

The Echo

Eastern Oregon Correctional Institution Newsletter

Points of Interest:

- Pell Grant to return in 2023 or earlier.
- New Directions will not return in Spring.
- Work Furlough Benefits will end May 1st.
- Enhanced Meals Return.
- EOCl Call Center is hiring.

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Meeting Adjourned

Enrichment Club Holds First Official Meeting

The Enrichment Club held its inaugural meeting on March 5th, 2021. Due to restrictions in the number of people that can gather in groups, only the five member Executive Council was able to meet in person. As restrictions reduce, the additional members will be included in club meetings. For the time being, the Executive Council will submit fundraiser proposals in order to get the process started.

A tentative full club meeting is set for April, as things begin to open up and larger group meetings are possible. On March 11th, the ten remaining club members were selected and these members were notified. Applicants who did not make the club were placed on a waitlist. All members, both council and general members, were selected by staff leadership (the Activities Committee) based off their essay, work/program history, and experience with fundraisers. The Executive Council was selected to be interim positions in order to get the club started and create a club process. Yearly elections will be held in December with a start date of January 1st.

If you are interested in being added to the waitlist to participate in the club, you may send a communication form to Ms. Halbert, Correctional Rehabilitation. As the club has now been established, essays will no longer be required. **Additionally, any AIC level 2 or higher may apply and be added to the waitlist.** All AICs may still suggest fundraiser ideas.

The goal of this first meeting was to review club procedures and set goals and a structure for future meetings. Additionally, the Executive Council selected a few fundraisers to push forward for review by the Activities Committee. This procedure can take months from proposal to finish, and it is important to get the process started as full club meetings are still set on a tentative schedule.

Many of you may have heard rumors about a video game system or similar fundraiser. Nintendo Switch Lites are a proposal that has been floating around since the middle of last year. More information is available on page two and this was one of the proposals put forth. Several food and consumable items were also proposed. Charitable organizations and causes have also been discussed.

Additional details will be provided in next month's newsletter. Updates on the status of proposed fundraisers, whether approved or denied, will be provided as necessary in the monthly *Echo*.

2021 Enrichment Club Executive Council

Ambassador: Will Cote

Treasurer: Bryan Armas

Secretary: Matt Duval

Vice President: Bobby Derrick

President: Phillip Luna

A Socially Distant Activity

Clarity on the Ongoing Video Game Rumors

Written by Phillip Luna

Important Note

If the criteria for consideration is met, as listed in this article, it does not mean approval. It simply means that the item has met the criteria necessary to be evaluated further.

Article Vocabulary

1. *Emergence*: Appearance, surfacing of.
2. *Stifling*: Overwhelming and oppressive.
3. *Perpetual*: Reoccurring on a regular basis.
4. *Necessitate*: To require or demand.

One of the most frequent and reoccurring rumors is the emergence¹ of a video game console for purchase at EOCl. It seems every six months or so, this rumor reappears, stemming from newfound information or an off-hand comment from a staff member. Some of it is based in truth, but most is speculation or wishful thinking.

Why is This a Challenge at EOCl?

There have been many video game proposals over the years. Xbox, Playstation, Nintendo Wii, and other platforms have all been proposed and none have been approved - the reasons vary.

EOCl has determined that the base criteria for consideration is that the system must be **portable (hand-held), re-chargeable (no batteries), and self-contained**. Whether you agree with it or not, this is the criteria as of right now. It is a stifling² list of requirements and there are not many systems that can meet them. However, if all the listed criteria have been met then a system can at the very least be considered.

What is The Most Recent Proposal?

Last year *Nintendo Switch Lites* (NS Lite) were proposed. More recently this proposal was pushed towards Commissary as an option. As of March 8th, Commissary has chosen to pass on selling this item. On March 9th, the NS Lite was proposed as a fundraiser for the Enrichment Club.

Part of the reason this device gained momentum is because last year Mr. Miles, EOCl's Public Information Officer, discovered a company called *Fully Loaded Electronics* (FLE). This company can modify the NS Lite for use inside a correctional facility. FLE removes the components of the device that make it internet capable and allow it to communicate with other devices. They also install pre-loaded game packages. By utilizing

the services of FLE this device may meet all of the criteria necessary to be considered for approval.

How Much Would This Cost?

If this device was approved it will very likely be sold as a fundraiser through the Enrichment Club and the cost would be high. An NS Lite is about \$199 and the cost of FLE's services with a decent added game package could take that price up to about \$400 - add on an additional amount for the item to be a fundraiser and it is fairly expensive.

Any quality video game system will be expensive. The goal has been to try and get this system approved while EIP checks are being issued, as this will allow the highest opportunity for participation among AICs. There is no guarantee that this item will be approved, but it is always a good idea to save your money.

What's Next?

Whether through commissary or a perpetual³ fundraiser, the goal has been to create a sustainable program for EOCl. Now that the Enrichment Club has started there will be more opportunities to propose items like this moving forward. Most staff and AICs agree that all ODOC facilities should be consistent in what they offer and, across the board, every facility except for EOCl sells some form of video game.

In the current climate, a video game system presents a socially distant activity when there are few available and given what other facilities currently offer, it would seem like an obvious fundraiser item. However, just because another facility offers something doesn't necessitate⁴ that it will must be offered here. It is easy to get caught up in the rumor mill around the compound, but nothing is ever certain until you have that order form in your hand.

Added Tables

Celled Units Add Table Space

Information provided by Cpt. Walker



The Welding Shop has fabricated several tables for placement on all Westside housing units. The placement of these tables will be located on the Eastside of the unit TV Room and the Western side will remain plastic chairs for viewing. It has been determined with the transition of the TV room turning into partial dayrooms headphones and radios will be needed to listen to the unit televisions. All celled Housing Unit Guidelines will be updated in the near future to include TV/dayroom regulations.

Work Furlough Benefits

COVID Work Furlough Benefits Run Out May 1st

Provided by AOC Operations

At the beginning of the COVID-19 pandemic, many work assignment opportunities for AICs were put on hold and PRAS points continued to be awarded.

As DOC makes recovery plans and starts to plan for more normal operations, they will discontinue PRAS points for jobs shut down by COVID. If your job was put on hold due to COVID-19 – and you continued to

receive points for that job – effective May 1st, 2021, you will no longer receive PRAS points for a position that is shut down due to COVID. If your position is impacted, you will be removed from the assignment and placed in a new work assignment or in a work eligible pool. As work assignments come back online, IWP and Institution assignment staff will make every reasonable effort to return you to your original position.

Article Vocabulary

Furlough: A temporary lay-off or unemployment.

Enhanced Meals

Returning in Slightly Different Form

Provided by Food Services

EOCI will be having an at-cost Chicken Tenders Enhanced Meal on April 29th, 2021.

