

THE ECHO

Created by incarcerated people

NEWS
FROM
THE
INSIDE

VOLUME IX | SEPTEMBER 2024 ISSUE

EASTERN OREGON CORRECTIONAL INSTITUTION

PENDLETON, OR 97801

LIVE MUSIC AND MORE TIME WITH FAMILY

EOCI's Second Family Event of 2024 Makes Significant Improvements



Photograph by Phillip Luna

Parker Whitsett, unit B1, hugs family member at the start of event.

WITH THE SECOND and final major family event of the year, many noticed some changes that impacted the event for the better - live music and a new process for the institution count, to name a

couple. Over 110 Adults in Custody at Eastern Oregon Correctional Institution gathered in the multi-purpose building and occupied the better part of the facility's west yard for a family barbecue on Au-

gust 24, 2024. Events like this provide an opportunity to enjoy an activity with family and loved ones that cast away the cloud of imprisonment that hangs over AICs and those closest to them alike.

(Continued on page 6)

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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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MARTIN TODD FRANKLIN

1966-2024



Photograph by Phillip Luna

Mike Epperson and Chris Vasey pose for photo in EOCI's physical plant.

WELDING WORKS

Two AICs Find Pathway to Success

Written by Walter Thomas, Staff Writer

WHEN HARD WORK prevails the reward is outstanding. August marked a milestone for two AICs who completed an 18-month welding certification program.

After 2,000 hours of pure grit and determination, AICs Mike Epperson and Chris Vasey completed the Cascade JTC Welding Certification, which is the highest level that can be earned at EOCI. Once released this certification will give these two men career opportunities.

EOCI's welding shop workers receive training in MIG, TIG, ARC and Braze welding along with metal fabrication. The certificate program involves hands-on weld testing as well as academic assessments.

Nothing is accomplished without a few challenges; potential workers have to be self-driven, determined and dependable.

Upon completing the program, workers can move on to different

shops if available. Epperson said, "I'd like to move on to another shop and get another certification, since I have 12 years left. I'd like to get more certifications so I can set myself up for release."

Vasey has different plans. "I'm going to stay in the welding shop until I get out. Help train new peo-

ple and be a mentor," said Vasey, who has only three years remaining on his sentence.

When workers start at the physical plant, they generally begin as orderlies before going into a shop.

"For people who want to work out here, I'd tell them don't give up ... talk to the bosses every day," said Vasey. "Starting as an orderly, you start at the bottom."

From the orderly position, AICs may be hired into one of the shops. PRAS awards for the shop start at 10 points and increase to 14 and 17 points over time.

According to the Oregon Employment Department, welders can expect to make a starting wage of \$18.94 to \$27.83 per hour with raises reaching up to \$35 per hour.

Epperson stated, "I'd like to say that this wouldn't be possible without Mr. Johnson [welding shop supervisor], coming in every day so we can get our hours. He's really a good guy to work for."

To apply for the physical plant send a fully completed application to IWP. All applications are kept on file for one year. |ECHO



Mike Epperson welding.

AROUND EOCI



POWWOW IN 2024

A Celebration of Native American Culture

Written by Walter Thomas, Staff Writer

"WHEN IT'S TIME for powwow, I'm extremely happy. I get to see all of my native brothers at one time," stated Bobby Knight, participant of the EOCI powwows.

More than one hundred AICs, staff, volunteers, and family members attended this year's annual powwow on August 16, 2024 in the multipurpose gymnasium.

Preparations for the event began months prior; volunteers and AICs weaved baskets for donation, attended beading classes, made medicine bags, and polished up on their drumming skills.

Originally a powwow was a ceremony among tribes where they held important First Nations meetings pertaining to war or conjuring cures for disease. Modern-era powwows give the feeling of a holiday and is marked with feasting, dancing, singing and storytelling.

At the entrance of the event attendees are smudged with white sage before entering. "Sage is a sacred plant, an herb which helps bridge the gap between the spirit world and the fleshly world," said E3 housing unit resident and participant Xavier Wolfgang.

Smudging is a tradition where an abalone shell is filled with sage leaves; the burning leaves create smoke to remove any negative spirits.

The event at EOCI is smaller and less elaborate than a powwow held outside prison grounds. Regardless it gives purpose and promotes heritage awareness among incarcerated Native Americans.

Marcos Delgado from unit G4 said, "As a kid growing up and going to powwows I was just having fun dancing around. Now I get to take my own kids and teach them the

“It's not just for Native Americans. Powwows are family and friend gatherings”

traditions and culture.”

AIC Earl CreeMedicine of the Browning, Montana Blackfeet tribe explained that he remembered growing up going to powwows with over eight hundred people. “If you have the chance to experience a powwow, you really should. It's not just for Native Americans—powwows are family and friend gatherings,” he said.

After two decades of organizing powwows within the Oregon Department of Corrections, Trisha Jordan, Executive Director of Red Lodge, announced that she would be retiring and passing the torch. “You are sacred and can do anything you put your mind to,” said Jordan. She expressed confidence in the volunteers that will take over her duties.

Jordan also shared the importance of the food prepared for the event, “The salmon is to honor the people of this region,” she stated.

Indian tacos, roasted elk, salmon, blueberries, huckleberries, chokecherries, and fry bread were served during lunch. Fish, game meats, roots, and berries play a significant role in the Native American culture, and are considered to be first foods of the Native Americans in the Pacific Northwest.

This year's powwow was definitely a welcoming experience filled with traditional essentials which made the event a very unforgettable day. |ECHO



AICs made gifts and artwork for the powwow volunteers.



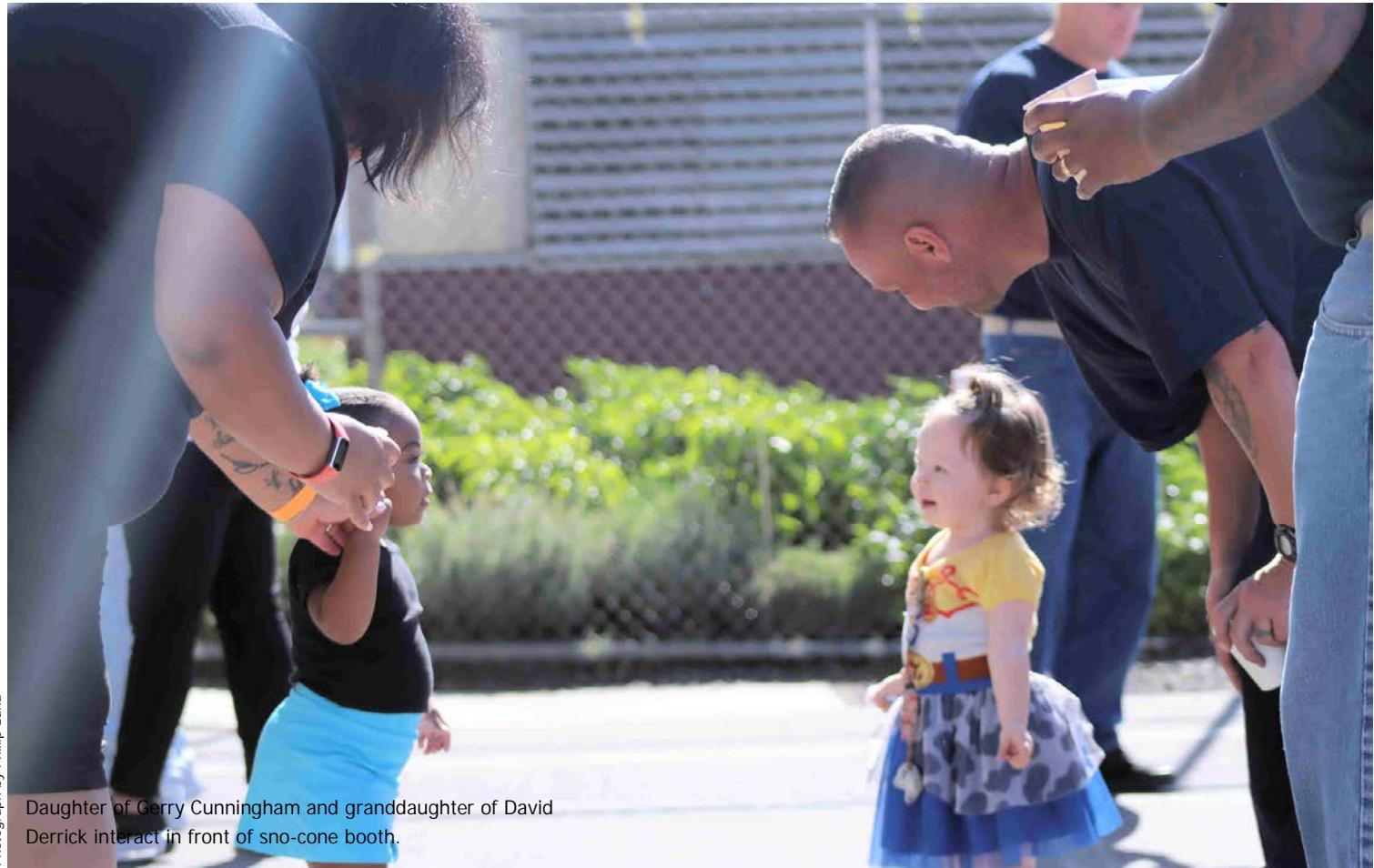
Native American drum circle.



