

# The Echo

**Fat, Fluffy, Furballs:**  
The JLAD Program Starts 16 New Pups  
Page 6

**Monthly Q&A:**  
Visiting, Fundraisers,  
NS Lites and More...  
Page 4

**EOCI Softball Championship**  
Page 24

# Contents



## 4 Q&A

Video games, visiting, fundraisers, and rumor control: this month we catch up with Mr. Clark, Correctional Rehabilitation Manager for some 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 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).

**Nick Shatlaw** Contributing Columnist

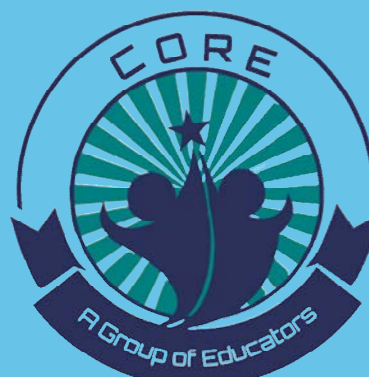
Shatlaw is a contributing columnist for *The Echo*. He enjoys making art in both graphite and ink and has been featured in several instructional videos on the institution channel.

**J.L. Jacobo Gonzalez** Contributing Columnist

Jacobo is a graduate of *Roots of Success*, GOGI in Spanish, AIO and a few other programs. He's a portrait artist in graphite and pen. He is currently in the Internship Program at IWP.

## 6 Around the Compound

The JLAD program is currently housing two litters of puppies (16 in total), we recap the *Case Family Fundraiser*, New Directions returns to EOCl as one student earns a degree, and highlight of four programs that can have a lasting impact.



**Criminal Offender Reform Establishment (CORE)**

### WHAT IS CORE?

The CORE organization is a non-profit group of educators that provides incarcerated students with self-help course materials to assist in their process of rehabilitation.

### HOW DO I GET STARTED?

Simply choose which course you would like to take by writing it down on a piece of paper (or an application), enclose payment and mail it to CORE Address listed. Once your payment and course request is received, your materials will be forwarded to you. Your assigned educator will wait for your completed work and upon arrival, your **Certificate of Completion & Letter of Recognition** will be sent to you.

### CAN MY FAMILY OR FRIENDS PAY FOR MY COURSES?

Absolutely. Simply forward your request to family/friends and they can send the (money order/stamps) payment to the CORE address. Please send a course request (on a piece of paper) and payment to:

CORE  
P.O. Box 535  
Pinole, CA 94564  
Email: CORE.educators@gmail.com





## 20 Artist Spotlight

Pen artist Caleb Ashen shares his artwork with *The Echo*. Find out more on how you can contribute and share your art!

## 26 Recreation

We recap the Softball championship games, repairs for NS Lites restart, and a game review for *Darksiders Genesis*.

### COURSE OVERVIEW

Each course is a workbook of 4-6 pages that include exercises that promote cognitive awareness to the specific topic's material. The course's curriculum is AIC-friendly, meaning the language is tailored to the prison culture and specific examples that relate to life in prison.

### AVAILABLE COURSES

**Mindset Makeover:** Changing your thoughts to change your ways. This course requires you to take an honest look at your life and the way you think and then personally decide if you want to make the necessary changes that promote your personal satisfaction. What becomes apparent is the SHIFT you will experience once applying the concepts that are offered here.

**Biological Blueprint:** What qualities you inherited to become who you are. The course helps you look into your past choices, your childhood background, and your family's lineage to pinpoint why you are the way you are (i.e. alcoholism, anger problems, violence, etc.) Then, you will notice that simply becoming AWARE of these attributes you can apply them appropriately.

**Self-Awareness:** Nurture your good qualities and eliminate the negative ones. This is an excellent course which helps you see yourself for who you are and then target the areas of your life which are causing problems. You're then provided with tools that will help you harness your strong areas and nurture your weak areas.

**Goal Gaining:** Setting your goals and making them achievable. Starting out small is key when it comes to obtaining your goals successfully. This is not the average goal setting course, instead you are taught ways to GAIN the goals you want to set for yourself. You can become much more success by following the formula included in this course.

**Perspective Personified:** Seeing the world through more eyes than yours. The science behind why we do SEE everything is imperative in the concept provided in this course. You will learn how to tackle the weak areas in your personal perspectives on the outside world and obtain tools for visualizing much more than is available to the naked eye. Your deductive reasoning will also improve and you'll begin to think outside of the box.

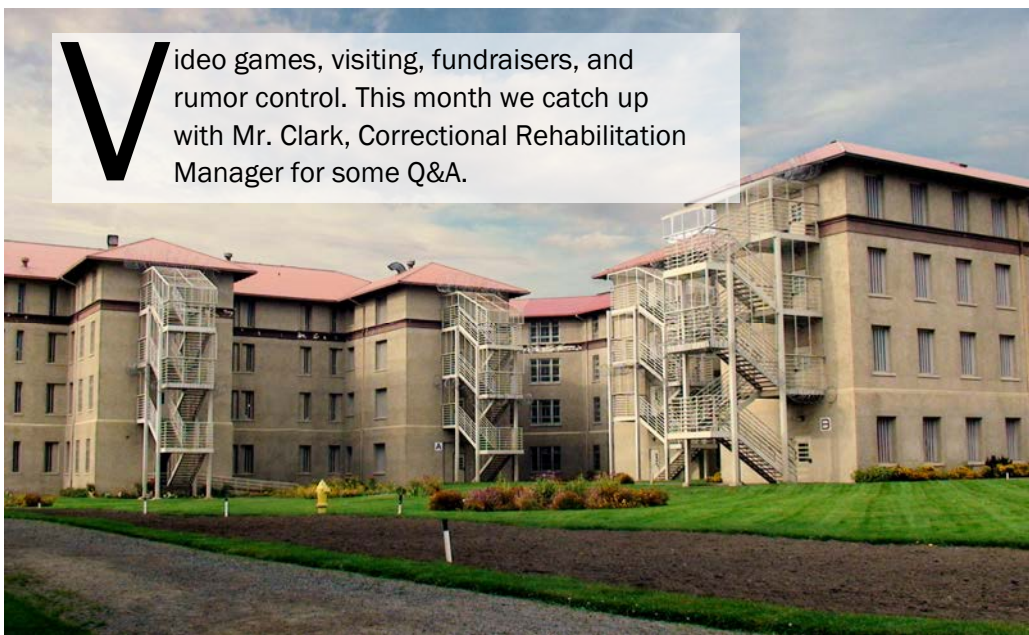
**Dreaming in Color:** Making your dreams a reality is a tough task. Many times we dream until we build up resentments because we don't know how to go from dreaming to being. This course serves as a bridge between the two which will help you move from dreaming to actually living that dream. The "secret" lies in positive thinking and harnessing the energy of optimism.

Note: This article is for information purposes only. Contact CORE in writing if you have questions. *The Echo* and/or the Department of Corrections does not have more information on this organization.

# MONTHLY Q & A

With Correctional Rehabilitation Manager Clark

**V**ideo games, visiting, fundraisers, and rumor control. This month we catch up with Mr. Clark, Correctional Rehabilitation Manager for some Q&A.



**The Echo:** You are the Correctional Rehabilitation Manager. What is it you do?

**Clark:** I oversee the Correctional Rehabilitation Department which consists of nine counselors and three office specialists. The goal we have in Correctional Rehab is to reduce recidivism by using evidence based programs to elicit change. I oversee visiting, along with security, and this includes any family events that take place here at EOCL. I am the chair of the Multi-Disciplinary Team (MDT), which is a team of individuals from all the different departments within the Institution that come together to coordinate services to support the needs of the individuals referred. I

am on the Non-Cash Incentive committee and part of this is also being liaison between the Enrichment Club and Activities Committee. I have also recently been added to the Oregon Way Committee.

**The Echo:** There have been rumors that Family Events and/or Incentive Movies may be returning. What can you tell me about that?

**Clark:** Due to COVID, both the Family Events and Incentive Movies have been put on hold. We are hopeful, that as the recommendations are adjusted, that we will be able to bring back both Family Events and Incentive Movies. We are nearing the end of this year quickly and the likelihood that we will be able to host a family

event is growing slim with the upcoming change in seasons. I am currently looking into the possibility of family luncheons, as this would provide a step in the right direction.

**“I am currently looking into the possibility of family luncheons, as this would provide a step in the right direction.”**

**The Echo:** Visiting seems to have improved somewhat over the past few months. Do you see visiting returning to normal in the near future?

**Clark:** Again, COVID had a big impact on our visiting routine. We are also dealing with staffing issues currently that have led us to reduce the number of days for visiting from five to three. We are currently waiting on the Pepsi company to come in and fill the vending machines. We have hired a photo orderly and when we are not required to wear masks in visiting, photos will be available. There are currently 20 spots available for each visiting session, AM and PM. These are still scheduled on IC Solutions and we are looking at going back to the process that was used before COVID.

**The Echo:** The weight piles are being replaced in the spring of 2023, but the current rumor is that EOCL may be replacing the fields with turf?

**Clark:** When we were told funds would be available for improvements that would benefit the AICs here at EOCL, a committee came together to gather ideas for what was needed and would have a positive impact. Due to the age and use of the weight areas in both yards, it was decided that they would be replaced. One of the other ideas was replacing the fields with turf. This is an idea that



will continued to be discussed in the future if funds are available.

**The Echo:** One of your roles is oversight of the two EOCL clubs, but I know from experience this can be a challenge with your normal workload. Can you tell us the status on EOCL getting a recreation specialist in the future?

**Clark:** EOCL administration has been working for an extended time on obtaining Recreation Specialists here at EOCL. Creating new positions within the budget is not as easy as just typing them in. There are many levels and approvals that have to take place. This process is currently underway and we are always hopeful that these positions will be approved here at EOCL.

**The Echo:** Speaking of fundraisers, vendor reliability is always a challenge. Sometimes there are just not enough onion rings to go around. Do you want to talk about the importance of being flexible as a fundraiser participant?

**Clark:** Whether it is onion rings, spices or water bottles, any time you order something from someone else you are at the mercy of supply and availability. In the past couple of years there have been increasing delays in orders and availability of parts. Those that work in the physical plant likely see this on a regular basis where parts, machines and anything they need can be back ordered for months and sometimes with no expected ship date.

When it comes to the fundraisers, such as the recent Diner Style Meal where we ran out of onion rings, these things can happen. There are a couple of things to consider here. First and foremost, when it is a fundraiser, you are participating to help support that cause. It just so happens that you are also getting some-

thing out of the deal of supporting that cause or event. Sometimes items run out or changes have to be made but remember that you are participating to support that cause or event. You do not have to participate if you do not want to. The second part is related to those that put in the many hours needed to complete these events. This is all on a volunteer basis and completed by a few staff and the Enrichment Club here at EOCL. If there is ever a concern or question about what is going on we all encourage you to become involved. Send in a communication and request a spot with the Enrichment Club. There is currently a waitlist, but we are open to having you involved to be a part of these events!

**The Echo:** We haven't heard much on the Nintendo topic for a short while now. When can we expect to hear a resolution?

