

THE FOOD EFFECT

Studies Link Poor Diet to Antisocial and Impulsive Behavior



Cans being opened in the EOICI Kitchen

IN PRISONS ACROSS the United States rates of violence, assaults on staff, and mental health conditions among the incarcerated are on the rise, according to the Vera Institute. But new research indicates an inexpensive, low-risk way to reduce violence and improve mental health in the incarcerated setting, making facilities safer for staff and residents.

One of the most significant and undervalued influences on mental health and behavior is nutrition. Five different studies conducted over the last 25 years found that improving prisoners' nutrition reduces incidents of violence by an average of 30 percent, according to the National Center for Biotechnology Information. Each of the five international studies reported remarkably similar

outcomes and several vitamins and supplements have indicated improvement in cognitive ability, mood and reduction of violent behavior – specifically omega-3 fatty acid, vitamin D, vitamin B12, and zinc. Separate studies have determined that incarcerated people are more likely than non-incarcerated people to be deficient in these vitamins and minerals.

(Continued on page 8)

The Echo

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RAISE THE ROOF

Roofing Project Commences

Written by Patrick Gazeley-Romney,
Writer-at-Large

EOCI WAS BUILT IN 1911 and since then only minor structural repairs have been made to the roof, patching leaks and repairing wind damage as needed. It has been quite a few years since EOCI has seen any major ongoing construction or renovation. Recently, outside contractors have been observed traveling to and from work through the east compound. Foot traffic has been shut down sporadically since the first week of February to accommodate the arrival of heavy equipment and roofing supplies while the project to fix the roof of EOCI commenced.

Recently, over 2.33 million dollars was allocated by the state to replace the old terracotta tile that was originally used in the construction of EOCI. Carlson Roofing, a Portland-based contractor won the bid to replace the existing roof tiles. "The project can be expected to take over a year to complete," said Physical Plant manager Steve Cox. The strategy is to finish the inside of the "east compound roof before moving to the west," he explained. The plan will entail, "removal of the current roof on Units A-C and E-G, addressing any damaged wood, trusses or eaves along the way." Followed by a plywood underlayment with the new roof installed over the top.

EOCI residents can expect to see a roof similar to the color of the existing terracotta tile when the project is completed. As the project continues and security needs change in relation to the project activities, periodic foot traffic shutdowns should be expected across the compound.

|ECHO



Ongoing roof repairs above E building.

AROUND EOCI



WALKING USA

Six Residents Trek 489 Miles Across Oregon (Metaphorically)

Co-written by Walter Thomas and Phillip Luna

SIX EOCI RESIDENTS made a commitment to walking in 2023. Cary Valencia, David Moore, Jorge Serrano, Efrain Martinez-Gonzalez, Joseph Tuttle and Donald Mclaughlin participated in Walking USA, a year-long challenge to accrue 489 miles (2,445 laps around the EOCI track, equaling to 2,581,920 total feet).

Each week the participants tracked their miles and reported them to Correctional Rehabilitation. The towns and landmarks across Oregon served as check points. "Every town along the way was a check point," said Jacob Pomerleau, who originally proposed and helped track the event. "Every time you hit a check mark - passed a town - you got a print out

with pictures and information about that area."

Four hundred and eighty-nine miles is the distance from Cannon Beach to Ontario - across the State of Oregon. Metaphorically passing some historical land marks along the way like the Lewis and Clark Bridge that connects Oregon and Washington, or the city of Portland's majestic Japanese Garden, and all while enjoying the sights of the beautiful Columbia River.

David Moore, one of the participants that reached 489 mile mark, stated, "The progress reports where they send you information about the destinations ... I thought that was pretty cool." Moore lost almost 15 pounds over the course of the year, which he

“...regular walking actually modifies your nervous system so much that you'll experience a decrease in anger and hostility”

attributed mostly to miles he walked.

And what's not to like about walking? It's free, easy, and keeps the joints lubricated and flexible. There's no question that walking is great for your health.

Physical activity does not need to be complicated - something as simple as a brisk daily walk can help you live a healthier life. Regular walking can provide a multitude of physical and mental health benefits.