Traditional Fry Bread

FEATURE

(...continued from front page)



Photograph by Phillip Luna

Daughter of Gerry Cunningham and granddaughter of David Derrick interact in front of sno-cone booth.

LIVE MUSIC AND MORE TIME WITH FAMILY

EOCI's Second Family Event of 2024 Makes Significant Improvements

Written by Chris Ainsworth, Staff Writer

Family events and visitation are key to reducing recidivism. According to the Prison Policy Initiative, a 2008 study uncovered a startling fact: Among 7,000 people released from Florida prisons, each additional visitor lowered odds of two-year recidivism by 3.8 percent. Minnesota researchers discovered similar findings a few years later, learning that receiving one visitor per month could be directly connected to a reduction of re-incarceration risk by 0.9 percent. Even further, the risk of re-conviction dropped by an incredible three percent with each unique visitor received throughout

a person's incarceration. Statistics like this underscore the need for community family events.

EOCI's final major family event of 2024 started around 8:15 a.m. for participants as they were called to the west dining hall.

When visitors arrived, AICs made the short walk to the multi-purpose building. Tables and chairs were set up for families to gather around and share quality time, a meal, and memories.

Backdrops for photos hung throughout the multipurpose building and AIC-created artwork was

displayed at various locations.

Outside were tents covering tables and chairs, two bounce houses for the children, a carnival-style fishing game, multiple cornhole boards, and other outdoor games like giant Jenga, footballs and frisbees.

Also featured were cotton candy and snow cone booths run by AIC volunteers. The sugary treats were just as popular among adults as they were with children and even EOCI staff could be seen consuming the nostalgic sweets.

"I very much liked seeing AICs who did not have visitors volunteering

their time to make the event happen. Their work created a true sense of community coming together," commented Peter Piccolotti, resident of housing unit H1 and attendee of the event.

The family barbecue is not exactly new, but many who attend had the opportunity to experience something uncommon; the feeling of normalcy - something many who are incarcerated rarely, if ever, get to feel.

"It gives us the chance to relax and let our guards down. Walking around or just being outside with visitors allows us to open up and just be able to express ourselves," recalled H2 resident James Paulk, who attended the event.

One of the big changes for this event was how count was conducted (multiple times throughout the day facilities statewide hold mandatory count times to verify AICs are where they are supposed to be).

Typically at family events, AICs are separated for anywhere from 30 to 60 minutes to be properly accounted for. This time, AICs turned in their identification cards at the start of the event, allowing count to be conducted without pausing family time. This gave the event a more cohesive, fluid feel; something praised by AICs, loved ones, and staff.

"This event was well-planned ... Bringing family in through the back gate and taking our IDs for count helped [us] spend more time with them," said long-time attendee of family events Donald McLaughlin. "The activities, food and band were great."

The live band was another popular addition to the event playing a set before lunch and after. It is one

thing to have music playing over speakers for the entire event and something completely different to have people performing live music.

"Other than spending time with family, the band was amazing," exclaimed resident of housing unit E2 Kurtis Thompson.

The band was comprised of four AICs who had been working on their sets for months. Ryan Brooks shared bass and rhythm guitar duties with Paul Ropp, Marvin Harley was on the drums and Cody Raymond rounded out the band with vocals and lead guitar.

For some band members, this was the first time in years they had the chance to play in front of anyone not sentenced to a prison term. For a few this was the first opportunity they had to play in front of their families and loved ones.

"I've played music before but playing in front of your family after years of not playing out there, it re-inspires me to continue to write," explained 58-year-old Harley, who had the joy of playing in front of his granddaughter for the first time. "For me, I get to play in front of them, so that's a real blessing."

"We want to have the band

The band played in the EOIC music room, but was connected to loudspeakers on the west yard.



outside. Maybe have a dance area for visitors and whoever they are visiting," said Recreation Specialist Travis Garton, commenting on ideas to make future events feel more natural.

The feeling most described by attendees was humanization. Many participants who have been to other events said this was the best event they have ever attended. Others like 55-year-old Kevin Blankenship commented, "This was my first event and it by far exceeded what I was expecting. I very much enjoyed my time with my guest with a relaxed, warm, and friendly atmosphere."

It's easy to get caught up in the negativity that thrives in a prison setting. Many believe events like this are needed - an experience impossible to replicate in other ways.

The event created an atmosphere of hope and peace. At events like the family barbecue, for a few hours, the feeling of prison disappears and is replaced by a feeling of community, togetherness, and in this instance a mix of a family reunion and a live music event. |ECHO

(Photos continued on next page)

FEATURE

(...continued from previous page)

David Derrick's granddaughter spills sno-cone.



The freedom to interact with my children and grandchildren. It brings us closer and helps bridge the gap.

- David Derrick, G4

It is very beneficial to my family, especially my 4-year-old daughter to be able to see me and play and laugh.

-Jacob Whitman, H1



Dean Boettcher poses with loved ones.



Justin Jameson embraces family.





John Gutierrez-Alvarez and his visitors pose for a photo.



James Malo enjoys cotton candy with his brother.



Trevor Trollope and son pose for a photo.

“

Being out in the yard with loved ones felt like I was not in prison.

”

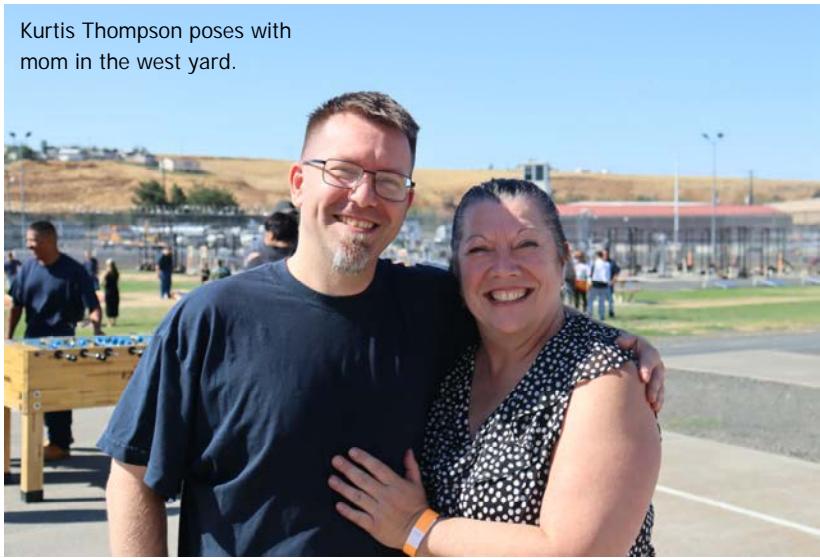
- Duane Corbett, H2



Cody Raymond was lead singer for the event's live band.

FEATURE

Kurtis Thompson poses with mom in the west yard.



“Other than spending time with my family, the band was amazing!”

- Kurtis Thompson, E2



Niaz Khoshnaw kicks soccer ball with his son.



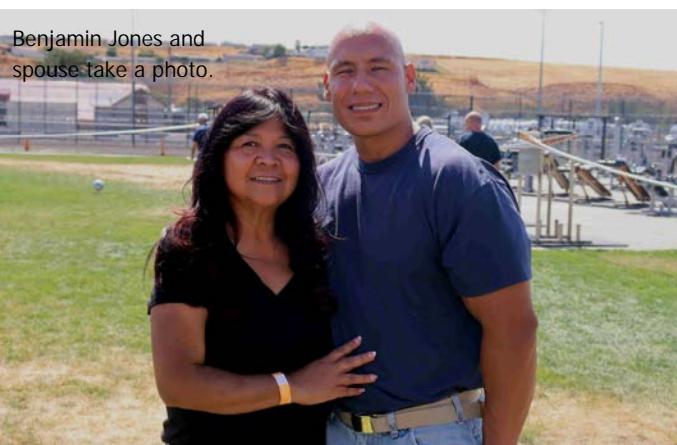
Shane Goins poses with girlfriend.



Jason Calhoun and wife Jenny walk around the event holding hands.



Beau Wilcox ties his son's shoes at the bounce house.



Benjamin Jones and spouse take a photo.



Leslie Halbert and K. Talbot were staff support at the family event.

