

The Echo

Eastern Oregon Correctional Institution

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Fundraisers at EOCI?

By Phillip Luna

Why are there no fundraisers at EOCI?

A great question that many of you have asked and here is why:

More than a year ago, DOC reviewed fundraiser policies and determined that some changes should be made. In order to standardize practices between facilities and allow self-determination to AICs regarding which charities would be supported and how, DOC staff is no longer going to organize and propose charity events and fundraisers. In order to continue the practice of fundraisers

at EOCI, only approved institution clubs will be able to propose fundraisers. The Activities Committee will provide assistance and oversight, reviewing and forwarding approved fundraisers for final approval.

What's an approved club?

EOCI currently has four approved clubs: Narcotics Anonymous, Alcoholics Anonymous, Toastmasters, and GOGI. However, due to the COVID-19 restrictions these clubs have not been able to meet regularly. In addition, this is something entirely new and EOCI must determine what the process and expectations are for clubs that propose fundraisers. It was decided that the best way to support this new process is to form a club within EOCI with the sole purpose of creating fundraisers - *The Enrichment Club*. This club would also allow for a greater variety in events and charities.

The process of creating this club has been hindered because of COVID-19, since a club meeting would require a large group of AICs from many different units to meet in person. Also, many businesses and establishments that normally work with EOCI are not able support a fundraiser at this time because of pandemic related restrictions.

What is The Enrichment Club?

While the specifics of this club are still being determined, here is some information on what it may look like:

This fundraising club has been named *The Enrichment Club*. If approved, The Enrichment Club will be a group of AICs that will serve as a "fundraising committee." It will have an executive council (President, Ambassador, etc...) with specific responsibilities necessary to the function of the club. They will meet regularly to review and debate ideas and events, draft proposals, submit proposals to the Activities Committee, and help facilitate fundraisers and other pro-social events. Their role is to understand what EOCI's expectations are and advocate for the fundraisers that the AIC population wants. These are volunteer positions and do not receive additional PRAS awards. If this club is approved, you can expect that AICs will be selected based off of a preference for exemplary writing skills, the ability to work well with many different groups of people, strong community ties, those who can demonstrate a high level of integrity, and experience volunteering/participating in fundraisers or other events.

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Fundraisers at EOCI?

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By Phillip Luna

New Programs:

The Enrichment Club is still pending approval. Although we know that due to OARs, the process for fundraisers will need to change, it is important to understand that the information in this article is tentative. In addition, when this club is approved it will not be a free-for-all on fundraisers and events. All proposals submitted from the Enrichment Club must still be approved by the Activities Committee. So please, let go of any ideas you may have of a Playstation 5 fundraiser. Everything is still subject to approval from ODOC and security staff.

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diverse fundraisers and pro-social activities for the AIC community.

Can I propose a fundraiser now?

Anyone can propose an activity. Only approved EOCI clubs can make a fundraiser proposal. The four current clubs at EOCI can make proposals, however, the process for doing so is still being determined. Additionally, COVID-19 protocols have limited the ability of the institution to facilitate fundraisers and approved clubs are currently unable to meet which limits their ability to organize and draft proposals. It is unlikely any fundraisers will be approved at this time.

What can I do right now?

There is nothing to do right now. If you are interested in participating in this club, do not send a communication form to IWP, as this would only demonstrate an inability to follow

directions. Please have patience. All of the staff at EOCI understands how frustrating the past year has been.

Fundraisers are currently nonexistent, but the Activities Committee has approved some at-cost items for sale to the general population (*Child's Play* candy and 8" Cherry Pies). There is currently approval pending for a *Domino's* Specialty Pizza as well as some other food items.

Again, please be patient and keep in mind that although it has been a long process - slowed significantly by COVID-19 - the end result should be something much better than we had before.

We will provide more information in next month's newsletter.

What does this mean for the future of fundraisers?

To put it simply, in the future there will be a club that operates cooperatively with staff. This club will propose fundraisers and events, and charities. Overall this should result in better, and more



New Program: *Roots of Success*

By Phillip Luna

IWP is now accepting applications for the *Roots of Success* program. Currently it is necessary to establish a list of applicants. Classes will begin when pandemic restrictions ease and proper social distancing can be achieved.

What is Roots of Success?

Roots of Success is a new program at EOCI. This program will help students increase their environmental literacy and strengthen their academic and professional skills. Students who complete the course receive a certificate that is valued by employers.

Where is this program from?

Roots of Success was developed by Dr. Raquel Pinderhughes, Professor of Urban Studies & Planning at San Francisco State University and an internationally recognized expert on the economy and green workforce training. The curriculum is informed by Dr. Pinderhughes' decades of experience working with and teaching underserved populations, as well as by her in-depth research with employers in 21 sectors of the green economy.

Dr. Pinderhughes created the *Roots of Success* program for youths and adults who have limited environmental education and subsequently face barriers that restrict their opportunities. She recognized that green jobs is one of the fastest growing sectors of the economy, providing workers entry-level jobs with higher wages, better benefits, and greater occupational mobility than entry-level jobs in other sectors.

What is taught in the classroom?

The focus of the course is to increase environmental literacy. Through videos, classroom activities, and group discussions students will complete ten modules, eight of which are thematic and focus on: Water, Waste, Transportation, Energy, Building, Health, Food & Agriculture, Community Organization & Leadership, and Financial literacy.

Who will teach the class?

The class will be taught by AIC instructors. The AIC instructors have completed training to become certified in the *Roots of Success* program. In addition, students will be provided with workbooks and in-class activities will include dozens of educational videos which will support the training modules.

How will the class be taught?

