

The Echo

Students Earn GEDs
LAST BMCC CEREMONY

Murph Challenge
MORE TO COME?

Upcoming Events
WHAT YOU NEED TO KNOW!



UNITS
place on July
three yards.
will be
please
us out!

Sponsored by the Enrichment Club
Murph Challenge
When: July 4th, 2023
Where: All sessions in the East and West Yards
Why: Raise money for Hope for the Warriors
How: Free to enter. While at yard check in at the Enrichment Club booth anytime during morning, afternoon, or evening yard. Once you complete the workout, report your time and receive a free tri-colored wrist band (red, white, and blue). The Enrichment Club will donate \$5 for Hope For The Warriors for every AIC who completes the Murph on July 4th. (up to \$2500).
For the casual: Complete the workout on your own and self-report your time (bring a watch!)
For the competitive: Check in at the Enrichment Club booth and ask for an official timer. An Enrichment Club member will time your event and verify your reps. Competitive times will be posted in the Echo. Official timers are available in groups of 3-4. Send a key to the Enrichment Club and reserve an official timer early for your workout group.
Photographers will

The Echo
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July, 2023

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A Publication of the Department of Corrections

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Murph Challenge

Photograph by Phillip Luna



TALK OF THE TOWN

GED Graduates in July of 2023

Students Graduate, Teachers Ruminates on the Future

Written by Phillip Luna

Thirty-one GED students graduated on Thursday June 8th, 2023. The graduation and awards ceremony marked the conclusion of a long standing and productive relationship between Blue Mountain Community College (BMCC) and Eastern Oregon Correctional Institution (EOCI). As Pell Grants return and contracts expire, it is currently unclear which college may occupy the role in facilitating education at EOICI, or in what format that may occur. GED students may find changes moving forward and college students may experience a new process, as the New Direction Education Project will be under new management. While the 31 graduating students were the focal point of the day's ceremony, educators were visibly moved at the notion of this being the last event led by Blue Mountain Community College.

"Sixteen years ago in 2007 I left my job in public schools to work in the Department of Corrections Education," stated Mrs. Youncs as she stood before the podium. "It looked just like a school; it was nothing like I imagined it would be." She further says she was intimidated at first and describes herself as being timid. Teaching inside a prison was not her ideal job. "I was looking for other jobs every day," she stated. "I had Mrs. Swanson, which some of you may remember, as a mentor. But I was looking for a different job every day and there was nothing available." Like many who are new to the corrections environment, Mrs. Youncs found prison to be overwhelming and had a difficult time adjusting at first.

This final BMCC graduation marks the 55th ceremony for Mrs. Youncs, with more than 1,000 students graduating during this timeframe. She addressed the graduates and said, *"I am so*

Continued on next page...



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Graduates and their families enjoyed cinnamon rolls and coffee after the event.

“ Many students and tutors have thanked us over the years and said we changed their lives. I want you to know you have done exactly the same for us. ”

thankful that there were no jobs available. It was such a blessing. When I look back on my 16 years and my 55 graduations with corrections education I have to say how lucky I was to teach in prison. This is a most rewarding job because of all you students who work so hard - to overcome barriers, to study, to learn, promote class levels and earn GEDs. Always remember that your education is something no one can take away from you.”

Graduating students for June 8th, 2023



As a final note, Mrs. Youncs stated “*Many students and tutors have thanked us over the years and said we changed their lives. I want you to know you have done exactly the same for us.*”

Mr. Villers presented the following students with GEDs: Kevin Bristow; Robert Herring; Wesley Curtis; Juan Franco-Ramirez; Aury Mo-

TALK OF THE TOWN

Education Update

Second Chance Pell Grants

Provided by the DOC Education Department



The Education and Training Unit would like to make you aware of Pell Grant information. The most important thing to know is **adults in custody (AICs) will not be able to fill out the Free Application for Federal Student Aid (FAFSA) form** and apply for a Pell Grant on their own for college within the facilities. You will need to apply directly to the approved college or university programs.

The Federal Government has the following guidelines:

1. The college/universities need to apply with the DOC to be selected as a program.
2. The colleges/universities must get each facility accredited as one of their participating programs.
3. Finally, the colleges/universities have to apply with the U.S. Department of Education to become a Pell Grant program. Currently, the U.S. Department of Education has not finalized these applications.

There are two programs previously approved through the Second Chance Pell Grant process offering classes through Chemeketa Community College at Oregon State Penitentiary and Treasure Valley Community College (TVCC) at Snake River Correctional Institution. These programs will continue. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University, and Adams State (a correspondence program) have begun the process of the Department of Corrections (DOC) application to get accredited. ODOC does not have any new approved sites at this time. If you have any questions, reach out to Ms. Hightower, DOC Education.

reno-Madrigal; Aaron Toole; Michael Mills; Christian Igo; Derek Gerken; Conner McCown; Andreas Lopex-Garcia; Jay Stuart; Colvin Cutshall; David Jones; Deshaun Marcell; Francisco Vazquez-Garibay; Adam Elias; Richard Butts; Christopher Lorenzon; Zecharias Catlett; Romualdo Balero; Jhonie Garcia-Sanchez; Aaron Zepeda; Anthony Fowler; Brandon Homles; Oscar Canas; Carlos Reyes-Torres; Blaise Teran; Juan Carlos Chavez; Steven Kizer; and Adrian Nava.

