs*

Speaking of recipes, how about we give a CDC guideline approved, hands-washed, six feet apart, air fist bump to the guys in the bakery! The end of the year brings extra work to the bread makers and they always come through. There was a morale boost in the form of a cherry pie - delicious. Then they delivered on some fudge and chewy cookies (those were appreciated). I see what they can do and I'm left wondering why aren't we getting something on more holidays? We could look into Halloween Eve, Labor Day Eve, and Flag Day Eve!

Usually with a New Year, we head into it with confidence. For the most part, we know what we can and cannot control - but not this year. There is the potential that some of the changes around here may be permanent. We may see new changes as well, it's hard to tell. My time has taught me I may not choose what changes are going to happen, but I can choose how I react to them. Maybe we'll see new things that are beneficial? Bring back the book club - build on the enjoyment of reading. Start clubs to help educate us. I'd try a Spanish language or a math club.

So remember, we're in this together and we'll get through this together. Besides, I need people in a good mood when they read my articles. A good mood makes me sound smarter and funnier! You know what I'm sayin!

## Doescher's Bold Predictions for 2021:

- A baby born this year will be given the unfortunate first and middle name of 'Unprecedented Tymes'.
- The Fast and Furious movies will announce yet another movie, this time set on the moon. *"Fast and the Furious 32: Total Eclipse"*, coming soon to Amazon Plus, Netflix Plus, Disney Plus, Discovery Plus, plus much more!
- The Dallas Cowboys hire the first female professional football player. A feminist outcry spreads across the country and the cowboys are forced to change their team name. They are now known as The Jerry Jones Football Team.
- Adam Sandler has a mid-life crisis, re-evaluates every choice he has ever made, and issues a formal apology for the last ten years of movies.



# Comic Contest

First Place Awards a Jar of Honey

Written by Phillip Luna

Article Info

Here at *The Echo*, we would like to ramp up our “funny pages” this year with a few hand drawn, home-made comics. We are aware there are a lot of artists out there, but in order to generate interest we will be holding a comic art contest. The winner of the contest will receive a 12 oz jar (a honey bear) of natural honey harvested from the EOCI apiary this 2020 season.

Here’s the deal - after all submissions are received, we will vote on the funniest comic submission. The winning submission will be featured in *The Echo* that month and the winner will receive their prize.

## Criteria for Submission:

All AICs are welcome to participate.

Comics must not be derogatory, contain profanity, and must be appropriate.

No copyrighted characters please.

Even if you don’t win a jar of honey, any comic submitted may be featured in a future newsletter. Remember, those outside of EOCI can access *The Echo* by texting the word “corrections” to 22828. Getting something published in the newsletter is a fun thing to show off to family or friends.

Our goal is to build up a database of comic which we can use each month to fill out the content in the newsletter.

## To Submit:

Staple your comic to a communication form and send it to IWP.

The comic will be photographed and returned to sender after the contest.

The winner will be notified.

Submissions are due by Feb. 5th, 2021.

## 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

## Now Accepting Applications!

Send a communication form to IWP with attached one-page essay.

## Club Members

## The Enrichment Club

President: Open

Vice President: Open

Secretary: Open

Treasurer: Open

Ambassador: Open

Members: Open

# The Enrichment Club

Now Accepting Applications!

Written by Phillip Luna

The Enrichment Club is now accepting applications for membership. If you are interested in applying send a communication form to IWP. Please include your work schedule, any other regular call outs you have, and your release date. This club is restricted to incentive level 3's only. Attached to your communication form, include a one-page essay explaining how the Enrichment Club would benefit from your membership. Submissions can be typed or hand written. Essays can be written in English or Spanish, whichever is preferred by the applicant.

AICs will be selected based off of a preference for exemplary writing skills, the ability to work well with many different groups of people, strong community ties, those who can demonstrate a high level of integrity, and experience volunteering in fundraisers or other events at EOCL.

## What is the Enrichment Club?

This club will consist of 15 AICs who will meet regularly with the goal of improving the quality of life inside and outside of EOCL by way of institution events, fundraisers, and charitable donations.

## Are these paid positions?

No, club membership is not a work assignment and does not award any PRAS points.

## How is the club structured?

The club has a five member executive council, Club President, Vice President, Secretary, Ambassador, and Treasurer. Each council position has responsibilities that are essential to the function of the club. However, all members of the club are expected to participate.

