

Points of Interest:

- Fundraiser Approved
- Religious Services Re-opens
- Videograms Return

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The Echo

Eastern Oregon Correctional Institution Newsletter

SPECIAL
EDITION!

Fundraiser Approved

Enrichment Club Gets Fundraiser Approved!



The Enrichment Club has proposed two fundraisers to date. The first fundraiser is for a Nintendo Switch Lite and the second fundraiser is for a basket of Chinese food from Safeway. Today we can provide good news - The Nintendo Switch Lite fundraiser has received complete approval and the Safeway fundraiser is in the final stage of the approval process.

The Nintendo Switch Lite has received approval statewide. There are still a few logistical requirements that need to be accomplished first, but we are hopeful we can begin selling this item shortly. This will be for Incentive Level 3 only.

Upon approval, we anticipate the Safeway Chinese food basket will be set for sometime in July. The cost will be around \$16 and the basket will include one serving of Orange Chicken, one serving of General Tso's Chicken, Fried Rice, and an Egg Roll. The basket weighs about 2 lbs.

When we have firm dates for both fundraiser items, and additional information, we will issue a housing unit flyer and order forms.

The Enrichment Club selected these two fundraisers based off of likelihood of approval and interest level. Obviously, any video game system will be popular and the club felt Chinese food was a unique food item that AICs do not normally have access to.

We have received many suggestions for fundraiser items and charities. Remember, you don't have to be a club member to suggest a fundraiser! The Enrichment Club will receive any suggestion submitted. Simply send a communication form to Correctional Rehabilitation with your idea for fundraiser items, events, or charitable causes.

(More information on the next page...)

A Letter From the Enrichment Club President



Phillip Luna,
Enrichment Club President

Important Note

This item has statewide approval and will likely be sold at many other facilities in Oregon. This means that as AICs transfer from one facility to another, there is the likelihood that they will still be able to purchase NS Lite games.

Important Note

Please do not send kynes requesting more information. This is all that is available. Additionally, please do not have family or friends contact the institution with questions or concerns. **There is no additional information at this time.**



The Nintendo Switch Lite (NS Lite) is the first legitimate video game that is going to be sold at EOCl. I can't give you firm information on pricing or the process yet as some details are still being worked out. However, I was told that I can provide some information but not to go over the top...so...

What I will say is that the Nintendo Switch Lite was approved not just at EOCl, but statewide, at every ODOC facility. For the first time, EOCl is leading the way in a new video game system.

These devices will be modified and WiFi components removed. This is a necessary step. The vendor can only produce a limited number each month, so depending on how many orders we get we may have to break this fundraiser up over several months. More information will be provided later.

After this fundraiser the hope is that you will be able to purchase video games in the same manner as you purchase a book. It must come from a legitimate vendor (Amazon, Gamestop, Nintendo Store, etc...). Our goal is to have every game with an ESRB rating of Teen and below approved, however, we may have to provide a list of games to be evaluated individually. Games rated Mature will be denied in either scenario. This will be evaluated more in the future, on a game by game basis. **Please do not send kynes regarding this subject.** The Enrichment Club is already working on this process and we will update you when we can via the Echo.

We hope you all enjoy the fundraisers we have set up. I want to thank the Enrichment Club Executive Council for jumping on board with these and giving it the extra push it needed: Bobby Derrick, Matt Duval, Bryan Armas, and Will Cote - you guys are killing it. Also I should thank Mr. Peters, the IWP Coordinator, for letting me work on club stuff, video game proposals, and other nonsense for the past couple years when I should have been doing actual work. But mostly, we should all thank Mr. Miles, EOCl's Public Information Officer. We would not have this without Mr. Miles. Period.

I know it is really easy sometimes as an AIC to feel disenfranchised. It's easy to feel like every staff member is here just to ruin your day, but it's really not the case. I can tell you that Mr. Miles has been advocating for video games at EOCl for years - literally, years. He has probably proposed every type of console and been told "no" dozens of times, until finally getting the approval for the NS Lite. For me, the worst part is if I had not written this article, none of you would have ever known how much this staff member actually did to get this approved.

Thanks Mr. Miles for advocating for us and for making the Enrichment Club look pretty darn cool. I'll forgive you for not responding to my kynes when you were my counselor!

Please do not send kynes requesting more information. **This is all that is available.** I would encourage everyone to consider that time a staff member spends answering kynes is time they do not spend working on this fundraiser.



Nintendo Switch Lite

Available Details

Nintendo Switch Lite

Includes: Hand-held console only
Battery Life: Approx. 2.5 to 6.5 hours
Charging Time: Approximately 3 hours
Memory: 32 GB Internal Storage
Size: Approximately 4 inches in width and 9.4 inches in length.
Weight: Approximately .66 lbs



Written by Phillip Luna

Fundraiser Date: TBD. Fundraiser will be reoccurring periodically so that new Incentive Level 3 AICs have the opportunity to participate.

Price: TBD. We are currently working with the vendor to get the best available price. It will be expensive.

Arrival Date: TBD. Consoles will arrive in batches and we will likely have to run multiple fundraisers to meet demands.

Game Options: The intention is for the fundraiser to include the console and one game. After the fundraiser, the goal is that additional games can be purchased through any legitimate vendor. The club is also planning to start a rental program in the future.

Compatibility: The Nintendo Switch is the big brother of the Nintendo Switch Lite. Most of the games are compatible with either, but there are a few out there that only work for the Nintendo Switch. Please check before you purchase.



Article Note

Please do not send communication forms regarding video games to any staff member. More information will be provided in the next few weeks. The information provided here is all the information that is available.

Pricing Note

This item will be expensive. Please consider that the cost will include the console, a pre-loaded game, the cost of a technician to remove the WiFi components, a one year warranty, tech support, and the cost of shipping. It's also a fundraiser.

If you are interested in this fundraiser, and you received a stimulus check, the club would like to encourage you to save your money rather than spending it on canteen.

Article Note

Institution Channel Game Reviews:

Airing periodically on Channel 53 (starting 4/17) are Nintendo Switch Lite game reviews.

Important Note

If you have questions or concerns please contact the Chaplain's office via communication form.

Important Note

As Religious Services returns, you can sign up by using the Add/Drop form available on your housing unit.



