

Basketball Championship
B4 WINS IT ALL

Gardening Program
APPLICANTS WANTED

NCRC Prep Course
STARTING SOON

The Echo



The Echo
Volume V, Issue I
January, 2023

*The Official Newsletter of the Eastern Oregon Correctional Institution
• A Publication of the Department of Corrections*

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Westside Basketball
Championship
Unit B1 versus B4

Photograph by Phillip Luna



TALK OF THE TOWN

Donations to OMSI and Arc of Oregon

One \$1,500 Donation to Each Organization

Written by Phillip Luna

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s a result of the December TerriLynn fundraiser, the Enrichment Club will be making two \$1,500 donations - one to the Oregon Museum of Science and Industry (OMSI) and another to The Arc of Oregon.

OMSI is a scientific, educational, and cultural resource center dedicated to improving the public's understanding of science and technology. OMSI makes science exciting and relevant through exhibits, programs, and experiences that are presented in an entertaining and participatory fashion. Imagine a place where you can journey to the outer reaches of the galaxy, feel the power of an earthquake, climb aboard a real submarine, uncover a fossil, enter the world of virtual reality, or travel the globe in a five-story high domed, panoramic theatre. OMSI is located in Portland, Oregon.

The Arc of Oregon is a non-profit 501(c)3 of members who work together to improve the quality of life for people with developmental disabilities. The Arc provides guidance, referrals, and assistance to individuals in need. They contribute to public awareness

and education on the needs, rights, and abilities of people with developmental disabilities; and prevention through membership meetings, guest speakers, and various media campaigns. The Arc is also active in local, state, and national legislation for the rights and protection of residents with developmental disabilities.

The Enrichment Club began in April of 2021. After nineteen months EOCI has raised a total of \$29,109.84 to various charitable causes through Enrichment Club fundraiser's.

Upcoming, the Enrichment Club plans to offer Creatine as a fundraiser item if approved. The two items proposed are Con-Cret Creatine HCI Supplement - Lemon Lime flavor (\$25 - \$28 for 48 servings) and Nutricost Creatine Monohydrate Supplement - Blue Raspberry flavor (\$30 - \$35 for 500 grams). Club Secretary Patrick Gazeley-Romney said, "we are trying to offer the two types, HCI and Monohydrate, because different people's biochemistry responds differently to each. Also, people have different opinions about which is better." While the club hopes this will be their next fundraiser, this is pending approval or denial from administration.



TALK OF THE TOWN

Chicken and Jojo's

GOGI Holds Successful Fundraiser in December

Written by Phillip Luna



GOGI held a fundraiser in December of 2022. AICs were able to purchase a Chicken and Jojo's Basket from Safeway. Historically a success, this fundraiser was first offered in 2018 raising funds for the JLAD program. A fundraiser partnership with Safeway continued to be a success with GOGI reaping the benefits this time around - GOGI garnered more than \$6,000 for this event, which will be used to purchase books for GOGI students.

One of the challenges with Safeway is the restriction on the number of orders they can provide in a single day. These challenges stem from both production and adherence to food safety requirements. Not only must Safeway make a large number of orders but they must also maintain appropriate food temperature throughout the delivery of the baskets.

GOGI provided a limited fundraiser with 350 participants per institution side. This proved to be a non-issue as the maximum number was not reached for this event. With the EOCI population reduced to approximately 1350 over the last year and fundraisers and other events occurring more frequently now, there may be some alleviation in this area. Safeway may be a reliable vendor moving forward even given the limited number of participants.

Since the start of GOGI at EOCI, more than \$50,000 has been raised through fundraisers to purchase the materials and books many AICs use. For their next event, GOGI is slated to sell a new version of their water/shaker bottles.

GOGI is a non-profit organization created by incarcerated men and women for others who found physical freedom beyond their grasp.

TALK OF THE TOWN

Holiday Treats

An Efficient Handout or a Missed Opportunity?

Written by Phillip Luna

For AICs with a sweet tooth, EOCI's annual holiday treats are a favorite of the year. This year's Christmas Eve give out included Pecan Bars and a Sprite for every AIC. *"Probably one of my favorite Christmas Eve items in recent memory,"* said one AIC.

While the Pecan Bars garnered overwhelmingly positive feedback, the New Year's Eve handout - which included million dollar cupcakes and a Root Beer - resulted in less positive feedback. Most AICs found the item to be a sandwich bag of melted caramel and chocolate - delicious, but kind of a mess.

Overall, EOCI's bakery workers had their work cut out for them this holiday season. Their efforts have provided these scrumptious treats for the 1350 AIC population, which is completed in addition to their normal bakery workload.

One notable change this year was the handout occurring on the main serving line of the dining room. In years past, staff members have handed out items on the units after the evening meal. This change likely saves time for staff, but was this a missed opportunity? Where once a staff member was giving the treats - handing a gift to an AIC - and saying 'Merry Christmas', was now replaced by the austere environment of the dining room and the silence of the dining room worker. In a time where the word humanization has been used to the point of creating cliché, there may have been an opportunity lost through an efficiency gained.





Prison Rape Elimination Act

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

ADVERTISEMENT - WORK ASSIGNMENT

NOW HIRING Legal Assistant Trainee



Library and Law Library Clerks make up to 16 PRAS points. Legal Assistants make up to 17 PRAS points. A Legal Assistant Trainee is exactly like it sounds - a way for an AIC to build up their knowledge and skills and eventually work into a position as a Legal Assistant.

