

# THE ECHO

Created by incarcerated people



NEWS  
FROM  
THE  
INSIDE

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EASTERN OREGON CORRECTIONAL INSTITUTION

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## WEST SIDE ALL STARS DAZZLE UNDER THE LIGHTS

All Star Series Ends in a Flourish; West Sweeps The Series

Written by Shane Goins, Correspondent



Photo by Phillip Luna/The Echo

**In game two of the East versus West, All Star three-game series on Jan. 14, 2025, the West's Marshawn Edwards makes lead changing free throw with 3:34 left in the third quarter. The East side team had led the entire game, but this score put the West up 70-69 and began an offensive push that led to their 106-86 victory to sweep the series.**

The annual EOCI All-Star basketball games took place in the multi-purpose building on Jan. 13-14, 2025. The best-of-three series is played with teams formed from the best players on the east and west sides of the institution. Players from units A through C form the West, while players from F through H form the East.

The series ended after two games, with the West sweeping the East for the second year in a row.

The All-Star game in 2025 included a couple of game play variations: The five-point shot and iso match-up.

See DAZZLE UNDER THE LIGHTS page 9

## TRAINING DAY FOR THE ECHO

A Professor from University of Oregon's School of Journalism and Communication Visits EOCI

Written by Phillip Luna, Editor

On Jan. 27, 2025, The Echo's news team met with Charlie Butler, a professor at the University of Oregon's School of Journalism and Communication. The meeting was held via video call, as the eight person news team and The Echo's advisor, journalist Berit Thorson, gathered around a television screen in the IWP building.

Butler, who has been teaching at U of O for ten years, covered a wide range of topics intended to help the budding journalism program at the Eastern Oregon Correctional Institution.

His experience is as an editor and writer for publications such as Runner's World and SmartMoney. Butler's freelance work has appeared in The New York Times, ESPN, Fortune, and Men's Health, to name a few.

His best advice for the news team: Write every day.

"The best thing I think is to go work

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**The Echo**

Est. 2018

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Direct questions and comments to EOCI Institution Work Programs (IWP). All views and opinions expressed are those of the contributing writers and do not necessarily reflect the views of the Department of Corrections.

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**The Echo - Mission Statement**

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

**TRAINING DAY** continued from page 1

at a daily newspaper and write a ton every day and get yelled at by an editor every day," Butler said. "Get used to writing fast."

EOCI's publications include The Echo, a monthly newsletter, and 1664, a quarterly magazine. While the publications are not daily prints like a traditional newspaper, Butler said that writing often is essential to developing writing skills in journalism.

"A newspaper is cranking," he said. "It's like being a baseball player. The more strikes that you swing at, the better you are at hitting the curve ball. If you are not taking a lot of pitches every day, you are not getting any better."

Kurtis Thompson, staff writer for The Echo, said Butler was a "wealth of knowledge." He also said working with professionals in the field of journalism helps the team dial in to its vision and mission.

"Right now we have a lot of pieces," said Thompson. "But we don't have a full program yet. Both Charles and Berit are invaluable to building a program."

Butler teaches courses related to feature writing and sports journalism. During the meeting, Butler discussed a feature story he wrote about a New York City firefighter who was hit by a bus, suffered catastrophic and life-changing injuries, made a recovery and return to marathon running.

The roughly 9,000 word article was what Butler used as an example to explain effective storytelling and narrative writing.

Butler said the details are important in feature writing.

"When you drain the spaghetti water, you want to keep some of it," he said. "I always tell my students, 'Let most of the water go down the drain, but keep some of it because it makes the sauce so much better.'"

He said the article took approxi-

mately 10 months to complete and included multiple interviews, research, re-writes, and many rounds of editing.

The meeting between Butler and the EOCI news team lasted an hour and Butler covered several topics such as self-editing and closing an article.

Chris Ainsworth, staff writer for The Echo, took four pages of notes during the meeting.

"There was a lot of information," he said, "and I wanted to glean anything off of it I could."

Butler also discussed the field of freelance journalism with the news team. He said it was a "tricky and brutal game" and that most freelance writers are making \$30-40,000 a year, but in some instances a very skilled freelance writer can make upwards of \$70,000 per year.

He also said journalism is becoming a more difficult field to work in.

"So many places are closing down," he said. "I don't know if I would recommend it."

Regardless, Butler said that journalism is a worthwhile pursuit because of the skills learned and connections made.

"What I appreciated most was his willingness to help us once we are back in society," said Ainsworth.

At the end of the meeting, Butler offered to meet with the news team again. He said if any of the writers were released, they could contact him and he would help them connect with resources or employment in the field.

"I was impressed with his generosity," said Thompson. "He really seemed to want to make difference."

The meeting between The Echo news team and Butler was arranged by advisor Berit Thorson. Thorson studied under Butler at University of Oregon's School of Journalism and Communication. | ECHO



# OPPORTUNITIES IN COLLEGE EDUCATION

## NDEP Accepts New Applicants and Pell Grant Access Gets Closer

Written by Kurtis Thompson, Staff Writer



Photo by Phillip Luna/The Echo

**The New Direction Education Project, a program that offers college classes to incarcerated people, is currently adding students to its program. Education Director Eddie Alves says the program, which allows students to take one class per quarter at a significantly reduced cost, has six spots.**

**EOCI's Education Director Eddie** Alves said the New Directions Education Project, EOCI's college education program that allows AICs to pursue an associate's degree, is accepting applicants. Additionally, Alves said that consistent progress is being made towards access to Pell Grants at the facility.

In December 2024, Alves met with the New Directions Education Program administrators to discuss reopening enrollment for AICs. The philanthropic organization typically sponsors 18 students, but as of January 2025 there are only 12 currently enrolled. In addition, the Pell Grant approval for EOCI draws ever nearer with a hopeful (but not guaranteed) startup in September, 2025.

Alves said the education department is accepting applications for NDEP immediately and those who have al-

ready sent a communication about the program will be contacted.

He said AICs must be incentive level three, and aspiring students should send a communication kyte to the education department requesting an NDEP application. Alves will then send the NDEP application and one-page essay requirement the AICs must complete and return to education for processing. For the essay, AICs must write a one-page explanation on why they want to go to college, and the NDEP's committee will review and select the top responses for program participation.

According to Alves, NDEP requires students to pay \$10 per credit because they believe that if AICs "have skin in the game" then they will be more motivated to perform and succeed. NDEP students may currently take one class per term, which Alves will automatically enroll them in depending on what

the student needs next in working towards their AA.

Alves said all college credits earned through NDEP are transferrable to any university or community college in Oregon.

Alternatively, if AICs would like to use FAFSA, the Pell Grant would provide education funding, which is not yet available at EOCI.

The obstacle for Pell Grants is that while the government may have approved use by AICs, the participating facilities themselves must work with the ODOC, Northwest Commission on Colleges and Universities education accreditors and the federal government's financial aid department to gain access.

Alves said he is in the final phase of working with the NWCCU, and once finished, will be waiting on the final signoff by the federal government.

If EOCI gains access to Pell Grant, Alves' goal is to offer six classes per quarter as opposed to the single course offered through NDEP.

Alves advised that anyone wanting to take college classes should use the free educational courses available on the institution tablet's Edovo application, especially math. He said that nearly every college degree requires college level math competency at a minimum.

"I'm going to tell you, 95% of students that I've encountered cannot walk off the streets into a college-level algebra class," Alves said. "If you have down time, I would tell you to work through the math programs on Edovo."

Alves said he is at EOCI almost every Tuesday and Thursday, and can be contacted by sending a communication form addressed to him in education. |ECHO

AROUND EOCI

# 13-YEAR APIARY EXPERT VISITS EOCI

## Beekeeping Program Has Special Training Session on Jan. 8

Written by Kurtis Thompson, Staff Writer



Photo provided by Matt Allen

**Owner of Apricot Apiaries Matt Allen inspects his hive frames in this undated photo. Allen visited EOCI on Jan. 8 to speak with students of the beekeeping program.**

**Matt Allen, owner of Apricot Apiaries** and 13-year beekeeping expert, came to EOCI on Jan. 8 to talk about bee farming.

The class was scheduled from 9-11 a.m. and included a slideshow and Q&A session for the 13 AICs in attendance. Topics ranged from the personal benefits of beekeeping to the logistics of running support operations for large-scale bee farming.

Beekeeping is a program offered annually at EOCI. Classes are typically held from May 1 to Oct. 1, where AIC students learn how to farm bees. The skills learned are useful for starting an apiary or finding work for a beekeeper after release.

Allen said that much effort is re-

quired to manage even just one or two beehives. He described beekeeping as a full-time job, subject to the often-times unpredictable ways of nature. Since bees are living creatures, they require at least some monitoring and management even in winter if the farmer wants to avoid high losses.

“Working with bees is one of the most joyous and calming things,” said Allen. “But it’s also stressful because farming is affected by natural events that make things difficult.”

Winter is not the only risk to bee colonies - animals like skunks, bears or organisms like Varroa mites which can wipe out entire bee colonies. Despite these possible setbacks, beekeeping is a viable profession, with an average annual income of \$50,508, or \$24 an

hour, for commercial farmers.

Side cash can be made with hobby beekeeping, which might include only two bee colonies or as many as 300.

According to Allen, any bee-related products from those small operations like honey, wax or the bees themselves can be sold in person-to-person sales without a license.

Once a person moves into wholesale commercial beekeeping, which could be 500 to 6000 bee colonies, licensures and inspections by the Department of Agriculture become a requirement.

In commercial beekeeping, the bulk of a person’s income comes from the bee products and selling bees. That level of bee business can take more than fulltime hours, and may require



the hiring of employees to share the workload. Commercial beekeeping is dependent on the economy, or in this case, “bee-economy,” of almond farms.

Allen said beekeeping is greatly impacted by almond farms in the United States because almond farmers rely heavily on commercial bees for pollination, and that tariffs on Chinese trade will impact the economy because China imports large amounts of almond products from the United States. He advised beekeepers to pay attention to the almond market.

He also stressed that having a mentor is important for a beginning beekeeper. Allen said having a mentor contributed greatly to his business’ success.

Allen recommends beginner hobbyists start with two hives and estimates the startup cost between \$800 and \$1,150. |ECHO



**Owner of Apricot Apiaries Matt Allen’s bee colonies. Photo undated.**

Photo provided by Matt Allen

## EDUCATING TUTORS ON DYSLEXIA

### Tutors Receive Training to Better Accommodate Dyslexic Students

Written by Kurtis Thompson, Staff Writer

**On Jan. 17**, eight AICs who tutor at EOCI participated in a special session of dyslexia awareness training. According to teacher S. Schuette, the AICs learned about the facts and myths of dyslexia and the people who face the challenge of having it.

Tutors often work with students of all skills levels, but, according to Schuette, dyslexia is more common in the prison setting.

According to the International Dyslexia Association of Oregon, 15 to 20% of people exhibit some form of dyslexia, and Schuette said some professionals believe that the numbers could be as high as 50% in incarcerated populations.

Dyslexia is a language-based learning disability originating in the brain with a severity that varies between individuals. A dyslexic person may find occasional difficulty with specific

words, while another might have such severe dyslexia that they require targeted and informed education.

To better serve those who may have dyslexia at EOCI, the tutors watched multiple videos and participated in dyslexia simulations to gain a better understanding of the condition.

One of the videos, produced by Ted Talks, went into detail on how dyslexia is not a matter of mixed up letters. Rather, the brain with dyslexia does not process things like phonetics and syllables as non-dyslexics do, and perceived words take harder paths in the brain which results in processing difficulty.

The sounds in words are called phonetics, and how those sounds are divided are called syllables; both are highly challenging for dyslexic people. For example, the word “teacher” has two syllables, “teach” and “er,” which for the dyslexic brain may come out

sounding more like “teak” and “her.”

These types of difficulties also extend to forming sentences both written and spoken, which in the most extreme cases might prevent someone from being able to speak at all.

Being dyslexic does not mean someone is unintelligent. According to the International Dyslexia Association, people with the condition are just as capable as their peers and simply require different learning techniques.

Some examples of people with dyslexia are Whoopi Goldberg, Tom Cruise, Steven Spielberg, Anderson Cooper and Albert Einstein.

Schuette has also participated in dyslexia training along with other education staff provided by the Higher Education Coordinating Commission, an organization that also trains educators for teaching things like GED and ESL classes. In the dyslexia training, staff learned the same information that was taught to the tutors.

“We’re trying to take the stigma out of [dyslexia],” Schuette said. “We want people to know they are not alone.”

|ECHO

AROUND EOCI

# LIBRARY PREPARES TO INTRODUCE NEW CHECKOUT SYSTEM

## New System Scheduled to Start in the Coming Months

Written by Chris Ainsworth, Staff Writer



Shutterstock/M.Stocker

**EOCI's book checkout process is changing. The library staff is in the process of sorting and cataloging more than 15,000 books to start the new check out process.**

**Books are piled** high onto tables as they are brought back from various housing units. Library workers organize books into categories, those that will be rotated monthly to units and those that will be available through the new library checkout system.