Level of education remains one of the biggest predictors of recidivism. AICs who further their education while incarcerated increase the likelihood of employment and are statistically less likely to return to prison. The odds for employment for those who earn a GED increase by 59% while also contributing to a 30% decrease in the risk of reoffending.

Level of Education	Likelihood of Unemployment	Avg. Hourly Pay
Four-Year Degree	2.3%	\$31.99
Two-Year Degree	3.4%	\$20.90
Some College, no Degree	4.0%	\$19.35
High School Diploma	4.6%	\$17.80
No High School Diploma	6.5%	\$13.00

Lt. Murphy, pictured photo left, was killed during a reconnaissance mission to find a key Taliban leader in Afghanistan. When the team came under fire from a much larger enemy force, Murphy knowingly left his position of cover to get a clear signal in order to communicate with his headquarters, the U.S. Navy said. He died fighting, the Navy also said.



TALK OF THE TOWN

AICs Run the Murph to Help Raise Funds for Charity

A Goal of \$2500 to be Donated to *Hope For the Warriors*

Written by AIC Juan Sanchez, Marine Corps Veteran

Perhaps you've heard that the Enrichment Club is planning to make a donation to a nonprofit that assists veterans called *Hope for the Warriors*? Maybe you even saw some extracurricular activity on the yard during the Fourth of July holiday? That's because the club did this through the "Murph Challenge" by asking AICs to take up the challenge to show their support for our military veterans. But, what is *Hope For The Warriors*?

On September 11, 2006, *Hope For The Warriors* was founded by a group of military spouses aboard Marine Corps. Base Camp LeJeune in North Carolina. They saw their spouses returning from deployment with all manner of injuries and others in flag-draped caskets. They witnessed firsthand their friends and neighbors dealing with the brutal real-

ity of war and knew what their community needed most... HOPE. Since then, *Hope For The Warriors* has been helping service members, caregivers, military families, veteran families and the families of the fallen find their HOPE – over 100,000 and growing. Support has looked different for each individual and family and the ever-changing needs have varied.

"One of the greatest gifts one can receive is the gift of Hope. Through the most difficult time in my life, it was hard to find Hope. Hope For The Warriors gave me that gift. They continue to stand by my side through my journey and at my weakest points they remind me what Hope is all about. Because of Hope For The Warriors, I now give Hope to others."

- Samantha Bradley, Spouse of a Fallen Marine.



What is the Murph?

1-mile run
100 pull-ups
200 push-ups
300 air squats
1-mile run
...all in a 20-lb. weight vest

According to CrossFit, this workout was one of Murphy's favorites. He'd named it "Body Armor," though it was renamed as *Murph* in his honor. It is a staple of the CrossFit games.

Hope For The Warriors believes those touched by military service can succeed at home by restoring their sense of self, family, and hope. The organization provides comprehensive support programs for service members, Veterans and military families that are focused on transition, health and wellness through engagement and connection to community services.

Since its inception, *Hope For The Warriors* strives to meet the needs of those who may feel left out. One of the ways they've done this is by creating The Warrior Hope And Care Centers to provide medical care, mental health services, and transition assistance for wounded, ill, and injured Marines and Sailors.

Hope For The Warriors has also implemented the *Our Warriors Wish* program to transform lives by granting life changing wishes to severely injured service members – to push them beyond surviving and allow them to thrive.

Each Warrior's wish is as unique as the person seeking something more. It may be something simple seeming as reconnecting with family after a long recovery. Maybe adaptive equipment to resume a hobby that meant so much before the injury. Or even tools or workspace to begin a new career. All wishes have the goal of creating better quality of life for those who sacrificed so much for our country.

Hope For The Warriors has granted over 253 wishes, totaling more than \$2.5 million in transformative experiences for severely-injured veterans.

Hope For The Warriors also offers the Military Spouse and Caregiver Scholarship Program. It celebrates and rewards the spouses and caregivers of post-9/11 veterans for their strength, fidelity, and resolve as they take on new and critical roles after the impact of war on their families.

"The financial assistance provided by Hope For The Warriors has substantially decreased the stress in trying to fund my education, which could have been a significant impediment in my academic success. Without assistance, I would be graduating with an enormous amount of debt. This would have required me to focus on how I would repay loans, rather than focusing on a meaningful career. I can't emphasize enough how much the Hope For The Warriors team has influenced me and my continued success within the program. Knowing that I have others who believe in me has given me hope and strength, even when times are rough."

- Shaina Purser

More than 70% of *Hope For The Warriors* staff are service members, veterans, or members of a military family. They rely on collaboration with communities and partnership with sponsors to bring HOPE and comfort to as many in need as possible.

I thank those of you who took up the Murph Challenge in support of such a worthwhile cause. Wear your wrist bands proudly, and don't be shocked if an old veteran thanks you for your support around the compound.

EOCI MURPH CHALLENGE



Wiesner mid-pull up



Club Members Gazeley times reps for competitor Igo



Hight and Lunetta completed the Murph Challenge



Member Kirk logs participants



Murph Challenge 2023!



Dixon completes the challenge in 40:56



2023

344 participants and \$1720 raised for Hope for the Warriors



Club Members Renfro and Luna pose with wrist bands



Niehouse and Avina-Norris pose for a photo during the event.



