



The ECHO

Volume IV, Issue VII

July, 2022

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We delve into food servings and portion sizes with ODOC dietician Elena Guevara in our monthly Q&A.

The Echo Team

Mr. Peters IWP Coordinator, *The Echo* Supervisor

Phillip Luna, Editor

Luna is the editor of *The Echo*, a contributing writer for the Coffee Creek Newsletter, a Certified *Roots of Success* Facilitator, and a mentor for the Clerk Internship Program. In his spare time he is the current President of the Enrichment Club.

Patrick Gazeley-Romney Staff Writer

Gazeley is a Staff Writer for *The Echo* and a certified facilitator for the Gardening, Roots of Success, Mindfulness and Beekeeping programs. Gazeley is also the Secretary for the Enrichment Club.

Brett Lloyd Staff Writer

Lloyd is a Staff Writer for *The Echo* and in training to be a facilitator for the Gardening, Roots of Success, and Beekeeping programs.

Juan Sanchez Proofreader

A veteran of the US Marine Corps, Sanchez served as a tanker on M1A1 battle tanks. He is the proofreader for *The Echo* and also runs the EOCL Institution Channel (channel 53).

Christian Reyes Contributing Columnist

Reyes is a Clerk for Food Services. He has contributed multiple articles to the newsletter and is currently pursuing a Bachelor's in Business Administration.

Matt Rauch Contributing Columnist

Rauch is a contributing columnist, an avid sports enthusiast, and a multi clerk.

Kalliq Mansor Contributing Columnist

Mansor is a new contributing columnist and a Music Instructor at Multi.

Matt Ropp Contributing Columnist

Ropp is a new contributing columnist and a Music Instructor at Multi.

Scott Steffler Contributing Columnist

Steffler is a Legal Library Clerk, a Beekeeping Facilitator, and an occasional contributing columnist/source for *The Echo*.

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The Enrichment Club raises money for a heart transplant, PRAS Awards increase for a select few, and 13 GED students graduate.

Important Notices

What You Need to Know!

Are you a military veteran?

Have questions regarding resources available to you through veterans' services?

Pat McGuffin, OVDA Incarcerated Veterans Coordinator will be at EOCL in August. If you have served in the military and are interested in attending a meeting to answer general questions regarding veteran benefits you can sign up by sending a communication to: S. Robson, Transition Coordinator.

Change to the ADA Process

There has been a change to the current Americans with Disabilities (ADA) process for *Adults in Custody* at EOCL. For the last 7 years Ms. Garton has coordinated the ADA process for EOCL to ensure compliance with the laws and policy/rules under ADA. Effective July 1, 2022, this position will now be moving back to the Supervising Executive Assistant position, which is held by Mr. Scarr. Please address communications and requests to Mr. Scarr effective July 1, 2022.



12 Help Wanted

Legal Assistant, Chapel Library Clerk, and several OCE positions at other facilities are available.

26 Recreation

Video game review - AICs Mansor and Ropp provide an in-depth look at the KORGE Gadget.

No More Horseshoes

The horseshoe pits on the east and west yards are being replaced with corn hole boards. Each yard will have 4 available locations for corn hole. Work should begin in late July/August.

Court Ordered Financial Obligations

As a part of [ORS 423.105](#), The Department of Justice (DOJ) portion of Court Ordered Financial Obligations (COFOs) has been scheduled to begin collecting on **June 1, 2022**. Previously, all collected COFOs were owned by the Oregon Judicial Department and were considered level 1 obligations. DOJ COFOs are defined as level 2 and level 3 obligations in ORS 423.105.

Level 1 obligations are compensatory fines imposed pursuant to [ORS 137.101](#) (Compensatory fine), awards of restitution defined in [ORS 137.103](#) (Definitions for [ORS 137.101](#) to [137.109](#)) and fines, fees, or court-appointed attorney fees imposed in a criminal action.

Level 2 obligations are civil judgments that include a money award in which the Department of Justice is a judgment creditor.

Level 3 obligations are child support obligations.

Oops!

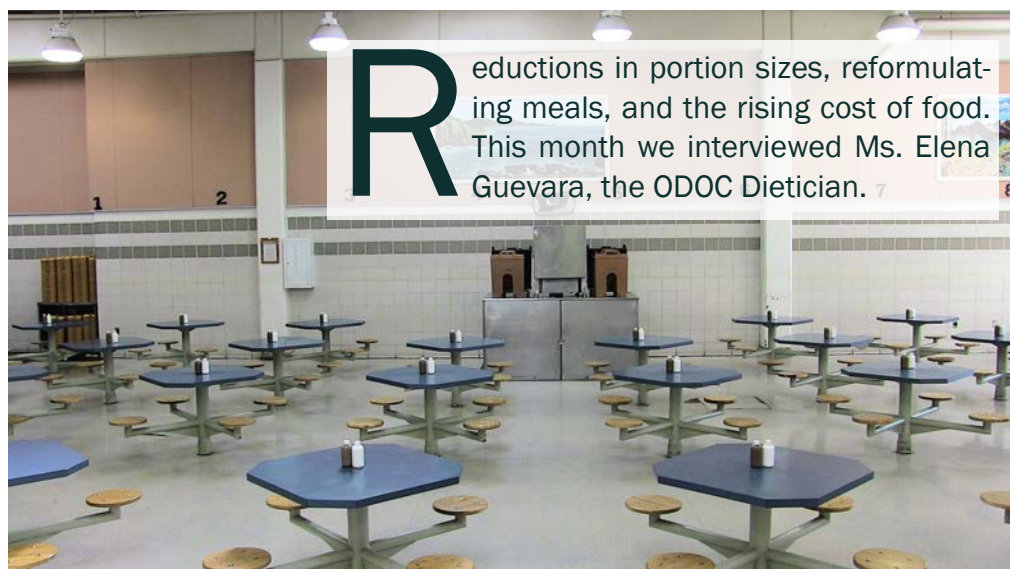
Last month *The Echo* featured an article called *Greening Your Facility*. This article discussed Roots of Success students and Class Facilitators pitching environmentally responsible ideas and changes that could be made around the facility. The group presented to the EOCI Green Team, a collections of various Staff Members.

Several presenters were mentioned, however, recent Roots of Success Graduate Jason Garcia was not mentioned. Garcia presented with AICs Gulacy and Gazeley-Romney on the topic of low-flow shower heads. We made a mistake! Sorry Garcia!



Monthly Q & A

With ODOC Dietician Elena Guevara



The Echo: As the ODOC Dietician what is your role and how does that affect the food an AIC eats on a daily basis?

EG: My role is to write the standardized menus for all institutions, to verify that the menus meet the nutrient requirements of adults in custody (AICs), and to plan menus that meet our budget requirements.

The Echo: Across the country, the cost of food and goods has risen significantly since the start of COVID. Did ODOC have to increase the allotted food budget as a result?

EG: ODOC has not received any food budget increase at this time.

The Echo: At times, it does appear meals are carbohydrate heavy. What is the goal for ratio of protein to carbohydrates and fats?

EG: The National Academies of Science had determined the ideal range of macronutrients for general healthy diets to be the following:

- Protein – 10-25% of total calories
- Fat – 20-35% of total calories
- Carbohydrates – 45-65% of total calories

The standardized menus for the institutions are within the recommended range for all macronutrients.

The Echo: Are considerations made for the type of work assignments an AIC has available to them? Most work assignments inside a Correctional Facility are labor intensive – grounds crew, electricians, plumbers, maintenance, etc... Someone who is sedentary would require fewer calories in a day.

EG: The types of work assignments listed as examples (grounds crew, electricians, plumbers, maintenance) provide adults with moderate daily activity. Calorie goals for the ODOC menu are based on moderate activity, not sedentary. Adults in correctional settings do not typically meet the criteria for high activity because of the amount of time spent confined, even with regular daily jobs like maintenance, etc. Exceptions in the correctional setting would be jobs such as reforestation and firefighting.