The checkout system is expected to be in place and active by February or March, according to library staff.

Planning for the new checkout system began in September 2024 as library coordinators worked with security staff to avoid throwing away a large number of the books donated by AICs at EOCI.

After collecting and cataloging all the library books in the institution, the AIC library workers estimate the total number of books that will be sorted and cataloged to be over 15,000.

"About one third of the library will be rotational only and two thirds will be request only," said two-year library employee Nicholas Estrada.

### The Previous Process

In the past, AICs had two options when requesting books.

If the book requested was an art book, manga, comic book, or one of the limited number of educational text books, the AIC would be placed on a callout to look through three ring binders filled with book titles and photos.

The AIC would write down books they were interested in and send that list in to the library using a communication form.

Later, the AIC would then be placed on a callout to pick up or exchange their books.

For the majority of books, when requested the library would add the book to the requesting AICs unit during monthly book exchange. Once the book was delivered to the unit there was no guarantee the AIC who requested the book would receive it.

### The New Process

When the new process goes into ef-

fect AICs will request to look through a catalog that lists books by genre, author and title. They will send a list of five books to the library and will be placed on a callout to pick up one book at a time.

The book will be checked out to the AIC for two weeks. If an AIC finishes the book prior to the two-week period, they can notify the library and exchange the book sooner.

Alternatively, if an AIC needs extra time with a book they can request additional time as long as the book is not waitlisted.

"[AICs] may go through the first fifteen pages in a two-week period," said Estrada. "Like the art books, we completely understand. Some people have jobs."

Duplicate books will be divided between unit rotation and checkout. Some duplicates will be reserved for checkout if they are popular.

The library coordinators said this is a better way to keep track of the books available.

In the future the library hopes to make the catalogs available on the unit either through the tablets or binders that will be updated. However, as the program starts AICs will have to schedule a callout to review a catalog.

### How to Donate Books

For AICs interested in donating books, the library coordinators said they should send a communication to the library directly. Then, the AIC will be placed on a call out to donate their book to the library.

In the past, AICs would write donate on the inner cover and place the book on the unit bookshelf. This created issues because coordinators would often need to confirm the book was donated.

|ECHO



# LIFE SAVING RESUSCITATION

## EOCI Holds CPR Training for AICs on Dec. 27, 2024

Written by Chris Ainsworth, Staff Writer

Following a cardiac arrest event, treatment time is critical. Studies show that immediate cardiopulmonary resuscitation, within three to five minutes, followed by defibrillation dramatically improves survival. In major cities where CPR training is widespread survival rates are about 20%, but can be as high as 57%.

After nearly a one year hiatus, a group of 11 AICs gathered around tables on Dec. 27, 2024, in EOCI's Institution Work Program building and watched videos explaining various first aid emergencies and how to properly react to them. The AICs were trained in basic adult first aid, CPR and the use of automated electronic defibrillation (AED). Following the training they performed learned skills on a dummy in front of the EOCI staff facilitator Ray Peters, before being issued a CPR, AED and First Aid for Adults certification card.

Before class started Peters joked about being subjected to "death by video" because most of the five-hour certification course was watching videos. Between videos, relevant life experiences were shared by Peters and the attending AICs. Even though the training started with a joke the class understood the seriousness of the education.

"I take the class seriously," said Mathew Fennern-Chandler, 33, who has successfully performed CPR five times. "I have been taking CPR classes since my juvenile days. I was at Donald E. Long Juvenile Detention Center for a while and they certified me there once a year."

About a third of the class acknowledged they had successfully performed

CPR in their past. The class experience surprised Peters, who said previous classes only had one or two people who had performed the lifesaving task.

Fennern-Chandler was one of those one of those who raised his hand.

"My father overdosed on heroin in the bathroom. I think I was 16," said Fennern-Chandler. "I performed CPR on him until the ambulance arrived."



**A student performs CPR on a practice dummy in the IWP building.**

If blood flow has stopped for about four minutes the brain may sustain damage with irreversible damage happening after about seven minutes, meaning effective CPR is performed within seven minutes following the stoppage of blood flow.

Proper CPR techniques and the use of AED devices was just a portion of the certification course. Participants learned how to respond to victims who are choking, bleeding, experiencing shock, how to understand warning signs of sudden illness and how to respond to sudden injury sustained by the head, neck and back.

The odds of a choking death in the United States is about 1 in 2,659. In 2022 there were about 1.7 deaths per every 100,000 people, equating to around 5,554 choking deaths.

"There was a guy I was sitting with who started making these weird sounds and couldn't breathe," said Dominic Manson, 23, about using his prior training. Manson was one of the participants in the course. "I gave him the Heimlich maneuver. I didn't realize I knew how to do it until I thought back to the class I had taken."

AICs were also trained how to administer naloxone, the generic name for Narcan, which could save someone experiencing an opiate overdose.

Narcan, the most common opiate overdose treatment, can be administered through injection or nasal spray.

In 2019, approximately 50,000 deaths were the result of an opiate overdose. A study by the National Institute of Drug Abuse shows that number rose to over 81,000 deaths in 2022, 10 times more than in 1999. According to the CDC, 75% of drug overdoses in Oregon during 2020 were attributed to synthetic opioids, 9% higher than the rest of the United States during the same period.

"I am glad they had the 'How to Administer Narcan' video," Fennern-Chandler said. "Not everybody knows how to administer Narcan."

While CPR, choking, and opiate overdose are the major skills taught in the class, knowledge of basic first aid should not be overlooked. The course prepared AICs to provide life-saving support while awaiting medical services. |ECHO

AROUND EOCI

# RUSSIAN BAPTIST SERVICE HIGHLIGHTS MISSIONARY WORK

## Special Service Held on Jan. 12; Volunteers Share Experiences in Missionary Work

Written by Jacob Harper, Correspondent

**The Russian Baptist** service held a special event on Jan. 12, 2025, in the EOCI chapel. Service volunteer Sergei Manzhura shared photos and experiences from his work in the missionary field with the attending AICs.

Sergei Manzhura is originally from a region of Southeast Russia bordering the Black Sea and Turkey. He emigrated in 1990 to Sacramento, Calif. What drove him to this day and place (a prison in Eastern Oregon) is his heart for missionary work. The day's topic was Africa - Mombasa, Kenya to be more specific.

Manzhura and members of his family went to the English-speaking African nation to support the fledgling church there following a tenet of the bible they take very seriously - to go out and make disciples of all nations, baptizing in the name of the Father, Son and Holy Spirit. According to Manzhura, this is a directive spoken by Jesus Christ in Matthew 28:19-20.

"With people so eager, how could I say no?" said Manzhura.

Manzhura said people in Mombasa desired to be baptized and to attend the service, some traveling three days on foot to be there. The missionaries are self-sponsored, taking their own hard-earned wages to go preach.

Manzhura shared a photo during the Jan. 12 service that illustrated the differences between daily life in the United States and life for many people Kenya. It's a life without shoes.

In the photo a man's feet were disfigured by the lack of support, heels jutting out behind the ankle flat and resembling the shape of a flip flop.

According to Manzhura many people in rural Kenya exhibit this physical aspect. One of the charitable acts that Manzhura made was money earmarked

for the purchase of footwear.

Another impression made on Manzhura during his missionary work was the need for potable water; he recalled children standing in a river, yet asking for drinkable bottled water.

Bottled water can cost over a dollar and Manzhura said a daily wage is less than three dollars per day. Many of the rivers and water in the region are poisoned and many of the people suffer from fear of the water and the diseases that can be contracted, according to Manzhura.

He spoke of the risks of malaria and a parasite which destroys the brain, rationalizing the risk to him and his family with his belief in do the work of preaching the gospel and baptism.

“Jesus took the risk of dying. Sometimes we do too.”

"Jesus took the risk of dying," he said, "sometimes we do too."

Manzhura spoke on his devotion to tithe 10% of his time and resources to God, citing the lifetime of Jesus and the breakdown of his life spent in ministry versus his life spent before ministry. It is commonly believed that Jesus lived to be 30 years old before he went throughout Israel teaching until his death at 33. Manzhura used the timeframe of Christ's life to model his tithe of time to preaching, missionary work and finances.

Manzhura was joined for the service by his fifth son, David. The 21-year-old was happy to be there and shared a message with the small congregation after sharing photographs and a short story of his time in Kenya.

David told a parable entailing a king who loved a peasant girl. He posed the questions of forced love through his position or showering her with gifts to buy her love until the king settled with the decision to become a peasant himself to love and be loved by her.

According to David, the metaphor was meant to illustrate God's love for mankind and his choice to become a mortal, to then love and be loved, in the end sacrificing himself for his creation.

He said a basic principle of God's selfless love which is given while undeserved is held by the missionaries and their organization.

Sergei Manzhura spoke about his childhood in the Soviet Union and the expectations he had as a member in a persecuted church. There were raids where peaceful members of the Baptist Christian faith in Russia were carted off to the gulag, a Russian term for prison. He said the average sentence for attending an in-home service at that time was three to five years.

"I expected to go to prison once I turned 18," Manzhura said.

This time period of religious persecution in the Soviet Union occurred during the 1930s and then again in the early '60s all the way up until the 1980s when the Berlin Wall came down and the Iron curtain began to part.

The Russian Baptist service returns monthly. On April 14, 2025, the Russian Baptist Orchestra is scheduled to perform in the chapel. | ECHO



**DAZZLE UNDER THE LIGHTS** continued from page 1

Photo by Phillip Luna/The Echo

**In game one of the All Star series on Jan. 13, 2025, the West's Lamar Stanton attempts to dunk the off-the-backboard-pass from Aaron Garcia, jersey number 2. The pass sailed too high for Stanton.**

A five-point score is any basket made from the half-court circle. There were four attempts during night one and all were wayward. Only one was taken during night two with the same result.

The isolation (iso) match-up is when the referee has the clock stopped for a one-on-one match-up between the ball handler and the primary defender. The match ended after a successful score, a missed shot, or if the ball is stolen.

The series was evenly refereed by both east and west side referees.

While some may expect referees to favor their division (east or west), west side referee Stephon Hartley said with a mischievous chuckle, "I'm going for the ops (opposite) ...I want to see the other side win."

### **Game One: Isolation Match Ups and a Lopsided Victory**

The tip-off for game one on Jan. 13, was between 6'5" power forward/center Lamar Stanton from unit B1 and 6'7" center Michael Altherr from unit G4. Stanton won the tip but fellow All-Star teammate and point guard Kevin Clay got bumped attempting to grab the ball and it sailed out of bounds giving the East first possession.

Two minutes into the game came the first of eight iso match-ups. Aaron Garcia of unit B4 was guarded by G3's recently acquired point guard Ernest Quiroz.

Quiroz attempted a crossover on Garcia. Quiroz drove to the bucket but missed as his lay-up attempt went over the rim touching nothing but air.

At the end of the first quarter the West was on top 35-15.

The East struggled with blown lay-ups, missed wide-open shots and turn-overs.

At the end of the second quarter the score was 50-26 for the West.

The third quarter had the second and third iso match-ups.

Garcia faced off against H2's Luis Rodriguez in the second iso match-up. Garcia squared his shoulders with the hoop which should have let Rodriguez know he planned on driving.

Once in position Garcia exploded to the rim. Rodriguez's speed allowed him to clog the lane and forced an errant shot from Garcia.

*Continued on next page...*

## COLUMN - SPORTS



Photos by Phillip Luna/The Echo

**In game two on Jan. 14, 2025, the players for both teams stood for the national anthem before the game began. AIC Miran Moore performed the song *a cappella*.**

The third iso match-up was H1's Carlos Ramirez, who was closely guarded by Edwards. Ramirez's lay-up went off the bottom of the backboard and bounced out of bounds.

The score after the third was 65-42. It was starting to look like a wire-to-wire win.

There were five iso match-ups in the fourth quarter.

Within the first minute and a half of the fourth quarter, Clay and Estrada were called in the first iso match-up. Clay faked left then went right while Estrada's body was moving in the opposite direction, resulting in the first successful score in iso match-ups.

With eight minutes left in the game Quiroz drove the ball down the court, causing B1's Xabien Riley to back-pedal and fall over his own heel, giving Quiroz the lane and the bucket.

The exciting play was followed closely by another isolation match - the

second of the fourth quarter.

It was Shaquille O'Neal versus Charles Barkley-esque, as 6'7" Altherr battled 6'5" Stanton drew more excitement than almost the entire game.

Altherr fouled Stanton on his quest to score, resulting in two free throws instead.

Garcia and Quiroz faced each other in another iso match-up. This time, Garcia made the lay-up to win.