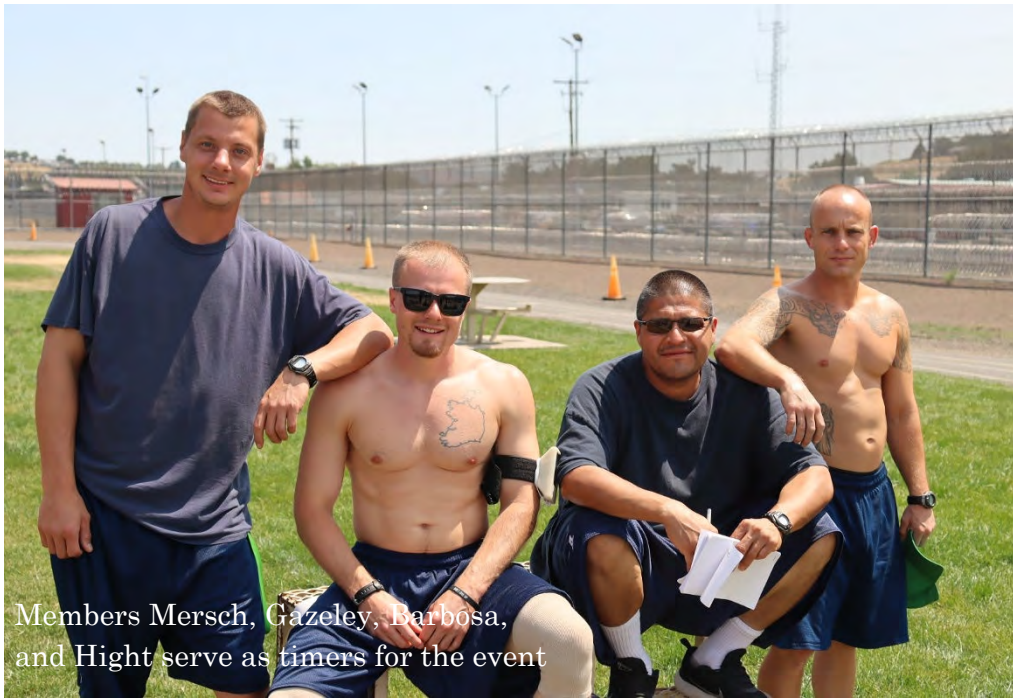
Brumbach - 75 years young!

Competitive Times and Famous Bests in Alphabetical Order:

Baskerville, S	66:00	East
Bickford, Chris	44:30	East
Conley, R	68:00	East
Dixon, Robert	40:56	East
Fullbright, Keith	42:16	East
Hartford, Cory	38:39	East
Hauth, Brian	42:21	West
Hight, Gerry	45:04	East
Huebner, Ryan	38:47	East
Hunter McIntyre	34:13	CrossFit Athlete, world record w/ vest
Igo, Christian	41:07	West
Josh Bridges	28:45	CrossFit Athlete, world record w/o vest
Knapper, Tariq	33:52	East
Lt. Micheal Murphy	35 avg	With weighted vest
Miranda, Sintorri	49:52	West
Naysmith, Jason	30:08	East
Powers, Ron	38:49	East
Ramirez, Francisco	33:51	West
Renfro, James	35:59	East
Rich Froning Jr.	34:38	Famous CrossFit Athlete, w/ vest
Rodriguez, Luis	31:18	East
Smith, J	66:00	East
Vega, N	59:26	East
Wamulumba, B	45:04	West
Weeks	83:00	East
Weisner, Shawn	32:32	East
Wheeler	64:00	East
Wilcox, Beau	35:48	East

Honorable Mention:

Richard Brumbach from E2, who completed the Murph Challenge (casual) at the age of 75!



Members Mersch, Gazeley, Barbosa, and Hight serve as timers for the event

TALK OF THE TOWN

344 Complete Murph Challenge 2023

\$1720 Donation to Hope for Warriors

Written by Phillip Luna

344 AICs participated in the event, raising \$1720 for donation to *Hope for the Warriors*. Thank you to all the AICs who helped raise this donation, to the staff members and administration that allowed this event to occur, and to the club membership who facilitated the event. Also - thank you to the AICs that did not participate, but did not disrupt the event either. We appreciate being able to occupy multiple weight racks for the day and we do understand that could have been inconvenient. Our goal was to hold this event without disrupting the normal yard schedule.

For participants - there is an upcoming photo opportunity. Notices will be posted on your housing unit bulletin boards shortly. If you purchase a photo ticket, we will provide a giant check as a photo prop.



Member Renfro posts a 35:59 Murph Time



This check will be pre-filled out with the \$1720 donation amount to *Hope for the Warriors*. All normal photo rules will apply.

Thank you again to all of those who participated. We look forward more events like this!



Edwards, Fay and Arcinas log in event participants during night yard





Discover the Joy of Angel Tree Christmas

Share the hope of Jesus with a child in your community as you deliver a Christmas present and a personal message of love on behalf of their parent in prison. **It starts with a gift and opens the door for year-round ministry opportunities.**

*Deadline to Apply:
September 25th*

*Send a Communication
Form to Religious
Services for an application*

Sponsored by The Enrichment Club



Basketball Tournament

For Charity

Flyer Coming Soon!

Sign Up Deadline: July 21st, 2023

Event Date: July 29th, 2023

Time: Morning and Afternoon Yard

Where: East and West Yard

The Enrichment Club will be sponsoring a 3 on 3 basketball tournament for charity.

Enter your best four (4) players (one alternate) and select the charity you would like to play for. The Enrichment Club will donate \$1000 to the winning team's charity. Additionally, the players from the winning team will get their photo taken with a giant check, will be featured in *The Echo*, and will receive free popcorn for their entire unit. The tournament will be held at the East and West yards. There will be an East and Westside winner.

