

ATTENTION SHOPPERS: NORMALIZATION ON SALE NOW



PICTURED ABOVE IS a typical grocery store in Norway. There are a wide variety of canned and packaged foods, frozen goods, as well as fresh fruits and vegetables. There are items with foreign names that might seem unusual to those from the United States, and there are familiar items like aluminum cans of Red Bull

and packages of Oreo cookies. What makes this store worthy of front page news? It's a grocery store for incarcerated people at a high security prison in Norway.

The Norwegian Correctional System is one of the most innovative and progressive in the world, contributing to the country's low recidivism rate

of only 20%. As a result and taking note of Norway's success, the *Amend* project was created at the University of California, San Francisco with a goal of changing prison culture in the U.S. *Amend* works with select state prisons in Washington, Oregon, California and North Dakota.

(continued on page 8)

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Friends can receive a digital version of *The Echo* by texting the word "CORRECTIONS" to the phone number 22828. Additionally, publications can be found online at www.oregoncure.org.

The Echo is the official newsletter of the Eastern Oregon Correctional Institution. Direct questions and comments to EOCI Institution Work Programs (IWP). All views and opinions expressed are those of the contributing writers and do not necessarily reflect the views of the Department of Corrections.

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LETTER FROM THE EDITOR

A New Year and New Goals

Welcome to *The Echo* 2024! We have made a few updates to the newsletter this year in order to keep moving forward. For articles, we will mostly be following the Associated Press style guide, which will allow us to have more professional look and feel.

Our goal in 2024 is to develop a program that centers around journalism; a program designed to provide writers with opportunities for skill development and experience in the area of journalism. We have made contact with outside non-profit organizations in an effort to create journalism courses here at EOCI.

We will be expanding our pool of contributors, offering more paid positions writing articles for *The Echo*. This will coincide in our development of journalism classes. In brief, sometime in future we will be hiring an additional advisor and contributing writer for paid positions (inquire by kyte).

Other ways to contribute include sending a kyte to the editor (questions about articles or commentary on topics covered) or being featured in an artist highlight, a work project, or in a program.

We are always interested in “freelance” writers, but we will no longer be accepting unsolicited manuscripts. If you are interested in contributing an article please send us a “pitch” first. This will be a brief statement of what you want to write and perhaps an opening paragraph. We will provide you with direction.

Many of the more popular articles from 2023 are what may be considered “longform” or profiles/human interest articles written in length. This year we are planning on separating these articles, leaving *The Echo* as our primary newsletter and using the longer human interest pieces for a separate publication, which we will provide more information about at a later date.

Another one of our major efforts this year will be to facilitate better communication with EOCI staff. The most challenging part of writing the news in a prison is that information is not freely given. We plan to be more persistent in our request for information. More importantly, we hope to encourage staff to reach out to us.

That's the plan for 2024. Thanks for reading!

AROUND EOCI



CONSTRUCTING FAMILY TIME

Holiday Events Include Gingerbread House Building

Written by Phillip Luna, Editor

"BEING ABLE TO build something with my son that he gets to take home, that was awesome... the officers working the event were great, they dressed up and were very polite," said EOCI resident Bryant Jones.

The event was a special holiday visiting session on December 15 and 16. The something was a gingerbread house kit provided by Correctional Rehabilitation.

Fifty-two participants visited with their families over the two day event where they were provided a choice between an Oreo or Jelly Belly Gingerbread House Kit - gingerbread panels, roofs and floors attached by

premixed French vanilla icing, decorative jelly bean archways, and a candy-shingled roof. Visiting room staff helped incarcerated people and their families start the process of constructing the novelty, building shaped confections.

Overall, the majority of participants found the experience rewarding. "I really enjoyed making something with my kids that they got to take home and possibly think about me when they see it," stated participant Joshua Harmon.

Participant Ryan Belt called the event really special and said it felt like, "we were at home doing something that we have always done together."

But for some, building a gingerbread house was more challenging than it looked. "The best part of the experience was laughing with my family about how three adults couldn't make a nice gingerbread house," said Kaleb Villarreal.

“The best part of the experience was laughing with my family about how three adults couldn't make a gingerbread house.”

When asked what could make the event better, participant Brian Depriest stated, "Maybe give more advanced notice by putting up flyers on unit bulletin boards, some people don't get to read *The Echo* until after the event."

Depriest is expressing that there are residents at EOCI who may have been unaware this event existed until after it occurred.

Other feedback and suggestions from participants included an Easter egg hunt, Christmas ornament making, or having Officer Holden dress as Santa Clause for the kids attending the event.

Gingerbread houses have been a part of many cultures over the past few centuries. According to historians, gingerbread was first baked in

Europe at the end of the 11th century, when returning crusaders brought back the spice from the Middle East. Ginger had properties that preserved the bread.

The first gingerbread houses were made in Germany in the 1800s, inspired by the result of a well-known Grimm's fairy tale, "Hansel and Gretel," in which two children abandoned in the forest found an edible house made of confections and sugar decorations. Germans began baking ornamental houses of lebkuchen (gingerbread) after the story was published. |ECHO



Visiting room staff: Sgt. Perkins, Officer Holden, OS2 Munsterman, and Officer McGahen.



Igo makes gingerbread house with family



Russian Symphony puts on a concert in the chapel



Chris Anderson and family visit during event

“The best part was spending time with my mom”
- Christian Igo



Family poses for picture



A roof placed on an Oreo house



Mel Arcinas and Troy Kirk package the apple cider black Friday handout

AROUND EOCI



Asst. Superintendent Ryan LeGore with volunteers from the Salvation Army.

ANGEL TREE GIFTS

A Partnership with the Salvation Army

Written by Christian Reyes, Staff Writer

VARIOUS CHILDREN'S names hung off the limbs of a large Christmas tree in the front lobby of EOCI. As Christmas approached, gifts proliferated underneath the tree with their destination slated for one of the many children in need of some holiday spirit.

EOCI, in partnership with Salvation Army, created a drop-off location for faculty to give, as generously as they like, to children of families that don't

have the resources to provide gifts for their children. Gifts were necessities, such as shoes or clothes, to the more extravagant items like video games or a dollhouse.

Ages ranged from two-years old to as old as fourteen. Many of these children deal with other sources of struggle in their life besides low-income levels. This includes being in a single-parent household, foster-care, a child of a justice-impacted individual, and health conditions.

A parent of a previous recipient expressed how thankful he was that his son received gifts from him as part of this project. In the month prior he had applied to Project Angel Tree by Prison Fellowship.

“A great outreach to provide local kids items they need...”

A common reason for staff to donate this year was finding a child whose interests resonate with their own children. Chaplain DiSalvo, who helps residents with Project Angel Tree, described it as, “A great outreach for people to provide the local kids items they need and want whose families couldn't otherwise afford it.”

Traditionally, EOCI is one of the biggest contributors for Angel Tree, but donations this year were slightly lower than usual. Despite the decrease in participation, they were still able to provide gifts for seventy-five kids in the community. This is a significant portion of the 400-500 children Salvation Army Pendleton expected to provide for this year.
|ECHO

Help Shape the Content of *The Echo* Attention Staff of EOCI

Is there a question you find yourself answering all the time? Is there something you wish was better understood by the incarcerated population? Do you have a program, group, or class having a graduation or event?

