

New to EOCI  
40 APPLE TREES

The Oregon Way  
WHAT, WHERE, AND WHY

Replacing Equipment  
NEW WEIGHT PILE

# The Echo

DOUBLE ISSUE - March/April

PRINTED NEWSLETTERS FOR  
CHECKOUT ONLY

AVAILABLE ON THE TABLET

*The Echo*  
Volume V, Issue III/IV  
March/April, 2023

*The Official and Only Newsletter of the Eastern Oregon Correctional Institution  
A Publication of the Department of Corrections*



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*Double Issue*

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Stacked Weights

*Photograph by Phillip Luna*



TALK OF THE TOWN

## Honeycrisp

EOCI To Add 40 Apple Trees to the Compound This Year

Written by Phillip Luna

O

ne hundred apple trees were donated to the Oregon Department of Corrections, 40 of which will go specifically to EOCI. The trees are dwarf honeycrisp apple and are expected to grow to a height of only six feet. According

to Food Services Manager Ms. Emory, *“These trees will take approximately two to five years to produce apples. We are looking at spacing them in several different areas around the institution between the East and Westsides.”*

The honeycrisp is considered the ideal apple for eating raw due to its sweet and tart flavor. *Online Orchards* called the dwarf honeycrisp, *“The world’s best tasting dwarf apple.”* Honeycrisp apples also have a relatively long shelf life when stored in cool, dry conditions making them ideal for supporting a larger population.

Honeycrisp apple flowers are self-sterile and require a pollinizer in order to get fruit, although most other varieties will pollinate the honeycrisp (including crabapple trees). Young fruit trees typi-

cally have a smaller amount of well-colored fruit while mature trees have a higher density of fruit, at a lesser quality. For those unfamiliar with dwarf fruit trees, one important note is that the tree itself is smaller, but not the size of the fruit it bears. The apples are normal size.

It is undetermined who will maintain and care for the apple trees. When asked if the responsibility would be the grounds crew, greenhouse, or a separate work assignment altogether, Ms. Emory stated, *“This is to be determined, maybe a combination of all three.”*

While two to five years is a considerable time before the trees yield fruit, the honeycrisp apples will eventually become a welcome addition to the EOCI menu, providing fresh, locally grown produce. In the interim the trees themselves provide support to other programs at EOCI. *“The apple trees are complimentary to the Beekeeping Program,”* stated Beekeeper Patrick Gazeley-Romney. *“Bees are pollinators for trees. An apiary and an arbor have similar and interdependent underlying systems.”* The apple trees are expected to be added around the EOCI compound this spring.





TALK OF THE TOWN

## New Directions Ends... and Returns?

Students are Given a Lesson in the Art of the Plot Twist

Written by Phillip Luna

**I**t is with sadness and regret we tell you that the New Directions Education Project is closing and offering its last class in the Spring Quarter 2023,” so begins a letter sent in February to all students of the New Directions Education Project (NDEP). The education project started in 2001 to bridge the college course gap after Pell Grants were discontinued for AICs in 1999. But Student Financial Aid (FAFSA) for AICs is returning after a twenty-four year hiatus and prospective students will be eligible to apply for Second Chance Pell Grants later this year. When asked about NDEP, Assistant Superintendent of Correctional Rehabilitation Mrs. Neistadt stated, “We have been so fortunate to have NDEP volunteers. Unfortunately, the current hard-working board and individuals involved are ready to truly retire and move on whether it be by moving or focusing on other passions. The current board has been unable to find others willing to take on this program and continue to champion college education.”

The closing of this program came as a surprise to most students. “After losing two and a half years to COVID, the program finally returned and after just a few terms it’s closing for good,” stated one NDEP student. While the students will feel the impact most deeply, the institution is losing the only program that facilitates college education to AICs.

Mere hours after it was announced the NDEP program was ending (and after letters were sent to all the students explaining the program’s closure), educators Ms. Youncs, Mr. Heath, and Mrs. Schuette stepped in to take over the mantle. The current program liaison, Mrs. Douglas, is retiring after more than 20 years and it was expected that the program would conclude. Mrs. Schuette said, “Bonnie Douglas of the [NDEP] board is leaving after 20 plus years,” stated Mrs. Schuette, “and it is going to take three of us to replace her!”

The trio of educators are working to gain approval on their plans. The particulars of the “New” New



Directions are mostly cursory, as the three teachers are hoping to create an updated version of the college education project. Ms. Youncs will be the lead representative between BMCC and DOC/EOCI; Mr. Heath will be helping with recruitment, and proctoring classes; and Mrs. Schuette will be assisting in recruitment, proctoring classes, and fundraising. Details on eligibility for Second Chance Pell Grants and how that will factor into the new program are still unclear.

What is known is that incarcerated students will be able to apply for FAFSA, the application will consist of 36 questions, and all incarcerated individuals who meet the general eligibility requirements are eligible, regardless of conviction or sentence length. There are no additional details on what constitutes a general eligibility requirement.

While the leadership from the college program changes hands, it is important to acknowledge the efforts and success of the former champions of college education. For more than twenty years NDEP liaison and teachers offered college classes to AICs, with many students earning a General Associates Degree. Some students used NDEP as the foundation for further coursework, eventually earning a Bachelor's or Master's Degree (and the occasional Ph. D). Regarding the program, Assistant Superintendent of Correctional Rehabilitation Mrs. Neistadt stated, *"New Directions Education Program was created by a group of educators connected to BMCC, mostly retirees. They believed in the need for higher level education and college level opportunities, and that it could be provided by a collective of individuals who had the passion and desire to volunteer."*



“

***...thank you for caring. You've all treated me like a human being, and given me a chance to be someone. This program has taught me everything I need to know to stay out of the streets, and I am eternally grateful.***

”

*and I am eternally grateful.”*

While the rebranded college education program looks to stand on the shoulders of its predecessor and make significant strides in college opportunities for AICs, the impact of the more than twenty year lifespan of NDEP is unmistakable. And while many of the finer details remain undetermined and the future is not quite clear, one fact seems to be unquestionable:

Ms. Youncs, Mr. Heath, and Mrs. Schuette have got some big shoes to fill!

Countless AICs have benefited from the program - AICs like Charlie Carnes, who spent seven years as a student. *"I am thankful for their efforts and dedication,"* stated Carnes, *"Rehabilitative experiences in prison are rare, and I am grateful for all of the opportunities they have made available to me and the other students."* Carnes utilized the program to gain over a third of the credits needed for his Associates of the Arts Transfer Degree (AAOT).

NDEP student Keaton Stephens said, *"The program helped me find a deeper level of motivation, and self-respect."* He further stated, *"Thank you all for everything you contributed. You are respected and appreciated."*

Zoey Pike became an NDEP student in 2020 and lists Writing 121 with Mrs. Bose as his favorite class. Regarding the New Directions Liaisons, Pike said, *"...thank you for caring. You've all treated me like a human being, and given me a chance to be someone. This program has taught me everything I need to know to stay out of the streets,*



TALK OF THE TOWN

## One Heart Transplant Done, What's Next?

### Enrichment Club Donation Recipient Receives Heart Transplant, Club Plans for Future Donations

Written by Phillip Luna

A rare circumstance occurs when AICs can so positively effect a community. The EOCI Enrichment Club donation to the Children Oregon Transplant Association was one such rarity - an opportunity to raise funds for a local Pendleton student who required a life-saving heart transplant. High school student Miranda Case was born with hypoplastic left heart syndrome. Now, after multiple heart surgeries and as a high school student with aspirations for college, she needed a complete heart transplant.

In August of 2022, the Enrichment Club held a fundraiser which contributed to an \$8,809.84 donation. Other members of the community and organizations also made donations to the cause, ultimately reaching the \$50,000 goal to support the transplant surgery for the Case daughter. Miranda

recently underwent the operation. The Case family wrote the following message addressing the many donors and supporters:

*“We hope that you all had a good night. It has been a long one for us. We were able to get a little bit of rest. Miranda is still in the operating room at this time. We have been told that the surgeons have gotten her a new heart in and that she is off the bypass machine. That is good news. Now they are waiting for her new heart to get acclimated and for it to start functioning efficiently. We are not sure how much longer it will be, but it sounds like things are going as they had anticipated they would.*

*We had some pastor friends come and join us at the hospital last night before Miranda went to surgery and Paul stayed with us through the*



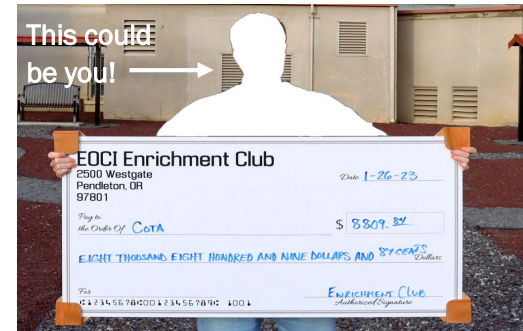
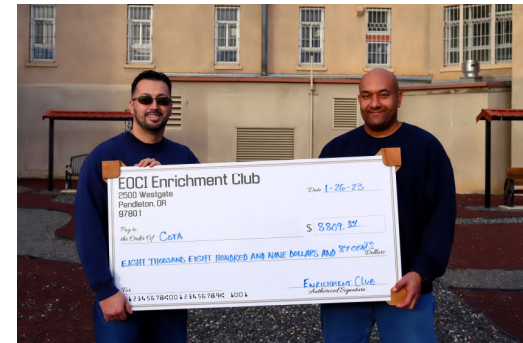
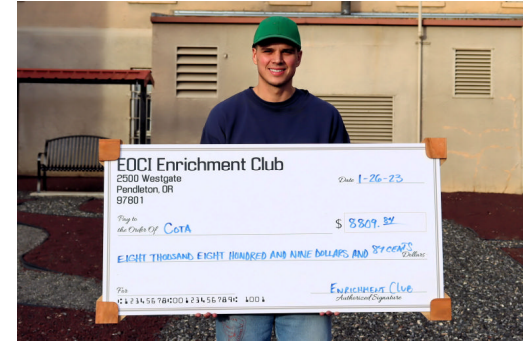
night and will be here until Miranda is out of surgery. We appreciate having him here. We also want to thank you again for all of your prayers, thoughts, and support. It is very much appreciated and we feel very loved.”