## Do club members attend all meetings?

Club members have to attend at least 50% of meetings within a three month period to be considered "in good standing" with the

club. Only club members in good standing are eligible for election into executive council positions.

All club members are expected to volunteer for at least half of the fundraising and pro-social events throughout the year.

## What does the club do?

1. Review and discuss fundraiser ideas and draft proposals for fundraisers and other community enriching pro-social events.
2. Submit fundraiser proposals to the activities committee.
3. Participate in fundraising events or institution activities.

## Can members leave the club at anytime?

Yes, members can leave the club if they choose. After the initial 15 members are selected, the remaining qualified applicants will be placed on a waitlist. When a spot in the club becomes available, the applicant at the top of the waitlist will be notified.

## What if I am not selected to the club?

Any AIC can submit ideas for fundraisers or pro-social events by sending a communication form to IWP. All ideas will be reviewed by the Enrichment Club. Each month, a summary of club meetings and the status of proposed fundraisers will be published in *The Echo*. If you have an idea you would like to submit to the Enrichment Club, please review the monthly article first to avoid duplicating suggestions.

## Is there a deadline to apply?

No, this is an open-ended application. Any new applicants will be added to the waitlist if they meet the necessary criteria. Please be patient, this is an entirely new process for everyone here - staff and AICs - and it may take some time before everything is functioning efficiently.

# Now Hiring

## Food Services Workers

Provided by Food Services

Food Services is now hiring for positions in the kitchen. Pay starts at 5 PRAS points with the ability to work up to 17 PRAS points in some instances. Any applicant interested in working in the bakery must work in the kitchen first. Kitchen workers have the opportunity to earn their food handlers certification. The following positions are available: Cook, Cleanup, Part-time Pan Room Cleaner, and Tray Crew.



### Main Kitchen Shifts:

A Shift: 3:30 am to 8:30 am

B Shift: 8:30 am to 1:30 pm

C Shift: 2:00 pm to 7:00 pm

### Part-time Pan Room Hours:

A Shift: 5:30 am to 8:30 am

B Shift: 11:00 am to 2:30 pm

C Shift: 4:00 pm to 7:00 pm

### Tray Crew Hours (three times daily):

5:15 am, 10:00 am, and 3:15 am.

### Criteria for Applying:

- Must be incentive level 2 or higher.
- Must not have history of any staff assaults, escapes, or possession of weapons, arson, employee/AIC relationships, or unauthorized departures.
- 6 months clear conduct.



Working in the kitchen provides experience that is relevant to work one might obtain upon release. *Qualityinfo.org* lists chefs and diner cooks in Oregon as having an average amount of annual job openings with pay ranging between minimum wage and \$27.13 per hour, depending on experience.



If you are interested in working in the kitchen, send an AIC Communication Form to the Food Service Department listing the position(s) you are interested in.

### Worker Quote

*"Working in the kitchen can be very rewarding when your working with the right coordinator."*

- Former kitchen worker

### Worker Quote

*"I like tray crew because it's easy and the work goes quickly."*

- Tray crew worker, on how he likes his job.



## Important Note

Tax return deadline is April 15th, 2021.

## Contact Info

To receive an Oregon income tax form and instructions, write to:

Oregon Department of  
Revenue  
PO Box 14999  
Salem, OR 97309-0990

To receive federal income tax forms and instructions, write to:

Internal Revenue Service  
5045 East Butter Ave  
Fresno, CA 93727

# Tax Return Time

## Filing Tax Returns While Incarcerated

Provided by Salem,  
Business Services

### Do I need to file a tax return?

Probably not. However, As an AIC, you are subject to the same rules for filing an Oregon income tax return that apply to people on the outside - but only if your gross, before-tax income for the tax year is more than the filing requirements set by law. Here at EOIC, only for AIC's who have OCE jobs (call center, garment factory, or laundry) is it possible to earn PRAS awards, monetary pay, and bonus pay higher than the minimum amount needed to file.

A tax return may be necessary if:

- If you were in prison only part of the year and worked the other part of the year.
- You received income while in prison, such as retirement income, investment income, or alimony payments.

### What About Taxable Income?

Following are some examples of income that could be taxable (IRS Publication 525 provides a full list).