Contact IWP and let us know!



An empty classroom at EOCl.

A TREASURE TROVE OF OPPORTUNITY

Treasure Valley Community College Comes to EOCl

Written by Phillip Luna, Editor

TREASURE VALLEY Community College (TVCC) has arrived at EOCl, replacing the long standing contract with Blue Mountain Community College. TVCC administration started in October and has been in the process of hiring instructors and support staff.

For Adult Basic Skills and GED classes, the goal is to begin the week of January 8. TVCC Education Supervisor Eddie Alves, stated, "If you do not have your GED or High School Diploma or have a low literacy score, please watch the call outs as you are mandated by law to attend education classes." What Alves is referring to is an Oregon Administrative Rule (OAR) that requires incarcerated people to attend GED classes, if they need them, to be case compliant. [Editor's note: You cannot be charged with a crime for not attending a class. However, you may lose an incentive level for not being case-plan compliant.]

Those interested in work as a tutor can send a communication form to Alves in the Education Department. Interviews are planned prior to the start of classes.

We are working on approval to expand [college] services at EOCl

TVCC also operates the Education Department at Snake River Correctional Facility where they have been approved to offer the Prison Education Program (PEP). Formally named Second Chance Pell Grants, in

July of 2023 the title was changed to PEP as part of the FAFSA (Free Application for Federal Student Aid) Simplification Act of 2020. "We are working on approval to expand [college] services at EOCl," stated Alves. "This is done on an institution-by-institution basis."

Completing the FAFSA is not necessary for incarcerated students. Those who will be released in 2024 and expect to start college classes after their release, should complete a FAFSA if they are planning on using federal student assistance.

Separately from the PEP program, the New Direction Education Project (NDEP) is restarting in January.

"I will continue to get information out in the newsletter," said Alves. "If you send me a kyte about an interest in college, I have kept your name on a list to ensure you get updates."

While college courses rely primarily on funding from PEP or outside programs such as NDEP, classes for GED acquirement are part of the ODOC budget. According to the Statesman Journal, ODOC operates on an approximately \$2 billion budget per biennium. About \$11 million of the department's budget is allocated to education.

Correctional populations report lower educational attainment than do those in the general population. An estimated 40% of U.S prison residents (compared to 18% of the general population) do not have a high school diploma or a GED. Lack of education is widely considered an indicator of the likelihood of incarceration - the road to prison is often one built of illiteracy and under-education. |ECHO

FEATURES



Delegates from Oregon, Washington, and California attend training in Norway.

ATTENTION SHOPPERS: NORMALIZATION ON SALE NOW

Oregon is Part of the Northwest Remodel of Incarceration

Written by Phillip Luna, Editor

(...continued from page 1)

Institutionalization is created through the severing of human relationships, reduction in opportunities to use higher-level thinking skills and the infantilization of incarcerated people. In recognizing the cyclical effect of institutionalization, Oregon is one of four states embarking a journey to redefine the prison system and what it means to be incarcerated.

"I saw possibility," stated EOCI Superintendent Dave Pedro, "We'll never be able to do things exactly as the Norwegians do but my visit gave me ideas and a vision of what can be done. Having the benefit of experience of spending a lot of time in prisons in the Middle East, it was a reassuring to see humanity exist in other foreign correctional systems." Superintendent

Pedro was one of the first from EOCI to visit the Norway prison system. He draws a comparison between the prisons he witnessed during his time as a non-military prison advisor in the Middle East.

Thirty years ago, Norway recorded a 70% recidivism rate which is near equal what the United States has today. At that time the Norway prison system was structured similarly to the U.S., with an emphasis on punishment instead of rehabilitation.

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 and is considered among the world's best correctional systems.

With the Norwegian system as a model, and working with the *Amend* program, Oregon developed The Oregon Way – an initiative designed to create a culture of rehabilitation in Oregon.

In September of 2017, an Oregon delegation traveled to Norway as part of the US-European Criminal Justice Innovation Program. 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.

Since then there have been several more delegations to Norway. This most recent group included EOCI's Officer Holden, Sergeant Booker, and



A typical grocery store in a Norway prison.

“The unusual thing was the lack of worry the staff had when dealing with the AIC population. The staff really work with them as people.”

IWP Coordinator Ray Peters. The delegation also included staff from Washington and California.

“We didn’t visit Russia, we visited Norway.”

“The goal is to make our prisons less punitive and more restorative,” said Peters. “We didn’t visit Russia, we visited Norway. One of the first things they do in Norway, when you come to prison, the staff sit you down and tell you ‘prison is bad for you,’” explained Peters. “Then they work from there. How are we, the staff member and the incarcerated person, going to counteract what prison will do?”

Officer Holden said of his experience, “I personally gained the knowledge that our two cultures are not that different as far as the problems each country has in their prison system. We fight the same battles in many ways. They deal with drug problems as we do. They deal with gang issues... The unusual thing was the lack of worry the staff had when dealing with the

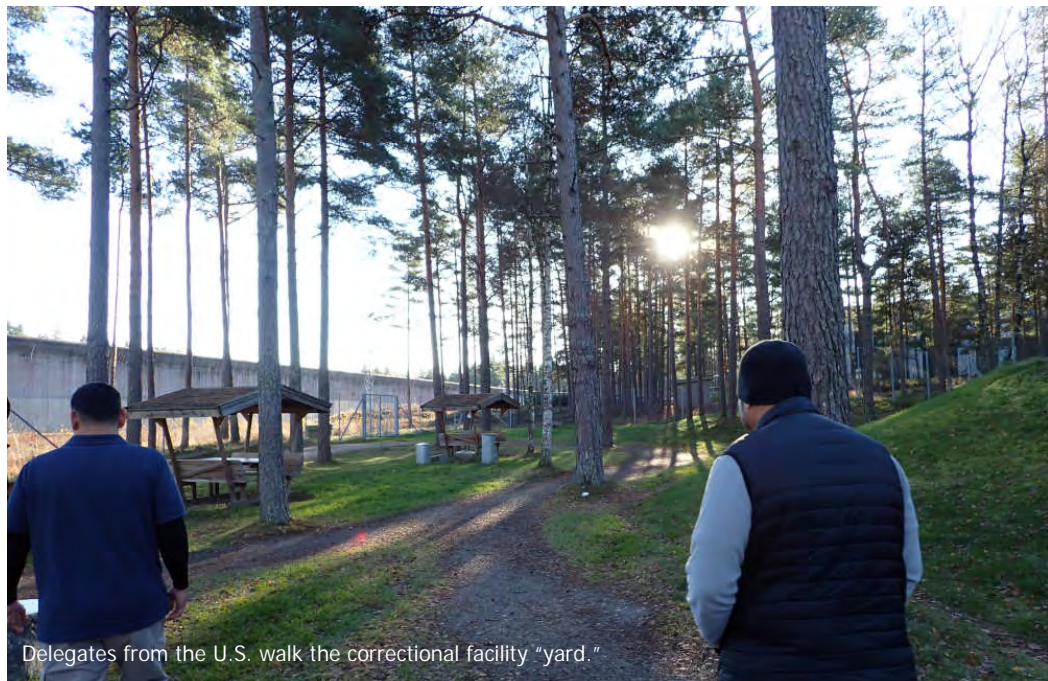
AIC population. The staff really work with them as people.”