Almost immediately another iso match-up was called pitting Rodriguez against Maciel Munoz - speed against size.

Rodriguez is not known for his ball handling skills and Munoz is a Dennis Rodman/Bruce Bowen type of defender, making this match-up more interesting. Rodriguez cut left then right and drove to the basket making the contested lay-up.

At three and a half minutes left in regulation Munoz and Rodriguez found

themselves in another isolation bout. Despite getting fouled, the referees granted Munoz another chance. Rodriguez stole the ball winning the final iso of the night.

The West cruised to an 82-57 win over the East, but the isolation matches made the game interesting.

### **Game Two: Close Until it Wasn't**

In game two on Jan. 14, 5'9" point guard Anthony Mack lined up across from 6'7" Altherr for the tip-off. In a show of pure athletic ability Mack out jumped Altherr to win the tip.

The first quarter had the East scoring often and early. The East went on an 8-0 run neat the start of the game, forcing the West to call a timeout.

The West struggled early, but stayed within reach. The end of the first quarter the score was 26-20 in favor of the East.

The East seemed content with sharing the ball and it proved lucrative as they kept adding to their score.

Led by Stanton, with 12 first half points, and Xabien Riley, with 11, the West kept the east within striking distance, with the score 58-45 at the end of the half, East leading.

The East looked poised to force a game three if they could maintain their lead, but substitutions would play a key part of the West's comeback.

The West subbed in players in intervals while the East relied heavily on their starters.





Photos by Phillip Luna/The Echo

**West side coach Larry Williams, right, is laser-focused on the play, even during free throws. His team swept the three game series.**



**West side's Lamar Stanton almost assisting with the dunk of the shot, but the shot went in.**



**Players vie for rebound position in game two on Jan. 14, 2025.**



**East side players Luis Rodriguez, left, and Nick Estrada strategize as they wait to sub in during game one on Jan. 13, 2025.**

In the third quarter, the East caught the turnover bug - usually a sure sign of fatigue.

With the 3:34 left in the third quarter, the West's Marshawn Edwards was fouled in a game that had become just a one point lead by the East.

Edwards made the free throw which put the West up 70-69.

Between the three minutes left in the third quarter and the fourth quarter, the West outscored the East 26 to 17.

After an onslaught of turnovers, the final score of game two was 106-86, an apparent wallop to anyone who didn't watch the game.

The West swept the series in two games for the second year in a row.

Unit B1's Lamar Stanton was named the All-Star MVP with 47 total points, 15 rebounds and four blocks in two games.

Unit F3's Benjamin Marquez was named offensive player with 15 points and seven assists.

Michael Altherr from G4 was named defensive player with 21 rebounds and three steals. |ECHO

### **A Closer Look at Commonly Misunderstood Rules**

Players are not allowed near the scorer's table during a basketball game. Obstructing the scorers view is considered an infraction of this rule and will result in a technical foul for the players team. Players subbing into the game can crouch at the end of the table, outside of the scorers view.

## BLACK HISTORY MONTH

# A MAP TO FREEDOM

## Enslaved People Created Maps Using Their Own Braided Hair

Written by Phillip Luna, Editor

**Cornrows, braids very** close to the scalp that are formed using an under-hand technique, are part of cultural identity for Black people. Throughout history, however, cornrows and braiding have been used to define tribes, social status or even for mapping escape routes for slaves.

### From Africa

In ancient Africa, braid patterns typically indicated which tribe a person was a part of and their stature within that tribe. Warriors and kings also used hair styles to show their status in society. Braids were also used to signify marital or social status.

There are many different types of braids which have their roots in Africa. But braids of different variations also have roots in Viking, Native American and some Asian cultures.

Cornrows, specifically, can be traced back to 3000 B.C. Africa. It is likely the hair style was called “kolese” which means “a creature without legs” in Nigerian.

The term “cornrows” originated in America sometime after the 16<sup>th</sup> century.

Many other braid and hair types also originated in Africa. Dreadlocks, for example, were first seen in Egyptian carvings dating back to 2500 B.C.

In many parts of Africa braids are still used to signify a person’s age, marital status, wealth, religion or tribe.

### To Slavery in the United States

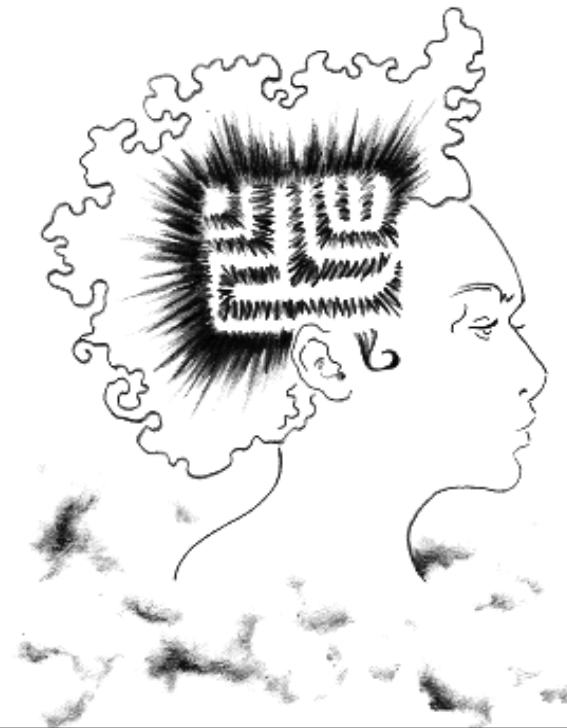
Cornrows, which were sometimes called canerows to represent the sugar cane fields that slaves worked in, became a way for slaves to secretly communicate with each other.

In the late 1500s, slaves began using hairstyles as maps, with curves representing roads that could be used to escape. Enslaved people would style their cornrows in patterns as a means of coded messaging.

A particular number of braids could indicate possible escape routes or even signal a meet up time.

Enslaved people often had no education, and their only expertise was in the crop or crops they had spent lives working.

Escaping slaves would hide seeds in their cornrows when they attempted escape. The hope was that the seeds from crops they knew well would pro-



## FREEDOM'S JOURNAL The First Black Owned and Operated Newspaper

Written by Phillip Luna, Editor

**Freedom’s Journal** was a weekly newspaper first published March 16, 1827 in New York City. The paper was in circulation until 1829 and was the first Black owned and operated newspaper.

Freedom’s Journal was founded by Rev. John Wilk and other free Black men.

In the 1800s, print journalism became an important part of the African American protest and empowerment when some Black Americans were

emancipated. Freedom’s Journal was also an attempt to improve literacy rates among Black people and argue for social and political equality in their community.

Freedom’s Journal often published poetry and fiction writing. “Theresa – a Haitian Tale,” is considered the first published piece of short fiction by an African American author. The unknown author went by the designation “S.” and the story featured a female protagonist of African descent.

“Theresa – a Haitian Tale” was published in the Freedom Journal in 1828.

In 1827 there were approximately 300,000 free Black Americans in the United States, which stemmed from many new emancipation laws. In 1799, New York had passed the gradual emancipation law. Enslaved children born in New York after July 4, 1799, and after a period of indentured servitude into their 20s, would be emancipated.





vide food or means when they reached their destination.

### Relevance in Modern Day

Today, the style is seen worldwide and holds significance in West Africa, Sudan and throughout the horn of Africa. In many parts of Africa, braids signify a person's age, marital status, wealth or religion. |ECHO

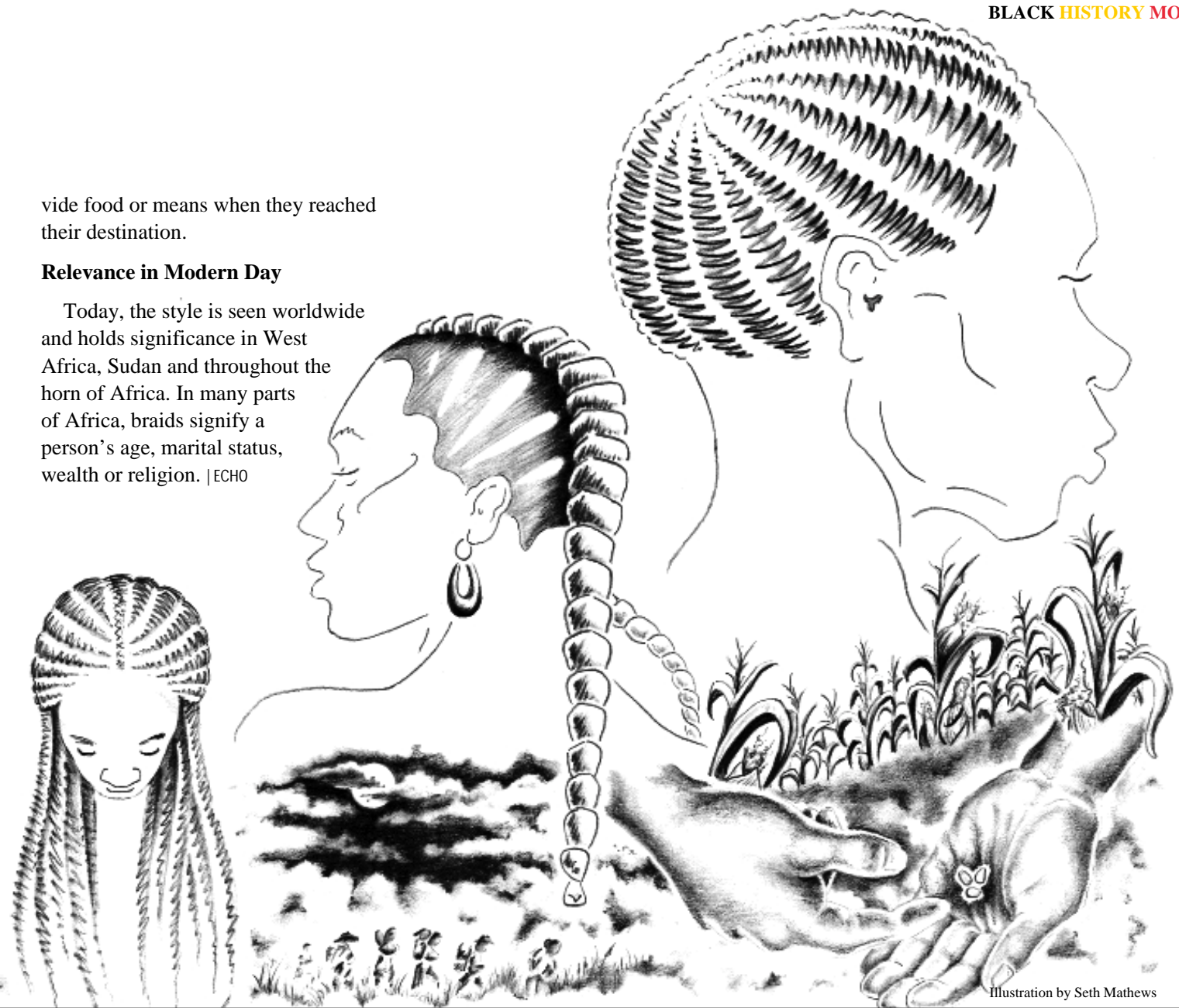


Illustration by Seth Mathews

The United States and Great Britain had banned African slave trade in 1808, but slavery was expanding in the Deep South of America.

According to African American journalist Irvine Garland Penn, the objective of Freedom's Journal was to oppose New York newspapers that attacked Black people and encouraged slavery. Newspapers at the time mocked African Americans and openly supported slavery. While New York State passed emancipation laws,

the state's economy was tangled with the South and slavery.

The Freedom's Journal founders selected John Brown Russwurm and Samuel Cornish as editors for the publication.

Russwurm was born in Jamaica to an enslaved Black woman and a white merchant. Later, his father moved to Maine and remarried a white woman. Russwurm was raised by his father and step-mother. He studied at Bowdoin College, and

eventually became the second known Black American to earn a bachelor's degree from a U.S. university.

Cornish was born to free Black parents in Delaware. In his life he was an advocate for the abolition of slavery and helped establish the first Black Presbyterian Church in New York.

Russwurm and Cornish were critical to the publications significant, but short-lived success. |ECHO

## BLACK HISTORY MONTH

# A RECONDITE COWBOY

George McJunkin: Cowboy and Amateur Archeologist

Written by Phillip Luna, Editor

**No historical figure** blurs the lines between hero and victim more than that of George McJunkin. Among the indelible black marks and ink blotches across the crisp, clean pages of U.S. history, he is a bright spot.

George McJunkin was the first Black cowboy.