**Clark:** It would be great to have an update for you, but we are still in the same spot of waiting for a procedure to be finalized. We are hoping that this is completed soon. If there are Nintendo Switches that need to go out for repair we are moving forward with sending them out at this time. Switches that are fixed will come back into the facility and returned to AICs. This is for repairs only and not adding games.

**“If there are Nintendo Switches that need repair we are moving forward with sending them out at this time.”**

**The Echo:** Do you anticipate any improvements or major changes to the Nintendo Switch program? Can you share any information/processes that have already been determined?

**Clark:** I do not anticipate any major changes to what we were already dealing with related to the Nintendo Switch Program, As it was developed here at EOCL. We were following that procedure already. I would venture that the procedure that is sent out after this current pause will be very close to what we were already doing. We are waiting for the information related to accessories, such as a case, for the Switches.

**The Echo:** What is the most common question/kyte you receive?

**Clark:** Questions about not getting help from counselors, wanting to change counselors, and requesting transfers/minimum.

These are the main questions I receive. The first two go together. Feelings of not getting support from a counselor may improve by getting a different counselor. Then there is the other side where individuals are frustrated with their counselor and feel that if they have someone different they are going to get a different answer. I often don't change counselor assignment because I feel it is important to work on communication. Good communication is a skill that everyone needs in the community, workplace or any other setting

The requests about transfers are usually related to getting to a minimum or to a facility that is closer to where the AICs family resides. Transfers end up being requested for length of time remaining on a sentence, programming (Jobs, A&D, AIP), and Institutional needs. Once we put in a transfer request it is up to the Office of Population Management (OPM) to complete the transfer. We have no other say in the matter. This is why you will see some people sit for an extended time and others leave right away. It is all based on need and OPM completing the transfer process.

# Around the Compound

Fat, Fluffy, Furballs Pg. 6

Fundraiser Success Pg. 10

Donations to Date Pg. 13

New Directions Starts Again Pg. 14

EOCI Programs That Have an Impact



*Around the Compound*

## Fat, Fluffy, Furballs:

### JLAD Program

### Starts New Pups

#### About the Pups:

Of the eight puppies that arrived on August 14th, four were cream-colored and the other half a shadowy black. At only a few weeks old the pups require around-the-clock care. Nine JLAD (The Joys of Living Assistance Dog) trainers in total are responsible for the well-being of this litter, working in rotation to ensure constant supervision. The night shift runs from 10 pm to 6 am, with the designated JLAD handler out-counting overnight.

This process oversees the development of the puppies until they reach eight weeks of age, at which point their formal training begins. During the first eight weeks the puppies go through various types of acclimation training while being closely monitored for health.

The litter eats every one to two hours and each puppy is weighed five times per day. This constant tracking is necessary to ensure there are no pups falling behind in weight. JLAD Secondary Trainer Drew McMahon explains the role a puppies body weight has in the feeding process, *"We put the lightest puppies towards the body [the back legs] of the mom because that is where the most milk is, where the most nutrients are."* The mother, Rachel, is provided specialized food every 6 hours - a combination of frozen goat milk, chicken pieces, and high protein kibble which allows her to replenish nutrients lost from feeding her litter.

In addition to tracking weight, the trainers track ear, eye, and nose openings as well. *"The nose and sense of smell open in the first week, eyes in week two, and in between week two and three their ears open."* says McMahon. *"If you do the metal bowl test, drop a metal bowl near the pup, and he is alert to it then his ears are open."* Once their ears open the trainers begin noise and sound acclimation training.

Early Neurologic Stimulation (ENS) is a part of the training for the puppies. McMahon says *"ENS gets the puppy acclimated to being held, rolled over, different surfaces - we put their paws on a wet rag and run q-tips over their little paws - this helps opens all the neural pathways."*

***"The dogs can sense tension much better than we can."***

Familiarization to human touch, feel, and sound is a crucial part of the first eight weeks which is why the JLAD program offers puppy handling sessions daily. *"Hold them close. Let them feel the rhythm of your heart-beat, your voice, your scent. Let them pick up your pheromones,"* JLAD Facilitator Fred Pyke explains the purpose of the handling sessions in the H Unit whelping room. *"The dogs can sense your emotions,"* says Pyke, *"Imagine when you've been on the yard when it's active, you can feel the tension, you can sense it - the dogs can sense tension much better than*





we can.” He further explains the importance of developing this natural canine skill in the role of PTSD and stress recognition for service dogs.

Currently, only H unit residents are able to participate in puppy handling sessions which occur three times per day. “We are hopeful we will be able to call people from other units,” says Pyke, “but with COVID right now it is difficult.” Canines are not affected by COVID viruses in the same way humans are, but they can be carried of the virus, spreading it from one person to another.

On Tuesday September 6th, the JLAD program accepted a second litter of puppies, bringing their total to 16 between the two moms - all of which are currently being cared for in the H unit puppy room.

After eight weeks of life, most of the puppies will move into a cell with one primary and one secondary trainer. In total, a canine spends 18 months in the JLAD program at EOIC before being moved to a finishing school outside of the facility.

About the Trainers:

“**The first time I saw this dog, I looked at it like it was an alien. And then I felt all this anxiety and PTSD disappear.**”

“When I first started I was 40 years old, and I was spooked a little bit.” says Facilitator Pyke. “Ms. St. Peter took a chance on me, she said ‘I know you are STM and you have a history’, but she took a chance.” Pyke describes the difficulties he faced prior to starting in the program 6 years ago. “The first time I saw this dog, I looked at it like it was an alien. And then I felt all this anxiety and PTSD slowly disappear.” His experience is not unlike many others who have joined the program.

Drew McMahon describes his start as a JLAD trainer, “I’ve been here for

five years, been in the program for a year in a half. I was messing up a lot. I was doing stupid things. Someone pulled me over and said let’s get you over here. The first time I had an interview I went to the hole two days after.” McMahon is a good example that not all paths to success follow a straight line.

McMahon further describes, “It’s been eye-opening and I’ve learned about who I really am, not who I want to portray myself as. The dog sees right through that and they’re not having it.”

For the lucky few who are able to obtain a work assignment in this program, working with the canines - big and small - is a welcome release from the stress and anxiety a prison environment can create. JLAD Trainers Michael Bremont, David Derrick, Shane Larson, Daniel Pierce, Jason Hogan, Luis Salas-Juarez, and Jose Correa are the other members of the around-the-clock puppy care team, along with McMahon and Pyke.

Continued on next page...





### About the Program:

The JLAD program consists of primary handlers, secondary handlers, and alternate handlers - some of the primary handlers who demonstrate a high degree of acumen also serve as program facilitators. Program facilitators are responsible for teaching classes for primary, secondary, and alternate handlers; disseminating new program updates to the group and tutoring on an individual basis.

Each dog is paired with a training team (primary/secondary handlers) that will take him or her through the program to the point of graduation.

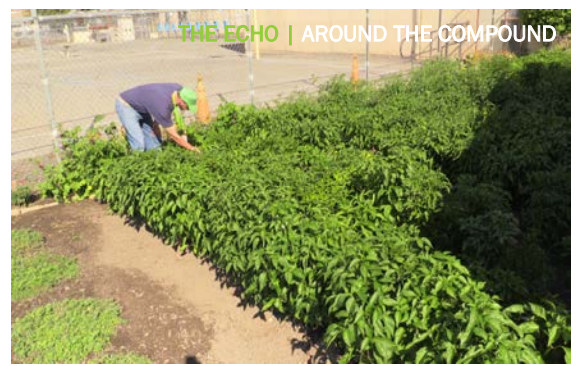
- **Primary handlers** are responsible for the training of the K9 they are assigned, as well as facilitating the growth of the secondary handler they are paired with.
- **Secondary handlers** live with a primary and assist in training and walking the dogs but are chiefly responsible for learning program materials and training methods.
- **Alternate handlers** work as assistants until a secondary spot opens.

Trainers who graduate the program receive JLAD certificates for the level of training they have achieved.

Those interested in becoming a JLAD trainer should submit applications to IWP. Becoming a dog trainer requires a bunk move to H unit and applicants must meet all the necessary honor housing requirements in order to be considered. Applicants will also need at least two years remaining on their sentence, must be willing to make a two year commitment to the program, must have their GED or higher, and must be willing to live with any cellmate on the top or bottom bunk. Additional criteria may apply.







Photography by J.L. Jacobo

*Around the Compound*

## The EOCI Greenhouse

Producing for more than 1300 AICs

When crossing the threshold of the greenhouse from the recycling center fence the first sensation one experiences is a clamming of the skin owing to the elevated heat and humidity of the greenhouse environment. Wading further into the vast sea of green, the senses are filled with the sweet aroma of fresh foliage and ripening fruit. All around are lush blooms of flowering plants, swollen fruiting bodies and bushels of harvested spice waiting to be dried and processed. For those that are lucky enough to have found employment in the greenhouse it is a break from the otherwise repetitive routine of an AIC's life; an oasis in a creative desert.

Currently there are five AICs lucky enough to be working in the greenhouse; Tim Buren, Shawn Crabtree, William Gaskin, Harvey Gonzalez, and Jesus Prudencio.

The EOCI greenhouse is the 4,700-square-foot hub of the institution's gardening program – a sustainability initiative that averages upwards of 30,000 pounds of zucchini, squash, cucumbers, peppers, and other vegetables for AIC consumption. Vegetable starter plants are germinated during the winter and spring months for late spring/early summer planting in the vegetable beds throughout the institution.

The plants and herbs produced are used in both staff dining and on the main serving line. Fennel, garlic, basil, and more; many of the garden herbs grown here are used in salad dressings, as seasonings on meats, or even in baked goods.

Vegetables like tomatoes, radishes, carrots, and cucumbers are served as part of veggie trays or cooked and served with the main meal. The most common vegetable produced is squash which comes in many varieties: yellow, green zucchini, butternut, and acorn. These plants have a high yield which makes them ideal for supporting the more than 1300 residents here at EOCI.

In addition to producing plants for consumption, the greenhouse also grows much of the foliage that can be seen on units or inside the vari-

ous buildings around the compound. Most recently, they have provided a variety of flower seeds to the beekeeping program which will be sown in different places in or around the facility which will eventually contribute to honey production.

The metal framing for the greenhouse was installed in the early-1930s, when the facility was still the Eastern Oregon State Hospital. The greenhouse added a new PVC shell in 1997 and a new roof in the spring of 2012.

Every industry at EOCI provides a valuable service to the community as a whole. The greenhouse provides us all with a little bit of the nutrition needed to sustain good health while incarcerated. A big thank you goes out to the greenhouse crew for all of their hard work and contribution to the EOCI community!



## Burgers, Sausages, and Onion Rings

What does success look like for a fundraiser?

On August 25<sup>th</sup>, the Enrichment Club held a Diner Style Meal in support of a heart transplant for local high school student Miranda Case. It was not the biggest event, the most participated in, nor did it raise more funds than previous events – but it was by far the most complicated and challenging fundraiser since the start of the Club. Which raises the question – was it a success? And for that matter, how is success measured?