One of the most unique components of the Norway systems is that each facility has its own grocery store for use by incarcerated individuals.

“I love the idea of the grocery store,” said Officer Holden. “For the Norwegians it is a part of their culture as they cook most all their own meals. I really like the idea of the AICs having the ability to do this for themselves.”

Grocery stores are available from minimum to high security facilities in Norway. In addition to buying their own groceries the incarcerated people are responsible for other purchases as well. Officer Cordova visited Norway recently and recalled, “They must buy their own clothes and they get a card with a basic amount - they choose how to use it. I like that because it’s real life – trying to determine where to spend your money and what to prioritize.”

(Continued on page 10)



Delegates from the U.S. walk the correctional facility “yard.”

FEATURES



Peters, Booker, and Holden talk with Norwegian security staff.



Norway officer shows U.S. delegates a fire pit that incarcerated people use for social gatherings.

(Continued from page 9)

Incarcerated people in Norway are not required to work or program, but are required to provide for themselves. Superintendent Pedro said, "The theory was, like in the community, you would need to work to provide for yourself... the AICs work to be self-sufficient thus preparing themselves to reenter the community."

Grocery store items are sold at-cost; however, there is a tax on unhealthy

items, such as soda and foods high in sugar. Norway has instituted an advisory committee of incarcerated people who vote on where taxed funds should be allocated. For example, one prison purchased barbecues for every housing unit using tax money.

Prison "yards" consist of wooded areas, picnic tables, and fire pits, much like one might find in a U.S. campsite. Those who have visited the Norway prisons have all remarked

about the absence of weight equipment. "They have BBQ's, soccer goals, walking tracks but no weight piles! It's just not a priority for them," said Officer Cordova.

Many facilities are mostly self-sufficient. "Bastøy, a minimum facility set on a small island, it could have been self-sufficient," explained Superintendent Pedro. "The population learned animal husbandry, raising greens and animals. The facility supports a national effort to keep the lineage of the traditional breed of horses, the wild Fjords, intact. While they have machinery to farm with, their population uses the wild fjords to work the ground. I'll admit that my mind was challenged at the site of incarcerated people with knives on the housing unit but the [prison] culture dictates they don't use them against others in the prisons." Incarcerated people are provided cutlery for meals: a fork, spoon, and a knife.

While many of the differences between Norwegian and U.S. prisons place the former on a pedestal, there are a few distinctions that favor the U.S. In Norway, phone calls are limited to one, twenty minute call per week and visits are one hour sessions, unless special visiting is scheduled, according to Coordinator Peters.

The average Norwegian prison has only 70 single occupant cells. One of the biggest contrasts between the U.S. and Norway is that Norway does not have large correctional facilities, despite having a population only a little larger than Oregon. The country of Norway has 57 prisons in total, but there is a rehabilitative reason for having so many prisons in a relatively small place. Part of the philosophy is that individuals should be located close to their homes, so they can maintain

relationships with spouses, friends, and family.

Additionally, prison sentences in Norway are a stark contrast to U.S. sentences. Norway has abolished life sentences with maximum sentence of 21 years (with exceptions for genocide and war crimes). However, almost 90% of sentences in Norway are less than a year long. By comparison, Oregon boasts Measure 11 “one-strike” sentencing which has led to exponential population growth of over 300% in the last 30 years, with the average prison sentence of 4.4 years, according to the Vera Institute of Justice.



A single occupant cell in medium and high security facilities. All cells are single occupant.

“It’s not about copying Norway, it is about finding ways to normalize the prison environment in Oregon”



A minimum security “cell” which connects to a separate bathroom, living room, and kitchen. In other words, a house.

It is difficult to predict whether the Norwegian model will take hold in Oregon or not. One limiting factor is economics. Oregon spends only \$36,000 a year per incarcerated person, whereas Norway spends the equivalent of \$93,000 each year, according to the Statesman Journal. How would tax-paying Oregonians feel if the cost of the prison system increased by three times?

Another limiting factor is litigation. Incarcerated people in Norway do not frequently sue their Department of

Corrections. However, in Oregon, and in the U.S. overall, lawsuits are more common and influence many of the rules and regulations.

There are many challenges with adopting parts of the Norwegian system, and it is important to remember that Oregon is not Norway. “It’s not about copying Norway, it is about finding ways to normalize the prison environment in Oregon,” stated Coordinator Peters.

Superintendent Pedro said The Oregon

Way is about staff and their well-being as much as it is for the incarcerated population. “We’ve undergone a lot of changes the last few years and I anticipate plenty more but the pace of change will depend on AIC behavior as much as anything. Thus far, staff have generated most of the ideas we’ve implemented and have proven most effective. Obviously, misbehavior or abuse may cause us to retract some changes but, more importantly give staff pause in supporting these efforts.” |ECHO

THE OREGON WAY



Iverson during his service in the military.

Allen Iverson,
Plumbing Shop Supervisor

Prior to being the Plumbing Shop Supervisor at EOCI, Iverson was a plumbing contractor and served 21 years in the armed forces. Currently, Iverson is part of the EOCI Contact Team, a correctional staff person who receives additional training and is assigned to work with a small number of incarcerated people. He has a few AICs he works with, helping them network to resources and opportunities.

MEET A CONTACT TEAM MEMBER

Allen Iverson, Plumbing Shop Supervisor and Former Tanker

Interview by Phillip Luna, Editor

I joined the Contact Team because...

I hoped that I could help bridge a gap between us and them. Us being staff and them being AICs.

Before working at EOCI I used to...

I was a plumbing contractor for 4-5 years before COVID hit, then it became difficult to get resources and keep employees. I decided to come and work here. Before that I served 21 years in the armed forces as a Tanker for an M1A1.

One thing people don't know about me is...

I'm a recovering alcoholic - ONE DAY AT A TIME. It took me a long time to get there.

Whether AICs or Staff, what I expect from people I work with is...

Honesty, professional courtesy and treat people as you would like to be treated. I try to treat people with respect. I always try to go out of my way to talk to people, staff or AICs.

My experience on the Contact Team has been...

Interesting, challenging and rewarding. I have two guys I work with right now. Mostly what I do is help connect them with resources. We are here to help people figure out how to network, how to get into programs, how to get jobs. We are not here to do the work for them.

I might have a guy who needs a bible and doesn't know how to get one. I can tell him who to kyte. I help them network to find resources or figure out who to contact. We help them with long term and short term goals while incarcerated. We are navigation tools.

People will see me...

On the housing units. I try to say hello to everyone. I'm the type of person that wants to make people feel like I've seen them. I like to make it more personable. I work overtime on the West or East yard and housing unit support, sometimes in segregation. You'll also see me on the job around the institution. |ECHO

CONTACT TEAM LUNCH

A No-Fuss Pizza

Written by Ray Peters, IWP Coordinator



AICs gather with Contact Team and Norwegian officials.