Trainee Schedule

SCHEDULE: Monday through Friday

8:00 am – 11:00 am

1:00 pm – 4:00 pm

Minimum Criteria

- GED, High School Diploma or above.
- Non-cash Incentive Level 3.
- Minimum 1 year clear conduct.
- Ability to follow directions.
- Good oral communication skills to get across complicated instruction, interpretation, and to maintain confidentiality.

Desired attributes may include, but not limited to:

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

Send Applications to IWP

Garden Program

Starting in April 2023

Included in this Program

- Seed2Supper
- OSU Master Gardener

Program Details:

This program is intended for people who are interested in learning more about the effective and sustainable management of the home horticultural landscape.

Upon successful completion of all course requirements, students will receive a certificate for Seed2Supper as well as a Certificate of Home Horticulture from Oregon State University.

On average, students should expect to spend 6 to 8 hours per week dedicated to class activities. Program participants should expect to devote at least 24 weeks (April-September) of their time to this program. There is no NCIL limitation to apply for this program. Open to all AICs.

Program Details



How to Apply

How To Apply:

There is no NCIL limitation to apply for this program. Open to all AICs. Interested applicants must send an AIC communication form to IWP that includes **ALL** of the following information.

- projected release date
- counselor name
- ACRS score

Applicants who do not include the required information will not be considered for the program.



Munoz Between Four Defenders

B1's Munoz powers his way to the basket.



At the Top of the Key

E4's Gilcrest finds a lane in the G4 defense.



Garcia Drives the Lane

Garcia scored 29 points in the first game of the championship series.



Reverse Layup

A shot captured in mid-moment, this reverse layup gives the player the appearance of levitating.



Coach Em' Up

B1's Coach attempts to rally the players during a break.



TALK OF THE TOWN

Basketball Championship

B4 and G4 Meet in the
Institution Championship Series

Written by Christian Reyes

T

he 2022-23 basketball season ended with a very competitive playoff this year. On the Westside B4 and B1 came out on top, meeting in the championship three game series. Coming into the playoffs B4 remained undefeated in the regular season. While B4's offense looked nearly unbeatable, B1 had some heavy hitters; especially, when factoring in free-throws and rebounds.

In game one, the teams were neck-and-neck to finish throughout. By the half, B1 trailed by only 2 points. As the clock counted down, B4 made one final effort to stay ahead of B1 with some unanswered



buckets. The final tally, 53-47 with B4 on top. B4's Garcia helped secure the win by putting up an impressive 29 points.

Game two was as competitive as the first game. Both teams battled for every point and rarely gave an inch defensively. There appeared to be a competition for most rebounds between B1's Munoz, and B4's AIC Gaytan-Maldonado. The two of them recorded a whopping 32 rebounds combined. The game went into the half at a one point difference, with the game poised to come down to the final seconds of play as it had in game one. However,

foul troubles loomed heavy on both teams, with B1's McWoods taking full advantage by reaching the foul line early and often. B1 won the game 54-50.

In the final game of the Westside series, B4 secured a 87-60 victory and the title of Westside Champions. Although fouls were still prominent they tended to be on the ground. As a result, many of the points were made from the floor. At the half it was 39-38 and a very winnable game for either team. In the second half, B4 scored a massive 48 points to clinch the title.

On the Eastside, G4 met with E4 in the championship series. G4 had an impressive record only dropping two games in the regular season. While having a somewhat slower play style this team was very aggressive and forced opponents to either allow a free bucket or risk them on the free-throw line.

The E4 team had youth and skill, but experienced some roster changes shortly before the playoffs, making it unclear how far they would go. Despite the challenges, they made it to the championship series.

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Munoz Between Four Defenders

B1's Munoz powers his way to the basket.



G4's Reyes is Wide Open

Reyes scores off the quick pass from Cardoza



EOCT's Leading Two Point Scorer Lofts it Up

A lofty shot over two B1 defenders.



G4 Scrapes By

G4 barely wins game two, 52-48, taking the series to game three.



Cardoza with the Jumper

G4's Cardoza makes a short range jumper during play

Waters Dribbles Towards the Basket

G4's Waters
works against
Calloway's
Defensive



Munoz with the Shot

Munoz attempts
to reach the
basket over
B4's Gaytan-
Maldonado.



Air Mail

Cardoza
scores from 3
point land



...continued from previous page

The Eastside championship was a head-to-head between G4 and E4. The first game G4 came out of the gate strong. Despite E4 putting the pressure on them defensively, they were still able to lead into the half 25-20. Coming out of the huddle E4 changed tactics. E4's Gilcrist, began recovering a majority of the rebounds and scored 18 points in the second half. This along with big defensive plays allowed E4 to find the win, 51-42.

In game two G4 controlled the tempo throughout. G4's Waters maintained possession most of the first half and defensively G4 prevented their opponent from making some easy points on the fast breaks. The game broke for the half with E4 five points under and a very manageable game in front of them. However, coming out of the break G4 increased the deficit to 14 points. In a late second wind, E4 forced many turn-overs and focused on recovering rebounds to bring the game to a tie. In overtime, E4 held the momentum, but G4 stayed stalwart and came back to form claiming the victory, 42-38.

After a tight two games - with one game being decided in overtime - game three was set to be an exciting and competitive conclusion to the Eastside championship series. Unfortunately, due to roster changes and some confusion regarding player eligibility, E4 essentially forfeited part way through the first half allowing an unceremonious victory to G4.

G4 met with B4 to battle for the overall Institution Championship. Less competitive than the previous two series', B4 put on a convincing performance with a two game sweep. B4 won game one by 18 points, 61-43, and game two by 19 points, 68-49.