A study published in *Nature Medicine* concluded that walking can reduce your risk for a variety of chronic diseases. Maintaining a healthy weight and low body fat prevents or manages various conditions, including heart disease, stroke, high blood pressure, cancer and type-2 diabetes. Walking can also improve mood, cognition, memory and sleep. Ultimately the faster, farther and more frequently you walk, the greater the benefit. If you are feeling frazzled, stressed or overworked take a walk.

TRACK ETIQUETTE

Walkers to the Outside Lanes

Need more proof about the benefits of walking? Cary Valencia, a well-known avid walker on the Eastside, completed the 489 mile challenge. He stated that he's been walking since he arrived here at EOCI nine years ago and has lost an incredible 180 pounds as a result.

Valencia said his goal is to, "Just stay healthy; [have] a good mental and physical attitude and feeling... I've been walking for a long time."

Dr. Melina B. Jampolis, a leading expert in sports medicine and author of *The Doctor on Demand Diet* stated, "Research shows that regular walking actually modifies your nervous system so much that you'll experience a decrease in anger and hostility."

Walking is simple and easy enough that all fitness levels can get daily steps in. This can be particularly helpful during the colder months when seasonal depression spikes.

While the benefits of physical activity are clear, the Walking USA event represents more than the event itself. The proposal for the event came from an AIC and was approved by the EOCI Activities Committee, a collective of administrative staff members. "I was trying to do it by myself for myself," said Pomerleau, who proposed the event. "I couldn't get any information about how far I was or anything like that, so I proposed an official event." Pomerleau's proposal was approved and his at-the-time work supervisor helped him facilitate the check point updates throughout the year. |ECHO

WHY DO ATHLETES RUN around the track in a counter-clockwise direction? Because running counter-clockwise makes the centrifugal force in the body pull from left to right.

The superior vena cava (the large vein that returns blood to the heart from the head, neck, and both upper limbs) carries blood from left to right and is aided by heart suction. Centrifugal force due to counter-clockwise running helps this suction. However, moving clockwise will impede this suction and cause you to tire more easily. It is because of this that merry-go-rounds and other carnival rides usually move in a counter-clockwise direction. Carnival operators don't want their patrons passing out on a ride.

If you're planning on running the track, chances are you'll have a better performance if you are running counter-clockwise. Running clockwise will tire you out quicker.

AS THE WEATHER WARMS and the masses flock to the track it can be difficult - and sometimes downright frustrating - trying to get your daily run while weaving in and out of traffic. Here are some tips on track etiquette that everyone should abide.

Stay in your lane: The two inside lanes are for runners; the two outside lanes are for walkers. The etiquette for track arrangement is to be from slowest to fastest, with the slowest being on the outermost lane.

For example, if you are lunging around the track, you should be in the outermost lane to allow the walkers to pass you without impeding the runners. Likewise, if you are taking a leisurely jog, using the second lane will allow the faster runners to use the innermost lane with ease.

Look before you pass: If you are a walker passing a slower walker in front of you, take a second to look behind you and make sure you are not cutting off any runners.

Look before you cross: Crossing the track can be hazardous! It is difficult for someone who is running at full speed, or who is fatigued, to stop or change directions. Take a moment to check the track before crossing and avoid a collision.

Gesticulators to lane four: If you are someone who talks with their hands, lane three is not for you. Nothing is more unpleasant than an inadvertent smack to the face as you sprint out your last straightaway of a grueling mile. If you talk with your hands, then it is best to occupy the outermost lane.

Use and heed the word "track": If you are runner, it is appropriate to yell out "track" if someone is walking in your lane - it is bad etiquette to run through people without giving notice. If you are walking in the run lane and you hear the word "track" move to the grass or the lane you are supposed to be in. |ECHO

AROUND EOCI

EDUCATION INSIDE

Incarcerated People Learn Post-Release Job Skills

Originally Published in the East Oregonian, by Berit Thorson



BTI Training Trailer at EOCI

INSIDE A TRAILER parked on the grounds of Eastern Oregon Correctional Institution sat a row of chairs on raised yellow, metal platforms in front of four large screens.