Details:

- Must be incentive level 2 or higher.
- Must have 4 players, all players must live on the same unit.
- AICs who move units after the sign up deadline are not eligible to play.
- AICs on Conduct Order, LOP or in DSU during the event are not eligible to participate. Level 1 AICs are not eligible to participate.
- Half-court games are played to 11 points.
- Multi referees will call the games.
- Charity must be approved by EOCl administration. Must be a 501c3.
- Games will be played in the East and West yards.
- Basketball courts will be unavailable to the general population on July 22nd, 2023. There will be no recreation sports (softball or soccer games) on July 22nd, 2023.
- Any altercations, fighting, poor attitudes, or displays of poor sportsmanship will result in a team forfeit. The offending team may not be eligible for future events and/or fundraisers.

Sign up rosters are available on the housing units.

Send a communication form to the Enrichment Club if you have questions.

ADVERTISEMENT - EVENT, ENRICHMENT CLUB



MY STORY, MY CANVAS

Artist Highlight

Derek Ortega

Written by Patrick Gazeley-Romney

Derek Ortega began his journey with art after arriving at EOCI in 2014. Looking for ways to connect with his daughter, he began sending his artwork to her through the mail. Ortega's daughter enjoyed the pieces, serving as an interest to connect over. His connection with his daughter greatly incentivized his growth as an artist, giving him the motivation he needed to develop his skill.

In his first few years at EOCI, Ortega attended card rooms in the West dining hall and watched other artists as they developed their own works. He began by drawing basic cartoons and flowers but quickly extended his style into something more personal.

Ortega describes his art style as "culturally linked" to his understanding of the Aztec and traditional Mexican culture. Motifs of Aztec figures and design work are pervasive throughout his pieces. He also

incorporates modern elements into his work as well, joining the past and the present into something entirely unique to him and seemingly authentic and original.

Many of his ideas come from films and television as well as from magazines and photos. Ortega explains that, *"I try to render my own version of anything that catches my interest."* Typically, the themes that stand out to him relate to cultural and religious iconography and traditional Mexican and Aztec design patterns.

The materials Ortega uses to render his pieces runs the gamut of available equipment at EOCI; blue pen, colored pencils (Berol and Verithin), graphite pencil, just to name a few. To begin his process, Ortega creates his pattern first on a scrap sheet of white paper. Once he has laid out his design proportionately and correctly to his standard, he transposes the design onto his final sheet of paper (50 or



“ I want to be an example to other AICs that artwork is a good way to do your time without causing stressor problems for anyone else. ”

100 pound). He uses the time-tested carbon copy method used by many other AICs in DOC custody: scrap paper covered in pencil used to superimpose an image. After he has his design laid out he begins laying color and texture, shading and blending his image to perfection. *“I find it easier to work in color. I can fix things a lot easier in color and I also have a lot of knowledge about which colors blend well together,”* Ortega explains. Many mistakes made in graphite and pen are final and tend to be more difficult to fix later on.

Ortega notes that art helps his time go by a bit faster. Immersing himself in art helps him keep focus on positive things and grounds him in a productive mind-state. Especially during times of conflict or difficulty; artwork helps him keep his thoughts grounded and focused on positive and productive goals.

When he releases from prison, Ortega hopes to partner with the organization *Operation Smile*, an organization providing free surgeries for children with cleft lips and palettes. His goal is that his art can be used to raise money to support some of the children’s medical bills. He would also like to one



Pictured above, a woman in a headdress, using graphite and colored pencil.

Pictured left, a compilation of the movie *Apocolypto*. Also in graphite and colored pencil.

day start an organization of his own which brings artists together to support a common charitable cause. Until then, Ortega plans on continuing his journey as an artist here at EOCI, further honing his skills and expertise and hopefully inspiring other artists along the way. *“I want to be an example to other AICs that artwork is a good way to do your time without causing stress or problems for anyone else,”* Ortega concludes.



COLUMNS

Tears of the Kingdom

Available Now

Written by Phillip Luna

Back in 2017, Nintendo released *The Legend of Zelda: Breath of the Wild* to much commercial success. The game was so influential that over the years, we've seen many games attempt to replicate its open-world structure and art style (from *Genshin Impact* to *Immortals Fenyx Rising*). According to several game reviews, features that made *Breath of the Wild* (BOTW) revolutionary, such as its presentation and exploration, are still present in its new sequel, *Tears of the Kingdom* (TOTK), but with new additions that make the game much more fun and exciting to play. Additionally, the TOTK map is nearly three times the size of its predecessor.

Tears of the Kingdom's most significant gameplay addition comes in the form of *MineCraft*-esque building elements. There's some truly untapped potential here, like a fusing ability for weapons that ultimately amounts to adding one object onto another and raising its attack power or durability.

TOTK is currently available to purchase through FLE. While this game has not arrived to the institu-

tion yet, here are some gameplay tips and tidbits according to the internet where everything is true.

Fuse Weapons Together for Better Durability

One major upgrade in TOTK is the ability to fuse items with weapons to increase the items durability. Fused weapons can only increase Link's combat prowess. Fuse a rock to a sword and increase the durability, or experiment and see what other benefits fusion can yield.

The New Ascend Ability

The new Ascend ability is quite the game changer. Link can go underneath terrain and then swim upward to materialize on the other side. It can be used to cover vast vertical distances.