After the conclusion of the season, Sports Commissioner Villarreal said, *"I would like to thank all the referees, stat guys, volunteers and participants for making this season possible."*

TALK OF THE TOWN

Multi News**Indoor Soccer Tournament, Volleyball, Pickleball, and Donating Movies to Multi***Written by Christian Reyes*

This month 13 teams will be participating in a double-elimination indoor soccer tournament down in multi. The tournament will last roughly two weeks in which these teams will compete to see who can claim bragging rights as the best indoor soccer team at the institution. Games will be played every night at 6:30 PM for Westside games and 7:30 PM for Eastside games, subject to change based upon staffing availability and other factors.

A double-elimination tournament consists of an upper and lower bracket. Every team starts on the upper bracket and will continue unless they lose a game. If a team loses a game they will drop to the lower bracket. When a team loses a game in the lower bracket they will no longer continue playing in the tournament. This will continue until there is only one team left in both the brackets. The two remaining teams will play each other in a championship set. If the lower bracket wins the first game, they will play a second game. Winner of that second game will be declared the champion.

Both Volleyball and Pickleball will be starting after the tournament. Because these games will be running simultaneously, there may be scheduling conflicts between the two sports. If this occurs, it will be up to the AIC to determine which sport they will be participating in that day. Changes may occur depending on staffing and AIC interest in the sports.

For a movie to be donated AICs will have to Kyte Multi to see if it's an approved movie. If it is an approved movie then an AIC will have to have their friends or family donate it. A movie cannot be sent in an AIC's name or it will be denied. Instead address it to Ms. McElroy at Correctional Rehabilitation. Once the movie is received and verified it will become property of EOIC.

COLUMNS

Music Room Reopening**Music Class Begins Again***Written by Kaliq Mansor*

Have you been to Multi recently? Did you ever notice that room in the northwest corner with all the music equipment? Believe it or not, that is the home of the EOIC Music Program. Yes, dear reader, there is a music program at EOIC. Before the struggles of COVID, the music program was open seven days a week, offering instruction on guitar, piano, bass, and drums; teaching music theory; allowing independent study for class graduates; and giving practice time and space to AIC bands. Unfortunately, the music program has been slow to recover. Staffing issues that arose post-COVID have kept the music program in a holding pattern. But hope arises...

Just a few weeks ago, the music program has begun teaching music classes once again! Staffing has limited the program to only evening classes. Weekly classes are offered for guitar, piano, bass, and drums. There is even a session available for independent study. The current term is expected to run through March, but space is available in the Sunday evening independent study. Contact Ms. McElroy/Ms. Halbert in Correctional Rehabilitation if you are interested.

Sources close to the music program report that the instructors are happy to be teaching music again. They are preparing proposals to hopefully expand the program's activity in the upcoming months. These proposals, if approved, would give more opportunities for qualified* AICs to have access to the music room. The instructors are reportedly excited about the recent reopening and are looking forward to working with more AICs to further develop the music program.

**Qualified AIC: Incentive level three, program compliant, and not STM High Risk.*



MY STORY, MY CANVAS

Artist Spotlight

David Whiting Finds Relief from Stress in his Artwork

Written by Patrick Gazeley-Romney

A uniting factor among incarcerated artists is the therapeutic benefit that art delivers to each practitioner. Each person connects to their art in a unique way but the benefits are similar and equally inspiring. For David Whiting, a visual artist living at EOCL, art has become more than just a hobby - it's a way of life for him.

Whiting began his journey with art more than 20 years ago while sitting in county jail in Eugene. He



began by copying cartoons out of newspapers. Navigating the constant stress and pressures of time spent in county, *"sketching and tracing became an escape for me, and eventually a meditation,"* he says. Once he got to prison, Whiting began experimenting with nature sketches using a wider variety of mediums.

He began collecting his art during his first prison set over 15 years ago. With the help of a friend, his projects became prints which were sold in various places up and down the West Coast. After his release he began exploring other ways in which his artwork could earn him a living. His projects on parole included canvassing neighborhoods in Eugene and painting house numbers on curbs, painting windows for various businesses, mural painting for treatment centers and the local County Sheriff's office.

Like many AICs in Oregon's prison system, Whiting



his desired result. He also uses acrylic and oil paints when he has access to them, as they are his modes of choice. Whiting uses cutouts and overlapping textures and patterns to add extra dimension to his work. He enjoys making series of 12 pieces to add to his portfolio on the street. He is currently finishing a series about Gnomes in various nature settings.

With the help of a friend on the streets, he sends his work out to be digitized which will eventually be uploaded to a social media page when he releases. He says that *“uploading my art online serves as a digital portfolio for me and connects me to a wider*

community of artists and people interested in one day purchasing my work.” He explains that, once digitized, *“art can be turned into greeting cards, posters and prints for sale”* to the online community of art enthusiasts. He encourages aspiring career artists to look to social media and technology to help develop their customer base.

When Whiting releases in a few years he hopes to open a studio of his own. He would like to create a safe space that can help other artists experiencing mental health or substance abuse issues and students attending Oregon State University work on their crafts. He credits part of his own artistic evolution to friends that supported him in the darkest moments of his life.

has struggled with substance abuse and mental health issues. He credits art as his saving grace during periods of uncertainty or unrest. *“My art is my safe space,”* he says. *“When I’m dealing with any kind of unusual life stressor, I can always rely upon my art to see me through to the other side in a healthy and productive manner,”* he adds. Whiting learned about principles related to “decompression therapy” in the past. He views his use of art as a practice of these principles and says that slowing himself down in times of stress allows him *“to think about stress through unique lenses.”*

Now on his second prison sentence, Whiting considers himself a mixed-media artist, combining pen, pencil, pastel and colored pencil to achieve

**“
When I’m dealing
with any kind of
unusual life
stressor, I can
always rely upon
my art to see me
through to the
other side in
a healthy and
productive manner
”**

Learn it. Earn it. Share it.