The Echo: Over the past five years the sizes of meals have reduced. In addition to a reduction of fruits and vegetables, bread portions have been cut in half, and protein serving scoops have decreased in size. What is the driving factor behind these reductions? Do you plan to continue reducing the portion sizes at meals?

EG: The calories provided from the mainline menu meet or exceed the calorie requirements of the average adult in our custody. From 2015-2020, Food Service Administration worked with the Oregon Health Authority and the Centers for Disease Control to reduce the amount of sodium served in the institution menus. During that time, some recipes were re-formulated and some portion sizes were reduced in order to bring the sodium level down. In the last 2 years, I have eliminated or reduced the servings of breads on a few meals with excessive calories,

mostly at the request of AICs who were asking for less carbohydrates. Even with those changes, the average daily calories provided still meet or exceed the requirements for adults.

The Echo: Are you stating that meal sizes were reduced, specifically servings of bread, at the request of AICs?

EG: I must stress that there have been very few meals where portions have been reduced. The majority the sodium reduction in the menus from the grant project was done by reducing the amount of salt in recipes and purchasing some lower sodium food products, not necessarily by reducing portions. I have reviewed menus from 2018 to the current menu and almost all of the food items were listed in the same portion sizes on the menus back then as they are today. There have been no changes in fruit and vegetable portions according to the menus. And again, even with a few changes to a few components of a few meals, the average daily calories provided still meet or

exceed the requirements for adults.

The Echo: Working with OHA and the CDC to reduce sodium levels in meals seems important, but most AICs may only understand that they are receiving less food with each meal. AICs utilize commissary to supplement their meals and the most commonly purchased items (besides coffee) are refried beans and Ramen soup, both of which have high levels of sodium. Wouldn't it be more effective to provide education along with a reduction in sodium?

EG: If the AICs are asking for general education about reducing sodium intake, I know that the previous dietitian has written about that subject before in a few newsletter articles. That topic can always be explored again in future articles.

The Echo: For AICs I think portion sizes are the concern, but limited sodium is important for overall health.

Thank you for taking the time to answer these questions Ms. Guevara.

Food Reductions Since 2015:

- 1) Fruit servings have been reduced from **daily** to **four times per week**.
- 2) Hot vegetable servings have been reduced from **unlimited** to **one scoop**.
- 3) Servings of potatoes at breakfast have been reduced from **two scoops** to **one scoop**.
- 4) Servings of bread/toast for all applicable meals have been reduced from **four slices** to **two slices**.
- 5) Monday's breakfast has been reduced from **four pancakes** to **three pancakes**.
- 6) Servings for the *Eggo* waffles breakfast have been reduced from **three** to **two**.
- 7) Servings of jelly/jam with toast have been reduced from **daily** to **only on Sunday**.
- 8) Desserts have been reduced from **daily** to **four times per week**.
- 9) And portion/scoop sizes for most protein items have been reduced slightly.

Food Survey Results

Dinner/Lunch:

- 1. Pork Loin 18.82%
- 2. Chicken Drumsticks 17.33%
- 3. Hamburger 188 12.73%
- 4. Enchilada Casserole 11.92%

Breakfast:

- 1. Hobo Breakfast 23.54%
- 2. Fried Eggs 20.54%
- 3. Vegetable Scramble 14.62%

Food Handler's Card

Do you want your Food Handler's Card? This year 320 AICs have obtained their Food Handler's Cards.

Kyte Mrs. Clark in Food services to receive a study guide and be scheduled for the test. Open to all AICs (preferences for people within 1 year of release) Food Handler's Cards are good for 3 years both inside the institution and in the outside work force.

Of the AICs who have taken their Food Handler's test since the 1st of this year, 320+ individuals have passed their test. New members in the Dining Hall and Kitchen will still be required to receive their Food Handler's Card, if they don't have one.

While a majority of the testing has been geared towards those that handle food for their job, testing is accessible to all AICs. Testing and study guides are available in both English and Spanish. Anyone interested in taking their Food Handler's test please Kyte Mrs. Clark in Food Services to receive a study guide and schedule your test. Sessions occur Tuesday at 7:15 am for those living on the East side, and Thursday at 7:15 am for those on the West side.

Around the Compound



Around the Compound

High School Student Needs a Heart Transplant

Miranda Case is a Pendleton High School Sophomore who needs a heart transplant. The following was published in the East Oregonian:

Miranda's journey started in the womb. On December 7, 2006, after a two hour ultrasound, we were told that Miranda's heart was not symmetrical, one side was smaller. She was diagnosed with hypoplastic left heart syndrome (HLHS). HLHS is a complex and rare congenital heart defect where the left side of the heart is critically underdeveloped. This causes the right side of the heart to both pump blood to the lungs and to the rest of the body. While advances in medicine have improved the outlook for babies born with hypoplastic syndrome, treatments still include surgeries and often a heart transplant.

Miranda was born on March 5, 2007. On March 8th, she was taken in for her first open heart surgery (the Norwood Procedure). Due to complications during anesthetizing, the surgery had to be postponed a week while she recovered from chemical pneumonia.

When she was six months old, weighing about 12 lbs., Miranda has her second open heart surgery (the Bi-directional Glenn). Miranda had difficulties eating, so at 17 months old, she had a Mic-key button (feeding tube) placed. We continued to offer food and feed her formula overnight.

When she was 4.5 years old, she had her third open heart surgery (the Fontan procedure). Miranda spent a month in the hospital after this procedure. Although this was stressful for us as her parents, Miranda has fond memories of someone bringing her a "Fluffy" dress and painting her nails.

A year after having the Fontan procedure, she had her fenestration closed (a hole left open in one of her arteries to help her pressures in her body). After the fenestration was closed, Miranda began having headaches and vomiting. She was diagnosed with PLE (Protein Losing Enteropathy), which causes proteins to seep out of her blood stream into her body.

When she was six years old, they discovered that the opening created during the Norwood procedure had narrowed. This meant another open-heart surgery (an Atrial Septectomy). They placed a new fenestration to help relieve the pressures in her body.

Even with these surgeries, the pressures in her body have caused her liver to become enlarged. They call

this a Fontan Liver as it is often a side effect of that surgery. Throughout this medical journey we have worked hard to keep Miranda's life as "normal" as possible. She has always been our "daredevil" child, often making our hearts skip a beat when she was running, jumping, and taking risks as if she had not medical issues.

Today Miranda is a typical teenager. Most people who meet Miranda have no idea that she has a heart condition. She enjoys spending time with her friends and dancing on her High School's competitive dance team, Rythmic Mode. She is very active in church activities in the church she grew up in (First Christian Church Pendleton), Young Life, and other church youth groups with her friends. Miranda has been put onto the Heart Transplant list. She is at a 1b status, which is where she can wait at home for a heart. We have teamed up with the Children's Organ Transplant Association (COTA) which helps children and young adults who need a life-saving transplant by providing fundraising assistance and family support. COTA is the nation's only fundraising organization solely dedicated to raising life-saving dollars in honor of transplant-needy children and young adults. 100% of each contribution made to COTA in honor of our patients helps meet transplant-related expenses. COTA's services are free to our families, and gifts to COTA are tax deductible to the fullest extent of the law.

Around the Compound

Enrichment Club

Tell Us What Matters

The Enrichment Club has elected to submit a \$2,000 donation to COTA, Children's Organ Transplant Association to help Miranda Case get the heart transplant she needs. Additionally, we are proud to say our *Diner Style Meal* fundraiser on August 25th will raise funds for this cause. 100% of the proceeds will go to helping Ms. Case get the heart she needs.

Every kid deserves to grow up with the chance for a full and happy life. We are grateful for the opportunity to be a part of helping that happen for one young person.

Our donations are only possible through all of AICs who participate in fundraisers during the year - **all of you**. Every dollar we donate comes from an AIC pocket.