Twelve men incarcerated at EOCI used the technology to learn how to operate heavy equipment through a simulation. At the end of five weeks, they were certified as heavy equipment operators at an introductory level.

The program is run by Baker Technical Institute. It trains students on various machines, such as excavators, bulldozers, and skid steers, in addition to CPR, first aid, traffic control flagger and forklift certification classes. The course instructor also helps participants with resume, cover letter and interview preparation to enter the construction field.

"It's a super high demand sector right now, obviously, with all the infrastructure spending that's happening with the federal government," said Doug Dalton, Baker Technical Institute president. "There's been a real lack of skilled labor when it comes to construction."

EDUCATION & REHABILITATION

Seven prisons throughout Oregon (including all four on the East side) have hosted the program at different times since it was funded a few years ago by a grant from the U.S. Department of Justice.

The funding will run out in September, Dalton said, but the Oregon Department of Corrections and other stakeholders are working "diligently to find additional funding and hopefully permanent funding for the program."

Most locations, like EOCI, can only accommodate virtual training, but two — Coffee Creek and Warner Creek — offered experience on physical machines and certified their students as Level 1 heavy equipment operators.

"With no skills or training, there's a high likelihood of returning to the system," Dalton said. "It's a high likelihood they will not come back with training. It's some of the best money we can spend."

Researchers have found that receiving education in prison reduces recidivism — reoffending — by about 30 percent. And education that provides real-life skills that lead to employment is particularly helpful.

Dalton said the program is highly cost-effective and sustaining. Upon release, the students are able to participate in land labs with Baker Technical Institute, during which they get a required number of hours in the machines, to earn their Level 1 certification.

The skills they learn in the class help them get hired on construction projects and make them more marketable to employers.

"We're supporting them when they're on the inside," he said, "and when they're on the outside, not only are they getting jobs when they come out, they're getting great jobs and becoming taxpayers, so the math with just one student of the twelve pays for the whole group."

The correctional rehabilitation manager at EOCI, Bryan Clark, said education and skill-building are "a huge reducer in recidivism."

The 12 people selected for the program — out of dozens who apply — are also chosen, in part, because

they're expected to have a high likelihood of success in construction.

Each participant must have had good behavior for at least a year and a half, they must have a high school diploma or equivalent degree, and they must be within three years of release.

"They have training that's hard to get on the outside, and they fully appreciate the opportunity," said Dalton. "They're just so engaged."

ATTENTION TO DETAILS Each simulator station consists of a screen and a mock operator seat complete with controls, joysticks, pedals, a steering wheel, and a platform that moves the whole seating area as if the operator is in a real machine.

Baker Technical Institute has multiple mobile training labs, and there is enough demand that they are building more. There are four simulators in each of the labs, which BTI bring around the Pacific Northwest Region.

Inside the recent Eastern Oregon Correctional Institution course, Justin James was the course instructor. As part of the role, he can set parameters for the students in each simulation, making them practice operating the machines in different conditions, such as at night or in fog, snow or rain.

The simulator indicates what jobs need to be completed for each training scenario and tracks various metrics, giving the operator a score at the end of the scene. By the second-to-last day of the equipment portion of the course, everyone in the class has passed all the simulation tests, but James said each student was still trying to improve their scores.

"It's a good way to train before you go on a machine and mess up thou-

sand-dollar equipment," said Hassan Amir, a student in the class. "I've worked in construction most of my life, just as a laborer. This is a big step up."

It's expensive technology and equipment, but it's still less expensive than it would be to do every training on physical machines that could be broken by students' mistakes, require fuel and need upkeep.

"It's a safe way to start and get these fundamentals down," James said. "They pay close attention to detail and continuously strive to improve."

James said he hopes simulators will start being used more frequently in heavy equipment operation training nationwide, and believes that BTI is one of the only training programs to have a mobile lab housing the simulation equipment.

ALMOST THE REAL THING Inside the mobile training lab, sounds of trucks idling or the beeps of machines backing up pepper the background as the students practice their skills on different machines.