The ACT National Career Readiness Certificate (NCRC) is an industry-recognized, evidence-based credential that certifies achievement of foundation skills essential for workplace success. The NCRC system measures job skills that are valuable for any occupation - skilled or professional - at any level and in any industry. And these assessments, along with a prep course, are now available to you at EOCI.



A National Career Readiness Certificate is earned by achieving a level score of 3 or better on three assessments.

What are the three assessments for the NCRC Certificate?

What can an NCRC Certification do for you?



Add to your resume and help you obtain the job you really want.



Demonstrate to thousands of Oregon employers that you have the foundational skills needed for numerous jobs in the market.



Potentially earn college credits in the process.

1

Applied Mathematics:

This assessment measures the skills people use when they apply mathematical reasoning and problem solving techniques to work-related problems.

2

Graphic Literacy:

This assessment is designed to assess individuals' skills to find, summarize, compare and analyze information to make decisions using graphic resources.

3

Workplace Documents:

This assessment is designed to measure the reading skills required for succeeding in a wide range of jobs. The documents – which include emails, letters, directions, signs, notices, bulletins, policies, contracts, and regulations – are based on material that reflects the actual workplace reading demands.

Who will notice?



Criteria for applicants: Must have a high school diploma or GED. Must have at least six (6) months clear conduct. Must be able to pay \$13 per assessment (\$39 total). Must be able to attend classes on weekday afternoons. For more details, see the December 2022 edition of *The Echo*.

To apply, send a communication form to IWP. Include a brief description of why you want to earn an NCRC certificate and how that would benefit you in the future. No all applicants will be accepted. This program is a prep course for the NCRC assessments. AICs must complete the prep course to be eligible to have the assessment proctored. For questions, contact IWP.












Companionship. Obedience. Usefulness. Affection.

Assistance dogs provide the perfect combination of qualities to bridge the gap between disability and ability.

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.

Requirements:

-  Must have at least two years left on their sentence.
-  Must be willing to stay in the program for at least two years.
-  Must understand that lack of commitment and/or poor performance will constitute immediate removal from the program and unit.
-  Must have a GED or higher education
-  Must be IL3.
-  Must be willing to live in a top or bottom bunk on H-Unit.
-  Must be willing to live with any cellmate.
-  STM inmates must have approval of the STM Lieutenant or higher authority to be interviewed for the program.
-  Currently case plan compliant.

Additional criteria may apply.

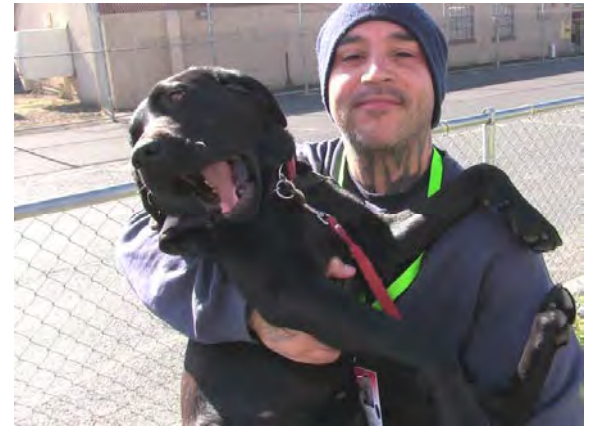


COLUMNS

The Story Behind the Story

More JLAD Puppies

Written by Patrick Morris



I have been a part of the JLAD Program for over a year now. Coming to this program and living on H unit is quite a change. Training dogs and raising new puppies is a lot different than doing the usual prison time. These pups are brand new to the world and helping raise them is an amazing experience.

Who would have thought we could have puppies or even a dog in our cell? JLAD is a productive, positive program that teaches us responsibility and empathy and gives us a chance to give back to the community.

Right now we have the whelping program with 7 new puppies. We will whelp them, socialize them, and soon train them. They will then graduate to be service dogs that provide assistance to those in need in the community. We encourage you to get involved and join a team that changes lives.

COLUMNS

Careers in the Spotlight

Barbers and Hair Stylists

Written by Brett Lloyd

Hairdressing as an occupation dates back thousands of years, with ancient drawings depicting people working on another person's hair. Egyptians performed the first barbering services in 5000 B.C. with instruments they had made from oyster shells or sharpened flint.

Barbering was introduced to Rome by the Greek colonies in Sicily in 296 BC, and barbershops quickly became very popular centers for daily news and gossip. A morning visit to the barber became a part of the daily routine, as important as the visit to the public baths, and a young man's first shave was considered an essential part of his coming of age ceremony.