The \$10.00 Chicken Tender Enhanced Meal will include:

1 lb of Spicy Tater Babies

1 lb Chicken Tenders

1 lb of Onion Rings

(2) 1.5 oz Honey Mustard dipping sauce

(3) 1.5 oz Ranch dipping sauce

Article Note

Please keep in mind, while this information is currently accurate it is subject to change based on unforeseen events.

This will be the last enhanced meal at-cost. Future enhanced meals will be sold as “fundraiser” with proceeds supporting the EOCI AIC Funding Project. The AIC Funding Project supports PRAS awards, general funding for activities and recreational equipment, and the holiday treats that are handed out yearly.

Food Services Manager Ms. Emory says she plans to have enhanced meals every quarter and more often if time allows.

Work Assignments

Applications for all Work Assignments, including the Welding Shop, are kept on file for 1 year.

Experience that Counts

Fabricating Success

Written by Patrick Gazeley-Romney

in MIG, TIG, ARC and Braze welding along with metal fabrication. AIC welder Owen Hatridge (pictured below), the most recent hire in the shop, says he *"learns something new every day. There is always a new project to work on or a problem to fix."*



Some AICs choose to spend time in prison investing in their futures by seeking work that gives them valuable skills which translate to a job upon release. Many marketable skills are located in the physical plant or OCE industries. Skilled manual and technical labor is a smart route for an AIC, as many industry career pathways do not discriminate based on criminal records. Mark Twain once wrote, *"The two most important days of your life are the day you're born and the day you find out why."* AIC welder Coit Waldrip (pictured below) reflects that the metal shop has helped him find out why, adding that he's *"learned many valuable skills that will carry over to the real world."*



AICs often start in the physical plant as orderlies before promotion to the welding shop floor when there is an opening. AICs that show exceptional work ethic and dedication to shop goals receive priority in promotion. Currently there are only seven spots for welders in the shop and two program spots for a welding certificate at any given time. The Cascade JTC Structural Welding Certificate program lasts 18 months and involves hands on weld testing as well as in-book study and academic testing. A minimum of 2,000 work hours must be logged before an AIC can receive a cascade JTC certificate.



The EOCL Physical Plant Welding Shop offers valuable opportunities for AICs to gain hands-on experience in a real metalworking shop as well as certification for structural welding through Cascade JTC. Welding Shop workers can expect to receive training



(...continued on next page)

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

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PRAS awards for the welding shop start at 5 points for a shop orderly and increase to 10 and 14 based on time and completion of skills tests in the shop. Welding shop work hours are 7 AM - 3 PM, Monday through Friday. According to the State of Oregon Employment Department, welders can expect to make a starting hourly wage of \$18.94-\$27.83/hr with raises to around \$35/hr. In the state of Oregon there are over 5,000 jobs in this field with approximately 659 new job openings per year.

Currently there are no openings in the welding shop. Keep in mind that it is important to have an application on file prior to a future opening in the welding shop. If you are interested in a future in welding, please send a completed job application to Mr. Peters in IWP.

Applications for all positions are kept on file for a period of 1 year.



Important Note

Most AICs in physical plant programs (Welding or Electrician, for example) started out as orderlies.

Deciphering Programs

Gardening Programs Begin, Not to be Confused for Roots of Success

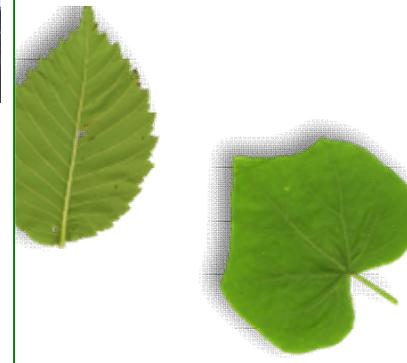
Written by Patrick Gazeley-Romney

Classes are finally returning to the institution as COVID restrictions ease up. We are proud to announce the return of the Oregon State University Sustainable Gardening program, kicking off March 15th. The EOCL Grounds Crew will have the opportunity to go through the first level of certification before the general population AIC class begins in April. AICs who signed up for the Sustainable Gardening program in 2020 will automatically be enrolled in the 2021 course. Currently there are no new program spots available. You will be notified via AIC communication form if you are signed up.

The OSU Sustainable Gardening program consists of two separate classes. The Seed to Supper class is a six week introduction to the sustainable gardening course and pre-

requisite for the OSU Master Gardener class. The Master Gardener certification program is a 12-15 week intensive academic course focused on botany, plant pathology, sustainable landscaping, and integrated pest management (IPM). AICs can expect to receive classroom instruction as well as hands-on experience working in a garden.

The Seed to Supper and Master Gardener classes are different and separate from the Roots of Success class. Roots of Success is an environmental literacy curriculum that educates AICs on environmental issues and prepares them for over 125 environmental jobs upon release. If you are interested in signing up for the Roots of Success course, please send an AIC communication form to IWP.



Article Note

Seed to Supper: A six week introductory gardening course.

Master Gardner: A 12-15 week academic focused gardening program that teaches botany and plant pathology.

Roots of Success: A multi class course that teaches environmental issues and work/job skills.
No gardening required.





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.

Just the Facts

The Truth on Education Rumors

This month's *Just the Facts* article is focused on the recent restructure in the Education Department. While there has been much speculation regarding potential changes to education, we decided to gather information directly from the source. Ms. Hightower, the Education and Training Administrator in Salem, was willing to answer some of our questions this month and here is what she had to say:

Q: After the recent restructure in the education department, will the same classes be offered as before?

A: Yes, the same classes will be offered as before. We are getting the same amount of hours of service as we have [previously].

Q: At EOCl only some of the teachers will be returning. In addition, due to COVID precautionary measures class sizes are now smaller than they were before. How will this impact opportunities moving forward?

A: The classes will remain smaller until the Governor removes the 6 ft distancing requirement and no more than ten students in a classroom if they can meet the 6 ft distancing guidelines. There will be a hybrid for classes where one week they will be going to the classroom and the next week they will get packets that way we can get more students in a face to face classroom.

Q: Some facilities have student educators and facilitators. Has ODOC considered using tutors and/or other qualified AICs to help facilitate classes given the limited number of teachers?

A: AICs can be tutors, but at this time we are not looking to use AICs to instruct a classroom of students.

Q: It has been rumored that some security staff members might be required to teach classes. Is there any truth to this? If so, what would be the criteria for a staff member to facilitate a class?

A: Security staff will not ever be required to teach classes. They do not meet any of the requirements to teach a class.

Q: Will the New Directions Education Project (NDEP) be returning? If so, do you have an expected return date?

A: Yes, we are hoping to have this return and we do not have an expected return date. This is up to the Governor when she releases restrictions on college classes being in person.

Q: As you may be aware there is the possibility that the Pell Grant will again be available for the incarcerated, which would likely mean an increase in AICs taking college correspondence courses. Has ODOC considered this possibility and what changes, if any, may occur as a result?