ON DECEMBER 6, MEMBERS of the EOCI Contact Team and representatives from the Norwegian Corrections Service met for lunch with the AICs that are participating in the Contact Team program. While the meal was a no-fuss pizza and salad, sharing a meal with each other was intended to help break down barriers to open communication between team members and the AICs that they're trying to assist.

The thirty or so people sat in the D2 courtroom for about two hours, a mixed group of staff and residents sharing a meal. Afterwards, participating AICs were invited to offer feedback on the program and share what is working for them and where they'd like to see the program go. All the participants reported the meal was a positive experience, despite it being outside their normal routine at EOCI. While no plans currently exist for future events, EOCI administration is broadly supportive of the Contact Team program, and barriers to its success will continue to be addressed as the program grows. |ECHO

A FEW TERMS TO KNOW

The Oregon Way Terminology Explained

Amend: Amend is a public health program at the University of California, San Francisco. They work with select U.S. prisons to improve the health, safety, and well-being of incarcerated individuals and correctional staff.

Contact Team Member: A correctional officer or staff person who is assigned to a small number of incarcerated individuals to support their success and prevent problems before they arise. They may connect an assigned incarcerated person to resources and opportunities, support them as a coach, mentor, and role model, or create events or small projects that make their housing unit a better place to live.

The Oregon Way: The Oregon Way is an initiative by the state of Oregon to refocus correctional facilities on rehabilitation by prioritizing employee health and well-being, normalizing the correctional environment, and improving outcomes for incarcerated people. The Oregon Way is modeled after the Norwegian prison system.

Normalization: Normalization means life inside prison should resemble life outside of prison as much as possible in order to reduce the risk of institutionalization. A more normal environment and daily life better prepares people for reentry and helps ensure that prison environment is not harmful to the people who work there.

Help Shape the Content of *The Echo*

Residents of EOCI

We are seeking people who have been incarcerated for more than 20 years and are over 55 years of age, who are interested in sharing their thoughts and experience. What is your experience of aging in prison? How has technology changed over time? How has the culture of prison changed in the last 20 years?

If you are interested in sharing your thoughts on this subject send a communication form to IWP and let us know.

AROUND EOCI



GETTING OUT BY GOING IN (GOGI)

Be a Part of Change

Written by Phillip Luna, Editor

"I'D LIKE TO EDUCATE people on what it means to be a community coach," stated Keaton Stephens, GOGI's program clerk. "Accruing two years and a certification through GOGI allows you to establish a support group in the community upon release."

Becoming a community coach requires the completion of prerequisite classes and several electives; however, coaches have the opportunity to share their experience and knowledge beyond the walls of incarceration.

GOGI is a non-profit organization focused on empowering individuals with simple decision making tools to help them make lasting change. GOGI's simple life tools are the foundation of its course studies - concepts taught by incarcerated people for incarcerated people.

There are three ways to GOGI: organizational GOGI, which includes student courses and working in groups; independent GOGI for individuals who wish to complete solo study; and free GOGI for a beginner which offers a community meeting manual, facilitator support, and My Life Story Course. Students who complete the GOGI course receive an official GOGI certificate and can request a transcript documenting course completions, or a letter of support for court or hearing purposes.

Program Clerk Stephens requested that, "...students have patience when waiting for their certificate."

GOGI was founded in the California prison system in 2002 and the program reached EOCI in 2018.

GOGI founder and CEO, Coach Taylor, stated, "GOGI is a culture, permission to be excellent, the Ferrari in your driveway you didn't know you had the keys for... Every time you were told you were stupid, or that you didn't matter, or that you were worthless, GOGI is your [winning] lottery ticket."

GOGI is a culture,
permission to
be excellent...

GOGI centers on the idea that incarcerated people should be the focal point for reducing crime. Once released back into their community, formerly incarcerated individuals will likely have the most influence over at-risk youths.

Those interested in becoming a solution in their community can sign up by sending a communication form to GOGI: Correctional Rehabilitation.

Funding for the EOCI program is obtained through a handful of fundraisers each year. According to Stephens, GOGI is currently working to offer either Safeway chicken and jojo's or doughnuts in the first quarter of 2024. Stephens reiterated, "This is currently tentative and may change." | ECHO

DADS4LIFE MAKES AN IMPACT

Hidden Consequences of Incarceration

Written by Phillip Luna, Editor

CHILDREN OF AN incarcerated parent are six times more likely to become incarcerated themselves, according to a study conducted by Temple University. Often referred to as “hidden victims,” children of incarcerated parents face threats to their emotional, physical, educational and financial well-being.

However, strengthening the parent-child bond and social support system plays a significant role in the child’s ability to succeed in life.

Dads4Life is a relatively new program at EOCI, designed to promote family connections and encourage increased communication between families.

Recently, ten incarcerated people completed the Dads4Life program. A new cycle is scheduled to start in April of 2024. A select few of the previous program participants are scheduled to be mentors for the incoming group.

The Dads4Life program focuses on helping incarcerated people connect

with their children, through varied activities and projects. Previous projects have included making a personalized children’s book; making holiday cards; or recording a personal message in a voice recorded card.

Program clerk, Keaton Stephens stated, “We are hoping to have guest speakers for topics like parental rights or with a DHS [Department of Human Services] background.”

Breaking the cycle of intergenerational incarceration can be challenging, and there is no clear and certain solution. Every small step counts.

The program will open for applications in the near future. Program eligibility is strict and applicants should review the criteria carefully before applying. |ECHO

TWELVE-STEP PROGRAMS

Anonymous Support Groups at EOCI

Written by Phillip Luna, Editor

NARCOTICS AND Alcoholics Anonymous are peer-led mutual support groups following twelve-step models developed by people with varied substance use disorders. Both organizations are non-profit.

At EOCI, Narcotics Anonymous (NA) meetings are offered on the Eastside Thursdays at 6:00 pm. An additional Eastside class may be offered if there is an increase in participation.

On the Westside NA group meetings are available Tuesday mornings at 8:00 am or in the evening at 6:00 pm.

Alcoholics Anonymous (AA) is available the first Sunday of every month at 1:00 pm. AA offers meetings in English and Spanish.

“The only requirement for membership is the desire to stop using.”

The only requirement for membership is the desire to stop using.

According to program philosophy, most addicts did not realize they had a problem with drugs or alcohol until they were faced with certain death or incarceration. Several studies support twelve-step models as a successful method to reduce dependency.

A study in the 1990s in London, England (*Narcotics Anonymous attendance and six-month outcomes*, via Elsevier Science Directive) concluded a linear relationship between the length of membership and abstinence with reduced anxiety and increased self-esteem. Membership reduced anxiety as well as substance abuse.

In a more recent study, the 2020 Cochrane review (Cochrane Database of Systematic Reviews) found that AA and NA twelve-step models were more effective than other established treatments, such as cognitive-behavioral therapy. |ECHO

AROUND EOCI

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If you are interested in sharing your thoughts on this subject send a communication form to IWP and let us know.