One student, Daniel Pierce, said the simulator took some getting used to. The seated portion will vibrate and tilt, almost like an amusement park ride, during operation. The movement mimics what it's like to actually be inside one of the machines.

"I actually threw up the first day," Pierce said. "It's been a while since many of us have been in a car or anything that moves like this."

The backhoe is a particularly challenging one, a few of them said.

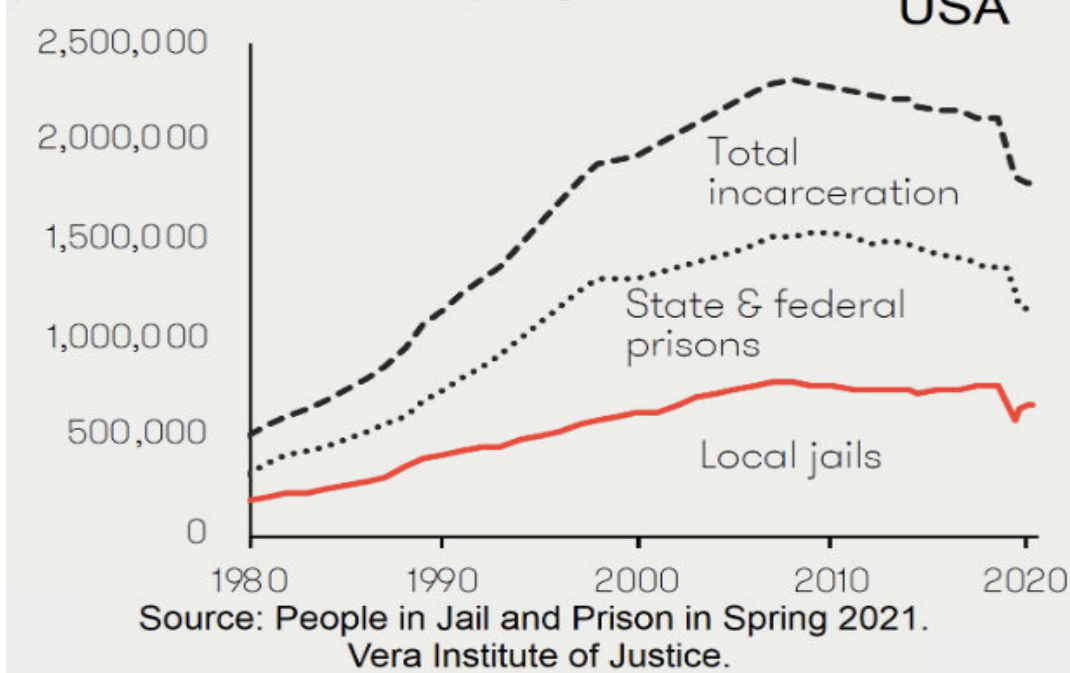
"This gives us the opportunity to work on really getting the motions down," said Jason Jarrell, another student. Jarrell is being released in May, and although his goal isn't to work in construction forever, he thinks having this certification will set him up with a job soon after he gets out and will provide some stability as he starts his own business.

"I wasn't so sure about simulator training coming into it," said James. He didn't know if students could really learn what they needed to know from a simulation. "But I'm a believer in it now." |ECHO



FEATURE

The number of people incarcerated in jails and prisons from 1980 to spring 2021



THE FOOD EFFECT

Studies Link Poor Diet to Antisocial and Impulsive Behavior

Written by Phillip Luna, Editor

... continued from front page

Criminal Justice Inspectorates, a government organization from the United Kingdom, concluded, "For a potential 30 percent reduction in violence, enhanced physical and mental well-being, fewer riots, and better staff retention, improved nutrition would seem like a worthwhile investment. In addition, costs could be offset through agricultural programs where food used to feed prisoners is grown on site." This determination was made citing one of several studies that found a healthy diet with adequate levels of vitamins, minerals, and fatty acids can reduce anti-social behavior, including violence, in prisons. However, since 1980 the number of incarcerated people has been on the rise in the United States,

making areas like food quality a victim of budgetary constraints.