While the Enrichment Club members are the ones who pose for photographs with oversized checks, credit is also due to the numerous staff members who help facilitate these fundraisers. “Without staff support,” stated the Enrichment Club President Phillip Luna, “we wouldn’t be able to do nearly any of the things we are able to. They give us the avenue, the opportunity to do something more.” In addition, the hundreds of AICs who participated in the fundraiser are crucial in making such a significant donation.

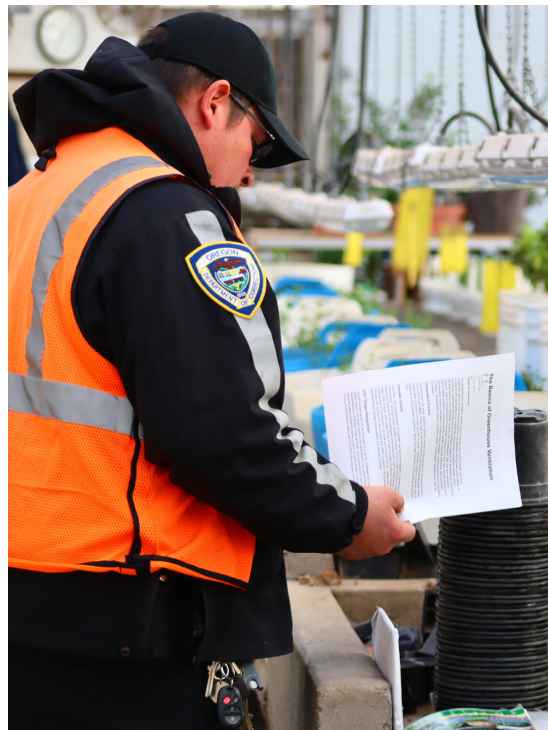
This year the club is looking to make donations to the organizations *One Simple Wish*, *The Alzheimer’s Association*, *Hope for Warriors*, *Constructing Hope*, and *Mental Health America*, to name a few. “We all have different charities we want to donate to.” said Club Ambassador Nico Sias. “Planning a donation to *The Alzheimer’s Association* is important to me because it’s something that could happen to all of us. And it doesn’t get a lot of attention.”

Currently, the Enrichment Club is working on a unique donation project called *Break the Cycle*. If implemented the project would create and fund scholarships for children who have or have had an incarcerated parent. “This is incredibly important to us - to create a scholarship program,” said the Club President. “There are a lot of hoops to jump through, but if this works out it may be most important thing we’ve ever done as a club.” The program’s intention would be to award college scholarships to students who have been impacted by a parent’s incarceration. “Kids who have an incarcerated parent are statistically more likely to become incarcerated themselves,” said the Club President, “we’d like to try and break that cycle, even for just a few.”

All donations made are a result of the tireless efforts of the club members, the support provided by EOCI staff and administration, and the hard earned dollars of AIC contributors. But AICs who want to contribute more than just dollars may be interested in signing up to become a member of the club. Club Secretary Patrick Gazeley-Romney said, “Being engaged in a group that is changing the landscape of this prison and increasing opportunities we have access to is important. People should join the club because it gives you a voice.” The Enrichment Club is currently wait-listing for new membership. Every AIC must have the approval of EOCI administration before being added to the roster. Those interested in joining the Enrichment Club can apply to be added to the waitlist by sending an AIC communication form to the Enrichment Club.







TALK OF THE TOWN

## The Oregon Way

It's in Everything Everywhere All at Once... if You Know Where to Look

Written by Phillip Luna

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*s part of The Oregon Way Initiative, AICs may wear shorts to and from the dining room,” in a memo posted on housing unit bulletin boards Captain Rabb used the term *The Oregon Way*, which for most AICs is the first time they have seen the phrase. But what is *The Oregon Way* and why does it allow an AIC to wear shorts to the dining room?*

The Oregon.gov website defines *The Oregon Way* as, “...prioritizing employee health and well-being by normalizing the correctional environment and, in turn, improving the outcomes for incarcerated people.” To find more information we asked EOCI’s Interim Superintendent, Mr. Pedro for some background information.

“Many of the changes that have occurred at EOCI have had little fanfare but were done with the intention of normalizing the correctional environment,” stated Mr. Pedro. “Statewide, we changed how we

*identify the population, transitioning from inmate to adult in custody. How did that change make you feel? Hopefully more like a person that made a mistake rather than continuing to be judged or labeled.”*

Mr. Pedro is referring to the bill passed through the Oregon State Legislature in 2019, officially changing all statutory references from the word "inmate" to then words "adult in custody." At the time of the change the DOC Director Colette Peters stated, “Words are powerful and they matter. It is neither normal nor human to label people, and by calling people ‘inmates’ it is labeling. ...It sets up a dynamic in prison that follows them into the community and impacts their re-entry into society.”

Mr. Pedro explained many of the other changes that have occurred at EOCI, “Lanyards instead of the old clips, no longer stenciling clothing with the DOC logo, larger televisions in the dayroom or TV rooms and other changes have occurred.” He further stated, “Installing tables in the Westside dayrooms





**“ Words are powerful and they matter. It is neither normal nor human to label people, and by calling people ‘inmates’ it is labeling. ...It sets up a dynamic in prison that follows them into the community and impacts their re-entry into society. ”**

*were done with little explanation. In reality, adding the tables and an FM transmitter was encouraging pro-social interactions between people. This change reversed a stance EOCI had for 35 years in not allowing people to talk during a television program. There was a valid reason for the earlier standard, but this change was needed and we believe it's been significant.”*

Mr. Pedro also highlights the dramatic changes that have taken place in the Disciplinary Segregation Unit (DSU):

*“As anybody who has been in DSU in the last few years will share, there have been significant changes environmentally and philosophically. We continue to work to bring different colors into the unit to transform it from a sterile environment to a more calming one. We now have a Blue Room. Out-of-cell time has increased, both in the recreation yard and programming room. Speaking of*

*programming, a person can continue to work and test for their GED, or participate in Mr. Zhu's classes, GOGI, Mindfulness and others. The programming room is also used to show movies and TED talks. Last Christmas, AICs were invited to make ornaments for a Christmas tree on the unit, and then staff members voted on the winners. AICs were given popcorn, a pop and watched Maverick (the latest Tom Cruise offering). What most don't know is that all of these ideas were put forward by staff members!*

*The bottom line is that improvements to staff morale and AIC morale are intertwined – what affects one affects the other.”*

While many of the changes made as a result of *The Oregon Way* initiative may seem disconnected, the underlying core is a focus on empathy, communication, and restorative justice. The changes are incremental, but the intention is clearly to move away

*Continued on next page...*



from what many consider antiquated philosophies of incarceration. When asked what changes AICs might expect in the future, Mr. Pedro stated, “Most have already heard that the weight equipment we’ve had for over 30 years is being updated with new, modern equipment in the next month or so. Several other ideas are being considered and I don’t want to jinx them by speaking about them until we’re ready to move them forward.”

Mr. Pedro also expressed excitement regarding a new development. The DOC signed a contract with the Amend Program to provide Contact Officer Training to staff at EOCl. Pedro said, “In very basic terms, those that choose to participate will be points of contact for AICs new to the DOC or people we’re focusing on providing assistance.” The Amend Program was developed at the University of California-San Francisco and supports states in improving policies and procedures in the criminal justice systems.



*The Oregon Way* is actually inspired by the Norwegian Correctional System. In September of 2017, an Oregon delegation, traveled to Norway as part of the US-European Criminal Justice Innovation Program. The delegation visited six Norwegian prisons during their trip. The following year, a second group consisting of ten ODOC staff and four corrections administrators visited the Norway prison systems, allowing frontline staff to job shadow with their Norwegian counterparts.



**“  
Norway has the lowest  
recidivism rate in the  
world with just 20%...  
In the 1990’s, Norway had  
a 70% recidivism rate.  
”**



But why Norway? According to the ODOC website, Norway has the lowest recidivism rate in the world with just 20% returning to prison within two years of release and the lowest crime rate per capita. But it wasn't always this way. In the 1990's, Norway had a 70% recidivism rate which is near equal what the United States has today. At that time the Norway prison system was structured similar to the U.S., with an emphasis on punishment instead of rehabilitation. Sentences were lengthy, conditions were harsh, and the intention was punishment as a deterrent to others. Crime rates were high and prisons were plagued with violence.

