

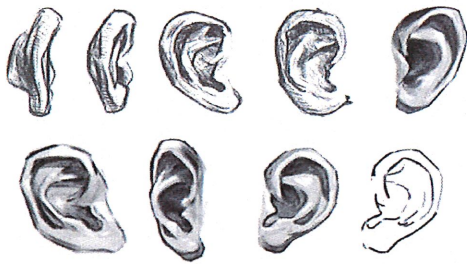
Drawing Portraits

Part 4 - Features of the Face—Ears, Nose and Mouth

Written by Shawn Crabtree

The Ears:

Ears are our most stationary features. Even though their shape is complex many artists choose to simplify them to keep the portrait from looking too busy (always use curved lines). A very simple way to do this is to express the person's right ear as a backward "s" inside a forward "c", and the left ear as a forward "s" inside a backward "c". In order to simplify ears you should first understand their intricate shapes and parts in detail.

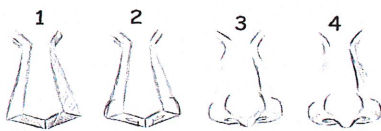


The Nose:

One way to think of the shape of the nose is as being three balls hooked together. One in front, with one attached to each side.



Another way is to start with three-dimensional planes of the nose as if you were sculpting it from stone.

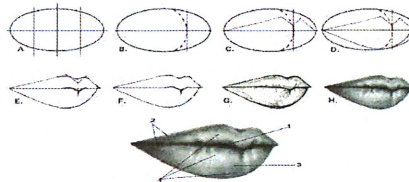


Play around with each of these techniques to figure out which one works best for you. With both, you begin with the general shapes then refine and erase your lines until they more accurately represent the unique characteristics of your subject. As you begin to apply your shade values and highlights many of the lines will disappear so that you are left with shapes and con-

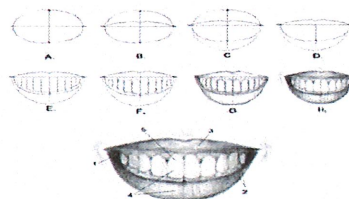
tours that are more defined by the direction of the light source, and the size and angle of the nose. The inner portion of the nostrils will be one of the darkest values of your portrait while the outer portion may cast a shadow depending on the light source.

The Mouth:

Because the mouth has independent movement it is an integral part of a person's expressions of emotion. Use simple lines to draw the basic shape of the lips allowing for their actual three-dimensional shape in relationship to the surrounding facial features and shapes.



You can easily break down the lips into three dimensional planes or shapes, or you can view their shape as being made up of a series of circles. These initial shapes are important to creating subtle three-dimensional depth when shading. When drawing the mouth you should never draw or leave a heavy outline around the outer edge of the lips. The darkest value is the line or gap where the lips part.

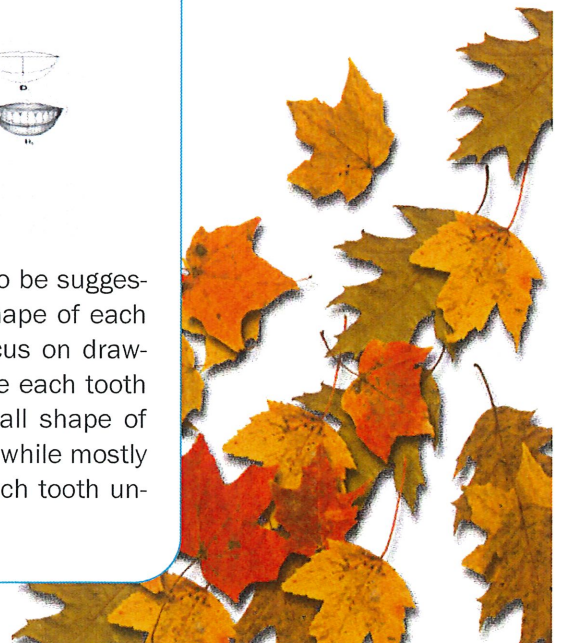


When drawing teeth it is best to be suggestive rather than to draw the shape of each individual tooth. To do this focus on drawing the triangular shapes where each tooth meets the gums and the overall shape of the business edge of the teeth while mostly leaving the lines separating each tooth unexpressed.