Crafting, Crafting, Crafting

Using a new ability called Ultrahand allows the player to stick together planks and wooden boards to make bridges or even more complex objects. The gameplay's building element allows for ingenuity, which take the form of spare fans, big wheels, hot air balloons, and more - all in order to make flying



\$81
through
FLE

or land-traversing contraptions that single-handedly render Hyrule's horse stable business obsolete in the process.

Use Ultrahand to Uncover Secrets

Ultrahand allows for the creation of a range of vehicles and structures, but can also help the player find secrets in the game.

Other New Abilities Make for Fun Gameplay

Call down lightning strikes with your bow or conjure up a giant flaming boulder to crash into foes - the choice is yours. This adds a lot more variety to the gameplay than just simply swinging a weapon.

Cooking with a Recipe Book

No need to memorize recipes in TOTK. There's literally hundreds of potion and meal recipes for player to uncover - all of which are saved in a recipe book so they can be duplicated again.

Most game reviews have been positive, but a few offered some negative feedback.

"Outside of a few neat new bells and whistles, the game too often feels like a glorified DLC. The side characters you encounter in Tears of the Kingdom are largely the same ones you dealt with in Breath of the Wild. The game as a whole is too nervously kissing the ring of its predecessor to ever stand on its own two legs as a distinctive entry in a revolutionary action-adventure series."

- Excerpt from a review published on IGN

COLUMNS

NS Lite Monthly Challenge

Highest Completion Percentage for BOTW

Co-written by Paul Ropp and Kaliq Mansor

Most of us are excited to find *The Legend of Zelda: Tears of the Kingdom* available on the FLE games list. And now we're all eagerly awaiting the arrival of a sequel reported to outdo its celebrated predecessor. How many of you have dusted off "Breath of the Wild" in the hopes of getting that completion percentage as high as we can before we resume Link's adventures in Hyrule?

Challenging yourself is fun but competing against your friends is always better. Every month in order to provide a little friendly gaming competition The Echo will be laying down a monthly gauntlet for gamers. The monthly challenge will be based on popular games and may include; highest completion percentage, fastest completion time, that tower challenge thing in Final Fantasy, design competitions, and whatever other horrible challenges we can cook up. Maybe bugs, milk, sugar, and Bokogoblin horn?

This month's challenge as you might have already guessed has to do with *The Legend of Zelda: Breath of the Wild*. We are looking for people who have the highest completion percentage. Have you gotten 85%, 99%, 100%? If so send a KYTE to IWP *The Echo* and let us know. Special bonuses for DLC players. At the end of the month we will call the best few down to verify their completion percentage and we will post their names in next month's *Echo*. Next month there will be a new challenge should you choose to accept it.

Do you have what it takes?

Are you good?

Are you great?

We shall see.....

Future Environmental Tech

Conjuring Drinking Water Out of Thin Air

Excerpt from previous newsletter, March 2022

Topics of environmental catastrophe, global warming, and climate change seem to permeate the headlines of almost every news outlet nowadays.

The frequency and severity of extreme weather events and associated catastrophes are so prevalent, they can't be ignored any longer. Fires have ravaged the West coast for the past 10 years. More intense hurricanes hammer the East coast each year. Severely cold weather cripples much of the country for weeks every winter. For many areas that have experienced drought for centuries, the issue of water scarcity only continues to become more problematic.

A majority of the water consumed on the planet is used for industrial scale agriculture projects or massive chemical manufacturing operations. The treatment of freshwater as an unlimited resource has led to the rapid depletion of ground water reserves in aquifers as well as the depletion of surface waters in lakes, rivers, and streams across the planet. Other water sources have been left largely untapped until new technology has recently rendered them accessible to them. There is more water in the atmosphere than in all of Earth's rivers combined. Until recently, big industry has not capitalized on this hidden source of freshwater. But two companies are doing just that.

Source, an environmental technology company based in Arizona, produces technology to capture water straight from the air. *Source's* technology combines a solar panel and an air condenser to capture and store drinking water.

Walking through one of *Source's* water farms on the Warm Springs Reservation in arid central Oregon, one can hear the soft buzzing of the four-by-eight foot panels. A row of fans draws air into each panel where it's moved

through a hygroscopic mesh material which separates water from air. The same solar that powers the fans also provides heat that drives condensation, allowing the water to gather in an internal reservoir. Each panel weighs approximately 340 lbs dry, can produce up to 1.5 gallons of drinkable water per day, and is coupled with a mineralizer that makes the water palatable before it is stored for consumption.

Hydro farms that are a part of *Source's* operation are currently located in Oregon, Saudi Arabia and Western Australia. Exaeris' AcquaTap, which debuted in 2021, has a similar function, but is designed as a portable gadget for recreational users. As the technology in the field continues to evolve, hydro panels may become as ubiquitous for homeowners as central heating and cooling systems. For those that may be planning on going "off-grid" or are interested in the environmental implications of freshwater consumption, investing in a few hydro panels may be a good avenue.

Finding ways to decrease dependency on municipal utilities is the ultimate goal of anyone interested in homesteading or getting "off-grid". It feels good to become independent; less reliant on government municipalities to supply solutions to one's needs. The biggest struggle when investing in a sustainable system is the upfront cost. Most consumers find that they have to shell out large amounts of money upfront for a system that pays for itself over time.