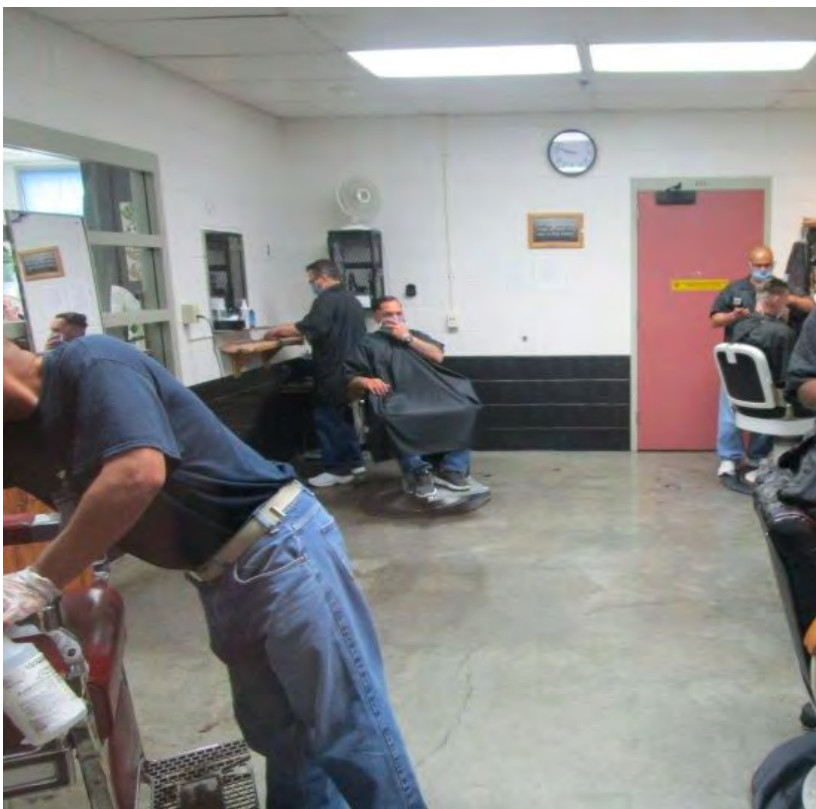
Mayan and Aztec cultures utilized shave art as a way to distinguish roles in society, or enhance battle regalia in a time of war.



EOCI Barbers

Barbers at EOCI work in the Multi Purpose building with units arriving on a rotational basis.

Honor Housing Units have their own on unit barber and scheduling.



Starting from the Middle Ages, barbers performed surgery, bloodletting and leeching, fire cupping, enemas, and the extraction of teeth; earning them the name "barber surgeons". Barber-surgeons began to form powerful guilds such as the *Worshipful Company of Barbers in London*, and received higher pay than surgeons.

The first appearance of the word "hairdresser" is in 17th century Europe, and hairdressing was considered a prestigious profession.

In the late 19th and early 20th century, barbershops became a common business in the United States where people would go to have their hair cut by a professional barber with good equipment. They became places where people would go to play board games and talk about recent events:

"A man used to get a haircut every couple weeks. Now he waits a month or two, some of 'em even longer than that. A lot of people would get manicured and fixed up every week. Most of these people retired, moved away, or died. It's all on account of long hair. You take old-timers, they wanted to look neat, to be presentable. Now people don't seem to care too much." - Barber Sam Mature (1974)



Modern Hairdressing

Beauty salons became popularized during the 20th century, alongside men's barbershops, allowing men and women to socialize while having their hair done. Major advancements in hairdressing led to the development of permanent wave machines and hair dryers. New coloring processes were developed; allowing hairdressers to perform complicated styling techniques.

Education and Licensing

Generally a person interested in hairdressing must have a high school diploma or GED, be at least 16 years of age, and have graduated from a state-licensed barber or cosmetology school. The curriculum consists of hair cutting, coloring and styling for men's hair and women's short hair. Chemical processes such as bleaching, dyeing, lightening and relaxing hair may also be taught. All cosmetology disciplines learn safety and sanitation best practices. Students can expect to learn some elements of anatomy, physiology, bacteriology and some small elements of pharmacology. It also teaches facial hair techniques, including traditional and modern shaves.

Most barber schools cost between \$6,500 and \$10,000 to complete. After students graduate from a program, they take a state licensing exam, which often consists of a written test, and a practical test of styling or an oral exam. Barber license exam fees typically range from \$50 to \$150.

Most states require the same amount of training hours for barbers as they do for cosmetologists. The number of hours required ranges from 800 to 2,000 training hours, depending on the state's licensing requirements. Most programs can be completed in 15 months or less.

EOCI offers several hairdressing positions, either on housing units or in multi, for those experienced in cutting hair. Anyone interested in joining EOCI's team of barbers should submit an application through IWP.

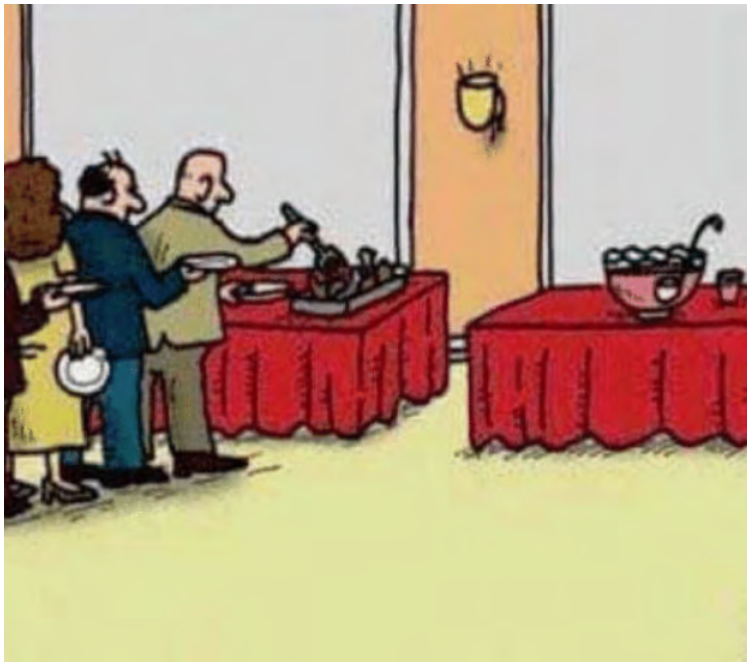
Salary and Job Prospects

The median annual pay for a hair stylist in the US was \$36,630 in 2021. Occupationally, hairdressing is expected to grow faster than the average for all other occupations, at 20%. About 44% of hairdressers are self-employed, often putting in 40-hour work weeks, and even longer.