Help Shape the Content of *The Echo*

Contributing Writers

If you are an incarcerated person who is interested in writing for *The Echo*, contact us at IWP. Please contact us and send a 'pitch' prior to writing.

The Echo does not accept unsolicited manuscripts.

Letters to the Editor

Do you have a question or a comment about an article that was written in this month's newsletter? Send a letter to the editor and let us know! Your question may be featured in next month's letter to the editor column.



Pistachios: the most commonly purchased item

FUNDRAISER ITEMS ARRIVE EARLY

Weeks Early Delivery A Surprise

Written by Phillip Luna, Editor

THE ENRICHMENT Club's Terri Lynn fundraiser order arrived early, a welcome surprise to the event participants. With the order arrival scheduled for the first or second week of January, a December 21 delivery was unexpected.

Thirteen hundred and forty-one pounds of trail mix, nuts, and chocolate covered delights arrived at the institution's back gate on the Thursday before Christmas. The Club membership scrambled to prepare the orders for delivery, citing the hope to handout the items prior to the holiday.

"If we can hand them out before the holiday, we definitely want to do that," stated Club Secretary Patrick Gazeley-Romney.

According to the Enrichment Club, prepping for item handout is a time consuming process that requires the creation of individual order sheets, inventory of the products, and packaging of each individual order.

"We expected a few more weeks to prepare," said Club Vice-President Ben Edwards, "but this is why we like working with Terri Lynn. They are very easy to work with."

Funds generated from this event will help support Enrichment Club events and special projects in 2024 including; purchase of backpacks and school supplies for children attending family events; the EOCI Murph Challenge; and donations related to track and field events for Labor and Memorial Day; and much more. |ECHO

THE RESULTS ARE IN

Examining Soil Profiles at EOCI

Written by Patrick Gazeley-Romney, Contributing Writer

AT THE BEGINNING of December, the Sustainable Gardening Program received funding from its parent organization, *Growing Gardens*, to process soil samples from plots around the east and west compounds.

The results of the soil analysis by A&L Laboratories were insightful. "Our soil's pH across the compound, between 7.2 and 7.6, falls in the high end of the acceptable pH range for healthy vegetable production (5.5-

7.0)," said Grounds Crew Lead Joseph Tuttle. "We need to get our soil pH down to around six to be the most productive in our yield," Tuttle added. At around four percent, the proportion of organic matter in EOCI's soils was noted to be high as well. Typically, a healthy soil profile will exhibit an organic matter composition closer to two percent.

"The soils are lacking in only one of the macronutrients, nitrogen," said

Sustainable Gardening Program Facilitator Brett Lloyd. "It is imperative that we add a soil amendment to the plots before the next growing season," Lloyd added. Nitrogen is the most important of the three macronutrients (nitrogen, phosphorous and potassium) vital to plant growth and it is needed in the largest quantity to support healthy plant life.

The IWP Gardening Program is currently working with their partners to identify proper soil amendments to purchase for the spring of 2024. A sulfur-based pH-balancing product will be needed to bring soil pH into the acceptable range for optimal plant growth and a nitrogen-based fertilizer, either organic or synthetic, will need to be used to give the plots the proper nutrition in 2024. |ECHO

NEW MICROSCOPE DONATED

Beekeeping and Horticulture Programs Receive a Donation

Written by Phillip Luna, Editor



Model M150 Biological Microscope

THE BEEKEEPING and gardening programs received a donation this month in the form of a biological microscope. "It's good for looking at plant viruses and diseases as well as mite and pest structures," stated Program Facilitator Patrick Gazeley-Romney. "You can see down to individual cells."

The beekeeping and gardening programs will begin implementing microscope work into their classes immediately.

The new microscope can adjust between 40 times and 1000 times magnification, allowing students a view at the cellular level. |ECHO

CREATIVE ARTS



Top to bottom, left to right: A collage of time, with depictions of Father time and the Grim Reaper; a patchwork of creatures from the animal kingdom and faces; a portrait of famous rapper Wiz Khalifa; *Freedom isn't Free*, a piece honoring veterans; and a collage of characters from the hit AMC series *Breaking Bad*.



ARTIST SPOTLIGHT

5 Years of Practice Reaps Benefit

Written by Phillip Luna, Editor

AFTER FIVE YEARS of incarceration Jake Attinger is just two months shy of release. An avid artist now, Attinger learned to create art during his incarceration. He cites, "...meeting other artists and learning like a sponge," was crucial in his development over the past five years. He produces art in pen, graphite, and colored pencil but finds working with ink pens to be the most challenging.

After his release, Attinger's goal is to obtain a grant or find other funding to obtain his tattoo artist license. He stated, "My five year goal is to have my own shop and be my own boss." |ECHO



Functional Art

Creative Fabrication

Written by Patrick Gazeley-Romney,
Contributing Writer

TYPICALLY MUCH OF the metal shop work-flow consists of completing work orders for repair and replacement of parts around the institution as well as installation of security related infrastructure. From time to time a creative art project materializes from the ether, offering the fabricators an opportunity to expand their horizons artistically and get creative with their trade.

Recently, Welding Program Lead Mike Hight and his Apprentice Anthony Hill, and Apprentice Maciel Munoz embarked upon one such project at the request of an EOCI staff member, creating a 20 by 4-foot entry gate for their property.

“On this project we are using a combination of materials and processes to complete our design,” said Mike Hight. “Two by two inch mild-steel square tubing was used for the main structural lattice work and 1.5-inch mild-steel flat bar for the smaller details on the design,” Mike explained

“We used metal benders and rollers for the scroll work and metal inert gas (MIG) welding processes for the attachment points of all of the components,” added Anthony.

“Creative art projects are always something I look forward to,” said Anthony. “Fabricating unique items is always really engaging and I enjoy the opportunity to think outside the box and use my artistic vision to execute a design,” he added.

| ECHO



Welders Maciel Munoz (left), Anthony Hill (center) and Mike Hight (right) pose in front of the gate.



Maciel Munoz (left) and Mike Hight (right) with two recently fabricated steel carts



RECIPES

THAI RICE WITH TERIYAKI PORK

Recipes Without a Microwave

Written by Brooklyn Sasso, Advisor

EVER LOOK AT the canteen list and get discouraged? At first glance the items seem extremely repetitive. Yet, with a little creativity and a willingness to try new combinations, beautiful things can happen. In our current situation we can still allow our taste buds to travel the world. So now I would like to invite you to Thailand for this EOCI original dish.

Step 1:

We will begin with making the Teriyaki sauce. First pour the full bottle of soy sauce into your bowl. Then using hot water refill the now empty soy sauce bottle and add this to your bowl. Next, remove the Beef Ramen seasoning pack from the Beef Ramen and add this into the soy sauce, mix well. Now add into this the sugar cubes, honey and Siam sauce - to taste. Remember, you want your Teriyaki sauce to be sweet with a slight bitterness from the soy sauce.

Step 2:

Begin with opening your Thai soup and remove the three little packs of the powdered seasonings, the dried vegetables and the spicy oil packet.

