



NEWS FROM THE INSIDE

Created by incarcerated people

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EASTERN OREGON CORRECTIONAL INSTITUTION

PENDLETON, OR 97801



MAKING BETTER NEIGHBORS

Career Fair Aims to Break The Cycle of Underemployment

Nancy Pance, Co-Founder
of Opportunity Oregon

IN 1933, DURING THE height of the Great Depression, the United States recorded its highest unemployment rate in history at 24.96%. Banks went bankrupt, businesses failed, charitable institutions closed their doors and many people lost their jobs and their homes. For comparison, the unemployment rate currently averages between five and six percent for the general population. But formerly incarcerated people are not included in that category of general population. The

unemployment rate for the formerly incarcerated population? Currently more than 27%, which is higher than any point in U.S. history including the Great Depression.

Incarcerated people step into a proverbial jobs desert upon release. According to the non-profit Prison Policy Initiative, the rate of unemployment for those with a felony record is 27.3%. There may be plenty of jobs available, but felon-friendly employers are few and

many formerly incarcerated people lack the job skills necessary to compete in today's job market. Additionally, substance abuse and mental health disorders are more prevalent among incarcerated people, adding yet another hurdle towards success upon release. But the Eastern Oregon Correctional Institution hopes to change that narrative, offering its first career fair on August 2, 2024.

(Continued on page 10)

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The Echo - Mission Statement

To serve the incarcerated community by providing monthly news and important information, while highlighting the human experience in the carceral setting.

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LARGE AND IN CHARGE

New Puppy; Still Growing

Written by Walter Thomas, Staff Writer

YOU MAY HAVE NOTICED a giant dog on the EOCI compound this month. Riggs is a 13-month-old St. Bernard and Great Pyrenees mix. He arrived at EOCI three weeks ago and is training to be a therapy comfort canine. The goal is for Riggs to become a companion in a veteran's home.

Riggs is the first dog at EOCI with an American Kennel Club certificate, which he received after passing the canine good citizen test for being a well-mannered dog.

"Riggs, a 110 pound puppy, is amazing," said Riggs' primary trainer Paul Reyes. "I've always loved large dogs."



JLAD's new puppy, a 110 lb St. Bernard and Great Pyrenees mix.

Photo by Phillip Luna

Riggs' size may startle some, especially considering a typical Labrador retriever weighs about 60 pounds, but he is full of charm.

Riggs' secondary trainer Robert North said, "He is peaceful, love-

able and overall a good dog. We are overjoyed to have him in the JLAD program."

For AICs and staff, don't be afraid of the bearish persona Riggs gives off. But be warned, he's a hugger!

| ECHO

AMERICAN SIGN LANGUAGE (ASL)

Pilot Program Begins for Those Hard of Hearing

Written by Brooklyn Sasso, Staff Writer

IMAGINE A WORLD with no sound, not hearing the voices of people held close. Whether hearing-impaired or if the development started later in life, American Sign Language is crucial for communication.

Communication for people who are hearing-impaired can be unusually complicated, especially in the prison setting where an intercom system is used.

Eastern Oregon Correctional Institution is taking steps to assist the hearing-impaired by offering an American Sign Language course as

a pilot program. This class helps people learn how to use ASL as a means to communicate with the world around them.

"Communication is the biggest struggle in prison for hearing-impaired people," said Thomas Miller, unit F3 resident and ASL class facilitator.

There are an estimated 9.6 million hearing-impaired individuals worldwide and as prisons are isolated communities, resources are limited.

Hearing-impaired communities have to lean on friends to translate for them. This can lead to miscommu-

nications between staff and the disabled individual.

"The long term goal for the class is to teach more people ASL," Miller shared. "I love teaching ASL. I'm always helping people on the unit learn sign language."

The ASL course is currently a pilot program and available only to hearing-impaired people. If the class is successful, there is the potential for it to be offered to more AICs. The overall goal is to bridge communication between the general population and an often marginalized demographic. **| ECHO**

AROUND EOCI



Photos by Phillip Luna

Dr. Raquel Pinderhughes, Roots of Success program founder, addresses students while facilitator Patrick Gazeley-Romney looks on.

ROOTS OF SUCCESS AT EOCI

Program's Founder and Director Visit EOCI; Hold Graduation for Students

Written by Christopher Ainsworth, Staff Writer

"WHEN I WAS TEN years old my brother was incarcerated. His first night in jail was a devastating night. It changed his life and it changed our lives," Dr. Raquel Pinderhughes told the attendees of the Roots of Success graduation. This moment in her life instilled a deep commitment to change the experience of incarceration. This commitment led to Dr. Pinderhughes founding Roots of Success, a program that teaches environmental topics to undereducated populations.

The graduation, held in Eastern Oregon Correctional Institution's chapel on July 29, 2024, recognized 17 Adults in Custody who completed the course and four new apprentices who will be facilitators for future classes. The event welcomed the program's creator and an executive board member, EOCI staff and past graduates while congratulating the current class on their successful completion of the Roots of Success program.

Prior to graduation, the programs

founder Dr. Pinderhughes and executive board member Kay O'Neil toured the facility. They visited the physical plant, the greenhouse, the bee yard and the plots dedicated to the Master Gardener class.

Dr. Pinderhughes is a professor at San Francisco State University and an internationally recognized expert on the green economy.

Graduates were called up to receive their certificates and given the opportunity to speak on the impact the class has had on them. Many

Gazeley-Romney gives tour of student garden plots.



Photos by Phillip Luna

who spoke described the newfound self-awareness the class created about how their actions may impact their communities and the world.

Past students were also given the chance to speak. In total, 12 students stood up in front of close to 40 people to share the impact of the AIC facilitated program on their own lives.

"I felt this class came at a critical time in my own personal evolution and self-development ... so that I could help contribute to a more environmentally friendly, sustainable, greener future," graduate Kevin Cochran shared during his speech.

Roots of Success was founded by

"I've been such a destructive force for so long, with no clear path. Taking this program enabled me to build a future where I can heal this world instead of hurting it."

Dr. Pinderhughes in 2009 and is offered in 40 states. The course has seen successful completion by 26,000 youth and adults. Of those, 13,000 completed the program while incarcerated in prisons, jails, and juvenile facilities across the country.

"I've been such a destructive force for so long, with no clear path. Taking this program enabled me to

build a future where I can heal this world instead of hurting it," Trevor Trollope explained. He attributes the class as the catalyst that propelled him into a better way of living.

Patrick Gazeley-Romney was also recognized at the event for helping start the program. Gazeley was one the first three facilitators at EOICI and helped pave the way for the

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AROUND EOCI

Roots of Success facilitator Brett Lloyd explains how the greenhouse functions in conjunction with other programs.



Photos by Phillip Luna

“Completing the criteria earns apprentices a Career Technical Educator certificate from the US Department of Labor.”

program’s success. Gazeley is now a certified Master Trainer which allows him to train new Roots of Success instructors.

Completing the program allows students the opportunity to pursue an apprenticeship. The apprenticeship program takes 2,156 hours of classroom facilitation to complete.

Dr. Pinderhughes’ involvement with the program is in depth, working constantly with those taking on the apprenticeship program. Complet-

ing the criteria earns apprentices a Career Technical Educator certificate from the US Department of Labor.

“I went through the training in 2019 and felt very supported throughout the process. I left the apprenticeship training prepared to understand how to develop and deliver the curriculum, how to work with students and how to teach environmental literacy and prepare people for environmental jobs and careers,” Gazeley recalled.

The program is an environmental literacy and job training course that prepares youth and adults for environmental and Science, Technology, Engineering and Math (STEM) jobs and career pathways and empowers them to improve the conditions of their communities.

Completion prepares incarcerated adults for 70 jobs and 111 career pathways in water, waste, transportation, energy, building, food and environmental advocacy in sectors of the economy and STEM careers.

Roots of Success was introduced to EOCI just before the COVID-19 pandemic. The pandemic severely impacted the program’s growth in its infancy, limiting the number of students allowed to attend class.

AROUND EOCI



Pinderhughes with ROS students after graduation ceremony.



Program Director Kay O'Neil meets with students..



ROS facilitators and leadership.



Greenhouse crew meets with ROS leadership.



Pinderhughes meets student Trevor Trollope during a tour of the physical

Photos by Phillip Luna

The first classes were only offered to four AICs at a time. Even with the limitations the course was forced to work through, the success and popularity would not be stifled. Since its introduction in 2019, EOCI has recognized 156 graduates.

The graduates recognized were Xavier Ayala, Keven Cochran, Justin Dodd, Ace Fresh, Doug Haggard, Rocky Hutchinson, Lorenzo Lopez-Gordillo, Russell Taylor, Adam Wallace, Roajsha Calhoun, Izrael Correa, Matthew Fennern-Chandler, Andre Grandy, Brian Hardegger, Andre Johnson, Trevor Trollope,

and Justin Weber. Ray Peters was also recognized by Dr. Pinderhughes for the countless hours he has spent seeing to the program's success.

At events like the Roots of Success graduation it is easy to see how impactful some of the programs available at EOCI can be. The effects reach beyond AICs to staff and, in rare instances, molding a ten-year-old into someone whose mission in life became improving outcomes for incarcerated individuals. |ECHO

HOW TO SIGN UP FOR ROOTS OF SUCCESS

Roots of Success is an environmental literacy course consisting of 10 modules. Topics range from environmental problems such as deforestation, pollution, climate change and jobs in the green sector that are viable options for the formerly incarcerated.

Classes are 2-3 times per week. Class times vary.

Send a communication form to IWP to sign up. There are no custody level, incentive level or release date restrictions.

AROUND EOCI

AN ALL DAY BARBEQUE

Enrichment Club Spends Full Day Cooking - Literally - One Ton of Meat

Written by Chris Ainsworth, Staff Writer

STARTING A JOB BEFORE the sun comes up isn't that uncommon among many industry workers. Bakery, construction, manufacturing and agriculture employees are often hard at work before the sun even thinks about rising and shifts generally run well into the evening. In prison, however, Adults in Custody are often limited on the number of hours they work in a single shift, so 12 to 16 hour days don't usually exist.

Twelve members of Eastern Oregon Correctional Institution's Enrichment Club, an organization at EOCI that raises money through various fundraisers, experienced those long hours while they worked to prepare and hand out food on July 30,

2024. The event was intended to raise funds for a donation to Hope for Warriors and to purchase supplies for EOCI's visiting room.

Some of the members of the Enrichment Club started their Tuesday around 5:15 am completing prep work for one of the more popular fundraisers in recent history.

The club purchased and prepared 450 pounds of pulled pork, 650 pounds of beef burnt ends and 900 pounds of kielbasa. The sheer amount of food took longer to prepare than many involved with the fundraiser expected, leading to extended hours spent over hot grills and distributing food to the 550 hungry fundraiser participants.

"We expected to have three grills, but at the last second we were unable to use the two gas-powered grills," said Club President Ben Edwards. The last second change reduced the club's available grilling space by two-thirds.

"Everyone was tired at the end of the day, staff included. You could see the exhaustion in their faces," said Keaton Stephens, one of the Enrichment Club members.

There were a few different options participants could add on to the base meal, which included two pulled pork sandwiches, a scoop of beef burnt ends, a giant 1-pound kielbasa, either a 20 oz Coca-Cola or pineapple Fanta and a dozen

Kielbasas were approximately one pound per serving.



Photos by Juan Sanchez

Enrichment Club President Ben Edwards mans the grill.



“Everyone was tired at the end of the day, staff included. You could see the exhaustion in their faces.”

chocolate chip cookies. For an additional fee the kielbasa and soda could be doubled, and for slightly more you could purchase two cooling towels.

While events of this magnitude rarely run without any hitches, the positive response by EOCI's population to the Enrichment Club's most recent fundraiser could be heard all over the facility.

The 350 cooling towels sold, which when drenched with water and snapped produce a cooling effect, arrived after the summer's first heat wave, but just in time for the next one. Temperatures are expected to reach triple digits in August.