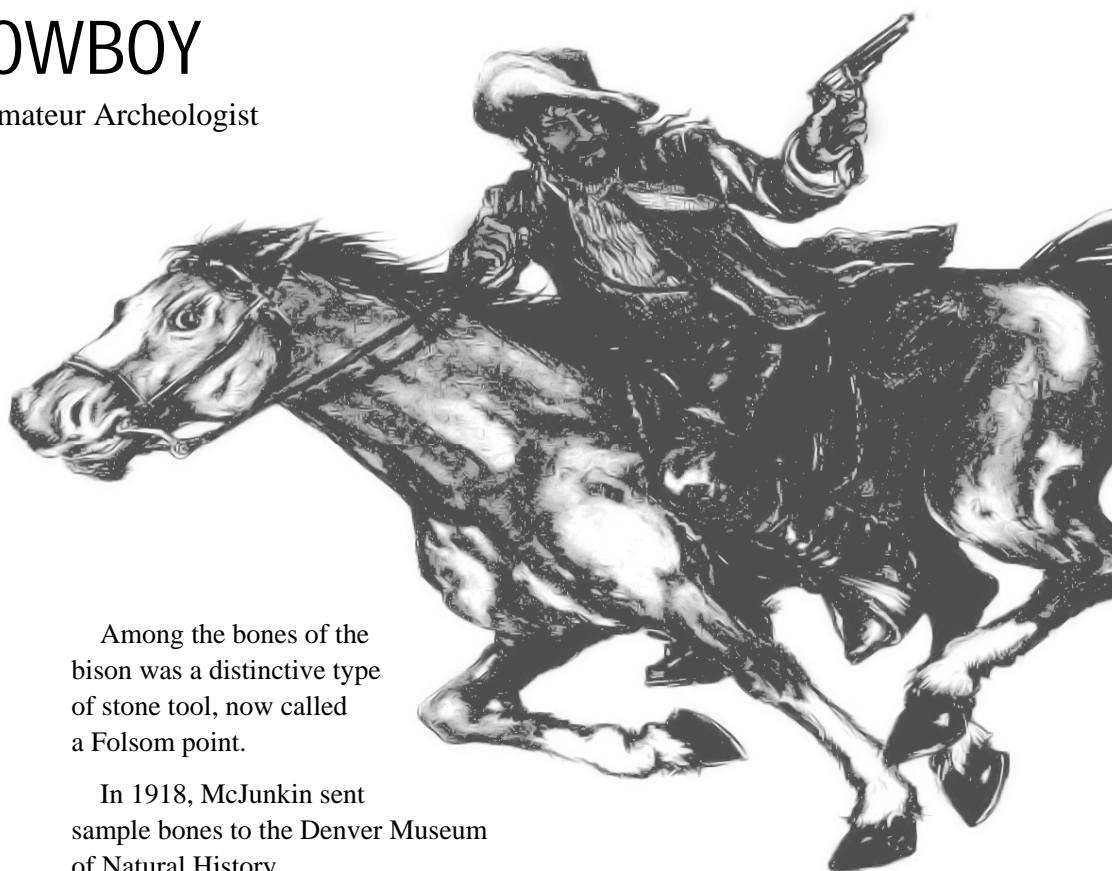
McJunkin was born 1856 in Midway, Tex. He was a little known cowboy and amateur archeologist. McJunkin was an expert bronco rider and considered one of the best ropers in the United States during that time period. The profession of cowboy was very common in the 1800s, but it was unexpected for McJunkin.

From 1700 to 1800, at the start of the cowboy era, one quarter of a million slaves were brought from Africa to the United States, marking the beginning of the most abhorrent period in U.S. history.

Today, the country is often labeled a melting pot - a cliché referring to people from different social, cultural, economic and ethnic backgrounds inhabiting together. But 150 years ago, before the title of the world's melting pot was hackneyed, McJunkin was the proverbial chili to a melted pot.

Born just a few short years before the Civil War, McJunkin taught himself to read, write and speak Spanish as a child. He played the fiddle and the guitar, and later in life became an amateur archaeologist.

In 1908, while patching a fence after a recent flood, McJunkin entered an arroyo where he discovered remains of several giant prehistoric bison, exposed where the flood had eroded the rock bed. Later, this became known as the Folsom site.



Among the bones of the bison was a distinctive type of stone tool, now called a Folsom point.

In 1918, McJunkin sent sample bones to the Denver Museum of Natural History.

The museum eventually sent Harold Cook, a paleontologist, the following spring.

Giant bison of the type McJunkin found had gone extinct at the end of the last Ice Age. Cook was able to establish proof of a human kill because of the Folsom point that McJunkin had discovered.

Leading authorities of the time refused to accept a human presence in North America any older than about 3,000 years.

But, findings at the site were evidence of Paleo-Indians on the continent for at least 12,000 years and McJunkin's discovery changed what was written in the history books.

Indigenous peoples of the New World didn't have steel tools and European colonialists had assumed indigenous people only recently arrived on the continent.

The viewpoint of Europeans at the time theorized that human cultures go

through inherent stages: hunting or savagery, herding or barbarism, and then civilization.

It was a ladder that led in only one direction, with the creators of the theory and their culture sitting on top.

Despite the enormous influence George McJunkin's life made on the world and its understanding of early human history, his name appears few times, if at all, in conventional U.S. history text books.

McJunkin is not the only historical person or culture not to receive their due credit.

The ingenuity of indigenous ancestors all over the globe is often credited to unexplainable occurrences. Incredible achievements by the Mayans, Egyptians, or many other cultures, is often given to long-lost people from mystical cities (Atlantis) or sometimes even space aliens (the building of the pyramids or Mayan temples). | ECHO



# IMMORTALIZED CELL LINES: HeLa

Almost 75 Years After Her Death, Henrietta Lacks Lives On

Written by Chris Ainsworth, Staff Writer



**It is not uncommon** for medical staff to collect samples from patients. Samples come in the form of bloodwork, urine, and even cells biopsied during treatment. Once collected, various tests are run on the samples to find if treatment is needed or if treatment worked. In rare instances the cells are used to further medical research.

In 1951 cells were collected from a biopsied tumor of African American woman Henrietta Lacks during her treatment for cervical cancer at John Hopkins Hospital in Baltimore, Md. Due to mutation, those cells would become the source of one of the most important cell lines in medical research.

Lacks underwent radium treatment at John Hopkins Hospital, one of a limited number of hospitals that offered treatment to impoverished African-Americans. She passed away at the age of 31, in October 1951, after losing her battle with cancer.

Her cancer cells were forwarded to Dr. George Otto Gey, a prominent cancer and virus researcher. He collected cells from all patients, regardless of race and socioeconomic status, treated for cervical cancer at John Hopkins University.

Lacks, born Loretta Pleasant but affectionately known by her loved ones as Hennie, had a rare mutation that allowed her cells to continue undergoing cellular division under the right conditions. Unlike anything Gey had

seen, her cells doubled every 20 to 24 hours instead of dying like the other cells he collected.

Her cells were the first to be found with the mutation that would allow them to keep undergoing division, making her line an important tool for research in biochemistry and cellular biology. Cell lines with this mutation are known as immortalized cell lines.



The HeLa cell line has been used to study the effects of toxins, drugs, hormones and viruses on the growth of cancer cells without experimenting on living people for more than 70 years.



The cell line was nicknamed HeLa by Gey, created using the first two letters of her first and last name. The HeLa cell line has been used to study the effects of toxins, drugs, hormones and viruses on the growth of cancer cells without experimenting on living people for more than 70 years.

At the time, permission to harvest cells was not required or sought, so neither Lacks nor her family were aware the cells were collected and subsequently used for medical research.

Even though information from her cell line was known to researchers after 1970 the Lacks family did not find out about their existence until 1975. In the

1980s the family medical records were published without consent.

The Morehouse School of Medicine wanted to give recognition to Lacks, her cell line and “the valuable contribution made by African Americans to medical research.”

In 1996 they school held the first annual HeLa Women’s Medical Conference. The mayor of Atlanta declared October 11, 1996, the first day of the conference, Henrietta Lacks Day.

In March 2013 the Lacks family was notified by author Rebecca Skloot that the DNA sequence of the genome from a strain of HeLa cells would be published. The family raised objections about making the genetic information public. Jeri Lacks Whye, grandchild to Lacks, told the New York Times that “the biggest concern was privacy.”

Later that year another group working on a different HeLa cell line under the National Institutes of Health (NIH) submitted their findings. In August 2013 the NIH announced an agreement with the family that gave some control over access to the sequence and a promise of acknowledgment in scientific papers.

The Lacks’ estate filed a lawsuit in 2021 against Thermo Fisher Scientific for profiting from the HeLa cell line without consent asking for “the full amount of (Thermo Fisher’s) net profits.”

The Lacks family reached a settlement in July 2023 with Thermo Fisher for undisclosed terms. |ECHO

# 3 RECOMMENDED EDOVO SITES

Written by Kurtis Thompson, Staff Writer

**There is an application** on the institution tablets called Edovo. On it, residents will find a variety of information from mathematics practice to Japanese fairytales to AIC-created content. While there is something for everyone, here are three Edovo sites that might be helpful.

## Trauma Talks

Created by Fritz Horstman of the Compassion Prison Project, Trauma Talks is a 16-part course aimed at educating justice-involved people about ACEs, or Adverse Childhood Experiences, and how childhood trauma affects their lives every day. Horstman said, “This trauma is one of the reasons they (AICs) ended up in prison.” The course shares real stories from other

AICs and practical knowledge that can be immediately put to use. These videos can go hand-in-hand with written curriculum obtainable by contacting the Compassion Prison Project.

## Preparing for Success After Prison (PSAP)

This 35-part program is intended to help justice-involved people prepare for success at any stage of life, regardless of whether or not they’re currently incarcerated. Created by ex-convict Michael Santos, Preparing for Success After Prison clearly defines goals, covers skill development like reading, writing and critical thinking, offers lessons on attitude, aspirations and accountability in overcoming adversity, and teaches on emotional intelligence,

empathy and creativity. These lessons can be applied both in and outside the carceral setting.

## Ask Bob

Ask Bob was created by Bob Pelshaw, a previously incarcerated and now successful businessman, entrepreneur and advice columnist. The Ask Bob content was created from questions from AICs at different carceral facilities around the United States. The subjects include things such as branding and licensing, publishing, grant writing, strategies for getting a desired job when having a criminal record and more. If viewers don’t see the question they want answered, Pelshaw can be contacted at:

Ask Bob  
c/o Pelshaw Group Inc.  
PO Box 460671  
Papillion, NE 68046

| ECHO

# A STORY BEHIND THE STORY: COMPASSION PRISON PROJECT

## Compassion Prison Project Creates 16-Part Course Called Trauma Talks

Written by Kurtis Thompson, Staff Writer

**According to Compassion Prison Project founder and Executive Director Fritz Horstman,** prisons are actually trauma centers. She said she came to this conclusion after visiting Kern Valley State Prison in California and speaking with AICs in custody there.

“I realized we weren’t in a prison,” Horstman said. “We were in a trauma center and nobody knew it.”

After visiting the prison Horstman developed Trauma Talks, a program intended to educate justice-involved people on the effects and symptoms of childhood trauma, ways to heal from trauma and ways to see themselves and others in a healthier way. The 16-part course is intended for 12-18 participants per group and includes a work-

book done in tandem with 16 Trauma Talks videos available on Edovo, the educational application on institution tablets.

“I realized we weren’t in a prison. We were in a trauma center and nobody knew it.”

Horstman, who facilitated an Adverse Childhood Experiences (ACEs) questionnaire to approximately 235 AICs from Lancaster prison in Califor-

nia, said that 98% of justice-involved people have at least one ACE and 80% have four or more – a statistic that indicates a person is seven times more likely to end up in prison. These numbers led her to believe that by addressing the childhood traumas, incarcerated people can become healthier and have statistically less likelihoods of recidivism.

As part of her curriculum for childhood trauma treatment, Horstman went out to the sun-bleached chalk-white concrete yard of Lancaster prison with the 235 AICs and had them gather in a large circle. Standing side by side, the circle appeared to be larger than a football field with Horstman in the center. She then began asking questions about



# 5 WAYS TO BE SUCCESSFUL IN 2025

Written by Chris Ainsworth, Staff Writer

**The new year** has started and individuals across the U.S. are making their New Year's resolutions. In a study by Scranton University, only 19% of individuals keep their New Year's resolutions. Here are five strategies to help achieve success when setting new goals.

## **Make specific, realistic and measurable goals:**

Instead of saying, "I want to get healthy," which is difficult to measure, set a goal of wanting to work out or exercise for 20 minutes a day, three days a week. Then when increase your exercise 10 minutes the next month, then add an additional day. Success means setting goals that can be measured.

## **Share resolutions and goals with friends and family:**

Having a positive support and accountability system can help improve outcomes. Maybe it will encourage someone to join in on the resolution.

## **Make smaller, short term goals that will progress to a larger goal or resolution:**

In Japanese culture, the concept of Kaizen teaches the importance appreciating small milestones on the way to a larger goal. By taking smaller steps and celebrating the little successes big changes may not seem as daunting.