Shawn Crabtree,
Contributing Writer, *The Echo*

Crabtree is a contributing writer, an instructor of Art Inside Out, and a yoga instructor.



It's Easy Being Green

Solar Empowerment

Written by Patrick Gazeley-Romney



Patrick Gazeley-Romney,
Staff Writer, *The Echo*

PGR is a Staff Writer for *The Echo* and a facilitator for the Seed to Supper, Roots of Success, and Beekeeping programs.

Whether growing crops, tanning hides or generating electricity, humans have been harnessing the power of the sun in myriad ways to meet their needs for centuries. Photovoltaic (PV) panels- commonly referred to as solar panels- convert the sun's energy into usable electrical current. PV panels are composed of thousands of tiny cells made of semiconductor materials such as silicon. When incoming solar radiation (sunlight) strikes a cell, the semiconductor material absorbs some of it and electricity is generated. Metal contacts are placed on the top and bottom of each cell and electricity flows between cells and out of the panel into a converter, before becoming a direct power source or being stored in a battery system.

As solar and battery technologies continue to evolve, prices for hardware and installation maintain their steady downward trajectory making them an affordable option for a wider demographic. Home solar systems can be installed in order to supplement domestic energy use or to go "off the grid" entirely.

The cost of residential solar systems varies state to state, but on average a normal sized setup for a residential home will run \$15,000-\$20,000. While the price may seem oversized upfront, the system pays for itself in energy bills savings in about 15 years on average. The federal government offers homeowners significant incentives for installing solar panel systems. A residential tax credit put forth by congress allows taxpayers to claim 22% of installation costs for systems placed on residences by 2024. The federal tax credit is nonrefundable, meaning savings don't come in the form of a refund rather, in the form of reduction or elimination of the taxes one owes. Additional credits are available

across the country at the state level and some municipalities.

Solar power setups make the most sense for people living in areas with lots of sun exposure. An average homeowner with a solar powered system in Portland, Oregon can expect to save up to \$38,000 in utilities costs over 20 years. An average homeowner in Los Angeles, a sunnier locale, can expect to save up to \$90,000 in utilities costs over that same 20-year period. Different locations offer different amounts of solar radiation per year, making some locations more desirable for a solar panel installation.

While many people who install solar panels on their homes often install a battery bank as well, it may not be a cost-effective route for everyone. It only really makes sense to install a battery bank if you live in an area that experiences frequent power outages or somewhere with Time-of-Use Utility rates. Batteries can be the most expensive part of a solar system and can easily double the cost of your project upfront. For the homeowner who only wishes to save money on their utility bills, opting out of using a battery system may save you more money overall.

Finding ways to save money in the long run is a good practice for anyone who has been incarcerated. It also never hurts to be more self-sufficient and resilient when it comes to domestic life. For these reasons alone, solar installations make sense for anyone experiencing possible long-term alienation from the labor market or financial unrest. If you are interested in "going off grid", saving on utility costs or are concerned with the environmental implications of energy use, solar power can be a great way to achieve your goals.

Writing with Purpose

Using Figures of Speech

Written by Phillip Luna

Figures of Speech

Figurative language is used to create imaginative comparisons between dissimilar things. A writer, by linking the familiar with the unfamiliar, creates imagery in which the reader can more easily or clearly understand a new aspect of the subject. There are five commonly used figures of speech—similes, metaphors, analogies, personifications, and allusions.

Simile

A simile compares two things by asserting that one is like the other. A simile usually contains the word *like*, *as*, or *so* and is used to transfer one of the qualities or feelings associated to the other.

Examples:

- The eclipse snapped over the sun *like* a lens cover.
- ...*like* some cosmic abacus the universe balanced the unbalanced.
- Laverne wasn't too bad a dancer, but the other one, old Marty... was *like* dragging the Statue of Liberty around the floor.

- J.D. Salinger, *Catcher and the Rye*

Metaphor

A metaphor compares two things by identifying one with the other. It does not say that one is *like* the other, but instead says that one *is* the other. Often a metaphor carries a more forceful, deliberate effect and is stronger than a simile. An analogy is an extended metaphor that, through several sentences explains an abstract idea and attempts to persuade the reader.