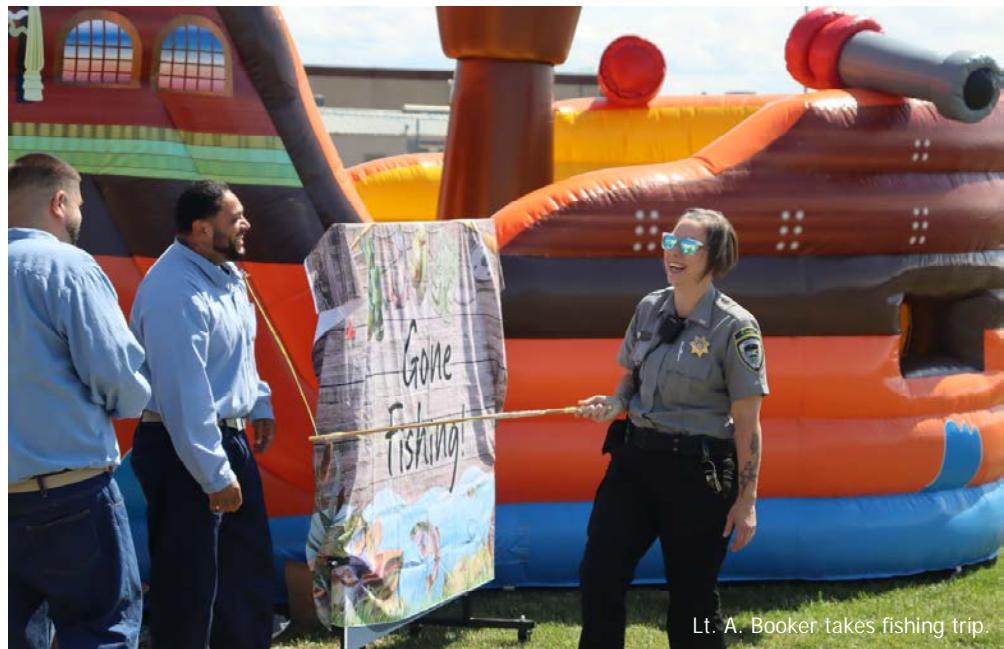


“Family, freedom, real life-ish. It was awesome and over far too soon.

- Jeffrey Pierce, C1

“It's a reminder to never take time with family lightly!

- Christopher Vasey, H1



Lt. A. Booker takes fishing trip.

J. Stewart receives cotton candy.



“This brings us closer. Thank you

- Jason Stratemeyer, A2

JOB HIGHLIGHT



Greenhouse workers Antonio Sanchez-Tista, Joe Tuttle, Larry Williams, Philip Brown, and Brett Lloyd.



A SPOTLIGHT ON THE GREENHOUSE

EOCI's Greenhouse Crew Boasts a Collective 50 Years Experience

Written by Chris Ainsworth, Staff Writer

WHEN HEARING SOMEONE talk about growing 200 different plants with a 30/70 split between houseplants and vegetables you may think they are talking about their work at a nursery or a commercial operation, and in most circumstances that would be accurate. However, it may be surprising to hear that this is what is being grown in Eastern Oregon Correctional Institution's greenhouse.

The greenhouse employs five to six Adults in Custody with over a half century of combined experience in gardening and farming. They work to grow vegetables that help feed the residents and houseplants to change the aesthetic of the facility, while slowly restoring the greenhouse, originally constructed in 1984, to its former glory.

"I grew up on a farm, pretty wholesome childhood. You learn how to grow things from day one," recalled 66-year-old greenhouse worker Philip Brown. "A person growing up in the city really doesn't get that experience."

Many vegetables and herbs see an increased yield when grown in a greenhouse.

Last year the kitchen received over 39,000 pounds of vegetables from the greenhouse and gardening plots spread throughout the institution. This year the total provided is slightly smaller since many of the plots have been impacted by the roof remodeling project.

With the reduced plot space, the kitchen is still receiving around 1,000 pounds a week in vegetables

and cooking herbs, which is significantly less than previous years.

The kitchen is still receiving around 1,000 pounds a week in vegetables

Aside from edible plants, the greenhouse is home to a large variety of houseplants, something not many think about in a greenhouse. Most of the indoor plants seen around the institution in offices and gathering spaces started their life inside EOCI.

"I really didn't think about the as-



Hutchinson and Lloyd working on greenhouse repairs.



Greenhouse during repairs.

pect of houseplants in the greenhouse until the job was mine. Now that I've been doing it, I love these houseplants. I've learned a lot," explained Rocky Hutchinson, a 48-year-old resident of housing unit G3. Most of Hutchinson's background in agriculture was acquired working on farms.

There is a growing market for houseplants that many are unaware of. Some cost over \$100 for a start, like Monstera, one of the near 20 different varieties of houseplants grown in the greenhouse.

The garden doesn't take days off, so the greenhouse workers are constantly making sure everything is looked after. When one AIC is enjoying their weekend, another is looking after that part of the garden.

"I work seven days a week, but I volunteer for two," Larry Williams, a 73-year-old resident of housing unit B1, explained. Williams is one of the workers who grew up on a farm which provides the extensive experience to the team.

The greenhouse has recently been renovated. The most noticeable change is the replacement of the glazing which, currently, is only one third completed. Glazing is the plastic that makes up the walls of the greenhouse working to diffuse the light while allowing ultra violet light to reach the plants.

Internally, the greenhouse has had many updates. For example, all the old framework was recently replaced with pressure treated wood. Much of the wood had not been replaced since it was initially built.

The water cooler was also refurbished and all the shade cloth replaced. Shade cloth when lowered creates a barrier between the glazed roof and the inside of the greenhouse so the plants that require indirect sunlight can flourish.

Additionally, half of the media pads were replaced. Media pads help keep the green house cool and introduce essential moisture into the environment. This happens as water that is pumped into the swamp cooler runs down the media

boards, and wind blows the cool, moisture-filled air into the greenhouse, offering up the perfect greenhouse climate.

Many may be surprised to learn that workers help make their own soil. They use clay, dirt, eggshells, worm castings and fertilizers.

The greenhouse also has a vermiculture operation where worms are fed and harvested then reintroduced to the soil to provide essential nutrients. Worm farming is another task many do not link to greenhouse work.

Aside from personal experience most of the workers have completed various programs offered at EOCl, like greenhouse management, Seed to Supper and Master Gardener. The lessons taught in these classes have given many of them additional skills to layer on top of their previous experience - qualifications they are not only happy to learn but plan on utilizing in the future, both inside and beyond the walls of EOCl. |ECHO

AROUND EOCI

A BUSY TIME FOR JLAD

Program Completes Five Year Audit; Starts Whelping Cycle

Written by Chris Ainsworth, Staff Writer



JLAD Trainer Larry Wilt holds puppy.

IN THE EARLY MORNING hours of August 5, 2024, while most of Eastern Oregon Correctional Institution was fast asleep, a handful of Adults in Custody, a few staff members and JLAD's founder, Joy St. Peters, were busy helping a dog named Moxie deliver seven puppies in the whelping room in H building. A week later JLAD successfully completed its' five-year audit, allowing the organization to retain Assisted Dogs International (ADI) accreditation.

Whelping usually happens two to three times a year. Birthing locations cycle through three different JLAD locations in Oregon prisons: EOCI, Oregon State Correctional Institution and South Fork Forest Camp.

Trainers for the JLAD program are constantly working. Be it training their dogs, going through training themselves or taking the dogs out for some recreation time or bathroom breaks. They are always on call. A few times a year trainers end up having a little more added to their hectic schedule. August 2024 happened to be one of those months.

The puppies are born at the facility where their mother was trained. This provides the most comfortable situation for the mother and adds a layer of familiarity, helping combat the stress of the birthing process.

Moxie grew up in EOCI, starting her training at around eight weeks old, and was later chosen for a career in breeding.

JLAD is part of a breeding co-op, so not all the puppies will remain at EOCI. In fact, only three will stay in Oregon while the other three will be shared with the co-op and shipped out of state. The same holds true when other organizations within the

co-op produce litters of their own.

"In a litter you have threads of

In a litter you have threads of personality

personality, so you can have a whole litter that has really similar personalities. By sharing, it divides up those personalities so we have a wider variety, a better mix of personality," explained St. Peters.

St. Peters seeks out desirable traits in dogs trained to complete a variety of complex tasks. When a dog is selected for breeding they no longer follow the career path of a service animal, although they are often the brightest and easiest to train.

These parental traits ensure future generations have the aptitude to perform sophisticated duties. A service canine's training could be as elaborate as paying for groceries at a grocery store or simply helping someone into and out of bed or their wheelchair. Canines are even taught to provide comfort to someone in the midst of a panic or anxiety attack.

Following training, JLAD service dogs are tested following their training to receive certification. JLAD canines must complete testing in order to receive the service

dog designation.

The JLAD program goes through its own process of accreditation, happening in the form of an audit that takes place every five years. This ensures the training and treatment of the dogs lives up to the strict standards required in an ADI certification.