Currently, pricing for hydropanels through *Source* is not available, as the company has not quite made the leap to the mass market. An Exaeris AcquaTap however, will cost consumers less than \$2,000 per unit and can produce between 3 and five gallons of freshwater per day. Considering the average homeowner spends \$1,000-\$1,500 a year on municipal freshwater, the product should pay for itself relatively quickly.

Of all the water on the planet

97%

is non-drinkable, salt water.

Humans dump

Four Trillion

tons of waste into the water stream

every year

80%

of plastic water bottles are not recycled.

Body Maintenance

More Important with Age

Written by Phillip Luna

A

s our bodies get older, the risk of injury increases and preventative maintenance becomes more important. Here are some tried and true tips for how to defend your body.

Fuel Wisely:

Nutrient-dense foods and high-quality fats are important to a good diet. However, when it comes to warding off injury, water is the most important factor. Aim to drink one ounce of water per pound of body weight per day.

Avoid inflammatory foods, especially sugar, whenever possible. A dehydrated, inflamed body is inflexible.

Train Smart:

The potential injury from outside sources is everywhere, so don't contribute to it with bad training. Repetitive motions need to be compensated for with oppositional movements. If you do leg extensions, do hamstring curls too. For every exercise, there should be a countermovement in your workout. If you train chest twice a week and back only once a week, you are setting yourself up for injury by hammering the push motion without counterbalancing it the pull motion.

Lighten the Load:

You would need to do hundreds of body weight squats with poor alignment to injure yourself, but one bad squat under a giant rack can throw your back out. Try a little less weight and focus on getting good solid reps with form.

Focus on Flexibility:

Range of motion is key in protecting yourself from injury. Tight muscles tear, flexible muscles stretch. Make stretching part of your routine before and af-

ter every workout. Do dynamic stretching (stretching in movement) before your workout to get your body warmed up. Save the static stretching for after your workout.

Multiple studies have shown that static stretching **before** a workout can reduce strength by up to 15%. Static stretching post work out should be fine.

In our obsessive pursuit of stronger muscles and hearts, we often miss the opportunity to train and feed connective tissue like ligaments, tendons, bones, and cartilage, which are common areas of injury.

Tendon Aid:

Historically, it is thought that regeneration and repair of a tendon's core has stopped by the age of 18. However, recent studies have shown improvements in tendon repair through isometric² holds. Isometric holds are flexed, no-movement exercises. To help heal an Achilles tendon, for example, stand on your toes on one leg, hold for 30 seconds, and repeat three to five times with 30-second breaks. According to the *International Journal of Sport Nutrition and Exercise Metabolism*, The isometric hold allows the healthy part of a tendon to relax gradually shifting the load and triggering the damaged tissue to heal.

Bone Medicine:

Stress fractures can be common among athletes. To avoid this, research says instead of tension exercises (isometric hold), use jarring impulses to trigger bone remodeling - such as jumping rope. Participants in a recent study by the *Australian Institute of Sports*, showed doubled rates of collagen synthesis from jumping rope for six minutes, three times a day. Since bone is a form of collagen-rich connective tissue this exercise can help reduce the risk of stress fractures.

Creating a Nest Egg

Tips for Saving Money While Incarcerated

Written by Phillip Luna

Saving money for release is one of the most common goals of incarcerated individuals - and one of the most difficult to achieve. While an idealist would argue that it is considerably easier for the residents of a prison to save money - no rent payments, free insurance, and three meals provided each day - any person familiar with the economy of a prison can attest to how difficult this can be. Most items sold inside a prison are subject to huge mark ups and the PRAS award system provides very little latitude in terms of saving and spending.

At the surface it does seem simple - get a job, save money, the end. However, finding the right job can be challenging when there are not enough jobs to go around.

Step 1: Get a job

There are roughly 1300 residents at EOCI and there are about 1050 jobs - that's a 19.2% unemployment rate. High rates of unemployment mean a competitive job market. Starting out, most will have to take an entry level job, such as an orderly.

Step 2: Get a better job

A job that has you stuck under 10 PRAS points will make it difficult to stow away money. However, the lower paying jobs are a path to the more sought after, higher paying jobs. Most supervisors want to hire someone who has good work history. For example, any physical plant worker will tell you that the easiest way to get into a certification program (the electrical or welding program) is to start as a physical plant orderly. This is the case for most jobs - start at the bottom and work your way up.

Needless to say, the more money you make the easier it is to save money. Call center or OCE jobs earn the most, with some positions paying over \$200 per month. This is followed by Canteen work assignments and Law Library Legal Aids.

Here is how all jobs breakdown:

10% - 110 Contact Center

10.9% - 120 OCE Positions

< 2% - 20 (approximately) Canteen

< 1% - 2 Legal Aids

15% - 185 Unit Orderlies

9% - 100 Physical Plant workers
(counting WFD and Recycle)

10% - 127 Kitchen Workers

11% - 140 Dining Room Workers

13% (less than 2% each) - Other Tutors, Various Clerks, Multi Worker, Shower Crew, etc...

By looking at the data it is clear that the highest paying jobs (Contact Center and OCE) account for 230 of the total jobs at EOCI. 230 positions compared to the 1300 residents are not good odds - which brings us to step three.

Step 3: Be realistic

If you are able to get a high paying job, that is excellent for you. But for most, earning 16-18 points and maxing out at about \$106 per month is what you have to work with. Saving \$25 a month from your paycheck will accumulate into \$300 in a year, and \$900 in three years. That's enough to make a deposit on an apartment or at least pay for some start up costs after release.