Incarcerated people experience negative effects similar to those exposed to food insecurity or living in a food desert. Prison meals are often nutrient light and include processed meat, canned fruits and vegetables, and packaged bakery items as a result of budgetary confinements. But the research between diet and behavior poses important questions - if food in prison was made more nutritious, would rates of violence decrease? Would mental health improve? Would health care costs go down?

LINKS BETWEEN AGGRESSION or violent behavior and nutrition have been studied in both adults and chil-

Up to 90 percent of incarcerated people are thought to have a diagnosable mental health condition

dren. According to research from Elsevier, a global leader in information and analytics, omega-3 fatty acids make up about 35 percent of brain cell membranes. In studies on children with ADHD, a multivitamin and mineral tablet given for a 10 week period significantly reduced aggression and, "hot tempers, fights with other children, [and] explosive angry outbursts." Brain development is influenced by poor nutrition and can lead to violent and aggressive behavior later in life as well.

Studies on adults showed similar negative health outcomes related to poor nutrition. Aggressive behavioral syndrome, which includes symptoms of irritability, impulsivity, and a proneness to violence, can be influenced by deficiencies in multiple vitamins or minerals. Science is beginning to expose the impact of an unhealthy diet and the deeper effects on physical and mental health.

It would be inaccurate to say that nutrition is the only factor or cause

of antisocial behavior among incarcerated people; the structure and nature of incarceration certainly works as an amplifier.

"UP TO 90 PERCENT of incarcerated people are thought to have a diagnosable mental health condition," according to Mentalhealth.org. Given that 95 percent of all incarcerated people are released, their mental health is both a societal and a community concern.

At EOCI, only a little more than 60 percent of the residents have accessed mental health services or have a mental health designator.

Deficiencies of specific micronutrients can increase the risk of mental illness. Low intake of omega-3 and B12, iron, zinc, and folate are more prevalent in individuals with depression than those without.

There is a strong correlation between nutrition and mental health; however, studies on the incarcerated population may be subject to selection bias, whereas incarcerated people are more likely to have a mental health condition prior to being incarcerated. There may be other factors that contribute to declining mental health among incarcerated people, such as exposure to violence, solitary confinement, and isolation from friends and family.

"Exposure to violence in prisons and jails can exacerbate existing mental health disorders or lead to the development of post-traumatic stress symptoms like anxiety, depression, avoidance, hypersensitivity, hyper vigilance, suicidality, flashbacks and difficulty with emotional regulation," according to Prison Policy Initiative.

It can be inferred that those with a mental health disorder are less likely

to obtain vocational training or post-secondary education while incarcerated, or to benefit from rehabilitative programs. Positive effects of rehabilitation programs cannot be obtained if mental load is consumed by depression or anxiety.

Simply put, there are many factors that contribute to mental health in the incarcerated setting, including preexisting conditions. Quality of food and diet is one factor. Those who suffer from a mental health condition are less likely to successfully take advantage of programming in prison, and therefore are statistically more to likely reoffend upon release.

EOCI IS AT THE FOREFRONT for agricultural programs in Oregon prisons, with courses such as Seed2Supper, OSU Master Gardner and Greenhouse Management. Additionally, in 2023 the institution produced more than 39,000 pounds of food that supported the mainline meal for incarcerated people.

Agricultural programs are part of the ODOC sustainability initiative. *"Almost all of the food produced at EOCI supports the mainline meals,"* stated Liza Emory, EOCI's Food Service Manager. *"Everything works together – the greenhouse, the grounds crew, and classes like the OSU Master Gardener."*

While there is a significant quantity of fruits and vegetable produced each year, the population of the institution is around 1350 people. Thirty-nine thousand pounds of produce divided among the residents over the course of a year equates to 1.26 ounces per day. Dietary guidelines recommend two pieces of fruit and 12 ounces of vegetable per day.

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FEATURE

THE EFFECTS OF INCARCERATION

A UCLA study compared health trends of three groups of people – those who were incarcerated during their childhood between ages 7 to 13, those who were incarcerated between ages 14 to 32 and those who were never incarcerated.



SOURCE: International Journal of Prisoner's Health. Graphic reporting by Isabella Gago, Bruin contributor. Graphic by Keshav Tadimeti, Opinion editor.