A: Yes, the Pell Grant will be returning. Currently the date to start is January 2023 with the possibility that it might start sooner in 2022. We are working diligently on ways that we can increase college classes as well as use of technology and be ready when the Pell Grant comes back.

Q: Many college correspondence courses would be more attainable with the use of a computer lab, for the purpose of online classes and exams. Has this been considered as a possibility for the future?

A: Yes, this is part of the conversations around increasing college classes.

If you have heard a rumor or have questions you would like us to research? Send a communication form to IWP and let us know! We will track down the answer and provide the information in next month's newsletter.

From Planning to Prosperity

What is an Exchange-Traded Fund?

A great way to invest in the stock market without the challenge and stress of picking individual stocks is utilizing Exchange-Traded Funds (ETF's). These are very similar to Mutual Funds in that they are both pools of money from investors used to acquire various stocks in a portfolio. The main difference, and advantage of the ETF, is that they can be bought like a stock.

An ETF is basically a fixed basket of securities¹. When you buy into an ETF you are buying a share of stock that is managed by a broker, but that one share of an ETF might include 50 shares of other stocks. If you purchase one share of an ETF you are actually buying small percentages of the many stocks held by that fund. This makes ETF a much safer investment.

For example SPDR S&P 500 (SPY) is the oldest and most widely known ETF. It tracks the S&P 500 index. Currently, one share of SPY costs between \$350-\$400 (\$394 on 3/11/21). Every investor who buys one share owns just one share of SPY, but the money they invest is pooled together and used to maintain a portfolio of stocks in the S&P 500. An ETF is not direct investing, but rather a conduit of investing in that they act like a connection between the investor and the investments.

There are many different types of ETFs, some that purchase many stocks on a large scale and others that are specific to sectors or areas.

Popular ETFs on the market today:

- iShares Russell 2000 (IWM): Tracks the Russell 2000 small-cap index.
- Invesco QQQ (QQQ): Indexes the Nasdaq 100, which typically contains technology stocks.
- SPDR Dow Jones Industrial Average (DIA): Represents the 30 stocks of the Dow Jones Industrial Average.

Written by Phillip Luna

- **Sector ETFs:** These track individual industries such as oil (OIH), energy (XLH), financial Services (XLF), REITs (IYR), Biotech (BBH).
- **Commodity ETFs:** Represents commodity markets including crude oil (USO) and natural gas (UNG).
- **Physically-backed ETFs:** The SPDR Gold Shares (GLD) and iShares Silver Trust (SLV) hold physical gold and silver bullion in the fund.

It is important to understand that an ETF can contain a basket of securities and not just stocks. That means this type of fund can contain bonds² (government, corporate, and municipal) or investments in foreign currencies such as the Euro or the Canadian dollar. There are even Inverse ETFs which attempt to earn gains from stock declines by shorting stocks.

ETF Pros:

- Access to many stocks at once.
- Low expense ratios and fewer broker commissions.
- Risk management by diversification.
- ETFs can focus on targeted industries.

ETF Cons:

- Actively-managed ETFs mean high fees.
- Investors have no control over what securities are bought and sold.

Overall, an ETF is a great way to invest if you have limited experience because you are allowing a brokerage company³ to use their expertise and make choices for your investments. It is also safer because if one stock in the ETF falls there are other stocks for the ETF to rely on.

Recommendation

The ETF Book: All You Need to Know About Exchange-Traded Funds
By Richard A. Ferri
Available through Amazon

Article Vocabulary

1. **Securities:** Refers to the world of financial or paper investments, and stocks are only a small part of that.
2. **Bonds:** A certificate of issued by a government or corporation securing payment of the original investment plus interest by a specific date.
3. **Brokerage Company:** An organization that makes investments on the behalf of investors.



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. It is always best to consult with a financial advisor prior to making any investments.

Recommendation

Nutrition Facts:
The Truth About Food
 By Karen Frazier
\$18.99 on Amazon

Article Vocabulary

1. **Ectomorph:** Someone who is naturally skinny and has difficulty adding weight.
2. **Spectrum:** A wide range or variety.



Eating for Fitness

Which Protein Works Best for You

Written by Phillip Luna

There are three main protein powders available on canteen: Muscle Charge 2 (\$10.49), Whey Synergy (\$10.89), and Ultra Whey (\$11.99). Figuring out which protein powder is the best for you can be challenging. At first glance, Ultra Whey seems like the best simply because of the amount of protein per serving. Ultra Whey has 13 servings per bag with 26 grams of protein per serving; compared to Whey Synergy which only has 11 servings and 22 grams per servings, or Muscle Charge which has 6 servings and only 21 grams. But not all protein is created equal. Ultra Whey with its 26 grams of protein only offers whey protein and at 140 calories, only 4 grams of carbohydrates, and 2 grams of sugar, this supplement is lacking in a few areas. Whey protein is a quick release type of protein that is great within 30 minutes post workout, but the low sugar and carbohydrate content means this supplement will produce a low glycemic response and you need this response in order to build muscle. If you are concerned with sugar intake and your primary goal is fat loss while retaining lean muscle, this is probably the right supplement for you.

Whey Synergy has a leg up on Ultra Whey in that it provides two types of protein - whey (the quick release type) and casein (a slow release protein). Having both protein sources can help muscle protein synthesis for an extended period of time. With Whey Synergy only offering 22 grams of protein compared to the 26 grams from Ultra Whey, it might seem like a loss to even consider the former. But the benefit of two different protein sources is significant and if your primary goal is to build muscle, this is probably the best choice for you.

Muscle Charge is the odd ball of the three and based on its 21 grams of sugar and 49 grams of carbohydrates, to the 21 grams of protein it offers per serving, it is best used as pre-workout shake. The benefit of Mus-

cle Charge is that it has three protein sources: Whey, Casein, and Egg. However, because of the high sugar content and the 2:1 ratio of carbohydrate to protein, this is not a supplement you want to take if you are concerned with fat loss. However, if you are in a bulking phase or you are just a life-long ectomorph¹ this might be the perfect supplement for you.

The next consideration is cost per serving. Milk is the most economical way to get protein, but the high lactose and fat content makes it less than ideal. Ultra Whey has the best cost per serving ratio, but again, it only has one source of protein and for a few cents more per serving, you could go with the Whey Synergy and get a bigger spectrum² of protein types.

Overall, each person is different and what works for one person might be completely different for another. The best way to figure out what works for you is to try different combinations and track your results!

Ultra Whey: \$12.28

13 Servings

26g of protein per serving

\$0.92 per serving

Whey Synergy: \$11.89

11 Servings

22g of protein per serving

\$0.99 per serving

Muscle Charge: \$10.59

6 Servings

21g of protein per serving

\$1.75 per serving

Milk: \$3.33

12 Servings

8 grams per serving

\$0.28 per serving

Personalize Your Plate

National Nutrition Month

Written by Elena Guevara RD, LD
ODOC Dietician

Eat a variety of nutritious foods every day.