## **Avoid old habits; change is about doing things differently:**

Sometimes individuals become com-

placent and return negative behavior and poor habits.

Albert Einstein said, "We cannot solve a problem on the level of consciousness that created it."

Different outcomes require different actions.

## **Make room for failure on the path to success:**

Don't make resolutions impossible to achieve. People often demand perfection out of themselves, especially when making New Year's Resolutions. Don't look at a resolution as a success versus failure situation. There is often more to learn from a failure than a success.

Use some, or all, of these strategies can help people avoid being part of the four of five people that abandon their New Year's Resolutions before the end of January. |ECHO

ACEs over a microphone, such as whether a parent or guardian had ever done them harm, if they grew up in extreme poverty, whether they were sexually abused and more. Each AIC would take a step towards the center of the circle for each question true for them.

By the end of the questionnaire, nearly all of the 235 AICs were clustered closely to Horstman.

Dr. Gabor Mate, substance abuse and trauma expert, said, "When you study prison populations, you see a common preponderance of childhood trauma and mental illness. The two go together. So, what we have in prisons are the most traumatized people in our society."

Any facility can start the Trauma Talks program by request. Institution staff or AICs can contact the Compassion Prison Project for this information.

"I got a get-out-of-jail free card. I'm here now because I see myself as one of you."

Upon request, the CPP sends a greeting letter to the requesting individual with instructions on how to bring the Trauma Talks program to their facility. In the letter the receiving person is asked whether the CPP is included in their institution's Edovo application, if the person has watched and found value from the Trauma Talks videos on Edovo, if the institution they're at is open to new programs, if the recipient can mention the program to the facility administrator, whether there's an email or address materials can be sent to and if the person can receive a workbook.

"I've driven drunk, I've sold drugs, I was a juvenile delinquent," Horstman said. "My story is similar to most of your stories in here (prison). I'm white and I'm female and nothing happened to me. I got a get-out-of-jail-free card. I'm here now because I see myself in every one of you."

The CPP can be reached at the following address:

Compassion Prison Project  
8726 S. Sepulveda Blvd.  
STE D #4201  
Los Angeles, CA 90045 |ECHO

# CHECKING YOUR PRAS AWARD

Commonly Asked Questions and Answers with J. Stewart, OSII at IWP

Interview by Phillip Luna, Editor

## **Echo: What does it mean to earn 30 daily passes?**

J. Stewart: Daily passes are days worked, not calendar days. For each day worked that you do not receive a daily fail you will receive a daily pass.

If you are sanctioned to DSU, you must then earn 30 daily passes before you receive points towards a PRAS award.

Each time you attend a work assignment or a qualifying class (Pathfinders, education, etc.), you receive a daily pass. You can only receive one daily pass per day. If you're working on the weekend and going to school on your days off, you can actually complete the 30 passes faster.

## **Echo: What is a program fail and how does it affect work?**

J. Stewart: A program fail results in a loss of incentive level for 90 days and removal from the program; it may also affect your good time, if you have good time. Your counselor can program fail you for refusing to complete a program. Program fails undergo a review process to ensure they are being applied appropriately.

If you receive a program fail you must complete 30 daily passes before receiving a PRAS award again.

## **Echo: What is the difference between that and a daily fail?**

J. Stewart: With a daily fail you just lose your PRAS for the day. Three daily fails in six month usually means you are released from your work assignment and possibly receive a program fail.

A program fail is much more serious.

## **Echo: What about DR's? Do DR's affect pay and how so?**

J. Stewart: Misconduct reports result in a reduction of PRAS points earned in the month in which the report is signed.

The amount of reduction is based on the severity of the misconduct. A level one misconduct will result in a reduction of 100% of your points; a level six misconduct will only cause 10% of your points to be taken away.

Basically, if you receive a misconduct report, most of the time you will lose a portion of your pay for the month when the report is signed (completed). See OAR 291-077 or the AIC handbook for details.

## **Echo: If an AIC believes they are missing a portion of their PRAS awards, what should they do?**

J. Stewart: Review a calendar and count the days actually worked during the month and check your deposit account.. Holidays or other absences can affect pay. Some months are shorter than others. Also, check your monthly statement which is usually issued around the 15<sup>th</sup> of the month. Did you purchase something? Canteen? A fundraiser item? Did you send money out? If you can't determine what caused the shortage, send a communication form to IWP.

Sometimes mistakes are made, but most of the time they are not. It is certainly worth your time to track your points and check your award on your own.

## **Echo: When someone is eligible for a PRAS awards increase, what is the appropriate process?**

J. Stewart: Your supervisor must approve all increases. When your eligibility date approaches, ask them what format to use. If you kyte IWP directly, we will send the kyte to your supervisor for approval.

PRAS increase eligibility is based primarily on your supervisor's approval, however, you must also meet the required amount of time in your current position. |ECHO

## JOB OPENINGS

### CLERKS, ORDERLIES AND CARPENTERS: WOODSHOP NOW HIRING

Provided by the Carpentry Department

Looking for work? Want to learn a trade you can use when you release? Apply for a position in the carpenter shop!

Currently there are openings for a variety of positions, including: clerks, orderlies, facility maintenance and entry level carpenters.

Desired applicant qualities include: self-motivated, good attitude, work well with others, able to multi-task, proficient with computers, able to track inventory, able to read and comprehend basic instructions, basic math, and have a general knowledge of tools and materials used in a carpentry shop.

Applicants must be at least a level 2 and able to obtain a gate pass.

If interested, send a completed application to IWP and be sure to include all of qualifications and experience.

The application is open until further notice.





Photo by Phillip Luna/The Echo

## With Jacob Wittren

Interview by Chris Ainsworth, Staff Writer

### While incarcerated I learned...

To stay focused and stay busy because I knew that time would fly. Keep your mind set on what you want to be like in 10 or 20 years from now.

### The kind of person I was before prison was...

I was more shy. I would go camping or play video games. Never had a job on the outs. I just stayed home or went bowling.

### The kind of person I am now is...

More talkative, outgoing.

### My favorite prison food is...

I would have to say orange chicken, both on the unit and at work. Working in staff dining I eat a lot of good things.

### One thing I wish I had never wasted money on is...

Things to make cakes with, so junk food or sweets

### The best thing to buy on canteen is...

Coffee, unless you are not a coffee drinker. I would say, anything healthy you know, like protein bars, vitamins, supplements and so on.

### I wish I had spent less time doing...

Playing video games, that way I would have had more time to do other things like sports or programs.

### The programs I participated in were...

Heavy equipment operator.

### The biggest change I would like to see from DOC would be...

More lenient on the rules, like towards video games, or more yard time. Figure out a way, even if there aren't enough officers, for us to be able to go outside more.

### Since being in prison I have learned...

I would have to say time management. Doing a long time, I have learned not to be late for things like work or other appointments.

### Something I wish I had done is...

College. I wish I would have gotten into that sooner. Getting into college would have been something positive to spend time doing.

### I am most looking forward to...

To be around my family. To be out and be free. I lost my mom around the same time I moved to the east side [of the facility]. Since my mom passed everything just sucks. There's just something about losing my mom.

### A piece of advice I would give to someone just starting out would be...

To stay active, as in getting a job and joining sports. Just keep yourself busy and the time will fly by. | ECHO

## HEALTH AND WELLNESS

# SLEEPING FOR HEALTH IN THE CARCERAL SETTING

## Recommendations for Getting a Better Night's Rest

Written by Kurtis Thompson, Staff Writer

**Sleep psychologist** Dr. Daniel Jin Blum suggests methods for improving sleep that can be applied to the carceral setting. He said sleep is so impactful that professionals were able to significantly reduce violence at a youth facility's high security unit simply by improving their sleep health. These same methods work for adults, too.

Blum's recommendations include more than just a bedtime routine. He said that daily habits of exercise are important as well.

The body has multiple circadian clocks, with the primary one residing in the brain. Blum said there are second-

dary clocks located within muscles, and their activation has an impact on the setting of the primary clock.

To synchronize biological clocks, Blum said it is important to do five to 10 minutes of moderate exercise after waking, thus setting the awake phase.

He also said that 10 minutes of moderate exercise in the afternoon and evening helps set the circadian rhythm by increasing core temperature. This is a stark difference from the body's sleep phase temperature, which is lowest two to three hours before waking. The difference helps the body determine its sleep phase.

Blum said sleeping areas should be kept as clean, quiet, cool, dark and comfortable as possible, and lounging or work activities should be done anywhere else but in bed.

He suggested sticking to a schedule and getting between seven to nine hours of sleep, including a half hour of getting into bed with no television or videogames at that time.

Blum also recommended cleansing breathing, taking in slow and deep breaths through the nose, filling the lungs, and slowly out through the nose, counting to four until the lungs are empty. |ECHO

# THE WALK OF LIFE

## Experts Suggest 8,000 to 12,000 Steps Per Day

Written by James Paulk, Correspondent



Shutterstock/Yuri.A.

**Experts say walking 8,000 to 12,000 steps per day and completing 30 minutes of exercise decreased the odds of early death by 80%.**

**According to multiple** national health organizations, the average US citizen is only taking about 5,000 steps per day, yet experts suggest 8,000-12,000.

“People overestimate how much exercise they are actually getting,” said Dr. Kelly Starrett, world renowned physical therapist and author of “Becoming a

Supple Leopard” and “Built to Move.”

In 2021 a group of international researchers calculated the results from six studies previously conducted and found that the benefits of 30 minutes of exercise was determined by how active or inactive the person was the rest of the day. Their workouts decreased the odds of an early death by 80%, if they sat down for less than seven hours the rest of the day. People that sat for 11 hours or more received no reduction in the risk of an early death, despite the 30 minutes of exercise.

“It is not as simple as checking off that exercise box on your to-do-list. A healthy movement profile requires more than 30 minutes of daily exercise,” said Dr. Keith Diaz, a Professor of Medicine at Colombia University.

Most residents at EOCI do not have access to a pedometer or other fancy

*Continued on next page...*



step-gadgets; however, they have a couple of things that most people do not have-time to be creative and extra time to walk or exercise.

Cary Valencia, a resident of EOCI, was once over 400 pounds and struggled with high blood pressure. He said he lost 180 pounds just by walking and watching what he ate, and his blood

pressure is much better because of it.

Valencia speed walks around the track as much as possible. He said, "I'd much rather be laughed at for the way I walk out here than for being obese."

There is no wrong way to get the 8,000-12,000 steps a day. One mile is roughly 2,000 steps for a typical stride and the steps can be broken up all

through the day, or completed all at once.

Living a longer, healthier life is a great perk received from getting more steps; however, there are many more benefits: better body mechanics, circulation, sleep and brain function as well as less body pain, healthier feet and reduced stress. |ECHO

## THE GENERAL SAVINGS ACCOUNT

FINANCE

### An Option for Saving Money For Release and Earning Interest

Written by Kurtis Thompson, Staff Writer

**Trust accounts**, commonly referred to as books, are where AICs keep earned monetary program awards and funding from outside sources. AICs have one trust account which can have subaccounts attached.

For example, AICs can utilize the general savings account and the TRSA.

According to Susan VanEpps, EOCI's Accounting Technician in the Business Service Office, the "General savings is additional savings for AICs to use for their release; a Transfer Form CD 1832 is available from the Business Office to request the movement of monies from general spending to general savings, (with a) \$5.00 mandatory minimum amount, one request per month."

The Transition Relocation Savings Account has a lump-sum deposit cap of \$500 where the General Savings does not, and the TRSA is protected from any debt collections where the General savings is not.

Van Epps also said the "Salem Financial Services Administrator rarely authorizes use of general savings to be sent out to friends or family; you must provide detailed justification with your request in your kyte you send to the Business Office."

If AICs wish to continue saving to prepare for transitional costs after the



Shutterstock/Kenary820

**The TRSA is a protected savings account that AICs can use to save for release by adding 5% of each eligible deposit made to the general spending account. The general savings account is not protected, but allows AICs to add funds once per month.**

TRSA \$500 cap is reached, then the general savings is an option.

AICs cannot continue to add 5% of deposits to the TRSA if they have any court-ordered DOC debt. COFOs are collected at 10% of all eligible deposits. When the TRSA reaches the \$500 minimum, the collection will increase to 15% until court-ordered debts are paid.

Once court-ordered debts have been paid, AICs can request to continue adding 5% of eligible deposits to their TRSA account.

To continue adding 5% to the TRSA after the minimum has been reached, VanEpps said AICs should "send a kyte to the Business Office asking to continue with the 5% collection of future deposits; Salem Central Trust Administrator must approve and will notify Central Trust of any approvals."