Because the course is very large it will be broken up into smaller portions and delivered in several classes. All students will complete Module One: Fundamentals of Environmental Literacy before completing any subsequent modules. After completing the first module, students can elect to continue with the additional modules if they choose but they are not required to do so. Students will only receive certificates for all of the modules they complete. Each module is expected to take 3-4 weeks to complete.

Each module requires a high level of participation. Critical thinking is an essential component and the expectation is that students actively engage in class discussions.

What are the benefits?

Green jobs are one of the fastest growing occupational fields in Oregon. While completing this program does not certify you in one specific job, the knowledge you gain throughout this course can make you more marketable to potential employers upon release. Most green jobs do not exclude those with criminal records.

In addition, broadening one's knowledge of environmental issues and understanding global health is incredibly important in our current time. What is learned in this class can be applied to the job market, in daily life to help lower your carbon footprint, or simply as a resume builder.

How to apply:

Send a communication form to IWP with your interest in participating in this program. On the communication form please include **your current work schedule, release date, ACRS score, and counselor's name**. Priority will be given to incentive level 3 AICs and those with earliest release dates. The ability to read and write proficiently in English is necessary. At this time we do not have the Spanish version of the class available.

This is an open-ended application deadline. Class schedules will be determined based on the work schedules of the selected students, so please make sure to include your work schedule and any other regular callouts you have during the week on your communication.

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Even Pumpkins Put on a Quarantine 15 lbs

By Patrick Gazeley-Romney

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Each year the greenhouse crew grows a few pumpkins to harvest as Halloween rolls around. Greenhouse worker Ricardo Bolaños explains that *"in the spirit of the season with a focus on minimizing waste, we grow pumpkins for everyone at EOCl to enjoy"*. A dearth of resources for the greenhouse program pushes the crew to get creative with how they test the nutrient composition of their soil.

A small composting operation coupled with a fledgling vermiculature (worm castings) program gives the operation a boost to produce just enough nutrient-rich soil for their seeds and starts. Greenhouse worker Anthony King enjoys experimenting with different soil types and uses the pumpkins as a gauge for soil quality in the greenhouse.

First he chooses a few soil compositions he thinks may be healthy mixes for the greenhouse plants. Next he makes several beds containing the different soil types and plants a pumpkin seed in each

bed. By monitoring the plants' growth for signs of certain nutrient deficiencies or excesses he can ascertain which nutrients may be deficient or excessive in each soil type.

This year King experimented with two soil types. One was composed of primarily composted food scraps from the kitchen and the other composed of composted tea and coffee grounds as well as grass and foliage clippings from around the compound. *"Unlike previous years, much work went into the building of the grow sites- with emphasis on soil structure and fertility"*, King says.

Two beds were prepared on the west end of the greenhouse space, just inside of the fence adjacent to the west yard basketball courts. The beds constructed were raised mounds exhibiting great moisture retention and thermal regulation properties. Digging a few inches into the soil on a cold morning steam rises from the hole, signaling the beds' thermal retention properties.

Sown directly into the soil on May 10th and cut off the vine on October 18th, the winning pumpkin grew for a total of 161 days, weighing in at 112 lbs- beating the previous EOCl pumpkin record by two pounds. The winning pumpkin came from the bed that was prepared using primarily kitchen scraps. *"The high phosphorous and nitrogen content of the kitchen scrap soil contributed to the growth of the foliage and ultimately the size of the fruit in the plot"*, says greenhouse worker Michael Shular.

Going into next spring the greenhouse crew will be better suited with the information collected in this year's experiment. Producing more of the soil with high nitrogen and phosphorous content will help next years' crop grow to be more hardy and robust.



Just the Facts

Provided by various staff members



Q: Will Telmate continue to be available for online deposits to my trust account?

A: Friends and family can use: Centurylink, JPay, Telmate, AccessCorrections, or send a cashiers check/ money order directly to Salem Central Trust, P.O. Box 14400, Salem, OR 97309-5077.

Q: Some staff have started doing pat downs again as we walk to and from the dining room. Since we are already taking food back to our units what is the purpose? Additionally, has there been any consideration for extra sanitation between persons (since staff are not changing gloves between patting AICs down)?

A: There is always the potential for the passing of contraband, or to keep contraband concealed on person as opposed to left in the cell. For safety and security this will continue. The rate of transference from clothing is extremely low. PPE is still in high demand, so changing between each search is not possible. Staff are being as

careful as they can under the circumstances. This is why it is important for all of us to follow good hygiene practices by washing our hands often and wearing masks when we're in contact with others.

Q: Are displaced AICs going to get their bunks back after COVID runs its course?

A: We will try to put everyone back in their bunks; however this may not always be feasible. We anticipate that everyone will either be reassigned to their previous bunk or a reasonable alternative will be found.

Q: I noticed the *Child's Play* bag of candy being sold isn't part of any fundraiser - which is not something we usually see. What's the deal with that?

A: This item is not for a fundraiser and it is being sold at cost. Let's face it, 2020 has not been the best year for a number of reasons. Over the next few months the Activities Committee is going to look for more ways to try improve moods at EOCI and this may mean more non-fundraiser, at cost food items. The challenge is

that many businesses and establishments that normally work with EOCI are also dealing with the difficulties of 2020 and may not be able to provide what we are asking for at this time.

The 8" Cherry Pies are another example of an at cost item. The activities committee is currently reviewing potential approval for a Domino's Specialty Pizza (around \$10, at-cost).

Q: The rumor is that a video game proposal has been approved for EOCI.

A: No, there has not been any approvals of this kind, as of 11/13/20. Any information to the contrary is patently false.