However, the fruits and vegetables grown at EOCI are not meant to be the sole provider for the residents. The institution operates on an approximately 5.3 million dollar food budget, per biennium, which includes the cost of staff dining. For the incarcerated population this amounts to around \$3 per person, per day.

Arizona, widely considered in the bottom tier of food quality in correctional systems, has a food cost of \$0.56 per meal. Georgia, for example, pays \$1.77 per meal, but only provides two meals a day between 10 and 14 hours apart, for their incarcerated people.

Rhode Island has the highest cost of food among state prisons, with a cost of \$4.40 per day.

The average non-incarcerated U.S. American spends \$8.12 per day on food.

HEALTH CARE COSTS for incarcerated people with diabetes are 2.3 times higher than incarcerated people without diabetes, according to the American Diabetes Association. And simply changing diet to substitute simple carbohydrates with two servings of whole grains a day reduces diabetes risk by 21%.

Obesity is common in low income communities because of food insecurity and unhealthy nutrition (eating low quality foods can lead to obesity, heart disease, high blood pressure and type-2 diabetes). In prison, the small portion size of meals encourages incarcerated people to purchase supplemental food through commissary, which mostly offers pre-packed, highly processed, low nutrient items.

The most commonly purchased food items at commissaries across the state are instant refried beans, Ramen, and various Little Debbie's snacks.

In most prison systems, nutrition is supplemented through fortified drink mixes that go largely unconsumed, perhaps due to lack of awareness. The drink mix has several vitamins added to it, including vitamin C, calcium and vitamin D.

Vitamin and mineral supplements are not a counterweight to an unhealthy diet. Avoiding processed, packaged and unhealthy foods is critical.

MANY FACTORS play a role in violent behavior or aggression, risk of a mental health or physical health condition, and the likelihood of recidivism. Quality of food and sufficient nutrients has an impact in each area.

According to the American Civil Liberties Union, there are 2.3 million people incarcerated in the U.S., a 700% increase from 1970. The battle with food cost is uphill and never-ending. As incarceration rates have proliferated throughout the last 50 years,

the cost to taxpaying citizens has correlated (the cost of food in prison has increased because of the number of people incarcerated has increased). Across the United States the prison systems account for 57.7 billion in state expenditures, up from 6.7 billion in 1985, according to The Sentencing Project.

“There are 2.3 million people incarcerated in U.S., a 700% increase from 1970”

In addition, the price of food and goods has been on the rise, with a dramatic inflation spike during the COVID-era. Large corporations have also engaged in *shrinkflation*, where the size or packaging of items has shrunk while the price remained the same. Recently, senators in Washington D.C. introduced a new bill meant to crackdown on the shrinkflation. The bill would direct the Federal Trade Commission to regulate the unfair and deceptive practice.

At EOC1, administration has had tentative discussions about implementing a grocery store for AIC purchases – further normalizing the

correctional setting. In early 2023, forty dwarf honey crisp apple trees were planted around the compound, with an expectation to provide a yield within two to five years. The various garden plots, greenhouse and agricultural courses continue to expand and maximize opportunities to supplement the mainline meal; however, menus are set statewide and reflect the inherent limitations.

For significant, meaningful change it would be incumbent upon Oregon legislation to address the food system in the correctional setting and the number of people incarcerated. A low quality diet must be viewed as a risk to antisocial behavior, mental health, the safety of staff and AICs, and to the communities which AICs will release.

For incarcerated people, it is our responsibility to take advantage of every opportunity to improve or maintain our physical and mental health - regardless of how limited or challenging that may be - by utilizing supplements, fortified drink mixes, exercise, BHS services and counselors, and by being thoughtful in our canteen purchases.

Vitamin and other supplements are available. For example, an omega-3 supplement can be purchased through commissary for \$7.99. Omega-3 can be found in fish like salmon or other sources such as flax seed, krill, kiwi fruit or walnuts – which are not available on the current ODOC menu. There are also supplements for B vitamins and vitamin D, both of which are difficult to obtain through the mainline meal. Vitamin D can also be obtained through a free supplement called sunshine. |ECHO

FORTIFIED DRINK MIX

Excerpt from April, 2022

By Elena Guevara RD, LD, ODOC Dietician

The drink mix has several important vitamins added to it, including vitamin C, calcium, and vitamin D.