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, health goals, backgrounds, and tastes. So personalize your plate by taking advantage of the choices available at meals.

Think you don't have any choices?

Consider these:

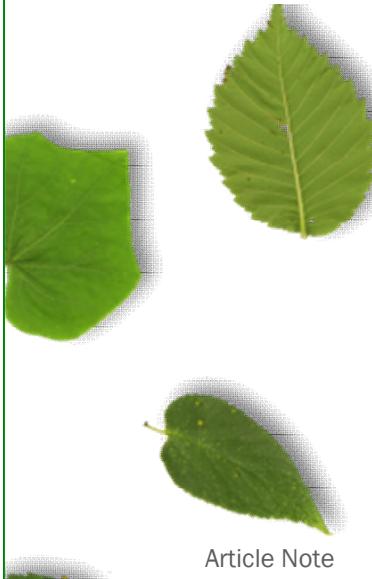
- Choose either the mainline meal or the Meat-Alternative Tray
- Choose to replace only the meat entrée with beans and have the rest of the mainline meal
- Ask for smaller portions of some foods - choose a portion size that fits you.
- Ask for sugar-free condiments when available - choose to eat less sugar.
- Choose to eat less fat and sugar.

Here are some tips for canteen:

You choose how much food you order. Think about how much you really need. Do you eat snacks only when you are hungry? Or do you eat when you are stressed or bored? What else can you do besides eat to cope with your feelings? Read the food labels and choose items low in fat, sugar, and salt. Choose to eat only the recommended serving size.

Change to 5-week Menu Cycle

Starting with the spring-summer 2021 menu, the menu cycle will be reduced from 6 weeks to 5 weeks. After service of week 5 is complete, the menu cycle will begin again with week 1. Week 6 of the current menu cycle contained mostly meals that had already been served earlier in the cycle, so eliminating that week will not reduce the variety of meals served over the whole cycle. The spring-summer 2021 menu cycle is scheduled to begin April 5th, 2021.



Article Note

Supplement Highlight

Canteen Adds Zinc to the Supplement List

Zinc is a trace mineral necessary for good health. It works as a cofactor with a number of enzymes and helps your immune system function properly. People with low levels of zinc may have a weakened immune system as this mineral improves T-cell function. A diet containing adequate amounts of zinc is needed for healthy brain function because the mineral aids the signaling between neurons.

A study in the *Journal of the American Optometric Association* stated that there is a correlation between zinc deficiency and visual impairments, such as cataracts and

night blindness. The eye has a large concentration of this mineral, which assists the liver in providing vitamin A to the retina.

Other symptoms of deficiency are loss of appetite, brain fog, poor cognitive function, patchy hair loss, night blindness, and poor wound healing. Zinc toxicity can occur with too much supplementation and symptoms of that include vomiting, nausea, and stomach pain.

Zinc occurs naturally in some food sources, including beef, chicken, fish, cashews, oats, cheese, and peas.

The Recommended Daily Amount (RDA) of Zinc for adult males is 11 mg.





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. **Crux:** The root or core of something.
2. **Conflate:** To mix up or generalize.



It's Easy Being Green

Climate Meltdown

Written by Patrick Gazeley-Romney

As extremely cold weather events gripped the US this winter, climate science deniers asserted affirmation for their claim that global warming is a hoax. The crux¹ of their claim is that extremely cold weather events in places that have been traditionally warm shows that carbon dioxide emissions are not warming the earth. The flaw in their argument reflects a fundamental lack of understanding about climate change and the underlying process of global warming. People often conflate² the terms "climate change" and "global warming". While the concepts are related, it is important to be able to differentiate between the two.

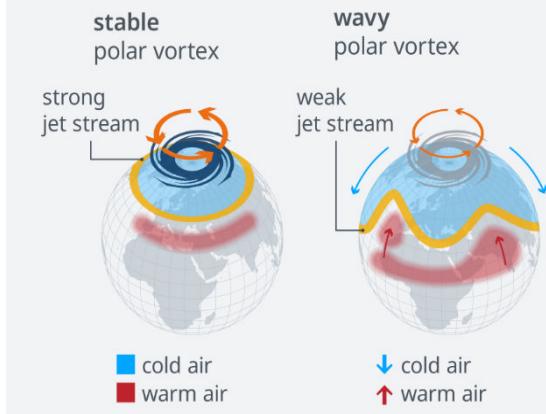
Global warming is just what it sounds like: a worldwide increase in the Earth's temperature that causes significant changes in global climate. Scientists began to reliably record global temperatures in the late 1800s. Global temperature has steadily risen since the middle of the 19th century and the start of the industrial revolution, leading scientists to conclude that the spike in average global temperature in the last century is due in large part to human activities.

Changes in weather patterns due to global warming are causing more extreme and unpredictable weather events throughout the world. Some areas are experiencing unusually intense flooding, fires, drought, or snowfall. Sea-level increase due to the melting of the polar icecaps is having devastating impacts on coastal areas. These extreme weather phenomena are the symptoms of climate change. Climate change describes changes in the long-term weather patterns of a given region.

The reason historically warm regions are experiencing cold weather patterns this year is because of the collapse of the polar vortex. The polar vortex is a huge ring of cold winds circulating in the Earth's stratosphere at the North Pole. The polar vortex

is closely related to the jet stream- a band of strong winds about 10 kilometers above ground. Typically, these cold winds flow in an even circle around the North Pole. According to Stefan Rahmstorf, head of the Earth Systems Analysis research department at the Potsdam Institute for Climate Impact Research (PIK), temperatures in the Arctic have risen more than twice as fast as the global average over the past 40 years. The disproportionate Arctic warming is leading to a fraying of the polar vortex wind stream, causing vertical dips in the once nearly constant lateral flow. The low points in these dips are reaching areas that almost never see extremely low temperatures (think Texas), putting stress on public infrastructure that is not weatherized for such extremes.

How the polar vortex affects our weather



Climate scientists say that global warming will drive even worse and more unpredictable weather in the future. Short-term bouts of cold weather don't cancel out decades of warmer temperatures. It is decades of warmer global temperatures that have led to the dips in local temperatures in certain warm regions this year.

Building Good Grammar

That's All Well and Good, But...

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Remembering all of the rules for grammar and sentence structure in the English language can be difficult. At times, you may find that you hear or read something that just doesn't quite sound right, but you do not know why. The words *well* and *good* are examples of this. They are often used interchangeably (and incorrectly so), when speaking and writing.

To put it simply, *good* is an adjective and *well* is an adverb. Adjectives and adverbs are the both descriptive words. The difference between the two is that an adjective describes a noun and an adverb describes a verb.

For example, let's take the sentence:

Noun

Adjective

"Tom is a good swimmer."