The audit covers the entire program. The whole process is audited - everything from birthing to recordkeeping, and even how the animals are raised and trained.

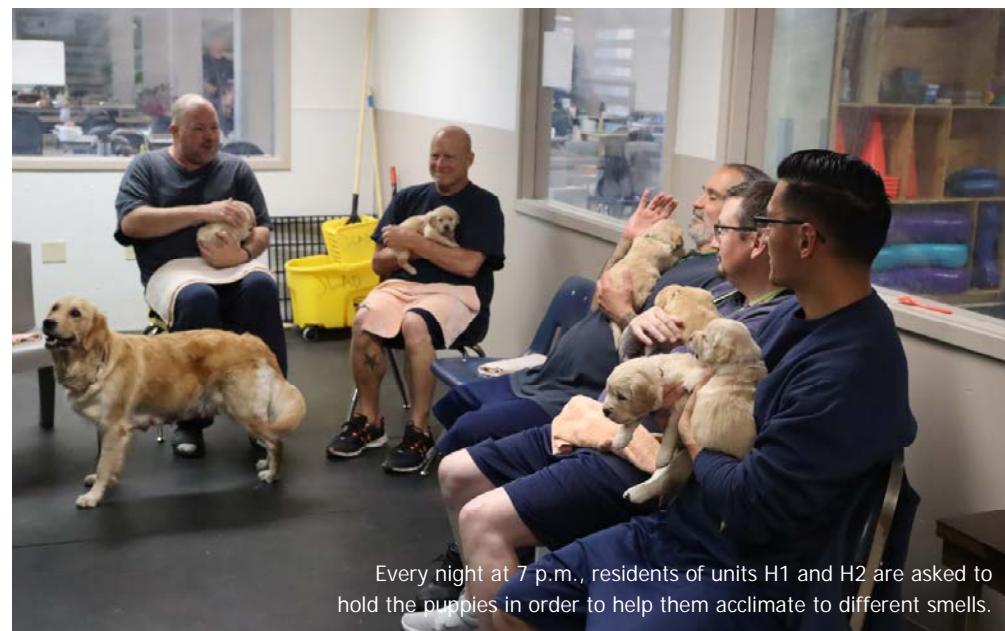
The audit process takes a few days, and this time it began on August 12, 2024. AIC trainers gave presentations and were observed working with and caring for the animals.

The auditor took a tour of the housing unit where the dogs are looked after, the classrooms where trainers and animals are educated and even the dedicated training grounds that can be seen from the recreation yard on the eastside of the facility.

The ADI accreditation was given to JLAD upon successful completion of the audit. Without it, JLAD would be unable to put the ADI stamp on each of its service animals. The JLAD audit, while stressful, was a success.

Dogs trained by AICs in Oregon prisons have found homes all over the United States. A few have even found homes internationally in Canada and Ireland. The dedication AICs show day-in and day-out allows the JLAD program to find continued success.

Within the next few weeks the incarcerated population at EOCI will see the new additions playing and socializing around the facility before they begin the training essential to becoming an ADI accredited service dog. |ECHO



THE ECHO INTERVIEWS



Daniel Pierce has been incarcerated since 2011 at EOCI. The last three years Pierce has been a JLAD trainer. Over time Pierce has completed several programs including Parenting Inside Out, Pathfinders, Art of Communication, anger management, and GOGI. He will be releasing this year.

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 Danny Pierce

Interview by Walter Thomas, Staff Writer

One thing that surprised me was... the way this institution has evolved over the years. While the justice system is severely flawed, Oregon is making improvements.

Earlier on, I wish I'd... Saved more money. Eventually I set up a budget and started saving. Financial freedom is important and will help make your transition into society easier.

The best advice I could give someone is... Try to rebuild healthy relationships and repair broken bridges.

The best item to buy off canteen is... Ice cream.

One thing I wish I'd never wasted my money on... Playing games on the tablet.

The food I am looking most forward to eating after I release is... Korean BBQ.

The program that helped me the most was... Joys of Living Assistance Dogs (JLAD). Working with dogs that make a real difference in the world gives you a sense of freedom. I've built real relationships because we're all working towards something bigger than ourselves. It is positive and productive and you have the ability to make a lot of changes in your life.

Before coming to prison, I would consider myself... Lost with no direction or motivation.

Now I consider myself... Goal-orientated, prepared and proud of everything I've accomplished.

The change I'd like to see most in the prison system is... Less resistance to the Oregon Way. Change might make you feel like you're losing control, but there is proof that it works.

What I've learned... Is to ignore the noise. People will try discourage you, but don't let them influence you. Do what you think is going to help you most. |ECHO

MEET A CONTACT MENTOR

Roberta Servi, Correctional Officer

Interview by Ray Peters, Supervising Editor

I joined the Contact Team because... I feel I have an ability to talk to AICs and can help them learn to navigate to the areas they will need to become successful upon release from incarceration.

I have been working for ODOC for... 13.5 years

Before working at EOBI I used to...

1. Sold real estate in California.
2. Worked in various restaurants with my mother.
3. Operated a small café in Oregon for over 5 years.

One thing people don't know about me is... I am number seven out of 11 children. I raised five children - four girls and one boy - who are considered my greatest accomplishment in life.

Whether AICS or staff, what I expect from people I work with is... Respect and the ability to get along.

For AICs just starting their sentence, my best advice is...

Do YOUR own time. Do not let other AICs get you to do things they won't do. Keep clear conduct and get a job in OCE or physical plant to learn a trade that will help you upon your release.

My experience on the Contact Team has been... Just started with the team, so not a lot of experience.

People will see me working... Most recently in the assignment office. My next post is kitchen security officer. |ECHO



Roberta Servi, Correctional Officer

Servi has been working at the DOC for almost 14 years. In that time she has worked as an officer and a kitchen coordinator. She is currently a contact team mentor (formerly contact team member).

STILL HIRING LEGAL ASSISTANT TRAINEES

The EOBI Law Library is accepting letters of interest and applications for Legal Assistant Trainees.

The deadline has been extended to September 25, 2024.

The minimum requirements for candidates include the following:

GED or high school diploma; non-cash incentive level two or three; minimum of one year misconduct free; ability to follow directions; ability to communicate instructions, interpretations, and to maintain as much confidentiality as possible; no DOC record of staff assault; no DOC record of prior removal from library assignment that resulted in an adjudicated disciplinary report; minimum of 2 years' time remaining to be served.

Desired attributes may include, but are not limited to:

Bilingual fluent in Spanish, including legal terminology; knowledge of the legal system, including Oregon & Federal; legal research capabilities; legal writing skills; typing skills; must be able to work independently; must be able to work well as a team member

- A trainee position does not guarantee an assignment as a Legal Assistant following the 16-week training program.
- PRAS (Performance Recognition & Awards system) points will start at a minimum of 12 points during the training.
- AIC Legal Assistants who have completed training and are assigned as a Legal Assistants will earn up to 17 points.

IN SPORTS

SOCCKET STATS

As of August 30, 2024

Provided by Shane Goins, Sports Writer

West - Leading Scorer:

Francisco Diaz-Torres (A1) - 17
 Riley Baney (B3) - 14
 Christian Galindo (B3) - 13
 Akena Okullu (B2) - 12
 Brian Sierra (B3) - 11

East - Leading Scorer:

Alfredo Guzman (G4) - 13
 Luis Rodriguez (H2) - 11
 Richard Smith (E3) - 8
 Carlos Ramirez (H1) - 7
 Roman Garcia (G2) - 7