The previous heat wave lasted a few weeks and was hot enough that outside activities were canceled for safety and led to many seeking comfort indoors, if they could find it. The cooling towels will provide an additional way for many to cool off, both indoors and out.

Of the more than 20 Enrichment Club Members, 12 assisted with the event. EOCI's Recreation Specialists also worked to ensure the fundraiser would take place.

Additionally, six multi-workers stepped up to assist with the Enrichment Club event.

"I was unhappy that I wasn't able to help this time around, but I'm

glad the event went well. Everyone did a great job," stated club member James Renfro.

Even though the food was handed out later than expected due to delays in cooking and reduction in available grill space, the volunteers made sure everyone received their food before 7:30 p.m. Any frustration was quickly forgotten as smiles were shared over plates of delicious barbecue. |ECHO

The Enrichment Club is offering a movie on August 25, 2024. The movie, *Bob Marley: One Love*, is incentive level 3 only. Every AIC in attendance will receive one free bag of popcorn. Juice and water will be available. Concessions will not be sold.

There will be two showings - one morning and one afternoon, with a limit of 150 people per showing. Please send communication forms to multi to sign up. The deadline to sign up is August 15, 2024.



Meals included a dozen chocolate chip cookies made in the EOCI bakery.

FEATURE

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MAKING BETTER NEIGHBORS

Career Fair Aims to Break The Cycle of Underemployment

Written by Phillip Luna, Editor

*Contributions by Staff Writers Chris Ainsworth, Brooklyn Sasso, Walter Thomas, and Shane Goins



Career fair 2024

The Fair Chance Career and Resource Fair partners with dozens of felon-friendly businesses and resources, allowing incarcerated people to engage with employers and other support organizations prior to their release. The August event hosted 18 different organizations and businesses and invited more than 300 incarcerated people to attend.

A Simple Goal; A Profound Effect

The purpose of the career fair is simple – to connect felon-friendly employers and resources with currently incarcerated people. For many, the idea of obtaining a decent job upon release feels like a pipe dream. The jobs available to a formerly incarcerated person offer little in the form of economic stabil-



Clayton Hermiston Homes

Clayton Hermiston and Marlette Oregon are house building sister companies. They are looking for individuals who are career-minded who enjoy working in a family atmosphere. The average employee makes anywhere from \$21-\$24 an hour.

Marlette and Clayton offers full benefits ranging from short and long term disability insurance, medical, dental, vision insurance, flexible spending accounts, tuition reimbursement and lots more.

Newly Weds Foods

Newly Wed Foods offers competitive wages and a range of careers in the food industry. They offer great benefits, Employee Incentive Plan, 401K, disability, paid vacation, paid holidays, and tuition reimbursement assistance, to name a few.

Positions range from \$17.15 to \$19.28 per hour.

Newly Wed Foods is an equal opportunity employer.



ity and gainful employment.

"They told me, 'We don't do background checks, background checks do not matter,'" said Axel Ries. Ries is just 14 months shy of his release date. Marlette Homes/Clayton Homes surprised him with their no background check policy.

"Any time an employer says the background does not matter. We are only looking forward. That almost brings a tear to my eyes. It's like oh my god, somebody who is going to give you a chance," said Ries.

Marlette Homes/Clayton Homes offers competitive pay starting at \$21 per hour, with the opportunity for a production bonus and regular work schedule. Their employees do not work swing or graveyard shifts. More importantly, background



checks are not a sticking point for them.

"I've hired people a month right after [prison] and they've become great workers," stated a representative from Marlette Homes/Clayton

Homes. "Better than those coming out of high school. Kids coming from high school don't work as hard as someone wanting to change their lives. Sometimes I'm

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Boardman Foods

Boardman Foods is a family-owned company and a trusted supplier to the nation's largest food manufacturers, restaurants, and grocery stores. With deep roots in the Boardman, Oregon community, they have been providing sustainably grown, recipe-ready onions, peppers, shallots, and zucchini of exceptional quality since 1992.

Urban League of Portland

The Urban League of Portland offers services in resume writing, job connections, and interview prep. Additionally, they help build careers through mentoring, career coaching, and job placement support.

They connect potential employees with green careers, as well as in the fields of manufacturing, healthcare, construction and technology.

Offers paid work experience and training up to three months.



FEATURE

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actually looking for those types of people.”

Background checks aside, all of the employers at the career fair are felon-friendly, and look for ways to help formerly incarcerated people move forward.

“I think it’s really good that there are so many employers willing to hire felons,” said Brent Bissett, a former longshoreman and current resident of unit G4. “One of my biggest concerns getting out was that I wouldn’t be able to get a livable wage career and end up back in here.”

Not Just Jobs, But a Career

Pacific Northwest Ironworkers Local 29 apprenticeship program drew the largest crowds during the all-

day event. They offer opportunities as structural, reinforcing, welding and burning, and rigging and machinery moving ironworkers. The apprenticeship is a four year program that leads to becoming a journeyman ironworker.

Their pay scale starts at \$26.29 per hour and advances to \$43.82.

Kevin Crocker, a representative from Ironworkers Local 29 stated, “People come in and want to be a welder. But we do so much more than welding.” Crocker added they are looking for people who are “motivated, have a good attitude and willingness to work hard.”

Many of the businesses and organizations in attendance had a similar approach – if you are willing to do the work, they are willing to give you a chance.

Carrie Wetter from Union Pacific Railroad has been in the industry for 31 years. “We just launched a second chance program and just been looking for the opportunity. And as the State of Oregon expands their second chance career fairs, we were finally able to navigate and be able to attend.” Union Pacific Railroad’s second chance program focuses on employing those reentering society. “It’s just giving those the opportunity to come out [of prison] and transition into a career and not have any barriers in terms of finding employment with the railroad.”

Union Pacific hires for train crew in Hermiston and LaGrande, Oregon and offers a training program, competitive pay (\$268.36 per day) and tuition assistance and reimbursement programs.



Ironworkers Local 29

Pacific Northwest Ironworkers Local 29 apprenticeship program offers opportunities as structural, reinforcing, welding, burning, rigging and machinery moving ironworkers.

The apprenticeship that leads to becoming a journeyman ironworker. Their pay scale starts at \$26.29 per hour and advances to \$43.82 per hour.

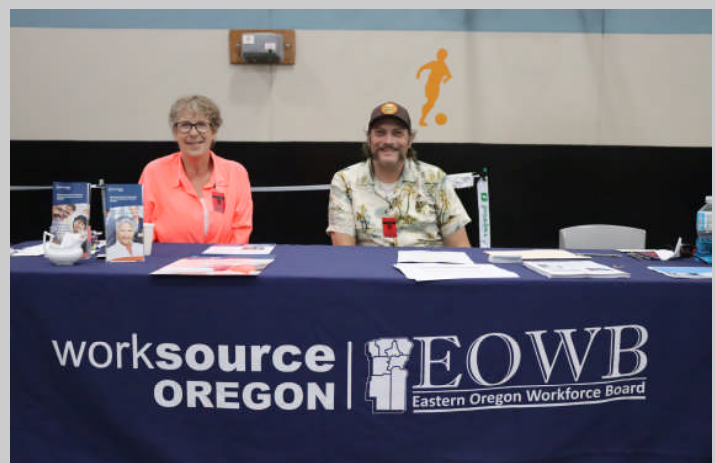
“First and foremost, getting up every day and showing up on time. You do that and you got it made.”

- Mike Alldritt, Ironworkers Local 29

Worksource Oregon

Worksource Oregon helps people identify their career goals, develop their professional skills, and create an action plan to make goals a reality.

WSO is an equal opportunity agency, who offers free work placement. Some of the services offered are sign language and spoken language interpreters, written materials in other languages, large print, audio, and other formats. Connect with WSO upon release to learn how they can help you on your way to becoming Work Ready.



The impact was not lost on 27-year-old Tristin Swafford, a participant in the career fair. "This meant the world," Swafford said. "It felt very impactful to connect to the outside community and network as if I was not a prisoner and looked at as a future employee seeking a job."

A College Education Too

The Sheet Metal Institute Union Apprenticeship offers on-the-job training and tuition reimbursement, allowing the employee to receive pay and benefits while working towards an Associate degree of Applied Science from Mt. Hood Community College.

While a college will charge around \$29,000 for tuition, books and fee payments the Sheet Metal Institute gives you a paycheck, benefits, on-the-job-training and free tuition.

Ben Wood, the representative from the Sheet Metal Institute, advised potential employees to "Come in with a humble, want to work attitude goes a long way with our contractors. The humble guy is the

strongest guy in the room."

Wood, who has 30-years experience in the field, added, "We are a points based system where if you have that type of training that

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Rocky Hutchison speaks with Newly Wed Foods.



Union Pacific Railroads

Union Pacific hires for train crews in Hermiston and La-Grande, Oregon and offers a training program, competitive pay (\$268.36 per day) and tuition assistance and reimbursement programs.

"It's just giving those the opportunity to come out [of prison] and transition into a career and not have any barriers in terms of finding employment with the railroad."

- Carrie Wetter from Union Pacific Railroad

Sheet Metal Institute

Sheet Metal Institute is a gateway to a high paying and meaningful career in the sheet metal industry that enriches you, your family and your community.

While a college will charge around \$29,000 for tuition, books and fee payments the Sheet Metal Institute gives you a paycheck, benefits, on-the-job-training and \$0 tuition. Post-grad, an average college student graduates with around \$31,000 in debt. How about \$0 in debt and \$474,000+ in earned wages and benefits? And on top of that you earn an Associates of Applied Science Degree.



FEATURE

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bumps you up, we hire you over a person that is maybe coming from the food industry."

The Sheet Metal Institute was not the only employer that couples college education with hands-on training. The LiLuna Training and Apprenticeship of Oregon and Southern Idaho offers career training with college credit options. LiLuna trains for careers in asphalt, traffic control, concrete, and abatement to name a few.

The career fair served to highlight opportunities many incarcerated people may not know about.

Michael Lystell, a resident of unit A3 and an HVAC worker in the physical plant, said, "It's an awesome opportunity for us to get

information that we don't normally have access to. It's definitely something worth our time. I only hit two booths already I feel like I got a lot of good information. It's encouraging to see that we have these resources."

From Jobs to Resources

"It's pretty cool, there's a lot of people here a bit overwhelming," said Danny Pierce, 36 year old resident of H2. "Lot of good stuff, lot of resources. They should have more events like this to set people up for success," he added.

One of the many resources Pierce and other participants learned about was The Blue Mountain Resource Network (BMRN), also known as the Eastern Oregon Recovery Center. BMRN provides mentoring and referrals to recovery services. Additionally, they offer

housing and rental assistance, as well as help with expunging criminal records.

Molly-Anne Jones from BMRN said, "When you are early with recovery, sometimes it can be uncomfortable and awkward. Having a mentor, providing services, and supporting you ... that's what we do. We are individual based so it is whatever the client wants."

Another resource program, Changing Patterns, offers reentry services in Deschutes County. Participants in Changing Patterns will have a direct pathway into a manufacturing career, may obtain a release starter pack (a backpack, hygiene pack, clothes, phone, journal, planner, *The Returning Citizen's Survival Guide*, and a resource list), and will be able to participate in a weekly peer support reentry program.



All Star Labor and Staffing

All-Star Staffing is a temp to full time hiring agency. Locations can be found in Portland, Salem, Albany, Eugene and Bend, Oregon. The staff are friendly and they offer a range of available options for job seekers.

Some of the jobs they offer are warehouse workers, landscaping, clerical, day labors, custodial, production, event staffing, housekeeping, manufacturing and more. Some of the job opportunities can be picked up for additional hours during an employee's weekend.

Changing Patterns

Deschutes County Re-Entry Services

Partnered with local manufacturing companies and Central Oregon Community College's Manufacturing and Technology Center, Changing Patterns participants have a direct pathway into a manufacturing career while paired with a Peer Support Navigator to assist in navigating re-entry barriers and obstacles.

Their peer support re-entry program is weekly and led by Peer Support Specialists. Upon graduation you will receive a certificate of completion, a letter of reference and eligibility for a scholarship to become a Peer Support Specialist.