If there is a video game system approved to be sold at EOCI it will not be kept a secret. You will not hear this information through word of mouth, rather it will be provided in the newsletter and via your housing unit bulletin board.

Thank you Captain Stewart, Mr. Peters, and Ms. VanEpps, for participating in this months Q and A.

Have you recently heard a rumor you'd like to get some straight facts on? Send an AIC communication form to IWP and let us know. We will attempt to find the answer for you and run it in the next months *Just the Facts* article.

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Financial Security: Student Loans

By Phillip Luna

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Many AICs have pre-incarceration student loan debt, and while this may be the furthest thing from your mind, students loans can follow you for decades and ruin your credit if not handled properly.

Incarcerated 10 years or less:

The Department of Education (DOE) should recall your accounts and stop active collections until the AICs earliest possible release date. Once released, the account should be active again.

Incarcerated 10 years or more:

The DOE says student loans will be written off. Debts can be reinstated for borrowers whose loans have been written off (as a result of prolonged incarceration) if they wish to make repayment arrangements upon their release.

However, the DOE may not know you are incarcerated and therefore may not have written off your loan or stopped active collections. It may be necessary to contact the DOE to ensure your loan is not gathering interest. Contacting the Default Resolution Group at the Department of Education, 1-800-621-3115, or having a family member or your power of attorney visit the website studentloans.gov are the easiest ways to check on the status of your loans. Your yearly free credit report should also contain information on your loans.

Some loans can be consolidated and placed on the REPAYE plan, which limits anything you owe to payments of 10% of your income. Have your family or power of attorney visit studentloanplanner.com to find out more.

When enrolled in any income driven payment plan you will still get credit towards the general student loan forgiveness option, which takes 20-25 years. Everyone has this option. Basically, if you are making payments for 20-25 years and still owe after that time, most loans can be forgiven tax-free. A better program than the general loan forgiveness is the Public Service Loan Forgiveness Program (PSLF). This is a program where you pay based on your income for 10 years and then have your balance forgiven tax-free. Not all loans are eligible for this program.



To summarize this, the DOE is supposed to write off your student loans if you are serving more than 10 years, and delay the accounts if you have less than 10 years. However, they may not be aware that you are incarcerated - which means your loans could be gathering outrageous amounts of interest while you are here and that is worse than writing off a loan.

Many repayment programs are based off of a percentage of your wages and PRAS awards are not wages. 10% of zero is still zero. There is a possibility you can be in a repayment plan, paying zero dollars per month which will count towards loan forgiveness. You'll avoid defaulting on your loan because your payments are "current", which will also help reduce the impact on your credit score.

Once you are released, if you have defaulted on your student debt, you can experience severe penalties such as wage garnishment, seizure of tax refunds, and even a loss of a portion of your Social Security Check. Therefore, it is incredibly important to manage your student debt prior to your release.

No two situations are the same and there is not a one size fits all approach to managing your student loans. There are programs out there that can help you. The worst thing you can do for student loans is to do nothing. Of course the best option is to pay off your loans, but for a lot of AICs that may not be financially realistic. If that's the case for you, then getting into a low repayment plan which allows you to keep your loan out of default until you can apply for debt forgiveness is the best option. Even if you are unable to get into a repayment plan, having loans written off is a much better option than allowing them to gather interests for decades, which will ruin your credit **and** you'll still have a significant amount of debt. Again, the worst thing you can do if you have student debt is nothing.

To learn more, have a family member or your power of attorney contact:

1-800-621-3115 Default Resolution Group, Department of Education
www.studentloans.gov
www.studentloanplanner.com
www.mygreatlakes.org
www.studentaid.ed.gov

What Is The Purpose Of Each Account?

There are four different accounts an AIC can have - a General Spending, a Protected Funds, a Transitional Savings, and a General Savings Account.

General Spending Account:

The General Spending Account is where PRAS awards deposit and where canteen purchases are withdrawn from normally.

- Primary spending account.
- Eligible deposits are received into this account (outside deposits from family or friends and PRAS awards).
- Use a CD28 to facilitate financial transactions from the general spending account.

Protected Funds Account:

Not everyone has a Protected Funds Account. Protected Funds are not eligible for COFO deduction or for the 5% deduction for a Transitional Savings Account.

Use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the protected reserve trust account.

Examples of protected deposits sources:

- Veterans disability benefits.
- Monies received from Native American tribe.
- Railroad retirement benefits.
- OCE PIE Awards.

Transitional Savings Account:

The Transitional Savings Account (TRSA) is filled automatically until it reaches the \$500 requirement. Every deposit made into your General Spending Account or PRAS award you receive will have 5% taken from it and placed into this account. After the \$500 minimum is reached you may elect to continue adding to this account at 5%. However, if you have COFOs you cannot exceed \$500 on this account until your debts are paid off. This account generates interest which is deposited into your **General Spending Account**.

- 5% of each eligible deposit is deposited into transitional savings trust account until the account reaches \$500.
- AICs may elect to transfer funds into the transitional savings trust account by submitting a transfer request form, CD1832 up to \$500. AICs may make deposits into this account once per calendar month.
- AICs may elect to continue a 5% deduction of eligible deposits beyond \$500 if COFOs have been completely satisfied.
- Funds in the transitional savings account are *not* available until the AIC releases from DOC.
- Funds in the transitional savings trust account are protected from debt/obligation collection or garnishment.

General Savings Account:

Everyone has a General Savings Account. You can deposit into this account at anytime by filling out a CD-1832 Transfer Request Form, but this account is NOT protected from DOC debt or non-DOC debt collection. If you owe any debts, it can be collected from this savings account. COFOs will not be collected from this account.