There are a lot of great causes and charities that we could donate money to, but we have always felt donations are more impactful when they are timely. **The challenge we have is knowing what matters, when it matters.** People often forget that as AICs we don't have access to the internet or social media. If it wasn't for Club Member Warren Doescher bringing an East Oregonian newspaper to our Club meeting, we never would have known someone named Miranda Case existed.

Timing can also be challenging for fundraisers. These events are proposed months in advance, which makes it difficult to have opportune donations. We changed the beneficiary of our *Diner Style Meal* fundraiser the day before the flyers were scheduled to post on the housing units. Had we learned about Ms. Case's situation a week later, it may have taken six months before we were able to make a substantial donation.

So now we have a challenge for you, the readers of *The Echo*. We know both staff and AICs read this newsletter and we challenge you - **tell us what matters. Tell us what we don't know.** We want to know. Is something happening in your community? Is there something we should be raising money for?

Our goal is that when an important cause or need arises, members of the community, EOCI staff, and EOCI residents will think of the Enrichment Club. When a High School Sophomore needs a heart transplant, we want to help.

For AICs, you may contact the Enrichment Club via AIC Communication Form (Kyte). Address your communication form to The Enrichment Club.

Staff may contact the Enrichment Club through Mr. Clark, Correctional Rehabilitation Manager.

We look forward to hearing from anyone who has information on a charitable cause.



Around the Compound

PRAS Awards

A Few Positive Changes
Raise Questions
About the Future

“PRAS Awards have not changed since their implementation in 2006”

“PRAS Awards have not changed since their implementation in 2006,” states IWP Coordinator Peters. The Performance Recognition Awards System, PRAS for short, was implemented in 2006 as part of Measure 17 to give AICs a monetary award for their work assignment.

For 16 years the PRAS awards have been stagnant, never adjusting for inflation or the cost of living. OCE and Call Center work assignments have historically been coveted positions due to their double PRAS payout and incentive pay. However, two more departments were recently added to the list of more lucrative assignments as Commissary workers across the state began receiving double pay this year. In addition, starting soon the Law Library Legal Aides will be receiving double payouts, a statewide six month trial for all Legal Aides.

Most AICs view this as a positive trend. “50 dollars today isn’t what it used to be,” said AIC Patrick Gazeley-Romney, “What used to be a \$50 canteen list costs me between \$70 and \$80 now. It’s good some guys are getting more money.” Gazeley is correct. According to the U.S. Bureau of Labor Statistics, in 2006 a grocery store trip costing \$50 would cost \$72.50 today for the same amount of groceries.

A dollar in 2006 is worth \$1.45 today, in terms of purchasing power. That means that a dollar today only buys 68.966% of what it bought 16 years ago, based on an average inflation rate of 2.35% between 2006 and the start of 2022. However, inflation has experienced significant increases this year, far beyond normal. The current inflation rate is now 8.58%, nearly three and a half times higher than the average over the last decade.

“It’s so hard to predict the market. COVID has changed the supply chain in ways that are irreparable,” says AIC Gazeley. “Canteen prices are increasing constantly, every week.”

While Canteen prices have gradually increased over the years, 2022 and the COVID-era have been marked by abrupt and steep price hikes. For example, a small 3 oz bag of coffee was subject to a 25% mark up from one week to the next. In another example, Pre-COVID a pair of Timberland Boots were priced at \$95 and now cost \$165 for the same pair.

More recently, soda coupons jumped up in price by 40% overnight. Anita Nelson, Distribution Services Operations Manager, states, “Our vendors are working hard to keep prices as low as possible but unfortunately inflation is hitting everyone as cost of goods and transporting goods contin-

ues to skyrocket. Price increases are inevitable, as in this case, we were just notified the cost of soda coupons has increased, the new price of soda coupons is \$2.65, effective immediately.”

“...inflation is hitting everyone as cost of goods and transporting goods continues to skyrocket.”

Opponents of increasing PRAS Awards for all work assignments argue that AICs are lacking normal financial obligations. AICs are not typically responsible for rent, water or electric bills, waste bills, or car payments for example. Advocates for the increase are quick to point out that AICs are responsible for the same bills today as they were 16 years ago; increasing PRAS Awards would be a reflection of the increasing costs of goods that AICs are responsible for.

Price increases are not the only financial strain placed on the AIC population. In 2018, AICs across the state began receiving less of their award as Court Ordered Financial Obligations (COFOs) and the Transitional Savings Account (TSA) went into effect. While both COFOs and the TSA are worthwhile and necessary, the end result is less money in the AIC pocket. Together, COFOs and the TSA have the ability to shrink the AICs payout by up to 15%.

But these are not the only challenges, as further financial burden is being placed on the AIC with the reduction in food serving size over the past five years. In an interview, ODOC Dietician Elena Guevara stated, “I have eliminated or reduced the servings of

bread on a few meals with excessive calories, mostly at the request of AICs who were asking for less carbohydrates. Even with those changes, the average daily calories provided still meet or exceed the requirements for adults.” Guevara further stated that ODOC has not allocated a food budget increase at this time, despite a significant rise in the cost of goods since the start of COVID.

“ODOC has not received any food budget increase at this time.”

In a 2022 Food Survey conducted by ODOC, several residents of EOCI listed the shrinking portion sizes as a primary concern. When asked specifically about this topic, AIC Brett Lloyd stated, “We don’t receive as much food as we used to 5 years ago. I find myself purchasing more from canteen than I used to - mostly meats, proteins. The meals are really carb heavy with very little sustenance.” Lloyd goes on to further state there is no one item that is the sole contributor to his increased spending on commissary, but rather it is several food items/portion sizes being reduced over the years.

For a few fortunate work assignments, double pay-outs are a welcome relief to some of the financial hurdles AICs are facing. Outside of the correctional setting, wage increases to meet rising costs are standard practice. For comparison, since 2006 the Oregon Minimum Wage has increased from \$7.50 to between \$12.50 and \$14.25, varying by county. An AIC earning 11 PRAS points receives \$47.50 per month on average, which has not changed in that same timeframe. If PRAS Awards were broken down by hour, a non-double PRAS worker can earn between \$0.10 and \$1.45 per hour, depending on the work assignment and hours worked.

Currently, the Commissary Workers and the Law Library Legal Aids are the only assignments receiving an increase in their PRAS output each month. These changes are unprecedented and it should be noted that the implementation of the PRAS program in 2006 was a decrease from the AICs prior salaries. Inflation in the COVID-era is equally unprecedented, with no indication of reversing course in the near or distant future.

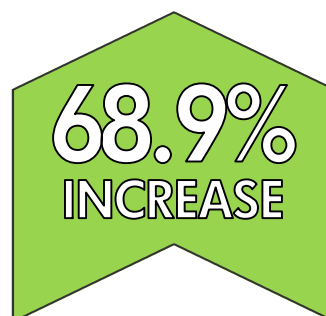
Sources: U.S. Bureau of Labor Statistics

In 2006, the Oregon Minimum Wage was

\$7.50

Now, the Oregon Minimum Wage is

\$12.50 to \$14.50



\$50

in Canteen now costs

\$72.50

for the same amount of groceries

In 2006, the average PRAS Award for a 11 Point Work Assignment

\$47.50

In 2022, the average PRAS Award for a 11 Point Work Assignment

\$47.50

- 5% for the Transitional Savings Account

-10% for Court Ordered Financial Obligations

Final Award \$40.37 to \$45.12



Around the Compound

GED Graduation

14 students recently graduated with their GED in June.

Pictured below: Alberto Rincon-Hernandez, Benjamin Mathies, Christian Magana-Ponce, Christopher Wright, Cody Colton, Hansen Martinez, Joel Alfaro Garcia, Jorge Bravo-Copado, Jose Franco-Carrillo, Joshua Robertson, Luke Hartt, Sean Ashley, and Tristan Swafford.

Tim Taylor graduated with a Master's in Theology from International Christian College & Seminar



Around the Compound

Legal Ledger

Shinn v. Ramirez, 142

The United States Supreme Court has been making headlines recently, with much of the conversations focused around *Roe v. Wade*. Yet, there is another recent decision handed down by the highest court, *Shinn v. Ramirez*, 142 S.Ct 1718 (2022), which may have a more direct impact on AICs.