Opportunity Oregon co-founder Parlee, Changing Patterns Patka, and participant Trevor Trollope.

Frank Patka from Changing Patterns stated, "Dependability, self-reliance, and resilience. This is what employers are looking for."

The Ninety-Three Percent

"I've been in prison for 30 years," stated Donny Pitchforth, H1 resident and garment factory worker. "This is really cool. It's nice to set them up to go home, give them kind of an idea of what they really want to do. In 30 years I have never seen a job fair like this."

EOCI's first career fair was coordinated by Opportunity Oregon co-founder Nancy Pance; Eastern Oregon Workforce Board Member Hugh Johnson; Transition Services Coordinator Sue Robson; Work Programs Coordinator Ray Peters; Office Support Specialist J. Stewart and administrative staff as well as

the multi-recreation department.

Some of the businesses and employers in attendance are regular visitors to EOCI. Nancy Pance from Opportunity Oregon and Nickie Carter from 211.org have held informational briefings at EOCI in the past year.

A very few of the outside visitors were previously incarcerated, and upon release have found meaning by giving back to an often marginalized community.

Most of the employers, however, had never set foot inside a prison before. Their experience comes from working with post incarcerated people. Prior to the event, Superintendent Dave Pedro addressed the businesses and employers in attendance and assured them, "They are just people,

We are making better neighbors.

people who made mistakes." He further emphasized the importance of connecting incarcerated people with communities they will eventually live in. "Ninety-three percent will end up being your neighbor. We are making better neighbors."

| ECHO



Eastern Oregon Recovery Center

"When you are early with recovery sometimes it can be uncomfortable and awkward. Having a mentor, providing services and supporting you through all that and help guiding you to all the resources that are available ... that's what we do. We are individual based so it is whatever the client wants.

We are local and we also want people to know they have access to resources. And they don't have to do this alone. It can be very uncomfortable but we're here to help."

- Molly-Anne Jones, Peer Mentor

Career Fair 2024

Resources: Opportunity Oregon; Changing Patterns; Department of Human Services—Vocational Rehabilitation; Eastern Oregon Recovery Center; Constructing Hope; Easterseals; and 211.info.

Employers: Ironworkers Local 29; Sheet Metal Institute Local 16; Oregon and Southern Idaho Laborers Union; Union Pacific Railroad; Urban League; All Star Staffing; Newly Wed Foods; Boardman Foods; Euvalcree; and Clayton/Marlette Homes.



GETTING OUT BY GOING IN



GETTING OUT BY GOING IN (GOGI)

Program Boasts Nearly 1500 Graduates at EOCI

Written by Phillip Luna, Editor

SINCE MARCH 2018, GOGI at EOCI has helped 1,475 individuals complete the program, the most in the Oregon Department of Corrections. Additionally as GOGI is restructured into a club, it becomes dual purpose, offering both programming and more fundraising opportunities.

THE GOGI PROGRAM

GOGI - a non-profit focused on empowering individuals with simple decision making tools to help them make lasting change - started in Oregon at the Snake River Correctional Institution in 2017. The program moved to EOCI one year later, but has quickly surpassed other facilities in number of program completions.

GOGI's current Club Treasurer Keaton Stephens transferred from SRCI to EOCI to help start the program in 2018.

"I don't want to brag, because it's not a competition, but we started a year behind Snake River and we have a lot less people," said Stephens. EOCI has roughly 1300 residents, while SRCI has nearly double the population.

GOGI has expanded workbooks and assignments, which now include titles such as: My Life Story ... So Far; Parenting; Building Blocks; beginning GOGI Life Tools one through four; and the GOGI Life Tools Mini Book assignment.

GOGI started with six concepts, but soon developed into the 12 tools practiced by GOGI students everywhere. Dozens of workbooks and training materials have been created as part of the program.

THE GOGI CLUB

Separately, GOGI has been reframed as a club, announcing council positions on June 27, 2024.

Recently, the GOGI club also added three "support specialists" which were created outside of the council positions. Brian Hardegger, Keaton Stephens, and Juan Diaz were selected as support specialists for the group.

Support specialist positions are aimed to lessen the workload for the club council.

The GOGI club is partnering with Food Services to offer a meal in the near future. The club plans to offer a traditional Hispanic meal during the month of September, which is national Hispanic heritage month. Currently, the club members are in the research phase of their proposal, but considerations include Carne Asada burritos.

GOGI leadership is also in the process of obtaining their Food Handler's certifications. This will allow them to work with Food Services and to offer meals in the future, which were previously only offered as enhanced meals with Food Services or through the Enrichment Club.

GET INVOLVED

GOGI leadership is currently in the process of compiling feedback from participants. "We ask that current participants fill out the "My Opinion Matters" sheets in your workbooks," said Stephens. GOGI was created by incarcerated people, and feedback from its participants is crucial in expanding and improving the program.

For those interested in starting a GOGI journey, there are many workbooks and pathways. Send a communication form to Correctional Rehabilitation: GOGI for more information. | **ECHO**

SUICIDE PREVENTION WALK

A Time to Embrace Community

Written by Phillip Luna, Editor



GOGI Leadership Keaton Stephens and Juan Diaz hard at work.

Photo by Patrick Gazeley-Romney

GOGI AND THE Correctional Rehabilitation team will be coordinating a suicide prevention walk on September 20, 2024. The event, partnering with the American Foundation for Suicide Prevention (AFSP), will coincide with the sale of at-cost items - pepperoni sticks and a suicide prevention bracelet.

The last suicide prevention and awareness walk, titled Out of the Darkness, occurred on September 20, 2019. Although the event was slated to reoccur each year, COVID-19 stymied the chance of a repeat in 2020.

Now returning after five years, participants will be able to walk the track or create sidewalk art using chalk.

Unlike previous events, participants will not be allowed to purchase the at-cost items without signing up for the walk. According to a memo issued by Joseph Byrnes, Correc-

tional Counselor and GOGI Coordinator, "AICs will not be allowed to participate in the at-cost event unless they attend the activity." An exception is being made for those who have a work assignment and are unable to attend.

The at-cost items include two original pepperoni sticks, two jalapeño pepperoni sticks and one bracelet for \$6. Participants will be able to make a donation to AFSP on top of the \$6 at-cost purchase.

The goal of AFSP is to reduce the suicide rate in the United States by 20% by the year 2025; they are the largest private funder of suicide prevention research and provide programs to destigmatize mental health conditions and to teach people how to recognize the signs of depression.

Sign up forms are available on housing units. | **ECHO**

LETTER TO THE EDITOR

This month we received a letter all the way from Porterville, California.

Greetings!

I am writing you in regards to the article in your July issue about GOGI evolving from pizza and water bottles to becoming a club for everyone. My husband attends a GOGI Lifers meeting on Zoom, and your article was talked about at the July 16 five second lightswitch meeting. Is it possible for you to send a July issue to my husband and I? Enclosed is a sheet of stamps to cover postage, and maybe there will be some extra for you to use in some way.

Thank you so much.

From Cynthia Arias
Porterville, CA

Hello Cynthia.

Thank you for your letter!

We would be happy to send you copies of the July issue of The Echo. It's wonderful to know that our newsletter reaches places outside of Oregon and it's even better to be a platform for a program like GOGI.

This article was written by Christopher Ainsworth, one of our newer writers, who also happens to be a GOGI graduate.

Thank you for reading!

Phillip Luna
Editor, EOCI

**Note: The stamps were returned to Mrs. Arias.*

MECHANICS WORK FOR CERTIFICATION

EOCI's Autoshop Working Towards Training Program

Written by Chris Ainsworth, Staff Writer



Autoshop workers Christopher Benz, left, and Zack Mersch, center.

"I LIKE DOING troubleshooting and diagnostics. It's fun to have a problem, find it, then fix it. That's the most rewarding thing," Christopher Benz explained. Benz is one of only three Adults in Custody who work at Eastern Oregon Correctional Institution's auto shop.

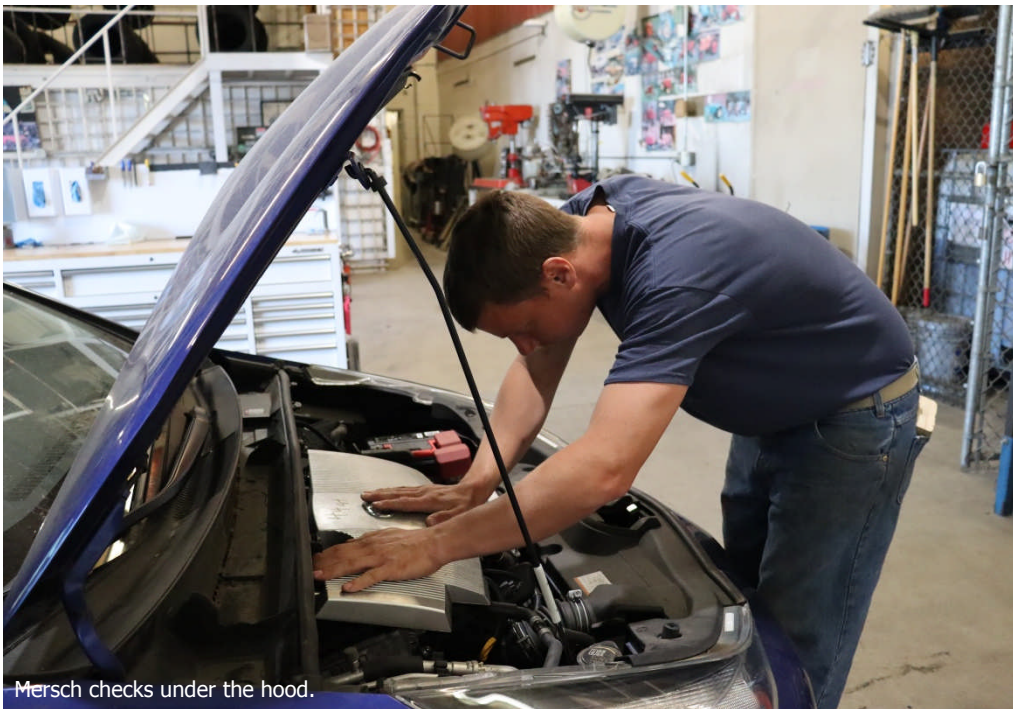
Auto shop mechanics work on a variety of Oregon Department of Corrections owned machines, ranging from standard gas-powered automobiles to hybrids, electronic vehicles (EVs) and even the occasional trash compactor.

Education and applicable experience are vital for AICs to successfully transition back into society. With that in mind, EOCI's auto shop is in the process of starting a certification program where AICs would earn an Automotive Service Excellence (ASE) certification.

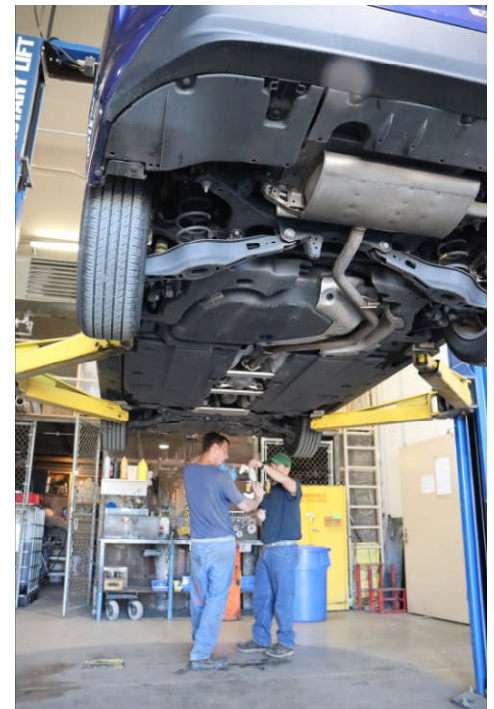
Currently the auto shop offers on-the-job experience but certification programs in the pipeline look to offer more opportunities for AICs than just work experience.