- Established as means for AICs to save funds outside of the Transitional Savings Account.
- AICs may elect to transfer funds into the general savings trust account by submitting a transfer request form CD1832. AICs may make deposits into this account once per calendar month.
- Funds in the general savings trust account are not available until released from ODOC custody.

Obligated Reserve Accounts:

- Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs would use when there is a need to reserve funds for a good or service that meets specific criteria.
- AICs may receive deposits into one of these accounts from external sources.
- AICs must be approved to place funds into an obligated reserve account.

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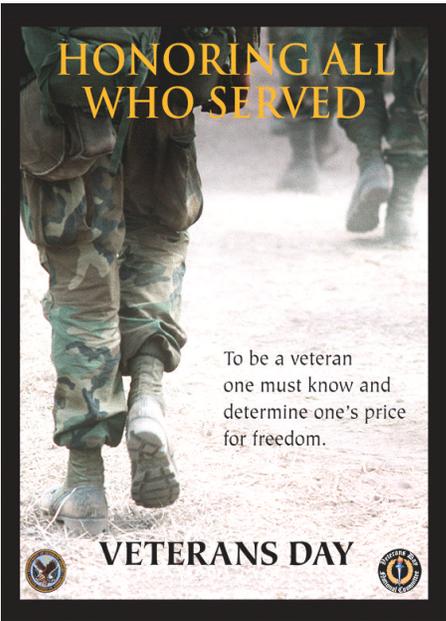


Debt and Obligation Information

Provided by
Central Trust, Salem

	Debt/Obligation	Collection Schedule	Additional Information
New Programs: Around the Compound: Just the Facts: Finance: Veterans Resources:	Court Ordered Financial Obligation (COFO)	<ul style="list-style-type: none"> • Collections from eligible deposits per ORS 423.105 for COFO(s). • 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500. • Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied. 	<ul style="list-style-type: none"> • Implementation of COFO collection projected to begin January 1st, 2020. • The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding COFOs. • COFOs are not the same as County and US Court filing fees. Examples are COFOs are: Restitution, fines, fees, & child support.
Good to Know: The Funny Pages: Health & Fitness: Work Assignments:	DOC Debt	<ul style="list-style-type: none"> • Collected from eligible deposits. • Collections shall occur the last business day of the month per OAR 291-158 if funds are available. 	<ul style="list-style-type: none"> • DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy and postage advances. • DOC debt is due upon receipt; if/when funds are not available funds are advanced and set-up as debt. • AICs may spend up to \$40 of the first \$80 deposited into general spending.
Important Notices: Bulletin Board:	County Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> • Collected as funds become available. • Multiple collections may occur throughout the month. • Collections shall occur the last business day of the month. 	<ul style="list-style-type: none"> • County obligations refer to deferred county filing fees. • These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee.
	Initial Federal / US Court Filing Fee Obligation	<ul style="list-style-type: none"> • Collected as funds become available. • Multiple collections may occur throughout the month. • Collections shall occur the last business day of the month. 	<ul style="list-style-type: none"> • Initial filing fees can be collected in total and is due upon receipt. • These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee.
	Federal / US Court Deferred Filing Fee Obligations	<ul style="list-style-type: none"> • Collected around the beginning of the month. 	<ul style="list-style-type: none"> • General filing fee collections amount determined by the previous month's deposit(s). • 20% of previous months deposits multiplied by the number of cases is what is deemed as collectable.

Resources for Veterans



Veterans who are incarcerated in the State of Oregon have access to resources specifically aimed at minimizing the pressures they may encounter after release. If you are an incarcerated veteran, you may contact the Department of Veterans Affairs for information.

Department of Veterans Affairs

100 SW Main Street, Floor 2
Portland, OR 97204
www.va.gov 1-800-827-1000

The free resource booklet, "A Guide for Incarcerated Veterans in

Oregon", can be obtained by contacting the address below.

Community Reintegration Services

Portland VA Medical Center
PO Box 1034 (V3DOM)
Portland, OR 97207

For assistance with veterans issues that are more pressing, contact Ms. Halbert, Correctional Rehabilitation, and she will make an appointment for you with the Veterans' Service Officer of Umatilla County.

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Relampago del Catatumbo

By Patrick Gazeley-Romney



There's something strange in the air where the Catatumbo River flows into Lake Maracaibo. For 260 nights out of the year, often for up to ten hours at a time, the sky above the river is pierced by almost constant lightning, producing as many as 280 strikes per hour. Known as the *relampago del Catatumbo* ("the Catatumbo lightning"), this everlasting lightning storm has been raging for as long as people can remember.

In 1595, Sir Francis Drake's attempt to take the city of Maracaibo by night was foiled when the lightning storm's flashes gave away his position to the city's defenders. This happened again during the Venezuelan War of Independence in 1823, when Spanish ships were revealed by the lightning and fell to Simon Bolivar's upstart navy.

In fact, the lightning, visible from 25 miles (40.2 km) away, is so regu-

lar that it's been used as a navigation aid by ships and is known among sailors as the Maracaibo Beacon. Interestingly, little to no sound accompanies this fantastic light show, as the lightning moves from cloud to cloud, far above the ground.

It's still unknown exactly why this area-and this area alone-should produce such regular lightning. One theory holds that ionized methane gas rising from the Catatumbo bogs meets cold air pouring down from the Andes, helping create the perfect conditions for a lightning storm.