Trust account subaccounts earn interest at rates based upon the Federal Reserve, and Salem Central Trust applies that interest to the general spending account which can be viewed on their monthly statement. |ECHO

## ARTIST SPOTLIGHT

# PAST FLIGHT TO PAST LIVES - A UNIQUE INTRODUCTION TO ART

## Artist Spotlight with Jacob Butler

Written by Kurtis Thompson, Staff Writer



Photo by Chris Ainsworth/The Echo

**Artist Jacob Butler draws on his unit at a table in the dayroom on Jan. 9, 2025. Butler sells his artwork through an organization called Past Lives, located in Portland, Ore.**

When Jacob Butler was 11 years old, he attended an air show with his uncle in Klamath Falls, Oregon. The sun was out and the air reverberated with controlled explosions of military-grade fighter jet engines, the sound waves so powerful they shook a person to their core. This event proved to be more special to Butler than he anticipated, because a prize waited for him at the end.

An art competition was held at the air show, the first prize being a ride in a military fighter jet. Butler's uncle had drawn a lifelike eagle, winning the competition, but since he was too big to fit in the cockpit, Butler got to fly from Klamath Falls to Portland in his place. It was 1992, and Butler's first memory of becoming interested in art.

Butler described the eagle his uncle

drew as amazing, and sitting in the copilot seat of a titanium bird left an impression on him.

"[The flight] was pretty insane," said Butler, 44-year-old resident of MHU. "Just the feeling of weightlessness and being crushed into the seat ... six minutes from Klamath Falls to Portland."

Thirty-three years later, Butler uses art to earn income. Incarcerated in 2022 with a release date in 2035, he now has an OAR 291-119 business authorization which allows AICs to produce inventions, manuscripts and other compositions for sale to the general public. Butler has created greeting cards he sold through an organization called Past Lives; in addition, he is collaborating with others to produce coloring books.

Past Lives, located in Portland, Oregon, travels around the city to participate

in events where they consign AIC art for 20% profit. Butler said this is one way he creates income while incarcerated.

"My Christmas was paid for by Past Lives," he said.

Butler said he sold at least nine cards through Past Lives, which typically sell for \$16 each. After the organization takes their 20% share, the remaining 80% of an AIC's sales are distributed to their Trust Accounts monthly.

Butler is doing more than greeting cards. Collaboratively with AICs Dan Harper and Arlen Arcoren, he is contributing to coloring books. Slated to be published in February under the brand name "Peace of Art", the coloring book titled "From the Heart" will include 20 pieces from Butler.

Paradoxically, Butler said he doesn't like drawing.

"I like the things I get from it, but I don't like drawing," he said. He added that the work can be tedious and many people do not appreciate the effort he puts into his pieces.

Despite that, Butler continues producing art using spatial imagination. In short, that means once he sees something, like a chicken, he can draw it many different ways from memory alone. Butler said he vaguely recalls



## ARTIST SPOTLIGHT

discovering this talent as a child when an adult artist had him draw images from memory, and Butler performed exceedingly well compared to his peers.

He said this ability contributed greatly to his greeting card production and helped him to create unique pieces that sell quickly at Past Lives events.

This income is important for Butler because he doesn't receive outside financial support like many other incarcerated people do. Additionally, due to a brain tumor that affects his emotional regulation, he has difficulty communicating at times because it causes him to appear aggressive when he is not trying to be. This health condition makes it difficult for him to maintain work programs, so being able to produce and sell art is both therapeutic and profitable.

Butler said his attitude turned from drugs and anger towards friendship and kindness since incarceration, and sometimes he gifts art to "break the ice."

"I try to be kind in everything I do," he said. "I'm tired of causing hurt. I've made some changes in myself to be less angry about things and I don't want drugs in my life ... art has given me a way to try and connect with people."

For artists interested in Past Lives, Butler said his top-selling cards are ocean-themed, related to Rose City, or have colorful pop-culture images. Unique cards that appeal to the widest audience will sell the fastest, with some of his selling as fast as three weeks.

To contact Past Lives, AICs can send mail to the following:

Prisoner Outreach Guild

co Past Lives

2808 SE 9<sup>th</sup> Avenue

Portland, OR 97202



Photos by Chris Ainsworth/The Echo

**Jacob Butler, above, poses for a photo while drawing on his unit. Left, Butler's work for the coloring book his working on with other AICs. Below, Butler's card art which he sells through Past Lives at \$16 each.**

Past Lives can also be contacted via the tablet messaging application by adding [pastlivesprisonoutreach@gmail.com](mailto:pastlivesprisonoutreach@gmail.com) to their contact list.

AICs wanting to sell their works are advised to review OAR 291-119 to ensure compliance with ODOC rules governing the creation and sale of handiworks to the public. |ECHO





Written by Shane Goins and Phillip Luna

Photos by Phillip Luna/The Echo

**Unit F2's Robert Castillo, number 2, side steps to shoot for three points while guarded by H2's Paul Reyes. Castillo is just 4-foot-11 inches tall while Reyes is a towering 6-foot-7-inches.**

On Dec. 13, 2024, unit F2 played H2 in the regular season of EOCI's basketball league. H2, a middle of the road team that only wins about half their games, did not expect F2 to be competitive. F2 also did not expect to be competitive – they knew they were underdogs.

Softball, soccer and basketball – F2 puts together a team for every sport despite being the perpetual underdog, year after year, season after season. In 2024, for example, they had a combined win total (for all three sports) of one – with their one win coming from a last minute forfeit by their opponent.

The tip off for the Dec. 13 basketball game did not go F2's way. A quick score from H2 and the ball was in F2's hands.

This year, F2's team is led by Robert Castillo. At 25, Castillo is one of the younger men on the team and an avid basketball player. More importantly, he is familiar with being an underdog – especially in basketball.

Castillo is just 4-foot-11-inches tall.

"Being short doesn't bother me," Castillo said. "I like being the underdog."

On the court, Castillo is the ball handler, the point guard on the team. He is also the team's leading scorer, often scoring from three-point range. He has made 28 three-pointers made and a total of 118 points this season.

"It makes me feel good to be underestimated," said Castillo. "That's been me my whole life."

In fiction, there is no shortage of compelling underdog stories. Like Rocky Balboa rising up against the odds, fiction is filled with stories of unlikely heroes overcoming adversity. But fiction and fact are sometimes far apart. Sometimes.

With a little more than 5 minutes left in the first half, F2 was down by only nine points – surprisingly close from what both teams expected. F2 usually loses basketball games by 30 points or more and often plays against their opponent's backup players in the second half.

Despite their losing record, most of the team has built up decent statistics. F2's roster is rounded out with players like Luke Andrade, who has 31 rebounds on the season, and Frankie Aguilera who has 40 rebounds.





Photo by Phillip Luna/The Echo

**Francisco Montalvo from F2 dribbles to the basket while guarded by H2's Chad Pomerlow.**

At the end of the first half, F2 trailed by just 11 points, at 22-11.

F2 typically scores anywhere from 20-35 points in a basketball game; their opponents often score upwards of 60 points. They know if they can hold their opponent to under 35, they have a shot at winning.

But F2 typically does not focus on winning or losing. In team meetings, prior to each game, they set scoring, rebound or passing goals.

Cody Andrus, an F2 player, said, "Camaraderie, sportsmanship and support are what it takes to be on a team; it's healthy and fun."

F2 focuses on the joy of playing, rather than the final outcome of the game. Their ethos is noticed by referees and other teams alike.

Brian Sierra-Jacobo, the clerk and sports commissioner, said, "I think not only sports, but the team atmosphere helps

them ... they have each other to rely on whether they win or lose."

But on this day, down only 11 points, perhaps they could stun a middle of the road team and get their first win of the year.

Cue the sports montage.

Coming out of the half, F2 had renewed vigor.

H2's perspective on the first half, and their lack of scoring, was apparent. They kept their starters in the game for the second half, something F2 was not accustomed to.

In fiction, Rocky goes 15 rounds with Apollo Creed. He gets the girl and proves to the world of boxing he is a competitor – worthy of the title shot he was given. What is often forgotten about the first Rocky movie is that he actually loses to Creed. The underdog loses, but it still captivates audiences because it was never

about winning.

By the end of the game, H2 had rallied. The score had vaulted from an 11-point game to five times as much. H2 beat F2 75 to 24, a 51-point victory.

*Continued on next page...*



Photo by Phillip Luna/The Echo

**The unit F2 players gather at halftime during their Dec. 13 game against unit H2. The score is 22-11 with H2 in the lead.**

## SPORTS-COLUMN

...continued from previous page

Despite the loss, F2's demeanor never changed. If they were disappointed, they didn't show it.

Gabriel Munoz, a referee, said, "I like how at the end of the day, win or lose, there's sportsmanship."

After the game, the F2 players shook hands with H2 and joked about how close the game was at the end of the first half.

"To have enthusiasm when you're down more than 30 points," said refe-

ree Aaron Garcia, "To have a smile on your face while giving the other team handshakes afterwards ... [It] shows a lot of character and sportsmanship." | ECHO

## EYE ON AMERICA

# HOMELESSNESS, ADDICTION AND CRIME

## How Project Homefront Intends to Change Life-Long Patterns

Written by Kurtis Thompson, Staff Writer



Stock Image/The Echo

**Formerly incarcerated people are 10 times more likely to be homeless than the general public, according to the Prison Policy Initiative.**

A 2018 study by the Prison Policy Initiative reported that "formerly incarcerated people are almost 10 times more likely to be homeless than the general public."

In 2020, the statewide nonprofit Oregon Community Foundation was given administrative responsibility of Project Turnkey by the Oregon Legislature. Project Turnkey aims to address homelessness and housing concerns across the state, and awarded \$1.7 million to Klamath County for Project Homefront, a program to assist justice-involved individuals transitioning back

into communities. The grant money was used to purchase and convert a 29-room motel in Klamath County into long-term living units, incorporating on-site treatment services by certified mental health professionals.

According to a report by Zak Keeney from Herald and News, this program is the first of its kind in Oregon. While there are emergency temporary housing options available, Project Homefront differs with its wraparound treatment services administered by Klamath County Corrections. The services include victim family support,

cognitive therapy, alcohol and drug treatment, and both education and employment assistance.

Studies show that homelessness and recidivism amplify each other. In a survey by the Wilson Center for Science and Justice, they found over a third of people entering prisons had been homeless. The main reasons for their homelessness included having a criminal history, not finding work due to criminal history, and substance use.

This cycle is further exacerbated by poverty, the Brennen Center for Justice estimates that 27% of previously incarcerated people experience unemployment, and those employed earn 52% less than those without criminal records.

To address the systemic discrimination and rental costs, Project Homefront offers living spaces for rent from \$450 to \$600 per month along with a \$200 deposit at their remodeled motel. Available rooms range from suites with kitchenettes to one bedroom and studio apartments. Rentals without kitchens have hot plates, microwaves and access to a communal cooking area.

The director of Klamath County Community Corrections, Aaron Hartman, believes this project to be a major improvement over emergency housing.

"It's a step up from communal living

*Continued on next page...*

that is typically the contractual standard for community corrections services,” Hartman told reporter Zak Keeney. “Having a safe, secure and supportive space is crucial for those coming out of addiction and trying to separate themselves from prior circumstances.”

Project Homefront supervisor Crys-

tal Wheat added, “Project Homefront is a combination of housing and treatment to deliver the best support to influence behavior change. We learned that without housing, expectations for success are slim.”

Not everyone on community supervision qualifies, however. To be eligible for Project Homefront, individuals

must be in total compliance with the conditions of their supervision, including no sanctions from their supervising officers, demonstrating complete abstinence from substance use and more. Potential and continuing tenants must be committed to law-abiding lifestyles under this system. |ECHO

## UNORTHODOX IDEAS

### A Pennsylvania Prison Starts an Autism Treatment Program

Written by Chris Ainsworth, Staff Writer

**Autism Spectrum Disorder** impacts how a person perceives and socializes with others. One in 54 children are born with some form of Autism. With no comprehensive count, some studies estimate more than 4% of prisoners in the United States are autistic and almost 25% have reported having cognitive impairments according to the United States Bureau of Justice Statistics - nearly double the rate of the non-incarcerated population.

Few prisons offer treatment options for their affected population and even less offer housing units dedicated to anyone incarcerated with cognitive or developmental impairments. Pennsylvania’s State Correctional Institution in Albion has opened a Neurodevelopment Residential Treatment Unit offering solutions instead of barriers.

Leigh Anne McKingsley, senior director of Disability and Justice Initiatives at The Arc believes that there aren’t enough accommodations in prisons and jails for any form of disability. When incarcerated individuals struggle with intellectual and developmental challenges “the accommodations are even less.”

The Arc is a non-profit of members who work together to improve the quality of life for people with developmental disabilities. The Arc is also active in local, state, and national legislation for the rights and protections of

residents with developmental disabilities.

The treatment unit, located about 20 miles outside Erie, Pa., opened in 2021. It is the first its kind in the state and one of only a handful across the country. The unit houses about 45 men where they receive their medication are supported by staff with specialized training.