Norway's government completed an overhaul of their justice system. Today, Norway has community-based correctional facilities that focus on rehabilitation and reintegration into society. The Norwegian government places incarcerated individuals in facilities close to their homes with an emphasis on maintaining relationships and having a strong support system after release. Their prisons are brightly colored with many amenities. The incarcerated have opportunities for education, to learn new skills, are offered antiviolence and drug counseling, and various pro-social activities.

In Norway, the incarcerated can vote, have conjugal visits with their spouse, and in some locations live in houses, buy their own groceries, and cook their own food. And the staff and the incarcerated call each other by their first names.

Life sentences were eliminated in Norway and replaced with a 21-year maximum sentence regardless of the crime(s) committed – no matter how violent the crime (Norway recently amended their code to allow for 30-year maximum sentences for genocide, crimes against humanity, and other war crimes).

The maximum sentence is rarely used however – almost 90% of all sentences are less than a year.

The result – not only does Norway have the lowest crime rate and the lowest recidivism rate in the world, but their rehabilitative approach boosts the country's economy. Fewer people in prison means more capable adults available for employment - and less of an impact financially for the country. Also, in Norway those who were unemployed before prison experienced a 40% increase in employment rate after release as a result of the skills they developed during their incarceration.

“  
**It's about making incarceration a loss of liberty, not a loss of humanity.**  
”

Change is difficult for all people, staff and AICs alike. Refocusing on rehabilitation and restorative justice will take time. It took Norway 30 years to become the model for other prisons throughout the world. Additionally, each incarcerated person in Norway costs the country around \$90,000 a year, whereas the State of Oregon incurs approximately \$30,000 annually per AIC. Not all of the changes Norway has made may be obtainable in the U.S. or in western cultures; however, many of the concepts and philosophies can be, and have been applied, here at EOCL.

So what does all this have to do with wearing shorts to the dining room? It's about having a choice, because people have choices. It's the Department of Corrections evaluating a rule that's more restrictive than it needs to be and determining that it no longer serves a purpose. It's an incremental gain. A small step. One of many small steps, but each in the direction of normalization - an emphasis on actual people instead of SID numbers or job titles.

To define *The Oregon Way* in one sentence: It's about making incarceration a loss of liberty, not a loss of humanity.



TALK OF THE TOWN

## Replacement Equipment Coming Soon!

*Written by Patrick Gazeley-Romney*

**T**he much anticipated makeover to the EOCI yard weight piles commenced this month. On Wednesday February 8<sup>th</sup>, workers from the physical plant Metal Fabrication and Electrical shops teamed up to remove the power racks and crossover cable machines from the East and West yards. The job only took the team about three hours; the AICs worked non-stop from 7:30-11 am.

Initially it was planned to have the power rack equipment refurbished and powder coated by an outside vendor, but shipping costs made the prospect prohibitive and the decision was made to have the equipment refurbished and repainted here. The week of March 20<sup>th</sup>, the Metal Fabrication Shop workers will begin the task of refurbishing the power racks. The task will involve stripping the current paint and rust and reapplying a paint that can withstand the elements when left outside. Considering the amount of equipment involved in the project, the AIC Welders are expecting to be working much longer days for the duration of the project. Outcounting for both AM and PM counts is planned for all of the AICs involved.

It is anticipated that sometime in April the weight machines will be replaced with the new equipment. AICs can expect to see new versions of many of the old machines as well as a few pieces that have never been seen at EOCI before. One of the most talked about and anticipated new machines that will be installed is an inverted leg-press/hack-squat machine. The new machine should allow AICs to work on their quads and hamstrings without the high potential for lower back injury that comes with traditional weighted squats.

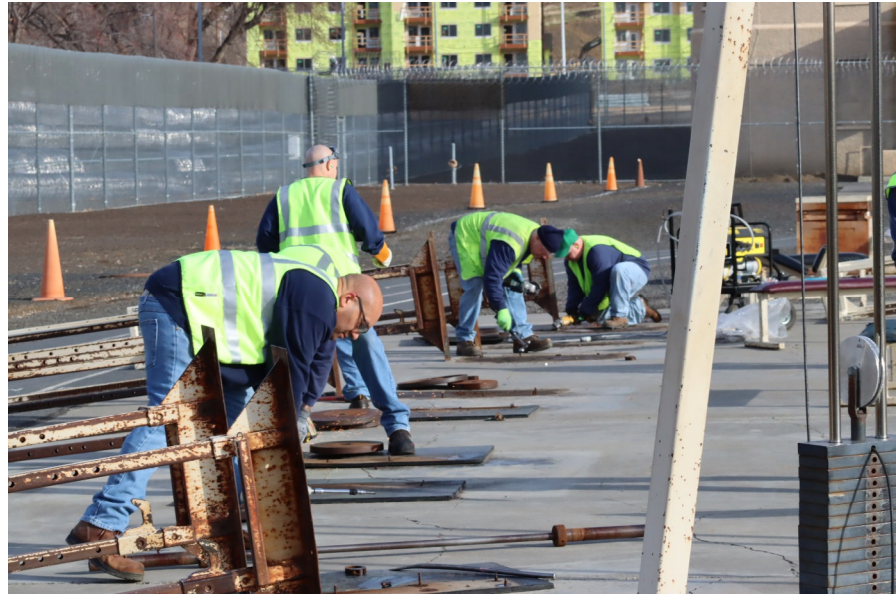




Three other new pieces of equipment that have been confirmed are an ab-crunch machine, a tricep extension machine, and a lateral raise machine. AICs can hope to see at least two pieces of each type of equipment on each weight pile as well as 18 new 45 lb. power bars for the free-weight racks. While the bars for the power racks will be new, AICs can expect to see the old weight wheels they have used before. During the refurbishing process, it is planned for the chains attaching the safety devices on the power racks will be replaced with cabling.

Not only is the weight equipment being replaced, but the actual surfaces of the weight piles will receive makeovers as well. Outside contractors will be resurfacing the face of each weight pile with a rubber material similar to the rubber matting previously installed beneath the foot of each power rack. The new surface should help decrease incidents of slipping and add some extra cushion on the joints for those doing weights or body-weight calisthenics.

The cost of the planned renovations is expected to reach more than \$200,000. According to Operations Captain Rabb the project is expected to be completed by April 27th, barring any unforeseen hiccups in scheduling outside contractors and shipping of equipment. The refurbished power racks will be replaced earlier with the new cable weight equipment arriving later in the month.







CHAPEL NEWS

# Good to Know

## Updates from Religious Services

*Provided by Religious Services*

### Welcome Chaplain DiSalvo

Chaplain DiSalvo has joined the team as of March 5<sup>th</sup>, 2023. Please feel free to say hello and introduce yourself to our new Chaplain.

### Procedure for Cancelling Chapel Call-Outs

Since the COVID restrictions have been lifted here at EOCI, the services and activities have seen steady growth in attendance. It is important that this procedure be followed if you choose not to attend your scheduled call out. You must cancel your call out with your unit officer at least one hour prior to the scheduled call out time. Attending your call out in order to cancel is not permitted and could result in disciplinary actions. Just a reminder, if you fail to attend three consecutive chapel call outs you will be automatically removed from participation. If you are housed in segregation, you will automatically be removed from all call outs.

### Chapel Library

As some may have noticed there has been a few books added to the library's inventory. The chapel continues to add more titles to the shelves that include books from numerous faiths and beliefs. If you haven't been to the Chapel library in a while, why not check it out again? Send a communication form to Religious Services to sign up.

### "Give-Away" Books Are Still Available...

The "Give-Away" books are still available but, there have been changes to the process. A list will be provided periodically or posted on housing unit bulletin boards. If you wish to receive one of the books listed, simply send a communication form to Religious Services and list the book(s) you would like.