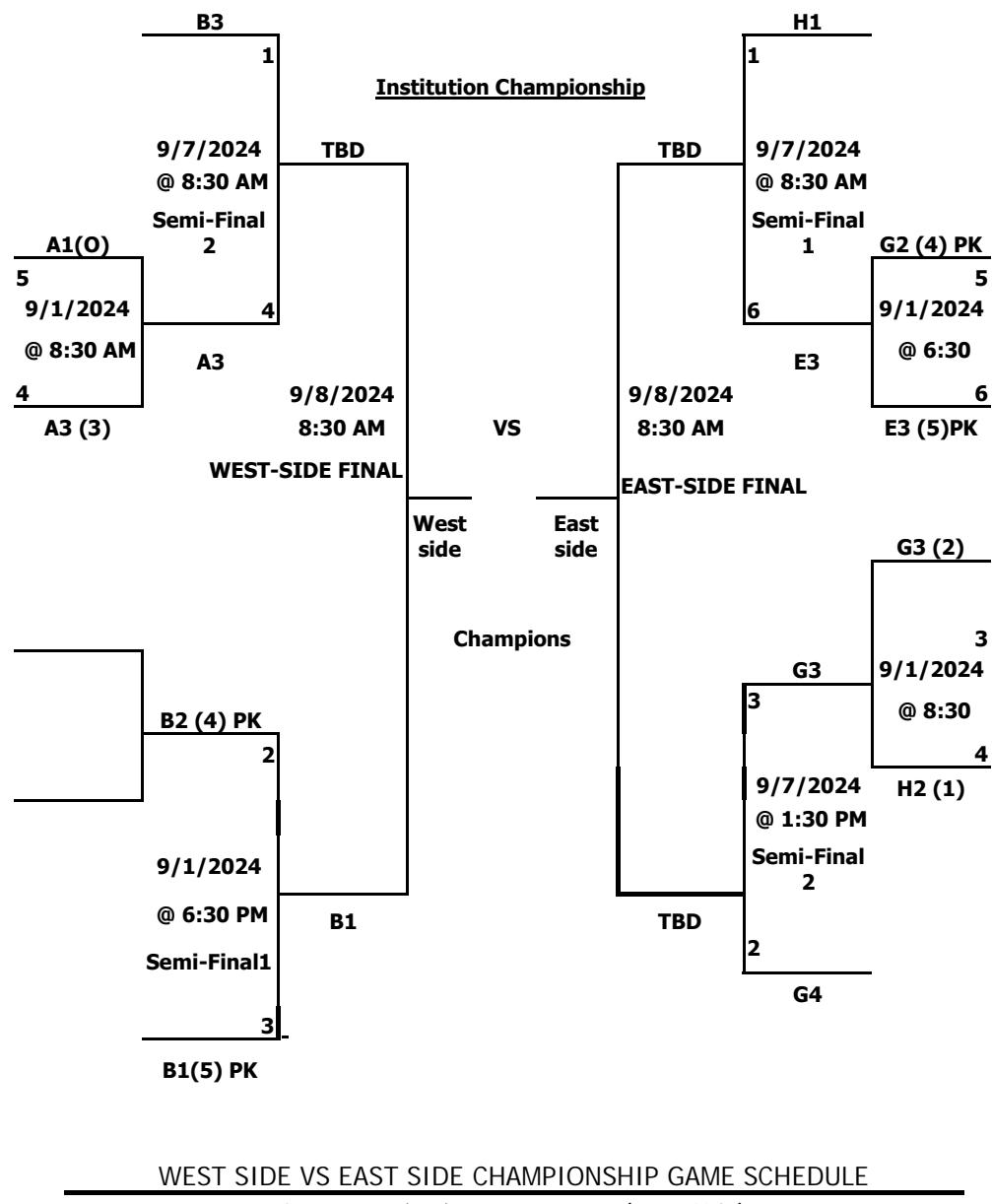
Westside - Win/Loss Record

Unit	Wins	Losses	Ties	PTS
B3	12	3	3	39
B2	12	5	3	39
B1	10	3	5	35
A3	8	5	4	28
A1	3	13	1	10

Eastside - Win/Loss Record

Unit	Wins	Losses	Ties	PTS
H1	9	2	7	34
G4	10	1	3	33
G3	6	1	7	25
H2	5	4	5	14
G2	5	10	4	19
E3	4	7	4	16
E2	0	13	0	0

SOCCKET PLAYOFF BRACKET



IN BLACK & WHITE

A Look at a Commonly Misunderstood Rule in EOCL Sports

Zero-Tolerance Policy – Basketball

There is a zero-tolerance for any abusive or aggressive language and acts towards officials or players. This is unsportsmanlike conduct and referees will give the player a red card for the offense and eject them from the game. If the player continues while on the sideline, the players' team will forfeit the game. The offending player will be suspended for the remainder of the season. This applies to all sports, except for the red card. In other sports a red card is equivalent to a technical foul (basketball) or an automatic ejection from the game (softball and volleyball) which will also result in ejection from yard or multi.



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THE OPENING

ceremony for the 2024 Olympics in Paris, France took place on July 26, 2024 at Jardins du Trocadero (Gardens of Trocadero), a green space in front of the Eiffel Tower, and then at a boat parade along The Siene (the main river in Paris). The ceremony introduced over 300 countries, 329 events, 32 sports and 48 disciplines.

According to a July 20 article in The Register-Guard, Oregon was the most well-represented state in the country with 34 athletes and one coach taking part in the 2024 Summer games.

Within the group of athletes from Oregon, none stand out as much as Ryan Crouser from the town of Boring. Crouser became the only person in Olympic history to win the gold medal three times for shotput.

Former University of Oregon Duck Cole Hocker won the men's 1,500-

meter sprint, setting an Olympic record with a time of 3 minutes and 27.65 seconds. These are just some of the great Oregon athletes who competed.

Making history yet again was basketball player LeBron James as he became the first ever NBA player to be a flag bearer for the U.S. He was joined by fellow Olympian, Coco Gauff, representing the USA in tennis.



Among the many storylines in the Olympics, the USA Men's and Women's basketball teams are among the most talked about.

Golden State Warriors Forward Draymond Green, who did not make the team, said the men's basketball team could beat the 1992 Dream Team. With names like James, Anthony Edwards, Steph Curry and Kevin Durant, could it be possible?

In the gold medal game, the French men's basketball team was up by as much as 10 points until the fourth quarter, when Curry and

James took over. Curry shot eight of 13 from three-point range. The U.S. won gold and James won the MVP award.

In the women's game Brittney Griner, A'Ja Wilson and Sabrina Ionescu from the WNBA were the driving force that have kept the U.S. women's team dominant.

The U.S. women's team hasn't lost a game since they were introduced to the Olympics in 2000 and, in their gold medal game which was also against France, the story stayed the same as they won 67-66.



Wilson won the MVP for women's basketball.

The most notable event occurred on August 4, 2024. The most exciting race of the Olympics was Noah Lyles beating Jamaican sprinter Kishane Thompson by a breath in the 100-meter. Lyles won gold after coming up short in the 2020 Tokyo Olympic games.

Simone Biles continued her reign as the Queen of gymnastics as she captured numerous medals including a gold for her work on the vault. Biles made history and put her name in the Olympic record books with her eighth overall gold medal.

Due to costly falls on the balance beam, Biles and teammate Suni Lee didn't make the podium for that event. However, Lee did receive silver on the uneven bars.

On August 11, 2024 at Stade de France the Olympics closed. The official medal count for the U.S. is 40 gold, 44 silver, and 42 bronze medals for a total of 126 medals, more than other countries. | ECHO

RECIPE

YAKIHIRA PRISON STYLE GENERAL TSAO'S CHICKEN

Recipe for September

Written by Brooklyn Sasso, Staff Writer

Ingredients

- 1 (one) bottle of Siam's sauce
- 1 (one) green onion from the chow hall
- 1 (one) vegetable flakes
- 1 (one) soy sauce
- 1 (one) hot sauce of choice
- 1 (one) bag of white rice
- 1 (one) pouch of chicken

Step 1:

Using the shaker lid on the vegetable container, separate the small flakes from the larger ones. Add to a tumbler with $\frac{1}{2}$ bottle of soy sauce to the small pieces. In a separate tumbler add the remaining larger flakes and hot water to rehydrate them.

Step 2:

Finely chop the green onion. Add the green onion and full bottle of Siam's sauce to a third tumbler. Once the small vegetable flakes are hydrated, mix them into the Siam's as well. Let sit for 24 hours to mix the flavors. Add hot sauce to taste.

Step 3:

To make the rice, open bag and carefully add hot water and the large vegetable flakes. Seal the bag and wrap in a towel or blanket to keep warm. Let the rice cook for about five to ten minutes.

Step 4:

While rice is cooking add chicken pouch to a pitcher and fill with hot water to heat the contents. Let stand for 10 to 15 minutes depending on the temperature of the water.

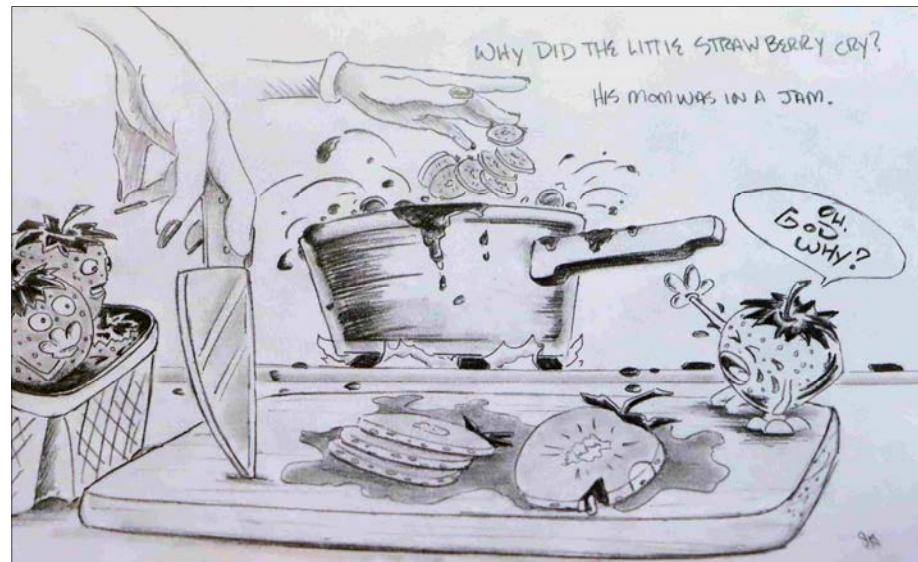
Step 5:

When the rice and chicken are done cooking, take the rice and empty into a bowl. Top the rice with the chicken (evening the chicken over the rice). Then add the sauce mixture.