For more than a decade, the governing standard that would relieve a habeas corpus applicant from certain forms of procedural default (i.e. timeliness or preservation issues) was the Supreme Court's ruling in *Martinez v. Ryan*, 566 U.S. 1 (2012). The *Martinez* court held that ineffective assistance of post-conviction counsel might be cited as cause for the procedural default of an ineffective assistance of trial counsel claim. Under that standard, an AIC whose post-conviction lawyer failed in some regard could be excused from narrow exceptions that would otherwise put them in default. Even under *Martinez*, it was rare to be granted an evidentiary hearing in the Oregon District Court to be excused from procedural default.



Now, under *Shinn v. Ramirez*, the District Court will only apply a *Martinez* exception and conduct the review of the claim based solely on the state-court record. In other words, the District Court will not hold an evidentiary hearing based upon anything produced in federal court. Rather, the District Court will conduct a review of the record developed by the post-conviction court, and simply make his or her decision on your procedural default issue from that record. So for practical purposes, the ruling in *Shinn v. Ramirez* makes it much more diffi-

cult to receive relief previously obtained through *Martinez v. Ryan*.

It is paramount that you ensure that your record is well developed in your post-conviction case. The long-standing rule in Oregon is *Church v. Gladden*, 244 Or. 308 (1966), in which the Oregon Supreme Court held that "*If petitioner's attorney in the first post-conviction proceeding failed to follow any legitimate request, petitioner could not sit idly by and later complain. He must inform the court at first opportunity of his attorney's failure and ask to have him replaced, or ask to have him instructed by the court to carry out the petitioner's request.*"

In essence, the Supreme Court's ruling in *Shinn v. Ramirez*, placed greater responsibility on an AIC to ensure that he makes every effort to get his claims into the post-conviction court.

If you have additional questions regarding this recent decision, please feel free to schedule an appointment with a legal assistant.

ANCILLARY INFORMATION



A CD-1714 Law Library kyte must be used to access the Legal Library, and must be filled out completely/correctly.



The legal library does not possess IRS tax forms and legal assistants are not permitted to help with tax filing.



The General Library is now open. Manga, Lite Novels, and How To Draw books are available for checkout and available to all incentive levels. AICs may request these using a CD-214.



Incentive copies are available to level 3's only. Photocopies of personal photos, character sheets and maps are permitted. Submit a CD-214 General Population kyte to be scheduled.



Blank forms, of any kind, will not be photocopied.



The rejected book/magazine list is available for AICs to review. Send a CD-214 General Population kyte for access.

Visiting Update

As of July 6th

Due to on-going staffing shortages, EOIC is adjusting the current visiting schedule. Visiting will remain three days a week and is moving back to Wednesdays, Thursdays and Fridays, starting July 6th, 2022. We are still following the same process related to COVID precautions, including scheduling of visits, limits on number of visitors, and activities allowed in visiting.

Some of the key points include:

All visits must be pre-scheduled. Scheduling continues to be on the ICS Corrections website and can be completed the same way as a video visitation. Visitors are asked to please note any required accommodations in the notes section when scheduling a visit.

Only one visit per week can be scheduled at a time to allow more family and friends the opportunity to visit their loved one. Only 3 visitors per AIC. i.e., 3 adults, 2 adults and 1 child or 1 adult and 2 children.

Visiting sessions will be approximately 2.5 hours long. EOIC cannot account for visiting delays (such as a visitor not having ID, wearing metal, not being current on their visiting status, etc.) or delays in retrieving AICs.

Pandemic precautions will be followed when indicated. COVID protocols will be put in place to minimize risk as deemed appropriate.

Visitors approved from privileged visiting are allowed a brief hug and kiss at the beginning and end of each visit. Hand-holding and holding of minor children is permitted during the visit. These are subject to change due to COVID protocols.

Help Wanted

Corban University Pg. 12

Chapel Librarian Pg. 12

Legal Assistant Pg. 12

OCE Statewide Postings Pg. 13

Opportunities

Corban University

Accepting Applicants

Corban University Four-Year College Degree Program - Classes will start 1.9.22.

Oregon Department of Corrections, Corban University and Paid In Full Oregon have partnered to bring a four-year Bachelor of Science degree program to the Oregon State Correctional Institution.

The graduates will earn a Bachelor of Science in Liberal Arts with an emphasis in Psychology, Social Service, and Leadership.

The minimum requirements are:

- Minimum of eight years left on sentence at time of enrollment.
- Non-Cash Incentive Level of 3. Level 2s may be considered with institution review and approval.
- High school diploma or GED.
- Accepted/can be housed by OSCI.
- Completed application.
- Agreement to mentor others upon completion of degree.

Corban applications are available in your institution library or by sending a kyle to Janet Norton, DOC Education.

Completed applications are mailed to:

Ms. Norton, Education Manager
Oregon Dept. of Corrections
3723 Fairview Industrial Drive SE
Salem, OR 97302

Completed applications must arrive no later than August 30, 2022.

Help Wanted

Legal Assistant Trainee

Accepting Applicants

AIC work applications are now being accepted for the Legal Assistant Trainee Position. You must be detail oriented, with good filing/clerical skills.

Typical Work Hours:

Monday through Friday

8:00 am – 11:00 am

1:00 pm – 4:00 pm

Minimum Requirements:

- GED, High School Diploma or above
- Non-cash Incentive Level 3
- Minimum 6 months clear conduct.
- Ability to follow directions
- Good oral communication skills to get across complicated instruction, interpretation, and to maintain confidentiality

Desired Attributes may include, but are not limited to:

- Knowledge of legal system
- Legal research abilities
- Legal writing skills
- Typing skills
- Ability to work independently
- Ability to work well as a team member or in group settings

Send applications to IWP.

Help Wanted

Chapel Librarian

Accepting Applicants

The chapel library is looking for someone to train for the position of Librarian. During the next six months our present librarian will train the successful applicant. The successful applicant must be:

- Not only be tolerant, but openly welcoming of all people no matter their race, religion, nationality, gender identity, or sexual preference.
- Involved in a faith tradition of their choosing and active in its worship and practices.
- Able to recognize misspellings of words and able to alphabetize.
- Able to manage their time and complete tasks on time.
- Discreet and able to keep the confidence of others.
- Compliant to the chaplains.

The successful applicant must also possess:

- Basic knowledge of computer software.
- Clear conduct during the past year.

If interested, please fill out an application form and send to Mr. Peters in at Institution Work Programs. He will forward all applications to the chapel. Interviews will be conducted at the end of July.

Help Wanted

OCE Open Positions

Accepting Application for TRCI

The OCE TRCI shop is recruiting for an Maintenance Worker. Duties include:

- Setup and operation of conventional and specialized equipment.
- Care of all associated equipment and clean-up daily.
- Keep machines, mechanical equipment, or the structure of an establishment in repair.
- Duties may involve pipe fitting; insulating; welding; machining; carpentry; repairing electrical or mechanical equipment; installing, aligning, balancing new equipment and preventative maintenance.

The OCE TRCI Woodshop is recruiting for a Production Clerk. Duties include:

- Filing, data entry, typing, office machine operation
- Maintain daily tracking logs and inventory usage
- Creating reports
- Keeping work area clean and organized

The OCE TRCI Woodshop is recruiting for a Production CADD Operator. Duties include:

- Develop and design products to support the OCE Woodshop production and fabrication
- Generate modular 3D computer models, complete with dimensions, bills of materials, cut lists, details of the design process, and realistic renderings.

Applicants must pay attention to detail and adhere to a high quality standard in a fast-paced environment while meeting deadlines. Workers must be motivated and able

to maintain a professional attitude at all times. Position awards PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for review, promotions and advancement. The schedule will require 5 days per week which may include weekends.

All Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least six (6) months' time incarcerated with clear conduct.
- A release date after July, 2026.
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a twelve (12) month retention agreement
- Current OCE workers must have fulfilled at least one (1) year in current position to be eligible to apply
- Incentive level 2 or 3

Application submission process:

If you are interested in applying, please complete an OCE AIC Work Application referencing TRCI Journeyman Maintenance, Clerk, or CADD Operator as the position.

Submit paperwork by July 30th, 2022 to:

OCE People, Programs and Service C/O
OCE Administration 3691 State St Salem,
OR 97309

**FOR FULL DETAILS SEE HOUSING UNIT
BULLETIN BOARD**

Help Wanted

OCE Open Positions

OSCI Printshop

OCE is recruiting to fill positions with the Printshop at OSCI. Applicants must adhere to a high quality standard in a fast-paced environment while meeting deadlines. Applicants must be motivated and able to maintain a professional attitude at all times. Position awards 10 to 17 PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The work schedule is Monday-Friday, 7:00-3:30.

Duties include:

- Working in a full service print shop. Fast paced production environment requires attention to detail of all products we produce.
- Assisting with setting up, operating and adjusting machines.
- Performing folding, collating and fastening printed products by machine and by hand.
- Carrying out routine maintenance and quality control.

Application submission process:

If you are interested in applying, please complete a DOC AIC Work Application referencing OSCI Printshop Worker as the position.

Submit paperwork by July 30th to:

S. Thomas- OCE Offender Service Coordinator C/O OCE Administration 3691 State Street Salem, Or 97309.

Applications received after the closing date will not be accepted.

**FOR FULL DETAILS SEE HOUSING UNIT
BULLETIN BOARD**

Around the Compound

Creating a Nest Egg

Tips for Saving Money
while Incarcerated

Saving money for release is one of the most common goals of incarcerated individuals - and one of the most difficult to achieve. While an idealist would argue that it is considerably easier for the residents of a prison to save money - no rent payments, free insurance, and three meals provided each day - any person familiar with the economy of a prison can attest to how difficult this can be. Most items sold inside a prison are subject to huge mark ups and the PRAS award system - which has never adjusted for the constantly increasing cost of living - provides very little latitude in terms of saving and spending.

At the surface it does seem simple - get a job, save money, the end. However, finding the right job can be challenging when there are not enough jobs to go around.

Step 1: Get a job

There are roughly 1450 residents at EOCL and there are about 1100 jobs - that's a 24% unemployment rate. High rates of unemployment mean a competitive job market. Starting out, most will have to take an entry level job, such as an orderly or dining room worker.

Step 2: Get a better job

A job that has you stuck under 10 PRAS points will make it difficult to

stow away money. However, the lower paying jobs are a path to the more sought after, higher paying jobs. Most supervisors want to hire someone who has good work history. For example, any physical plant worker will tell you that the easiest way to get into a certification program (the electrical or welding program) is to start as a physical plant orderly. This is the case for most jobs - start at the bottom and work your way up.

Needless to say, the more money you make the easier it is to save money. Call center or OCE jobs earn the most, with some positions paying over \$200 per month. This is followed by Canteen work assignments and Law Library Legal Aids. Here is how all jobs breakdown:

10% - 110 Contact Center

10.9% - 120 OCE Positions

< 2% - 20 (approximately) Canteen

< 1% - 2 Legal Aids

15% - 185 Unit Orderlies

9% - 100 Physical Plant workers
(counting WFD and Recycle)

17% - 200 Kitchen Workers
(40% all jobs are food service)

23% - 270 Dining Room Workers

13% (less than 2% each) - Other
Tutors, Various Clerks, Multi Worker,
Shower Crew, etc...

By looking at the data it is clear that the highest paying jobs (Contact Center and OCE) account for 230 of the

total jobs at EOCL. 230 positions compared to the 1450 residents are not good odds - which brings us to step three.

Step 3: Be realistic

If you are able to get a high paying job, that is excellent for you. But for most, earning 16-18 points and maxing out at about \$75 per month is what you have to work with. Saving \$25 a month from your paycheck will accumulate into \$300 in a year, and \$900 in three years. That's enough to make a deposit on an apartment or at least pay for some start up costs after release.

To set aside \$25 per month, first make a list of everything you buy each month and then divide those items into subcategories of *wants* and *needs*. *Needs* are things you cannot survive without (soap, deodorant, envelopes) and *wants* are things you would like to have, but are not necessary. Try to be honest with yourself.

Sample list:

Needs	Wants
Deodorant	Coffee
Soap	Creamer
Envelopes	Frosted Flakes
Paper	Doritos

Take the total amount you earn each month and subtract \$25 for your monthly savings. Next add up the total cost of your *needs* and subtract that from the remaining amount. The left over amount is how much you

“ Once your TRSA account reaches the minimum \$500, you may elect to continue depositing the 5% from eligible funds. ”

can spend on things in the *want* column each month.

Even with a good job, \$75 is not going to stretch very far in terms of *wants* each month, and big ticket items do come up ever so often (replacing shoes or headphones). Again, the most important thing is to be realistic. If \$25 is too much for you, try \$15 per month.

Step 4: Put It In Savings

There are four different accounts through EOCI - a General Spending Account, Protected Funds Account, Transitional Savings Account, and a General Savings Account. Additionally, creating a savings account with an outside bank is another option available to you.

General Spending Account:

The General Spending Account is where PRAS awards deposit and typically where canteen purchases are withdrawn from. It is best to move the money you have budgeted as part of your savings from this account to avoid spending it.

Protected Funds Account:

Not everyone has a Protected Funds Account. Protected Funds are not eligible for COFO deduction or for the 5% deduction for a Transitional Savings Account. Types of deposits made into this account are disability benefits for veterans, monies received from Native American Tribes or Tribal Government, and railroad retirement benefits. Additionally, those who receive OCE pay will have portion of their pay placed into this account.

Transitional Savings Account:

The Transitional Savings Account (TRSA) is filled automatically until it reaches the \$500 requirement. Every deposit made into your General Spending Account or PRAS award you receive will have 5% taken from it and placed into this account. After the \$500 minimum is reached you may elect to continue adding to this account at 5%. However, if you have COFOs you cannot exceed \$500 on this account until your debts are paid off. This account generates interest at 1.5% and that interest is deposited into your **General Spending Account**. The TRSA account is protected from garnishment and collection of DOC debts. You can make deposits into this account, until it reaches \$500, by filing out a CD-1832 Transfer Request Form. Once your account reaches the minimum, you may elect to continue depositing the 5% from eligible funds and additional deposits are not allowed.

General Savings Account:

Everyone has a General Savings Account. You can deposit into this account once per month by filling out a CD-1832 Transfer Request Form, but this account is NOT protected from DOC debt or non-DOC debt collection. If you owe any debts, it can be collected from this savings account. COFOs will not be collected from this account.

The TRSA must have the \$500 minimum before you can deposit into the General Savings Account. The interest in this account is about the same as the TRSA, 1.5%, and again inter-

est is deposited into your General Spending Account. There are no fines or fees to deposit into this account and you may only make deposits once per calendar month.

The TRSA and the General Savings Account may be the only option for you, and that's okay. Either account will work fine for saving money. The drawback is that your money does not grow over time. Every dollar you add to this account will be worth a dollar whether you spend it now or in twenty years (or whenever you are released). Inflation and the cost of living will rise, which means your investment will be worth less over time. Also, you cannot access either account until you are released.

If at all possible it is better to open a savings account with an outside bank, which can open up additional investment opportunities for you.

A Savings Account with a Bank:

A savings account with a bank is an option if you have someone on the outside who can serve as your power of attorney and open an account on your behalf. The downside of an outside savings account is that it is not protected from garnishment or debt collection. Checking your credit report and consolidating debts from in prison will be covered in a future article.

The benefit of an outside account is that it gives you the option to invest your money. Through your power of attorney you can put your savings into the stock market, bonds, Roth IRA's, or other investment opportunities.