Examples:

- The eclipse was a lens cover snapping over the sun.
- Time is but a stream I go a-fishing in.

- Henry David Thoreau, *Walden*

Personification

A personification is a figure of speech by which inanimate objects or abstractions are given a human or animal characteristic.

Examples:

- The flames *ate hungrily* across the mountain side.
- The trees *bowed* before the gale.

Allusion

An allusion is a comparison between a historical, mythological, or literary event and the idea being discussed.

Example:

- Pulling weeds was a Sisyphean task – when one weed was pulled another had grown in its place (Sisyphus was condemned to continuously roll a boulder up a hill in Hades, only for it to roll back down when it reached the top).

On a Final Note:

Originality is an important component as overused metaphors will not have their intended effect. For example:

Let's take the sentence, "*The water flowed through the mouth of the river and into the sea.*" The personification of a river having a mouth is a cliché. Let's try, "*Like a never-ending stampede, the river charged endlessly into the sea, dissipating into the calm, vast blue.*" Maybe a little over the top, but not as tired. How about comparing the river to soldiers in a losing war? "*The river was an army raging endlessly against the unconquerable fleet of the sea. Where the two met, the ocean effortlessly dissolved the river's fury, turning once tenacious waters into a floating mass of indistinguishable casualties.*" Even more over the top, but this analogy has much more energy to it than the first sentence.



Phillip Luna
Editor, *The Echo*

Writing on Purpose a recurring column that focuses on creative writing techniques and skill development.

Personification

Simile and Personification

Analogy

WBE Automotive

Entry-Level Technician Certificate Program Available



WBE Automotive (OSP) is recruiting students for the Entry-Level Technician Certificate, starting in January, 2022. This is a college program.

Requirements:

- High School diploma or GED
- No major misconducts in the last year

- Minimum CASAS scores in math (236) and reading (242)
- No other work-based learning certificates or college degrees
- At least two years - not more than five - left on the sentence
- Eligible to obtain a driver's license upon release.

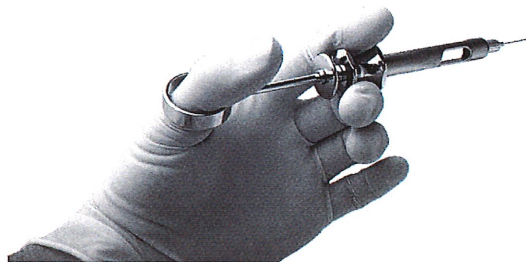
If you are interested, please send an AIC communication to OSP WBE AUTOMOTIVE, Instructor Bill Gastoni.

Serious applicants only - AICs who drop the program will return to their current institution.

COVID Boosters

Still Available - Contact Health Services

Provided by Health Services



The U.S. Food and Drug Administration expanded the use of a booster dose for all COVID-19 vaccines. Booster doses are available for all adults in custody (AICs) who have received their initial dose(s) of any COVID-19 vaccine.

If you received the Moderna, the preference is a Moderna booster shot six months after your last dose.

If you received Johnson & Johnson (J&J), J&J or Moderna are available if your initial dose was two or more months ago.

Side effects are similar to those of the first doses.

La semanapasada, la Administración de Drogas y Alimentos de EE. UU. expandió el uso de una dosis de refuerzo para todas las vacunas COVID-19. Las dosis de refuerzo están disponibles para todos los adultos bajo custodia (AIC) que hayan recibido su (s) dosis inicial (es) de cualquier vacuna COVID-19.

Si recibió Moderna, la preferencia es una inyección de refuerzo de Moderna seis meses después de su última dosis.

Si recibió Johnson & Johnson (J&J), J&J o Moderna están disponibles si su dosis inicial fue hace dos o más meses.

Los efectos secundarios son similares a los de las primeras dosis. Comuníquese con Servicios de Salud (Health Services) para recibir su dosis de refuerzo de COVID-19 o si tiene alguna pregunta.

Commissary News

Holiday Items Coming Soon!