Planning for the August event started nearly a year prior, after the Enrichment Club experienced challenges finding a vendor that could support the EOCl population. It was determined that utilizing the EOCl kitchen may be a preferred option in the future. The first step was for each Enrichment Club member to obtain their Food Handler's Card. After a short period of study, each member was able to successfully complete their Food Handler's Assessment.

Next, the Enrichment Club needed to determine what kind of meal to offer. The Club functions as a democracy, with several four person sub-committees within. Each sub-committee meets to review fundraiser ideas, narrows down those to a select few, and then proposes their selected items during a general Club meeting with all members. A sub-committee spear-headed by Member Ben Edwards presented a meal including a double bacon cheeseburger, Polish hot dog, and onion rings. A vote was taken and this item was one of the fundraisers selected to move forward.



Photography by J.L. Jacobo Gonzalez and Juan Sanchez





In the weeks after the vote was tallied, Club Vice-President David Derrick met with Food Services Manager Emory to price the items for what was now being called the Diner Style Meal. The Club is required to pay for all costs related to fundraisers, including fryer oil, charcoal, and lighter fluid. The meal priced around \$17 at-cost and a fundraiser price of \$25 was determined. This information was provided to Club Secretary Patrick Gazeley-Romney who drafted a fundraiser proposal.

Then, Club President Phillip Luna submitted the proposal to Correctional Rehabilitation Manager Clark. This proposal was reviewed by the Activities Committee – a group of Staff Members, Captains, Managers, and Coordinators – and after several months of re-writes and changes the event was approved. After a few more months the date was set, the Club created flyers and order forms, and then the real planning began.

*But success is not measured by the amount of planning you do.*

In the weeks prior to the event there were several challenges. First, the vendor was unable to provide the original onion rings ordered. As compensation, they upgraded the order to the more expensive beer-battered onion rings at no additional costs to the Club. Next, the to-go boxes never arrived at EOCL – instead arriving in Pennsylvania after being destroyed during shipping. Emory was able to locate paper plates and bags as a last second replacement (a welcome replacement, considering the alternative was using the regular dining room trays).

The final pre-event challenge came in the form of information. The Club was tasked with planning the event, inventorying items ordered, and

scheduling workers without knowing how many AICs actually participated.

*But success is not measured by the number of challenges overcome.*

The day prior to the event, a coterie of Club members arrived in the kitchen to do prep work. First, each item was inventoried, starting with the onion rings. Next, roughly 1200 burgers, 600 Polish sausages, and about 250 pounds of bacon needed to be separated and panned out for the following day. Nearly 1200 tomato slices and the same number of pepper jack cheese slices were prepared as well.

The day of the event started as early as 6:30 am for some. Kitchen Coordinator Gift and his crew were gracious enough to arrive early and work the barbeque. A small group of Club members started in the early morning hours, putting their Food Handler's Cards to good use.

Around 9:00 am the rest of the cooking for the event began. A total of 14 Club Members were tasked with frying bacon in the bakery ovens, boiling sausages in the kitchen, helping grill burgers and sausages, frying onion rings, separating and prepping all the condiments and other food items, and working the pan room. For any Club event, the goal is to have as little impact on daily operations as possible. As much as able, the Club Members are responsible for the cooking, cleaning, and serving.

*Of course, success is not measured by effort and hard-work.*

The 11:30 am institution count cleared late, consequently giving the hand out a late start. It was quickly determined that 14 Club Members was not enough to work both the East and West dining rooms. Luckily,

the Food Services Clerks, Back Hall workers, and IWP workers were able to assist.

Midway through the event it was apparent there would not be enough onion rings to complete the remaining orders. With three units left, the Enrichment Club was completely out of these crunchy gilded onion circles.

The weight of a fried onion rings is actually less than a frozen onion ring, which created a challenge when separating cooked orders into one pound bags. While nearly 600 pounds of onion rings should have provided the same number of orders, the cooked version left the event a surprising 120 orders short.

Luckily, Correctional Rehabilitation Manager Clark rushed to aid and purchased steak fries as the only and best available alternative. The steak fries were from the same vendor as the onion rings. All of the orders were cooked and handed out by 4:15 pm.

For most participants, this event was a welcome change from the normal dining room meals (although there were a few who turned down the meal and requested a refund when steak fries were offered instead of onion rings). The three AICs who refused the meal will receive a refund at their request. Unfortunately, the food for this event has already been purchased and the vendor will not provide refunds for cooked steak fries. Any refund issued will directly affect the donation being made.

Despite the numerous challenges and complications, feedback from event participants has been positive overall.

*But success is not measured by customer satisfaction.*

*Continued on next page...*

# Above and Beyond



Continued from previous page...

When it comes to fundraisers, you can't measure success by the crunchiness of onion rings, the crispness of bacon, or the quality of a burger. It is not measured by effort, hard work, and efficiency or planning - nor is it measured by a price point or participant approval. When it comes to fundraisers, success is measured by impact. The impact of this fundraiser came from the many generous donors - from all of you - who supported this important cause.

In Pendleton, Oregon there is a high school sophomore named Miranda Case with hypoplastic left heart syndrome - a rare congenital heart defect. Miranda's heart syndrome caused her to have four open heart surgeries by the time she was six years old. Now, as a high school student with aspirations for college, she needs a heart transplant. All of the proceeds of the Diner Style Meal,

plus an additional \$2,000 from the Enrichment Club's account, are being donated to the Children's Organ Transplant Association specifically for Miranda Case and her family.

On Friday, August 26<sup>th</sup>, the Enrichment Club received a hand-made thank you card (pictured above) from the Case family. The inside reads:

*"Thank you for your kindness and for your financial support. We truly appreciate it and it relieves some of the stress of the process. We knew this time would come at some point, but it is earlier than we anticipated. The support you are providing us helps to make the process easier. We think your program is great."*

*Thank you!!!*

The Case Family

*And this is what success looks like.*

The following individuals made an additional donation on top of the \$25 price tag. With contributions ranging from an extra \$1 to an extra hundred, they single handily raised \$809.50.

|                        |                            |
|------------------------|----------------------------|
| Richard Fay            | Robert Ray                 |
| Austin Lloyd           | Jeremy Bonsignore          |
| Joey Cardoza           | Kyle Dasher                |
| Zoey Pike              | Blaine Silversmith         |
| Donald Kuehne          | Jason Turner               |
| Lance Wood             | Brandon Carson             |
| Scott Boughn           | Kobe Cordray               |
| Keith Bryant           | Peter Cuddie               |
| Christopher Gonzalez   | David Derrick              |
| True Vang              | Benjamin Edwards           |
| William Alexander      | Thomas Garcia              |
| Gerry Hight            | Jason Hogan                |
| Jeremy Delfino         | Andrew McMahon             |
| Patrick Gazeley-Romney | Phoenix Norwest            |
| Daniel Poindexter      | Daniel Huerta              |
| John Roe               | Steven Coppler             |
| Harol Arnett           | Corey Canty                |
| Ted Conklin            | Carter Bell                |
| Axel Ries              | David Gallegos             |
| Son Dinh               | Charles Frost              |
| Wes Easton             | Matthew Batala             |
| Warren Doescher        | Lieth Mohammad             |
| David Moles            | Roscoe Townsend            |
| Robert Teeter          | Leonel Zamora              |
| Naeem Clark            | Eumetrious Zepeda          |
| Brian Hauth            | Christian Galindo          |
| Noel Hernandez         | Aaron Garcia               |
| Kevin Blankenship      | Terry Ivarson              |
| Robert Powers          | Rogelio                    |
| Roger Williams         | Martinez-Mateo             |
| Terrence Lawrence      | Trinidad Ramos             |
| Douglas McCann         | Juan Cruz-Rojas            |
| David Caskey           | Keith Fullbright           |
| John Shadley           | Emmit Sullivan             |
| John Woods             | Christopher Vasey          |
| Michael Naylor         | John Davis                 |
| Robert Brooks          | Edward Yeoman              |
| Michael Lystell        | Cory Hartford              |
| Ryan Belt              | Patrick Morris             |
| Menphrey McGee         | Larry wilt                 |
| Ricardo Bolanos        | Juan Escamilla             |
| Jagger Bowen           | David Jones                |
| Randall Fox            | Carmen Escamilla-Dominguez |
| Bret Grabe             | Timothy Calloway           |
| Michael Martinez       | James Hedges               |

## \$809.50



# The Story Behind the Story



In the 16 month's since the start of the Enrichment Club, approximately **\$23,500** in donations have been made.

## Enrichment Club Donations to Date:

- \$5,000 - CAPCEO (Local Food Bank and Housing Services)
- \$2,000 - American Cancer Society
- \$1,500 - Visions of Hope (Supporting an Orphanage in Uganda)
- \$500 - Oregon Tradeswomen (Prepares women for work in the trades)
- \$500 - Oregon Coalition Against Domestic and Sexual Violence
- \$500 - Pendleton Lions Club (Helps kids get eye exams and glasses)
- \$1,500 - Headstart (Prepares children for Kindergarten)
- \$1500 - Oregon Community Rebuild Fund (Oregon wildfire relief)
- \$500 - Dornbecker's Children's Hospital
- \$500 - Sweet Potato Closets (Provides clothes and diapers to needy families)
- \$500 - St. Jude's Children's Hospital
- ~\$2,500-3,000\* - Movember (Men's health and testicular cancer prevention)
- \$2,000 - Children's Organ Transplant Association (COTA) - Miranda Case
- ~\$3,500\* - COTA - Miranda Case (2nd donation)

*\*Awaiting confirmation of accounting. Once the Department of Corrections confirms the accounting, the Enrichment Club will issue a donation request.*

## A special thank you:

Thank you to the kitchen staff who helped - Coordinator Gift and his workers Wamulumba, Marcel, Cunningham, and Eteuati, Food Services Clerks Reyes and Dills. Thank you to every staff member who assisted, supported, facilitated or aided in this event - Mr. Clark, Ms. Niestadt, Ms. Emory, Mr. Peters, Ms. Murphy, Ms. Halbert, Ms. VanEpps, and probably more.

We hope everyone, Staff and AICs both, will take a look at the previous page and the lengthy list of AICs who donated more to this cause. They saw a \$25 price tag on a burger and thought, *I can do more*. For every complaint, angry kyte, or request for a refund there are a dozen *I can do more* people who understand the purpose of a fundraiser.

On this page there are nearly \$23,500 in donations to many wonderful organizations. We have donated to provide food and housing assistance to the impoverished; to help an orphanage in war torn Uganda; to help children's early education; underprivileged kids to get eye exams and glasses; to help needy families get clothes and diapers; for cancer research in many forms; to help combat domestic and sexual violence; to help empower and educate women in the trade fields; to rebuild Oregon communities impacted by wildfire; to places like St. Jude's and Dornbecker Children's Hospital and all of the brilliant work they do; and most recently to help a family with a kid who needs a heart transplant.

This is what we are all a part of. Not just the Enrichment Club - all the AICs who participate and the Staff who support these events.

Thank you.