- Employee compensation, such as wages and salaries.
- Miscellaneous compensation, such as bonuses, severance pay, and sick pay.
- Business income.
- Unemployment benefits.
- Alimony received.
- Retirement income.
- Investment income.
- Gambling winnings.
- Some Social Security benefits.
- Rental property income.

### What is Non-Taxable Income?

Again, these are only some examples. For a complete list, see IRS Publication 525.

- Veterans' benefits, including disability pay or pension pay for disabilities paid to veterans or their families; veterans' insurance proceeds and dividends.
- Qualified combat pay.
- Government benefit payments from a public welfare fund or entitlement.
- Child support payments you received.
- Medicare benefits.

### Tips For Filing:

- Get the appropriate forms and instructions (such as IRS Form 1040 and Oregon form OR-40). The institution is unable to provide these forms.
- You may appoint a qualified person as your power of attorney (POA) and have them file your tax return for you. Make sure to choose a person you trust to be your POA.
- Don't disclose your Social Security number (SSN) to others. If fraud occurs, it will take a lot of work to clean up your account once you're out of prison.
- Request your W-2 from your employer.
- The awards amount you receive from the Oregon Department of Corrections as an inmate is taxable income. You will receive Form 1099-MISC if your award totals exceed \$600.
- Be aware that the PRAS award amount you receive as an AIC doesn't qualify as earned income when calculating your Earned Income Tax Credit.
- File or request an extension by April 15th, 2021.

# COVID Update

For Your Information

Provided by  
The Agency Operations Center

The Agency Operations Center (AOC) would like to take a moment to share helpful information to keep you informed regarding the COVID-19 health crisis.

## COVID-19 Test Results - AICs

Positive: 2,856

Recovered: 2,178

Active cases: 583

## COVID-19 Test Results - Staff

Positive: 719

Recovered: 538

DOC has had 27 deaths of AICs who tested positive for COVID-19.

## Tier Status

EOCI is currently on Tier 2 with 3 units on quarantine status.

As of today, EOCI has 74 staff members who have tested positive with 72 returned to work or have a return to work date. 456 AICs have tested positive (total) with 451 AICs recovered and 610 negative results.

There are currently 9 AICs housed on C1 – 0 pending, 7 positive and 2 negative (unit orderlies).

There are 3 units on quarantine status in addition to C1 which is the medical isolation unit – A1, E4 and F2.

## Important Note

This information is accurate as of January 14th, 2021.

# Pneumonia Vaccinations

For Your Information

Provided by Health Services

The bacteria called *Streptococcus pneumoniae* (pneumococcus) can cause a wide range of infections including pneumonia (lung infection). Adults 65 years and older are at increased risk for pneumococcal disease. Some adults ages 19 through 64 years old are also at increased risk including those with chronic illnesses such as chronic heart disease, kidney, liver, or lung disease, and diabetes. Others with conditions such as HIV/AIDS, cancer, or damaged/absent spleen or with cochlear implants or cerebrospinal fluid (CSF) leaks are also at increased risk.

Pneumococcal bacteria spreads from person to person through coughing, sneezing, and close contact with respiratory secretions like saliva or mucus. People can also be carriers that carry the bacteria in their nose and throat without being sick spreading the bacteria to others.

With other illnesses circulating that affect the lungs, being up to date on your pneumonia vaccine if you meet the requirements is important and could be lifesaving for some.

The two kinds of pneumococcal vaccines available in the United States are the Pneumococcal Conjugate Vaccine (PCV13 or Prevnar 13®) and Pneumococcal Polysaccharide Vaccine (PPSV23 or Pneumovax 23®).

These vaccines protect against many, but not all types of pneumococcal bacteria. This means there is still a chance someone can develop pneumococcal disease after vaccination, but you can decrease your risk by being vaccinated as well as using good hand hygiene, covering your mouth and nose when you sneeze or cough, and wearing a mask.

## Important Note

If you would like more information about pneumonia vaccines, if you meet the requirements and would like to receive one, please send a communication request to Health Services.

## 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.

## Contact Info

**PREA Advocate:**

You may write the PREA  
advocate at:

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

## Important Note



**ODOC**  
Rules Update

# PREA

For Your Information

Sexual abuse and harassment are never okay. Tell Someone. 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 línea del Inspector General al 877-678-4222.

# ODOC Rule Changes

Contact the Law Library for More Information

*From the Administrative Rules Program:*

Below is the list of status changes made to DOC administrative rules since 11/24/20.