Makes one bowl. |ECHO

COMICS

Created by Seth Mathews



Why did the little strawberry cry? His mom was in a jam.



What do you call a cow with no legs? Ground beef.

SEPTEMBER SUDOKU

Puzzle 1—Demanding

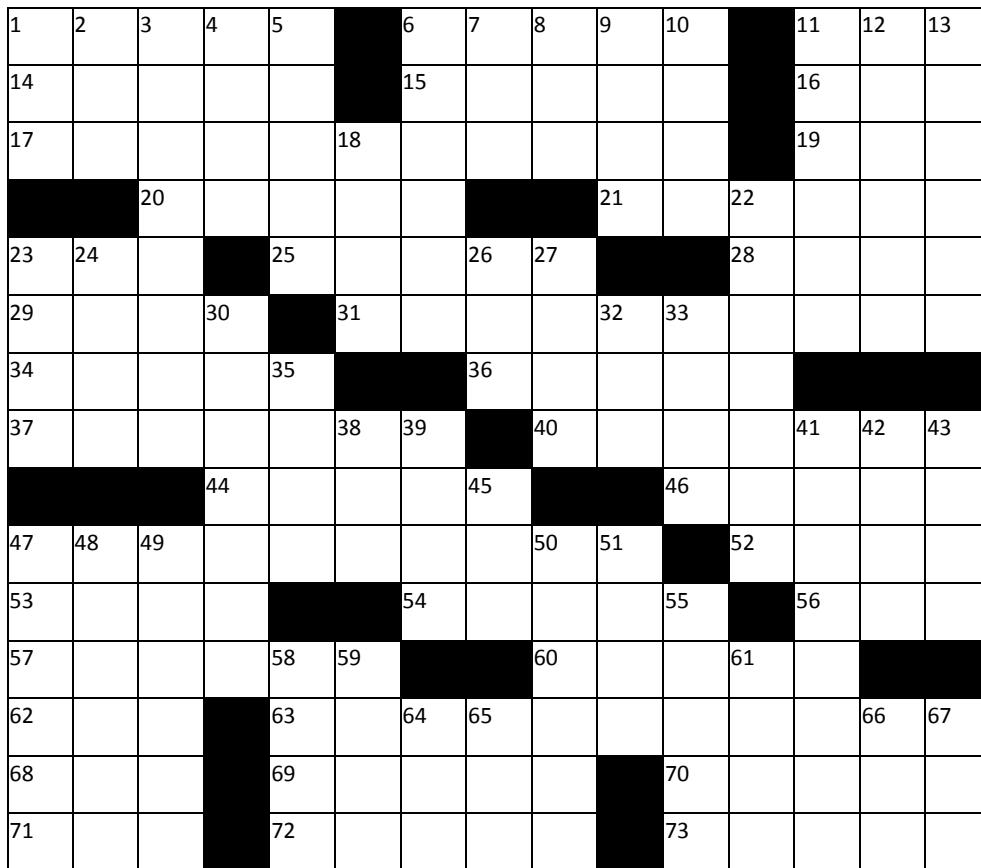
			5					3
8	1			2				
	2				7		4	
		8			3	1	2	
	9		5					
7	3							
			8	9				
					2	6		
		4	6			5		

Puzzle 2—Very Challenging

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

CROSSWORD PUZZLE

All In The Family



Transcribed by Walter Thomas

Across

- 1 Pad type
- 6 Aired "Leave It to Beaver"
- 11 Produce duds
- 14 __Penh
- 15 Noted exercise?
- 16 Flowery ring
- 17 Drew Barrymore to Steven Spielberg
- 19 Spot on a Spud
- 20 Tidal bore
- 21 Brainstorm
- 23 Miss the mark
- 25 Makes, as a putt
- 28 Scary character
- 29 Put ammo into
- 31 Joseph to Jesus
- 34 Like Mozart's flute
- 36 Artful deception
- 37 Arrestee's privilege
- 40 You'll travel if you don't do this enough

- 44 True partner
- 46 Gogol's __Bulba
- 47 Lord Mountbatten to Prince Charles
- 52 Inhale in astonishment
- 53 Spew fire and brimstone
- 54 Snail trail
- 56 Far from forward
- 57 Exit, to P.T Barnum
- 60 Grade Diminisher
- 62 It goes before the carte
- 63 David to Keith Carradine
- 68 Lose firmness
- 69 Mentally acute
- 70 Landlord's contract
- 71 D.C.-to-Dover dir.
- 72 Boat or cycle attachment
- 73 With competence

Down

- 1 Car sticker stat
- 2 "What have we here?"
- 3 Not old enough
- 4 Scotch go-with
- 5 Online reads, briefly
- 6 King's sub
- 7 Biblical verb suffix
- 8 This can be monotonous
- 9 Port on its own gulf
- 10 Great-great grandson of Augustus
- 11 Seasonal vehicle?
- 12 Milne pessimist
- 13 Ballpark fare
- 18 "Topaz" author
- 22 Shopper's aid
- 23 Big Bird cohort
- 24 Sprinkled with gray or white
- 26 Beer bust delivery, perhaps
- 27 Carb source
- 30 Issue commands
- 32 Spruce cousin
- 33 Hit terra firma
- 35 It may get pushed around
- 38 Lucky of "Kill Bill"
- 39 Loupe, essentially
- 41 High Military muck-a-muck
- 42 Shipboard punishment
- 43 Lay eyes on
- 46 650, on a slab
- 47 Travolta film
- 48 Sleeve style
- 49 Infuriate
- 50 Flexible
- 51 Abu Dhabi leader
- 55 Part of a B-29 bomber name
- 58 False pretense
- 59 Pudding starch
- 61 Lone Star State sch.
- 64 Set aflame
- 65 "Alice" character
- 66 Immigrant's study, often (Abbr.)
- 67 "the Bridge of San Luis ____"

Help Shape the Content of 1664

If you are interested in shaping the content of 1664 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.

GOGI FUNDRAISER

Estimated Delivery Last Week of Sept. or Beginning of Oct.

Provided by Keaton Stephens, GOGI Leadership

GOGI IS OFFERING authentic Mexican food from the Super Milton Mexican Store. There are two meal options with one add on.

The first meal options includes one burrito, salsa and two sodas for \$25.00. Option two adds a second burrito for a total of \$40.00.

Participants can choose between burrito fillings of pollo (chicken), carnitas (beef), alpastor (pork with pineapple/citrus flavoring) or asada (beef).

Participants can purchase an add on of two bolillos (Mexican rolls) and two conchas (Mexican bread) for an additional \$5.00.

Orders must be turned in by September 13, 2024.

ALL funds raised from this event will be utilized for rehabilitative efforts at Eastern Oregon Correctional Institution.

Any questions should be addressed through AIC communication: Correctional Rehabilitation - Attention: GOGI. |ECHO



Burrito.



Bolillos.



Conchas.

YOUR HEALTH AND EHR

How The Electronic Health Record System Keeps Tracks

Provided by the Health Service Department

THE MONTH, we want to talk about how the EHR will help you and Health Services keep track of your health.

Being Involved in Your Own Care

Care: It's important to be a part of your own healthcare. This means paying attention to your health, asking questions, and understanding your treatment.

Getting involved in your healthcare can make you feel more in control and confident. It can also help lower your anxiety and stress because you'll understand your health better and know what you can do to improve it.

When you know what's going on

with your health, you can make smarter choices about your treatments, medications, and any changes you need to make in your lifestyle.

Tracking Health Progress and Trends

When we start using the new EHR system to keep track of your health, the digital records that replaced the old paper files will help us share information quickly with your healthcare providers. This way, your health info is always up-to-date and easy to access.

Connecting with Community Providers

Our EHR system will help us connect and share data with any community healthcare providers you may have, especially

upon your release. This means if you need care from a doctor outside, they can also get your health information quickly.

Population Health

The new EHR will help us to continue to look at the health of everyone as a group. This helps us see patterns in diseases and health risks. By tracking these patterns, we can better understand and help improve the overall health of everyone in the facility.

Customized Data Collection

Our EHR system will be set up to collect data in a way that makes it easy to analyze and to run important reports on specific health information. This will also help us continue to get everyone the care they need.