EOCI Chapel "Give Away" Books					
March-23					
If you wish to receive one of these books send a kyte to Religious Services and list the Title and Author of the book(s) you would like. You may only request 3 titles each month. Kytes and book requests are processed "first come, first served" as quantities are limited.					
TITLE	AUTHOR	QTY	TITLE	AUTHOR	QTY
ESCAPE ROUTES	JOHANN ARNOLD	38	SPIRITUAL LEADERSHIP	J. OSWALD SANDERS	3
CIRCLE MAKER, THE	MARK BATTERSON	12	PURSUIT OF GOD	A.W. TOZER	5
CONSUMED BY HATE REDEEMED BY LOVE	THOMAS A. TARRANTS	3	QUESTIONS TO GROW ON [DAILY JOURNAL]	DAY SPRING	23
BECOMING A DISCIPLE OF JESUS: A BIBLICAL MANDATE	DON ANDERSON	3	FRESH HOPE [COLORING BOOK]	MARIE MICHAELS	4
FACE TO FACE WITH JESUS [STUDY]	PRISON FELLOWSHIP	8	BIG HOPE [COLORING BOOK]	SILVERTHORNE & HAKINS	4
A BETTER WAY	JOHN BARROW	4	NO HAY NADIE COME JESÚS	BLAKE WESTERN	9
LENT & EASTER DEVOTIONS [LUTHERAN]	E. JAMES RIVETT	7	PASTURES OF WONDER	PRISON MINISTRIES MEDIA	2
SHORTTIMER [PREPARING FOR RELEASE]	PRISON FELLOWSHIP	15	BEYOND A SENSE OF GOOD & EVIL	CLIFF MATOUSEK	6
HOW TO BE A CHILD OF GOD [GRAPHIC NOVEL]	DAVID HOWELL	50	GOD WILL CARRY YOU THROUGH	MAX LUCADO	9
LIFE RECOVERY, THE [WORKBOOK]	S. ARTERBURN & D. STOOP	5	JESUS CALLING [EXERPS FROM]	SARAH YOUNG	15
LIFE RECOVERY, THE [JOURNAL]	S. ARTERBURN & D. STOOP	1	GOD IS WITH YOU EVERY DAY [DEVOTIONAL]	MAX LUCADO	8
21 WAYS TO FORGIVE	WES DAUGHENBAUGH	22	2 CHAIRS	BOB BEAUDINE	19
ALIMENTO PARA EL ALMA [VOL 16]	RADIO TRANS MUNDIAL	1	21 EORMAS DE PERDONAR	WES DAUGHENBAUGH	6
ALIMENTO PARA EL ALMA [VOL 15]	RADIO TRANS MUNDIAL	1	EL REINO MILAGROSO	BOBBY W. AUSTIN	3
ALIMENTO PARA EL ALMA [VOL 14]	RADIO TRANS MUNDIAL	1	LO QUE TODA PERSONA	DEBE SABER	1
ALIMENTO PARA EL ALMA [VOL 13]	RADIO TRANS MUNDIAL	2	HISTORIAS FAVORITAS DE LA BIBLIA	URA MILLER	1
ALIMENTO PARA EL ALMA [VOL 12]	RADIO TRANS MUNDIAL	1	A LA MESA CON CRISTO	MEDITACIONES DIARIAS	1
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YOUR QUEST FOR GOD	RICHARE A. BENNET	5	ENJOY LIFE FOREVER [STUDY]	WATCH TOWER	8
TU BÚSQUEDA DE DIOS	RICHARE A. BENNET	1	GOOD & EVIL [GRAPHIC NOVEL]	MICHAEL PEARL	1
FOOD FOR FAITH	RICHARE A. BENNET	13	TRADE YOUR CARES FOR CALM	MAX LUCADO	12
ALIMENTANDO LA FE	RICHARE A. BENNET	1	KRSNA CONSCIOUSNESS TOPMOST YOGA	A.C.B.S. PRABHUPADA	1
GRAVITY-TRUE FOR YOU BUT NOT FOR ME	MICHAEL EDWARDS	20	MINDFULNESS IN PLAIN ENGLISH	V. H. GUNARATANA	1
LA PRÁCTICA DE LA PRESENCIA DE	HERMAND LAWRENCE	8	RADICAL	DAVID PLATT	1
PURPOSE DRIVEN LIFE	RICK WARREN	6	HARBINGER, THE	JONATHAN CAHN	1
A BOOK OF BIBLE PROMISES [KJV]	BAKER PUB. GROUP	11	DAYS OF ELIJAH [BOOK 1-3 SERIES]	MARK GOODWIN	1 each
WHY DO WE NEED A SAVIOUR?	TRACY M. SUMNER	14-	BOOK OF ENOCH, THE	TRANSLATED BY R.H.C.	1

### New "ADD-DROP" Procedure

Religious Services at EOCI will no longer be using the "ADD-DROP" forms for AICs to request to be added to or taken from the list(s) for a service or activity. You will notice a "CHAPEL SERVICES AVAILABLE" posting on your bulletin board with a current list of services and activities.

If you wish to be added to a service or activity, or you wish to be removed, simply send a kyte to Religious Services. This change in the procedure will help Religious Services ensure that the most current list of available services and activities is available to you and will help reduce paper waste in the process.





MY STORY, MY CANVAS

## Artist Highlight - Simpkins

### An Artist's Evolution

Written by Patrick Gazeley-Romney

I met Timothy Lee Simpkins in 2015, awaiting my own sentencing in county. At the time, we were both going through a intense period of uncertainty about the future. We connected over the serious amount of time we were both going to be doing, and we ended up serving our time in the same institution. I've remained loosely connected to Lee over the years and have witnessed a transformation in him that is profound. Recently, I asked Lee to tell me about his experience.

Lee started his journey with visual art in 2015 when he realized his dream of becoming a musician was going to be put on hold for about ten years. Prior to his incarceration, Lee wrote, recorded and performed music. Spoken word and rap were how he expressed himself. *"The first time I performed I was 15 in Berkeley California. I performed at a Cal State open-mic rap concert. I was so nervous getting up*

*there on that stage, but after that first time, I was cool. I found out that the performance space was my natural habitat,"* Lee said. He performed a few more times in Portland and Battleground Washington before being incarcerated.

Avenues for healthy self-expression became limited once incarcerated. Lee began searching for a new form of self-expression. He was looking for something productive to do that could have a positive impact on his environment. That's when he picked up a graphite pencil and started drawing.

Lee primarily uses graphite and colored pencils, the tools most artists in prison are limited to. He has developed his own unique style and process and classifies his style as "smooth". He uses a blank piece of paper to sketch out an idea. Once he has his concept and rough draft nailed down, he starts outlining the art on a separate piece of paper. When the lines are laid he applies color to the piece. Lee acknowledges that most artists apply color and shading from lightest to darkest. He does the opposite - first laying the darkest colors and shadings on the paper, and then working his way towards the light. Every artist has their own style and inclinations; working from dark to light felt more intuitive to Lee. *"You just have to follow your heart, there isn't just one way to do art,"* Lee explained. There is a metaphor in the way that he approaches his art, from dark to light. *"You start from within the dark and work your way out to the light with art, with personal development,"* Lee explained.

As he began expressing himself through his drawings, he realized what he expressed on paper became a direct reflection of his internal condition. As a musician he understood very well that *"from the overflow of the heart, the mouth speaks,"* he said.

*(Continued on next page...)*

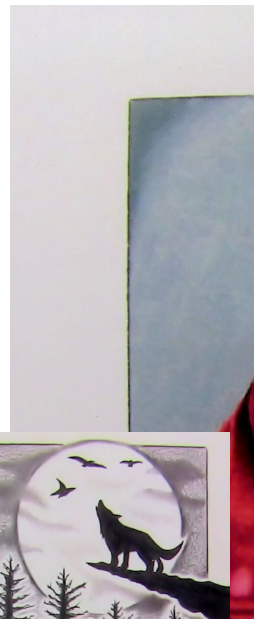




Lee understood the power of words. But in prison he began understanding the same concept in multiple contexts. He realized that from the overflow of the heart, people create all sorts of different things. *“We are all artists,”* Lee said. *“Some of us just aren’t aware of our creation. Life is a canvas for you to paint what you want.”* Lee notes that it is important to be aware of what you are painting. *“What do you want to paint? What do you want your life to look like?”* he asked.

It took Lee about five years to start noticing the depth of his introspection through art. He began maturing in ways that he credits almost entirely to his journey with art. *“Art has made me a more self-aware individual and I am a lot more patient than I was before I was incarcerated,”* Lee said. His process of internal exploration and growth made him realize he no longer wanted to live in a paradigm of chaos and uncertainty, as he did before his incarceration. Lee’s art made him realize he wants *“a life of peace and love”*, a life full of meaning.

Lee looks forward to experimenting with new mediums of art upon release. He dabbled in acrylic on canvas before and he would like to dive back into exploring that style. He expressed interest in working with oil paints as well. He