Tom is the noun, the subject of the sentence, and the word *good* is a description of Tom's ability at swimming. Therefore, *good* is the appropriate word here. Consider the sentence if the word *well* was used in its place.

"Tom is a well swimmer." - *Incorrect* ✗

It just doesn't quite sound right. On the other hand, if we restructured the sentence and said:

"Tom swam well."

Verb

Adverb

The word *well* is describing the verb, *swam*, and so this is the correct word for this sentence. If we use the word *good* in its place it is easy to see it is incorrect.

"Tom swam good." - *Incorrect* ✗

Here are a few more examples:

"Tommy was good at church."

Noun

Adjective

Good describes Tommy's behavior, and Tommy is a person (a noun).

"Mary did well on her exam."

Verb

Adverb

Did is the action, the verb, and therefore the adverb, *well*, is appropriate for this particular sentence.

Well is also used when describing health:

"I explained that I wasn't feeling well."

Although it is common to hear someone use the word *good* when describing health, this is actually incorrect.

"I explained that I wasn't feeling good." ✗

This doesn't sound as incorrect as some of the other sentences because it is so commonly misused, however, the correct word in this sentence is *well*.

Why is this important? Studies show that most people subconsciously make a snap judgment determination of a person's intelligence based on their speaking ability and the way they carry themselves. Speech and language are closely linked to critical thinking, reasoning, and the higher mental functions. Whether you're applying for a job, an apartment, a loan, or speaking to the parole board, your language and writing skills are important when making the right first impression. In many situations the first impression you make will be in writing (submitting a resume or job application, for example).

Article Submissions

Here at *The Echo*, we are seeking contributing columnist. If you are interested in submitting an article, contact IWP and we will provide you with the criteria and process to do so.



Alejandro Hernandez,
Contributing Writer, *The Echo*

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

Quote

"Most writer's will confess that they write because they have to write, not necessarily because they want to writer."

-Diana Raab,
Writing for Bliss

Article Vocabulary

1. **Eloquent:** able to express oneself well.
2. **Banter:** Teasing; joking. Good humor, teasing conversation.

Writing on Purpose

Creating Transition and Using Repetition

Written by Alejandro Hernandez

March has the feel of a month between the seasons. A time when Mother Nature has not yet decided whether she wants to remain bitter and cold or thawed enough to move on to warmer weather. Each day is a slow progression and although some days feel like setbacks, winter is slowly giving way to Spring. This change of season is the inspiration to contemplate transitions.

Author Frank O'Hare captures the spirit of proper transitions most eloquently in his [2nd Edition: The Modern Writer's Handbook](#), stating *"They serve as signposts that direct the reader through the passage."*

Used correctly, a transition is the precise word(s), paragraph, or technique that link subjects together and deliver the reader smoothly to the conclusion of your story, essay, or article. Here are the three most basic tools writers use to seamlessly move their readers through their works.

Transitional Words and Expressions: Words and expressions that show the relationship of one sentence to another, an idea to another, or connect paragraphs (i.e. furthermore, likewise, too, similarly, although, nevertheless, earlier, previously, nearby, opposite, accordingly, consequently, for instance, finally, and, in conclusions).

Prepositions/pronouns: Prepositions/pronouns can link sentences to previous ones, which is shown with the bolded pronouns in the following passage:

*Merchants are given the liberty to choose how they travel goods across the vast expanse of the Blasted Plains of Marlek. **Some** employ large companies of mercenaries and caravan them on foot; **many** of those deal often with their hired hands. A **few** choose the costly option of a mystic's transport. But **most** choose the coaches traveling along the Royal Highway.*

Repetition and Parallel Structure: This is the most creative technique of the three. Repetition of a word or phrase automatically registers in a reader's mind and subconsciously draws their attention. Although most self-help writing books warn about repeating the same word within a span of 100 words (stating it as a sign of limited vocabulary), in the same sentence the expert will add *"unless the repetition is employed purposefully"*. Transitions are one of those purposeful moments where the same word or sentence structure can chain together a series of links from A to Z.

Every writer will learn what works for them. When learning or participating, in something new there are times when the result isn't quite right. The best thing about art is the ability to move on to the next draft and learn from failure. The most important thing is not to lose your own voice and to con-



tinue writing.

In Practice:

Try writing a segment of a talk show - It can be sports, entertainment, politics, whatever... Describe the anchors, create their back and forth banter as they move through the subjects, give each character a different tone and voice, and see how smooth you can transition between them.

In The Groove

The Modern Guitar - Centuries in the Making



Arguably, the guitar is one the most dynamic instruments ever made. With its ease of portability and its ability to support a wide range of other instruments along with the capability to be a standalone instrument, the guitar has become a monumental star player that just about everyone worldwide will recognize. Although the origin remains controversial, the lineage leans more towards Spain in the early 16th century. This early Spanish guitar was known as the *Guitarra Latina*, a late medieval instrument with a waisted body and four strings. In appearances it was much narrower and deeper than the modern guitar, with a less pronounced waist. It was closely related to an instrument called the *Vihuela*, a guitar shaped instrument played in Spain in place of the lute.



The guitar originally had 4 courses of strings, three double sets and a single top string. The double strings were tuned har-

monically to its root note. For example if the root or unison was "C" then its partnering interval was a 5th, typically. This will make the second strings note a "G". The strings were tuned via a peg box derived from a violin and ran to a tension bridge that was glued directly to the sound board. This bridge was unbraced and held the tension generated by the strings alone. In the middle of the sound board was a curricular sound hole. Often a wooden rose adorned this sound hole, which is still found in today's guitars and is known as a rosette.

The 16th century guitar was tuned the same as the center four strings of the lute and *Vihuela*, C-F-A-D. The next 30 years would bring many changes to the design of the guitar. A fifth set of strings was added before 1600, and a sixth set was added by the late 18th century. Sometime before 1800 the double sets of strings were replaced by single strings and the tuning was changed to E-A-D-G-B-e, the standard tuning that is still used to this day.

The frets on the guitar have also evolved from tied on gut to bone and finally being replaced with metal. Overtime guitars became broader and shallower. The sound board was thinned greatly and internal bracing was added. This bracing is what allowed for the introduction of steel strings.

Many of the early 19th century changes have been accredited to luthier, Antonio Torres. His innovations have become what we know today as a classical guitar.

The guitar in general has not changed much since this time. Of course there are always exceptions. With the use of new materials and inventions the guitar has been minimized to an instrument that could be described as skeletal compared to its history. But the guitar has cemented itself in the universe of music and I dare say won't be receiving a eulogy anytime soon.