Provided by Commissary

Article Note

Following is the holiday commissary list, **which is subject to change**. Order forms will be provided when the holiday items are available. Do not order these items until you receive a holiday order form.

Candy	Size	Price
Hershey Reeses Pieces Candy	1.53 oz	\$1.25
Dark Choc. Sea Salt Caramels	1.5 oz	\$1.22
Peppermint Bark	4.5 oz	\$1.40
Snacks	Size	Price
Zachary Deluxe Bridge Mix Bag	5 oz	\$1.75
Zachary Double Dipped Peanuts	5 oz	\$1.75
Cheese	Size	Price
Eastview Farms Cheddar Cheese Stick	4 oz	\$1.77
Eastview Farms Smoked Pepper Jack Cheese Stick	3 oz	\$1.77
Chips	Size	Price
The Whole Shabang Pork Rinds	2 oz	\$1.35
Cookies and Pastries	Size	Price
Lil'Dutch Maid Carrot Cake Crème Cookie	14 oz	\$2.15
Fancy Southern Pumpkin Spice Pie	3 oz	\$0.65
Fancy Southern Pecan Pie	3 oz	\$0.65

Coffee Tea Creamer	Size	Price
Coffee Mate Hazelnut Creamer	15 oz	\$5.25
Coffee Mate French Vanilla Creamer	15 oz	\$5.25
BC French Vanilla Cappuccino	10 oz	\$1.95
Meat	Size	Price
Bridgford Sausage Chorizo	3.5 oz	\$2.55
Brushy Creek Roast Beef & Gravy	10 oz	\$4.05
Fisherman's Paradise Mackereel Fillet in brine	3.53 oz	\$1.09
Fisherman's Paradise Oysters in oil	3 oz	\$1.80
Hereford Chili Con Carne	6 oz	\$2.55
Condiments	Size	Price
Sauce Supreme Taco Seasoning Mix	1.25 oz	\$0.75
Mario Camacho Ripe Pitted Olives w/sea salt	1.05 oz	\$1.79
Side Dish	Size	Price
Sevilla Red Beans & Rice	4 oz	\$0.95
Cheetos Mac N Cheese Famin Hot	2.11 oz	\$2.10
Cheetos Mac N Cheese Cheesy Jalapeno	2.25 oz	\$2.10
Cold Drinks	Size	Price
Canada Dry SF Cranberry Ginger Ale	6 ct	\$1.44
Wyler's Island Punch Chillin Berry Limeade	10 ct	\$1.21
Wyler's Island Punch Outrageous Orange	10 ct	\$1.21
Soap	Size	Price
Softsoap Body Wash Pomagranate & Mango	20 oz	\$6.65
Old Spice Body Wash Steel Courage	16 oz	\$8.25
Cards	Size	Price
Single Holiday Card	1 ct	\$1.45
Holiday Card 12 pack	12 ct	\$16.50

The Holiday Spending period begins Monday, November 29th and goes through Friday, December 30th. During this time, for AICs with DOC debt and external obligations will be suspended. A full list of parameters is available on pages 16 and 17.

Enrichment Club

Fundraiser Delivery Delayed

The Chef's Pantry (Seasonings and Spices fundraiser) has been delayed due to multiple shortages from the vendor. Walkenhurst has advised they will not be able to **ship** the following ingredients until the dates listed:

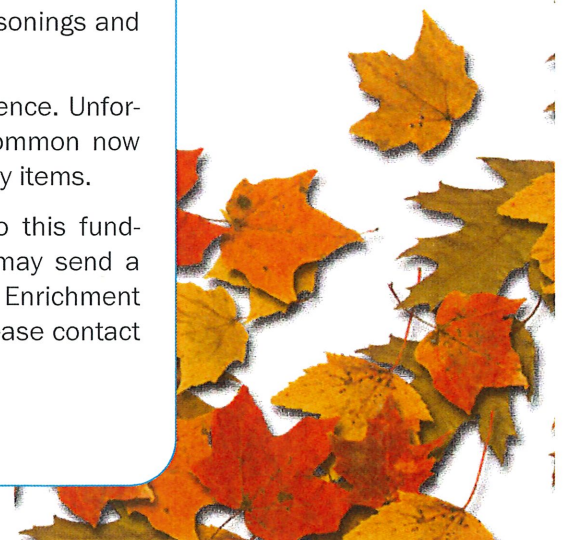
- Minced Garlic - 11/25
- Bacon Bits - 11/24
- Rosemary - Undetermined
- Lemon Pepper - 11/19
- Barbeque Seasoning - 11/19

We are currently looking for alternative vendor options in fulfilling the Rosemary seasoning.