Photograph by Juan Sanchez



*Around the Compound*  
**New Directions**

One Student Earns Degree, Fall Classes Begin after Long Absence, and Everything you Need to Know about College

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

There are a handful of college paths for the incarcerated; at EOCL New Directions is the primary college offering, while Corban University offers four year degrees for eligible students who are willing to relocate to OSCI. Correspondence courses are always an option, although not normally the most cost-friendly the return of Pell Grants may ease some of the financial strain starting in 2023.

**New Directions:**

What is New Directions? While it may sound like a five member boy band, it's full name is actually the New Directions Education Project and it's a college education program through Blue Mountain Community College (BMCC). Students in New Directions generally take three classes per year. Classes occur on weeknights from about 6:30 pm to 9:00 pm or at times on weekdays starting at 2:45 pm and are taught by BMCC teachers. Funding is received through various donors and the students themselves only pay \$30-40 per class, which covers their portion of tuition and books. New Directions is an incredibly economical way to earn a General Associates Degree (a two-year degree).

Pictured above, recent Degree recipient Librado Peña poses with New Directions Education Liaison Ms. Douglas. Peña was a New Directions student and is just one of the many examples of incarcerated individuals earning a degree.

Many of the opportunities and processes for a college education have been interrupted since the start of

COVID. But after a two year long hiatus New Directions is slated to begin again on September 26th, with *Health and Fitness* 295.

New Directions is not currently accepting applications, but for students who wish to add their name to the list degree recipients at EOCL, it is never to early to start planning. Ensuring you meet the criteria for applicants and setting goals early are crucial steps towards a college education.

**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.

Corban University just finished an application process and is not currently accepting applications.

**Correspondence Courses:**

Most distance learning nowadays is done online, but there are many colleges that offer paper-based correspondence courses. The process for enrolling in a course has changed slightly. Submit a Correspondence Course Approval Request Form to Correctional Rehabilitation. Courses are now supposed to be pre-

| Level of Education         |
|----------------------------|
| Four-Year Degree or Higher |
| Two-Year Degree            |
| Some College, no Degree    |
| High School Diploma        |
| No High School Diploma     |



approved before enrollment and the number of quizzes and assessments must be provided for pre-approval. Generally, this information is not provided until a student enrolls in a course and there is no current standard process to obtain this information pre-enrollment. It is up to the student to contact the school they are attending and obtain this information ahead of time.

### Applying for FAFSA:

Do not contact the Education Department regarding FAFSA and Pell Grants. When information is available it will be shared in this newsletter and on your housing unit bulletin board.

### Proctoring Assessments:

Assessments will be proctored on Tuesday mornings in the visiting room. This is an added wrinkle for those who wish to hold a work assignment while taking college classes. Securing time off with supervisors is essential prior to enrolling in any college course. Students should communicate with their Supervisor regularly.

### How to Choose a College:

For starters, write a letter to colleges you are interested in that offer correspondence based courses. Most school will provide a catalog for free. Obtaining a catalog is the first step.

## Quick Facts about College Education!

**Information About FAFSA:** Not available through the Department of Education. When information becomes available it will be provided in *The Echo* and on the bulletin board.

**Applying for DOC College Programs (NDEP or Corban University):** These programs are advertised in *The Echo* when they are open to accepting application. There are currently no openings. In the meantime, read *The Echo* and keep an eye out for postings. Do not apply if there is not a posting for applications.

**Other colleges/Correspondence Courses:** Contact the college you are interested in by mail. Most colleges will provide a catalog to you free of charge. The Education Department and/or IWP will NOT contact colleges on your behalf.

**Courses have to be Approved:** You have to submit a Correspondence Course Approval Request Form to Correctional Rehabilitation.

**Proctoring Assessments:** Assessments are proctored on Tuesday mornings in the Visiting Room. Contact Correctional Rehabilitation.

**Important Note:** Do the work! Earning a college education is entirely up to you. You have to contact the schools, apply for FAFSA next year, arrange the exam proctoring, and purchase the books.

When selecting a school, flexibility in exam due dates are important. Some schools may require you to have the exam proctored within 12 weeks of starting the course. AICs who do not schedule the exam in the allotted amount of time may receive an incomplete for the course. Other schools are more flexible and offer a full year from the time the course is started for the student to take the final exam. A shorter turnaround time may work for some, however, consider that as an AIC there may be

situations beyond your control. A student who is placed in segregation, even if only under investigation, or moved to another facility unexpectedly, may miss the deadline for their final exam. They will receive an incomplete for the course and the college will not provide a refund. The student will have to retake (and repay for) the course.

Payment plans can vary by school as well. Where one school might take payments as low as \$39 per month, another school will expect the full payment up front. Since it is still unclear how much the FAFSA for incarcerated individuals will offset the overall cost, it is a good idea to consider many different options in terms of tuition.

Overall, research is the most important part of selecting a college. While waiting for the FAFSA to become available to AICs, it is a good idea to investigate many schools.

|  | Likelihood of Unemployment | Avg. Hourly Pay |
|--|----------------------------|-----------------|
|  | 2.3%                       | \$31.99         |
|  | 3.4%                       | \$20.90         |
|  | 4.0%                       | \$19.35         |
|  | 4.6%                       | \$17.80         |
|  | 6.5%                       | \$13.00         |



### Around the Compound

## Programs That Can Impact Your Life

### GOGI, Mindfulness, Roots of Success and Beekeeping

Of the programs offered at EOCI which ones are the most impactful? That's up to the participant of course, but here are four of the most commonly participated in programs with insight from the facilitators.

#### GOGI: (Getting Out by Going In)

GOGI is designed to teach tools that promote Positive Decision Making. If you practice each tool correctly, given in the GOGI handbook, it will make a life long impact to the way you live. A variety of AICs learned that this program is much more than what meets the eye; it is a lifestyle. GOGI offers group studies and independent studies so you can choose how you want to study the tools of GOGI.

Special insight from GOGI President Keaton Stephens:

*All GOGI material has been contributed from incarcerated individuals who have experienced a change in their lives. GOGI leaders encourage participation, and to keep finding ways to help those who want to*

*speak up. We have daily check-ins throughout the course as well as some basic handbook questions*

*In the beginning of the course, each group sets up rules and guidelines. The "Vegas Rule" is a main rule within the group; what ever is spoken, must stay in the group. AICs can comfortably grasp each and every tool within GOGI without feeling beat down or judged by their response.*

*You can be certified to be a GOGI coach and lead your own group in any community. GOGI tools are constantly used in every life situation to better your decision-making. In 2017, staff in SRCI approached me with an opportunity to facilitate GOGI due to my past experience. They could see my changes and knew I was a good candidate to share my thoughts on a better way to think and live.*

You can sign up for GOGI by sending an AIC communication form to GOGI.

#### Mindfulness

This program can be therapeutic to individuals that feel stressed, full of anxiety, uncontrolled emotions, or have difficulties moving forward with their lives.

Mindfulness has fundamentals that help you be aware of the present mo-

ment, and clarifies your thought process through activities such as: body scans, controlled breathing, stretches, yoga, motivation videos and group discussions.

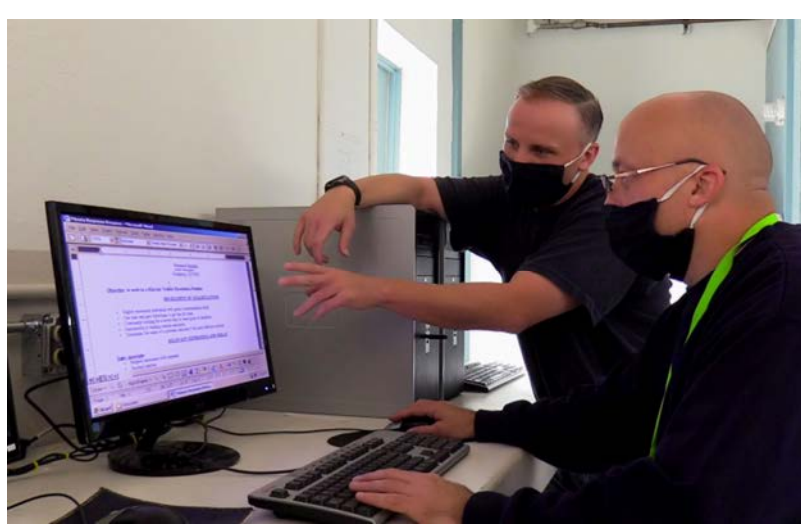
This program teaches you to be fully conscious of your thoughts before initiating a decision. Mindfulness is currently only offered in DSU.

Special insight from Mindfulness Facilitator Patrick Gazeley-Romney:

*Mindfulness is the practice of paying attention to the present moment or task at hand, without judgment or rumination on external conflicts. Practicing mindfulness correlates directly to increased focus, organization, happiness and physical well-being. You will learn how to effectively deal with chronic stress and anxiety and how to affectively communicate thoughts and emotions.*

*The program is not offered in general population due to the current covid restrictions to outside volunteers. Hopefully when we are completely back to normal, Mindfulness can be rolled out to general population. I became a facilitator when I was trained by Ms. Halbert back in 2018. If you wish to become a facilitator, you usually need to go through the program as a student first and you must also be a NCI level 3 AIC.*





Mindfulness is currently only available in segregation, but will hopefully be offered to the general population in the future.

### Roots of Success

Root of Success was created to prepare youth and adults from communities with high rates of poverty, unemployment, environmental problems and injustices for environmental careers to improve conditions in their communities. Students who complete modules within the course: Fundamentals of Environmental Literacy, Water, Waste, Transportations, Energy, Building, Food and Agriculture, Community Organizing and Leadership and Financial Literacy and Social Entrepreneurship; can earn a certificate that is valued by employers.

Special insight from Roots of Success Facilitator Phillip Luna:

*Roots of Success is an environmental literacy course. The goal is to provide AICs with knowledge and experience that can help them join the workforce upon release. Topics range from environmental issues like droughts, wildfires, and global warming, to more student-focused areas such as writing a resume and improving your credit score. This course does not certify the participant in a specific area – i.e., as a solar panel installer.*

*The course is split into ten modules in a variety of topics. Students are required to take the first module; the last nine modules are elective. Students can take all ten modules, or just select a few they find interesting. Each module contains class activities, exercises, and educational videos. Each module culminates in an assessment.*

You can sign up for Roots of Success by sending an AIC communication form to IWP. Roots of Success is currently seeking applicants for a Spanish supported class. The Roots of Success material is in English, but this class will offer a Spanish speaking instructor for translation as needed.

### Beekeeping

EOCI's Beekeeping Program certifies AICs through the Washington State Beekeeping Association (WSBA) in the skills of apiary work. The program offers field experience of interactions with bee colonies and hive components. Students can receive Beginner and Apprentice level certifications through WSBA upon completing all program criteria.