Written by Randall Fox



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:

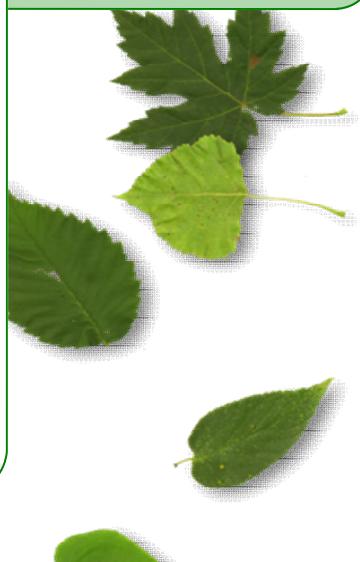
Dream catcher, Art in Motion
by Andy McKee

Classical Gas
by Mason Williams

La Alborada
by Francisco Tarrega

Sonata in D Major, Op. 77
by Andres Segovia

Tamacun, Battery
(Metallica cover)
by Rodrigo Y Gabriela

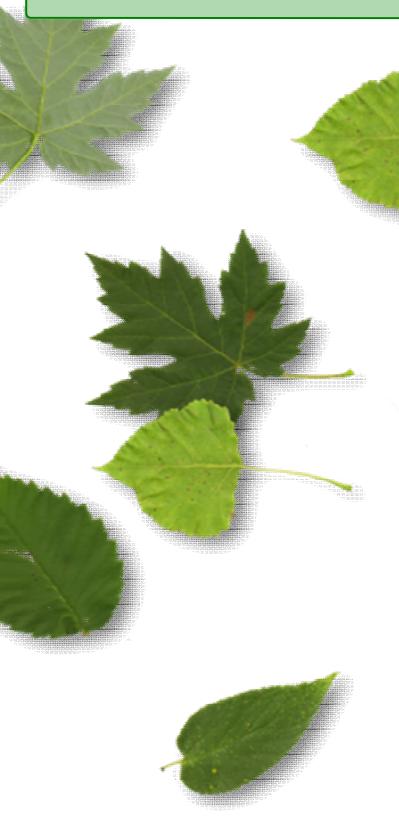


Article Submission

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Article Vocabulary

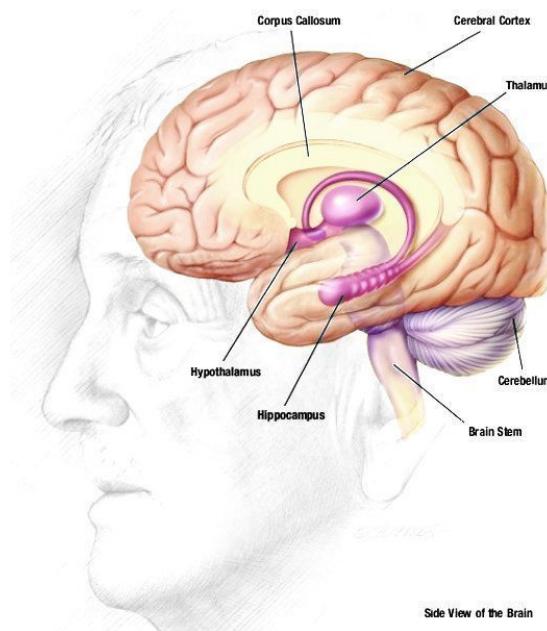
1. **Preconceived:** A previous understanding or belief.



Brain Games

Connecting the Dots

Written by Phillip Luna



Proofreading your own writing can be difficult and, more often than not, most of us don't catch all of the spelling errors or missing letters when we read our own work. There is a reason why and it's not what you might think.

Try to read the paragraph below if you can.

Jumbled Paragraph:

"Aoccdrnig to a rscheearch at Cmabridge Uinervtisy, it deosn't mttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt thng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a toatl mses and you can stil raed it wouthit porblem. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe."

Here is the unjumbled paragraph for comparison:

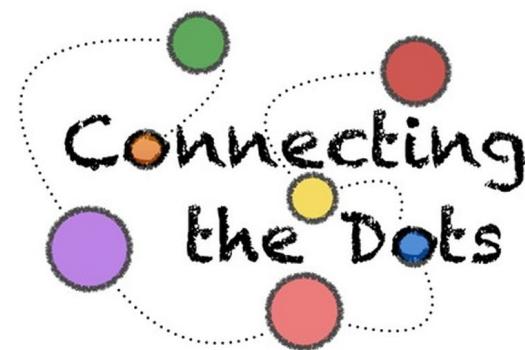
Unjumbled Paragraph:

"According to a researcher at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be at

the right place. The rest can be a total mess and you can still read it without problem. This is because the human mind does not read every letter by itself but the word as a whole."

Turns out, the brain is pretty smart. It fills in the gaps and rearranges the letters automatically. Our brains have the ability to recognize patterns when processing language and this recognition happens so quickly we don't even realize it's happening. In the first set of text, every single word is jumbled and the mistakes in this paragraph are very noticeable, however, this is not always the case. Most of the time it's a word here or a letter there, and, because it happens so infrequently, our brains auto correct the mistake without even registering an error. This is part of why when we proofread our own writing it is difficult to find mistakes. The second part is, the brain already know what we meant to write. It has a preconceived¹ understanding of what each sentence should be and it has the ability to fill in the blanks without our consent. This is why it is easier for someone else to find simple mistakes or missing letters in our work. They don't know what we meant to write and their brain has no previous information to fill in the blanks and errors with.

So the next time you have spelling errors or jumbled words in your writing that you don't catch, it's not because you are poor proofreader - It is simply because your brain is too smart for your own good.



Unconventional Wisdom

Where's the Sign Up for the Canteen Club?

Written by Warren Doescher

For the third week in a row my luck has been coming up short. I've been scratching my head, hoping to figure it out - then out of the blue it hit me. The only thing which makes sense is there must be a super secret club who gets notified of all the new canteen items first. How did I come to this conclusion? It's simple really - crystal radios, Yamaha noise cancelling headphones, and compression shorts.

Let me explain further, because it's a real mystery. Each week I check my canteen receipt and I notice that I don't get all of the items I request. Sure, I get the food items and some of the regular stuff; yet, I never get any of the super secret new items. And what's worse - sometimes I order the new stuff that is posted on the bulletin board but I still don't get them. Where are my Water Color Art supplies!?