EOCI offered a similar certification program that ended around 2010. At that time the certification was run as a self-study course. AICs would check out a book and take a test when they believed they were ready. The program didn't offer the same hands-on opportunities the new program will have.

Previously, restarting an automotive certification program has been difficult because remote testing



Mersch checks under the hood.



Photos by Patrick Gazeley-Romney

was no longer an option. However, partially due to the pandemic, ASE students are allowed to test remotely again. The long-term goal of the program is to train AICs with skills prospective employers desire, then allow a certified AIC to pass that knowledge on through peer-to-peer education.

Mechanics are responsible for various pieces of machinery owned by ODOC. These machines include cars driven by staff for work, perimeter vehicles, construction equipment or even ground maintenance equipment like lawnmowers.

Preventative maintenance or repairing equipment that breaks down are duties that also fall on the shoulders of auto shop mechanics. The auto shop is responsible for servicing all institution forklifts and almost exclusively services Oregon Correctional Enterprise forklifts that operate in EOCI's Garment Factory warehouse.

Many of the EOCI vehicles are hybrids, with the exception of a few

remaining gas-powered automobiles and a single EV. Most of the experience current mechanics developed working with hybrids came from employment at EOCI; skills like these will be useful upon release due to the changing landscape of the automotive industry.

As a result of state directives ODOC will replace all the perimeter vehicles with EVs statewide by 2035. Aside from educating the AICs who will service the automobiles, ODOC faces a big hurdle when it comes to developing the infrastructure for charging stations.

Among autoshop workers, Benz's previous college education granted him more knowledge and experience with hybrids than his coworkers. Christopher Anderson was hired as a clerk and mechanic the same day as Benz, roughly three years ago, and Zack Mersch was hired as a mechanic last year. Like Benz, Andersen has been a mechanic most of his life while Mersch has less experience but the drive to learn.

"Benz has taught me a lot. What to do and what not to do. Safety - the big thing is safety. Cause they [EVs] can kill you," Mersch stated.

EOCI owns a single EV that collected dust until auto shop mechanics had it restored. The mechanics had to watch a lot of videos and study books on EVs before the work began.

One of the tasks that was required to get the electric truck back up and running was to rebuild the battery which required testing and replacing individual battery cells. In collaboration with the other auto shop mechanics, Benz was able to apply prior experience and education to get the truck back in working order.

"I started out as a maintenance mechanic; I worked with a lot of electricity. Plus, I went to school and got certificates in electronics and electronic diagnostics. So, it wasn't that difficult," Benz recalled.

Aside from mechanical work, the oddest job the mechanics were tasked with was rebuilding EOCI's

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CAREERS

(…continued from previous page)



Benz and Mersch.

trash compactor. It took three days to complete the rebuild but the odor remained in the auto shop for over a month. The mechanics not only rebuilt the hydraulics but also resealed the compactor. A trash compactor is not something generally associated with an auto shop but the mechanics were assigned the job anyway.

"The auto shop is responsible for all hydraulics throughout the institution. Something put on the auto shop because we possess the equipment to rebuild the ramps," Anderson explained.

An engine building program is also something the auto shop hopes to get started in the future. The program would teach AICs how to build or rebuild engines. Tasks could be as simple as an engine rebuild for one client or a high-performance custom build order for another. The completed engines would be sold in other parts of the state, assuring the institution is not competing with local businesses.

Typically, the auto shop only offers on-the-job work experience, primarily with gas-powered vehicles or other equipment. However, due to the need for a lower carbon footprint and future mandates, opportunities to work with hybrid and electric cars have and increased.

Soon ASE certifications will provide AICs with education that can be utilized when applying for jobs following their time in prison. Additionally, skills rebuilding trash compactors are in high demand, even if the demand is in a breakroom recalling a funny story over lunch with co-workers. **JECHO**



EOCI's only electric car.



Mechanics Chris Anderson, Christopher Benz, and Zack Mersch.



Counselor Hsu at her desk.

Photo by Patrick Gazeley-Romney

ABOUT HSU (pronounced "she")
EOCI Mental Health Professional

Ms. Hsu, a native of Taiwan, moved to the United States with the goal of obtaining an education. Years later she found her niche working for the Oregon Department of Corrections.

Counselor, behavioral therapy group facilitator, and Mindfulness teacher - Hsu is a modern day superwoman without the cape. She is known to begin every group therapy session with tea, a norm in her culture.

Her skill for understanding soothes attitudes and anxiety in such a way that when you leave her office you leave the weight and baggage behind - not even realizing you've had the Hsu experience.

HAVING TEA WITH MS. HSU

An Interview with Counselor Hsu

Interview by Walter Thomas, Staff Writer

ECHO: Where are you from originally?

HSU: I grew up in the Taiwan Republic of China, a little tiny island.

ECHO: What brought you to the United States?

HSU: Growing up in a fatherless home, my mother raised three kids in poverty with no resources, no health care plans or welfare agencies.

As a female in my culture, it is dictated that in your destiny you don't

need education, because your job is to be submissive and serve the family. My mom, although we were poor and she had an elementary school education, she didn't want to see her kids uneducated. She told us education was our ticket to get out of poverty.

In school we worked hard and always aimed to grab scholarships and keep going up! My academic journey was difficult and longer than my peers, because I took breaks after high school. My family

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THE ECHO INTERVIEWS

“Have a contingency, not just a plan A. You got to have plan B and plan C.”

couldn't afford to send me to college, so for three years I saved my money so I could help my brothers attend school. College also took longer because I worked to pay my own tuition, while helping my family with what little I had left.

ECHO: What was your goal in going to college?

HSU: I wanted to do whatever I could do to be a professor or teacher. That's it.

ECHO: When you first enrolled in college how old were you?

HSU: I was 28 years old. my mom asked me, "What do you want to do with your life?" I told her I still want to go to graduate school. She huffed in disapproval. "All your classmates already have family and kids. Are you sure?"

I told her I wanted to go to the United States and learn English. Get a master's degree, so when I come back home I can make more money. If I can't become a professor, I can still teach kids English.

Having a degree in the United States would allow me, when I returned, to teach English.

ECHO: Did your upbringing drive you to persevere?

HSU: Yes! We have to go through pain and suffering to become wiser. People ask me how do you do it,

and I tell them I come from a little tiny island, we had little to nothing with bare minimum resources. You had to know how to persevere an self-sustain - have a contingency, not just a plan A. You got to have plan B and plan C.

ECHO: Did you know that you would end up not only helping your family but helping out other people as well?

HSU: No, I had no idea. When I looked at the applications in the US, Masters of Business Administration, and a Masters of education were common. All of my friends, my classmates who were graduating with me already lived in the US, and had these other degrees.

I figured maybe I shouldn't get a degree that they all have, because they will be returning to my country two years ahead of me, and by the time I get my degree they might be in important positions within an organization. That would not make myself marketable.

So, I picked a degree that nobody had. I picked a degree in social work.

ECHO: What inspired you to be of service to others?

HSU: I looked at the curriculum of social work because of my upbringing. Being a volunteer and then working as a part of the commu-

nity, as a member. I feel my friends wanted to be in the leadership positions, but I had no problem being a sidekick. I really had no idea I would end up in the mental health field.

ECHO: Did you know that being a social worker would involve being a teacher?

HSU: No. I didn't even know I would be landing a job in the country. I was first in my class, which was a shock because I struggled with English. I worked hard and finished with almost a 4.0 GPA. On paper, I present well. So, when I went to the county mental health interview, I just got hired. I had no idea what a mental health crisis worker was. I got a job in the United States instead of going back to Taiwan.

ECHO: Is EOCI the first institution you have worked at?

HSU: I worked outpatient mental health and I also have had private counseling and a psychology practice for eight years. So, total I was working in the community for 18 years before I came to EOCI.

Initially I was working as a contractor doing groups and doing one-on-one counseling. But in the 18 years outpatient, I serviced clients with trauma. I worked with a lot with kids and families, kids in foster care, adoption, or with attachment problems. And also, victims of crimes and the mentally-ill population.

ECHO: What capabilities must a person have to overcome self doubt?

HSU: I think it really depends and

varies. I think it is important to be in a stable state of mind, the environment is conducive and the person feels safe enough.

You could have a great job, live in an ivory tower and never have any history of disturbances, and still have self-doubt. Which again is such an innate human suffering.

There are so many factors, internal and external. If the person lacks opportunity or skill, the person will never have to opportunity or skill to look at the opposite. So, what do you think the opposite of self-doubt is? Self-validation. Mindfulness.

Have you thought about changing your scenery? Or have you thought about looking at it this way? It also takes self-commitment and self-control and discipline to practice it.

ECHO: What's something most people don't know about you?

HSU: I like to cook, things that don't have a face or a mom. I'm working hard to be a vegan, still at times I indulge in eggs and milk. I also love shoes. I select good shoes for the feet.

ECHO: What would be your advice for any struggling AICs?

HSU: Ask health services for support and help. You are not fixated in your distress, your discomfort. It's ok to ask for help. Discomfort is temporary. And at the same time, your letting go of whatever distresses you when you ask for help.

I think that in this model of society, people don't cry, and some people think it's shameful or embarrassing to ask for help. But you really should seek assistance. | ECHO



Hsu poses in front of artwork in her office — The Great Wave off Kanagawa, originally created by Japanese artist Katsushika Hokusai in 1831.

Photo by Patrick Gazeley-Romney

“It's ok to ask for help ... I think that in this model of society people don't cry, and some people think it's shameful or embarrassing to ask for help. But you really should seek assistance.”



Photo by Phillip Luna

Patrick Gazeley-Romney has been incarcerated since 2015 at EOCI. He recently transferred to a minimum security facility.

For the last nine years, Gazeley was involved in a number of programs. He helped start the beekeeping program, Roots of Success, the Master Gardener program and has been a facilitator for the mindfulness. He was also a writer for The Echo for the last five years.

HELP SHAPE THE CONTENT

Are you interested in sharing what you've learned during your time in prison? Edging closer to that release date?

Send a communication form to IWP and let us know. You may be featured in next month's *What I've Learned* section.

WHAT I'VE LEARNED

With Patrick Gazeley-Romney

Interview by Phillip Luna, Editor

Doing time in prison is like... Living in purgatory, watching life from the sidelines.

One thing that surprised me was... How much growth through adversity is possible here.

Earlier on, I wish I'd... Connected with program heads and began networking within the prison.

The best advice I could give someone is... Find a vocational or training program, and commit to it. Don't give up even when things seem stagnant or difficult. You can learn something valuable anywhere in here.

The best item to buy off canteen is... Any of the fish or nuts. Protein is a necessary supplement to an active lifestyle in here.

One thing I wish I'd never wasted my money on... A Strip LV subscription.

The food I am looking most forward to eating after I release is... Asian and Indian foods. Curries and spices unique to those regions are something I miss.

I wish I had spent less time doing... Watching TV. I've done quite a bit of reading over the years, but I feel I could have done more in my down time.

The program that helped me the most was... All of my work at IWP. I learned a lot of great work place and managerial skills through that opportunity.

Before coming to prison, I would consider myself... Definitely more of an extrovert, and trusting to a fault.

Now I consider myself... Closely guarded, more introverted socially.

The change I'd like to see most in the prison system is... Repeal of mandatory minimum sentencing laws and a higher good time/earned time percentage.

What I've learned... It's important to find the silver linings; they are everywhere, you just have to take the time to look.

JECHO

MEET A CONTACT TEAM MEMBER

Jon Andvik, Correctional Officer

Interview by Ray Peters, Supervising Editor

I joined the Contact Team because... I want to remove the "us against them" mentality, normalize interactions and humanize both sides to one another. I believe we can go a long ways in improving the atmosphere inside prisons by the way we communicate.

I have been working for ODOC for... Almost five years.