Vitamin C is found in many fruits and in some vegetables. Vitamin C is an antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue.

Calcium is needed in order to circulate blood, move muscles, and release hormones. Calcium is a major part of tooth and bone health as well. It makes your bones strong and dense. You can think of your bones as your body's calcium bank. If you don't get enough calcium in your diet, your body will take it from your bones.

Vitamin D promotes calcium absorption, is needed for bone growth, and helps protect older adults from osteoporosis. Without sufficient vitamin D, bones can become thin or brittle. Vitamin D's other roles in the body include inflammation reduction, cell growth, immune function, and metabolism.

It is difficult to get enough vitamin D from food sources alone.

In order for the calcium and vitamin D in the drink mix to be absorbed better, we changed the drink mix to be served at lunch. There is a limit to how much of each vitamin and mineral can be absorbed by the body at one time. Milk also contains calcium and vitamin D.

Taking the Fortified Fruit Drink at lunch, along with eating fruit and drinking milk, will help ensure that you receive enough of all three important nutrients: vitamin C, calcium, and vitamin D. |ECHO

THE OREGON WAY

THE OREGON WAY

Terms You May Have Heard and What They Mean

Written by Phillip Luna, Editor

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.

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 the prison environment is not harmful to the people who work there.

Humanization:

To make or become humane. The process of humanization in the correctional setting refers to engaging with incarcerated people as people, without reducing to labels, generalizations or numbers (inmates and SID numbers). Humanization is a reciprocal process, whereas incarcerated people would also develop a view of

staff as people, without reducing to labels (cops).

Contact Team Member:

A correctional officer or other staff person who is assigned a small number of incarcerated individuals to support in their success and prevent problems before they arise. Team members 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.

Contact Team Members receive additional training on how to help AICs navigate to resources, manage situations and even trauma-informed care. There are currently 12 Contact Team Members at EOCI.

Mentor:

A mentor is an incarcerated person designated to work with Contact Team Members and an assigned incarcerated person. They provide guidance and share experience with AICs in the Contact Program.

EOCI is currently in the process of establishing a program.

Resource/Activity Team:

According to Amend, "Research shows that long-term isolation is harmful and ineffective - it doesn't support behavior change - and that working in segregation units takes a unique toll on staff's physical and mental health."

A Resource Team is based in a segregation housing unit, working with the highest-risk, highest-need incarcerated people to increase support, out-of-cell time and help them to live safely outside of segregation.

An Activity Team is mobile and works throughout the prison to focus on AICs who are high-risk outside of segregation. EOCI plans to start a Resource/Activity team sometime in the future.

Recidivism:

Recidivism refers to a relapse in criminal behavior. Recidivism needs to have a starting event, such as being released from incarceration or completing a program, followed by some failure after the starting event.

According to the Bureau of Justice Statistics nearly 63% of offenders released from prison in the U.S. were rearrested within three years.

Static Predictors:

Static predictors of recidivism are used to determine your Automated Criminal Risk Score (ACRS). This score is based on age, earned time, revocations, sentence length, custody number, thefts committed, prior incarcerations, and person to person crimes. The score is recalculated whenever any of these items change.

Dynamic Predictors:

Dynamic predictors are elements the offender can influence. These include things like level of education, vocational training, familial ties/positive relationships, and pro-social behaviors. |ECHO

MEET A CONTACT TEAM MEMBER

Sergeant A. Booker

Echo: Why did you join the Contact Team?

Booker: I was initially chosen from management to be a part of the Contact Team. After learning more and getting involved I am honored I was chosen and excited to see what changes can be made for AICs and Staff.

Echo: What did you do before working at EOCI?

Booker: Prior to working at ODOC I was in the US Army, where my main job was a cook. I've worked in the medical field working at an oncology center and a medical research company.

Echo: What is one thing people might not know about you?