Editorials

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Listicle

8 Ways to Beat the Heat

The summer heat wave is finally upon us. It may seem as if we are always at the mercy of the hot weather, however there are some simple things you can do to cool down in a pinch.

1 Incorporate mint into your diet. The chemical menthol in mint triggers a reaction in the human brain that makes us think our temperature is lowering. Mint also aids in healthy digestion, helping to pass a full stomach that may be contributing to sluggishness. Canteen has Plantation Mint tea available in the Bigelow multi-flavor pack for \$3.09. For an extra cooling effect, ice your tea before you drink it.



2 Swap hot soups at mealtime for salads. Hot soups can dramatically increase body temperature at a rapid pace. On exceptionally hot days, consider instead eating a salad with the mainline meal. Dress it up with raisins and nuts or some bacon bits from canteen for better taste. Salad also contains fiber that aids in digestion of acidic foods that contribute to heat production in the body.



4 Take a cool shower at yard before returning to the unit. Also, consider pouring a pitcher of ice water on your body in the shower area after taking a hot on-unit shower. This will help cool you down faster before you get dressed. Taking cold showers is scientifically proven to boost the immune system as well.



5 Use an ice towel to cool the head and neck. Fold a well wrung-out wet towel or washcloth around pieces of ice, forming a tube of cloth with ice in the center. Drape the towel around the neck to create a cooling effect near the carotid, a primary artery that circulates large quantities of blood throughout the body. Cooling the blood at this point in the neck will help cool the rest of the body faster.

6 Purchase a fan from canteen. Expect to shell out \$14.23 for a 5" O2 Cool brand battery operated fan.



3 Replace hot coffee with iced or cold coffee. You can still add flavoring agents such as cinnamon and cacao. Make your coffee hot and then pour into a pitcher of ice. Add some milk or creamer for extra creaminess and sugar, honey or sweetener for an extra bit of sweetness.

Sources: Spirituality & Health Magazine | The Mayo Clinic



Editorial

Bug Free Summer

How to Beat the Insects

With a river flowing right next to EOCL, it's no wonder this time of year brings a swarm of uninvited flying insects. On particularly humid days, it's best to avoid the grassy areas of yard altogether, as you might find yourself catching a face full (or a mouth full) of bugs. It turns out, while access to homeopathic and chemical solutions are limited in prison, there are a few natural remedies that may help.

Tip One: Vitamin B can actually help prevent mosquito bites and deter bugs interest. Studies show mosquitoes are more likely to bite people low in vitamin B. Vitamin B is found in vegetables, eggs, pork and fish - or vitamin supplements.

Tip Two: Baby oil will keep mosquitoes and insects from biting you.

Tip Three: Mint is a natural bug repellent. Using an empty hairspray bottle, some mint mouthwash and a little bit of water, you can create an easy DIY repellent.

Tip Four: Avoid using deodorants, shampoos, or products that have a lot of fragrance. Sweet scents attract bugs.

Tip Five: Sweaty skin also attracts bugs. If you just finished a workout at yard, make a stop at the outdoor shower and rinse yourself off.

Tip Six: If all else fails, canteen sells bug spray, although it is spendy.

7 Kick the legs up the wall. Dr. Robert Saper, Chair of Wellness and Preventative Medicine at the Cleveland Clinic, states that this posture helps increase circulation, a process that the Mayo Clinic states is essential for regulating body temperature. The pose can be done with or without props. Sit on the bed or the ground, up against the wall. Lay back and kick the legs up the wall. Scoot the hips in so the buttock and back of the legs are flush against the wall. It might be more comfortable to put a pillow under the hips or head.

8 Eliminate inflammatory foods from your diet. Kate O'Donnell, author of *The Everyday Ayurveda Guide to Self-Care*, recommends "avoiding things that heat the inside of the body, such as alcohol, ferments, spicy food and acidic fruits and vegetables such as oranges and tomatoes." Acidic foods create an inflammatory response in the body that as a side effect, heats the internal organs and digestive system of the body.



Below is the list of status changes made to DOC administrative rules since 04/26/2022.

PROPOSED RULES:

291-019 Transfer (Community Corrections)

Amends the rules to update or add business terminology, reorganize to improve comprehension and convenience for reader, and create a rule specific to the transfer of those on leave status.

Last day to provide comments: 08/02/2022 at 5:00 PM

291-073 Mandatory and Desired Criteria for Sitting Oregon Correctional Facilities

Amends the rules reflect current terminology related to Oregon Health Plan and adults in custody, and for minor technical correction.

Last day to provide comments: 08/10/2022 at 5:00 PM

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 notices and rules are available for review and copies in the AIC law library.

Recreation

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Recreation

Sportsmanship

The Good, the Bad, and the Ugly

Sportsmanship is a frequently overlooked - yet fundamental - part of sports at all levels of play and is much more than simply exchanging high-fives and half-hearted "good games" after play has expired. Bad sportsmanship can take the fun out of even the best games, whereas good sportsmanship can just as easily make blowout losses somewhat enjoyable. Rather than list out the countless ways good and bad sportsmanship can affect a game, this article will provide a common baseball/softball scenario that has the potential to be disastrous and then show how varying degrees of sportsmanship can impact the outcome.

The Scenario

It is a tied game in the bottom of the 7th, with 2 outs and the winning run on second when the ball is blooped to left field. The base-runner rounds third and is waved home frantically by the base coach at about the same time the left fielder gathers the ball and makes the throw to the plate. Unfortunately for the defense, it is a horrible throw that misses everyone and the ball heads out of play. With dejection setting in, the catcher watches the ball - and the game - sail by. Distracted by the unfolding events, the catcher forgets he is straddling the plate and a runner with a full head of steam is barreling toward him with the sole goal of ending the game by touching home.

The Good

In a perfect world an experienced catcher would know to get away from the plate and allow the runner to

score. But this is prison slow-pitch softball and not everyone knows that the proper—and safest—position for the catcher in this situation is to be standing a foot or two in front of home plate (towards the pitching mound) so that the base-runner has unimpeded access to home plate. Even if it were a perfect throw, being in this position would give the catcher the safest opportunity to make the catch and then turn to apply the tag. However, in the scenario provided, the catcher is unaware of the impending disaster. The best possible outcome in terms of sportsmanship for this situation would be for the runner to realize there is no play being made at the plate and to slow down and maneuver around the inattentive defender to touch home plate. The final run scores, the game is over and no one takes a trip to medical.

The Bad

While the perfect world reaction mentioned above sounds good in theory, inexperience, adrenaline, and a win-at-all-cost mentality tend to take over and result in a much different outcome. Often times, this scenario results in a collision of some kind between the runner and catcher. Though dangerous, collisions of this nature at home plate are within the rules as the runner has a right to touch home plate. This rule is for home plate only and is in place to prevent catchers from blocking the plate and preventing runs from scoring. At all other bases, the rules are murkier regarding runner/fielder contact, but runners do not have an all-

out right to first, second, and third base as they do at home. Knowing that home plate collisions are an acceptable part of the game, many players—runners and catchers alike—look forward to and welcome these collisions. As exciting as they may be to watch, these plays have the potential to cause serious injury to one or both of the players involved. If both participants understand the risks associated with colliding into each other and actively choose to do so, it would be difficult to call it "bad" sportsmanship. In this scenario, however, the catcher is unaware that he is standing over the plate as he watches the ball bounce past him. Rather than exhibiting "good" sportsmanship by slowing down to avoid making contact with the catcher, an example of "bad" sportsmanship would be if the runner slowed down, but still used force to move the catcher off the plate.

The Ugly

The line between "bad" and "ugly" sportsmanship is blurry, but present. This line can usually be defined best by intent—or perceived intent. Whereas in the example of "bad" sportsmanship, the runner slowed down, but still made contact in order to score the run, an example of "ugly" sportsmanship would be the base runner completely disregarding safety, leveling the catcher and potentially causing injury. What makes this line cloudy depends on the intent of the runner. Was the runner trying to simply touch home plate or was he maliciously intending to take out the catcher? Determining someone's in-

tent can be difficult at any level of play and without the luxury of instant replay, the umpires, coaches, players and spectators must rely solely on memory and training. Umpires look for indicators such as whether or not the runner was trying to touch the plate or did he go out of his way to crash into the catcher.