Reopening Religious Service

EOCI Gets Religious Services Pilot Program

Provided by AOC



EOCI has been selected as the pilot program for the reopening of Religious Services. This will begin the week of April 12th, 2021. Due to group limitations, if you were signed up for a Religious Service/activity, you may not see a call out for your group for several weeks.

If you were transferred from EOCI due to COVID you may need to submit an add/drop form to ensure you are on a call out.

Some precautionary changes have been established and they are listed below:

- All Religious Services/activities will be limited to a group of 10 AIC from either the East or West side of the institution.
- All Religious Services/activities will be by call out only, once a month for each small group. AICs may only attend their specifically assigned call out.
- All Religious Services/activities will be non-contact and social distancing will be enforced.
- Both AICs and volunteers must always wear appropriate face coverings and will be required to perform hand hygiene when entering the Religious Services areas.
- AICs in medical quarantine will not participate in call outs.

- Due to COVID 19 safety standards, the number of volunteers allowed will be limited to two.
- Volunteers will be symptom screened and temperature checked; volunteers who are sick or symptomatic will not be allowed to enter the institutions.
- Attendance will be taken to allow for contact tracing.
- Movement within the Religious Services areas during the Service will be restricted.
- AICs may bring a guitar to play at the area they are sitting; there will be no group music or Chapel guitars used.
- The volunteer will determine if one person per service can play the piano. That AIC must remain at the piano the entire time.
- Furniture may not be moved in the Religious Services areas.

For now it seems like things will be very limited as we find our new normal, but be assured that volunteers are very excited about coming in again, no matter what size groups they get to meet with or what restriction are in place.

If you have questions or concerns please contact the Chaplain's office via communication form.



Get a Head Start on Visiting!

Pilot Program Starting at OSP



If visiting opened next week would your friends and family still be on your visiting list? Anyone who hasn't visited you in over a year may be dropped from your visiting list. With visiting being paused for the past year, that means a lot of people may have to re-apply. When visiting does return, there may be a large influx¹ of people adding visitors to their list which will overwhelm and slow down the process.

The good news is, you can add visitors today and get a head start for when visiting does return. Friends and family can visit the Oregon Department of Corrections (ODOC) website and fill out an application online. Alternatively, there are paper visiting applicant forms on your housing unit.

While visiting has not returned to EOCl yet, there is a pilot program at Oregon State Penitentiary (OSP) which started sign ups for visiting on March 29th of this year. Visiting began on April 11th. The goal of the pilot program is to work out any potential difficulties prior to reinstating visits at other locations across the state.

For the OSP pilot program there are many restrictions to the visiting process.

- All visits must be pre-scheduled.
- Each visitor is only allowed to schedule one visit at a time.
- Visits will be approximately one hour.

Written by Phillip Luna

Article Note

Get a head start and have your loved ones complete a visitor application today!

- All visits will be non-contact and social distancing will be enforced.
- Visitors will be symptom screened and temperature checked.
- Both AICs and visitors must always wear appropriate face coverings.
- Visitors will be assigned to stations to allow for contact tracing, and movement within the visiting room will be restricted.
- No food or drink will be allowed.
- No photo ops will be offered.
- No toys, games, cards, or magazines will be accessible.

When visiting does return to EOCl, it is very likely that many of the rules and guidelines used for the pilot program will be implemented. It is unclear how long this will take and timelines are subject to change. In the meantime, it is important to prepare your family and friends for what visiting may look like when it does return. Have your visitors review the visiting guidelines on the ODOC website. In addition, make sure that you communicate with your visitors, especially children, that visiting may be non-contact for the time being. This is going to be challenging for everyone and it is essential to communicate expectations early.

For all AICs - continue wearing a mask, washing your hands, and using social distancing whenever possible to limit the spread of COVID-19. Vaccines are also an important tool - contact Health Services if you have not received your vaccine and have questions or concerns.

Again, timelines for the return of in-person visits are subject to change. If cases of COVID-19 increase at your institution, visiting could be paused or postponed to limit the spread.

Article Vocabulary

1. *Influx* - To have a rapid increase or decrease.



Important Note

Videograms are \$15 and have a 6-8 week turnaround time.

Article Vocabulary

1. *Intermission* - A break in between.
2. *Expulsion* - Removal from; to exclude.



Videograms Return

Schedule your Videogram Today!

Provided by AOC

After a brief intermission¹ the videogram program is now returning at EOCl. Don't know what a videogram is? Keep reading!

What is a videogram?

A videogram is a DVD you can make and send to anyone on your visiting list. There are many options when it comes to videos, which include but are not limited to:

- **Make a cooking video**

Like to cook and want to share that with your family? A great option is to create a cooking video. Buy all the ingredients you need and we will film you making whatever dish you like. Some AICs also elect to buy a set of ingredients and mail it to their family so that they can make the dish with you.

- **Create a fitness video**

Got a kid, family member or friend you want to help get in shape? Create an instructional fitness video they can workout alongside with.

- **Make a bed time story video**

For little ones, we can film you reading various bedtime stories to the camera and turn this into a DVD. Each night your little boy or girl can select one of the stories and hear/see you reading this story aloud. This is a great way to engage with your little one in a way that video messaging may not allow.

- **Play/sing a song**

Want to show off your musical talent to that special someone? Bring down your instrument and play a song on camera.

- **Create a collage/montage video**

Videograms are great gifts for birthdays, holidays, and graduations. Creating a collage of old photos with a video message can make for a really meaningful gift.

And much more! Generally, we can work with any idea you come up with.

How does it work?

Send a communication form to IWP and we will send you a videogram order form. Fill out the form and have it stamped and verified by your unit officer before sending it in. Videograms are \$15 and have a 6-8 week turnaround time.

You will be scheduled for an initial interview and the videogram clerk will work with you on a timeline for filming.

Can I have background music or images?

Yes. We have hundreds of background images/videos and several thousand songs we can use. If you have your own background image or a song on your MP4 that you would like to use, we can do that also.

What are the rules for a videogram?

Generally, we try and limit the videos to about 20 minutes, so please keep that timeframe in mind.

We can only send the DVD to someone on your approved visiting list.

You are not allowed to upload this video to YouTube. Videos are for individual use only and they should not be uploaded to the internet in any way. Violations of this rule will result in permanent expulsion² from the videogram program.