Occupational Health Hazards



Like many occupations, hairdressing is associated with potential health hazards stemming from the products workers use on the job as well as the environment they work in. Exposure risks are highly variable throughout the profession due to differences in the physical workspace, such as use of proper ventilation, as well as individual exposures to various chemicals throughout one's career. Hairdressers encounter a variety of chemicals on the job due to handling products such as shampoos, conditioners, sprays, chemical straighteners, permanent curling agents, bleaching agents, and dyes.



COLUMNS

Where's the Punch Line?

4 Uses for the Dining Room Never Thought of Before

Written by Warren Doescher

The bartender says, *"sorry, not on a Wednesday, but we do have green olives and a VHS copy of Titanic!"*

I'm not sensing any laughter.

Oh, I see. It appears I started this with the punch line. Has it really been that long since I've written one of these articles? Like most things when put off for too long, I may need to ease back into this. Writing about fist bumps or who's who will have to wait.

Let's do a listicle. Simple enough just come up with a topic and have a list or countdown. Maybe something around here might make a good topic.

I could do the top 7 reasons why wearing a mask year round is better for us than we think! Yikes, sounds like a spam pop-up you'd see online. Also, I feel if I did that, I'd have to write one next month - a top 10 list of my apologies and reasons I shouldn't be ignored by everyone.

Got it! I know something, fairly neutral and it's something everyone can relate to. The top 4 uses for the chow hall! Think about it. Since we don't eat down there, we've got some valuable space just begging to be utilized. Here it goes:

#4 - The arena for *EOCI Chopped*. If you know the show, you're probably already ahead of me. Some AICs claim to be good prison chefs so let's test them. A mystery bag of 4 canteen items are presented and they have to make a dish using the items in some way. What could you come up with using a Texas Beef Ramen, an Almond Joy, a garlic pickle and Tang? The possibilities sound...

#3 - The gathering grounds of leagues. On one side, you have fantasy sports - football, baseball and basketball. People counting points, trading players and hoping #24 scores more points than #7. Maybe you don't know the difference between football and basketball, that's okay. The other side would be for you (The D&D side). While someone is talking about how they hope Tom Brady gets them 8 more fantasy points, you can take pride in knowing when you summon an ice rabbit, your Dwarf Cleric is guaranteed to gain a boost of 12 points to Spirit.

#2 - An art studio. There are some amazing artists here, so why not have them help teach others who may be interested? Give some basics, watch people practice, and give feedback. I'd love to get help so my stick figures don't look like they grew up near a nuclear power plant.

#1 - A Saturday market. Buy tickets and when they call your unit you go down and get some goodies. Would yogurt with berries be tempting? Or a salad bar with all the fixings? Maybe you could get a dozen cookies from the bakery? A lot of delicious questions!

Well the writing got the ideas going again, so I may have to get another one started. Another list or back to ranting/raving on another topic.

As for the punch line at the beginning I can't leave you hanging. Here's the set up.

There's a guy, a parrot names Gus and an ironing board from France. They are on a trip to...

Oops! Sorry ran out of page...



BULLETIN BOARD

News in Brief

Consult Your Housing Unit Bulletin Board for More Details

Provided by ODOC and Various Sources

FAFSA - Most Up to Date Information

Free Application for Federal Student Aid (FAFSA) is available to take effect on **July 1, 2023**.

- You can apply for FAFSA in July 2023.
- FAFSA will consist of 36 questions.
- All incarcerated individuals who meet the general eligibility requirements are eligible, regardless of conviction or sentence length.
- FAFSA funds will cover tuition, textbooks, and fees.

More information on FAFSA will appear in AIC newsletters as July 1 gets closer.

Federal Student Loan Debt Relief

If you are an AIC with federal student loan debt, you are likely aware of the Federal Student Loan Debt Relief.

Unfortunately, courts have issued orders blocking the student debt relief program. As a result, applications are not being accepted at this time. The U.S. Department of Education is seeking to overturn those orders.

If the orders are overturned and applications are once again accepted, information will be provided in your monthly newsletter and on your housing unit bulletin boards.

Ordering Transcripts

Please do not request an "Official" college or high school transcript be mailed in to the institution. Once an "Official" transcript is opened by the institution, as required by rule, it becomes an "Unofficial" college transcript. If you need an "Official" college or high school transcript, have it mailed directly to the college program you are attempting to enter. Or send to a 3rd party family member or friend.

Rule Change Notices

Below is the list of status changes made to DOC administrative rules since 12/21/2022.

PROPOSED RULES:

291-124 Health Services

Amends rule to establish circumstances in which the Department of Corrections will provide medically acceptable durable medical equipment (eyeglasses, medical prostheses, and hearing aids) at state expense, to adults in custody, and procedures concerning the provision of repair and maintenance of that equipment; to provide clarification that the free copy of medical records for AIC aren't subject to the same timeframes as public records requests; and to change the name of the Medication Assisted Treatment program (MAT) to Medications for Opioid Use Disorder (MOUD) and remove reference to "pilot".

Last day to provide comments: 2/16/2023

PERMANENT RULES:

291-026 Contracts and Governmental Agreements

Repealed for are write per DOJ to correct conflicts and provide clarification to the procurement process. Will replace with new rules (Divisions 159 and 160).

Effective 1/1/2023

291-159 DOC Procurements for Institutions and Administration

Amended to meet DOJ requirements and to make the procurement process clearer for procurement staff and others.