Before working at EOCI I used to... I was born in Laramie, Wyoming but moved to Norway when I was a kid. I worked as a Civil Engineer for 25 years in the Oil and Gas industry, mostly in the design and construction phase of new oil platforms. I also served in the Norwegian Air Force as a military intelligence Officer and was deployed for almost four years to the Bosnian war during the mid 90's. I was unlucky to get shot twice when there, but recovered well. I have lived in six different US States and six different countries

One thing people don't know about me is... I've done a lot of Nordic dog sledding and rock climbing. I have been to basecamp on Mount Everest.

Whether AICs or staff, what I expect from people I work with is... I expect mutual respect and a willingness to get to know each other.

For AICs just starting their sentence, my best advice is... Be yourself and concentrate on the real things that matter. Don't think too much about how you are perceived by others. Set clear goals for you time spent here and for when releasing.

My experience on the Contact Team has been... It's been very positive and a wonderful learning experience.

The hardest part of being on the Contact Team has been... I haven't found being on the Contact Team difficult, but when we were first getting started some things were unclear as to how it would all work out.

People will see me working... At work you will meet me on D2. When at home I will most likely be found doing restoration work on my house built in 1897.

The one change I'd like to see in the DOC is... Continue the work on rehabilitation efforts. Improve the AIC's chance to succeed when releasing from prison. | **ECHO**



Andvik working on his house, originally built in 1897.

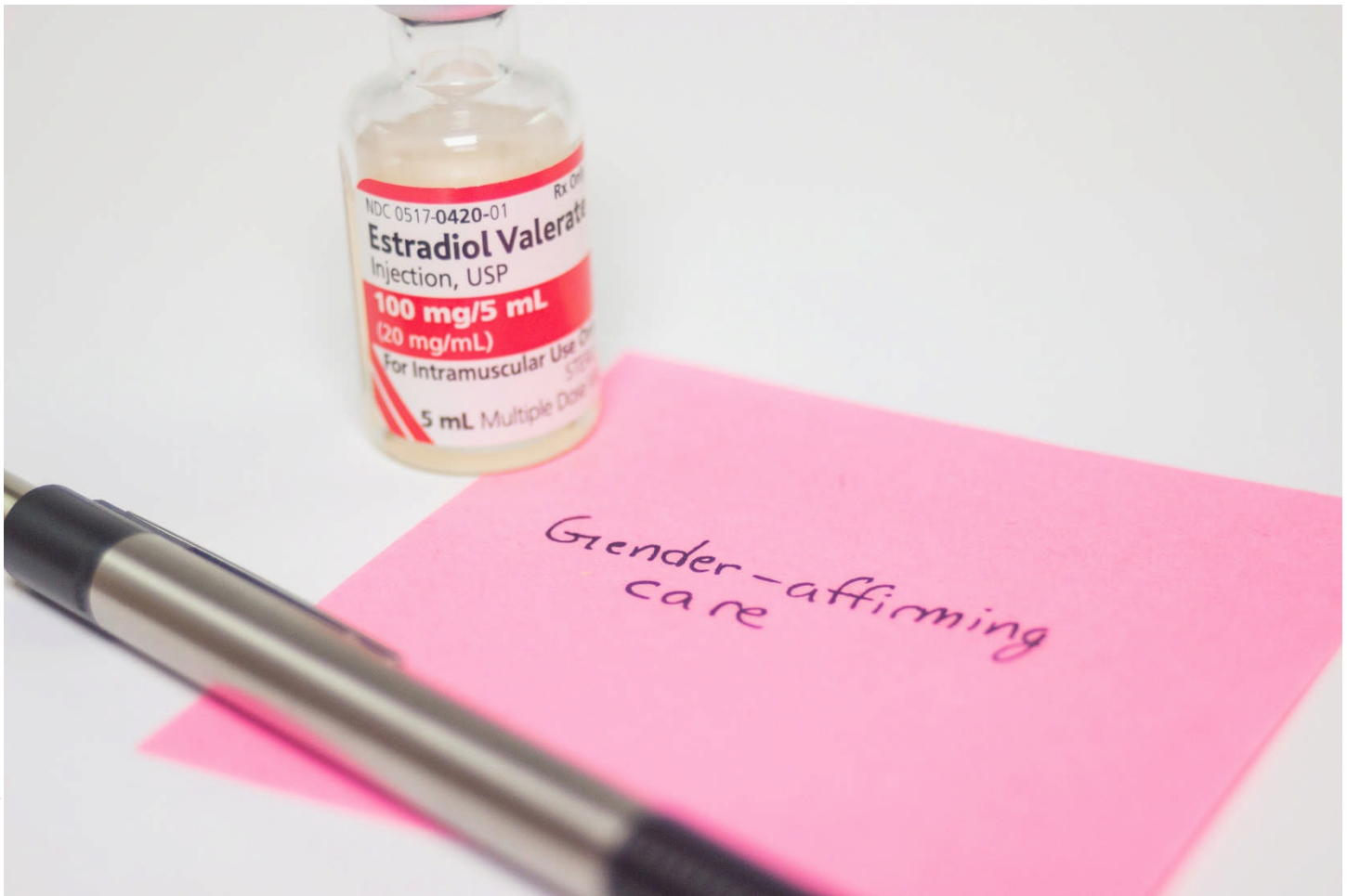
Photo by Provided by Jon Andvik

Jon Andvik, Correctional Officer

Officer Andvik grew up in Norway, worked as a Civil Engineer, and served in the Norwegian Air Force. In his spare time he used to enjoy dog sledding and rock climbing. Now, he spends his time renovating his more than 125-year-old house, playing golf and hiking.

Andvik has worked for the Oregon Department of Corrections for almost five years and is currently a Contact Team Member as part of The Oregon Way Initiative, a philosophical and practical approach to improving outcomes for incarcerated people.

EDITORIAL



Vera Dobson | Shutterstock

GENDER-AFFIRMING CARE IN PRISON

What it Means and Why it Matters

Written by Brooklyn Sasso, Staff Writer

"GENDER DYSPHORIA" said the Behavior Health Service counselor as she read the diagnosis aloud; the term is used as a diagnosis for transgender individuals. This terminology refers to the emotional anguish, dissatisfaction and discomfort that transgender people experience about their assigned gender at birth.

The date was October 1, 2020, when I received my diagnosis. I remember sitting in my BHS counselor's office, nerves running crazy as she unsealed the envelope containing the outcome of a very intrusive evaluation conducted a

month prior. The moment she read the confirmation, I was unsure of what exactly would stem from this conclusion. But it was as if a shroud had been lifted from my mind and I had an internal revelation.

Eastern Oregon Correctional Institution has housed me for the better part of 10 years and as of five years ago, I have been living as a transgender person. Gender-affirming care for me has been a life-saving and life-changing experience.

"In 2014 the Oregon Department of Corrections adopted the rule for nonconforming gender adults in

custody care. This rule provides ODOC with policies and procedures for identification, assessment, review, and management of AICs that experience non-conforming gender traits at intake," stated former ODOC director Colette Peters. The rule would be the catalyst for gender-affirming care in ODOC, and ultimately would save my life.

The word transgender can be summed up as a person who experiences a mismatch between their gender identity or gender expression and their assigned sex at birth. Gender Dysphoria is the formal mental health and medical

“The catalyst for gender-affirming care in ODOC, and ultimately would save my life.”

diagnosis used by qualified health-care professionals to describe those who show signs of dysphoria or distress with gender and sex they were assigned at birth.

Over the last decade, ODOC has made policy changes to normalize the transgender population and gender-affirming care in prison. Progress is often slow where state agencies are involved. All formal changes have to be statewide, created through legislation, voting and refining (if denied). When an AIC doesn't see immediate change, they get the impression the system failed them. What they don't see is the small changes that become part of the greater collective.

Over the last five years, since I was diagnosed with Gender Dysphoria, I have witnessed many changes; from related canteen items, to indigent support and even recognizing name changes and gender labels.

ODOC has also formed the Gender Non-conforming Committee (GNC). This group supports the transgender community by determining

appropriate and safe housing, insuring institutions treat people in a fair and consistent manner and each housing situation is examined on a case-by-case basis.

The GNC works closely with the BHS department to support the transgender population. They assist in helping with additional gender-affirming items not sold within ODOC, as well as assessing the needs of each gender non-conforming AIC and if medications and or surgery is necessary.

In a rather short period of time, EOCI has helped normalize life for transgender AICs. From increasing available training related to gender non-conforming people, to creating special teams that provide access to gender specific products and contact teams for a safe support system.

For me, my transition was during the height of COVID-19 at EOCI. I had a lot to learn on my own in an uncertain time.

I struggled with my identity and thoughts of self-harm. While many people may not understand why gender-affirming care matters in prison, I know from firsthand experience its weight.

I can understand the view of those who oppose this type of care in the prison setting. Why should their tax dollars pay for things like gender-reassignment surgery for an incarcerated person who doesn't pay taxes at all? But Gender Dysphoria is a mental health diagnosis. Gender-affirming care is the treatment. Untreated mental health conditions are dangerous and only compound when they are ignored.

According to the American foundation for Suicide Prevention, transgender communities suffer with a

17-20% higher suicide rate than the national average and transgender youth are five times more likely than their peers to attempt suicide.

“Untreated mental health conditions are dangerous and only compound when they are ignored.”

As a 38-year-old person who for years thought I would never have a voice and would always be angry at the things I can't change, I am now a proud member of the LGBTQ community - someone who not only embraces change and challenges, but seeks them out.

As a member of the LGBTQ community, I get to add my voice and experiences to this newsletter.

Looking back remembering the day that I got my diagnosis, how nervous I was and how unsure of the future I was. I can say for a fact I have found more support from my fellow AICs and prison staff than I have from my personal family on the outside.

I have hope for the future generations of transgender individuals coming into ODOC care. I thank all those who have shown acceptance and support. | **ECHO**

HEALTH AND WELLNESS



Yuri A. | Shutterstock

**Fatigue is
a major
cause of
injury among
athletes**

SPORTS NEWS YOU CAN USE

Common Sports Injuries and How to Prevent Them

Written by Shane Goins, Sports Writer

ANOTHER SPORTS SEASON is here and with it a common sight: injuries. Already this year there have been a number of injuries. While thinking about how to beat their current opponent, one thing most athletes don't contemplate is injuries.

The term "sports injury" refers to the kind of injuries sustained during sports or exercise, but are not limited to athletes. Factory workers get tennis elbow, painters get shoulder injuries, and gardeners may develop tendinitis.

Sports injuries are divided into two broad categories: acute and chronic injuries. Acute injuries happen suddenly, such as falling. Chronic injuries usually result from overuse of one area of the body and develop gradually over time. Some common chronic injuries are shin splints and stress fractures.

According to Edward D. Re, MD a pediatric sports medicine specialist at Children's Hospital of Philadelphia, there are three primary causes of overuse injuries: absence of a proper pre-game warm up, failing to participate in conditioning and improper rest and recovery.

"Fatigue is a major cause of injuries," Dr. Re said. "It can be caused by many factors ... like not enough sleep and a poor diet."

A proper warm-up should consist of stretching, throwing/kicking a ball or anything to work up a good sweat. There are a number of stretches one can do. Standing up straight then leaning down to touch the ground, sitting with both feet joined then stretching one leg and the other while touching the toes.

Dehydration takes place when a player becomes fixated on their current goal instead of the body

and its need for nourishment to maintain peak performance. If someone becomes sluggish or their performance becomes noticeably impacted, these can be signs of a dehydration. This can be treated by hydrating and replenishing the body's electrolytes.

When injuries happen, they need to be examined, evaluated and treated by medical experts who understand the injury. They can best determine the extent of the injury and the proper treatment.

A fracture is a bone break that occurs from either a quick, one-time injury, known as an acute fracture or from repeated stress, known as a stress fracture. Most acute fractures are emergencies.

Stress fractures commonly happen in sports with repetitive impact on the lower body. Running, while great for the cardiovascular system, creates forces two to three times a person's body weight, which could cause shin splints.

This happens because the shin muscles have to carry as much as six times your body weight during exercise. Inflict enough abuse and

the inflamed muscle can be pulled from the bone.

Shoulder injuries include rotator cuff, impingement and instability. The rotator cuff injury occurs when the cuff swells and becomes stuck under the shoulder blade.