Spring Cleaning

A Yearly Event

Written by Patrick Gazeley-Romney



Spring is rapidly approaching; March 19th marks the official start date for the seasonal change. Before we know it, the days will be getting longer, the trees will regain their flashy foliage, flowering plants will show their beautiful colors and each day the weather will become consistently warmer. The great awakening of our hemisphere's ecological processes brings with it an end to winter dormancy and a sense of inspiration. Across many different cultures, spring is heralded as a time of cleansing or renewal. Use this electrifying time of year to tie up loose ends and alleviate any lingering stress. An easy way to do this is through a quick round of spring cleaning!

Clutter can increase stress by distracting and overwhelming our senses with unnecessary stimuli. Piles of paper or work-related materials can signal that work is endless and that there is more to be done. Most Americans believe that home organization and cleanliness are among their top five stressors. Homemakers specifically have been shown to have chronic high levels of the stress hormone cortisol, if they perceive their homes to be cluttered.

De-cluttering and cleaning helps promote a strong and healthy immune system. Some scientists and environmental experts claim

that pollution inside a home - or in your case, a cell - can be worse than outdoor air pollution. Cluttered cells tend to gather more pollutants during the winter months. Dust, mildew, pet dander (for H-Unit AICs) and even small bugs can be major immune system triggers for people who suffer from allergies. The best way to reduce build up in these immune system disrupting particles is to regularly sweep, dust, wipe and mop all surfaces and crannies in your cell/bunk area. A 2014 study by the American College of Allergy, Asthma, and Immunity found that *"cleaning your living areas and de-cluttering can help you avoid allergy symptoms, reduce stress and boost your overall health".*

Think of your cell like your own private relaxation oasis and treat it as such. People who wash their sheets, make their beds and de-clutter their sleeping quarters on a regular basis are 19 percent more likely to sleep well. A poll conducted by the National Sleep Foundation shows that *"75 percent of poll participants slept better on sheets with a fresh scent"*. If you are someone that has trouble sleeping regularly, try cleaning more often, washing your sheets and blankets regularly and de-cluttering your cell before you wind down.

Cleaning up your environment and feeling more organized in your home space can lead to the cleaning up of many more aspects of life including, diet and nutrition, exercise routines, and sleep habits. Spring cleaning doesn't have to only be about your physical environment; switch up your work-out routine to give your tired body a break, take your yoga routine outside into the fresh spring air or replace one of your meals with a refreshing veggie tray to cultivate a healthier diet. Spring is a time of refreshment, so what better time to do things differently?



Article Note

Pell Grants for AICs have a potential start date of 2023.

Article Vocabulary

1. **Recidivism** - The likelihood of repeating, usually used in reference to criminal activity or destructive behavior.

Making Plans for Education

Planning for the Return of the Pell Grant

Written by Phillip Luna

Pell Grants are returning for AICs with a potential start date of 2023. After almost 20 years without Pell Grants or Student Financial Aid this will likely mean an influx in college correspondence course enrollment at EOIC - and with good reason. Numerous studies indicate that increasing one's level of education while incarcerated reduces the likelihood of recidivism¹.

In Oregon, statistics indicate the following in regards to education level:

Level of Education	Likelihood Unemployment	Avg. Hourly Pay
Four-Year Degree or Higher	2.3%	\$31.99
Two-Year Degree	3.4%	\$20.90
Some College, no Degree	4.0%	\$19.35
High School Diploma	4.6%	\$17.80
No High School Diploma	6.5%	\$13.00

For those who are considering college courses it can be challenging to know where to start. Here are a few important things to note:

New Directions Education Project:

There are still a few years before AICs become eligible for Pell Grants and in the interim it's not a bad idea to build up a few credits. For those who are not familiar, the New Directions Education Project (NDEP) is a college education program through Blue Mountain Community College (BMCC). Students in this program generally take three classes per year. Classes occur on weeknights from about 6:30pm to 9:00pm and are taught by BMCC professors. Funding is received through various donors and the students themselves only pay \$40 per class, which covers their portion of tuition and books. NDEP is an incredibly economi-

cal way to earn an Associate of the Arts Transfer Degree (a two-year degree).

Recently NDEP classes have been halted during COVID. However, Ms. Hightower, the Education and Training Administrator in Salem, stated, *"we are hoping to have this [NDEP] 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."*

Ms. Douglas, the New Directions Education Liaison, advised that, *"there will be no classes in the Spring term, but they may potentially return in the Summer."*

Corban University:

Corban University is a program at OSCI that offers four-year degrees. This is a private Christian University in Salem, Oregon, accredited by the Northwest Commission of Colleges and Universities. They offer Bachelor's degrees at no cost to students. Students can earn a Bachelor's in Science with emphasis on Psychology, Social Service, or Leadership.

Students who graduate from this program do not remain at OSCI, rather they will be sent to other institutions to serve as mentors to others.

Both NDEP and Corban University have limited space for students and are **not currently accepting applications**. This is due to the amount of time it takes to complete each program. For example, it may take 4-5 years for a student in NDEP to earn an Associate's Degree, which means that student will be taking up a spot in the program for that amount of time. Those interested in either program would be best served to apply as soon as there are openings.

(continued on next page...)



Making Plans for Education (...continued from previous page)

Correspondence Courses:

Most distance learning nowadays is done online, but there are a few colleges that still offer paper-based correspondence courses. The process for enrolling in a course has changed slightly. Information on the process for signing up for Correspondence Courses is available on your housing unit bulletin board.

While paper-based courses are limited, an option for online classes would significantly increase education opportunities. Ms. Hightower says, “*We are working diligently on ways that we can increase college classes as well as the use of technology and be ready when the Pell Grant comes back.*” When asked about the potential of a computer lab for proctoring online exams, she states, “*yes, this is part of the conversations around increasing college classes.*”

Correspondence College Highlight:



One of the better college correspondence course providers is Adams State University (ASU). This school is regionally accredited by the North Central Association of Colleges and Schools. They have a wide variety of courses, offer an abundance of certificates, associate's and bachelor's degrees, all of which are available entirely through correspondence education. Each course costs between \$500-600.