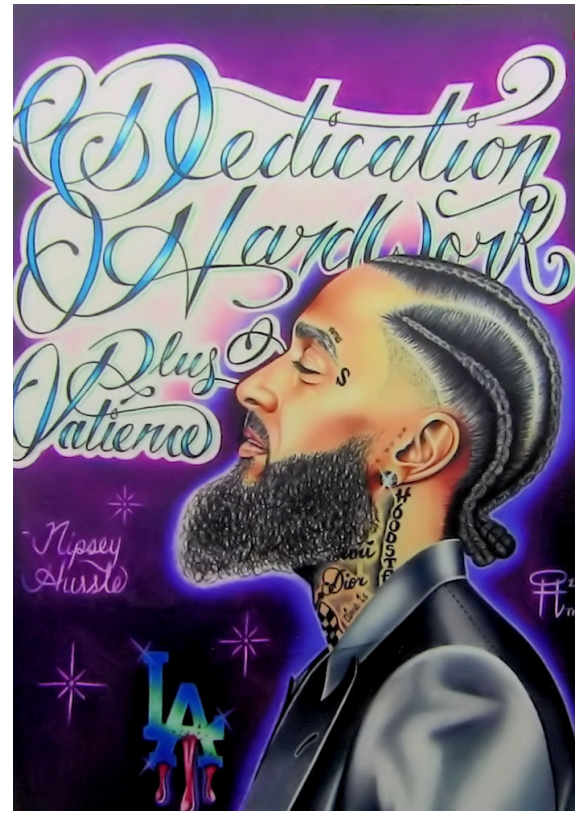
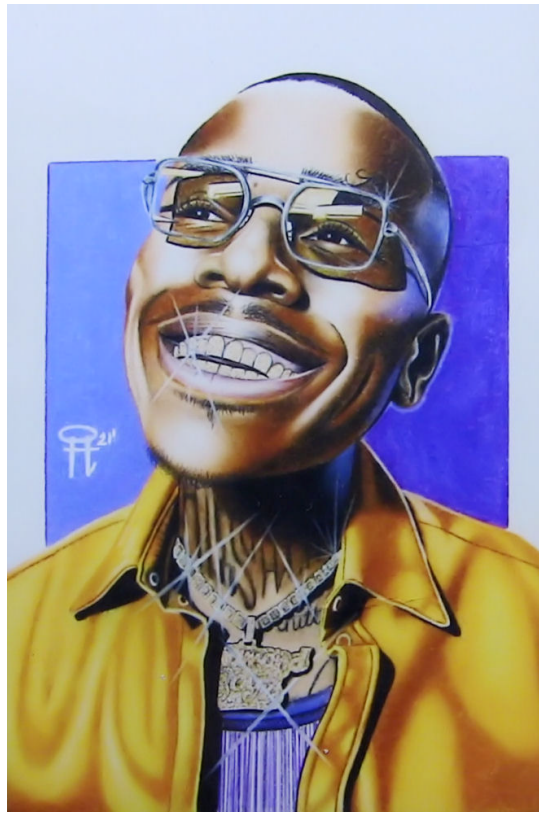
**Simpkins Artwork**  
**Page 16**

From top to bottom:

Famous boxer Muhammad Ali, the late musician Prince, a Bear in graphite.







**Simpkins Artwork Page 17**

From left to right:  
Rapper Biggy Smalls, Da Baby,  
late rapper Nipsey Hussle.

believes the smoothness of blending with oil paints would help support his current style. He is excited to have access to better tools and products, helping to speed up and refine his process.

Through his pursuit of personal growth and expression through visual art, Lee has honed an impressive talent. He plans to put his talents to use upon release from prison by developing a career as a tattoo artist. Lee hopes to revisit his aspirations as a vocal artist when he releases from prison. He thinks his visual art can be a stepping stone to his vocal art career. He explains that art and tattoos complement each other. *“What musician doesn’t have a tattoo?” I see myself being an artist, whether it is through music or tattooing or visual art,”* Lee said.

Providing financial security for himself and his family is a top priority for Lee. *“If done right, the average tattoo artist makes between \$50 and \$100 an hour, as much as or more than a journeyman or tradesperson.”* He said that he is essentially killing three birds with one stone, *“expressing myself in a productive way, helping people become aware that everyone has a ‘life-canvas’ of their own, and learning a skill that will make a transition from prison to society as smooth as possible.”*

# Apply Now!

## OCE WORK OPPORTUNITY

The Garment Factory at EOCI is recruiting for the position of OFFICE CLERK

OCE POSITION TITLE: Office Clerk

PRAS POINTS: 10 – 16 Points

### Quotes from Garment Factory Workers:

*“It’s a good opportunity to learn new skills to better your life when you are released. Keeps you busy and the days go faster. Also working here can alleviate stress if you are saving money for release. It’s just one less thing to have to worry about.”*

*“Working as a Clerk in the Garment Factory is a great job. It’s good money, more than you will make anywhere else. And the work is challenging, which I like.”*

## What are the Duties?

Areas of responsibility include but are not limited to inventory tracking; costing and tracking shipment of materials; stocking levels of materials; establishing reorder points; establishing, costing and updating item numbers internally. Data entry of sales orders and purchase requests into database and accounting system. Maintain office files and keep daily tracking logs as needed or requested by the supervisor. This position is responsible for creating reports and verifying information on orders received. This position has contact with customers, staff and visitors to the work site and assigned AICs are required to follow all established guidelines. As there are several different duty stations this position is required to cross train and have a working knowledge of each. Other duties may be assigned by supervisors.

## Do I Qualify?

Must have the ability to read, write and follow instructions. Will be responsible for following specific internal guidelines and procedures. Must be a team player and able to work well with supervisors and workers in all assigned areas. Must be able to multi-task. **Extensive computer/software knowledge is required.** Must be proficient in Microsoft Office applications including Word, Excel and Access. Must be dependable and flexible as daily routines will change based on customer needs. Must be self-motivated, detail oriented and organized.

## How Do I Apply?

Submit a completed application for ‘Office Clerk’ with a location of ‘Garment Factory’ to Institution Work Programs (IWP). List any applicable experience on the application and be prepared to demonstrate any skills or knowledge listed.





# Opportunity Here!

? Are you interested in attending a flagging certification class?

A class is being tentatively scheduled for the end of April. Class requires a minimum of participants. If there is not enough interest at this time, class will be rescheduled for a later date.

? What is the cost?

A \$95.00 payment must be received in advance to attend. Payment can be through your trust account via a CD-28, or by a money order or cashier's check mailed in by family or friends from the community.

? Is flagging for you?

Certification ***does not*** guarantee employment. Flagging requires stamina (long hours on your feet in adverse weather conditions), the ability to travel to remote worksites, and often an initial investment in your own gear.

The certification is through **Chemeketa Community College** and is good for three years in four states: Oregon, Washington, Idaho, and Montana. Flagging

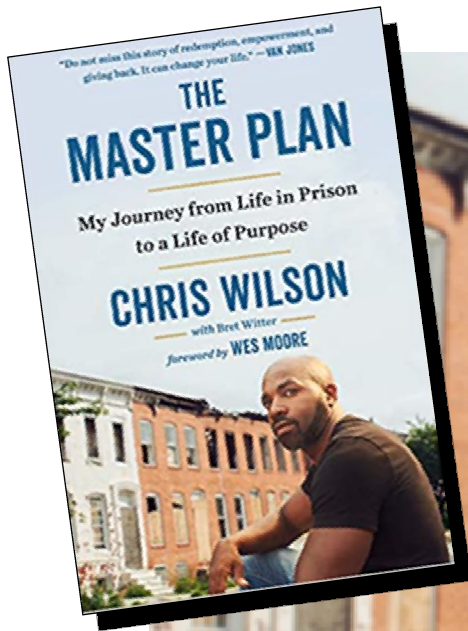


job opportunities are numerous, do not limit you to live in one place/area, and pay well.

? How to apply?

If you are interested or have questions, Send a communication to **Transition Services**.

If there is enough interest in the course, you will receive information on the date and time of the class with further instructions for payment (*payment must be received by the due date to be scheduled for class*). Again, this class requires a minimum number of participants.



COLUMNS

## A Book Review

*My Master Plan* by Chris Wilson

Written by Avery Quillin

If you are looking for an up-lifting book, then you need to read *My Master Plan* by Chris Wilson. From the streets of Baltimore, to life in prison. Low-key this is a hood book; but it's about how laser focus and positive habits can lead to achieving your life goals. All odds seemed to be against Chris, especially his environment: growing up around gangs, murders, and poverty. This is what comes with that environment - a dog eat dog world. Backed into a corner, his actions led him to prison. His family cut ties with him, not knowing if he'd ever be free again.

In prison he kept to himself for the most part. He wasn't in a gang, he was just a kid trying to survive in his environment.

Chris meets another kid in prison who had a life sentence - this kid was his light in his dark depressed world. Chris would always see him reading and didn't get it. He thought, "*He has life why is he always reading, and educating himself?*"

Chris was seeing something he admired in this kid. Once he started talking to his new-found friend it lit a fire inside his soul. No more was he a just a guy in prison, but he was a someone with purpose because he was getting out.

He didn't think about his time; he was helping others out; he got people interested in things they enjoy. He became a positive pillar in that prison. Once out of prison, Chris achieved his goals. I don't want to ruin the book for you but once out [of prison] Chris achieved his goals - he became yet another positive pillar but now in his community.

This is a true story that will have you wanting to write your own *Master Plan*. Reading about Chris and his friend and everything from helping guys get their GEDs, working in the woodshop, and taking college classes. Chris fell in the 90's and brought a lot to the prison that they never had or dreamed to have before. This book will have you telling your friends to read it.

A must read!





COLUMNS

## Orange-Chicken (minus the Chicken)

Make Your Own Orange Flavored Chinese Food Bowl

Written by Eduardo Gaytan-Maldonado

**A**re you tired of eating rice bowls all the time and want a change? A simple, fast, and delicious meal you can make is an orange flavored Chinese bowl using Tang juice. Tang juice? Yes, Tang juice! It gives the meal an orange chicken flavor.

*Ingredients: 1 Rice, 2 Hot Cheetos, 2 Honey Roasted peanuts, 2 Meats sticks (any meats you want to use), 2 Pork Rinds, Tang juice, Siam sauce, and Chili garlic.*

There are many ways to make this bowl but if you don't know them, be prepared! This may be the only thing you are cooking for the next week or two. Take two meats and cut them into pieces, add two scoops of chili garlic (or to taste). Put them in a bag and heat the meat either in a microwave or in hot water. Add the rice into the bowl, crush up the hot Cheetos, and add it to the rice as well. Cover with hot water and stir to make red rice.