Effective 1/1/2023

291-160 DOC Procurements for Operational Support and Adult in Custody Programs

Amended to meet DOJ requirements and to make the procurement process clearer for procurement staff and others.

Increases purchase limit for some opportunity buys and some institution purchases.

Effective 1/1/2023

291-164 Purchasing

Repealed for are write per DOJ to correct conflicts and provide clarification to the procurement process. Will replace with new rules (Divisions 159 and 160).

Effective 1/1/2023

Below is the list of status changes made to DOC administrative rules since 11/7/2022.

PROPOSED RULES:

291-117 Authorized Inmate Property

Amends rule to remove gender-based language and to bring the rule into alignment with current operational practice.

Last day to provide comments: 2/7/2023 at 5:00 PM

TEMPORARY RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

Amends rule to reduce the maximum consecutive sanction to DSU from 180 days to 90 days.

Effective 1/1/2023 through 6/29/2023

291-069 Security Threat Management

Amends rule to update and clarify for staff and adults in custody the identification of adults in custody that present an elevated security threat risk for early intervention and Security Threat Management (STM), including expressly authorizing in the rules the department's utilization of risk assessment tools.

Repeals Attachment A - High Alert Adult in Custody.

Effective 11/29/2022 through 5/27/2023

Build a Tiny House at SCI

SCI is building tiny houses as part of a new OCE initiative. If you are interested, send an AIC Communication form to IWP. Please list your skills and experience on the communication form. Communication forms will be emailed to D. Adams, SCI.

Preventative Health Care Screening

DOC is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a “preventative health care screening” appointment.

Flu Vaccinations

The Department of Corrections would like to remind all AICs that getting the flu vaccine is safe and easy—and the best way to protect ourselves and others from the flu. The vaccine is especially important this year, with COVID-19 making more people sick.

The flu is a serious illness. By getting your annual flu vaccine, you are doing your part to keep yourself and those around you healthy - especially older people, people in congregate care, and those with chronic diseases.

The flu vaccine is available to all AICs, takes only a few minutes to get, and is safe and effective. It cannot give you the flu. DOC Health Services will provide the vaccine to any AIC interested in receiving it. Each AIC will be called out and asked to accept or decline the shot.

It's also important to get the vaccine every year because the flu virus changes from year to year. Each year, the vaccine is updated to target the strains of the virus that are most likely to get us sick. You can also get the flu vaccine at the same time as a COVID-19 vaccine or booster.

Free Eye Exams

AICs can receive eye exams for free. The free exam only applies to AICs who have sent paperwork after 10.26.22 and whose last exam has expired. Glasses are included with the basic plastic lenses. Contact Health Services for more information.

New AIC Classification Tool

Within the next 12 to 18 months, DOC will be implementing a new AIC custody classification tool. The new tool will pull data from each AIC's risk assessment on file.

Normally, risk assessments are completed at intake by the Intake Counselors. Institution Counselors update the risk assessments for all AICs assigned to a high/moderate caseload. AICs assigned to a low Automated Criminal Risk Score (ACRS) caseload (also referred to as case bank), do not receive updated assessments as they are not eligible for counseling services.

A small percentage of you do not have a current assessment on file. You will be called out for an assessment in the near future. It is important AICs watch their callouts on a regular basis, but it is even more critical now as DOC has a limited time to conduct these assessments. If you have a question or conflict, talk to the Officer on your unit.

A Notice from OISC

On December 21, 2022, a computer error occurred when the Social Security Card (SSC) automated kytes were generated. Typically, an adult in custody (AIC) will receive this automated kyte when they are within 180 days of their Projected Release Date (PRD). Due to the computer error, most AICs who didn't have a SSC in their file received the automated SSC kyte regardless of their PRD.

Please disregard the automated SSC kyte if you received one and are not within 180 days of your PRD. If you have already returned your SSC kyte to the records office and are not within 180 days of your PRD, it will not be processed at this time. The computer error has been corrected.

FLE - Repairs

Package Authorizations are no longer required as repairs will now be sent to FLE in batches.

AICs will fill out the request for repair form and pay \$200. All repairs are \$200 each. If you are repairing a joystick and a screen, each will cost \$200, regardless of whether they are repaired at the same time or not.

The form is processed and a check is sent to FLE. FLE will contact the facility when they receive the funds. AICs will then be able to mail out their NS Lite for repair.

Letter From the Editor

Singles and Doubles Keep You in the Game

Written by Phillip Luna

P

rotect your sources so they can continue to be sources. A simple concept and common practice in most legitimate journalism (not the “gotcha” journalism, hostile profiles, and biased reporting which has become mainstream today). It’s the oldest rule in the book and almost always tied to a base-

ball analogy. In baseball, when you swing for the fences, you’ll either hit a homerun or strike out. Either way the game is usually over. Hitting singles and doubles is how you keep the game going.

In journalism the homerun swing is the article that sometimes puts your source on blast, but uncovers the gritty details and unsaid truths of the subject. This is the most common article other AICs ask me to write. Yes, I could write about serving bowls in the dining rooms and diminished portion sizes. Yes, I could write an entire book about the ugly side capitalism and a company called Fully Loaded Electronics. And maybe those articles will be homeruns or maybe they’ll never even get published. Either way, it will burn the related sources for use in all future articles. Simply put, the game will be over and they won’t want to play baseball with me anymore.