The best part of ASU is the amount of time they give you to complete a course. When you enroll and pay for a class, you'll receive all of the course work and textbooks associated with that class, and then you have

12 months to complete the work and schedule a proctored exam. Most college classes last for a single term, meaning you would have about three months to complete the course work and take your final assessment. This can be challenging while incarcerated, because if you find yourself in Disciplinary Segregation for any reason, even if only under investigation and your charges are later dropped, you may miss the deadline. If you miss an assessment deadline you will receive an incomplete for the class and you will not receive a refund. The 12 month window they provide allows for flexibility in the event of unforeseen circumstances.

ASU offers degrees in business, business administration, liberal arts, history, interdisciplinary studies, political science, English, psychology, and sociology.

Adams State University
208 Edgemont Boulevard
Alamosa, Colorado 81101

Education Expenses Tax Credits:

You may be able to claim an education credit with the IRS if you, your spouse, or a dependent you claim on your tax return was a student enrolled at or attending an eligible educational institution. If you paid out-of-pocket education expenses (fees, books, etc.) while incarcerated, you may be eligible for a tax credit from the IRS.

To apply for education credits, using IRS Form 8863, you may be required to file a tax return for the year you are requesting a credit—even though, as an inmate, you would not normally file a tax return, due to lack of income or low income.

To request IRS Form 1040A and instructions, as well as IRS Form 8863 and instructions, write to:

Internal Revenue Service
P.O. Box 7704
San Francisco, CA 94120-7704

Article Note

Adams State University is one of several schools that offer correspondence courses for incarcerated individuals. Check out next month's newsletter for another Correspondence College highlight.

Article Note

Rules and the process for Correspondence Courses has been posted on your housing unit bulletin board.

Important Note

ODOC cannot answer questions related to taxes. Contact the IRS directly with questions or concerns.





Recommendation

Dividend Reinvestment Plans

DRIP Central

Www.dripcentral.com

DRIP Investor

Www.dripinvestor.com

First Share

Www.firstshare.com

Moneypaper's Directinvesting

Www.directinvesting.com

Article Vocabulary

1. **Appreciate** - To increase in value or price.
2. **Shareholder** - Someone who owns shares of a stock.



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.



From Planning to Prosperity

Investment Strategies

Written by Phillip Luna

Dividend Reinvestment

A dividend-paying stock, sometimes called an income stock, takes on a dual role because not only does it appreciate¹ over time, but it provides a regular income.

The concept of a dividend is essentially this: some companies may choose to give their shareholders (someone who owns stock) a payment every quarter reflecting their profits. If the company does better than expected the dividend goes up, and vice versa. This is done to incentivize investors to buy into a company that is steady but not growing very quickly. For stocks that pay dividends, you would purchase not for the growth potential, but for income generated from the dividend.

Some companies do not offer dividends and instead choose to reinvest profits into itself. This is common with growing or new companies.

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.

It is important to understand that dividends are not guaranteed. They can go up or down, or in some extreme cases, the dividend can be suspended or even discontinued.

Why are dividends a good bet?

Conservative and/or novice investors like to see a slow-steady approach to growing their money. It's a good investment because generally stocks only pay dividends if they are doing well. A stock that has consistently paid out a dividend over the past decade offers some sense of security.

A Dividend Reinvestment Plan (DRP) is great for a novice or cautious investor. With a Dividend Reinvestment Plan the dividend you earn each quarter is reinvested into buy more shares

For example, say you own 20 shares of ABC Corp. at \$10 per share for a total value of \$200. ABC Corp.s' annual dividend is \$1, meaning you would receive \$0.25 per quarter, per share. Your 20 shares generate a \$5 dividend payout in the first quarter. This amount will purchase you 1/2 share of stock with the company and you now own 20.5 shares. In the next quarter your dividend could be higher because you now own more shares. This is called compounding.

Next quarter, should the dividend remain the same, your original 20 shares would generate a \$5 output again. The half share would generate another 12.5 cent dividend (half of \$0.25). The total dividend payout is \$5.125 and the new total number of shares in the account is 21.01.

As you can see the growth is exponential and with the added benefit that the stock may also go up in value over time.

Dividend Aristocrats

To qualify as a dividend aristocrat a stock must be on the S&P 500 and must have increased their dividend payment for at least the past 25 years. There are approximately 40-50 stocks that currently qualify, including Exxon Mobil (XOM), IBM (IBM), Johnson & Johnson (JNJ, and AT&T (T), to name a few. If you are interested in Dividend Reinvestment Plan, generally a stock that qualifies as a dividend aristocrat is a good place to start.

As always, every situation is different and you should consult a financial advisor before making investments. This article is for entertainment purposes only.

Artificial Sweeteners

What are Artificial Sweeteners?

Written by E. Guevara RD, LD
ODOC Dietician

What are artificial sweeteners?

Artificial sweeteners are manufactured products used instead of natural sweeteners in foods and drinks. Why replace natural sweeteners? Artificial sweeteners add very little calories, or sometimes no calories at all, to foods and drinks. This can be helpful for people who need to reduce the amount of sugars in their diet for medical reasons.

There are only 5 artificial sweeteners that have been approved by the FDA. These are better known by their brand names (in parentheses): Aspartame (NutraSweet or Equal), Sucratose (Splenda), D-Tagatose (Sugaree), Saccharin (Sweet 'N Low), and Acesulfame potassium (Sunett). The drink mix used on the ODOC menus contains aspartame.



How is aspartame regulated?

In the United States, artificial sweeteners such as aspartame are regulated by the Food and Drug Administration (FDA). These products must be tested for safety and approved by the FDA before they can be used. The FDA also sets an acceptable daily intake (ADI) for each sweetener, which is the maximum amount considered safe to consume each day during a person's lifetime.

The FDA has set the ADI for aspartame at 50 milligrams per kilogram (mg/kg) of body weight. This would be 3,750 milligrams per day for a typical adult weighing 75 kilograms (about 165 pounds), far more than most adults have daily. A 12 ounce can of

diet soda usually contains about 192 milligrams (mg) of aspartame and a single packet of the sweetener contains about 35mg. An adult weighing 165 pounds would have to drink more than 19 cans of diet soda a day or consume more than 107 packets of sweetener to go over the recommended level.

Does aspartame cause health problems?

Many studies have looked for health effects in lab animals fed aspartame, often in doses higher than 4,000 mg/kg per day over their lifetimes. These studies have not found any health problems that are consistently linked with aspartame.

Most studies in people have not found that aspartame use is linked to an increased risk of cancer.