The best place to see the storm is from Congo Mirador, a village built on stilts on Lake Maracaibo. Head to Encontrados to make arrangements. N 9.563214 W 71.382437

Spurious Correlations

By Phillip Luna

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During the time of COVID-19 and presidential elections, many of us tune into the talking heads that pervade our television screens. Politicians, journalists, activists and talk show hosts all provide their opinions with a generous dose of euphemisms, double-speak, and grandiose language designed to manipulate the average viewer into accepting something as truth which may be less than so. Suddenly a new book that bombed is called, *"ahead of its time."* A shouting match between politicians is a *"robust exchange of views."* And bombing another country is a *"pre-emptive counter strike."*

But language is not the only form of influence used - data can also be used to manipulate information. One website, www.tylervigen.com, has identified spurious, and humorous, correlations that show how easily information can be manipulated so the viewer, or reader, might draw conclusions that don't actually exist.

For example, one such spurious correlation is that the **per capita cheese consumption** correlates at 94% with the number of **people who died by becoming tangled in their bed sheets**. As the data in the graph below shows, over the course of 10 years the more cheese that was consumed the more people died in this manner. When less cheese was consumed, less people died by thread count. The most baffling part of this data is that every year hundreds of people actually die from becoming entangled in bed sheets. And the number is rising!

In another study, the **divorce rate in Maine** correlates with the **per capita consumption of margarine** at an amazing 99.26% rate. So watch out Maininites, that anniversary dinner you spend eating some of your famous buttered Maine lobster may be your last!

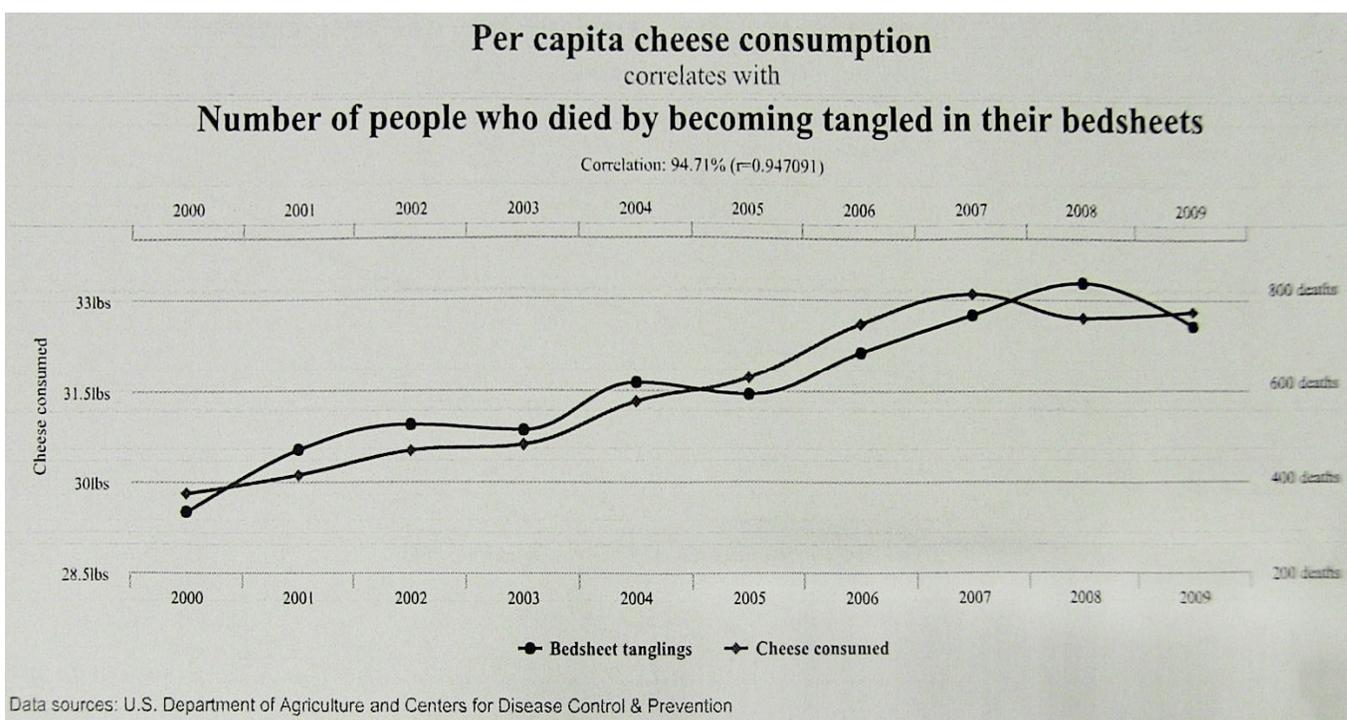
The **number of people who drowned by falling into a pool** cor-

relates with **the number of movies Nicolas Cage appears in each year**. Does watching *GhostRider* make you forget how to swim?

Letters in the Winning word of Scripps National Spelling Bee each year correlates with **number of people killed by venomous spiders**. Are spiders angered by long words?

People who drowned after falling off a fishing boat correlates with the **marriage rate in Kentucky**. Infer what you will here.

There are many examples like this, but **correlation is not causation**. When data such as this is placed on a graph, it causes us to infer a causation which probably doesn't exist, although it's interesting to see the data correlate over a decade. So what's the best remedy for keeping a good perspective as you tune into the daily news? View with a healthy amount a cynicism.



Comic Relief



Know What I'm Sayin'

Hello Echo readers! It's been a while since I've written. I figured it was time to share some thoughts and seeing how chaotic this year has been - it might be a nice break from the normal.

To start, the word pandemic is everywhere, but where does this word come from? I broke it into two parts; *pan* and *demic*. I found it's derived from two Greek words; *pan* meaning *all* + *dēmos* meaning *people*. All people? Really? Maybe it's fitting to apply a word which doesn't make sense to a year like this.