## PERMANENT RULES

291-105 Prohibited Conduct and Rules for Processing Disciplinary Actions

- Amends the rules to implement statutory language changes and to clarify rule language to provide for easier understanding of the rules and processes.

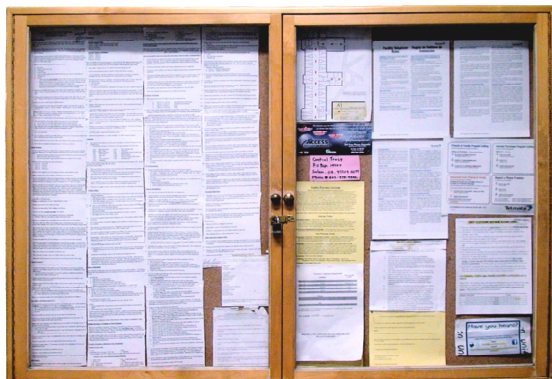
Effective: 12/15/20



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.



# 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.

**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.

If you have questions send a communication form to the mailroom.

**Sentence Commutations:** The COVID related commutation criteria was established by Governor Brown. Eligible AICs are from two specific groups; the medically vulnerable and those with a projected release date within six months (based off of maximum release date).

This information is available on your housing unit bulletin boards.

**Reminder - Holiday Canteen Storage:** Effective December 3, 2020 you may store up to two paper bags (per AIC) of clothing under your assigned bunk in order to secure your holiday canteen purchases in your locked drawer or foot locker. This exception for storage ends on January 31, 2021.

## Work Assignments:

**Kitchen Workers:** Food Services is currently looking to hire kitchen workers for all three shifts, part-time pan room, and tray crew workers. If you are interested in working in food services send a communication form to Ms. Emory, Food Services Manager.

More information is available on page 19.

## Deadlines and Due Dates:

**Tax Returns:** For those who are going to file, tax returns must be filed by April 15th.

**COVID Update:** COVID Vaccinations began on December 28th, 2020. You will be notified when vaccinations are available to you.

Information about COVID vaccinations is posted on your housing unit bulletin board.

**Comic Contest:** Submissions are due by February 5th, 2020. All submissions will be returned to the sender after the contest.

**Enrichment Club Submissions:** Applications are now being accepted. The deadline for submission is open ended. Interested AICs may apply at anytime.

**EIP Stimulus Checks:** EIP checks are issued by the IRS. When DOC receives a deposit they will add it to your trust account within 2-4 business days. If you have concerns regarding the status of your EIP check you may contact the IRS.

There is no timeline for this process. Additionally, The Department of Justice can intercept EIP payments per federal law (for past due child support, for example).

## 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.

## Contact Info

Contact the IRS through the mail at:

IRS

Austin, Texas

73301-003

# The Echo

Eastern Oregon Correctional Institution Newsletter

*The Echo* is now distributed to housing units on the 15th of each month, or on the closest regular work day if the 15th falls on a weekend.

## Book Review: The Witcher Series' (8 book series)

Many know *The Witcher* as a popular video game and HBO television series, but long before its mainstream success it was an eight book saga by Polish Author Andrej Sapkowski.

The saga follows the character Geralt of Riveria, *The Witcher*. In this fantasy world, a Witcher is a bounty hunter of sorts. A man whose magic powers enhanced by long training and mysterious elixirs have turned him into a formidable fighter and assassin. However, a Witcher won't assassinate just anybody - they target monsters, vampires, wraiths, and other demons that intend to harm the innocent (for the right price of course).

It is an excellent series if you enjoy reading swordplay and fantasy - but keep a dictionary handy. The author quite frequently indulges his expansive vocabulary. Sapkowski published the first book of the series in 1992 and the eighth book was released in 2018. You can purchase these novels from Bargain Books catalogs (Edward Hamilton).

## The Echo - Volume III, Issue I - January, 2021

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Wikipedia.org

NASA's Goddard Institute for Space Studies

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)

Blues Bass - The Complete Method, Jon Liebman

Webster's II New Riverside Dictionary

### Important Dates and Events

Martin Luther King Jr. Day Jan 18th

Full Moon Jan 28th

Groundhog Day Feb 2nd

Chinese New Year Feb 12th

Valentine's Day Feb 14th

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 the receive *The Echo* in a monthly email.