Next, put  $\frac{1}{4}$  of the bag of Tang into a sandwich baggie. Add just enough water that it starts to turn the powder into liquid. You want the juice to be thick so make sure not to add to much water. Mix for a while until the juice isn't in powdered form. You'll need

Tang juice to be hot, so heat in a microwave or in hot water with your protein.

Once the meat has been heated and you can see the juices in the baggie, add one meat stick into each pork rind bag. Add  $\frac{1}{4}$  bottle of the Siam sauce into each bag of pork rinds and mix it up. Then add half of the hot Tang sauce into each bag and mix it up again.

Now, split the rice into the bowls and pour the bag of meat and pork rind mix into each bowl. Depending on how you want it you can crush up the honey roasted peanuts into little pieces (or leave them whole, if you prefer) and add as a topping. You can add chili garlic or Sriracha sauce to taste. It tastes like orange chicken, just without the chicken!

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*If you have a recipe you would like to share with the EOCI population, contact The Echo through communication form. We are always looking for good recipes - with or without a microwave - to share with our readers!*

# Daylight Savings

## Where Does it Come From?

*Written by Juan Sanchez*

**H**ave you ever wondered exactly how this whole Daylight Savings Time got started and whose idea it was anyway?

There are lots of myths about how it all got started. Like, ancient rituals needed to occur during certain time of the day and could only be accomplished by manipulating the local clocks. Or, the Extra Terrestrials that seeded this planet wanted to be able to observe their experiment for longer periods of time. Even that the ancient Romans used water clocks with different scales for different months of the year to adjust their daily schedules to solar time. Well, that last one is actually true.

Daylight Saving Time (DST) is a concept that many cultures and civilizations have experimented with over the centuries with varying levels of success. It is the practice of advancing the clock by one hour during the spring months so that darkness falls at a later time, and to set the clock back by an hour in the winter months, returning to standard time.

Simple enough right? Well, it has never been without controversy. From the very beginning...

Daylight Saving Time as a working concept was invented by New Zealand scientist George Vernon Hudson and British builder William Willet. Hudson found that with his two hour saving shift he could spend more time collecting specimens for his work as an entomologist. In 1895, Hudson presented a paper to the Wellington Philosophical Society proposing a 2-hour shift forward in October and a 2-hour shift back in March. Even though there was interest, they never followed through.

In February of 1908 Robert Pierce, a British Member of Parliament, introduced a bill to the House of Commons on behalf of Willet. A select committee was formed and after heated opposition by many, especially farmers, the bill was never made into law.

Willet continues to lobby Parliament unsuccessfully until his death in 1915. And it would take a very dire situation for it to come up again.

Like the Super bowl commercial said, we also have Canada to thank for being the first to officially adopt DST into their daily lives. On July 1, 1908, the residents of Port Arthur, Ontario (present day Thunder Bay) set their clocks forward by one hour to start the world's first DST period. Soon after, other locations followed suit, including Regina in Saskatchewan, Winnipeg and Brandon in Manitoba on April 23, 1914.

The German Empire along with their Austro-Hungarian allies, by Imperial Decree instituted DST commencing April 30, 1916 in an effort to conserve resources during World War I. Great Britain and most of the Allies followed soon after. Russia waited until the next year, with the United States enacting the Standard Time Act of 1918. Most countries abandoned DST shortly after the end of the war with the exceptions of Canada, the United Kingdom, France, Ireland and the United States, for a time. DST became common again during World War II and again in Europe and America during the 1970s energy crisis.

After World War I the U.S. Congress repealed DST in 1919. President Woodrow Wilson, himself a proponent due to his love of golf, repealed it twice but was overridden on the second attempt. Some cities, like New York, Cleveland and Chicago retained DST for stock market reasons. After the wars DST was usually set aside without fanfare, while allowing individual jurisdictions to implement it at the local level. DST was standardized in the United States by the Uniform Time Act of 1966 with the exception of Hawai'i and Arizona and the five populated territories of American Samoa, Guam, Puerto Rico, the Northern Mariana Islands, and the U.S. Virgin Islands. However, within Arizona, the Navajo Nation does observe it in compliance with federal practices.

Although only a small percent of the world population, 70 countries to be exact, observe DST affecting one billion people, it continues to be a source of great controversy in many of those places. Some of the participants in DST have experimented with the implementation over the years. Some have extended



it and others have shortened it with a few adopting it permanently. For the most part, the changes have ended with a return to the previous set up, with a few returning to permanent Standard Time.

The U.S. enacted permanent DST for the winter of 1974, but it was repealed a year later due in large part to complaints of schoolchildren being out in pitch dark due to the late sunrise. On the other hand, in 2005, sporting goods manufacturers, retailers, tourism and, in no small part the candy industry, in order to increase profits from Halloween, successfully lobbied for the 2007 United States extension of DST. As in previous attempts, a return to the old way soon followed.

Proponents of DST argue that it saves energy and gasoline, increases outdoor activity thereby leading to better physical and psychological health. Also that it reduces traffic accidents, reduces crime and is good for business. A 2008 U.S. Department of Energy report found no significant decrease in gasoline consumption due to DST. And a 2017 meta-analysis of 44 studies found that DST leads to only .03% savings in electricity. Other studies have found that DST leads to more traffic accidents in North America and England but not in Sweden or Finland.

Opponents have taken to calling DST “Daylight Slaving Time” because it usually means that people in the service industry have to work longer hours during the summer. Also opposing DST are farmers, dairy farmers more vigorously, because the milking patterns of their cows don’t change with the clock. But the most vocal oppositions come from circadian rhythm experts who cite studies that recommend year-round Standard Time for public health and safety reasons. The World Federation of Societies for Chronobiologist stated that *“scientific literature argues against switching between DST and Standard*



*Time and even more against permanently adopting DST.”* The American Academy of Sleep Medicine holds the position that *“standard time is a better option than DST for our health, mood and well-being.”* There are measurable adverse effects of time shift on human health. DST has been shown to disrupt human circadian rhythms; negatively affecting human health in the process, and that yearly DST time-shifting can increase the risks of heart attacks and traffic accidents. And if that wasn’t enough, a study on sleep manipulation due to DST, analyzed archival data from judicial punishment imposed by federal courts which showed sleep-deprived judges exact more severe penalties.

As recently as March of 2022, Senator Marco Rubio, R-Florida, introduced the Sunshine Protection Act in the U.S. Senate. The bill was co-sponsored by Senator Ron Wyden, D-Oregon, who tweeted *“Glad the Senate passed the Sunshine Protection Act so Oregonians aren’t springing back and forth each year in a silly exercise that hurts everybody’s health and our economy.”* The Sunshine Protection Act passed the

Senate without committee review by way of voice consent, with many senators afterward stating that they were unaware of the vote or its topic. The bill was stopped in the U.S. House, where the usual questions were raised about whether DST or standard time would be more beneficial.

Currently public opinion polls show mixed results, with few reporting a clear or true majority sentiment. Oregon along with 17 other states has passed a state law to move to permanent DST, while others are looking at the easier to achieve return to Standard Time, which only requires state legislation.

And so, here we are embarking on another adventure of clock changing, while the seemingly never ending arguments between the pros and cons continue.



NEWS IN BRIEF

# Notices You May Have Missed

From Your Housing Unit Bulletin Board and Brief Announcements

*Provided by ODOC and Various Sources*

## Rumblings from Correctional Rehabilitation

In the upcoming months EOCI will be starting a peer-to-peer mentor program. We wanted to take a brief moment to share the what's and how's of what will be taking place.

Currently there is not an applications process to become a mentor. Staff will be making referrals for individuals that they view as having the qualities of a mentor. Here are the initial three areas we are asking staff to review for potential mentors.

- Must be level 3 and preferably multiple years of clear conduct
- Role model pro-social behaviors
- Have more than three years remaining on your sentence.

The mentor program will consist of six AICs who will be trained as mentors. This is not a paid position at this time.

The Multi-Disciplinary Team (MDT) will review the initial recommendations from staff. Those individu-

als that make it past this first step in the screening process will move on to the next step where a review of each candidate's background will be completed. From here the MDT will determine who will be selected for an interview.

The mentor program will be managed through the Correctional Rehabilitation Department. More details will come in the near future.

## Need Some Quiet Time? Try the Open Chapel

Open Chapel is not just a religious activity. This is an opportunity for AICs to have a quiet place to concentrate on your work. Whether it is drawing, creative writing, school work, etc., they've got a spot for you. They also have a catalog of a variety of DVD's that can be viewed during a session.

Open Chapel is available to Level 3 AICs. There are two sessions each week: Tuesdays 8:00 – 10:45am and Wednesdays 1:00 – 3:45pm.

If you are interested in being scheduled for a session of Open Chapel, send a kyte to Religious Services and request "Open Chapel" for Tuesday morning or Wednesday afternoon.



## Religious Services - Mennonite Choir

The Mennonite Choir is offering a service on April 1st, 2023. Contact Religious Services for more information.