Second, we need some positivity. So how about some socially responsible (6 ft apart) fist bumps! The first is to multi for handing out the movie candy BEFORE it expired. We miss the movies and all the goodies and we appreciate the gesture. Second, is to Ms. Halbert and the Activities Committee for putting together this recent *Child's Play* candy promotion. I think we all could use a little extra sweetness in our lives.

I couldn't bring myself to report on "non-fist bumps", let's avoid negativity. So instead, how about some "why not's".

Why not see about expanding the approved television series list of what is allowed here? Surely there is more out there than the six or seven shows we keep airing. This could help keep the shows from blending together. Like that one show about vampires from Atlantic City during prohibition. Or the one where pirates battle the Romans on capitol hill. That's a show isn't it?

The holidays are quickly approaching. This year it may be a little tougher since we don't get to see our family. Heck, we haven't been able to for a long time now. So it is all the more important to remember that a little kindness goes a long ways.

Winter is coming!

Know what I'm sayin'?

By Warren Doescher

Contributing Writer



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Collagen Based Diets

By Patrick Gazeley-Romney

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While there have been small and limited studies done on the positive effects of collagen supplementation and dieting, it is unclear whether the benefits could have also occurred by eating any type of protein or maintaining a healthy diet in general. Most evidence in support of collagen supplementation or dieting appears to be anecdotal.

Collagen is the term for the main structural proteins found in skin and connective tissue throughout human and animal bodies. These important proteins account for about 30 percent of the protein in the human body. There are over 29 types of collagen, comprised of combinations of 19 different amino acids. Human bodies harbor only types 1-3. Type one exists primarily in skin tissues, tendons, vascular musculature, organs and bones. Type two is found in cartilage and type 3 is found in reticular fibers or fibers in connective tissue.

As we grow older and our bodies age naturally, collagen production levels decrease. When collagen production slows there is a reduction in the skin's elasticity and thickness leading to wrinkles and sagging skin. Internally, decreased collagen levels may lead to stiffness in joints and connective tissues, shrinking of muscles, joint pain or osteoarthritis and gastrointestinal problems. Decreased collagen production may also contribute to hair loss.

Proponents of a collagen-centric diet claim that it can help one maintain youthfulness, energy and beauty. Logically, increased collagen production could help strengthen joints or tendons that have been weakened through the natural aging process, repair damaged skin and help maintain a healthy scalp.

Good sources of naturally occurring collagen include: fish, chicken, egg whites, citrus fruits, berries, red and yellow veggies, garlic, white tea, leafy greens, cashews, tomatoes, bell peppers, beans, avocados, and soy. Herbs high in collagen include Chinese knotweed, horsetail and gynostemma. Herbs that help your bodies' ability to produce collagen include gotukola, bala and ashwagandha.

Yin-Yoga Sequence to Start Your Day

Yin-Yoga is a form of yoga that focuses on flexibility through deep static stretching. Hold the following stretches for 3 minutes each. The entire routine takes 36 minutes. Yoga has cumulative effects on the body so try this routine at least once daily for a week and evaluate how you feel at the end of that period.

Hip Openers (3 minutes each leg)

- Minute 1: Lunge
- Minute 2: Deep lunge
- Minute 3: Pigeon Stretch

Quad Stretch (3 minutes each leg)

- Minute 1: Double quad stretch
- Minute 2: Single leg quad stretch with twist
- Minute 3: Single leg quad stretch extended

Hamstring/Calf (both legs together)

- Minute 1: Toe touch forward fold
- Minute 2: Single leg toe touch
- Minute 3: Other leg toe touch

Spinal Erector Stretch

- Minute 1: Spinal twist left
- Minute 2: Spinal twist right
- Minute 3: Lay flat and breathe

Upper Back/Neck Opener

- Minute 1: Toe touch forward neck fold
- Minute 2: Toe touch forward neck fold left
- Minute 3: Toe touch forward neck fold right

Back Stretches

- 3 Minutes: Child's pose
- 3 Minutes: Cat/cow
- 3 Minutes: Downward dog
- 3 Minutes: Forward hang
- 3 Minutes: Plank and breathe

Flu Vaccine 2020-2021

Provided by Nurse Stills, Health Services



I'm healthy, do I need a flu vaccine?

Flu is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

I had the vaccine last year. Do I need to get it again this year?

Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection. A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

Estoy sano, ¿necesito una vacuna contra la gripe?

La gripe es una enfermedad contagiosa que puede provocar enfermedades graves, incluida la neumonía. Incluso las personas sanas pueden enfermarse lo suficiente como para faltar al trabajo o la escuela durante una cantidad significativa de tiempo o incluso ser hospitalizadas. Se recomienda una vacuna anual contra la influenza para todas las personas a partir de los 6 meses de edad. Las mujeres embarazadas, los niños pequeños, las personas mayores y las personas con ciertas afecciones médicas crónicas como asma, diabetes y enfermedades cardíacas tienen un mayor riesgo de sufrir complicaciones graves relacionadas con la influenza, por lo que vacunarse

anualmente contra la influenza es especialmente importante para ellos.

¿Es segura la vacuna contra la influenza?

Si. La vacuna contra la gripe es segura. Cientos de millones de estadounidenses han recibido vacunas contra la influenza de forma segura durante los últimos 50 años y se han realizado investigaciones exhaustivas que respaldan la seguridad de las vacunas contra la influenza estacional. Cada año, los CDC trabajan en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. (FDA) y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

Recibí la vacuna el año pasado. ¿Necesito conseguirlo de nuevo este año?