Good Sportsmanship Trumps Bad

No matter how bad the collision or the runner's intent appears, good sportsmanship can always prevail in the end by how the players react after the colli-

sion. No matter if the runner was doing all he could to avoid the collision or if he got caught up in the moment and leveled the catcher in an all-out attempt to reach the plate, simply checking on each other's well being goes a long way. An even better act of good sportsmanship would be for the players involved to help each other up and shake hands. This helps ensure the game remains enjoyable and that there is no animosity between players that could fester and potentially result in a fight—now or later.



Want a better swing?

Here are a few tips according to Matt Lisle, a Pro Hitting Coach and founder of Hitting Vault.

Step tall into the batters box - Feet should be shoulder width apart; hands level with your rear shoulder and the bats knob pointing down.

Center your weight - Eye on the ball, shift your weight from back to front and stride out as the ball comes.

Turn your core - As the front foot hits the dirt, turn your core as you swing to create more power.

Finish the swing - Swing through the ball. When you're finished your back should facing the catcher.



Editorial

Writing on Purpose

Crafting a Witty Lead

The lead is the most important part of any article. It's the hook - the thing that pulls the reader in and piques their interest. This is what tells the reader what they are about to read - and likely determines if they will read the article at all. It's the most difficult part to write and provides the least amount of information. It's the first thing they will see, and yet it's the very last part you should write.

The first paragraph is an example of a suspense lead. *Why should you write the lead last? Well, read the article and find out.* With articles submitted to *The Echo* I find that one area contributors struggle with the most is crafting a lead. Even a well written article can get overlooked if the lead doesn't sell it.

A lead is essential the first paragraph or two of any article. There are 6 basic types of feature leads: **Summary, Suspense, Surprise, Descriptive, Rhetorical Device, and Anecdotal.** Following are examples and explanations of different lead ins.

Summary Lead: A summary lead gives the reader the full story in the first few lines - the beginning, middle, and the end. I find this to be the easiest one to write, but the hardest one to write well. The goal is to give the reader all of the information and still have them want to read the article. Here is an example of a summary lead for an article:

Overpriced. Limited game selection. Long waitlists. The most fun I've had in prison. Nintendo Switch Lites are a complex combination of joy and frustration.

In these first few sentences the reader knows everything that will be discussed in this article. The short, choppy sentence fragments at the beginning have a punchy quality that draw the reader in. The juxtaposition of statements is intriguing and even though the reader already understands the story and the central conflict, this is likely to keep them reading.

Suspense Lead: A suspense lead paints a picture and leaves the reader hanging. This type of lead reveals a plot twist, which sets up the author to spend the rest of the article taking the reader on a journey. This is a common lead type for novels, but can also be very effective for articles.

A few thousand dollars and hundreds of man hours were invested into the start up of the EOCI Bee-keeping Program last spring. In an effort to maintain the investment as the winter approached, each hive was wrapped in a layer of insulation to protect the tens of thousands of bees living inside. Careful considerations were made for both the type of insulation used and the placement of the hives in an effort to protect them

from the cold weather. That's one of the reasons the apiarists were surprised to find not a single bee survived over winter.

You'll notice that I've drawn out the lead paragraph here. Unlike the summary lead, a suspense lead works better when it is longer and allowed to build some, well, suspense. This lead can be very similar to a surprise lead in that there is a reveal at the end. The main difference is that that a suspense lead leaves the reader hanging - there is a mystery. The rest of the story must be read to understand how we got to a bunch of dead honey bee colonies.

Surprise Lead: Draw the reader in with background or other information and add the twist at the end. For this lead to work, you must understand what is interesting about your article. What makes it unique? Then reserve that piece of information until the very last sentence.

He is considered among his contemporaries as a true steward of the environment. At just 30 years old, Patrick Gazeley-Romney runs an apiary with nearly a dozen hives, teaches classes on environmental issues and sustainable practices, and manages a 500 square foot organic garden plot. In his spare time he writes freelance articles for a local newsletter, featuring topics on (you guessed it) environmental issues. Where can you find Gazeley-Romney? At the Eastern Oregon Correctional Facility in Pendleton, Oregon.

If I were writing a profile about one of our staff writers, Gazeley-Romney, I might start with a lead like this. The surprise at the end is that this person is in prison and still manages to ac-

comply quite a bit. That is the unique part of the story and so I want to hold that piece until the very last sentence. Essentially the first few lines are a red herring, leading the reader in a different direction.

Descriptive Lead: This type of lead attracts article writers with literary aspirations; describing a scene is often used in creative writing. This is the most common lead I see from article submissions. But readers often have little patience for gratuitously descriptive leads. It is important to be original and creative, while finding a description that sticks with the reader and makes them want to continue reading. Avoid clichés and describing the weather (*It was a dark and stormy night*).

She wore a pink blouse, grey slacks, and sneakers while her audience of thirty all happened to wear the same outfit – a state issued blue t-shirt and OCE manufactured blue jeans. The podium faced the bleachers in the multi-purpose building as AICs gathered for a Town Hall with Oregon Secretary of State Shemia Fagan. She greeted each AIC with a kind smile and kinder words as the incarcerated men filed into the stands, reflexively space out to allow room for others. Some of them held notebooks with questions scrawled out.

I am describing the scene in this lead, hopefully allowing the reader to feel they are part of the experience. I find it is better to write this type of lead with an active voice, rather than passive. Some say a good journalist always writes in their active voice; the job of the writer is to inform *who* did *what*. And it reduces ambiguity to avoid verbs like *could*, *would*, or *should*.

Rhetorical Lead: This is another really common lead type, usually in the form of a question. Often a rhetorical lead is better suited for the headline or standfirst.

Wanna lose 30 pounds in thirty days? Fad diets are bound to fail, but one AIC lost a tremendous amount of weight through a combination of burpees and veggie trays.

With a rhetorical lead, the more outrageous the question the better you will draw in the reader. I don't particularly care for this type of lead because it feels lazy and better suited for a tabloid. Whenever a contributing writer submits an article with a lead like this, I will usually pull it out of the body and use it as the header.

Anecdotal Lead: A descriptive lead can sometimes cross over to an anecdotal lead, and vice-versa. Essentially an anecdotal lead is a mini-story within the article that allows the reader some insight without taking away from the main story.

"Art is life, art is living", stated former AIC Kirk Charlton in a 2018 interview with The Echo. Charlton notably painted several murals during his stay at EOCL - most prominently the D2 wall mural that depicts various celebrities and animated characters. His artwork over the years prompted several articles in the institution newsletter and a feature in the East Oregonian. A few years after his release Charlton not only views art as living, but as a way to make a living.

If I were writing a story about former AIC Charlton as a *Where are they now?* piece, I might start by sharing a story about his time here at EOCL. I

would expand on an interview I did with him, maybe giving some behind the scenes information.

This story is not really about the D2 wall mural he painted in 2016, that's just the lead in. It's likely to generate interest with *The Echo* readers because everyone here knows the D2 wall mural - and that is the trick with an anecdotal lead. It has to be relatable and add depth to the article. If your lead in is not interesting to your audience, even if it is a great mini-story, then it's not a good lead in. The story itself is really about how this former AIC is making a living from his artwork after release.

Summary: There is no one-size-fits-all for crafting a witty lead. Some of these can be combined together to make an even more interesting introduction. Even starting with a quote can be a good lead (see *PRAS Awards*, page 8).

So, *why write the lead paragraph last?* Well, your lead is a box. Making the box before you write the article only limits the scope of what you can write. It's very easy to start with an idea or a concept and see it evolve into something completely different. But if you've already written the lead it may blind you from seeing where the article should naturally go, and you'll end up forcing it to a destination. Writing the lead last is a rule of thumb among journalists and other article writers.