Special insight from Beekeeping Facilitator Scott Steffler:

*Commercial beekeeping can generate a small amount of revenue when you are released; but from*

*my own perspective, I think that being able to have all-organic honey for myself, and to give away as gifts to neighbors, friends, and family is also an opportunity to do something nice for other people. Selling honey at a local farmer's market can supplement your income by a few thousand per year.*

*There is a tremendous amount of knowledge that comes with learning about bees. It is much more than just producing honey. Beekeeping teaches you a lot about how bees interact with many plant species, and how those plants depend on bees for pollination. Prior to getting involved in this program, I have never had real honey. It is phenomenal!*

*I have been in prison for a long time and I have taken nearly every program offered by ODOC. Without a doubt, the beekeeping program is my favorite. It is an all-natural class; the bees have evolved behaviors that continue to amaze me, and I never get tired of just suiting up and watching the bees do their thing.*

Opening for the Beekeeping Program occur once per year, usually between January and March, and will be advertised in *The Echo*. Wait until openings are advertised to apply.

## Editorial

## Legal Ledger

## Guns, Drugs, and the U.S. Supreme Court

Are nonviolent felons allowed to possess a firearm under a new ruling handed-down by the United States Supreme Court? There is a provision of the federal firearms law, 18 U.S.C. § 922 (g)(3), which categorically criminalizes any gun possession by anyone who is an "unlawful user of or addicted to any controlled substance." Many states have legalized marijuana for medical or recreational use, while federal law still considers the drug illegal. This broad federal "unlawful user" gun dispossession statute technically divests tens of millions of Americans from owning a firearm. Several states even have laws criminalizing gun possession by those with drug use history even for users of legal drugs such as alcohol. For example, Ohio Revised Code § 2923.13 prohibits knowingly having any firearm if one "is drug dependent, in danger of drug dependence, or a chronic alcoholic."

Another notably broad provision is 18 U.S.C. § 922(g)(1), the federal felon-in-possession statute is applied thousands of times every year. Sentences for violating these laws can be quite severe depending on the circumstances.

On June 23, 2022, the U.S. Supreme Court delivered a much-anticipated ruling expanding the scope of the Second Amendment. In *New York State Rifle & Pistol Assn., Inc. v. Bruen*, No. 20-843 (S.Ct. 2022), the Supreme Court rejected many recent lower court decisions regarding the application of the Second Amendment.

Lower courts have largely upheld felon-in-possession criminal prohibitions, but the new decision raises questions as to whether various categorical prohibitions on gun possession are lawful.

Justice Thomas's opinion for the court states "*In District of Columbia v. Heller*, 554 U.S. 570 (2008), and *McDonald v. Chicago*, 561 U.S. 742 (2010), we recognize that the Second and Fourteenth Amendments protect the right of an ordinary, law abiding citizen to possess a handgun in the home for self-defense. In this case, petitioners and respondents agree that ordinary, law-abiding citizens have a similar right to carry handguns publicly for their self-defense. We too agree, and now hold, consistent with *Heller* and *McDonald*, that the Second and Fourteenth Amendments protect an individual's right to carry a handgun for self-defense outside the home...

*Heller* and *McDonald* do not support applying means-end scrutiny in the Second Amendment context. Instead, the government must affirmatively prove that its firearms regulation is part of the historical tradition that delimits the outer bounds of the right to keep and bear arms...

We reiterate the standard for applying the Second Amendment is as follows: When the Second Amendment's plain text covers an individual's conduct, the Constitution presumptively protects that conduct. The government must then justify its regulation by demonstrating that it is consistent with the Nation's historical tradition of firearm regulation."

American citizens with felony records would be included in "the people" covered by the plain text of the Second Amendment, and so their conduct in possessing firearms would appear presumptively protected. Turning then to "the Nation's historical tradition,"

numerous academic articles have detailed that only dangerous and violent people, not all felons, were historically disallowed to have firearms. As one such article states: "*There is not historical justification for completely and forever depriving peaceable citizens - even nonviolent felons - of the right to keep and bear arms.*"

Before becoming a Supreme Court Justice, Judge Amy Coney Barrett made this point effectively when dissenting in *Kanter v. Barr*, 919 F.3d 437 (7th Cir. 2019): "*History is consistent with common sense: it demonstrates that legislatures have the power to prohibit dangerous people from possessing guns. But that power extends only to people who are dangerous. Founding-era legislatures did not strip felons of the right to bear arms simply because of their status as felons. Nor have the parties introduced any evidence that founding-era legislatures imposed virtue-based restrictions on the right; such restrictions applied to civic rights like voting and jury service, not to individual rights like the right to possess a gun. In 1971 legislatures disqualified categories of people from the right to bear arms only when they judged that doing so was necessary to protect the public safety.*"

The federal firearm prohibition for anyone who is an "unlawful user of or addicted to any controlled substance" has been upheld through various balancing tests in lower courts stressing the important government interest in restricting gun access to potentially dangerous individuals. But, with the recent *Bruen* decision, such a regulation's "important interest" is not what is key for Second Amendment interpretation, "rather, the government must demonstrate that the regulation is consistent with this Nation's historical tradition of firearm regulation."



*Around the Compound*

## Food Survey Results 2022

Here are the results of the AIC Food Service Survey that was done earlier this year. Survey responses were compiled from all institutions and the top answers are listed below. Please keep in mind that some suggestions may not work with budget constraints. A few suggestions were able to be worked into the next Fall-Winter menus.

## Least Favorite Items

### Items to remove from the menu

Tuna Salad Sandwich  
Chicken Salad Sandwich  
Pancakes  
Tuna Casserole  
Turkey Tetrazzini  
Turkey ala King;  
Tamale Pie  
Waffles  
Italian Casserole  
Chicken Burger

## Top 5 Favorite Meals

### Favorite Breakfast Items

1. Fried/Scrambled Eggs
2. Hobo Breakfast
3. Sausage Gravy
4. French Toast
5. Veggie Scramble

### Favorite Main Dish Items:

1. Chicken Drumsticks
2. Hamburger
3. Pork Loin
4. Enchilada Casserole
5. Pizza

## Most Desired Items

### Items to add to the menu

Corn Dogs  
Chicken Nuggets  
Breaded Chicken Strips/Tenders  
Pepperoni  
Lasagna  
Tater Tots  
Fish Nuggets/Sticks  
More fresh vegetables  
Steak  
Enchiladas/Enchilada Casserole.

## Top AIC Suggestions

### Suggestions to Improve Meal Service

- Larger portions
- More protein/meat
- Less carbs
- Serve hot foods hot
- Use more seasoning
- Desserts with every dinner or daily
- Less casseroles
- Clean the meal trays better
- More variety of fruits & vegetables
- Cook potatoes properly/completely
- Better accuracy & consistency with portions/scoops
- Increase food budget for better food
- More or better training for FS staff and AIC cooks
- More variety for veggie trays
- Less onions in the recipes
- FS staff & AIC cooks should care about/take pride in the food
- Offer fresh vegetables on mainline
- More fried food
- Take more time to cook foods well
- Don't overcook the frozen vegetables

*Around the Compound*

## New Menu Printout

When the Fall-Winter 2022-2023 menus are released, you will notice that the menus will have a different "look" to them. The ODOC is using a new menu planning computer program for the week-at-a-glance menus, calorie report, and carbohydrate report.

You will notice that the way the serving sizes are described has changed. The previous menu planning program used volume-ounces (vol-oz) to describe items served by volume. The new menu planning program does not do that - it uses cups to describe items served by volume.

DOC will continue to produce 5-week cycle menus which will change twice yearly. You will be able to view all three meals per day for each week of the cycle on the week-at-a-glance menus. The menus will continue to be posted in the dining hall and/or in the living units. Each institution may do this a little differently.

The menu symbols will change to letter codes. Food items that contain high amounts of nutrients which some AICs may want to eat less of will be marked with a 3-letter code instead of a picture symbol. There will be a key at the bottom of the menu printout which describes each code.

The accuracy of the nutrition content of foods and recipes has improved with this new program. You may notice that some of the calorie or carbohydrate content of foods is slightly different on the new reports. The calorie report is available to all AICs. Each institution makes this report available differently. The carbohydrate report is for AICs with diabetes. Talk with your healthcare provider if you need the carbohydrate report.

# Artist Spotlight

Artist Spotlight pg. 20

Seeking Feature Artists pg. 21

Seeking Mural Artists pg. 21

Photography by Phillip Luna



## Careers

### Artist Spotlight

#### Caleb Ashen, Not Your Typical Bob Ross

**I**nk, graphite, oil, acrylic, watercolor, or even coffee for some - with so many different mediums to choose from, what draws an artist to one or the other? For AIC Caleb Ashen working with the permanence of ink pens is most similar to his experience as a tattoo artist - much like a tattoo, there are no erasers when working in ink. Every line counts.

Art is one of the most common pastimes among AICs. While some prefer portraits or landscapes, Ashen favors the eerie and surreal; his artwork is a bizarre combination of velvety smooth lines, celebrity portraits, and baleful themes. One

piece, featured top right, depicts "The Butcher", a memorable character in the film *Gangs of New York*.

***"I use cross hatching mostly. When I tattoo I would whip shade and hatching is the closest thing to it."***

Most of Ashen's art requires layers upon layers of line work to create depth and texture. "I don't use circles," he explains, "I use cross hatching mostly. When I used to tattoo I whip shade and hatching is the closest thing to it." He also avoids breaking open pens and using the ink to "paint" as many pen artist do.

Another unusual technique employed by this artist is creating smudge sticks

from envelopes or any glossy paper. He explains that glossy paper does not absorb ink the way a regular shader stick does, which makes it a useful tool for spreading ink.

When asked where he draws his inspiration he says, "It's hard to say. I like to draw celebrities, sometimes I use a reference, sometime it's freehand. I draw whatever comes to mind."

Ashen describes himself as self-taught, further stating, "I'm always evolving. I've been drawing since I was a kid. And you are always picking up tricks along the way." He intends to continue developing skills and upon release plans to open a tattoo

***"Draw everyday. Even if you don't know what you're doing or find an artist to help."***



## Opportunities

## Artist Wanted

## Accepting Artists

Photograph by Patrick Gazeley-Romney



Interested in sharing your artwork with *The Echo* readers? Send an AIC communication Form to IWP and let us know. All it takes is for you to answer a couple brief questions

and let us snap a few photos of your artwork. Any AIC featured in the artist spotlight will receive a copy of *The Echo* with their featured article (great for sending home to your loved ones or including in a clemency petition as an example of how you positively spend your time!)

Send a Communication Form to IWP if you are interested!

## Opportunities

## Paint a Mural

## Accepting Artist Submissions

Photograph by Patrick Gazeley-Romney



**EOCI is looking for talented AICs who are interested in painting murals on housing units.**

- AICs must be Incentive Level 3 to be considered.
- Send a sketch of your mural design proposal to Correctional Rehabilitation.
- AICs may kyte Art Inside Out for access to reference material in planning their mural design proposal.

## Details

- AICs whose designs have been selected will be scheduled on callout to attend a meeting where we will go over the guidelines, expectations, and answer any questions they may have.