## From the Operations Captain

Currently, the Mailroom Staff hand out the legal mail on D2. The AICs are placed on a call-out with a time to report to D2 to pick up their legal mail.

## Commissary News

### *Price Increases*

The vendors are working hard to keep prices as low as possible but unfortunately inflation is hitting everyone as cost of goods and transporting goods continues to skyrocket. The following items have increased in price.

Ramen -\$0.45

#### *Ice Cream Pints*

Value - \$4.45

Premium - \$5.25

#### *Ice Cream Novelty*

Value - \$1.70

Premium - \$2.20

Envelope #10 Embossed -\$0.85

Ice Cream Deluxe – \$7.75 is being discontinued statewide

### *Suggestion Forms for Canteen Items*

Each form must be submitted by only one AIC. Forms must be legible and completed. Incomplete or inappropriate form will not be accepted.

All requests must adhere to Rule 117 - Personal Property (AIC and Policy: 40.2.3 Commissary Operations. Please do not add more than three suggestions to each form. Commissary appreciates all suggestions and request. Unfortunately, due to the extreme volume of suggestions Commissary receives they cannot respond to each request individually.

New products must be approved through the ISM review process. Please watch your newsletters for periodic updates regarding items being added or discontinued. They strive to keep updated quality

products and to remove unpopular items from Commissary.

## 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 \*999 to leave a message

All PREA Calls are confidential.

Send a letter to the Governor:

Governor's Office, State Capitol, Room 160,  
900 Court St., Salem, OR 97301

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

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

Llame al Inspector General:

1. Al numero de ayuda:
2. Levante el teléfono, marque \*999.

Todas las llamadas a 'PREA' son gratis y confidenciales.

También puede reportar a la oficina del Gobernador por escrito.

Governor's Office, State Capitol, Room 160,  
900 Court St.,  
Salem, OR 97301

Sus amigos o familiares pueden hacer un reporte llamando a la línea del Inspector General al 877-678-4222.

### **PREA Advocate:**

You may write the PREA advocate at:

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

Bulletins You May Have Missed , continued...

### Preventative Health Care Screening

DOC is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a “preventative health care screening” appointment.

### Transition Services availability and hours are changing

Starting in March, classes and services will now be available at EOCI the 3<sup>rd</sup> and 4<sup>th</sup> week of each month. There will be no transition services staff at the institution the 1<sup>st</sup> and 2<sup>nd</sup> week of the month; if you send a communication during this time, please be patient. They will respond as soon as we can.

**Note:** This is for *transition services* only, the release counselor’s hours/availability has not changed.

NEWS IN BRIEF

## Postage Increases

### Proposed Prices for Postage

Provided by ODOC

Product	Current Prices	Proposed Prices
Small Flat Rate Box	\$10.40	\$10.20
Medium Flat Rate Box	\$17.05	\$17.10
Large Flat Rate Box	\$22.45	\$22.80
APO/FPO Large Flat Rate Box	\$20.95	\$21.20
Regular Flat Rate Envelope	\$9.90	\$9.65
Legal Flat Rate Envelope	\$10.20	\$9.95
Padded Flat Rate Envelope	\$10.60	\$10.40

The proposed Mailing Services price changes include the following:

Product	Current Prices	Proposed Prices
FCM Letters (1 oz.)	\$0.60	\$0.63
FCM Letters (metered 1 oz.)	\$0.57	\$0.60
Domestic FCM Postcards	\$0.44	\$0.48
Single-piece FCM Letter and Flat, additional ounce	\$0.24	No change
FCM International Postcards	\$1.40	\$1.45
FCM International Letters (1 oz.)	\$1.40	\$1.45



Number of Points Earned	Monetary Award	Total After 5% Reduction
16 thru 45	\$12.50	\$11.88
46 thru 65	\$22.50	\$21.38
66 thru 85	\$32.50	\$30.88
86 thru 106	\$37.50	\$35.63
107 thru 127	\$42.50	\$40.38
128 thru 148	\$47.50	\$45.13
149 thru 169	\$52.50	\$49.88
170 thru 190	\$57.50	\$54.63
191 thru 211	\$62.50	\$59.38
212 thru 232	\$67.50	\$64.13
233 thru 253	\$72.50	\$68.88
254 thru 274	\$77.50	\$73.63
275 thru 295	\$82.50	\$78.38
296 thru 316	\$87.50	\$83.13
317 thru 337	\$92.50	\$87.88
338 thru 358	\$97.50	\$92.63
359 thru 379	\$102.50	\$97.38
380 thru 400	\$107.50	\$102.13
401 thru 9999	\$112.50	\$106.88

## NEWS IN BRIEF

## PRAS Awards

### PRAS Increases - Started in January for the February Award

**Status of PRAS revisions:** In 2014, the Department of Corrections (DOC) received a petition from an AIC to amend the PRAS Rule (OAR 291-077) so monetary awards align with costs of living. While the petition was denied as it was too complex, DOC formed a PRAS Audit Workgroup to address the petition and other concerns. These included points assigned for work and programming, and improving the work and training history letter AICs receive at release.

**The good news:** The DOC Executive Team approved Workgroup recommendations to satisfy the petition as well as eliminate several discrepancies in the PRAS rule. These changes create PRAS consistency throughout the department.

**The bad news:** Change takes time. Making the improvements required new PRAS system technologies, databases, and tracking systems to replace outdated originals. Due to several high-priority challenges (COVID-19, staffing issues, etc.), the necessary changes were nearly impossible. In addition, the consumer price index (CPI) caught up with the routine increases of average PRAS points, and canteen prices increased due to supply chain issues.

**The best news:** The Workgroup has been steadily making progress. In 2019, DOC eliminated the 120-day wait period to earn PRAS. The Workgroup is now ready to implement more changes.

**What does this mean to you?** Over the next few months, you will see the following changes:

The PRAS matrix will be adjusted to create a more even point spread in the first three levels. Also, two more levels will be added to reduce the chance of “maxing out.” In addition, there will be an overall 25% increase in the dollar value of each level of the PRAS matrix to counteract the effects of the CPI and canteen increases. This will be accomplished through temporary rule adoption, effective 01/01/2023.

The number of PRAS points awarded per position will be consistent at all DOC institutions. AICs will earn the same number of PRAS points for the same work, regardless of location. This will not happen all at once, as there are over 15,000 assignment possibilities.

Start date: 12/01/2022. Estimated completion date: 06/30/2023.

Improvements to the Work and Training History document you receive upon release will be implemented when the position realignment is completed.

Estimated start date: 06/30/2023. Estimated completion date: 07/31/2023.

# Rule Changes

## List of Status Changes Made to DOC Administrative Rules since 1/1/2023

Provided by ODOC

### PERMANENT RULES:

#### 291-117 Personal Property (AIC)

Amends rule to reflect current department policy and practice and to remove gender-based language. More specifically, it is the department's current policy and practice that AICs are authorized to possess certain cosmetic appliances as personal property irrespective of AIC gender, but only at specific Department of Corrections facilities that the department has authorized for personal possession and use of cosmetic appliances based on facility infrastructure or physical plant design and capacity considerations.

#### 291-121 Handiwork (AIC)

Repeals rule to replace it with the Learning Entrepreneurship, Arts, and Production (LEAP) rule in order to allow for a broader range of Adults in Custody (AICs) to participate in entrepreneurial programs. The Handiwork OAR 291-121 is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

#### 291-124 Health Services

Amends rule to establish circumstances in which the Department of Corrections will provide medically acceptable durable medical equipment (eyeglasses, medical prostheses, and hearing aids) at state expense, to adults in custody, and procedures concerning the provision of repair and maintenance of that equipment; to provide clarification that the free copy of medical records for AIC aren't subject to the same timeframes as public records requests; and to change the name of the Medication Assisted Treatment program (MAT) to Medications for Opioid Use Disorder (MOUD) and remove reference to "pilot".

#### 291-172 LEAP

Adopts rule to provide guidelines for a program allowing adults in custody to constructively use non-programming time to engage in a positive learning experience with the possibility to earn funds for use during incarceration or after release. This rule OAR 291-172 LEAP will replace OAR 291-121 Handiwork (AIC), which will be repealed. OAR 291-121 Handiwork (AIC) is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

### PROPOSED RULES:

#### 291-009 Tours

Amends rule to update the term used to refer to adults in custody, remove gendered language, remove designee for tour approvals, and update those interested groups and individuals that may be allowed tours.

#### 291-052 Transfers and Responsibilities Between Oregon Youth Authority and Department of Corrections

Amends rule to confirm that transfers to youth correction facilities must be authorized under and consistent with applicable state statutes and include changes in terminology and other technical corrections.

#### 291-069 Security Threat Management

Amends rule to increase the number of days allowed for temporary segregation; change the term "inmate" to "adult in custody" to incorporate the new statutory term for individuals incarcerated in DOC institutions; and modify the identification of AICs assigned to the STM caseload. With the modification of criteria for placement onto an STM caseload, monitoring of AICs who are the top two percent affiliated with serious institution misconduct is increased.