Los virus de la influenza cambian constantemente, por lo que las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente. Necesita la vacuna de la temporada actual para obtener la mejor protección. La protección inmunológica de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para la mejor protección.

If you have not received a flu shot for the 2020-2021 and would like one, please send a communication form to Health Services.

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Print Shop Machine Operator

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The **OCE Print Shop** is recruiting to fill **several** open positions for **Machine Operators**, to support the OCE Print Shop Press and Bindery Departments. Applicants must be able to adhere to a high standard of quality in a fast paced environment while meeting deadlines. **The OCE Print Shop is located at OSCI in Salem.** This position awards 10-17 PRAS points, with the opportunity to earn a Team Goal Award.

Preference will be given to experienced operators running the following equipment:

- Digital and/or offset printing presses and/or bindery equipment including folders, stitchers, booklet makers, drills, paper cutters, etc.
- Print and Bindery experience is preferred but not necessary.
- Must have previous machinery operation experience in a production setting.
- Mechanical aptitude and the

ability to diagnose and troubleshoot are necessary.

Please list previous experience as a machine operator in a production environment, listing previous employers and types of products manufactured with length of time in each position.

Applicants must meet the following qualifications:

- **Must have a valid social security number or equivalent.**
- Have at least **6 months'** time incarcerated **with clear conduct.**
- Have NO program failures in the past 6 months.
- Must have a release date after November, 2024.
- Cannot be in any programs which would conflict with the assigned shift.
- Ability to lift 40 lbs.
- Be willing to sign an **18-month retention agreement.**

- If you are currently in an OCE position you must have fulfilled at least one year at your current position to be eligible to apply.

All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

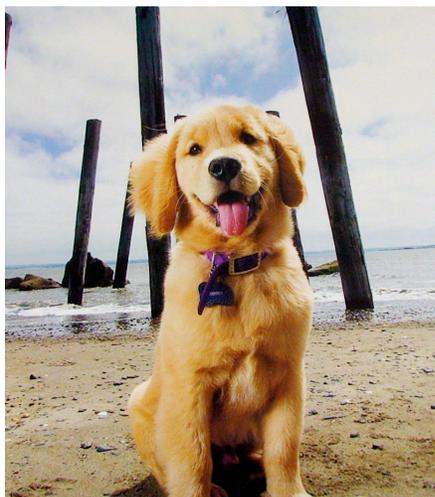
Application process:

If you are interested in applying, please complete a Work Application referencing OCE Print Shop Machine Operator as the position, and a cover letter describing you and your experience. Submit paperwork to Michelle Kessinger Production Manager, OSCI 3405 Deer Park DR Salem, OR 97310.

NOTE: Any transfer is subject to safety protocols and may delay the process.

Application must be received by December 13, 2020.

JLAD Alternates - Recruitment



JLAD Alternate Positions: The JLAD program is currently looking for qualified candidates to join the EOCl Dog Program as alternates. If you have not submitted an application in the last three months and you are interested, please submit a new application. There are four alternate positions open. Those selected may keep their current work assignment while working as an alternate.

Qualifications are as follows:

- At least two years remaining on your sentence.
- High school diploma or GED.
- Incentive level 3.
- Currently case compliant.
- Referred by your counselor.

Submit applications to IWP.

PREA



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

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press 9 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 Correc-

tions has a zero tolerance policy for sexual abuse and harassment. Your family can report on your behalf by contacting the Inspector General's public hotline at: (877) 678-4222.

El Abuso sexual y el acoso sexual nunca son aceptables. Avisele a alguien. CONSIGA AYUDA.

Llame al Inspector General:

1. Al numero de ayuda:
2. Levante el teléfono

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 also leave a message with the PREA Advocate or write at:

ODOC PREA Advocate
2575 Center Street NE,
Salem, OR 97301

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Holiday Buying Period

- The 2020 holiday buying period runs Monday, November 30th, 2020 through Thursday, December 31st, 2020.
- Spending limits will be doubled during the holiday buying period.
- *If you are indebted to the DOC:* Debt will be collected through Wednesday, November 25th, 2020, prior to the beginning of the holiday buying period.
- During the holiday buying period, Central trust will not collect existing DOC debt. However, non-DOC debt, such as court fees, garnishment orders and COFOs, will still be collected.
- Any new disciplinary sanctions applied to your trust account

during the holiday buying period will nullify the suspension of collections and reactivate the collection process of disciplinary sanctions. Once applied to your account, disciplinary debt will be collected as usual for the rest of the holiday period.

- During the holiday buying period, AICs who are indebted to DOC may only spend funds posted to their account for postage, copies, institution club activities, and commissary.
- At the conclusion of the holiday buying period, any funds remaining in accounts of indebted AICs will be collected and applied to their debt.
- COFOs and Transitional Savings deductions will not be suspended during the holiday buy-

ing period. DOC does not have the authority to suspend these obligations as they are statutory collections made on behalf of the Oregon Justice Department.

- If you do not have a Protected Funds Account, but sign the sections on the Commissary Form authorizing a purchase from this account, your order will be returned to you unprocessed. For those who have a Protected Funds Account, you have received a letter from Central Trust. If you have not received a letter then you do not have to a Protected Funds Account.

In accordance with ORS 423.105 and Trust Rule 291-158-0065.

New Bread Recipes

By E. Guevara RD, LD
ODOC Dietician

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In order to provide better bread products, Food Services has been developing and is now using new recipes for the following items: sliced white bread, sliced wheat bread, French bread, and bread sticks. These new recipes contain

no dairy products or eggs. All institutions started using these new recipes for the fall-winter 2020-21 menu cycle.

Other bread recipe products that are free of dairy and eggs are: multi

-grain bread, white hoagie buns, and wheat hoagie buns.