To set aside \$25 per month, first make a list of everything you buy each month and then divide those items into subcategories of *wants* and *needs*. *Needs* are things you cannot survive without (soap, deodorant, envelopes) and *wants* are things you would like to have, but are not necessary. Try to be honest with yourself.

Sample list:

Needs	Wants
Deodorant	Coffee
Soap	Creamer
Envelopes	Frosted Flakes
Paper	Doritos

Take the total amount you earn each month and subtract \$25 for your monthly savings. Next add up the total cost of your *needs* and subtract that from the remaining amount. The left over amount is how much you can spend on things in the *want* column each month.

Even with a good job, \$106 is not going to stretch very far in terms of *wants* each month, and big ticket items do come up ever so often (replacing shoes or headphones). Again, the most important thing is to be realistic. If \$25 is too much for you, try \$15 per month.

Step 4: Put It In Savings

There are four different accounts through EOCI - a General Spending Account, Protected Funds Account, Transitional Savings Account, and a General Savings Account. Additionally, creating a savings account with an outside bank is another option available to you.

General Spending Account:

The General Spending Account is where PRAS awards deposit and typically where canteen purchases are withdrawn from. It is best to move the money you have budgeted as part of your savings from this account to avoid spending it.

Protected Funds Account:

Not everyone has a Protected Funds Account. Protected Funds are not eligible for COFO deduction or for the 5% deduction for a Transitional Savings Account. Types of deposits made into this account are disability benefits for veterans, monies received from Native American Tribes or Tribal Government, and railroad retirement benefits. Additionally, those who receive OCE pay will have portion of their pay placed into this account.

Transitional Savings Account:

The Transitional Savings Account (TRSA) is filled automatically until it reaches the \$500 requirement. Every deposit made into your General Spending Account or PRAS award you receive will have 5% taken from it and placed into this account. After the \$500 minimum is reached you may elect to continue adding to this account at 5%. However, if you have COFOs you cannot exceed \$500 on this account until your obligations are paid off. The TRSA account is protected from garnishment and collection of DOC debts. You can make deposits into this account, until it reaches \$500, by filing out a CD-1832 Transfer Request Form. Once your account reaches the minimum, you may elect to continue depositing the 5% from eligible funds and additional deposits are not allowed.

The TRSA is a release savings account and may only be accessed upon release.

General Savings Account:

Everyone has a General Savings Account. You can deposit into this account once per month by filling out a CD-1832 Transfer Request Form, but this account is NOT protected from DOC debt or non-DOC debt collection. If you owe any debts, it can be collected from this savings account prior to your release.

You can make deposits into this account at any time. You may only make deposits once per calendar month.

The TRSA and the General Savings Account may be the only option for you, and that's okay. Either account will work fine for saving money. The drawback is that your money does not grow over time. Every dollar you add to this account will be worth a dollar whether you spend it now or in twenty years (or whenever you are released). Inflation and the cost of living will rise, which means your investment will be worth less over time. The General Savings Account is a release savings account and may only be accessed upon release.



Healthy eating is important at every stage of life.



COLUMNS

Protein Foods

From ODOC Food Services

Written by E. Guevara, ODOC Dietician

The Dietary Guidelines for Americans, 2020-2025 advises consumers to “vary your protein routine.” But what does that mean? Did you know that meat is not the only source of protein in food?

In fact, almost all foods contain some protein, even fruits and vegetables! Some foods contain more than others. “Vary your protein routine” means you should have more than just one type of protein in your diet.

High-protein foods sub-groups:

Meats, Poultry, Eggs: Meats and poultry should be lean or low-fat.

Seafood: Always choose seafood that is lower in mercury.

Nuts, Seeds, Soy Products: Nuts should be unsalted.

Beans, Peas, Lentils: Also a vegetable sub-group.

Most of the protein in the recommended Healthy U.S. Dietary Pattern comes from the high-protein

foods sub-groups. The dairy (or fortified soy alternatives) food group is another source of dietary protein. Food products made with any of the high-protein sub-group foods will have protein in them, such as baked goods made with eggs, soups made with beans, and sandwiches made with cheese.

The dietary habits of most adults meet the weekly recommendations for meats, poultry, and eggs. Seafood, dairy (or fortified soy alternatives), and beans, peas, and lentils are not consumed as often. These non-meat proteins provide important nutrients that support healthy dietary patterns. Many adults can improve their diet and better meet their nutrient needs by choosing from a wider variety of protein sources. This can include having seafood in place of some meats, or eating beans, peas, and lentils in mixed dishes, such as soups, rice, or pasta dishes.

ODOC considers protein from all food sources, not just meat, when creating the menu. ODOC menus provide an average of 1.7 times (170%) the amount of protein that is recommended for most adults.

NEWS IN BRIEF

Notices You May Have Missed

From Your Housing Unit Bulletin Board and Brief Announcements

Provided by ODOC and Various Sources

Protect Your Credit – Given the ODOT/DMV Data Breach in the News

In mid-June, there was a breach of information at the Department of Motor Vehicles (DMV) and 3.5 million Oregon driver's license and ID cards were impacted. There are immediate steps you can take to protect your information from identity theft. You are entitled to a free copy of your credit report once every 12 months from each of the three major credit reporting agencies, Experian, Equifax, and TransUnion. Contact information is listed below.