For any questions, please contact Mr. Clark, Correctional Rehabilitation Manager.



shop featuring his own brand, *Exile Inc.* Like most artists he emphasizes practice. The first piece of advice he offers to a novice is, *"Draw everyday. Everyday I am drawing. If you don't know what you are doing pick up a book or find an artist to help you. But draw every day."*

Currently, this ink artist says he is hooked on creating large art pieces in pen, *"I've done cards for a while, but I thought let me try a bigger project. I have all these ideas so I might as well try a bigger project. Now I'm hooked on doing these big pen pieces."*

It is easy to see how the skills learned from working with ink pens can transfer to the tattoo world upon release. Pen requires a level of planning and forethought from the artist that parallels tattoo work. In one of Ashen's incomplete pieces (not pictured) he has identified areas of light and shadow early on in the process.

***ryday I am drawing. If you  
u are doing pick up a book  
elp you. But draw every day."***

## Careers

## Careers in the Spotlight

### Niche Jobs in the Food Industry

Not everyone with an interest in food shares the dream of becoming a chef. Luckily, the food world offers a variety of exciting careers, from mushroom foragers to artisan cheesemakers. Beyond the basic food industry positions, there is a whole host of exciting, felon-friendly career opportunities for those passionate about food. Getting a job in EOCI's kitchen may not feel very glamorous, but it could lead to more interesting prospects upon release. The following are just a few of the jobs available to those inspired by the culinary arts.

#### FARMERS MARKET MANAGER

The demand for healthy, local, and sustainable food continues to grow, and so does the number of farmers markets. There are roughly 8000 farmers markets taking place in the U.S. during the summer months. With this boom comes an increase in employment opportunities.

The Market Manager is responsible for overseeing all farmers' market operations, as well as the management of all vendors, permits, and other market logistics. This position requires a solid knowledge of food systems, great people skills, and an understanding of small business practices and management.

Source: Wikipedia.org

#### EDUCATION AND LICENSING

Most employers require applicants to have a high school diploma or equivalent, but may prefer applicants with a Bachelor's degree in nutrition or in an environmental studies or food systems field. Formal training in farmers' market operations or small business management is usually required for Farmers Market Managers. Many people get their start by working under the supervision of a Market Manager.

A valid driver's license as well as First Aid and CPR certification is usually required for Farmers' Market Managers. In some cases, additional certification may be required by the Department of Agriculture.

#### SALARY AND JOB PROSPECTS

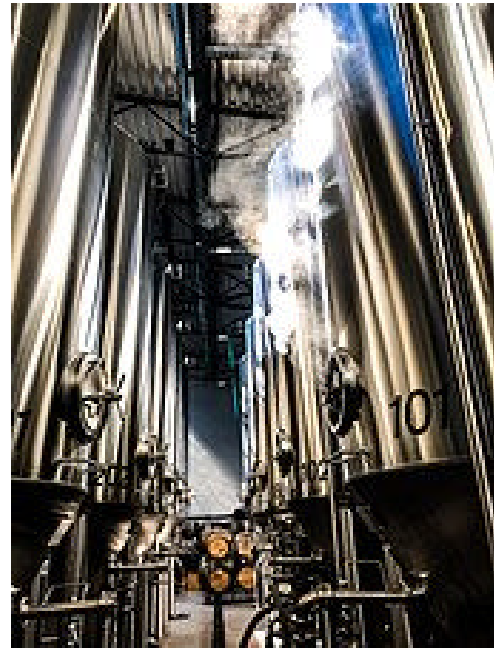
On average, Farmers' Market Managers made \$22.52 an hour, with an annual salary around \$47,000.00. As Farmers' Markets increase in popularity around the United States, opportunities for Farmers' Market Managers will also increase.

#### CRAFT BREWER

Craft brewing has become a popular pastime, opening up a market for experienced brewers and curious entrepreneurs to create and sell their own beer, wine and cider. "Craft brewing" applies to relatively small, independently owned commercial breweries that employ traditional brewing methods and emphasize flavor and quality. The West Coast has the most craft breweries and the Deep South has the fewest.

Although it can be quite expensive to get started (becoming a master

brewer requires a vast amount of knowledge) craft brews are in high demand at bars, restaurants, farmers markets and local grocery stores. Microbreweries are popping up all over the country, and you will be getting paid to sip beer all day.



#### EDUCATION AND LICENSING

There are no specific educational requirements for this job. States require licensing for the production and sale of alcohol.

#### SALARY AND JOB PROSPECTS

The average salary for craft brewers varies greatly with quality, quantity and demand for your beverage.

#### ARTISAN CHEESEMAKER

According to Wikipedia, Cheesemaking is an ancient practice documented in Egyptian tomb drawings and ancient Greek literature. Cheesemaking may have originated from nomadic herdsman who stored milk in vessels



made from sheep or goat stomachs. The goal of cheese making is to control the spoiling of milk into cheese. The milk used is traditionally from a cow, goat, sheep or buffalo, although, in theory, cheese could be made from the milk of any mammal. Cow milk is most commonly used worldwide.



*Fresh chevre hanging in cheesecloth to drain.*

## EDUCATION AND LICENSING

There are no specific educational requirements for cheesemakers, just a passion for curdled milk. Some states require a license to produce cheese on a commercial scale.

## FORAGER

With the local food movement growing at a rapid pace, a unique job category has blossomed. A professional forager wanders the woods, finding multiple varieties of edible mushrooms and other fresh ingredients that grow in the wild and sells them to restaurants and farmers markets.

There are a lot of mushrooms out there, some delicious and some deadly. Knowing where and when to search for mushrooms is an important identification skill that takes practice. Mushroom hunters make a living foraging mushrooms to sell to food

distributors, restaurants and individual consumers.

A large number of mushroom species are favored for eating by mushroom hunters. The king bolete is a popular delicacy. Pine mushrooms, chanterelles, morels, oyster mushrooms, puffballs and polypores are among the most popular types of mushrooms to gather, most of these being fairly simple to properly identify by anyone with practice. Because certain types of mushrooms are in high demand, foraging for morel, porcini, and chanterelle mushrooms can be a very lucrative venture.



*A collection of Boletus edulis or "mushroom king".*

## SALARY AND JOB PROSPECTS

As individuals and businesses create markets for locally appropriate and seasonal foods, opportunities in this field will likely grow.

## GOURMET FOOD BUYER/DISTRIBUTOR

Food Buyers work on behalf of grocery stores, restaurants, and other businesses. They obtain large quantities of food before they are resold to individual customers. They often work on behalf of wholesalers, who serve as

intermediaries in the path between producers and retailers. These Buyers usually visit the producer or wholesaler directly, keeping abreast of changing consumer preferences to make sure what they buy can be profitably resold.

## EDUCATION AND LICENSING

Most employers require applicants to possess a high school diploma or equivalent. Large stores and distributors may prefer applicants who have a Bachelor's Degree and to have taken some business or accounting classes. Many manufacturing firms put an even greater emphasis on formal training, preferring applicants who have a Bachelor's or Master's degree in engineering, business, economics, or one of the applied sciences.

On-the-job training is common for Food Buyers, typically lasting for more than one year. During that time, these potential Buyers learn how to perform their basic duties, including monitoring inventory levels and negotiating with suppliers. A range of organizations offer certifications that help applicants demonstrate their knowledge, experience and skills.

## SALARY AND JOB PROSPECTS

Jobs in purchasing should continue to be relatively competitive due to the limited nature of this field. Applicants with the highest levels of education and experience will have the best job prospects. In 2020, the average annual salary for Food Buyers was \$62,520, with an hourly pay of \$29.19.

# Recreation

Championship Games Pg. 24

Video Game Repairs Pg. 26

Video Game Review Pg. 26



H1 Softball Team

Photography by Patrick Gazeley-Romney



B1 Pitcher prepares to walk H1 Batter C



## Recreation

### No Rules, No Mercy

#### H1 sweeps B2 in the Softball Championship Series

**N**o rules, no mercy - or to be more accurate, there is no mercy rule in the championship softball series. Normal rules of play dictate that if one team is ten runs ahead at a certain point in the game, the game is over. But the championship series has no such rule, which was evident by H1's 31 to 12 victory in the first game of the series.

B2 had a remarkable season, earning them the first seed in the playoff berth. While early in the year predictions usually have B1 playing their championship rematch against the Eastside winner, B2 had a different narrative in mind.

After they took a first round bye, B2 routed A1 and subsequently beat B4 in the Westside Championship.

H1 took a similar path, as they had the first round berth on the Eastside, accepted a bye, then beat fifth seed G3. Next they took an Eastside Championship against G4.

The two respective champions met on September 10th, at 8:30 AM in the East yard for game one of the three game series. B2 Coach and Outfielder Procter batted first in the series as H1 took the field. Proctor's bat resulted in an out due to the quick hands of Assistant Coach and Third Baseman Ben Edwards. While a sure glove garnered the first out of the series, that was not the case during the next few at-bats - likely a result of the sudden weather change. Summer had come to an end on this dewy morning, evident by the several dropped balls and slips in the grass from the H1 outfielders.

Second in the lineup, Hedgecock, hit a single, followed by Ramirez who landed a double bringing in one run. Ramirez, McCann, Solis, and Stephenson also scored in the series, with the last two runs being brought in by B2 Pitcher Murray's triple.

In the bottom of the first, H1's Epperson led off the lineup and was walked by the pitcher. This would quickly become a pattern as B2 Pitcher Murray found the home plate elusive - he walked five batters in the first inning alone. Murray had a strategy - throw the first pitch within the second the batter steps into the box and hopefully hit the plate... After the first inning the score was 8 to 5 with H1 in the lead.

B2 added two more runs in the second inning, bringing the score 8 to 7, while H1 went three and out.

In the third, B2 earned four more runs, taking the lead at 11 to 8. In





rter



H1's Patino narrowly misses the ball while Rodriguez makes a diving save.



B1's Herrera throws the H1 batter out at first.



H1's Edwards swings at a pitch.

the bottom of the inning, H1's Rodriguez was first at bat. Rodriguez hit a grounder and was thrown out at first by B2's Third Baseman Herrera. Up next Villareal hit a single, followed by Patino who struck out. Signs pointed toward a competitive game as H1 is down three runs with two outs on the series. And then the onslaught began. Off a series of errors, H1 scored 6 runs before the end of the third inning, taking the lead 14 to 11.

The remainder of the game was an H1 trounce, where they added an additional 15 runs overall and B2 only managed a single run. The final score – 31 to 12.

Game two was played in the afternoon on the Westside, where H1 continued the thumping. Game two ended 21 to 5 and the Eastside swept the West.

The first three innings of game one where close and the series was

poised to be competitive, but the match quickly moved out of reach for the Westside Champions. Regardless, both teams played with integrity and showed good sportsmanship. And more importantly, the spectators and the players were relieved to see the return of sports after a two year COVID gap.

### Institution Softball Champions in History:

**2022: H1**

2019: G4

2018: B1

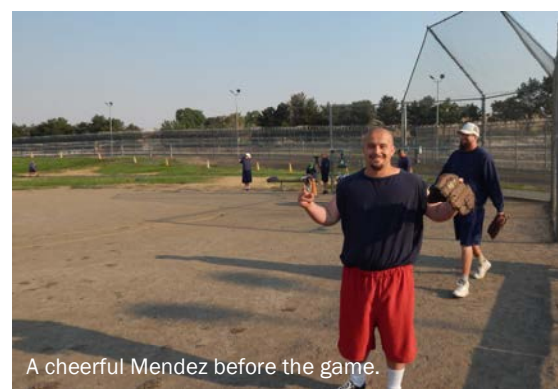
2017: G4

2016: G4

2015: H1

2014: H1

2013: H1



A cheerful Mendez before the game.