Autism is known as a “spectrum” disorder due to the wide variation in the type or severity of symptoms people experience. It is a neurological and developmental condition that inhibits everyday functions establishing challenges with communication and social engagement.

Even though this is a lifelong disorder, treatments and services can improve symptoms and daily functions.

The growing population of those incarcerated with intellectual or developmental disabilities presented a challenge for correction officials. The dedicated housing unit was developed to try to balance the need for security with accommodations.

Overstimulating, inflexibility and issues with complex directions would often result in reactions that lead to disciplinary actions by Department of Corrections staff. The housing unit utilizes stripped down cells, referred to as transitional cells, equipped with

“More than 4% of prisoners in the United States are autistic and almost 25% have reported having cognitive impairments ... nearly double the rate of the non-incarcerated population.”

safety features as a form of intervention when staff sees certain behaviors. This allows the residents to complete tasks and regain control of their emotions before being allowed to return to the unit, a stark alternative to discipline.

The staff is able to focus on individual treatment while limiting potentially harmful sensory stimulations of the prison due to the small unit population.

Staff and correctional officers undergo specialized training, like crisis intervention and de-escalation techniques, to help maintain a secure environment while offering the unique accommodations.

The unit boasts stark differences between itself and a typical housing unit in prison. Walls normally painted in the muted tone of beige or sterile white are replaced with bright colors and helpful quotes. Writing above a mural of a sailboat cutting its way through waves under a clouded sky reads, “You are the lighthouse in someone’s storm,” and not too far away a bright yellow Minion character offers a list of “Ways to say hello,” so the residents of the segregated unit in Albion can best greet each other. |ECHO



## COLUMN-VIDEO GAMES



**Crymachina, from developer FuRyu, was released on Oct. 24, 2023.**

Photos by Phillip Luna/The Echo

## CRYMACHINA: DYSTOPIAN SPACE AGE AND TEA PARTIES

Game Keeper: February 2025

Written by Kurtis Thompson, Staff Writer

**What do flashy** combo combat, tea parties and a dystopian space-age have in common? They're all parts of Crymachina, available from FLE for \$69. Released Oct. 24, 2023, this game has anime tropes with outlandish storylines done with high-quality 2D and 3D art. But be warned, the dialogue in this game comes in Japanese only with English subtitles.

This game might feel familiar to gamers who played Monarch, as it's from the same developer, FuRyu. In this case, though, the game is not turn-based.

In a nutshell, the story surrounds AI beings created by humans prior to an extinction event. The AIs and copies of human personality data were launched into space in hopes that, through self-learning technology, mankind could be reborn among the stars. The game follows the drama of those AI beings and

their created androids, or E.V.E.s, on a journey to become human.

At game start, players take control of the E.V.E. Leben and follow a basic but-ton tutorial instructed by the AI Enoa.

Controls are fairly simple with a hack-and-slash feel. Play locations are in 3D and third-person view, with plain, relatively linear maps and clear objectives. There are several playable characters who can be leveled up, upgraded and have equipment changed.

The special equipment, controlled by L and R bumpers, have customizable behaviors with condition-dependent settings. For example, after a special is activated it may try to draw enemies in, weaken them, and finally do some kind of damage. Special equipment is acquired by decoding data packets recovered during exploration, and when analyzed, the special's rarity and stats are determined by chance.

The characters' primary weapons cannot be changed, but they can be upgraded by installing a modifier which affects the weapon and character stats. Each character has their own style and weapon type which will influence a player's equipment selection and play style.

While the combat itself is fun, it is too often short lived and sometimes too easy. So long as players level up their characters, the vast majority of enemies and bosses can be rapidly dispatched. To offset the overpowered feeling, one option would be to only level up characters when absolutely necessary.

Crymachina is story-dependent, and players will spend some time advancing the storyline by viewing tea party conversations at their home base. These events are observation only and are required to open up new story levels to challenge.

As a cherry on top, the game comes with a built-in cinematic photo mode, allowing players to freeze the game mid-combat and snap colorful action pictures.

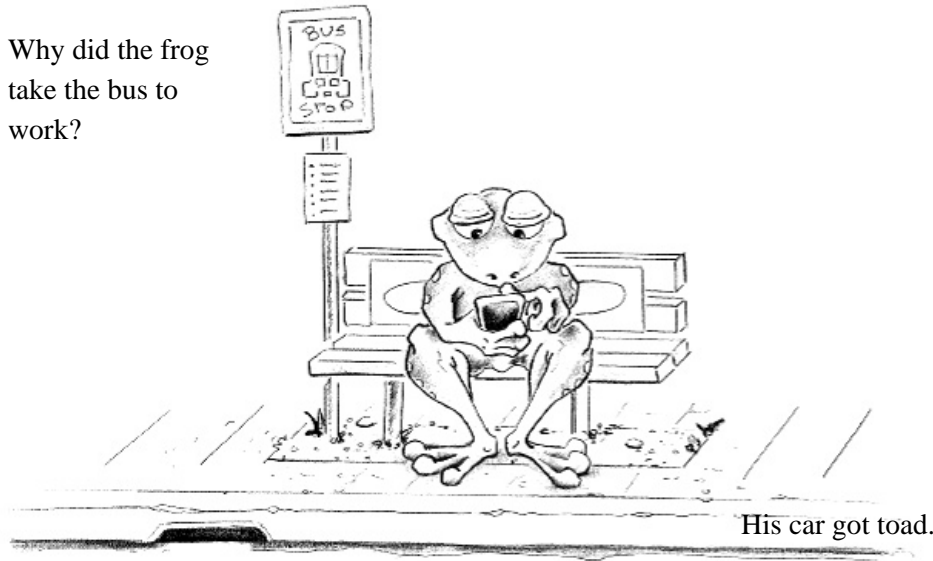
There are minor glitches in the game that may have been fixed with an update, so for ODOC residents first purchasing a Nintendo Switch, it would be wise to get this title at the same time. These are simple issues like character placement during some dialogue scenes and getting stuck in slow-motion after a finisher move for a few moments. That aside, Crymachina is a quick study that will likely be enjoyed by niche anime fans.

Estimated play time: about 14 hours for speed run, 30+ for 100% completion | ECHO

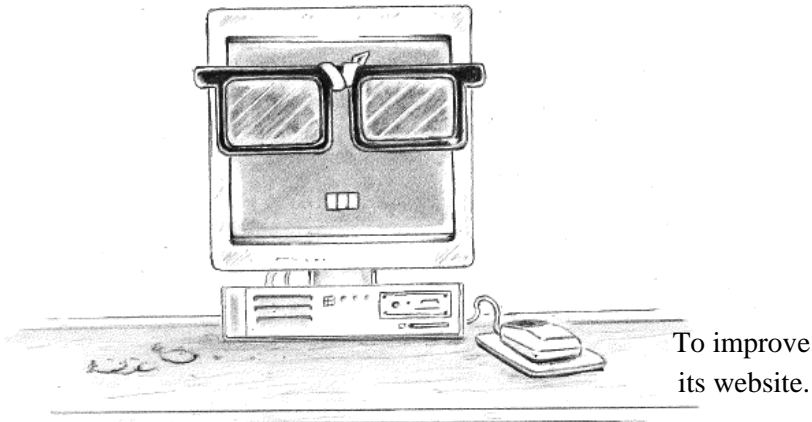
# COMICS OF THE MONTH

Created by Seth Mathews, Illustrator

Why did the frog  
take the bus to  
work?



Why did the old computer get glasses?



## SUDOKU

Puzzle 1: Moderate

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

Puzzle 2: Difficult

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

## 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. AICs family can report on their 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

PUZZLES

See how many points  
you can score in one word!

Scrabble Board: February, 2025

Scrabble Basic Rules

No proper nouns like names or  
places

No contractions like “it’s” or  
“that’s”

No abbreviations like “app” or  
“spec”

Board Scores

TW = Triple Word Score

DW = Double Word Score

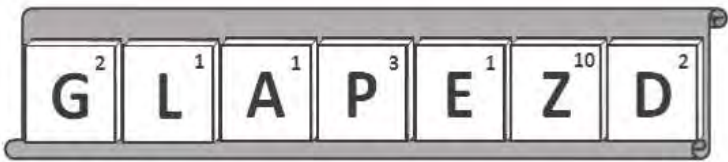
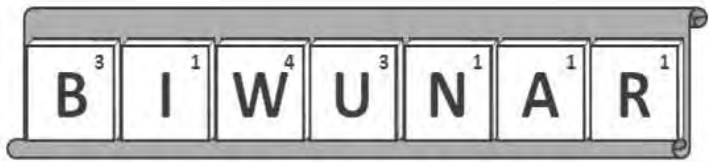
TL = Triple Letter Score

DL = Double Letter Score

TW			DL				TW				DL			TW
	DW				TL			TL				DW		
		DW	D <sup>2</sup>			DL		DL				DW		
DL			O <sup>1</sup>				DL				DW			DL
			G <sup>2</sup>	DW				H <sup>4</sup>		DW				
	TL		G <sup>2</sup>		TL			O <sup>1</sup>	TL				TL	
		DL	E <sup>1</sup>			DL		T <sup>1</sup>				DL		
TW			D <sup>2</sup>	I <sup>1</sup>	R <sup>1</sup>	E <sup>1</sup>	C <sup>3</sup>	T <sup>1</sup>				DL		TW
		DL		M <sup>3</sup>		DL		E <sup>1</sup>				DL		
	TL			P <sup>3</sup>	TL	M <sup>3</sup>	A <sup>1</sup>	S <sup>1</sup>	T <sup>1</sup>	E <sup>1</sup>	R <sup>1</sup>	S <sup>1</sup>	TL	
				O <sup>1</sup>				T <sup>1</sup>		DW				
DL			DW	S <sup>1</sup>			DL				DW			DL
		DW		E <sup>1</sup>		DL		DL				DW		
	DW				TL				TL				DW	
TW			DL				TW				DL			TW

PLAYER 1

PLAYER 2



RECIPE

SNICKERS CHOCOLATE CAKE RECIPE

**Step 1:** Take cookies and separate the filling into a tumbler with spoon. Place cleaned cookies into bowl. Set the cookie filling aside.

**Step 2:** Carefully crush cookies into a fine powder.

**Step 3:** Open the Snickers bars and cut them down the center then dice into approximately 1/8” bite sized pieces. Next add these to the cookie powder.

**Step 4:** Slowly add cold water to the cookie powder and Snickers bites. Work the dough to resemble the look of thick pancake mixture.

**Step 5:** Cook the cookie batter for

around two and a half minutes on high in the microwave. If middle looks wet still, cook longer in intervals of 30 seconds.

**Step 6:** When your cake is done, place lid on bowl and quickly flip the bowl upside down. The cake should freely fall on to lid. Lift bowl off and set cake aside to cool.

**Step 7:** Take the tumbler with the

cookie filling and add one spoonful of 190 degree water. Crush all the Hershey’s candy bars and mix them into the tumbler with the filling. Heat this until the chocolate is melted and the mixture is hot. Stir constantly.

**Step 8:** When the cake is cool and the frosting is room temperature it is time to frost your cake. Take a spoonful at a time and slowly spread the frosting carefully on the cake. Make sure to cover sides. |ECHO

Ingredients

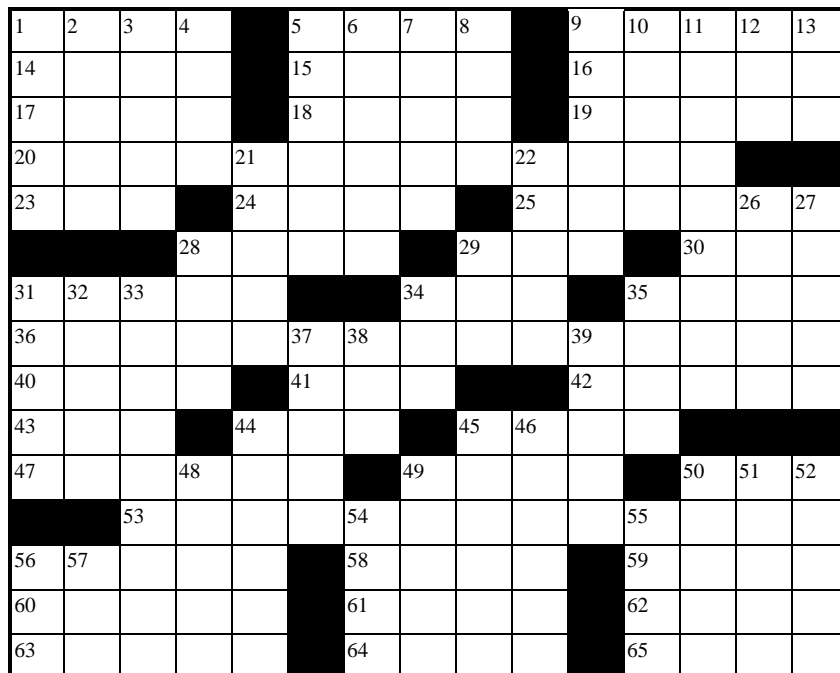
Two (2) Snickers candy bar  
Three (3) Hershey’s milk chocolate candy bar  
One (1) pkg of chocolate cookie

Utensils

One (1) tumbler  
One (1) bowl w/ lid  
Two (2) spoons



## Theme: Whole Lot of Nothing



Puzzle created by: Diabe C. Baldwin

## ACROSS

1. Laughingstock
5. Anciet
9. Be the life of the party
14. Luck, to some
15. Extremely attractive
16. Domingo, for one
17. On the crest
18. Mennonite decoration
19. Transpire
20. No-nonsense stance
23. Palindromic before
24. Cloud output, sometimes
25. Real scarcity
28. Exercise a certain right
29. Sibling nickname
30. Greek letter
31. Fossil resin
34. Example of scare tactics
35. Enervates
36. Just what we need
40. Personality parts
41. Ivory- tickler's appointment
42. Splendiferous
43. College of anecdotes, e.g
44. Ret. Hedge
45. Future branch
47. Bovary's title
49. "Vamoose"
50. Phrase of commitment
53. What cads often spew
56. Dugout Vessel
58. In a drought
59. Republic once known a French Sudan
60. Alter legislation
61. Wash up
62. Tasty paste
63. Fingerprint part
64. Rubbernecked
65. Mark for life?