So there you have it. Writing advice from the Editor of *The Echo*. Take this information and apply it to what you are working on - your articles, novels, short stories, class projects and school assignments. Or don't. throw it all out and do your own thing. But whatever you do, do it on purpose.



Recreation

KORG Gadget Game Review

Video Game Review of the Month

There are a lot of games available on the Nintendo Switch that last only a few hours and have limited replayability. Most of us are continuously looking to invest in games that do not fit that mold. If you currently play a musical instrument, or are interested in learning to play music, KORG Gadget offers endless hours of musical exploration. KORG Gadget is a music workstation for the Switch that allows the user to create and play music.

When you open KORG Gadget, the first thing you will notice is the big, fat, 59-page manual. The manual introduces you to the basic operations, interface, and controls. It also provides detailed information on all of the "gadgets" available, sixteen in total. Each gadget is a synthesizer/instrument package that provides all the sounds you will need for a song from piano, to drums, to "wub...wub...wub...."

KORG Gadget has a few preloaded demo songs that will help you get

started. In the main menu, selecting "Load Demo Song" opens a number of demos intended to showcase the abilities of the program. At the top of the screen will be a large number of gadgets assigned to "tracks". A track represents an instrument's part in the song. Clicking the "Y" button will begin playback. You will see a yellow bar building through the "scene" currently being played. As the song plays, the program plays all of the tracks in each scene simultaneously before moving to the next scene. The track portion of a scene is called a "clip". Clips can be moved, copied, pasted, or deleted. Clips make it easy to set up different instruments and copy sections from one instrument to another. Basically, you can have a guitar and a piano play the same things without a lot of extra work.

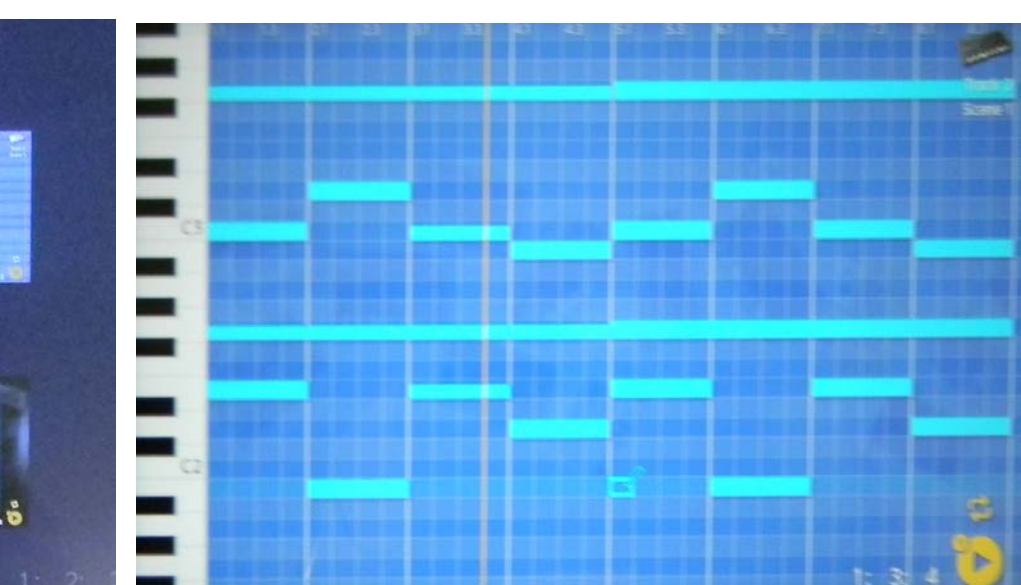
Clips are the primary workspace for KORG Gadget. Melodies, chord progressions, and beats are all created in clips so you can play them back. In short, a clip is a sequence of notes. In music terms, a clip contains one to eight measures of music for an individual instrument. A clip contains a "piano roll screen" - a vertical representation of a piano keyboard. To the right of the piano roll, the timing for each note is laid out horizontally. Notes stacked on top of each other are played at the same time. A note to

the right of another note will be played after the first note is played. You, the composer, will enter the notes you want by choosing their pitch and location, then adjusting how long you want the note to play.

Whether you want to make beats, backing tracks, or a complete composition, gadgets are where you begin. Opening a gadget gives you access to choose the sound and options for each instrument. You can play each gadget like an instrument using the keyboard on the bottom of the screen. The "Marseille" gadget (for example) offers 128 natural instrument sounds such as grand piano, acoustic bass, strings, and horns. This wide variety of sounds makes "Marseille" a very commonly used gadget.

For drum sounds, the "London" will have everything you need to build a drum kit and make a beat. "London" has a variety of acoustic and digital percussion sounds. You can choose from pre-built kits, or take some time and build your own. Once you build a kit you like, you can save it and use it in future projects.

Most of the gadgets are synthesizers. These synthesizers are where you can really experiment. It is easy to spend hours coming up with your own sounds and settings before you



start making music. If you like EDM you may find yourself using "Brussels" a lot. No matter what you enjoy, there is a gadget for you.

Now let's say you want to make a song. Maybe you have an idea floating around and you want to capture it. You can start with piano chords using "Marseille" and its chord function, a beat in "London", or really whatever you want. If you're familiar with music theory, you will be aware of how to compose chord progressions, rhythms, melodies, or counterpoints. If you are not familiar with music theory, KORG Gadget is still easy to get around - and you may even find it a helpful learning space for music theory. Since each gadget has a keyboard that lets it be played like an instrument, you can play along with other tracks and record the gadget as you play it. (On the Nintendo Switch Lite, KORG Gadget cannot record from an external source. So sadly for us, and possibly fortunately for our neighbors, KORG Gadget cannot record singing.)

On most gadgets, you can select a specific scale to play in, limiting the notes available to just those in the scale. Choosing specific scales is a great feature and very helpful for those inexperienced with music the-

ory or just afraid of hitting the wrong notes. Once you have picked out a scale, you can play around until you find a melody (or progression, or rhythm) you like. After that, the rest is relatively easy - just start adding layers of gadgets and building your song off that one idea.

KORG Gadget is an amazing tool for both beginning and advanced musicians. Beginners to KORG Gadget (and music in general) can use it as a tool to learn about music theory and music creation. The program is also useful in learning real instruments. More advanced users (and musicians) can explore concepts like harmony, syncopation, effects, automation, and counterpoint. Not only does KORG Gadget save countless hours in the songwriting process, but the environment also encourages endless creative exploration. All of this can be done quietly, and at all hours, without worrying about disturbing our neighbors.

Anyone interested in music will find KORG Gadget an indispensable tool. It is useful to musicians of all skill levels for all of their musical needs. While it does not replace Pro Tools or a real instrument, KORG Gadget provides an unlimited amount of musical expression, exploration, and experience.

Recreation

NS Lite Games

Some FAQs

I hear there is a list of mature rated games pending approval for EOCI?

Mature rated games are not allowed in the institution and there are no current plans to change this. There is not a list of mature rated pending approval. This is a rumor and it is false.

We are aware that other institutions allow mature rated games. We are aware that EOCI is the only institution that denies PEGI rated games.

Why is the Enrichment Club handing out games now?

We (we being the Enrichment Club) felt that it was important to place as little stress as possible on staff here at EOCI. This is just a way to make it easier. Checking in game cartridges is a tedious process and we also know how short staffed EOCI is right now. What we want to avoid is video games becoming a burden, which would force staff to place more rules and limitations on the process. Games are handed out every Friday between 3pm and 4pm.

Why can't I buy a video games if I don't own a Nintendo Switch Lite?

Why would you need to buy a video game if you don't own a Nintendo Switch? This has always been the rule and we have ran that information in this newsletter a half a dozen times. This rule was not being enforced before and now it is.

Anyone who already owns games but does not own an NS Lite will be grandfathered in. Your games should be listed on your property.

If you have ordered a Nintendo Switch (funds have been processed) but have not yet received it, you will receive your games.