In the largest study of this issue, researchers looked at cancer rates in more than 500,000 older adults. The study found that, compared to people who did not drink aspartame-containing beverages, those who did drink them did not have an increased risk of cancer.

Phenylketonuria (PKU) is a rare genetic disorder in which the body can't break down phenylalanine, an amino acid found in many foods. People with PKU need to follow a phenylalanine-restricted diet.

Because phenylalanine is a component of aspartame, it's important that people with PKU limit their intake of aspartame. That is why any product (including medicines) containing aspartame has the warning "Phenylketonurics: contains phenylalanine."

Aside from the effects in people with phenylketonuria, no health problems have been consistently linked to aspartame use. Research on artificial sweeteners, including aspartame, continues today.



Article Info

Here at *The Echo* we are looking for two or three AICs who are willing to write on the topic of fitness. Articles topics could include supplements, eating healthy, training and running, weight training, Crossfit, and just about anything else fitness related.

If you are interested, send a Communication Form to IWP to receive the article submission criteria.

Clear the lane!



Which Way to Run:

Why do athletes run around the track in a counter-clockwise direction? Studies suggest that approximately 90% of the world population is right side dominant, and it may have become a matter of preference of the majority to work with their natural tendency to curve to the left rather than against it. Further support for this theory can be seen that running events always run counter clockwise.

There is evidence that even in Roman times, chariot races ran counter-clockwise, and that charioteers and fighters would want to keep their dominant sword hand to the outside as they turned in case they needed to draw their sword - rarely does this happen in modern track races however!

Run Lanes:

As the weather warms and the masses flock to the track it can be difficult - and sometimes downright frustrating - trying to get your daily run in while weaving in and out of traffic. Here are some tips on track etiquette that everyone should abide by:

Look before you pass: If you are a walker passing a slower walker in front of you, take a second to look behind you and make sure you are not cutting off any runners.

Look before you cross: Crossing the track can be hazardous! It is difficult for someone who is running at full speed, or who is fatigued, to stop or change directions. Take a moment to check the track before crossing and avoid a collision with a runner.

Stay in your lane: The two inside lanes are for runners; the two outside lanes are for walkers. The etiquette for track arrangement is to be from slowest to fastest, with the slowest being on the outermost lane.

Track Etiquette

Yielding to Runners

Written by Phillip Luna

Lane four (outer most lane): This lane is for walkers and those doing lunges.

Lane three (second outer most lane): This lane is for walkers.

Lane two (second inner most lane): This lane is for joggers.

Lane one (the inner most lane): This lane is for sprinters and fast runners.

Gesticulators to lane four: If you are someone who talks with their hands, lane three is not for you. Nothing is more unpleasant than an inadvertent smack to the face as you sprint out your last straight away of a grueling mile. If you talk with your hands, then it is best to occupy the outermost lane.

Use and heed the word "track": If you are a runner, it is appropriate to yell out "track" if someone is walking in your lane - it is bad etiquette to run through people without giving notice. If you are walking in the run lane and you hear the word "track" move to the grass or the lane you are supposed to be in.

TRACK!



It's Easy Being Green

Exploiting Obsolescence

Written by Patrick Gazeley-Romney

In the 1940's the United States became a powerhouse in manufacturing due to the industrial production surge experienced during World War II. As the war ended, a new paradigm was needed in order to transition from a booming wartime economy while sustaining the growth of the previous decade. Retail analyst Victor LeBeaux observed, *"modern capitalism depends on things being consumed, burned up and discarded at an ever-accelerating rate."* LeBeaux suggested we *"convert the buying of goods into rituals, that we seek our spiritual satisfaction- our ego satisfaction- in consumption."* The country's economic progress should only be measured by continued growth. Even President Eisenhower's council of economic advisors chairman said that the American economies' ultimate purpose is not to provide education, healthcare, safe transportation or justice, but *"to produce more consumer goods."*

Most of the items we use everyday can be designed so that they do not need to be replaced frequently, but it is more profitable to corporations and raw material extractors that goods break down after only a few months or years of use, forcing consumers to buy more items. Industrial designers in the 1950s openly discussed how fast they could make something breakdown while at the same time leaving the consumer faithful enough in the product to buy a new one. Corporate leaders realized that the easiest way to capitalize on an economy of mass consumption was through the implementation of planned obsolescence¹ and perceived obsolescence².

Planned obsolescence occurs when products are intentionally designed to break down or become useless in a certain period, forcing people to buy new versions of that product. Think of the products you are forced to buy repeatedly as they break. Razors, toothbrushes, clothing, shoes, and electronics are good examples of products

designed for obsolescence or *"designed for the dump"*.

Perceived obsolescence occurs when people are convinced they need to buy something new when the version they already own has not yet outgrown its usefulness or broken down. A perfect example of this is through fashion and advertising. Through advertising, designers make you feel like the product you already own is out of style. In order to stay up to date you need to buy the most recent version.

Both perceived obsolescence and planned obsolescence present huge challenges for environmentalists because of their connection to pollution. Manufacturing plants pollute the water, air and soil with chemicals and solid waste in order to make the goods our economies rely on. In the US, 262.4 million tons of solid waste was produced in 2015 alone. The average person in the US throws away roughly 1642 pounds of solid waste each year.

If you are interested in doing your part to decrease pollution in the environment you can simply cut down on consumption by buying products of higher quality instead of single-use products.

Example of Obsolescence:

When you buy a Nintendo DS and in less than two years you have to buy a Nintendo Switch Lite because all of the latest games are only for the newest device - even though your Nintendo DS still works perfectly fine.



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. **Planned Obsolescence** - When an item is designed to wear out.
2. **Perceived Obsolescence** - Replacing an item before it wears out to keep up with trends/fashion.



Phillip Luna
Editor, *The Echo*

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

Recommendation

Writing the Breakout Novel: Inside Advice for Taking Your Fiction to the Next Level.

By Donald Maass

In this book, literary agent Donald Maass describes writing techniques that can help your book stand out from the rest.

Article Vocabulary

1. *Lilting* - A lively or cheerful manner of speaking.
2. *Judiciously* - To be done sensibly and with care.
3. *Pitch* - The frequency of sound; how low or high the sound is.
4. *Timbre* - The distinctive tonal quality of the sound
(Pronounced *tamber*).