Epperson stands tall in the batter box



Repairs Approved  
for Restart

The Oregon Department of Corrections has approved Nintendo Switch Lites to be sent out for repair.

#### What exactly is approved?

- Mail out to FLE for repair.
- Mail out warranty claims.
- Cable replacement/repair.

#### What is currently NOT approved?

- Purchasing digital content through FLE.
- Game updates, patches, or expansions.
- Purchasing NS Lite games.
- Purchasing NS Lites.

#### What is the process?

For repairs, AICS should complete a package authorization request and contact the vendor (FLE). Package authorizations are processed by Ms. Cunha, IWP. The vendor will mail a pre-paid package with the AIC information on it. This will be provided to R&D. **AICs must contact R&D to follow up on the mail out status.**

#### Contact Information for FLE:

##### Fully Loaded Electronics (FLE)

**Address:** 2710 Colby Ave  
Everett, WA 98201

**Phone:** 425-582-3173  
1-888-506-0219



#### Recreation

## Game Review: Darksiders Genesis

### Gunning for the Devil

#### Spoiler Alert

The four horsemen of the apocalypse are looking for some much-needed R&R after cleansing Eden of unwanted guests. Leaving chaos in their wake, the Horsemen are summoned to a group known as the Charred Council, who suspect that the demon king Lucifer is plotting with Samael to upset the balance between heaven and hell. Horsemen Strife and War are sent on an urgent mission to uncover the plot.

Darksiders Genesis is a prequel to the previous Darksiders games, allowing players to navigate the story as playable characters Strife or War (apparently Death and Conquest were needed at the Pendleton Round-Up). Developed by Airship Syndicate, the game was published by THQ Nordic and released for the Nintendo Switch in early 2020.

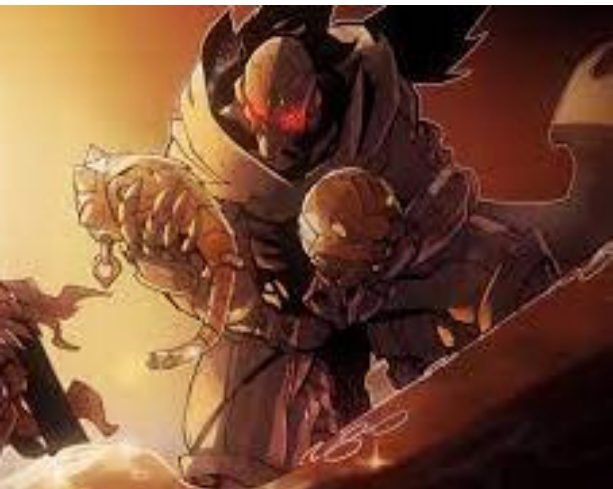
The game begins with the Horsemen approaching the outskirts of Samael's Keep, which they find under

attack by a lesser entity of hell known as Moloch. You fight your way through a slew of monsters just to gain entrance, including several arena style fights. Once you reach Samael, he informs you that he is not in cahoots with Lucifer, and that the demon king sent Moloch to destroy him. Before he can divulge any more tidbits, Moloch attacks your group. Samael teleports the Horsemen into a void where they are expected to find and talk with Samael's associate Vulgrim to confirm he is telling them the truth.

When the Horsemen locate Vulgrim, he says that he can help them find Lucifer, but he needs them to track down several important artifacts first. Once you accomplish the tasks that Vulgrim has set out for you, the Horsemen learn that Lucifer is conspiring with another master of hell named Mammon. By tracking down Hell's minion, you uncover several important relics in Mammon's possession, items that could only have been stolen from Eden.

It is at this point in the game that you encounter the demon Belial. Lucifer and Belial are working together to siphon off Eden's sacred water and poison it. Your battle with Belial is a





title fight, but upon defeating him, the Horsemen decide to exhibit mercy and spare his life. Before Strife and War depart, Lucifer arrives and punishes Belial for exhibiting weakness.

Dagon, the Drowned King, is also found to be assisting Lucifer in tainting Eden. In exchange for Dagon's aid, Lucifer has promised the Drowned King dominion over all of Eden. The Horsemen arrive in Eden and are joined by Abaddon, the guardian angel of Eden, to defeat Dagon and cleanse Eden of corruption.

Lucifer has made deals with several of the masters of both Heaven and Hell; in exchange for his services they forfeit their souls to him after they perish. The souls of these masters of Heaven and Hell are used by Lucifer to fuel an ancient device known as the "Animus". This artifact is taken to earth where it can corrupt mankind. When Strife and War go to Earth, they discover humans living in sin, and realize they are too late to stop mankind's corruption.

Returning to the Charred Council, the Horsemen inform them of Lucifer's poisoning of mankind. The council

decides that from that day forth humans must be watched, referring to mortals as the Third Kingdom. Seven Seals are forged that are meant to uphold the balance between Heaven and Hell: three of them coming from the demonic planes, three more coming from the angelic keeps, and one from the Council itself. It is declared that whoever breaks the treaty shall suffer the wrath of the Four Horsemen, setting the stage for the future games.

Darksiders Genesis is War and Strife's epic journey to track down Lucifer and ensure that the balance between good and evil are maintained. Played from a top-down perspective, the game has a nice mix of action, hack and slash, and RPG elements in it. If you choose to play as Strife, you will start out wielding dual pistols, Mercy and Redemption. If you decide that you'd rather wield Chaos Eater, War's sword, switching between characters is easy and seamless. The game's currency is souls, which can be earned by killing

enemies that will spawn around the player. Once a player has killed enough enemies, they are granted burst abilities which allow them to take down enemies much quicker.

### PROS:

Darksiders Genesis is a great addition to the franchise with fun and exciting combat, challenging puzzles, and unlockable skills. Much like the Diablo series, Darksiders Genesis is a looter style game with vast, well-developed exploration, possessing superb progression procedures that keep its momentum going strong through the entire plot. The boss fights are difficult enough to be both stimulating and memorable.

### CONS:

The game is quite short, easily beatable in 15 hours. Previous Darksiders games had more action/adventure style to them, and fans of the previous games may dislike Darksiders Genesis' locked overhead camera angle. The dialog, though witty, can sometimes seem obnoxious.



# Editorials

Infinity and Beyond pg. 28

Four Hottest Peppers pg. 29

American History pg. 30

Editorial

## Infinity and Beyond

### NASA's James Webb Space Telescope

On July 12, 2022, NASA unveiled the first images produced by the James Webb telescope, and they did not disappoint. The Webb space telescope is the largest and most powerful scientific telescope ever constructed. After launching from French Guiana, the observatory traveled to an orbit about one million miles away from Earth where it underwent six months of commissioning in space - unfolding its mirrors, sunshield, and other smaller systems; cooling down; aligning; and calibrating.

#### GLOBAL PARTNERS

Webb is an international collaboration between NASA and its partners, the European and the Canadian Space Agency. Thousands of engineers and hundreds of scientists worked to make Webb a reality, along with over 300 universities, organizations, and companies from 29 U.S. states and 14 countries.

The telescope's revolutionary technology will be capable of examining every phase of cosmic history, sending back images and data from within our solar system to the most distant observable galaxies in the early universe. Webb's infrared telescope will help us understand the origins of the universe and our place in it.

#### EXPLORING DISTANT WORLDS

Scientists will use Webb to study

planets and other bodies in our solar system to determine their origin and evolution and compare them with planets that orbit other stars. Webb will be able to study exoplanets located in their star's habitable zones, the regions where that planet could harbor liquid water on its surface, and can determine if and where life may be present.

#### UNIVERSE'S FIRST GALAXIES

Webb will directly observe a part of space and time never seen before. Webb will gaze into the epoch when the very first stars and galaxies formed, over 13.5 billion years ago. Ultraviolet and visible light emitted by the very first luminous objects has been stretched or "redshifted" by the universe's continual expansion and arrives today as infrared light. Webb is designed to "see" this infrared light with unprecedented resolution.



**Caption:** Called the Cosmic Cliffs, this image taken by Webb looks like craggy mountains on a moonlight evening. In reality, it is the edge of a giant, gaseous cavity, and the tallest peaks are about 7 light-years high.



**Caption:** The dimmer star at center of this picture has been sending out rings of gas and dust for thousands of years, and the Webb telescope has revealed that this star is cloaked in dust.

Source: [www.nasa.gov](http://www.nasa.gov)



# FOUR Hottest Peppers

Behold the top four leader board for world's hottest pepper!

**4** 7 Pot Primo  
1,469,000 SHU



Number four on the world's hottest pepper list goes to the 7 Pot Primo, created by horticulturalist Troy Primeaux. The pepper is often confused with the Carolina Reaper due to its similar stinger-like tail. Some pepper cultivators have tried to copy the distinctive look by breeding their own peppers to have a long stinger.

**3** 7 Pot Douglah  
1,853,936 SHU



An odd looking pepper with impeccable flavor and blistering heat, the 7 Pot Douglah steals third place for world's hottest pepper. Most super-hot chili peppers usually present in red colors, but the Douglah defies the norm with its brown colored flesh. Because of its amazing flavor- dried, powdered or fresh Douglah goes well on many different foods.



**2** Trinidad Moruga Scorpion  
2,009,231m SHU

An extremely sought after rare red chili pepper, the Trinidad Moruga Scorpion is native to the Moruga region in Trinidad & Tobago. It takes second place on the scoville scale's worlds hottest peppers and is renowned for its characteristic ever-building heat. One bite of this pepper will have you chugging water in no time!

**1** Carolina Reaper  
2,200,000 SHU



Clocking in at number one on the scoville heat index is the famous Carolina Reaper. You know this sucker's hot, just by looking at it. The pepper boasts a long, stinger like tail, blistered skin and a deep red color profile. The Reaper burns your mouth just by looking at it! This pepper's genetics come from a cross between a Ghost Pepper and a Red Habanero. The insane heat is accompanied by a fruity aftertaste and warm stomach sensation.

| Scoville Scale     |  |                       |
|--------------------|--|-----------------------|
| Pepper Type        |  | Heat Units            |
| Carolina Reaper    |  | 1,400,000 - 2,200,000 |
| Trinidad Scorpion  |  | 1,200,000 - 2,000,000 |
| Ghost              |  | 855,000 - 1,041,000   |
| Chocolate Habanero |  | 435,000 - 577,000     |
| Red Savina         |  | 350,000 - 500,000     |
| Fatali             |  | 125,000 - 325,000     |
| Habanero           |  | 100,000 - 350,000     |
| Scotch Bonnet      |  | 100,000 - 350,000     |
| Thai               |  | 50,000 - 100,000      |
| Cayenne            |  | 30,000 - 50,000       |
| Tabasco            |  | 30,000 - 50,000       |
| Serrano            |  | 6,000 - 23,000        |
| Hungarian          |  | 5,000 - 10,000        |
| Jalapeno           |  | 2,500 - 8,000         |
| Poblano            |  | 1,000 - 1,500         |
| Anaheim            |  | 500 - 2,500           |
| Pepperoncini       |  | 100 - 500             |
| Bell               |  | 0 - 0                 |

# AMERICAN HISTORY

Editorial

## Invisible Borders

### The co-dependent history of the United States and Mexico

The histories of what are today known as The United States and Mexico have been intertwined for centuries.