Next remove the Chicken Ramen seasoning from the Chicken Ramen. Opening the bag of white rice pour into it the powdered seasonings from the Chicken Ramen and the Thai soup, as well as the dried vegetables - mix thoroughly. Now with the white rice still in its bag, carefully pour hot water into the bag until the water level is just above the level of the rice. Carefully, seal the rice bag making sure not to dump the hot water on you, then wrap the bag of now cooking white rice into a towel or similar cloth to keep warm.

Step 3:

Open the two Spam single packs and empty the contents on to the bowl lid. Cut these Spam patties into pieces about ¼" by ¼" cubes. Once both patties are cut up put them into the tumbler and add the Teriyaki sauce until it covers the Spam. Finally empty the remainder of your Teriyaki sauce into a liquid friendly container for later use.

Step 4:

After about 10 minutes of cooking your white rice is done. Empty the

contents of the bag of rice into the now empty bowl. Add into this the Spam with the Teriyaki sauce, the spicy oil pack from the Thai soup and if available the scrambled eggs from the chow hall. Mix this all together well and enjoy.

Optional:

To add a slight crunch, feel free to add a small handful nuts, any kind will do. To add a sweeter note, add a small handful of raisins. |ECHO

Thai Rice with Teriyaki Pork

Ingredients

Food Items

One (1) 8 oz bag of white rice
 One (1) Chicken Ramen soup
 One (1) Beef Ramen soup
 One (1) Thai soup
 One (1) package of Spam singles
 *Scrambled eggs from a dining hall, if desired

Condiments

One (1) 6oz. bottle of soy sauce
 Sugar cubes, to taste
 Honey, to taste
 Siam sauce, to taste

Dishes Needed

One (1) liquid storage container
 One (1) bowl with a lid
 One (1) tumbler
 Two (2) to three (3) spoons

Help Shape the Content of *The Echo*

Attention Staff of EOCI

Is there a question you find yourself answering all the time? Is there something you wish was better understood by the incarcerated population? Do you have a program, group, or class having a graduation or event?

Contact IWP and let us know!

CREDIT FREEZE

How to Keep Your Money From Walking Away

Written by Phillip Luna, Editor



TO STOP FRAUDSTERS from opening financial accounts in your name, you may want to consider a credit freeze, which prevents new creditors from accessing your credit reports. It's not hard to freeze your credit, but it doesn't happen automatically.

To freeze your credit, contact each of the three major consumer credit bureaus - Equifax, Experian, and TransUnion - and request a credit freeze. When you make the request, you'll need to provide your name, address, birth date, and Social Security number. You'll then be asked a few questions to verify your identity and get a PIN that you can use to unfreeze your credit report as needed.

Note that new federal law requires all three bureaus to offer freezes for

free as of September 21st, 2018, according to the Federal Trade Commission. A credit freeze can reduce the risk of identity theft, since potential new lenders can't access your credit reports while the freeze is in place.

Freezing your credit usually requires the assistance of a friend or family member, but you can contact the credit agencies by mail if needed.

How to do an Equifax freeze:

You can easily freeze your credit with Equifax on their website, or via an automated phone line: 1-800-685-1111. To contact in writing:

Equifax
P.O. Box 740241
Atlanta, GA 30374

How to do an Experian credit freeze:

To freeze your credit at Experian, you can visit their online Freeze Center. You can also call 1-888-Experian (1-888-397-3742). To contact in writing:

Experian
P.O. Box 2104
Allen, TX 75013

How to do a TransUnion credit freeze:

TransUnion allows you to place a credit freeze online. You can also add a freeze via the automated phone system (or opt to speak to a live agent) by calling 1-888-909-8872. To contact in writing:

Transunion
P.O. Box 1000
Chester, PA 19022

Freezing your credit is an effective, cost-free way to make it harder for someone else to open up credit cards or other financial accounts in your name. But keep in mind that it can be a hassle to remove a freeze from your credit when you do need to have your credit checked. It is unlikely you will require a credit check during incarceration and freezing your credit is a good way to keep your credit safe for the time being.

VIDEO GAMES



MONARK

Not Forgiving for Easy-Mode Players

Written by Nick Shatlaw, Contributing Writer

AFTER A SHORT PRELUDE, Monark begins with you waking up in Shin Mikado Academy as a second year high school student. Your memory is gone and the campus is covered in a Madness-inducing mist. You are named the VP of the True Student Counsel with the purpose of finding the cause of the Mist.

In short order you are greeted by the Headmistress of Shin Mikado Academy and your first task is a personality test. Your answers determine various aspects of the game. These tests show up periodically throughout the game, and after taking them, the game tells

you about your personality much the way a fortune teller or horoscope does. Next, you form a pact with a Daemon from the Otherworld and gain the power to fight other Daemons, Pactbearers, and control lesser Daemons.

As you wander through a school campus full of madness-inducing mist, there are no random enemy encounters. To fight enemies, you will need to place a call. Combat in Monark is turn-based and tactical; you move and then the enemy does. Madness is a big factor in the combat, and loot collected can be used to upgrade you and your allies or exchanged it to get Spirit to upgrade your stats. Don't forget this is a Japanese Role Playing Game (JRPG) and therefore grinding is mandatory. When enemies start destroying you can call up phone numbers that have easier enemies, or try some random numbers (and pray).

Like other modern JRPG's, Monark really likes to incorporate the cell phone. It's a useful tool for tracking your location, messaging allies, and tracking quests. Monark does this as well, with an additional gimmick - Monark uses the cell phone to trigger battles. Calling a random number usually results in horribly overpowered enemies, so it's important to look around for clues to phone numbers (which will actually be manageable and most importantly "grind-able.")

This game has mature-esc themes that are uncommon for Teen-Rated games.

Cut scenes have people jumping off roofs, heads exploding, and pools of blood on the floor and walls.

Puzzles play a big part of this game and they are usually in the form of a 4-digit password or a literal password for a login. You may find yourself tired of walking in circles for hours just to find out that the missing girl was in a Fan Club and it was formed on June, 2021 and that translates to 0621- "4-Digit password acquired" (not the actual password).

Good luck, this is a dark game that is not forgiving to easy-mode players. |ECHO

Keywords

Spirit: Energy used to unlock new abilities.

Madness: The loss of self-control.

Daemons: Entities of the Other-world.

Otherworld: A dimension beyond normal reality.

Grinding: Engaging in combat with the purpose of gaining experience points.

Coming Soon!

Burnout Paradise

High-Speed car crashing fun in this free-rom style racing game.