Health Services will continue to update you about the EHR Project!

MELATONIN SUPPLEMENT

A New Item on Canteen

Written by Kurtis Thompson, Correspondent

PEOPLE NEED SLEEP, and losing it from insomnia or stress leads to a grumpy result. There are many sleep-aid suggestions out there. Among them, some recommend taking a melatonin supplement. But what is melatonin exactly?

An average person's brain naturally produces the melatonin hormone in response to darkness, such as after sunset or when in a very dark room. Melatonin sends relaxation signals and triggers "sleep-mode."

Interrupting this process results in poor or insufficient sleep. Melatonin supplements are advertised to

hopefully improve sleep.

There's no guarantee this works. The National Institutes of Health (NIH) cites, "There is not enough strong evidence on the effectiveness or safety of melatonin supplementation for chronic insomnia to recommend its use." NIH goes on to suggest that forms of Cognitive Behavioral Therapy work better (contact BHS about CBT).

However, there has been some success in melatonin testing. According to the NIH, some individuals with delayed sleep-wake phase disorder were able to fall asleep 22

to 34 minutes earlier. Ultimately, NIH said, "it's uncertain whether the benefits outweigh the possible harms. Short-term use of melatonin ... appears to be safe for most people, but information on the long-term safety of supplementing with melatonin is lacking."

So who's at risk? The NIH indicated people with epilepsy, dementia, those taking blood thinners or other medications, and those who have allergies to melatonin supplements should consult their doctors prior to use.

Elderly people also take longer to metabolize the supplements. Possible side-effects include, but are not limited to, headaches, dizziness, nausea, and sleepiness.

Melatonin is available through commissary. |ECHO

MAIL RULE CHANGE (In English)

From the Administrative Rules Program

Adults in custody, friends and family, advocacy groups, and others:

There has been a substantial increase in substance-infused paper arriving at Department of Corrections (DOC) facilities. Paper and envelopes infused with narcotics, as well as narcotics hidden within them, pose a health and safety risk to adults in custody (AICs), DOC employees, and US Postal Service employees.

The Department of Corrections periodically proposes changes to its

administrative rules for operational or other purposes. Among the several rules currently being reviewed is 291-131 related to mail, which proposes:

1. Limiting the type of envelopes, paper, and the use of certain materials related to incoming mail;
2. Aligning the rules with statutory requirements for the processing of AIC mail with the Corrections Ombudsman;
3. Removing gendered language

and adding clarifying language consistent with other department rules.

A public hearing on proposed changes will be held September 16, 2024, at 1 p.m. with a comment period open now through September 25, 2024, at 5 p.m.

For more information, visit the DOC website, Department of Corrections - Administrative Rules - Rules and Policies - State of Oregon and more specifically, the 291-131-mail-updated.pdf (oregon.gov) page.

MAIL RULE CHANGE (In Spanish)

From the Administrative Rules Program

Adultos bajo custodia, amigos y familiares, grupos de defensa y otros:

Ha habido un aumento sustancial en el papel con infusión de sustancias que llega a las instalaciones del Departamento Correccional (DOC). El papel y los sobres impregnados de narcóticos, así como los narcóticos escondidos en ellos, representan un riesgo para la salud y la seguridad de los adultos bajo custodia (AIC), los empleados del DOC y los empleados del Servicio Postal de EE. UU.

El Departamento Correccional propone periódicamente cambios a sus reglas administrativas con fines operativos o de otro tipo. Entre las diversas normas que se están revisando actualmente se encuentra la 291-131 relacionada con el correo,

que propone:

1. Limitar el tipo de sobres, papel y el uso de ciertos materiales relacionados con el correo entrante;
2. Alinear las reglas con los requisitos legales para el procesamiento del correo AIC con el Defensor del Pueblo Penitenciario;
3. Eliminar el lenguaje de género y agregar lenguaje clarificador consistente con otras reglas del departamento.

Se llevará a cabo una audiencia pública sobre los cambios propuestos el 16 de septiembre de 2024 a la 1 p.m. con un período de comentarios abierto desde ahora hasta el 25 de septiembre de 2024 a las 5 p.m.

Para obtener más información, visite el sitio web del DOC, , Department of Corrections - Administrative Rules - Rules and Policies - State of Oregon, y más específicamente, la página 291-131-mail-updated.pdf (oregon.gov).

Upcoming Events Reminder

September 6

Cello Concert—Multi

September 20

Suicide Prevention Walk

End of Sept./Early Oct.

GOGI Fundraiser Meal

September 22

Fall Begins

October 4

GED Graduation

ADMINISTRATIVE RULE CHANGES

ODOC Administrative Rule Changes Since 6.27.24

From the Administrative Rules Program

PROPOSED RULES:

291-011 Segregation (Disciplinary)

Amends rule to permanently adopt temporary changes to the rule which update 291-011-0080 Disciplinary Segregation Units in Minimum Custody Facilities to provide clarity on how AICs are to request or receive health care services at SFFC; and to add consistency by updating title to "qualified health care professional" where different titles are currently used.

Last day of comment period: 10/18/2024 at 12:00 PM

291-058 Structured, Intermediate Sanctions

Amends rule to permanently adopt temporary changes to the rule which (1) incorporate legislatively mandated policies regarding the application of structured, intermediate sanctions to adults on supervision for designated drug-related misdemeanors and for designated person misdemeanors; (2) provide a consistent statewide framework and structure for imposing structured, intermediate sanctions on adults on supervision for violation of supervision conditions; (3) incorporate changes in terminology used by the department and community corrections agencies to refer to adults on supervision; and (4) update definitions, supervision and reporting form titles, and the Administrative Sanctions Sanctioning Grid and Sanction Equivalency Table.

Last day of comment period: 10/18/2024 at 12:00 PM

291-105 Prohibited Conduct and Processing Disciplinary Actions

Amends rule to increase the potential loss-of privileges sanction for staff assault violations and add definitions for terms "adjudicate", "disciplinary segregation", "drug paraphernalia", and "loss of privileges".

Virtual Public Hearing: 10/2/2024 10:00 AM

Last day of comment period: 10/18/2024 at 12:00 PM

TEMPORARY RULES:

291-011 Segregation (Disciplinary)

Amends rule to update 291-011-0080 Disciplinary Segregation Units in Minimum Custody Facilities to provide clarity on how AICs are to request or receive health care services at SFFC; and to add consistency by updating title to "qualified health care professional" where different titles are currently used.

Effective 8/23/2024 through 2/18/2025

291-058 Structured, Intermediate Sanctions (Part 1 and Part 2)

Amends rule to (1) incorporate legislatively mandated policies regarding the application of structured, intermediate sanctions to adults on supervision for designated drug-related misdemeanors and for designated person misdemeanors; (2)

provide a consistent statewide framework and structure for imposing structured, intermediate sanctions on adults on supervision for violation of supervision conditions; (3) incorporate changes in terminology used by the department and community corrections agencies to refer to adults on supervision; and (4) update definitions, supervision and reporting form titles, and the Administrative Sanctions Sanctioning Grid and Sanction Equivalency Table.

Effective 9/1/2024 through 2/27/2025

PERMANENT RULES:

291-069 Security Threat Management

Amends rules to conform these rules to department organizational changes and reflect the department's reassignment of certain STM program functions and duties from the Office of the Inspector General to the department's Operations Division. Other revisions update punctuation, clarify acronyms or correct references to department employees in definitions.

Effective 8/29/24

291-124 Health Services

Amends rules to update how and when the department will pay for the acquisition, maintenance, and repair of certain types of durable medical equipment (DME), including eyeglasses and hearing aids, when that type of DME is necessary for an adult in custody (AIC) to access department programs, services, or activities (PSAs). The proposed changes include reorganization of some of the Health Services rules for clarity and ease of use. Adopts rule to establish the doula program for pregnant and postpar-

tum adults in custody at Coffee Creek Correctional Facility per HB2535 (2023).

Effective 8/13/2024

Below is the list of status changes made to DOC administrative rules since 6/27/2024.

PROPOSED RULES:

291-127 Visiting

Amends rule to increase the number of individuals who qualify for visitation of adults in custody (AICs); resume the administrative review process for family and friends of AICs who had been denied visitation; update the term "inmate" to "adult in custody"; remove gendered language; provide clarifying language; and update definitions to be consistent with other department rules. Last day of comment period: 9/20/2024 at 12:00 PM

UPDATED 291-131 Mail (AIC)

Amends rule to limit the type of envelopes, paper, and the use of certain materials related to incoming mail; to align the rules with statutory requirements for the processing of AIC mail with the Corrections Ombudsman; remove gendered language and add clarifying language and language for consistency with other department rules; change the term "inmate" to "adult in custody" per statutory requirement; and make minor grammatical and punctuation edits. UPDATED: Last day of comment period: 9/25/2024 at 5:00 PM

UPDATED: Public Hearing: 9/16/2024 1:00- 2:00 PM (Hearing scheduled for 8/30/24 is moved to 9/16/24)

TEMPORARY RULES:

291-006 Discrimination Complaint Review System

Amends rule to provide that PREA-related reports will be exempted from the department's grievance and discrimination complaint systems and

will be separately investigated outside of those systems. The amended rule is needed to simplify and clarify the process for AICs who are seeking to report a PREA-related issue and may choose to do so by making that report through the grievance or discrimination complaint review systems.