Equifax Fraud Reporting

P.O. Box 740256
Atlanta, GA 30374

Experian Fraud Reporting

P.O. Box 9554
Allen, TX 75013

TransUnion Fraud Reporting

P.O. Box 2000
Chester, PA 19016-2000

Library Orientation

New to EOCI? Need to access the Legal Library and do not know how or what service to request? Interested in checking out manga/art how to books or general reading books? Wanting to learn a second language or study a certain topic? If you answered yes to any of these questions then send a kyte to the library and request an orientation appointment. You will be scheduled for a half hour session and the library staff will answer your questions and explain library procedures/services to you.

Business Services - Outside Payments

The Oregon Judicial Department (OJD) provides Department of Corrections/Salem Central Trust with monthly updated totals owed and monthly payments received for each respective AIC. Only the OJD can provide you with exact information on "Outside Payment" information and your court case numbers.

You'll need to write to/mail to:

Oregon Judicial Department, Business & Fiscal Services Division, ATTN: Collections, 1163 State Street, Salem, OR 97301 with all your questions.

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.

Notice from USPS

USPS will be phasing out the Priority Tracking manual label, which will result in DOC being unable to provide tracking numbers for outgoing mail. AICs who purchase priority mail boxes from Commissary should be aware of this change.

Dads4Life

Dads4Life is accepting applicants. Prior to being accepted into Dads4Life, each applicant will need to be screened by staff for compatibility in regards to their individual family relations and history. To view the full criteria please see your housing unit boards.

The PACT Act and VA Benefits

The PACT Act expands VA health care and benefits for veterans exposed to burn pits, Agent Orange, radiation and other toxic substances. This law helps provide generations of veterans - and their survivors - with the care and benefits they've earned and deserve.

The PACT Act is perhaps the largest health care and benefit expansion in VA history. The full name of the law is The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act.

After the passage of the PACT Act last August, more than 500,000 claims for benefits have been filed by veterans to receive expanded healthcare and benefits entering the month of May.

There's no deadline to apply for PACT Act benefits. But if you file your PACT Act claim - or quickly submit your intent to file - by August 9, 2023, you may receive benefits backdated to August 10, 2022. So don't wait, apply today.

The PACT Act will bring these changes:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras.
- Adds more than 20 new presumptive conditions for burn pits and other toxic exposures.
- Adds more presumptive-exposure locations for Agent Orange and radiation.
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care.
- Helps VA improve research, staff education, and treatment related to toxic exposures.

The VA has established a PACT Act webpage to help answer your questions about what the PACT Act means for you or your loved ones. You can also call the VA at 800-698-2411 (TTY: 711).

To file a claim for PACT Act-related disability compensation or apply for VA health care, please contact your local Veteran Service Office in Oregon.

Validate Phone Numbers with ICS Corrections, Inc.

Friends and family can validate their phone numbers online, through email, or by regular mail. Validating a phone number through [icscorrections.com](https://www.icscorrections.com) requires a valid debit or credit card, a phone that can receive a text message, and a phone that can receive an automated call that will announce a confirmation code.

To validate a phone number by email, the family member must email a copy of their valid government-issued photo ID and a copy of their phone bill to customer@icsolutions.com

For those who do not have internet access, they can mail a copy of their government issued photo ID and a copy of their phone bill to:

ICSolutions,
Customer Service
2200 Danbury Street,
San Antonio, TX 78217

From the Clothing Room

The Clothing Room will only re-tag clothes if you have the old tag or it is still attached to the article of clothing. If there is no SID tag on the clothes or you do not have the tag, the Clothing Room will not put a tag with your SID number on it.

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.

CONTRIBUTORS

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

Get emails about institution news and events

TO SIGN UP: TEXT CORRECTIONS TO 22828 TODAY!



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.



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 Bachelors Degree from Portland State University. In his spare time he is the Secretary for the Enrichment Club.



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*.

July 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
	Full Moon	Murph Challenge		PRAS		
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
						BB Tournament
30	31					
						GOGI Fund-raiser Deadline

August 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
				PRAS Award		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
		Breakfast Fundraiser	Full Moon			

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

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



P Prison
R Rape
E Elimination
A Act

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

Upcoming Events

Happening in July

July 3rd: Full Moon

July 4th: EOCI holds the first Murph Challenge event, sponsored by the Enrichment Club. For each participant, the Enrichment Club will donate \$5 to *Hope for the Warriors*.

July 6th: PRAS Award Day

July 19th: GOGI will be holding an awards ceremony.

July 29th: The Enrichment Club is planning on holding a 3 on 3 basketball tournament. Sign and play for charity and popcorn!

July 31st: Logo contest deadline - the Enrichment Club needs a logo! Design a logo and submit it to the club. If your logo is selected receive a free meal during the August fundraiser.

Jul 31st: GOGI *expandable file folder* fundraiser deadline. AICs can purchase up to two folders at \$16.00 each.

Happening in August

Expected in August: GOGI file folders forms must be completed by July 31st and handout is expected to occur sometime in August.

August 10th: PRAS Award Day.

August 10th: Enrichment Club Breakfast Meal Fund-raiser deadline.

August 26th: The EOCI Pow-Wow returns.

August 29th: The Enrichment Club will be holding a Breakfast Fundraiser Meal. The deadline to sign up is August 10th.

August 30th: Full Moon

Happening in September:

Mid-September: EOCI is planning to have an outdoor family event. These plans are currently tentative.

**For Paper Copies: Please Return to the
Officer Station After Reading**