Public Hearing: 4/27/2023 at 2:00PM - 2:30PM

#### 291-077 Performance Recognition and Award System

Amends rule to adjust the PRAS matrix creating a more even point spread in the first three levels; add two more levels to reduce the chance of "maxing out"; and include an overall 25 percent increase in the dollar value of each level of the PRAS matrix to counteract the effects of the consumer price index and the impact this had on canteen increases.



# AIC Trust Accounts

## Informational Briefing

Provided by ODOC

- General Spending Account**
  - Primary spending account for AICs
  - Eligible deposits are received into this account
  - *Examples: Deposits received from friends/family, and PRAS*
  - AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account
  - Funds in this account are not protected from debt/obligation collection or garnishment
- Protected Spending Reserve Account**
  - This is a spending account established for AICs who receive protected money
  - *Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement*
  - AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account
  - Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
- Transitional Savings Account**
  - Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody
  - 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500
  - AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, *available from the Business Office*) up to \$500
  - AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied
  - Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Re-
- General Savings Account**
  - Established as a means for AICs to save funds outside of the Transitional Savings Trust
  - AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CD1832, *available from the Business Office*)
  - Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158
  - Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
- Obligated Reserve Accounts**
  - Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria
  - AICs may receive deposits directly to one of these accounts from an external source
  - AICs must be approved to place funds into an Obligated Reserve Account
  - Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

*Questions? AICs may submit an AIC communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and family may submit questions to [dldoctrustinfo@doc.state.or.us](mailto:dldoctrustinfo@doc.state.or.us).*

# Letter From the Editor

## My Human Experience

Written by Phillip Luna

I first heard the term “humanization” when referring to AICs back in April, of 2021. There were five of us then, and we were being presented with the Enrichment Club Charter (essentially a mandate with rules and procedures).

The mission statement listed the purpose of the club, in part, as “...to promote humanization, normalization, and opportunities...etc.” Like the other four members of the club I found the nomenclature odd. It was odd that the perspective was an AIC is of a classification needing to be made into a human. Eventually, this became a source of contention and we asked for the verbiage to be changed. The staff in charge of our club at the time didn’t understand our concern and ultimately the word remained as part of the charter.

Even today, when we add new members to the club they are provided with the charter and inevitably someone asks the question, “*Why do we need to be made into a human? I’m already a human.*”

It’s a great example of opposing perspectives that have been informed by experience; two different groups of people view the same word to have opposite meanings. Humanization has become a buzz word for the Department of Corrections, perhaps first being coined in *The Oregon Way Initiative* (page 8 for more on that). I’ve found, surprisingly, that I have a better understanding of the DOC’s perspective if I start with the definition of the word **dehumanize**, not the word *humanize*.

To **dehumanize** as defined by the dictionary is to:  
1) deprive someone of human qualities or attributes; 2) to make routine or mechanical.

When *The Oregon Way Initiative* lists humanization of AICs as part of its foundation, its goal is the opposite of dehumanizing a person. To work at giving back the human qualities or attributes that are inherently lost as a part of incarceration.

From my perspective, there is a reciprocal component of humanization and the normalization of correctional facilities. As an AIC, and like many AICs, I have dehumanized a lot of staff members. Often a staff member is just a name on a response to a kyte, and I don’t always associate that name with an actual person. Even though the staff member is a real person with likes and dislikes, emotions, thoughts, interests, probably a family and an entire life outside of here. They have good days and bad days just like any person would. Just like an AIC has likes and dislikes, and emotions, and good days and bad days, and everything else that makes a person a person.

And so for me, it is essential that humanization is reciprocated. For example, take the significant changes in DSU over the last few years. This is the Department of Corrections recognizing that AICs are people who have good days and bad days and just because you had a bad day doesn’t necessarily mean you need to spend 180 days in segregation. And, putting someone in segregation for a 180 does not really solve whatever the underlying problem is, it just puts the person out of sight and out of mind. In turn, when I have a negative interaction with a staff member I try not to take it personal, because maybe they are just having a bad day. It happens.

In the eight years that I have been incarcerated EOCI has changed significantly, although I cannot ever remember noticing. It’s only now, after the fact, that I am able to look back and acknowledge what I consider progress. Small gains over time can add up. I’m sure Gazeley and/or I will write more articles about *The Oregon Way* and humanization in the future. I hope some of you will join me in my optimism, and in my view on the need for reciprocity, because I know I’d rather be in a prison modeled after Norway than the alternative.



# CONTRIBUTORS

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

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

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

## Meet *The Echo* Team

**Mr. Peters** IWP Coordinator, *The Echo* Supervisor

Mr. Peters has worked in the Department of Corrections for 25 years. He has worked in Security, Inspections, and Correctional Rehabilitation. In 2016 he became the IWP Coordinator.

**Mrs. Cunha** OSII, *The Echo* Supervisor

Mrs. Cunha was a Corrections Officer from 2013-2014 and returned to EOCI in 2020. In August of 2021 she became the OSII for the Physical Plant and then in April of 2022 moved to Institution Work Programs.



**Phillip Luna**  
*Editor*  
*Copywriter*  
*Photographer*

Luna is the editor of *The Echo* and a contributing writer for the Coffee Creek Newsletter. He is also a Certified *Roots of Success* Facilitator, a Beekeeping Program Facilitator, the facilitator for the NCRC Prep Course, and the mentor for the Clerk Internship Program. In his spare time he is pursuing a Bachelor's Degree and is the current President of the Enrichment Club.



**Patrick Gazeley-Romney**  
*Writer-at-Large*  
*Photographer*

Gazeley is a Staff Writer for *The Echo* and a certified facilitator for the Gardening, *Roots of Success*, and *Mindfulness* programs. He is a Journeyman Beekeeper and facilitates the Beekeeping Program. He was also the first person in the nation to complete the *Roots of Success* Apprenticeship. Gazeley has a Bachelor's Degree from Portland State University. In his spare time he is the Secretary for the Enrichment Club.



**Brett Lloyd**  
*Contributing Writer*

Lloyd is a Staff Writer for *The Echo* and a facilitator for the Gardening and *Roots of Success* programs. He is currently pursuing his Journeyman Certification for the Beekeeping program and will be a program facilitator. Lloyd holds a Bachelor's Degree in Environmental Economics from Cal State Monterey Bay. In his spare time he is an avid artist and video game enthusiast.



**Juan Sanchez**  
*Proofreader*  
*Contributing Writer*

A veteran of the US Marine Corps, Sanchez served as a tanker on M1A1 battle tanks. He is the proofreader for *The Echo*, manages the EOCI Institution Channel (channel 53), and runs the videogram program. He is a newly certified *Roots of Success* facilitator and occasionally writes articles for *The Echo*.

## Friends of *The Echo*

**Scott Steffler**  
*Contributing Writer*

Steffler is a Legal Assistant in the Law Library, a Beekeeping Program Facilitator, and an occasional contributing columnist/source for *The Echo*. Steffler is currently pursuing a degree in Statistics from Ohio University.

**Eduardo Gaytan-Maldonado**  
*Intern/Contributing Writer*

Maldonado is currently an intern at IWP and contributes articles to *The Echo* and the Coffee Creek Newsletter.

**Avery Quillin**  
*Book Review*

Quillin is a first time contributing writer for *The Echo*. His book review of *My Master Plan* by Chris Wilson can be found on page 20.

# Submission Guidelines

## Help Shape the Content of *The Echo!*

We accept hand written articles, creative writing, poetry and artwork.

### Ideas for Articles and Artwork:

- Ways to keep yourself healthy physically, emotionally, or mentally while incarcerated.
- Experiences of life before or after imprisonment.
- Places in the world you've been, or hope to see when you get out.
- What you look forward to most upon release.
- Strategies for managing your time while incarcerated/things you wish you knew your first year in prison.
- Creative or reflective writing, short stories or poetry.
- Video game reviews or book reviews.

### Length:

Articles should be no more than 1000 words (about three pages handwritten).

### How to Submit:

**For written pieces**, attach your work to a communication form and send it to *IWP - The Echo Submissions*. If you do not want your name published along with the article please indicate so. Writing samples will be photocopied and returned.

**For artwork**, send a communication form to *IWP - The Echo Submissions* explaining your artwork and what you would like to share. You may then be placed on a call out to bring your artwork down to IWP. Please do not attach your artwork in a communication form.

### Notes on Editing:

All pieces are edited for content, grammar, and punctuation. As a Department of Corrections publication, we do not print material that may be considered inappropriate, inflammatory, or disparaging to others. **Submitting an article or artwork does not guarantee your work will be published.** We will select content that provides value to *The Echo* and is of interest to others. We do not print material that perpetuates negativity.

## March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
		Full Moon	International Women's Day	PRAS		
12	13	14	15	16	17	18
Daylight Savings					St. Patrick's Day	
19	20	21	22	23	24	25
			Ramadan & Safeway Meal	Safeway Meal	Safeway Meal	
26	27	28	29	30	31	

## April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
				Steak Meal	Good Friday	
				PRAS		
9	10	11	12	13	14	15
Easter						
16	17	18	19	20	21	22
		Holocaust Remembrance Day				Earth Day
23	24	25	26	27	28	29
			Administrative Professional Day			
30						

**Please Return to the Officer Station After Reading**