Effective 8/1/2024 through 1/27/2025

291-109 Grievance Review System

Amends rule to provide that PREA-related reports will be exempted from the department's grievance and discrimination complaint systems and will be separately investigated outside of those systems. The amended rule is needed to simplify and clarify the process for AICs who are seeking to report a PREA-related issue and may choose to do so by making that report through the grievance or discrimination complaint review systems.

Effective 8/1/2024 through 1/27/2025

PERMANENT RULES:

291-079 Shared Information Systems

Repeals unnecessary and dead rule removed from statute ORS 329.965 in 2011 and only retained as a placeholder. Effective 7/8/2024

291-100 Admission, Sentence Computation and Release

Amends rule to clarify rules; change the term "inmate" to "adult in custody" per statutory requirement; remove gendered language; add definitions and information on legal name changes; update definitions to be consistent with other department rules; update rules to align with statute language (ORS 137.370(4)); update rule titles and statutory references; and for minor punctuation.

Effective 7/5/2024

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 linea 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

NOTICES

INFORMATIONAL BRIEFING - DEBT

Provided by Financial Services

Debt / Obligation Type	Collection Schedule	Additional Information
Court Ordered Financial Obligation (COFO)	<ul style="list-style-type: none"> Collected from eligible deposits per ORS 423.105 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500 Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied 	<ul style="list-style-type: none"> The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details COFOs are not the same as county and US Court fees. Examples of COFOs are restitution, fines, fees, & child support COFOs will continue to collect during the Holiday Buying Period
<p>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are <u>not</u> available until the AIC releases from ODOC custody.</p>		
DOC Debt	<ul style="list-style-type: none"> Collected from eligible deposits Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available 	<ul style="list-style-type: none"> DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
County Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> County obligations refer to deferred county filing fees These obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing fee County Court fees will continue to collect during the Holiday Buying Period
Initial Federal/US Court Filing Fee Obligation	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> Initial Filing fees can be collected in total and are due upon receipt These obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing fee Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
Federal/US Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> Collected around the beginning of the month 	<ul style="list-style-type: none"> General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

INFORMATIONAL BRIEFING - TRUST ACCOUNTS

Provided by Financial Services

General Spending Account	<ul style="list-style-type: none">Primary spending account for AICsEligible deposits are received into this account<ul style="list-style-type: none"><i>Examples: Deposits received from friends/family, and PRAS</i>AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust AccountFunds in this account are not protected from debt/obligation collection or garnishment
Protected Spending Reserve Account	<ul style="list-style-type: none">This is a spending account established for AICs who receive protected money<ul style="list-style-type: none"><i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement</i>AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust AccountFunds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
Transitional Savings Account	<ul style="list-style-type: none">Established per SB844/ORS 423.105 as a means for AICs to save funds for release of ODOC custody5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available from the Business Office</i>) up to \$500AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfiedFunds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
General Savings Account	<ul style="list-style-type: none">Established as a means for AICs to save funds outside of the Transitional Savings TrustAICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CD1832, <i>available from the Business Office</i>)Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
Obligated Reserve Accounts	<ul style="list-style-type: none">Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteriaAICs may receive deposits directly to one of these accounts from an external sourceAICs must be approved to place funds into an Obligated Reserve AccountFunds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

OBITUARY

IN THE NEWS

Former EOCl Resident Commits Suicide

Written by Brooklyn Sasso, Staff Writer

MANY PEOPLE HOUSED AT Eastern Oregon Correctional Institution have experienced the Multnomah County jail. While jail is not the best place to be, it is not a death sentence. Which is why it is surprising that six people have died this year in the Multnomah County jail.

One of those individuals was 58-year-old Martin Todd Franklin. Franklin passed away on June 16, 2024 while facing criminal charges. He was found nonresponsive in his cell at 8:00 a.m. It was later determined that his death was a suicide.

According to the Portland Mercury, "Franklin was awaiting trial on charges of first-degree robbery and burglary, as well as unlawful use of a weapon, court records show." He had been in jail since August 2022.

Franklin struggled with drug addiction and was in and out of the justice system since 1987. He was housed at EOCl for many years where he participated in GOGI, a peer led self-improvement course, and wrote the sport section of the institution's newsletter.

"Franklin knew he had a problem," commented Juan Sanchez, a former coworker, "but all he wanted was to provide for his daughter." Sanchez, who works as a video editing clerk with the institution's IWP department, created videograms for Franklin on a regular basis.

"He was a very personable guy," said Sanchez.

Franklin is survived by his daughter.
|ECHO

IN MY OPINION

Walking Out

Written by Phillip Luna, Editor

MY BROTHERS AND I celebrate each time one of us walks out the prison gates with their freedom restored. We count the time only when we can do so in days, some of us waiting decades to reach that point. "Seven and a wake-up," is something you might hear us say, which just means eight days but on the eighth day you'll be released bright and early in the morning.

Before someone releases we celebrate by making a spread – that's prison jargon for "fancy meal," if you consider Ramen, instant refried beans, and squeeze cheese the core ingredients for fancy. Prison food is highly processed and made to have a shelf life counted in years.

Sometimes I consider it is counter-intuitive to make a meal for someone, when in just a few days they'll have access to a world of food I can't remember the taste of, though I often try. Think, things that are leafy and green, or juicy and fresh, or even cheese that must be sliced and melted, not opened and squeezed.

I used to think the worst thing was when someone came back to prison. When you've said your goodbyes, but sometime later – months or years – you see them walking down the tier. They are easy to spot with their downcast eyes, the invisible "failed" stamp on their forehead, and a dark cloud of shame looming over them. Life sentences served on the installment plan, just a little at a time.

But I've learned that is not the worst thing.

People who release from prison are 18 times more likely to commit suicide than the general population, according to the National Institute of Health (2013). According to my own anecdotal experience over nearly a decade of incarceration that data is accurate, if not understated.

For me, when someone walks out the prison doors it is a type of ambiguous loss. They are not gone, but not really here either. I think, perhaps, the meal we make is just a way to process the grief of a broken connection. Someone I have come to think of as a brother is moving on to the unknown - an outside world that may be a place of leafy, green vegetables; juicy, fresh fruit; and cheese that slices. A place where time is not counted in wake-ups, days, years or by shelf life, but rather it is measured by birthdays and vacations, by camping trips and graduations, by anniversaries and all the memories made between. Simultaneously, it may be a place so unforgiving, so foreign, so harsh and so perilously saturated with risk that ending your life might seem preferable to the inevitable shame-tainted tier walk of the repeat offender. |ECHO

IN HIS OWN WORDS

An Abridged Letter Franklin Wrote to a Staff Member in 2018

Hello:

I wanted to write you a short letter so you could know a little about the person who is asking for the job. My name is Martin Todd Franklin. I am a newer member of GOGI, to be exact I've been in my group going on two months ... It is said that when the student is ready the teacher will appear. God bless, my teacher came in the form of a group of eight guys with one common goal. The goal to learn, practice and develop a set of 12 simple tools that will inevitably reconstruct our thinking in such a dynamic, and positive way that our lives will be impacted forever. That is what the GOGI way is to me.

I have so much to learn and so many positive experiences to look forward to ... I am 54 years of age and I have been in prison for way over half of my life, 31 plus years and counting. I have literally been out of prison for two years total time since I was 22 years of age. I am not proud of this fact! I am sickened! My point being is that for the first time in my criminal career I have found something that actually works for me.

I have found a light at the end of the tunnel that leads to my freedom. I am so dang institutionalized that I don't fit in - I have panic attacks. I am scared! I am damaged! Lately ... I am feeling courage, hope, love, guidance and the strength to move forward. I want to be more involved.

I would love the opportunity to talk about programs. I am an open book with all blank pages.



- Martin Franklin

Suicide Prevention Lifeline 1-800-273-TALK(8255)

Suicidepreventionlifeline.org

If you need help, contact your counselor immediately.

If you or someone you know is having suicidal thoughts, tell a staff member. Staff members are required to contact the on-call BHS counselor. Reporting thoughts of self harm does not mean you will be placed on suicide watch. Suicide watch is a last resort. Counselors will work with you to develop a plan for your health and safety - which may include therapy, counseling, and/or medication.

Photograph of the month:

Gerry Cunningham and daughter hold hands while walking around the family event.



SPJ

Photo by Phillip Luna