When we receive all of the Seasonings and Spices we will hand them out.

We apologize for the inconvenience. Unfortunately, delivery delays are common now as we often see with commissary items.

If you any questions related to this fundraiser, or any fundraiser, you may send a communication form to the Enrichment Club. For all other questions please contact Correctional Rehabilitation.



Holiday Spending Period

Double Spending, Debt Suspended




Oregon

Kate Brown, Governor

Oregon Department of Corrections

Operations Division
2575 Center Street NE
Salem, OR 97301-4667
Voice: 503-943-0950
Fax: 503-373-1173



Date: November 1, 2021
To: All Adults in Custody (AICs)
From: 
Rob Persson, Assistant Director of Operations
Subject: 2021 Holiday Period

The 2021 Holiday Period begins Monday, November 29, 2021 and goes through Friday, December 30, 2021. During this time, for AICs with DOC debt and external obligations, the following parameters will be in place:

DOC Debt and External Obligations

- DOC debt (examples: disciplinary fines, copy, and postage debt) will be collected through Wednesday, November 24, 2021 prior to the start of the Holiday Period.
- During the Holiday Period, Central Trust will not collect existing DOC debt.
- External obligations (*non-DOC debt*) such as court filing fees (County / U.S. Court), garnishment orders, and Court-Ordered Financial Obligations (COFOs) will continue to be collected as DOC does not have the authority to suspend statutory collections.
- DOC debt collection will resume in the event an AIC receives a new disciplinary fine sanction during the 2021 Holiday Period.
- At the conclusion of the 2021 Holiday Period, on Friday, December 30, 2021, any funds remaining in the General Spending Trust Account of AICs with DOC debt will be collected in accordance with OAR 291 Div. 158-0065(d).

Spending Funds During the Holiday Period

- Commissary spending limits will be doubled (*excluding Deer Ridge Correctional Institution*).
- AICs who have DOC debt may spend funds during the 2021 Holiday Period from their General Spending Trust Account for the following: postage, copies, institution club & DOC activities, DOC programs, phone transfers, and commissary items.
- AICs with DOC Debt cannot make external purchases or disbursements from their General Spending Trust Account during the 2021 Holiday Period.
- AICs should plan accordingly when submitting financial requests, such as commissary orders and Request for Withdrawal of Funds forms (CD28).

Other Considerations

- All plans are subject to COVID-19 tier levels, staffing, and AIC commissary worker / supply chain availability.
- Transitional Savings deductions will continue to take place in accordance with ORS 423.105.

The Holiday Period occurs at the discretion of the Assistant Director of Operations in accordance with OAR 291 Div. 158-0065(d). AICs with questions may submit an AIC communication to Business Services (*electronic option available on the tablet*).

Holiday Spending Period

En Español



Oregon

Kate Brown, Governor

Oregon Department of Corrections

Operations Division
2575 Center Street NE
Salem, OR 97301-4667
Voice: 503-945-0950
Fax: 503-373-1173



Fecha: 1 de noviembre de 2021

Para: Todos los adultos bajo custodia (ABC)

De: Rob Persson, Subdirector de Operaciones

Asunto: Periodo vacacional 2021

El período de vacaciones de 2021 comienza el lunes 29 de noviembre de 2021 y se remonta al viernes 30 de diciembre de 2021. Durante este tiempo, para los ABC con deuda al departamento de correcciones de Oregón (DOC) y obligaciones externas, se aplicarán los siguientes parámetros:

Deuda al DOC y obligaciones externas

1. La deuda al DOC (*ejemplos: multas disciplinarias, copia y deuda de franqueo*) se cobrará hasta el miércoles 24 de noviembre de 2021 antes del inicio del Período de Vacaciones.
2. Durante el período de vacaciones, el fideicomiso central (Central Trust) no cobrará la deuda existente del DOC.
3. Las obligaciones externas (*deuda no al DOC*), como las tarifas de presentación judicial (Tribunal del Condado / Tribunal de los Estados Unidos), las órdenes de embargo y las Obligaciones Financieras Ordenadas por el Tribunal (COFO) continuarán recaudándose ya que el DOC no tiene la autoridad para suspender los cobros legales.
4. El cobro de deudas al DOC se reanudará en caso de que un ABC reciba una nueva sanción de multa disciplinaria durante el período de vacaciones de 2021.
5. Al concluir el Período de Vacaciones de 2021, el viernes 30 de diciembre de 2021, los fondos restantes en la Cuenta Fiduciaria de Gastos Generales de los ABC con deuda al DOC se cobrarán de acuerdo con la Regla administrativa de Oregón (OAR) 291 Div. 158-0065 (d).

Gastos de fondos durante el período de vacaciones

6. Los límites de gasto del economato se duplicarán (*excluyendo la Institución Correccional Deer Ridge*).
7. Los ABC que tienen deuda con el DOC pueden gastar fondos durante el Período de Vacaciones de 2021 de su Cuenta de Fideicomiso de Gastos Generales para lo siguiente: franqueo, copias, actividades del club de las instituciones y DOC, programas de DOC, transferencias telefónicas y artículos de economato.
8. Los ABC con deuda del DOC no pueden realizar compras o desembolsos externos de su Cuenta Fiduciaria de Gastos Generales durante el Período de Vacaciones de 2021.
9. Los ABC deben planificar en consecuencia al presentar solicitudes financieras, como órdenes de economato y formularios de Solicitud de retiro de fondos (CD28).

Otras consideraciones

1. Todos los planes están sujetos a los niveles del COVID-19, el personal de ABC que trabajan en el economato / disponibilidad de la cadena de suministro.
2. Las deducciones de ahorros transitorios continuarán teniendo lugar de acuerdo con el Estatuto Modificado de Oregón (ORS) 423.105.

El Período de Vacaciones ocurre a discreción del Subdirector de Operaciones de acuerdo con OAR 291 Div. 158-0065(d). Los ABC con preguntas pueden enviar una comunicación por escrito a Business Services (*opción electrónica disponible en la tableta*).

Contact Info

PREA Advocate:

You may write the PREA
advocate at:

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

PREA

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

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

Llame al Inspector General:

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

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.

Rule Changes

From the Desk of Administrative Rules

Below is the list of status changes made to DOC administrative rules since 09/20/21.

PROPOSED RULE/TEMPORARY RULE:

291-105-0066 Prohibited Conduct and Processing Disciplinary Actions

Amends the rules to add exceptions around DSU sanctions for BHU status AICs.

Last day to provide comments:
12/15/2021 at 5:00 PM

Temporary rule effective: 10/13/2021
through 04/10/2022

PERMANENT RULES

291-081 Private Sector/Prison Industries Enhancement Program

Amends the rules to align with updated statutory language and references.

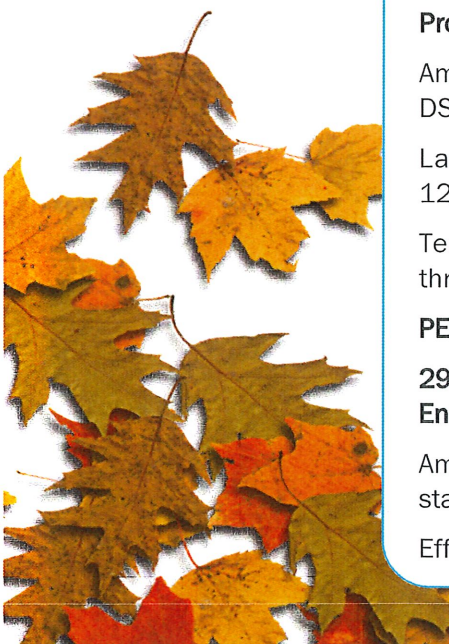
Effective: 10/07/21

291-131 Mail (AIC)

Amends the definitions used in OAR 291-131 to clarify DOC's policy by adding Oregon's designated protection and advocacy organization to the list of officials and entities identified by the department in OAR 291-131-0010(19) as authorized to have its mail with AICs treated as "official mail."