GAME LIST UPDATES

As of 1.4.24

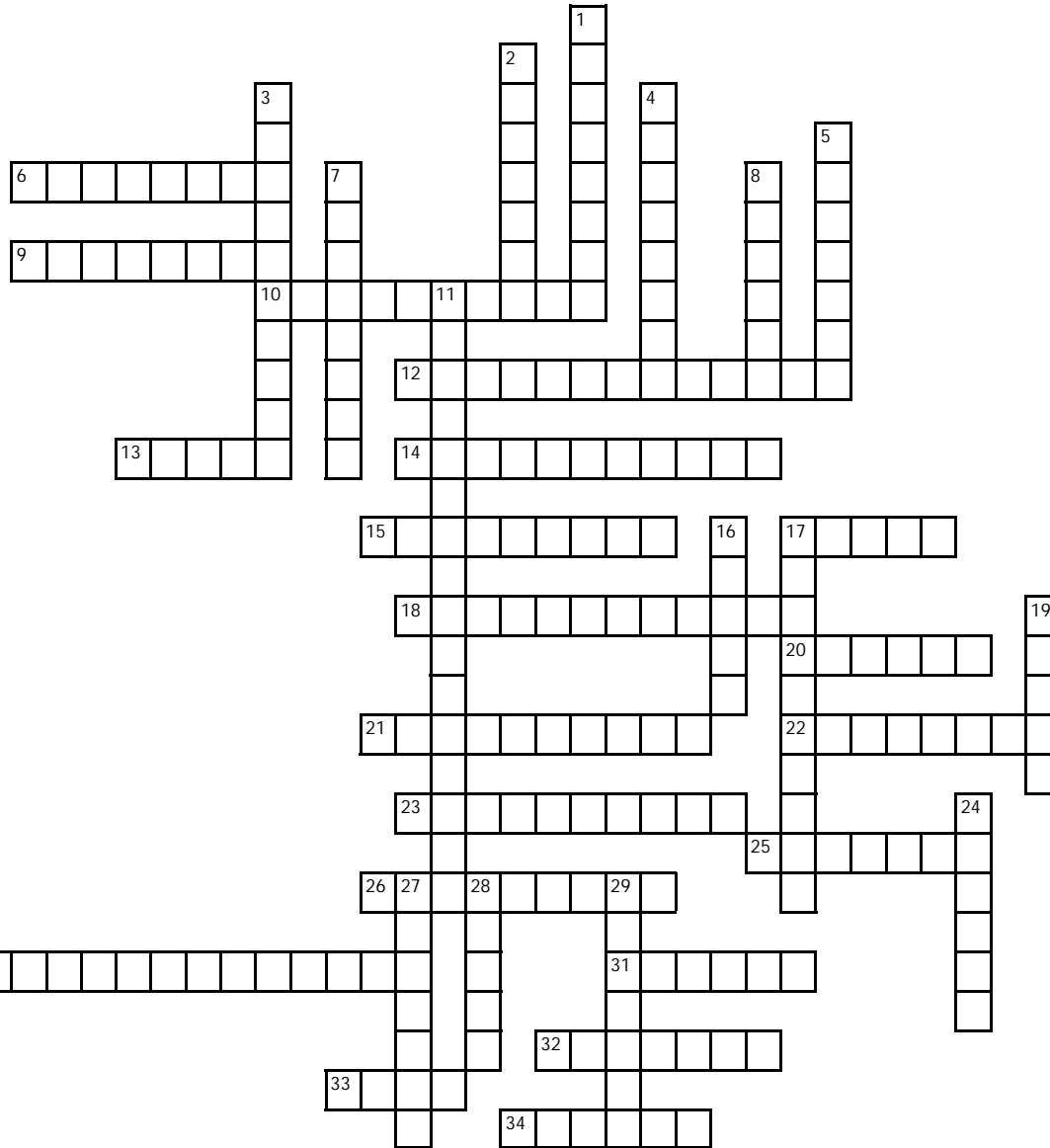
Price Changes	
Super Mario 3D All Stars	\$150.00 (Up \$23.00)
New Games	
Big Brain Academy: Brain vs. Brain	\$35.00
Capcom Fighting Collection	\$46.00
Cave Story+	\$100.00
DC's Justice League: Cosmic Chaos	\$46.00
Digimon Survive	\$69.00

Hades	\$52.00
JoJo's Bizarre Adventure: All Star Battle R	\$58.00
Kamiwaza: Way of the Thief	\$46.00
LEGO 2K Drive	\$69.00
Little League World Series Baseball 2022	\$58.00
Monopoly and Monopoly Madness	\$58.00
Monster Jam Steel Titans 2	\$46.00
Reel Fishing: Road Trip Adventure	\$35.00

Sonic Origins Plus	\$46.00
Subnautica + Subnautica Below Zero	\$69.00
TMNT: Shredder's Revenge	\$46.00
TMNT: Cowabunga Collection	\$46.00
TemTem	\$58.00
Them's Fightin' Herds: Deluxe Edition	\$46.00
Train Life: Orient-Express Train Edition	\$46.00
Removed Games	
None	

CROSSWORD

CROSSWORD: CREATURES OF ZELDA



Across

- 6 Wand-Wielding Air-Walkers
- 9 Mighty Banana Lovers
- 10 All Hands
- 12 Living Blocks
- 13 Skeletons Of The Desert
- 14 Princess Zelda
- 15 Ceiling-Hanging Moblin Cousins
- 17 Friendly Forest Creatures That Offer Seeds
- 18 Leader Of The Bokoblin
- 20 Three-Headed Flyer
- 21 Tiny Brightbloom Eater Of The Depths
- 22 Uvula-Weak Monster
- 23 Nearly Harmless Cave-Dweller
- 25 Giant Sand Dwelling Worm
- 26 Flying Skeletons Of The Desert
- 30 High Ranking Construct
- 31 Immortal Ice Dragon
- 32 Undead Hinox
- 33 A Giant Ore-Covered Frog
- 34 Long-Snouted Unflinching Enemy

Down

- 1 Angry Tree
- 2 Colossal Centipede Of The Sky
- 3 The Leader Of The Gibdo
- 4 Hit-And-Run Lizards
- 5 Miniature Version Of The Talus
- 7 Goblin-Like Foot soldiers
- 8 Jelly Monsters That Change Elements
- 11 Low Ranking Construct
- 16 Living Boulders
- 17 Three-Headed Three-Elemental Flying Terror
- 19 Can Attack With A Roar
- 24 Immortal Lightning Dragon
- 27 Octopus-Like Creature
- 28 One-Eyed Sleeping Giant
- 29 Immortal Fire Dragon

SUDOKU

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

Demanding #1

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

Beware! Very Challenging #101

Survival of the Fittest Sudoku

HELP WANTED

BARBER SHOP

Now Hiring Barber

The barber shop is accepting applications for the barber position.

Minimum Requirements:

- Must be incentive level 2 or higher
- Experience cutting hair a plus

Send applications to IWP or to Multi. Recruitment is ongoing.

FINANCIAL PEACE

Course Offered Soon

Learn the step-by-step plan that'll help you take control of your money once and for all.

Master Budgeting

Do you get to the end of the month and have no clue where your money went? Get back in control with a budget.

Save for Emergencies

You don't have to live in fear of a crisis waiting around the corner. Turn that next emergency into no big deal.

Pay Off Debt

Stop letting debt steal your paycheck and your peace! Learn the fastest method to get rid of it for good.

Invest Wisely

Looking for get-rich-quick? Look elsewhere. We only teach the time-tested ways to build wealth—and keep it.

Are you interesting in learning more about financial freedom?

The Dave Ramsey Financial Freedom course will be offered through Transitional Services, starting sometime this year. If you're interested in participating, please send a communication to S. Robson, Transitional Services. Class size is limited, so you will be added to a wait list if a seat is not available.