Whether writing non-fiction or fiction, using dialogue markers are essential in bringing characters to life. What is a dialogue marker? It's a quick label that helps characterize how someone speaks. Everyone speaks differently to some degree and creating vivid and unique voices for your characters will go a long way in bringing them to life. Take the examples below:

- “*But I love you*,” he said in his hoarse voice.
- Her voice *lilting*¹, she protested, “*But I love you*.”
- His baritone voice broke as he murmured, “*But I love you*.”

Each character said the same line in a different voice, which creates a different context. This works when used judiciously².

Author Elizabeth Sims says, “*Describe the pitch³ and timbre⁴ of a person’s voice early on, shortly after we meet him or her. Then bring it up again, every now and then, to remind the reader of it, so the reader will supply that gravelly voice on their own as she reads.*”

You wouldn’t describe a character with a gravelly voice as always speaking “...in his hoarse voice”, only intermittently. Let the reader do some of the work. Human voices are varied and often just as important as the pitch and timbre of a voice is the verbal markers a person uses. A verbal marker is the words they use, or don’t use.

Contractions: Some characters, just like people, will use habitual contractions.

“*I’m gonna watch cause’ these guys’ll come back.*”

Not every character would use words like *guys’ll*, but the characters who do will probably use them often.

Writing on Purpose

Giving Your Characters Distinct Verbal Markers



Written by Phillip Luna

Elisions: Characters might elide sounds, meaning to eliminate, or even syllables,

“*Prob’ly gonna go fishin’ after work.*”

Interjections: An interjection is a common dialogue marker. These are usually abrupt and often convey emotion.

“*Well, I’ll be damned.*”

“*Oh, my word!*”

“*Dammit, Jim!*”

“*Oh, my ears and whiskers!*”

“*That kills me.*”

“*For Crissake!*”

“*No kidding, I really do.*”

The last three are habitual phrases of classic fictional character Holden Caulfield, from the *Catcher and The Rye*.

Dialect: Giving a character a dialect often carries verbal markers. A character from the South might never say yes or yeah, but instead always say Yes’m. Alternatively, a valley girl from California might always end a sentence like it’s a question, placing unnecessary inflection on the last word of a sentence.

There are many ways to use verbal markers. Even slang, idioms and profanity can function to create a vibrant character. A common practice among authors is to keep a notebook of language ticks and phrases people use. Having a good ear for language is a necessary skill for writing. Know someone who repeats the same phrase or word often? Write it down as a possible character trait.

In The Groove

Guitar Truss Rods Exposed

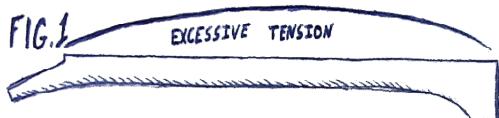
Written by Randall Fox

In last month's *In the Groove* article we learned about how the guitar morphed into the instrument we know and recognize today. The next few articles will discuss the overall setup and adjustment of the instrument, starting with adjusting the truss¹ rod.

First, a disclaimer - you shouldn't attempt any major adjustment to your instrument without first consulting a person who knows how to make this adjustment. You could turn that shiny new instrument into an unplayable prop in a matter of seconds. There is a fine line between not enough, just right, and too much and when setting up a guitar there is no one size fits all setup. Every player is different and ultimately it's up to you to decide what is best. And one of the most intimidating alterations to perform is adjusting the truss rod.

Nearly all guitars nowadays have this hidden rod running from the headstock, through the neck, and termination where the neck ends and the body begins. Some truss rods are adjustable from the headstock (common for electric guitars) and others are tweaked through the sound hole of acoustic guitars. Possibly, the truss rods power to intimidate is contained by the fact that it is a hidden component.

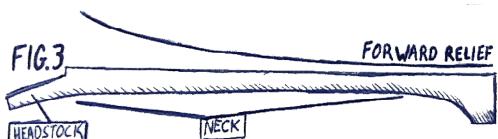
A guitars truss rod can either be a single component or two parts welded together. This rod is the most basic type of truss, performing the tasks of compression and tension from inside the neck. This is essential because this counters not only the tension applied to the strings, but also the internal tension of the wood from which the neck is constructed. The first thing to understand about how it behaves is that under tension it bows like an arch (FIG.1).



As you can see, the rod is not meant to move or adjust one section of a neck, but instead, to move the entire neck. If your neck is straight and true, it should be possible to achieve zero relief when strings are removed (FIG. 2).



Adding tension to the neck by bringing the strings to pitch will typically result in some forward relief, is indicated in (FIG. 3). If that



relief is greater than desired, it's time to make an adjustment. Applying tension to the truss rod by tightening counters the tension of the strings, retuning the neck relief back to zero or as close to zero as you prefer. Typically a luthiers² straight edge is required for an accurate setup. In a pinch a good alternative to this expensive tool are the instruments strings. By pressing down on the first and last fret at the same time on the outside string you can get a good reference for neck relief.

Neck relief is also commonly associated with action³. A guitars action is how much force it takes to play a given note on the fret board. Guitars with a fast action are generally easier to play but are more prone to fret buzz caused by a string vibrating against an un-played fret. Knowing how your guitar functions will help you achieve the best setup for you. By knowing what to say when talking with a luthier helps them understand what your desired outcome is expected to be. This not only will greatly improve your playing experience, but it can also lead to a higher level of confidence on your instrument.



Randall Fox,
Contributing Writer, *The Echo*

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

Article Vocabulary

1. **Truss:** A supporting strut or framework.
2. **Luthier:** A person who builds guitars and is knowledgeable on their setup and maintenance.
3. **Action:** How much force it takes to press the guitar string to the fret board.



Article Info

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.



Comic of the Month

Submitted by Randall Fox



Dad Jokes

Accepting Submissions for June Newsletter

Written by Phillip Luna

We will be publishing a page of *Dad Jokes* during the month of June to coincide with Father's Day. If you have a dad joke you would like to submit, send it on a communication form to IWP.

What is a Dad Joke? There are several key elements of a Dad Joke. First and foremost, they can't be funny. Second, they have to be clean. Third, well.... No that's about it.

Not sure if your joke qualifies? Find someone **over** forty and try it out! If your joke gets a chuckle, a knee slap, or a hee-haw it might be just what we are looking for! Can't find someone over forty? Try it on someone **under** forty. If your joke gets an eye-roll or a blank stare then you're on the right path!