For our prison newsletter, I am using the term journalism loosely. At EOCI we probably have something closer to that term than other facilities, but we are still a publication of the Department of Corrections. Every article is scrutinized under the perspective of a staff member, not an AIC, which will always rose-color the “journalism.” Just as it would contrarily be colored if it was only scrutinized under the lens of an AIC. The challenge for me is always finding a balance - giving an unbiased article on a subject without sounding like I’m just parroting talking points provided to me - something real that passes the scrutiny of DOC. Generally, these articles amount to the singles and doubles, with the occasional triple. And believe me when I say, it’s a challenge. Sometimes it feels like the bases are loaded and then my boss asks me to bunt... alright that’s enough of the baseball analogy.

The purpose of *The Echo* is not to bring about change, it’s to convey information, highlight the positive things that AICs do, and sometimes just to entertain the reader. I think we do a decent job of that. More importantly, while articles about portion sizes and corporate greed are tempting, most of you already know what I would write anyway.



CONTRIBUTORS

Join our Friends & Family email list
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news and events

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



A publication of Eastern Oregon Correctional
Institution, Pendleton, Oregon.

Direct questions and comments to EOCI
Institution Work Programs (IWP).

Meet *The Echo* Team

Mr. Peters IWP Coordinator, *The Echo* Supervisor

Mr. Peters has worked in the Department of Corrections for 25 years. He has worked in Security, Inspections, and Correctional Rehabilitation. In 2016 he became the IWP Coordinator.

Mrs. Cunha OSII, *The Echo* Supervisor

Mrs. Cunha was a Corrections Officer from 2013-2014 and returned to EOCI in 2020. In August of 2021 she became the OSII for the Physical Plant and then in April of 2022 moved to Institution Work Programs.



Phillip Luna
Editor
Copywriter
Photographer

Luna is the editor of *The Echo* and a contributing writer for the Coffee Creek Newsletter. He is also a Certified *Roots of Success* Facilitator, pursuing a Journeyman Beekeeper Certification, the facilitator for the NCRC Prep Course, and the mentor for the Clerk Internship Program. In his spare time he is pursuing a Bachelor's Degree and is the current President of the Enrichment Club.



Patrick Gazeley-Romney
Writer-at-Large
Photographer

Gazeley is a Staff Writer for *The Echo* and a certified facilitator for the Gardening, *Roots of Success*, and *Mindfulness* programs. He is a Journeyman Beekeeper and facilitates the Beekeeping Program. He was also the first person in the nation to complete the *Roots of Success* Apprenticeship. Gazeley has a Bachelor's Degree from Portland State University. In his spare time he is the Secretary for the Enrichment Club.



Brett Lloyd
Limited
Contributing Writer

Lloyd is a Staff Writer for *The Echo* and a facilitator for the Gardening and *Roots of Success* programs. He is currently pursuing his Journeyman Certification for the Beekeeping program and will be a program facilitator. Lloyd holds a Bachelor's Degree in Environmental Economics from Cal State Monterey Bay. In his spare time he is an avid artist and video game enthusiast.



Juan Sanchez
Proofreader
Contributing Writer

A veteran of the US Marine Corps, Sanchez served as a tanker on M1A1 battle tanks. He is the proofreader for *The Echo*, manages the EOCI Institution Channel (channel 53), and runs the videogram program. He is a newly certified *Roots of Success* facilitator and occasionally writes articles for *The Echo*.

Friends of *The Echo*

Scott Steffler
Contributing Writer

Steffler is a Legal Assistant in the Law Library, a Beekeeping Program Facilitator, and an occasional contributing columnist/source for *The Echo*. Steffler is currently pursuing a degree in Statistics from Ohio University.

Christian Reyes
Contributing Writer

Reyes is the Referee Clerk for Multi, a regular contributor to *The Echo*, and is currently pursuing a Bachelor's in Business Administration. He is an avid sports fan.

Kaliq Mansor
Contributing Writer

Mansor is a new contributing columnist, a Music Instructor at Multi, and currently employed at Canteen.

Warren Doescher
Contributing Writer

Doescher holds a degree from the Technical University of Life in the Philosophy of Basket Weaving. He currently holds three Guinness World Records and occasionally writes satire and comedic articles for the newsletter.

Submission Guidelines

Help Shape the Content of *The Echo*!

We accept hand written articles, creative writing, poetry and artwork.

Ideas for Articles and Artwork:

- Ways to keep yourself healthy physically, emotionally, or mentally while incarcerated.
- Experiences of life before or after imprisonment.
- Places in the world you've been, or hope to see when you get out.
- What you look forward to most upon release.
- Strategies for managing your time while incarcerated/things you wish you knew your first year in prison.
- Creative or reflective writing, short stories or poetry.
- Video game reviews or book reviews.

Length:

Articles should be no more than 1000 words (about three pages handwritten).

How to Submit:

For written pieces, attach your work to a communication form and send it to *IWP—The Echo Submissions*. If you do not want your name published along with the article please indicate so. Writing samples will be photocopied and returned.

For artwork, send a communication form to *IWP - The Echo Submissions* explaining your artwork and what you would like to share. You may then be placed on a call out to bring your artwork down to IWP. Please do not attach your artwork in a communication form.

Notes on Editing:

All pieces are edited for content, grammar, and punctuation. As a Department of Corrections publication, we do not print material that may be considered inappropriate, inflammatory, or disparaging to others. **Submitting an article or artwork does not guarantee your work will be published.** We will select content that provides value to *The Echo* and is of interest to others. We do not print material that perpetuates negativity.

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
New Year's				PRAS		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	MLK Day					
22	23	24	25	26	27	28
Chinese New Year						
29	30	31				

February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				Groundhog Day		
5	6	7	8	9	10	11
Full Moon				PRAS		
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
	Presidents' Day		Ash Wednesday			
26	27	28				
	Lent Begins					

**Please Return to the Officer
Station After Reading**