OCE HIRING FOR PRINT SHOP

Programming Specialist and Print Shop Worker

OCE is recruiting to fill positions with the Print Shop at OSCI. Applicants must adhere to a high-quality standard in a fast-paced environment while meeting deadlines. Applicants must be motivated and able to maintain a professional attitude at all times. Position awards 10 to 17 PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The work schedule is Monday thru Friday, 7:00 a.m. to 3:30 p.m.

Shop Worker Duties Include:

- Working in a full-service print shop. Fast paced production environment requires attention to detail of all products we produce. Assisting with setting up, operating and adjusting machines.
- Performing folding, collating and fastening printed products by machine and by hand.
- Carrying out routine maintenance and quality control.

Program Specialist Duties Include:

- Practical experience in MS Office Suite, HTML, Javascript, SQL, XML, Adobe Suite and Xpath. Development experience using Python is a plus.

Additional Skills (not required):

- Digital and/or offset printing presses and/or bindery equipment including folders, stitch machines, booklet makers, paper cutters.
- Print and Bindery experience is preferred but not necessary. Must

have previous machinery operation experience in a production setting. Mechanical aptitude and the ability to diagnose and troubleshoot is necessary.

- (Program Specialist Only) Preference will be given to experienced applicants with experience in implementation and support of web based interfaces.

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and interview before being considered for the position.

Application submission process:

If interested in applying, please complete a DOC AIC Work Application referencing OSCI Print Shop Program Specialist position.

Submit application no later than January 12, 2024 to:

Jerry James – Production Manager
OSCI Print Shop

3405 Deer Park Dr. SE

Salem, OR 97301

For full details and a list of qualifications, see housing unit bulletin board.

HELP WANTED

LAW LIBRARY HIRING

Law Library Hiring a Legal Assistant

The EOCI Law Library is hiring for Legal Assistant.

Minimum Requirements:

- GED or High School Diploma
- Non-cash Incentive Level 2 or 3; minimum of 1 year misconduct free
- Ability to follow directions
- Ability to communicate verbally with complicated instructions and interpretations while maintaining confidentiality.
- No record of staff assault

- No record of removal from library assignment that resulted in a disciplinary reports
- Minimum of three years remaining on sentence

Desired Attributes:

- Knowledge of the legal system
- Legal research capabilities and writing skills
- Typing skills
- Ability to work independently
- Must work well with others

Send applications to IWP

POWERHOUSE HIRING

Hiring Full-Time Boiler Operator

The Powerhouse is currently hiring for a full-time boiler operator position. Apprenticeship programs in either a *Operator's Certificate* or *Class 2 Pressure Vessel Installer License* will become available to workers who have worked a minimum of six months in the powerhouse.

Applicants must have a GED or High School Diploma and a minimum of three years remaining on their sentence.

Expect to learn:

- Maintaining a safe and clean work environment
- Rebuilding and repairing valves

and pipe fittings

- Follow a regular maintenance schedule on boiler equipment
- Regular boiler operation
- Proper chemical testing procedures

Must be:

- Eligible for a gate pass
- Willing to work odd hours including weekends and nights
- Must be comfortable working in confined spaced
- Capable of lifting 40 lbs or more
- Able to stand on your feet for long hours

No experience required. Submit



Opportunity Oregon is a new business that helps pair AICs who are close to release and have demonstrated a change in their lifestyle with a job upon release.

Opportunity Oregon is a program making a difference in the lives of the formerly incarcerated in Oregon through education, job training and job placement assistance. The program provides employment opportunities to individuals who have been released from incarceration and are looking to rebuild their lives outside prison walls. Opportunity Oregon is working towards raising awareness among Oregon employers about the benefits of hiring individuals who have been incarcerated. Through partnership with local businesses willing to hire individuals with a criminal record, they provide ongoing support to ensure participants maintain their employment and thrive in their new path. Opportunity Oregon's mission is to break the cycle of recidivism, remove barriers to employment and provide program participants with the tools they need to succeed.

Send a kyte to IWP and request an application.

Opportunity Oregon Founder Nancy Pance may be returning in the next few months for another Q&A session. Be sure to check The Echo and your housing unit bulletin board.

NOTICES AT A GLANCE

NEWS AT A GLANCE

Bulletin Board Notices and Other Information

Notice From the Mail Room

Legal Mail Notice

The Oregon department of Justice has instructed all ODOC institutions to enforce the part of the mail rule that states legal mail to or **FROM AN ATTORNEY**. No where in this rule does it state that Legal mail can have just a law firm or law office's name in the return address. [sic]

Starting **1/1/2024** legal mail that is coming from a law office or law firm must have an attorney's name in the return address.

**Mail Rule - 291-131-0010
Definitions**

15) Legal Mail: Incoming or outgoing mail to or **from an attorney**, court, or court official which is clearly worded "legal mail" on the addressee side of the envelope. The legal mail designation should be set apart from the return address and mailing address for ease of recognition.

**Mail Rule - 291-131-0030
Examination/Inspection of Legal
and Official Mail**

(b) Mail that otherwise qualifies as legal and official mail but lacks the proper designation shall be processed as ordinary mail (shall be subject to inspection; for example, opening, examination, reading or photocopying) outside the inmate's presence.

EOCI Mailroom – 12/27/2023

Rule Changes

Below is the list of status changes made to DOC administrative rules since 10/17/2023.

PROPOSED RULES:**291-028 Searches (Community
Corrections)**

Amends rule to update definitions and statutory citations, make grammatical changes, and to add language regarding the storage and disposition of found property or property that has no evidentiary value.

Last day of comment period: 2/21/24

TEMPORARY RULES**291-209 Earned Discharge**

Amends rule per SB 581 (2023) to make the changes included as part of HB2172 retroactive to the August 1, 2013 date of the original HB3194 legislation.

Effective 1/1/2024 through 6/28/2024

PERMANENT RULES**291-145 Group Activities (AIC)**

Amends rule to correct the name of the account to which unobligated funds would be deposited when a club is terminated.

American Civil Liberties Union

The American Civil Liberties Union (ACLU) of Oregon moved its office one year ago.

All letters to ACLU of Oregon should be addressed to:

ACLU of Oregon

P.O. Box 40585

Portland, OR 97240

Oregon CURE

The mission of the Oregon Citizens United for the Rehabilitation of Errants (CURE) is to reduce crime by advocating for effective criminal justice policies, procedures and programs. Oregon CURE advocates for pro-family policies; improved medical and mental health care; broadened education and job training; reformed sentencing laws and parole; and effective transition programs.

AICs can write or send donation to Oregon CURE at:

Oregon CURE

PO Box 80193

Portland, Oregon 97820

Or at www.oregoncure.org. Friends and family can find *The Echo* published on the Oregon Cure website.



KLEMENTINER

29.90

TILBUD

TOMATER

54.90

PAPRIKA

69.90

PAPRIKA

79.90

DÄDLER

129.00

CHAMPIGNON

79.90

BROKKOLI

19.90

A grocery store in Halden High Security Prison, Norway