For example, I recently ordered:

- ◆ Some Health Items - In my bag
- ◆ Slightly Less Healthy Items - In my bag
- ◆ A Battery Operated Page Turner - Nope
- ◆ Combination Foot Soaker/Toothbrush cleaner - Not in my bag
- ◆ Glow in the Dark Accordion - Missing



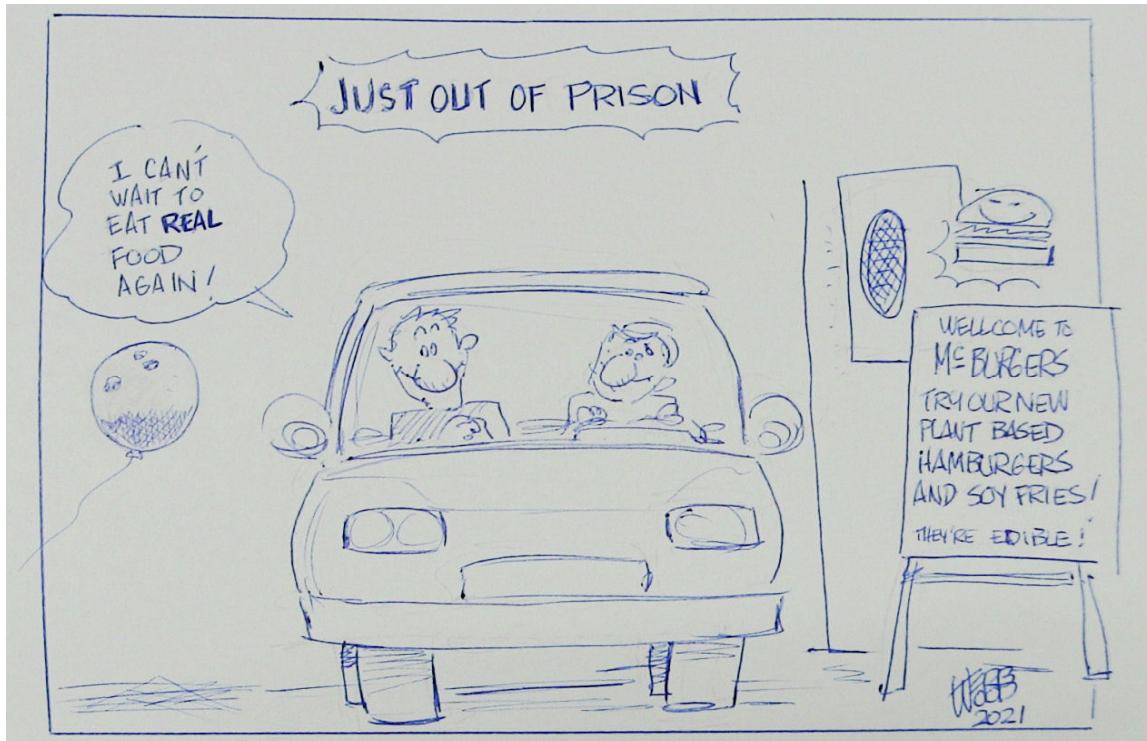
Warren Doescher,
Contributing Writer, *The Echo*

Doescher is a regular contributing columnist, WFD Worker, and an accomplished accordionist.

The missing items had not been advertised, not on the bulletin boards or *The Echo*, but neither were the radio, headphones, or compression shorts. I wrote those items in on the off chance they might have them. I don't want to rue the day there are fidget spinners and I miss out.

Comic Contest

And the Winner Is...



Contest Winner

Congratulations **Herb Wood** for winning the comic contest!

Thank you to all those who submitted comics. Every comic was added to the database of comics and may be used in a future newsletter.



Important Note



Obtaining a Social Security Card, Birth Certificate, and/or renewing your Driver's License are important steps in preparing for release.

Important Note

The Social Security toll-free number can be reached using any AIC phone.



Important Documents

Social Security Cards, Birth Certificates, and your Driver's License

Information provided by Records

You need both a birth certificate and a valid Social Security card to get a state drivers license or a state ID. And in most cases, you will need a driver's license or a state ID when you apply for:

Social Security Numbers

If you need to obtain and/or confirm your Social Security Number, you are encouraged to contact Social Security Administration at: **1-800-772-1213**. This information will not be provided by Institution Staff.

Visiting www.socialsecurity.gov
Or toll-free at 1-800-772-1213
TTY number, 1-800-325-0778.

When to apply for your Social Security Card

This is an automated process and you will receive an AIC communication form to fill out within six months of your projected release date. If you do not receive it with the six months to your projected release date, send a communication to Records to request the application.

Birth Certificate

Write to Records and ask for a Certified Copy Birth Certificate Request form.

Return the completed form to your institution Records office, and wait for a callout to sign your application forms. When your birth certificate arrives, it will be placed in your file. Records will notify you when your birth certificate has arrived.

You will receive your birth certificate, along with your other release documents, at the time of your release. The DOC can only obtain certified copies of birth certificates for American-born citizens and those born on a military base outside the United States.

Oregon Driver's License (ODL)

If you had an ODL when you were arrested and incarcerated, you may want to check the current status of your license before you are released. To get updated information on your ODL, write to the DMV at the address below.

Driver and Motor Vehicle Services
1905 Lana Ave NE,
Salem, Oregon 97314

DMV will send you the information, including what you will need to do before your ODL is reinstated. You may have to pay a reinstatement fee as well as a renewal or replacement fee.

Now Hiring

Call Center Work Assignments

The EOCL Call Center is now hiring for full-time positions as Call Center Agents. Applicants who wish to be considered should send a fully completed and signed work application to IWP.

Applications are kept on file for one year. If you have applied for the Call Center within the last year there is no need to reapply.

Requirements:

- ♦ Six months clear conduct.
- ♦ Gate pass eligible
- ♦ No ID Theft conviction
- ♦ No misconduct involving unauthorized use of information systems and/or fraud.

Grievance Rule Amendment

For Your Information

N. Sabotta,
Grievance Coordinator

The grievance rule (291-109) was amended on February 1, 2021, to include:

291-109-0225 (7) *The Assistant Director (or the Assistant Director's designee) who is responsible for providing a response in a final appeal under OAR 291-109-0235, may with the approval of the Inspector General or designee, discontinue further processing of the grievance after the Department's initial review and response to the grievance, or after the Department's review and response to the initial appeal. In such a case, the Department will include in its response to the AIC's initial grievance or initial appeal that the Department's response is final, and that no further response or appeal will be provided.*

When this amendment is utilized by the department, your accepted initial grievance or initial grievance appeal will be thoroughly reviewed and responded to by Administrative staff at the same level as a final grievance appeal that was not subject to this amendment. However, the response will also include the following closing language:

The Assistant Director/designee has determined that under 291-109-0225 (7), this response is final, and no further response or appeal will be provided.

Any complaint responded to with this rule language is not subject to further review by the Department, and no further appeals will be accepted (appeals will be returned), as this will conclude the administrative review process for the matter being grieved. Please note that this amendment will not be used for any complaints/appeals received by the Facility Grievance Coordinator prior to the adoption date of amendment.

This change will allow the department to expedite complaint responses in which it has been determined that the answer or response will not change from the last response provided by DOC, allowing DOC to focus resources on reviewing and resolving other active complaints for AICs. Examples are varied; however, this provision can be utilized for any complaint reviewed by DOC through the grievance review system, only when approved by the Inspector General.