MAT meals will still serve the same bread-of-the-day as the mainline meal, including breads that may contain dairy or eggs.

Gospel Echoes Cookie Project

All AICs are welcome to participate in the annual Gospel Echoes Christmas Cookie Project. Those who choose to participate will receive a Christmas card, cookies, and a new address book.

Due to pandemic restrictions, Gospel Echo members will not be able to physically hand out gifts, as they have in the past. They will still be providing the gifts which will be handed out by staff members.

No sign-up is needed to participate. Cookies and Christmas cards will be handed out on December 8th, 2020.

Happy Holidays!

Short-Term Transitional Leave

A minor change has been made to the calculation of the TL eligible date. This has been done to ensure the leave period does not exceed the number of days allowed in Oregon Revised Statute (ORS) 421.168 and Oregon Administrative Rule (OAR) 291-063-0130. Short-Term Transitional

Leave is a period of leave not to exceed 30, 90, or 120 days preceding an established release date. See below for a guideline of the maximum duration of TL leave periods based on sentencing date.

If you are eligible for TL, your face sheet will show that the earliest TL

eligible date is now one calendar-day later. This change will not impact you if you have been scheduled for leave and there are preliminary and/or final dates entered on your face sheet. Please remember your judgment must authorize transitional leave to be considered for STTL.

Short-Term Transitional Leave Period	
Sentencing Date	Maximum Duration of Leave Period
On or after January 1, 2018	May be eligible for a period of short-term transitional leave of up to 120 days.
On/after August 1, 2013, and prior to January 1, 2018	May be eligible for a period of short-term transitional leave of up to 90 days.
Prior to August 1, 2013	May be eligible for a period of short-term transitional leave of up to 30 days.

Bulletin Board at a Glance



Work Assignments:

Artists Wanted:

OCE - DMV Positions at OSCI (posted in the October Echo): Recruitment for this position closes on November 15th, 2020.

Please submit applications to:

M. Kessinger
OCE Production Manager OSCI
3405 Deer Park Dr SE
Salem, Or 97310

OCE - Print Machine Operator at OSCI (posted on page 14): Applications for this position must be received by December 13th, 2020.

Please submit applications to:

M. Kessinger
OCE Production Manager OSCI
3405 Deer Park Dr SE
Salem, Or 97310

JLAD Alternates Positions (posted on page 14): JLAD is currently recruiting for four alternate positions. Alternates may keep their regular work assignment.

Please submit applications to IWP.

Housing Unit Murals: EOCl is looking for talented AICs who are interested in painting murals on housing units. AICs must be Incentive Level 3 to be considered. Send a sketch of your mural design proposal to Ms. Halbert in Correctional Rehabilitation if you are interested. Multiple submissions may be accepted.

For more information, please see your housing unit bulletin board. Deadline to submit design proposals is Friday, November 13, 2020.

Commissary News:

Please be advised, commissaries have been notified by the vendor that it can take up to an additional 2 months to receive an order for the Electric Guitars.

Commissaries statewide continue to see product orders shorted or items not being shipped at all with numerous production delays from manufacturers. As manufacturing plants re-open for processing, vendors are systematically supplying products to hospitals, schools then to large facilities. Vendors have their orders

placed in anticipation that the supply chain will return to normal.

COVID-19 Notice #47:

As the COVID-19 situation continues, DOC would like to provide you with updated information.

Since the pandemic began in March, there have been 327 positive staff members with 295 recovered. There have been 1,315 AIC positive tests, 1,218 recoveries, 8,068 negative tests, and 16 deaths. Only 56 AICs currently have COVID-19 (statewide).

Employees who have tested positive are not reporting to work. All AICs who have tested positive are being medically isolated at a facility that provides medical care.

Flu Vaccine:

If you have not yet received a flu vaccination and you would like to, send a communication form to Health Services.

CARES Act EIP:

A list of FAQ's is available in English and Spanish on your housing unit bulletin board. The deadline for submission to the IRS has expired. The Business Office has no information on receiving checks. Your monthly statements will show you all deposits to your trust account.

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November, 2020

“A cynic is someone who knows the cost of everything and the value of nothing.”



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

Get emails about institution news and events

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

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www.studentaid.ed.gov

www.tylervigen.com

Vocabulary from *The Echo*

Enrichment, page 2:

To make fuller, more meaningful, or rewarding.

Pro-Social Activities, page 2:

Activities that encourage positive social interactions.

Literacy, page 3:

Familiar with literature; well-read.

Dearth, page 4:

Scarcity; lack.

Spurious, page 10:

False, bogus, or fake.

Collagen, page 12:

The fibrous albuminoid constituent of bone, cartilage, and connective tissue.

Anecdotal, page 12:

Related to, marked by, or containing anecdotes.

Anecdote: A short interesting or humorous account of a real or fictitious incident.

Important Dates

Daylight Savings Nov. 1st

Zero Tasking Day Nov. 1st

Election Day Nov. 3rd

PRAS Awards Nov. 5th

Marine Corps Birthday Nov. 10th

Veterans Day Nov. 11th

Deadline for OCE Apps. Nov. 15th

Thanksgiving Nov. 26th

Holiday Spending Begins Nov. 30th

Christmas Eve Dec. 24th

Christmas Day Dec. 25th

Holiday Spending Ends Dec. 31st

New Years Jan. 1st

A publication of Eastern Oregon Correctional Institution, Pendleton, Oregon. Direct questions and comments to EOCI Institution Work Programs (IWP).

Friends and family who would like access to *The Echo* can sign up for the email list by texting **CORRECTIONS** to **22828**.