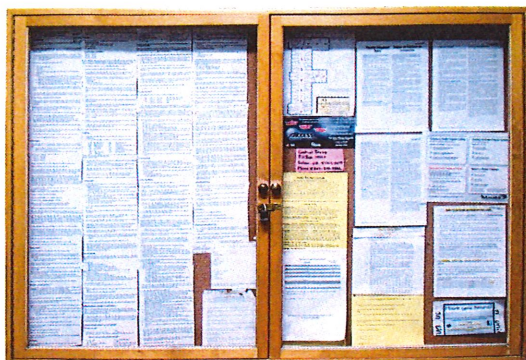
Effective: 10/07/21

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC notices and rules are available for review and copies in the AIC law library.



Bulletin Board at a Glance

Article Note



Bulletin Board at a Glance is a section that highlights important information and information contained on your housing unit bulletin board.

Please see your housing unit bulletin board for complete information.

Veteran Resources

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
1601 E. 4th Plain Blvd (v3CRS)
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.

Health Services

Flu Vaccines: Flu vaccines are still available through Health Services. This information is also available on your housing unit bulletin board.

COVID Vaccines/Booster: If you did not receive a COVID Vaccination/Booster and you would like one, contact Health Services.

Education

BREAKING NEWS

New Directions Education Project: New Directions (NDEP) is planning to offer Writing 115 as a packet course for the winter term. This will be the only class offered at this time. Classes will not be in-person.

Graduation Returns: Education Graduations will be returning in early December, with the venue moved to the Multi-purpose building in order to allow for adequate social distancing.

Financial Aid: The FAFSA is not available to incarcerated students until 2023.

The FAFSA Simplification Act, part of the Consolidated Appropriations Act of 2021, will expand eligibility for the federal Pell Grant to include incarcerated students. These students will be able to take advantage of the grant in 2023.

The DOC Education Office in Salem will give updates on when FAFSA applications are available.

Proctoring Exams: EOCl will be able to proctor exams for AICs enrolled in distance education courses for spring of 2022.

For full information, please see your housing unit bulletin board.



The Echo

Eastern Oregon Correctional Institution Newsletter

The Echo is now distributed to housing units on the 15th of each month, or on the closest regular work day if the 15th falls on a weekend.

Note from the Editor:

Writing an article for your local newsletter is a great way to demonstrate an interest in your community here at EOCI. How you spend your time while incarcerated can influence the parole board, clemency or SB819 petitions, or even the hiring supervisor for work assignments while you are here. Participating in classes, programs, volunteering your time, pursuing education, or being in a work assignment that allows you to earn a certification/license or save money for your future are all ways to build up your resume. Writing an article for the benefit of the community is another resume building item.

If you are interested in submitting an article, contact IWP and we will provide the criteria to you.

The Echo - Volume III, Issue XI - November, 2021

Produced at IWP

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Solar Energy Industry Association (SEIA)

Wikipedia.org

Oregon Careers magazine 2021

Complete Book of Drawing by Barrington Barber

Draw Portraits by Douglas Graves

Keys to Drawing by Bert Dodson

How to Draw What You See by Rudy De Reyna

Drawing Realistic Faces by Carrie Stuart Parks

Draw Real People by Lee Hammons

Writing by Joseph Trimmer

Important Dates and Events

Nov 25th Thanksgiving

Dec 10th GED Graduation

Dec 21st Winter Begins

Dec 25th Christmas

Dec 31st New Year's Eve

Jan 1st New Year's Day

Jan 17th MLK Day

Jan 17th Full Moon

PRAS Posting Dates

January 7th

February 4th

March 4th

April 8th

May 6th

June 10th

July 8th

August 5th

September 9th

October 7th

November 4th

December 9th

Get The Echo Via Email!

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

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

Friends and family can text "CORRECTIONS" to 22828 the receive *The Echo* in a monthly email.