Canteen Items

New Items Added

Provided by Commissary

Commissary now has:

Fiber Tablets, 90 count	\$6.42.
Zinc 50 mg. 100 count	\$3.85.
A4 Compression Shorts	\$13.90 - \$16.80



Compression Shorts will be for level 2 and 3, they will also be exempt from the spending limit. They are moisture wicking, also designed to keep muscles in place and aid in recovery.

Updates:

Commissaries statewide continue to see product orders shorted or items not being shipped at all with numerous production delays from manufacturers. As manufacturing plants slowly re-open for processing, vendors are systematically supplying products to hospitals, schools then to large facilities. Vendors have their orders placed in anticipation that the supply chain will once again return to normal.

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

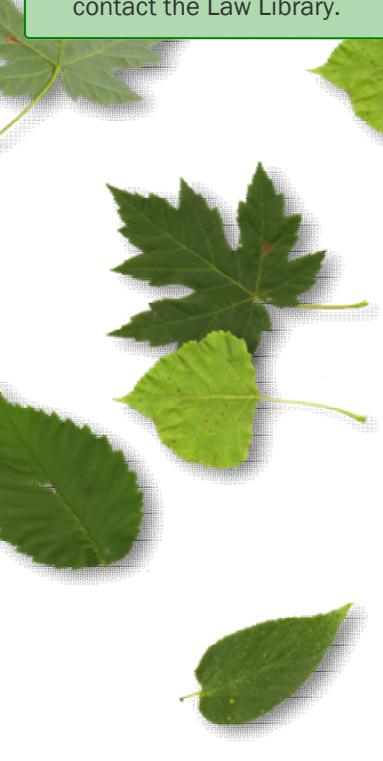
Sus amigos o familiares pueden hacer un reporte llamando a la linea del Inspector General al 877-678-4222.

Rule Changes

For Your Information

Article Note

For more information contact the Law Library.



Below is the list of status changes made to DOC administrative rules since 01/01/21.

PROPOSED RULES:**291-097 Prison Term Modification**

Amends the rules to align with updated statutory language and references.

Provide comments by: April 02, 2021

291-100 Sentence Computation

The Department of Corrections is required to compute sentences for offenders. These rule amendments are needed to clarify what information the Department needs in a judgment in order to fully compute the sentences imposed in that judgment. In addition, these rule amendments clarify how the Department interprets judgments that impose consecutive sentences with ambiguous language that may result in an overall term of incarceration that may be different (or longer) than the parties

From the Administrative Rules Program

and the court intended.

Provide comments by: April 02, 2021

PERMANENT RULES**291-109-0025 Grievance Review System (AIC)**

Amends the rules to establish procedures to allow the department to close the grievance process early under certain circumstances.

Effective: 02/01/21

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 in the AIC law library.

Bulletin Board at a Glance

Page 19

1-800 Phone Numbers:

AICs can access certain 1-800 phone numbers from any regular housing unit or yard phone. Recently the Social Security toll-free number 1-800-772-1213 has been made available. Additionally, the Veterans Benefits toll-free number 1-800-827-1000 is also available.

Other 1-800 numbers that are available:

800-273-8255

National Suicide Hotline for Veterans

800-827-0648

Veteran Debt Management

800-830-5084

IRS

800-919-9835

IRS

800-939-4170

IDX, Identity Theft Services

EIP Payments #2 Notice:

The Internal Revenue Service (IRS) recently sent a letter to some Adults in Custody (AICs) regarding EIP#2 payments. If you receive a letter from the IRS indicating that you have received a debit card that has not been activated, please note that debit cards were returned to the IRS based on the guidance received from the IRS.

AICs who have had an IRS-issued debit card returned received a notice from Financial Services.

AICs eligible to receive the EIP#2 may apply by submitting a 2020 1040 IRS form and claiming the Recovery Rebate Credit (forms and instructions may be requested through Business Services).

Frequently Asked Questions (FAQs) have been provided and can be accessed on kiosks under the communications tab. Financial Services cannot provide tax advice. Please address tax questions to the IRS.

Protected Funds:

If you do NOT have any money in the protected fund, it will not display on the tablet. If you receive protected funds, the account will automatically be set up for you and you will see the balance displayed on the tablet.

Once logged onto the tablet, go to the Account Info icon.

Click on the three horizontal lines to the left of the Kiosk Transactions title. Select Purchase Credits.

Once in Purchase Credits the Funding Account drop down will show your current balances. Just tap to change which Fund you want to see - General or Protected.

New Directions:

Per Ms. Douglas, BMCC New Directions Education Liaison, classes will not be returning for the Spring Term.

Even though some Education classes have returned to EOCl, the Department of Corrections and BMCC have not yet cleared the start-up of college classes. **Therefore, there will be no Spring Term 2021 classes for NDEP.**

Classes may potentially begin in the Summer Term. Students in the NDEP program will be notified either way.

Some Religious Activities Return:

EOCl's Jumah Group is returning on the 1st and 3rd Friday of the month in the D3 Chapel. This may mark the beginning of other religious activities returning.

EOCl Tier 2 Update:

EOCl will be tier two for the next 14 days, pending no new positive cases. There are no changes to current operations due to the recent COVID positive case(s).

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.

The Echo

Eastern Oregon Correctional Institution Newsletter

The Echo publishes on the 15th of every month, or closest possible work day. If you were unable to obtain a copy of this month's newsletter, you may send a communication form to IWP and request one.

Dear Reader:

At the behest of Mr. Peters, IWP Coordinator and supervisor for *The Echo* staff members, we will be publishing a page of Dad jokes in June's newsletter in recognition of Father's Day. If you have Dad jokes you would like to submit, please send them to IWP via communication form.

Let it be clearly stated that this advertisement is written under duress and direct protest from its author and all *Echo* staff members. Much like in life, these Dad jokes are being forced upon us. We sympathize with you Dear Reader for what you will bear witness to this June. It is our sincere hope that you will remember fondly all the good, quality articles we've published over the years and that you will not allow this one-off blemish to tarnish your opinion of us. Our apologies in advance.

The Echo - Volume III, Issue III - March, 2021

Produced at IWP

Mr. Peters IWP Coordinator

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Ms. Guevara RD, LD ODOC Dietician

Ms. Sabotta Grievance Coordinator

Ms. Douglas New Directions Coordinator

NOAA and www.dw.com

[Wikipedia.org](https://en.wikipedia.org)

Oregon Careers magazine 2020

How to Self Publish Your Book, by Jan Yager

Centers for Disease Control (CDC)

Journal of the American Optometric Association

Important Dates and Events

Daylight Savings Time Mar 14th

St. Patrick's Day Mar 17th

Spring Begins Mar 20th

Full Moon Mar 28th

April Fool's Day April 1st

Enhanced Meal April 1st

Easter April 4th

Earth Day April 22nd

Full Moon April 26th

Mother's Day May 9th

Armed Forces Day May 15th

Tax Day May 15th

Full Moon May 26th

Memorial Day May 31st

PRAS Posting Dates

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.