Here at *The Echo* we would love to hear all of your dad jokes. We are very excited about this. No one is being forced to write this. Really. Promise.

Here are some sample jokes!

Where do philosophers go for lunch?

Kentucky Freud Chicken!

What did the fish say when he ran into the wall?

Dam!

Pearls of Wisdom

Perceptions

Written by Warren Doescher

Have you ever had someone say something because they had the wrong perception of you? Did it make you upset or make you frustrated? Of course it did. Getting the wrong perception can really ruin your day. Even I have been caught up in other people's misperceptions.

Here's some examples;

I step onto the weight pile.

Perception: Warren is going to the heaviest weight for reps of 20.

Reality: I only get 10 reps, then a 90 sec rest.

I write an article for The Echo:

Perception: Yet another award winning article from Warren this month.

Reality: The articles are good enough to be nominated, doesn't guarantee a win.

I come back from canteen:

Perception: Warren got Little Debbie's.

Reality: ...Okay, maybe not all perceptions are wrong.

Sometimes it's better to try to get ahead of an issue, try to slow it down, before it becomes too big. After a few things I've heard, I opted to write this article. The Enrichment Club has barely began and yet people are throwing around misperceptions. Here's a few I've heard.

Perception: It seems to be a club for honor housing AICs only.

Reality: Not true. A big majority of applicants were from honor housing when it posted. You can only choose from what you get. If so concerned, why didn't you apply? It was open to all level 3 AICs. You can't have diversity without applicants and only five applicants were from non-honor units.

Perception: The ideas will only be from people on honor housing.

Reality: Only if they are the only AICs submitting them. But will their ideas be so different from non-incentive units? Do non-incentive units not eat Chinese food or pizza? What is more likely is that when AICs from all units submit their ideas, a lot will be similar.

Perception: What I've heard they want to bring in is too expensive.

Reality: Then don't buy it. Seems simple enough. The club will try to focus on what people are wanting. Not every idea will be for everyone. There may be something down the road you want and others will not buy it. It's the same for food choices. Partake in what you like and let others enjoy what you don't.



Warren Doescher,
Contributing Writer, *The Echo*

Doescher is a regular contributing columnist, WFD Worker, and was the only non-honor housing applicant not to make it into the Enrichment Club.

Editor's Note

Out of every application to the Enrichment Club only five were from non-honor housing units. Of that five, four made it into the club.

Additionally, every single person who applied from the West side made it in the club. And, of all the applicants more than 50% were from H-unit.

Unless you've been under a rock or your bunk, you'd realize our past year (two years) has had very few opportunities for something new. The Enrichment Club wants to give us new options, while also maintaining the best interest of the institution.

Any money made from the fundraiser will be put to good use for charitable causes or used to get the next fundraiser going (but let's be honest, most of you don't care about the charity, just the cool stuff you get to buy). Now, if any of their members start wearing leather vests or riding segues I'm throwing a flag!

I hope my perception is correct in thinking the club is eager to get started and become an integral part of EOCl. Some ideas will go over well, while some, like a BBQ octopus and sweet relish ice cream may not. It sure beats the alternative of having to listen to people say, "how come we never get..." or "over at OSP they have..."



Article Note

Only the second stimulus check (\$600) was issued as protected funds. The first and third stimulus checks are not protected funds. This is due to the language in each of the Bills.

**What are protected funds?**

Protected funds are moneys that are protected from debt collection by state or federal law.

What are examples of protected funds?

Examples of protected funds include, but are not limited to:

- Veteran's disability benefits.
- Native American tribal government issued funds.
- Certain retirement programs.
- *The second Economic Impact Payment (the \$600 stimulus) issued by the Internal Revenue Service (IRS).*

Protected funds are received for AICs in the form of a check. The check that is considered protected must be from the original source.

In which trust account are protected funds deposited?

Protected funds received by Central Trust are deposited into the AIC's *Protected Moneys Reserve Spending Trust Account* in accordance with Oregon Administrative Rule (OAR) 291 Div. 158.

How do AICs spend protected funds?

Protected funds can be spent in the following ways:

Disbursement / Check Request

Use the Request for Withdrawal of Protected Reserve Funds (CD28P) form for protected funds.

Commissary Ordering

Sign under Please use my Protected Funds for this order on the commissary order form.

Provided by Financial Services

Communications Transfers

Choose the Protected Funds account when putting in a transfer request to your communications account on the tablet.

Can AICs choose to transfer funds from their protected account to other trust accounts?

Yes, however since AICs can spend directly from their Protected Moneys Reserve Spending Trust Account, there is no need to transfer to the General Spending Trust Account.

Trust account transfer requests can be submitted by AIC communication.

How do AICs access their Protected Funds balance?

Tablet: Account Info>

Kiosk Transactions> Purchase Credits>

Funding Account (drop down).

Request the balance via electronic AIC communication (through the tablet).

Trust account statement. Note: AICs may request a trust account statement in addition to the monthly trust account statement they receive by submitting a Trust Account Records Request (CD1803).

Oregon Department of Corrections
REQUEST FOR WITHDRAWAL OF PROTECTED RESERVE FUNDS

Facility:	Unit/Block #:	Date:
SIN #:	Adult in Custody name (print)	Date
Parolee:	Amount:	Pay to:
Pay to/ Send to:		
Address:		
(General) (Day) (Night) (Board) (Pay)		
<p>I understand that in signing this trust account withdrawal request, I have consented to the withdrawal of funds from my general and reserve trust accounts by the Oregon Department of Corrections in the amount stated on this request. I also understand and agree that my funds are not available in my general trust account at the time this withdrawal request is presented to the Department's Central Trust office (or redesignee) for processing. The Department has my consent to continue to withdraw funds that may in the future be deposited into my general spending account, without notice or hearing, until it has recovered funds sufficient to satisfy the amount stated on this withdrawal request. I understand that optional medical service requests will be returned AND if there are not sufficient funds in my account.</p>		
<input type="checkbox"/> If Requesting check, you must provide a pre-addressed, stamped envelope # Adult in Custody - Do not write below this line		
<input type="checkbox"/> Check Request <input type="checkbox"/> Withdrawal Request To the best of my knowledge, the above signature and info are correct Authorized Signature(s): _____		Balance: \$ _____ Date: _____ Initials: _____ 5599P IMP/2020

Canteen Notice

New Items

Provided by Commissary

Limited Offer

Commissary is proud to announce the one-time sale of the following shoes. Each shoe will be a while supplies last and only available on a limited basis. Place your orders by May 1st. Limit of two per AIC.