One way to prevent a shoulder injury is a cuff stretch. To do a proper cuff stretch lie on your right side with your right upper arm against the floor and your elbow bent 90 degrees. Using your left hand gently pull your right forearm toward the floor until you feel a stretch in your right shoulder. Switch sides and repeat.

Elbow injuries: Ulnar collateral ligament (UCL) injuries are among the most common in baseball and softball. The cause is typically due to overuse which causes severe strain on the elbow. Other overuse injuries can include Little League elbow; tennis elbow; Little League shoulder, rotator cuff tendinitis and golfer's elbow.

Injuries can be treated with ibuprofen, non-aspirin or RICE:

Rest - Rest gives the body time to heal.

Ice - Ice can reduce inflammation and pain (recommended if there are any allergies to ibuprofen or any other anti-inflammatory).

Compress - Compression supports the joint.

Elevate - Elevating the joint above the heart also works. Most injuries, if not serious, can be healed over time with the aforementioned steps.

ART (active release techniques) treats muscle, tendon, ligament, and nerve problems by combining deep-muscle massage with specific movements that the patient makes.

Take a biceps injury, for example. The ART therapist will have you flex your bicep while they apply pressure on a spot on the muscle; then they'll have you extend the elbow. It'll hurt but the manual pressure helps break up microtraumas and scar tissue.

Knee injuries include dislocation, sprain, strain, tendinitis and bursitis. Bursitis is inflammation of the bursae (plural of bursa), small, fluid-filled sacs that act as cushion between a bone and other moving parts.

Other knee injuries are runner's knee; fracture; dislocation; torn ligament; meniscal tears; and tendon tear. Every time your foot strikes the ground your knee feels it. Eventually, your kneecap may rub against your femur. What happens is cartilage damage, inflammation and tendinitis.

Achilles tendinitis can occur from running, jumping or standing on your toes. There's usually pain and tightness in the back of the heel, especially in the morning. Achilles tendinitis is caused by overuse, serious cases can lead to a tear and may require surgery.

Symptoms of an acute injury are: sudden, severe pain; extreme swelling or bruising; not being able to place weight on the knee, ankle or foot; extreme weakness of an injured limb; not being able to move a joint normally; a bone or joint that is visibly out of place.

Pain when you play or exercise, swelling and a dull ache when you rest are symptoms of a chronic injury due to overuse.

Before playing sports or exercising, make sure to take this information and apply it to all activities and they will be more fruitful, more fun and everyone involved will be less susceptible to injury. | **ECHO**

Help Shape the Content of 1664

(more on page 31)

If you are interested in shaping the content of 1664, a new publication, there are three ways to get involved.

- 1) Submit creative writing in the form of a personal non-fiction essay, poetry, or music lyrics;
- 2) Contribute artwork in any medium; or
- 3) Be featured in one of our person-first profiles.

We accept submissions from all people - inside and outside of prison. The next issue of 1664 will cover the topic of patriotism, being an incarcerated veteran, and what abstract concepts like freedom and America mean in the incarcerated setting.

Send a communication form to IWP to learn more.

Help Shape the Content of The Echo

If you are interested in shaping the content of The Echo there are several ways to get involved.

- 1) Showcase your artwork! Request to be featured in an artist spotlight.
- 2) Pitch an idea to the writing team. We are always looking for new angles.
- 3) Write a letter to the editor. Was there an article that really impacted you? Was there something we missed? Let us know.

Send a communication form to IWP.



KieferPix | Shutterstock

ELECTROLYTES ARE IMPORTANT

Staying Hydrated on Hot Days

Written by Elena Guevara, RD, LD - ODOC State Dietician

FOOD SERVICES HAS started to provide electrolyte water in most institutions on hot days [not available at EOCI].

Adequate hydration is essential for overall health. Water is necessary for virtually all body functions. Both electrolyte and regular water count towards your daily fluid needs, as do other beverages such as coffee, tea, fruit juices and milk.

It's a common misperception that electrolyte water is better than plain water for hydration. In reality, it depends on the circumstances.

More specifically, electrolyte water may be beneficial if you're at risk for quick losses of minerals. You may want to consider an electrolyte-enhanced drink if:

- You're exercising for more than one hour.
- You sweat heavily during exercise.
- You're sick with vomiting or diarrhea.
- You will be exposed to heat for long periods of time.

One or two electrolyte drinks should be enough for most people to reach a safe and healthy balance after you lose electrolytes from sweat. Outside of sports, hot weather, and illness, plain water works just fine to meet your day-to-day hydration needs.

People with certain medical conditions should limit or avoid electrolyte drinks. The ODOC Dietician recommends only one serving of

electrolyte water daily for most AICs with the following conditions. Talk to your medical provider if you have questions.

Diabetes – people with diabetes need to limit how much sugar they have daily, and sports drinks usually contain sugar. The electrolyte water supplied by ODOC contains 9 grams of total carbohydrate per 16 fl. oz. serving.

Heart Disease or High Blood Pressure – people with these conditions often need to limit how much sodium they have daily, and sports drinks contain salt. The electrolyte water supplied by ODOC contains 256 mg of sodium per 16 fl. oz. serving.

Kidney Disease – people with kidney disease often need to limit how much sodium and potassium they have daily, and sports drinks usually contain both. The electrolyte water supplied by ODOC contains 63 mg of potassium per 16 fl. oz. serving.

The electrolyte water supplied by ODOC contains 33 calories per 16 fl. oz. serving.

One more thing to consider before having a sports drink: you also get electrolytes from the foods you eat. Electrolytes are found mainly in fruits and vegetables. If you're eating plenty of fruits and vegetables, you're going to meet your basic electrolyte needs unless you do something extra (like exercise) and need to restore what you have lost.

Sports drinks can be an effective way to replenish lost electrolytes after a tough workout or sweating during a very hot day. But these drinks aren't meant to be an all-day beverage. **ECHO**

| NWS Heat Index | | | | | Temperature (°F) | | | | | | | | | | | | |
|-----------------------|-----|----|----|-----|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Relative Humidity (%) | | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 |
| | 40 | 80 | 81 | 83 | 85 | 88 | 91 | 94 | 97 | 101 | 105 | 109 | 114 | 119 | 124 | 130 | 136 |
| | 45 | 80 | 82 | 84 | 87 | 89 | 93 | 96 | 100 | 104 | 109 | 114 | 119 | 124 | 130 | 137 | |
| | 50 | 81 | 83 | 85 | 88 | 91 | 95 | 99 | 103 | 108 | 113 | 118 | 124 | 131 | 137 | | |
| | 55 | 81 | 84 | 86 | 89 | 93 | 97 | 101 | 106 | 112 | 117 | 124 | 130 | 137 | | | |
| | 60 | 82 | 84 | 88 | 91 | 95 | 100 | 105 | 110 | 116 | 123 | 129 | 137 | | | | |
| | 65 | 82 | 85 | 89 | 93 | 98 | 103 | 108 | 114 | 121 | 128 | 136 | | | | | |
| | 70 | 83 | 86 | 90 | 95 | 100 | 105 | 112 | 119 | 126 | 134 | | | | | | |
| | 75 | 84 | 88 | 92 | 97 | 103 | 109 | 116 | 124 | 132 | | | | | | | |
| | 80 | 84 | 89 | 94 | 100 | 106 | 113 | 121 | 129 | | | | | | | | |
| | 85 | 85 | 90 | 96 | 102 | 110 | 117 | 126 | 135 | | | | | | | | |
| | 90 | 86 | 91 | 98 | 105 | 113 | 122 | 131 | | | | | | | | | |
| | 95 | 86 | 93 | 100 | 108 | 117 | 127 | | | | | | | | | | |
| | 100 | 87 | 95 | 103 | 112 | 121 | 132 | | | | | | | | | | |

Likelihood of heat disorders with prolonged exposure or strenuous activity

| | |
|------------------------|---|
| Extreme Danger | Heat stroke highly likely |
| Danger | Muscle cramps, and/or heat exhaustion likely |
| Extreme caution | Muscle cramps and/or heat exhaustion possible |
| Caution | Fatigue possible |

Image provided by ODOC

HANDLING THE HEAT

Staying Hydrated on Hot Days

Provided by ODOC

Heat Exhaustion

Symptoms May Include:

Headaches, dizziness, light-headedness, personality changes, irritability or confusion, feeling sick to your stomach, vomiting, fainting, and pale, clammy skin.

What Should Be Done:

- Move them to a cool, shaded area. Don't leave them alone. If they are dizzy or light-headed, lay them on their back and raise their legs about 6-8 inches. If they are sick lay them on their side.
- Loosen/remove heavy clothing.
- Have them drink cool water (a small cup every 15 minutes) if they are sick to their stomach.
- Try to cool them by fanning. Cool their skin with a cool spray mist of water or wet cloth.
- If their condition worsens, call 911 for emergency help.

Heat Stroke

Symptoms May Include:

Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); personality changes; irritability, confusion; seizures or fits, a collapse.

What Should Be Done:

- Call 911 for emergency help.
- Move them to a cool, shaded area. Don't leave them alone. If they are dizzy or light-headed, lay them on their back and raise their legs about 6-8 inches. If they are sick lay them on their side.
- Loosen/remove heavy clothing.
- Have them drink some cool water (a small cup every 15 minutes) if they are sick to their stomach.
- Try to cool them by fanning. Cool their skin with a cool spray mist of water or wet cloth.
- If ice is available, place ice packs in armpits and groin area.

JOB SKILLS: HOW TO Tie a Necktie

Written by Shane Goins, Sports Writer

AT SOME POINT everyone has needed to know how to tie a Necktie. Sounds simple enough but it might come as a surprise that most of us don't know how to master this lost art. Whether you're tying a Windsor knot or learning for the first time, tying a tie is a vital tool - especially for weddings, special events or job interviews.

From a classic Windsor (the commonly known knot) to fancy and elegant tie knots, there are a ton of different ways, varying in formality, style and difficulty. What works best often comes down to the type of suit or shirt you'll be wearing the tie with. Here is how to tie a Windsor know.

1. With the tie hanging from your neck, take the wide side and bring it over the narrow side.
2. Then bring the wide side up through the inside of the narrow side.
3. Swing the wide side around the front of the tie and then bring it back through the inside (between the tie and your throat).
4. Finally, put the wide side through the loop you've created in the front of the tie and pull the narrow part until the tie is comfortably around your neck.

With these four easy steps you have successfully tied a Windsor knot. **IECHO**

Soccer Stats

As of July 31, 2024

Written by Shane Goins, Sports Writer

Most Goals Scored:

- Riley Baney (B3) - 8
- Dan Gajhabuka (B1) - 7
- Luis Rodriguez (H2) - 7
- Jorge Jacobo Gonzalez (B3) - 6

Assists:

- Luis Rodriguez (H2) - 7
- Heath Trotter (H2) - 5
- Jhosuamil Colon-Lebron (H2) - 5
- Riley Baney (B3) - 5
- Edgar Hernandez-Camacho (G4) - 3

Win/Loss Record

Eastside

| Unit | Wins | Losses | Ties |
|------|------|--------|------|
| H1 | 4 | 0 | 1 |
| H2 | 3 | 1 | 0 |
| G3 | 2 | 0 | 1 |
| G4 | 2 | 1 | 0 |

Westside

| Unit | Wins | Losses | Ties |
|------|------|--------|------|
| B3 | 4 | 0 | 0 |
| B2 | 3 | 0 | 0 |
| A3 | 3 | 0 | 1 |
| B1 | 3 | 1 | 1 |

Outdoor Soccer 2024

A Challenging Start

Written by Shane Goins, Sports Writer

THE 2024 SOCCER season has arrived and with it a myriad of confusion. There has already been a team that forfeited their season before ever having a chance to play. Due to a lack of participants, unit E4 gave up on trying to field a team for the season. However, all the other housing units have teams and are looking forward to an exciting year of soccer.

The usual suspects (all the incentive units) are making strong cases for supremacy on the pitch.