Before 1492, the two were on very different trajectories. In what would become the U.S., the native peoples were dispersed in small tribes of hunter gatherers with some larger villages that included agriculture. And some more advanced civilizations that would inexplicably disappear.

In the area which would become known as Mexico a tribe known as the Mexica had followed a sign from their god (Huitzilopochtli) and travelled to a lake in Cem Anahuac (the Valley of Mexico) where the prophecy revealed itself and they built their city. These Aztecs, as they came to be known, were fierce warriors that would fight for the already established city states

in the area. Eventually their city, Tenochtitlan would equal their neighbors and they would rise to become part of and lead the triumvirate that would become the Aztec Empire with Tenochtitlan as its capital.

In 1492 Christopher Columbus "Discovered" America and would change the futures of all the indigenous peoples. Only 25 years later the first Spanish explorers would arrive on the shores of southern Mexico. Just 30 years after the arrival of Columbus, the conquest of the Aztec Empire was nearly complete with the Catholic Church playing a major role in Spain's colonization and conversion strategy.

It wasn't until 1607 that Jamestown was founded, and another 13 years before the arrival of the Mayflower at Plymouth led by Puritans seeking to worship in freedom.

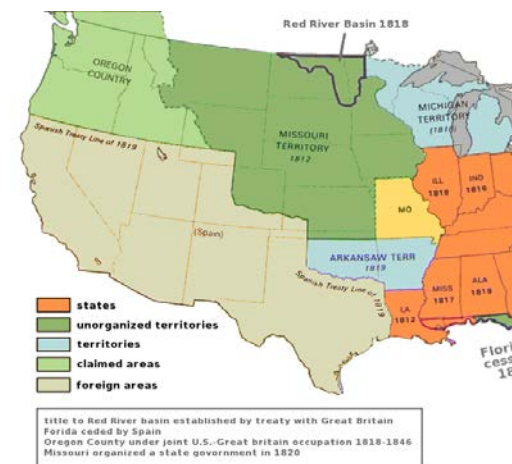
After these events, both areas began a time of colonial expansion. In the Dutch North, the English and French sought to solidify their presence in the eastern parts of the continent. Spain began to move further south reaching present day Peru and Chile, while also moving north creating a network of

Catholic Missions to pacify and convert the natives.

1776 is where the two areas began their intricate relationship. The colonies in the North declared independence from England with "The shot heard around the world." In 1787 The United States of America became a Constitutional Republic. Although the Spanish control of Mexico began much earlier than the English in the U.S., it took Mexico until 1810 to hear that famous shot for independence and 1821 before finally declaring it. In 1824 The Mexican United States became a Constitutional Republic, based on the American model, with a few changes in their Constitution.

In the early 1830s Mexico invited U.S. citizens to settle in Texas with the condition that they abide by Mexican laws and were encouraged to learn Spanish, intermarry with Mexicans, and convert to Catholicism. Many accepted the terms and moved to Texas. A short time later the Texas independence movement gained steam and in 1835 the Texas Revolution began.

Armed conflict between the parties became apparent as the Mexican America War started in 1846. The U.S. Army occupies Mexico City in 1847 and negotiations began. In 1848 the war ended with the Treaty of Guadalupe Hidalgo in which the U.S. gained territory that includes California, New Mexico, Arizona, Utah, Ne-





vada and portions of Oklahoma, Colorado, Wyoming and Montana.

At this point the two nations were again beset by other difficulties. Mexico had amassed a substantial foreign debt to finance the Mexican American War, with England, Spain and France holding the majority of that debt. England and Spain quickly arranged a settlement while the French saw an opportunity for expansion. In 1861 the French invade Mexico and installed Maximilian of Austria as Emperor. Conversely, in 1861 the U.S. was entering into the most tumultuous era in its history with the beginning of their Civil War.

In 1867 France is expelled from Mexico by future President Benito Juarez, while the U.S. has recovered enough from the Civil War to purchase Alaska from Russia. A relative peace set in for a while.

The Chinese Exclusion Act by the U.S. congress in 1882, prompted American railroad companies to recruit Mexican workers, to continue building their rail lines. An estimated 16,000 Mexican workers were employed by American railroad companies by the early 1900's representing at least 60 percent of the U.S. railway labor force.

In 1910 The Mexican Revolution began, led by General Emiliano Zapata and his famous battle cry "Tierra y Libertad" – Land and Freedom, to empower the peasants and guarantee

equal rights. The war ended in 1917 with victory for the people and a new Mexican Constitution. That same year the U.S. enters World War I on the side of the Allies against Germany. Also in 1917, immigration into the U.S. by Mexican workers increases, welcomed by the American government, to fill positions vacated by soldiers.

The war ended and American servicemen began returning home. Worsened by the Great Depression, this caused forced repatriation of the once welcomed Mexican workers from 1929 through 1939.

In 1941 the Empire of Japan bombs Pearl Harbor and draws the U.S. into World War II on the side of the Allies. And again Mexican workers began to arrive in the U.S. to supplement the labor force. In 1942 Mexico joined the U.S. by declaring war on Japan and Germany with a modest contribution of soldiers and aircraft.

In the 1960's the histories of the Hispanic people in the West and the African Americans in the South almost mimicked each other. The Civil Rights movement in the South sought equal rights and recognition led by Dr. King and many others. While in the West the Community Service Organization under Cesar Chavez and others began to organize the farm workers. They would later become the United Farm Workers of America. Both movements

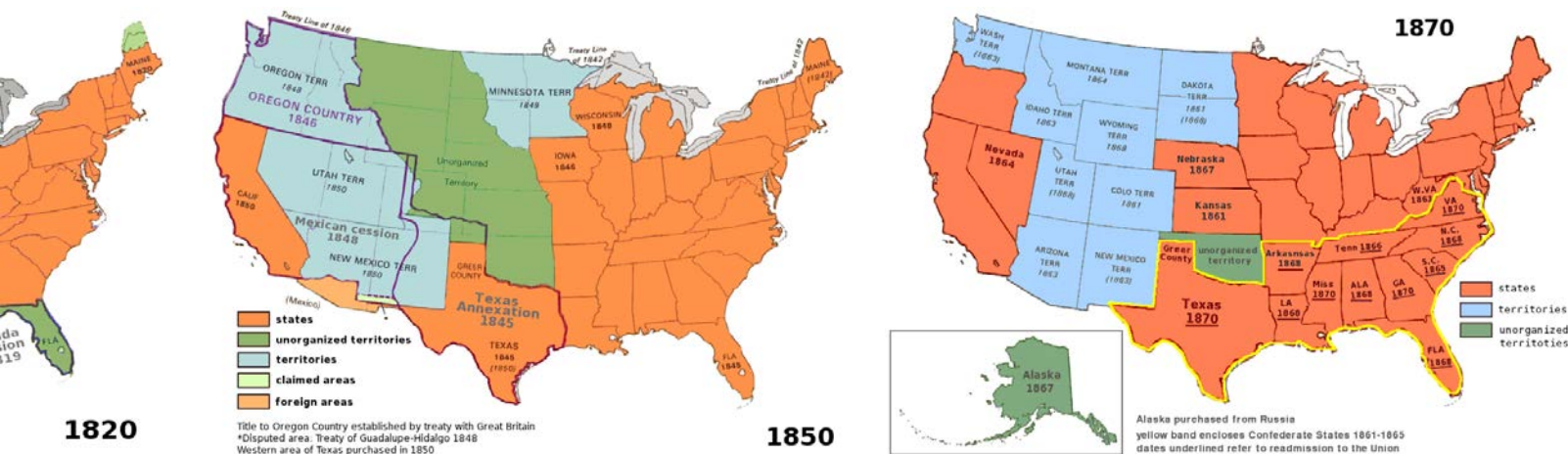
also had a militant element with the Black Panther Party on one side and the Brown Berets who invaded Santa Catalina Island in California and raised the Mexican flag over the seat of government (No, they did NOT host a Wine Mixer). They were eventually displaced by the National Guard without incident.

Through the 2010's and beyond, even though there have been disagreements and some continued mistrust, both sides have remained allies in many ways. As long as the United States is a place that offers the opportunity of a better future for those willing to work for it. America remained the *beacon on a hill* that Ronald Reagan talked about.

America is unique in that it's not just a place or symbol. It's not any single race, but rather a combination of all who believe that the promise of America is available to anybody willing to fight for it. Some of our greatest scientist, athletes, innovators and advocates left bad situations for a better future here. Because, aside from the natives that were here when Columbus got here, we are ALL from somewhere else, whether that be from across a river or an ocean.

The most important part of the Promise of America is that this is the only place where a person is willing to go to war to preserve his neighbor's right to disagree with or even hate him.

Chew on that for awhile.





# P rison R ape E limination A ct

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

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press \*999 to leave a message

All PREA Calls are confidential.

Send a letter to the Governor:

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

The Oregon Department of Corrections has 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, marque \*999.

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

También puede reportar a la oficina del Gobernador por escrito.

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

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

## PREA Advocate:

You may write the PREA advocate at:  
ODOC PREA Advocate  
2575 Center Street NE,  
Salem, OR 97301

Join our Friends & Family email list for the inside scoop!

Get emails about institution news and events

**TO SIGN UP:**  
**TEXT CORRECTIONS**  
**TO 22828 TODAY!**

## September 2022

| SUN      | MON       | TUE | WED | THU           | FRI | SAT       |
|----------|-----------|-----|-----|---------------|-----|-----------|
|          |           |     |     | 1             | 2   | 3         |
| 4        | 5         | 6   | 7   | 8             | 9   | 10        |
|          | Labor day |     |     | PRAS          |     | Full Moon |
| 11       | 12        | 13  | 14  | 15            | 16  | 17        |
| 18       | 19        | 20  | 21  | 22            | 23  | 24        |
|          |           |     |     | Autumn begins |     |           |
| 25       | 26        | 27  | 28  | 29            | 30  |           |
| New Moon |           |     |     |               |     |           |

## October 2022

| SUN | MON       | TUE | WED | THU  | FRI | SAT |
|-----|-----------|-----|-----|------|-----|-----|
|     |           |     |     |      |     | 1   |
| 2   | 3         | 4   | 5   | 6    | 7   | 8   |
|     |           |     |     | PRAS |     |     |
| 9   | 10        | 11  | 12  | 13   | 14  | 15  |
| 16  | 17        | 18  | 19  | 20   | 21  | 22  |
| 23  | 24        | 25  | 26  | 27   | 28  | 29  |
| 30  | 31        |     |     |      |     |     |
|     | Halloween |     |     |      |     |     |