Available After May 1, 2021



New Balance 1540

Sizes Available: 7-12.5, 13, 14, 15
Gray, Black & White Shoe/ Gray, Black & White Sole
Item #82752-02

\$169.00

Available After June 1, 2021



New Balance 940

Sizes Available: 7-12.5, 13, 14, 15
Standard, 2E & 4E Widths Available
Gray & Black Shoe/ Gray, Black & White Sole
Item #82753-04

\$144.00

Shoe Update

The following shoe will not be available until September 2021.



Adidas Kaptir #8275404

A credit will be issued for any Adidas Kaptir's that have been processed.

Compression Shorts



The A4 black compression shorts are for incentive level 2 and 3 only. Cost ranges from \$13.90 to \$16.80, depending on size.

This item is exempt from the spending limit.

Reminders

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

Update

Commissaries statewide continue to see product order 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.

Article Note

This information is accurate as of April 12th, 2021.



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 9 to leave a message

All PREA Calls are confidential.

Send a letter to the Governor:

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

The Oregon Department of Corrections has a zero tolerance policy for sexual abuse and harassment. Your family can report on your behalf by contacting the Inspector General's public hotline at: (877) 678-4222.

El Abuso sexual y el acoso sexual nunca son aceptables. Avisele a alguien. CONSIGA AYUDA.

Llame al Inspector General:

1. Al numero de ayuda:

2. Levante el teléfono

Todas las llamadas a 'PREA' son gratis y confidenciales.

También puede reportar a la oficina del Gobernador por escrito.

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

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

Vaccine Update

Johnson & Johnson Vaccine Paused

Provided by ODOC

As of 4/13/21 the CDC and FDA are recommending that the United States pause the use of Johnson & Johnson's (J&J) Covid-19 vaccine because of six reported cases of a "rare and severe" type of blood clot. Based on this new information, **the Oregon Department of Corrections will be pausing J&J vaccinations until further notice.**

This is a developing story and we will update you as we learn more.

Background

The six reported cases were among more than 6.8 million doses of the J&J vaccine administered in the US. The pause gives the CDC time to carefully review these cases and decide if they represent a significant risk to Americans. Until that process is complete, they are recommending a pause in the use of the J&J vaccine out of an abundance of caution.

This pause does *not* automatically mean the J&J vaccine is dangerous or unsafe in general. The European AstraZeneca COVID-

19 vaccine, which is an adenovirus vector vaccine like the J&J shot, was similarly found to have a side effect of blood clots in very rare cases. After careful review, the regulators said the benefits of the shot were still worth the risk.

If you received the J&J vaccine...

While these blood clots appear to be extremely rare, it is normal to worry. If you notice any of the following within three weeks after receiving your J&J vaccination, contact Health Services so your symptoms can be addressed:

- Severe headache
- Abdominal pain
- Leg pain
- Shortness of breath

The Oregon Department of Corrections also reports adverse events following receipt of any COVID-19 vaccine to the Vaccine Adverse Events Reporting System.



Bulletin Board at a Glance

Page 21



Yard Changes:

You will now be allowed to play basketball, soccer, corn hole, horseshoes and hacky sack. At this time softball will not be allowed because the mandatory required cleaning of the gloves would cause extensive wear to the equipment.

Important Notice - Face Sheet Change:

A minor change has been made to the appearance of your face sheet. Effective March 15, 2021, the face sheet will now mask both the AIC descriptors (birth date, sex/race, hair/eyes, and height/weight) and the offense(s). The offenses on both detainers and other charges are also masked. This has been done to help ensure sensitive information remains confidential. It will also increase the availability of your face sheet and help to maintain equity in how AIC's receive information.

Social Security Numbers:

Recently the Department has seen a significant increase in AIC requests for their Social Security numbers.

To assist AICs with obtaining this information, ODOC has made the decision to have support staff meet with AICs requesting this information and share their verified social security number from the DOC 400. Per DOJ, these requests must be treated confi-

dentially, with meetings held in an area where other AICs cannot overhear. Social Security numbers **cannot** be sent to AICs in communication responses.

If you need your Social Security Number, please send a communication to **OS2 Support Services** and you will be scheduled for a call-out. **Do not contact OS2 Support Services for issues other than Social Security numbers.** All other processes will continue as normal. You must bring pencil/pen and paper to the call out to write down the SSN.

Third Stimulus Payment:

The Internal Revenue Service (IRS) has begun issuing the third round of Economic Impact Payment (EIP) funds. The official name for the third round of EIP funds is the **American Rescue Plan Act of 2021 (ARPA)**.

These ARPA funds are not considered 'protected moneys' as defined in Oregon Administrative Rule (OAR) 291 Div. 158. Therefore, ARPA funds received by Central Trust will be considered an eligible deposit subject to debt and obligation collection.

2020 Recovery Rebate Credit (RRC)

If you have not received the first and/or second EIP, you can file for the 2020 RRC using tax form 1040 and claim the RCC credit (line 30). The tax form and RRC worksheet are available on the housing units. If more are needed, please contact your institutions business office.

Per the IRS, funds sent for the 2020 RRC are provided as a tax refund. Tax refunds are considered an eligible deposit, subject to debt and obligation collection.

IRS Tax Filing Deadline Extension

The IRS has extended the 2020 tax filing deadline to May 17th, 2021.

As a reminder, DOC Financial Services is not authorized to provide tax advice or status updates.

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 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.



The Echo - Volume III, Issue IV - April, 2021

Produced at IWP

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Sources:

Www.healthystuff.org

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US EPA Municipal waste

American Cancer Society

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National Cancer Institute. Artificial sweeteners and cancer. www.cancer.gov

NOAA and www.dw.com

Wikipedia.org

Oregon Careers magazine 2020

How to Self Publish Your Book, by Jan Yager

Important Dates and Events

April Fool's Day April 1st

Easter April 4th

Earth Day April 22nd

Full Moon April 26th

Enhanced Meal April 29th

No More Free PRAS May 1st

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

May 6th

June 10th

July 8th

August 5th

September 9th

October 7th

November 4th

December 9th

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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