Unit G3 has one of the best defenders in Richard Conley on the east-side of the facility. He puts forth effort and is as relentless as a wolf chasing down wounded prey.

On the offensive side, Roman Mendoza-Garcia has five goals off 14 shots; he currently leads his team in goals scored.

Leading the charge in the east is unit H1. Familiarity and knowing each player’s strengths and weaknesses helps them be the team they are for most sports.

Following is unit H2 and their sure-footed team leader, Luis Rodriguez.

Rodriguez mixes blistering speed with a seemingly endless supply of cardio and great footwork.

Unit F2 has finally decided to throw their name out there for the first time in years. They might not have any wins yet but that doesn’t diminish their spirit any. They show up and give maximum effort regardless of outcome.

On the westside, Riley Baney of unit B3 leads all players in the facility with eight goals. Dan Gajhabuka has seven for unit B1. They are young and hungry and seem like they both want their team to win it all. Maybe B3 versus B1 is a preview of the westside championship game. Still plenty of soccer left, so only time will tell.

BREAKING NEWS – As of 7-29-2024 unit A4 no longer has a team for violating the three forfeit rule. They end their season with a 0-3-2 record. Schedules will be adjusted accordingly.

Please bear in mind, due to weather restrictions and the heat-wave, games may be cancelled unexpectedly. | **ECHO**

IN BLACK & WHITE

A Look at a Commonly Misunderstood Rule in EOCI Sports

In Black & White, a look at commonly misunderstood rules.

Goaltending – Basketball

When a goaltend is called the player shooting the ball is awarded the point value of the shot. The call is made when the shot is interfered with before having a chance to go in on a downward trajectory. This also gets called if the shot gets hit *while* hitting the glass on a layup while going downward. Goaltending can be called on both offense and defense.

Statue of Willie Mays in San Francisco, California



Marcus E. Jones | Shutterstock

WILLIE MAYS (1931-2024)

Saying Farewell to the Say Hey Kid

Written by Shane Goins Sports Writer

WILLIE HOWARD MAYS JR., was born on May 6, 1931 in Westfield, Alabama. Known affectionately by family and close friends as "Buck," he was an only child. His father, Cat Mays, and his mother, Annie Satterwhite, were both accomplished athletes in their own right.

At just five years old, young Willie was introduced to the game of baseball by his father who played for the Birmingham Industrial League, a local iron plant. Cat taught Willie baseball and when he was 10, he let him sit on the bench with his team during games.

Willie Mays went to Fairfield High, an all-Black school. He played basketball and led all Black high schools in Jefferson County in scoring. In football he played quarterback, fullback, and punter. He didn't play baseball until he was signed by the Negro Leagues.

At just 17 years old the "Say Hey Kid (a name given to him for always greeting people with 'hey') started playing in the Negro Leagues (NgL) for the Birmingham Black Barons where he won the Negro World Series in 1948.

While he was still in high school, and playing in the NgL, Mays had several MLB teams scouting him including the Boston Braves and Brooklyn Dodgers. Ultimately, a New York Giants scout offered him a \$4,000 contract which he signed in 1950.

He won Rookie of the Year after hitting 20 Home Runs (HR) for the Giants, helping them secure their first pennant in 14 years.

After the 1951 season ended, Willie learned that the United States Army had drafted him to serve in the Korean War. In 1952 he batted .236 with four HR's in 34 games before joining the Army.

During his time in the Army, he still found a way to play America's favorite pastime by playing for the Fort Eustis Wheels. The day after his discharge from the Army (March 2, 1954) he showed up to the Giants' spring training camp.

1954 saw continued success as he won the Most Valuable Player (MVP) award, leading the Giants to their last World Series title before their move to the West Coast. His over the shoulder catch in Game

one of the '54 World Series is still one of the most famous baseball plays of all time.

1965 had Mays winning yet another MVP and leading the now San Francisco Giants to another World Series. This one had a different outcome, though, as the Giants fell to the New York Yankees. In 1972 Willie was traded to the Mets where, after the teams World Series appearance in '73, he retired.

While playing for the Mets, the San Francisco Giants retired his jersey, number 24. Fifty years later the New York Mets followed suit by retiring his number as well.

During his astonishing and admirable career, Willie Mays had 24 All-Star appearances, a batting average of .301, 3,293 hits, 660 HR and 1,909 Runs Batted In (RBI). He also had 12 Golden Gloves (the most for an outfielder, which is still the record and shared with one other player), 338 stolen bases (SB) and four HR titles.

Once retired, he became the hitting coach for the Mets until 1979. That same year Mays was inducted into the Baseball Hall of Fame in Cooperstown, New York, in his first year of eligibility.

In 1986, after a six-year suspension from baseball due to a conflict with then commissioner Bowie Kuhn (Mickey Mantle also served the same suspension), Mays was reinstated and made special assistant to then President and General Manager of the Giants.

On June 18, 2024 Willie Mays passed away due to heart failure. He was 93. He is survived by his son, Michael.

Everyone from President Joe Biden to former President Barrack Obama and California Governor Gavin Newsome paid their respects to this fallen legend. | **ECHO**



WHO IS MY ATTORNEY?

A Shortage of Oregon Public Defenders

Written by Chris Ainsworth, Staff Writer

CONTEMPLATE SITTING IN a courtroom filled with people being charged for various crimes. Now imagine that only one out of every three in that courtroom are represented by attorneys. Due to lack of available public defenders and budget constraints, this is an issue facing many of Oregon's residents charged with crimes.

According to Oregon's constitution the state is required to provide attorneys to anyone unable to afford one in a criminal case. As of March 21, 2024, more than 2,500 people are without appointed representation statewide, which includes more than 100 currently in custody.

Guaranteed under the Sixth Amendment of the U.S. Constitution a defendant has the right to effective assistance of counsel. However, the American Bar Association's (ABA) latest findings indicate that Oregon may not be

providing adequate defense to people unable to afford an attorney.

The state has been ordered to provide a person in custody a lawyer within seven days of their first appearance in court. Recently Oregon's Federal Public Defender filed a class action lawsuit stating people in Washington County being charged with state crimes are being unlawfully detained because they have not been provided proper representation.

Washington County Jail is among many Oregon jails that have been forced to release people being held without the appointment of an attorney. Granting conditional release doesn't solve the problem, it just puts a band aid on a much larger issue.

According to information uncovered by research firm Moss Adams, almost 500 full time public defenders are needed in Oregon.

The massive shortage of public defenders means the state could be routinely violating constitutional rights of low-income individuals facing criminal charges.

Many believe that there is a connection between policy decisions, laws and lack of budget. The prosecution of nonviolent crimes, such as drug possession and mandatory minimum sentencing generates a massive strain on an already paper-thin budget.

Decriminalizing of nonviolent offenses such as drug possession, driving with a suspended license and criminal trespass would reduce the demand on the criminal justice system and would also reduce the need for additional attorneys. However, earlier this year Oregon lawmakers rolled back a 2020 voter-passed measure by recriminalizing drug possession - a house bill Governor Tina Kotek has publicly stated she plans to sign into law.

Another way to reduce cost of public defense would be to repeal or reform Measure 11, a 1994 ballot measure passed assigning mandatory minimum sentencing for certain crimes. Oregon is one of few states that implements mandatory minimum sentencing on first time offenders.

The ballot was originally designed to apply mandatory minimums to repeat offenders, but due to changes made over the years, many first-time offenders are subject to the harsh reality that their prison term is a day-for-day sentence without the chance of earning time off for good behavior.

While the state slowly addresses solutions, the 2,500 who face criminal prosecution are forced to put their lives on hold and wait for the change to happen. **IECHO**

COME AND WORK FOR THE ECHO

Seeking Correspondents and Staff Writers

The Echo is currently seeking to add writers to the masthead.

A staff writer's role is to research, interview, and write articles for the institution newsletter, as assigned. Topics may vary greatly.

Criteria:

- Must be NCI Level 2 or higher
- Must work well with staff and many different AICs
- Must do well with constructive criticism
- Ability to write objectively, in third-person perspective

Duties include:

- Provide feedback on content

and direction of *The Echo*

- Will include article writing, conducting interviews, and researching various topics
- May include filming/editing for institution events

Preferred skills:

- Ability to type 30 words per minute or more
- Experience navigating Microsoft Word
- The desire to write professionally
- Ability to be impartial, to look at a topic from multiple angles

Send applications to IWP.



1664, A NEW PUBLICATION

Names and Faces Where There Were Once Numbers and Statistics

1664 is a quarterly publication featuring stories of incarcerated people and an anthology of creative art and writing from justice-involved individuals.

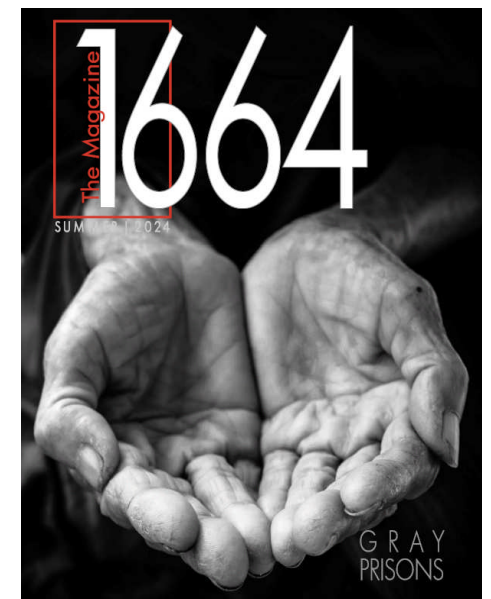
If you are interested in shaping the content of 1664 there are three ways to get involved: 1) creative writing in the form of a personal non-fiction essay, poetry, or music lyrics; 2) artwork in any medium; or 3) being featured in one of our person-first profiles. We accept submissions from all people - inside and outside of prison.

1664 publishes quarterly (four times per year). The summer edition covered the topic of aging in prison. The fall edition theme is

"Patriotism." Can an incarcerated person still be a patriot? What's it like to be a veteran in prison? What do concepts like freedom and America mean to you?

If you are interested in contributing or if you think your story is compelling, contact EOCI's Institution Work Programs (IWP) by communication form. For those outside of EOCI, you may mail your submission to:

Eastern Oregon
Correctional Institution
C/O IWP
2500 Westgate
Pendleton, OR
97801



Creative writing and artwork submissions are due by August 31, 2024. Please keep in mind we may not be able to return submissions. We ask that you do not send originals. Not all submissions will be selected. | ECHO

NOTICES

PREA INFORMATION

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
3601 State St.,
Salem, OR 97301

JALAPEÑO BEEF BURRITOS

Recipe Makes Two

Written by Brooklyn Sasso, Staff Writer

Step one:

Place package of beef crumbles into pitcher and fill with hot water. Set aside and allow to warm.

Step two:

Pour ½ package of refried beans into bowl and pour in hot water until the water covers the beans. Stir until beans are a medium thick consistency, cover and set aside.

Step three:

Open package of jalapeño wheels and dice about a dozen, then set aside. Crush chips to desired size, then set aside.

Step four:

Remove warmed package of beef crumbles and open pouch carefully (contents may be hot) and drain off grease. Empty pouch into the refried beans and stir well.