## ANSWER KEYS

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

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

**DOWN**

1. Sugarcoat
2. Certain shoot-'em-up
3. " O come let us \_\_\_\_ Him"
4. Keyboard goof
5. Drifting sea
6. Stick-wielding facemask wearer
7. Do very well
8. Unnatural blond, e.g
9. Square things
10. Muslim holy place
11. Iffy
12. Paltry amount
13. Be imperfect
21. Irritant in one's side
22. " Goodbye" somewhere
26. Caught on video
27. Strumpet
28. They are made with two fingers
29. Mayday letters
31. Shipboard direction
32. \_\_ cum laude
33. Delocalized
34. Panhandle
35. Hunting target, perhaps
37. Plumed wader
38. Spy org.
39. "going to the dogs" e.g
44. Stand in the way of
45. Do very well
46. Abounding in trees
48. Included with
49. Ocean phenomenon
50. Father of Esau
51. Fourth Greek letter
52. Willow tree
54. Bulldogs' school
55. Little rascals
56. Elevator unit
57. Parisian pal

## ANSWER KEY

[illegible]

## NOTICES

# TAXES: DUE APRIL 15

Provided by Financial Services

Make sure to use your legal name and SID number when filing taxes.

**The Department of Corrections** (DOC) will not provide federal or state tax forms to AICs, not instructions.

AICs may write or call the Internal Revenue Service (IRS) or Oregon Department of Revenue to request tax forms.

AICs may elect to reach out to their friends and family to request they send tax forms in through the mail. All incoming mail is subject to the Departments rule on mail, 291-131-0025.

DOC staff and legal assistants are not authorized to provide tax advice or status updates on filings to AICs.

AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form

(CD1714).

DOC will only issue 1099 (MISC/INT) to AICs who meet specific IRS minimum requirements.

1099 MISC issued to AICs who have received \$600 or more in PRAS.

1099 INT issued to AICs who have accrued \$10 or more in interest.



**State and Federal taxes due date: April 15th, 2025**

AICs will need to use their own pre-addressed postage paid envelope for tax correspondence and filings.

## Oregon Department of Treasury Tax Forms Requests

Department of Revenue  
P.O. Box 14999  
Salem, OR  
800-356-4222

## Internal Revenue Service Tax Forms Requests

Department of Treasury  
Internal Revenue Service  
Ogden, UT 84201-0002  
800-829-3676

# ELECTRONIC HEALTH RECORDS

Provided by Health Services

It might be cold outside, but things are heating up for the EHR project!

Over the past few months, many people from Health Services has been testing a practice version of the EHR system to see how it will work. Also, more testing is scheduled soon!

This is important because the people testing it are the doctors, nurses, dentists, BHS, and other health workers who will use the EHR to take care of your health. Testing helps to make sure the EHR works right before we start using it every day.

Health Services will continue to keep you updated about the EHR Project! If you have questions about the EHR, send a communication form to:

Ask EHR.

Please remember, for now, you still access health care, dental and BHS how you always have in your institution.

Puede que haga frío afuera, ¡pero las cosas se están calentando para el proyecto EHR ! Durante los últimos meses, muchas personas de los Servicios de Salud han estado probando una versión práctica del sistema EHR para ver cómo funciona. Además, ¡más pruebas están programadas pronto!

Esto es importante porque las personas que lo prueban son los médicos,

enfermeras, dentistas, BHS y otros trabajadores de la salud que utilizarán el EHR para cuidar de su salud. Las pruebas ayudan a garantizar que el EHR funcione correctamente antes de comenzar a usarlo todos los días.

¡Health Services continuará para mantenerlo informado sobre e Proyecto EHR ! Si tienes preguntas sobre el EHR, envíe un kyte dirigido a: ASK EHR.

Por favor recuerde, por ahora, usted todavía tiene acceso a atención médica, dental y BHS como siempre lo ha hecho en su institución.

## For More Information

If you have questions about HER send a communication form to: **ASK HER.**

# PLUMBING SHOP HIRING

## Physical Plant is Hiring for Plumbing Shop

## In Their Own Words

The Plumbing Shop is hiring.

AICs interested in learning a trade that leads to gainful employment upon release should complete a work application and send it to IWP.

AICs must complete six months as an orderly in the Physical Plant before being hired into the Plumbing Shop.

Applicants must be incentive level two or higher and must have a diploma or GED, or the ability to obtain a GED in before being hired into the Plumbing Shop.

The Plumbing Shop offers an apprenticeship program. The program is extensive, requiring 8,000 hours to complete. The program includes study time, testing on multiple categories associated with plumbing, and hands on training. In total the apprenticeship takes about five and a half years to complete while in the DOC.

According to the Bureau of Labor Statistics, salary for a journeyman plumber has increased 9% over the last five years. A journeyman plumber's pay ranges from \$17.91 to \$48.65, with the national average sitting at \$28.89.

### Applicant Criteria:

- Must be willing to work as an orderly in the Physical Plant for a minimum of six months
- Must have a GED/diploma or the ability to earn a GED within six months
- Must be able to lift up to 40 lbs
- Must be a self-starter, able to study on off time without being given direction

To apply, send a fully completed job application to IWP.

**“There are four of us here in the shop and all four are working towards our actual [journeyman] license, just like electricians get. You actually walk out with a license. You can take those skills and apply them directly to the field.”**

Brian Hardegger,  
Plumbing Shop Worker

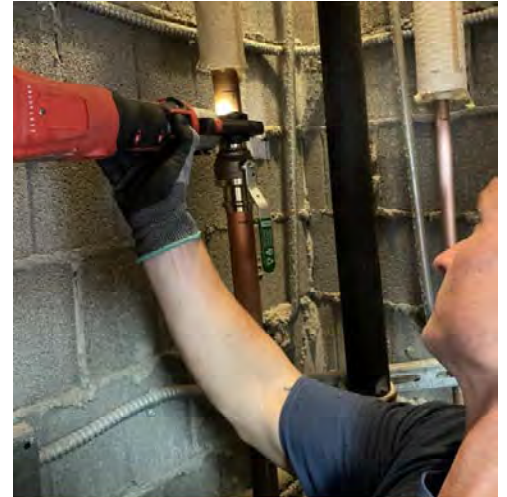


Photo by Juan Sanchez/The Echo



Photo by Phillip Luna/The Echo

**“You could be a licensed plumber starting out, with experience in a bunch of different scenarios. It's a jump start on life and that's something I've never had before.”**

James Renfro,  
Plumbing Shop Worker

**“Everybody thinks of a plumber and thinks ‘oh they are just plunging toilets all day.’ When a building's being built you are the first one on the site. There is a lot more than just plunging toilets and snaking drains.”**

Luis Rodriguez,  
Plumbing Shop Worker



Photo by Phillip Luna/The Echo

**“I think the apprenticeship program has been very successful. It gives them a purpose, gives them motivation. I think they have a sense of pride and belonging.”**

Mr. Iverson,  
Plumbing Shop Supervisor



## RECOVERY

# THE ROAD TO RECO

With Clinton Hylton

Written by James Paulk, Correspondent



Photo by Phillip Luna/The Echo

**Clinton Hylton poses with Chip, a service canine born Nov. 5, 2024. Hylton is responsible for training Chip as part of his job in the JLAD program - one of many programs he is a part of. But, according to Hylton, his greatest accomplishment is his six years of sobriety, which is his longest period in more than 30 years.**

“Growing up in Southern California, the streets call your name,” said Clinton Hylton, 45. “I always asked myself if I was in too deep to change or make it out alive.”

Hylton is celebrating six years of sobriety, his longest period since beginning substance use in 1990.

He resides at the Eastern Oregon Correctional Institution, where he facilitates for the Joys of Living Assis-

tance Dogs training program, participates in the GOGI peer support group and attends 12-step programs.

Substance use began early for him.

“I started drinking my stepdad’s vodka at 10-years-old,” he said. “After I drank it, I threw up and passed out.”

Hylton was raised by his mother and a stepfather who he said he had a tumultuous relationship with. His sister died

from a ruptured appendix when he was in kindergarten, and when Hylton was 14 his brother was killed in an accident by a drunk driver.

Hylton said he realized substance abuse was part of how he masked the pain of his siblings’ deaths.

His drug use led to criminal activities which escalated over time, leading him to the California Department of Corrections at age 19.



“The second we got the pieces set up, the room went silent and all eyes were on us,” he said.

He said he is not racist and did not understand why playing chess with a Black man was a problem. Hylton said he was “disciplined” by his peers for what they viewed as a violation of prison code.

Hylton was in and out of prison several times over the next few years.

During one stay in CDOC, around 2005, he received a letter from his mom stating he was all she had left. She said if not for him, she would have given up after his siblings passed away.

“The letter gave me the drive that I needed to get out of the lifestyle, by any means necessary,” he said.

This time, after his release, Hylton moved to Oregon with his mom and girlfriend, Jamee, on an interstate compact in 2007.

He married Jamee and had a daughter, who they named SeaAira. However, he said he did not change his lifestyle and still used drugs and committed crime.

Eventually, Hylton and his wife separated. His interstate compact was revoked in 2009, and he went back to prison in California.

For 10 years he continued the substance and incarceration cycle. Eventually, he avoided California’s three-strike law, returned to Oregon and reunited with his mom and daughter.

According to Stanford University, California enacted the “Three Strikes and You’re Out” law in 1994, which is de facto life imprisonment following three violent or serious felonies.

“Two things will change you: strikes and kids,” Hylton said.

He reconciled with his wife and child, but neither he nor his wife were sober then. After Hylton was rearrested, she left and filed for divorce.

Hylton said it crushed him when his

wife left him and he received a lengthy prison term, however, it may have been just the push he needed.

“When you lose everyone you love and you begin to feel that shame,” he said, “you start to want to do something different.”

Since returning to prison, Hylton participates in GOGI, NA and AA.

Hylton discovered the importance of education and setting goals. He completed a correspondence course through the International Sports Science Association, and became certified as a personal fitness trainer.

“There are not any real distractions in here, just the ones we choose,” he said. “Your thoughts will become your actions, so I’m careful of what I put in my mind today.”

Hylton said books written by Ryan Holiday helped shape his way of thinking. “The Obstacle is the Way,” “Stillness is the Key” and “Ego is the Enemy,” are among the Holiday books he listed.

He explained that he sees prison as the best place to evaluate yourself and do the work needed.

“Now that I’m not on drugs anymore, I can treat people the way they deserve to be treated,” he said.

Hylton and his wife are both sober and speaking to each other again, getting to know one another like never before, which he described as a miracle. He said his relationships with his now 18-year-old daughter and his mother are great.

“People can see and feel my aura today,” he said.

He said he feels he is an example of how working the steps and utilizing a sponsor can lead to success.

“Change doesn’t happen overnight,” he said, “but if you put as much or more work into doing good as you did when you were doing bad, you will succeed.” |ECHO

He said, “I didn’t really listen when men told me what to do, but at Corcoran I knew I had to mind somebody.”

Corcoran is a minimum-maximum security prison in California. About the time of Hylton’s first incarceration in Aug. 1996, the Los Angeles Times claimed Corcoran was “the most troubled of the 32 state prisons.”

Hylton said that racial segregation in prison was unexpected.

He described playing chess with a Black man in the California prison.