Step five:

Build your burritos. Begin with opening your package of flour tor-

tillas and laying two on a clean, dry surface. Then add an even amount of bean mix to each. Next, add ½ of your diced-up jalapeno peppers and crushed chips to each burrito. Finally, add desired amount of cheese squeeze to the top. Roll up your burritos and enjoy! |ECHO

Ingredients

- One (1) package beef crumble
- One (1) package jalapeno wheel
- One (1) package fried beans
- One (1) small bag of chips (your choice)
- One (1) package flour tortillas
- Two (2) cheese squeeze (your choice)

Items

- One (1) tumbler
- Three (3) bowls
- One (1) spoon

AUGUST SUDOKU

Puzzle 1

| | | | | | | | | |
|---|---|--|---|---|---|---|---|---|
| | | | | 3 | | | | 8 |
| | 3 | | 4 | | 1 | | | |
| | 6 | | | | | | 5 | |
| | 4 | | 8 | | 5 | | 2 | |
| 5 | | | 9 | 1 | 6 | 3 | | |
| | | | | | | | | |
| 1 | | | | 9 | | | | |
| 2 | | | 5 | | 8 | | | |
| | 8 | | | | 3 | 4 | | |

Puzzle 2

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 3 | 1 | | 7 | | 4 | | |
| 5 | | | | | 8 | 3 | | |
| | | | | | 9 | | | |
| | 7 | | | 2 | | | 6 | |
| | | | | | | | | |
| 2 | | | | 5 | | 3 | | 9 |
| 4 | | | | | 5 | 2 | | |
| | 5 | | 9 | | | | 1 | |
| | | | | 6 | | | | 3 |

CROSSWORD PUZZLE

Easy as Pie

| | | | | | | | | | | | | | | |
|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | | 16 | | | |
| 17 | | | | | 18 | | | | | | 19 | | | |
| | | 20 | | | | 21 | | | | 22 | | | | |
| 23 | 24 | | | | 25 | | | 26 | 27 | | | | | |
| 28 | | | | | | 29 | 30 | | | | | | | |
| 31 | | | | | 32 | | | | 33 | | | | | |
| 34 | | | | 35 | | | 36 | | 37 | | 38 | 39 | 40 | 41 |
| | | | | 42 | 43 | 44 | | 45 | | 46 | 47 | | 48 | |
| | 49 | 50 | | | | | 51 | | | | | 52 | | |
| 53 | | | | | | | | | 54 | | | | | |
| 55 | | | | | | 56 | 57 | 58 | | 59 | | | | |
| 60 | | | | | 61 | | | | 62 | | | | 63 | 64 |
| 65 | | | | | 66 | | | | | | 67 | | | |
| 68 | | | | | 69 | | | | | | 70 | | | |

Originally by Lynn Lempel
Edited for The Echo by Walter Thomas

Down

1. Compassionate letters

2. Sound of amazement

3. Controversial research focus

4. Rock layers

5. Jimmy and Rosalynn's daughter

6. They might be sealed

7. Gymnastic feat

8. How some pay

9. Cry of surprise

10. "Of course not!"

11. God of poetry

12. Public opinion expert

13. New parent's lack?

18. Commodious

22. Cliff surface

23. Whole lot

24. Large freshwater lake

25. Beluga delicacy

27. Invoice item, perhaps

29. Wider partner

30. Fence supplier
35. Working

37. "Double Fantasy" performer

39. Sovereignities, in Britain

40. "Rent" actor Diggs

41. "Liles of the Field" song

43. Glamour competitor

44. Teensy

46. Brindled beast

47. Stich up a torn seam, e.g.

49. Some time

50. Allergy trigger

51. Blazing

52. Former Nicaraguan dictator

53. Laugh at mockingly

57. Military division

58. Sports org.

61. Cartographer's creation

62. Subj. for green card holders, perhaps

63. Sarcastic retort

64. Nottingham-to-Brighton dir.

Across

1. Attempt at a carnival booth

5. Title role for Jude

10. Scolds ceaselessly

14. Mississippi senator

15. "When We Were Very Young" poet

16. October gem

17. Be very selective

19. Exclusive

20. Cold War figure

21. Cruise ship amenity

22. Marseille miss

23. Portion of the economy

26. Entangle, as traffic

28. Elite bunch

31. Be valetudinarian

32. Colloquial asset

33. Object at the beginning of a hole

34. Mark of omission

36. Bravo or Grande

38. "Como__usted?"

42. Persian's cry

45. Casey Jones, for one (Abbr.)

48. Wed filmer

49. Person very dear to you

53. Puffed up

54. N.Y.C. sports events

55. Ravel ballet heroine

56. Partner of games

59. CPR giver

60. Acne-prone

61. Beat around the bush, in a way

65. Turn tail

66. Opera highlights

67. Greek pantheon leader

68. ____ for oneself

69. "She loves me" unit

70. First-ever winner of 54-Across

NOTICES

HELP WANTED IN HEALTH SERVICES

Hospice Volunteers Needed

Written by Phillip Luna, Editor

THE HEALTH SERVICES hospice program is seeking compassionate volunteers for AIC to AIC caregiving.

Hospice care, or end-of-life care, is not common at EOCI. However, it is necessary at times. Health Services utilizes AIC volunteers to help in times of need. Volunteers do not provide medical assistance, but are providing palliative care.

Volunteers must be able to recognize signs of distress, adhere to

confidentiality rules, be able to communicate well with Health Services staff, and set aside prejudice and preconceived opinions of other AICs.

Volunteers provide compassionate companionship to AICs in distress with a terminal illness.

The criteria is as follows:

- A minimum of two years remaining on sentence.
- No serious disciplinary report

during the past year.

- No drug reports whether through disciplinary board or through the courts within the last five years.
- Completion of Behavioral Health Services screening.
- Any other criteria as established by the Inter-Disciplinary team (IDT).

This is for unpaid volunteers. Volunteer times will include nights and weekends and does not replace a work assignment.

Selected AICs will complete a minimum of 30 hours of training to be qualified for hospice care.

Send a communication form to IWP to apply. **ECHO**

ELECTRONIC HEALTH RECORDS UPDATE

A Notice From Health Services

Provided by Health Services

HEALTH SERVICES IS excited to share that work on the Electronic Health Records (EHR) project continues to make great progress.

The EHR Project Team has been working with the EHR software company using a process called configuration. Configuration is important because it makes sure that all important information, forms, and processes will be used when DOC transitions to the new EHR system.

Health Services will continue to provide updates to you about the EHR project and important milestones as we reach them.

proyecto de Expedientes Electrónicos de Salud (EHR, por sus siglas en inglés) sigue avanzando a buen ritmo.

El equipo del proyecto de EHR ha estado trabajando con la compañía de software de EHR usando un proceso llamado configuración. La configuración es importante porque se asegura de que toda la información, formularios y procesos importantes se utilicen cuando el DOC haga la transición al nuevo sistema de EHR.

Servicios de Salud seguirá compartiendo actualizaciones con ustedes sobre el proyecto de EHR y sobre los logros importantes a medida que los alcancemos. **ECHO**

OOPS!

We Made a Mistake

IN THE JULY EDITION of The Echo there was a minor error. On page 22 the article titled *Sports Championship* listed the championship game as having nine innings.

"Eastside and H1 walked away with the win as time ran out in the bottom of the ninth inning."

Softball at EOCI only has seven innings. The article should have read seventh instead of ninth. We apologize for the confusion. **ECHO**

Upcoming Events Reminder

August 16 Pow-wow

August 24 Family Event

August 25 Enrichment Club Movie

September 20 AFSP Walk

Servicios de Salud se complace en compartir que el trabajo en el

PREA RELATED GRIEVANCES AND DISCRIMINATION

Complaint Process Improvements

Provided by Jason Villers, EOCI Minority Affairs and Grievance Officer

EFFECTIVE AUGUST 1, 2024, a grievance or discrimination complaint related to a claim of sexual abuse or sexual harassment will be immediately subject to investigation that is outside the Department's administrative remedies process. However, the Grievance Review System (OAR 291-109) and Discrimination Complaint Review System (OAR 291-006) can still be utilized to report PREA allegations.

PREA allegations raised through these administrative review systems will receive a return receipt indicating the allegation has been received and forwarded to your institution's PREA Compliance Manager (PCM) for investigation and will include information on how to initiate PREA advocacy services. No further response or appeal will be provided through these administrative review systems.

All further inquiries and communications about the PREA allegation (s) need to be sent to your institution's PREA Compliance Manager. In addition, there are many other ways to report a PREA allegation:

- In person to any staff
- Through an AIC communication form
- Call the Inspector General's Hotline
- Pick up handset, make language selection, and dial "91"
- Write to the Governor's Office:
State Capitol, Room Suite 254, 900 Court St., Salem, Oregon 97301
- You can request to remain anonymous
- Friends or family can report on your behalf (877-831-0389)

ECHO

PHYSICAL PLANT CLERK

Accepting Applications

THERE IS AN OPEN CLERK position in the Physical Plant. The Physical Plant front office clerk provides clerical and administrative support.

Responsibilities Include

Fielding trouble calls; processing work and purchase orders; handling inventory control; tracking and recording utility usage; and developing maintenance reports and project reports.

Criteria for applying

- One year of clear conduct
- Program compliance
- Three years or more remaining on sentence
- Gate pass eligible

Desired Qualifications

- Self-motivated and able to work under limited supervision
- Have excellent interpersonal skills and be capable of working with a variety of personalities
- Must be able to accept constructive criticism
- Should possess essential computer skills and experience with Microsoft Suite (Word, Excel, Access)
- Drafting skills and AutoCAD software experience a plus
- Clerical experience a plus

Must be available to work the required hours. Work hours are 7:00 a.m. to 2:45 p.m., Monday through Friday.

To Apply

If you are interested in applying, send a fully completed application to IWP. Incomplete applications will not be accepted. **ECHO**

ANSWER KEYS

Page 35: Crossword—Easy as Pie

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | H | S | A | | L | A | T | E | P | | D | N | E | F |
| S | U | E | Z | | S | A | R | I | A | | E | E | F | |
| S | D | R | O | W | C | N | I | M | | Y | L | I | O | |
| | | | T | E | N | U | F | | E | O | L | H | C | |
| N | E | P | O | S | U | | N | E | L | L | O | W | S | |
| E | Y | E | S | E | N | O | F | O | P | P | A | | | |
| A | M | | C | A | R | G | N | E | W | E | M | | | |
| A | T | S | E | | O | I | R | | E | L | E | D | | |
| | | | E | E | T | | H | A | E | Y | | L | A | |
| | | P | O | R | C | E | H | T | F | O | M | A | E | C |
| P | | U | R | L | A | R | S | | O | R | | C | E | S |
| E | L | L | I | F | A | P | S | | O | A | M | | | |
| E | L | O | S | K | C | P | I | R | R | E | H | | C | |
| L | A | P | O | E | N | L | I | M | | T | O | T | O | L |
| S | G | A | N | E | I | F | L | A | | S | S | O | S | T |

Page 34: Puzzle 1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 4 | 3 | 2 | 1 | 9 | 8 | 6 |
| 1 | 3 | 6 | 8 | 9 | 5 | 4 | 7 | 2 |
| 2 | 9 | 8 | 4 | 6 | 7 | 3 | 5 | 1 |
| 7 | 1 | 5 | 2 | 4 | 3 | 8 | 6 | 9 |
| 4 | 8 | 3 | 6 | 1 | 9 | 7 | 2 | 5 |
| 6 | 2 | 9 | 5 | 7 | 8 | 1 | 4 | 3 |
| 3 | 5 | 1 | 7 | 8 | 2 | 6 | 9 | 4 |
| 9 | 6 | 7 | 1 | 5 | 4 | 2 | 3 | 8 |
| 8 | 4 | 2 | 9 | 3 | 6 | 5 | 1 | 7 |

Page 34: Puzzle 2

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 5 | 6 | 4 | 9 | 7 | 8 | 2 | 1 |
| 4 | 1 | 8 | 2 | 3 | 9 | 7 | 5 | 6 |
| 6 | 7 | 2 | 5 | 1 | 8 | 3 | 9 | 4 |
| 9 | 4 | 7 | 3 | 8 | 5 | 9 | 1 | 2 |
| 2 | 3 | 1 | 7 | 6 | 9 | 5 | 4 | 8 |
| 8 | 9 | 5 | 1 | 2 | 4 | 6 | 7 | 3 |
| 1 | 2 | 9 | 6 | 5 | 3 | 4 | 8 | 7 |
| 7 | 6 | 3 | 8 | 4 | 1 | 2 | 9 | 5 |
| 5 | 8 | 4 | 9 | 7 | 2 | 1 | 3 | 6 |

Upcoming Events Reminder

August 16 Pow-wow

August 24 Family Event

August 25 Enrichment Club Movie

September 20 AFSP Walk