Booker: While working at the oncology center I went to school full time at night and became Nationally Certified as a Pharmacy Technician. It wasn't the career for me but I enjoyed the experience and knowledge I gained.

Echo: Whether AICs or Staff, what do you expect from people you work with?

Booker: No one will see eye to eye but we can work together to accomplish the same tasks. I expect people to be open minded, work hard and be kind.

Echo: What has your experience as a Contact Team Member been?

Booker: Initially it was intimidating. I was not sure what I was doing, what I was authorized to do. I knew

we would be stepping out of our normal comfort zones. But now that we are doing the work and seeing how we can help others help themselves with some guidance and support, I couldn't imagine doing this work any other way.

Echo: You took a recent trip to Norway, what is the most interesting thing you learned?

Booker: I would have to say the most interesting aspect of the trip for me was seeing how the residents lived. Our culture and system is not set up the same, so to see the residents in single units, actual keys to their rooms, like we have for our homes. I initially saw it as a security threat, but then realized the sense of normalcy it creates. Norway has been doing contact team work for over 20 years, so they are at a different stage, but it gives me hope that one day AICs and staff will have a higher level of respect for each other and work together instead of against each other.

Echo: Where will AICs see you?

Booker: At this time I work in Control Center. There is always over time to be had, so I can also be seen/located on the compound or chow halls in the evenings. |ECHO



Sgt. A. Booker

“... it gives me hope that one day AICs and staff will have a higher level of respect for each other and work together instead of against each other.”

IN MARCH



UNSUNG HISTORY

A Look at Female Pioneers During Women's History Month

Written by Chris Ainsworth, Contributing Writer

BEFORE STARTING A career at NASA spanning over three decades Katherine Johnson showed signs of intelligence and numerical skills from a young age. She was enrolled in high school by the age of 10 and in 1937 she graduated with the highest honors from West Virginia State College at the age of 18. After earning Bachelor's degrees in both Mathematics and French, she was one of the first three African American women to enroll in West Virginia State's graduate program. Her aerospace career began in 1953 when she started working at the National Advisory Committee for Aeronautics

(NACA). She worked in a segregated group, known as West Computers, who manually performed complex mathematical calculations for program engineers. The NACA was eventually integrated into the newly formed NASA, who banned segregation. Katherine's work was essential to the success of the early U.S. space program and directly contributed to landing on the moon. Her inspirational life was portrayed by actress Taraji P. Henson in the movie "Hidden Figures." The film celebrated her intelligence, poise and grace while highlighting her contributions to breaking down racial and social

barriers in the field of science and mathematics.

Women's rights activist, Laura Rand Orthwein Jr., assumed the name Laura X to symbolize rejection of man's ownership of women and the anonymity of women's history. She was most known for being the founding director of the Women's History Research Center, formed in 1968. The following year she organized a march in Berkeley, California calling attention to International Women's Day on March 8, 1969 (which had not been celebrated since 1911). She thought it unfair for half the human race to only be recog-

“
Too often women
were **unsung** and
sometimes their
contributions
went unnoticed.”

nized one day a year and sought to build National Women's History Month around the nearly forgotten holiday. The first hurdle was overcome when a presidential proclamation issued by President Jimmy Carter declared the week of March 8, 1980 as National Women's History Week. In part of his proclamation he stated, "Too often women were unsung and sometimes their contributions went unnoticed." Since 1988 U.S. Presidents have issued annual proclamations designating March as Women's History Month.

Billie Jean King is a trailblazing tennis champion who has inspired countless individuals through her remarkable achievements and unwavering commitment to equality. She shattered gender norms by proving that women could excel in sports. Her victory over Bobby Riggs in the famous "Battle of the Sexes" match in 1973 showcased her skill and determination, inspiring women and girls worldwide to pursue their passions without limitations. She advocated fiercely for equal pay for female athletes. At the 1973 US Open, she refused to play unless women received equal pay as men. This tenacity led

to the US Open becoming the first tennis tournament to offer equal prize money and recognition for men and women. Her tireless efforts led to significant advancements in prize money and recognition for women in tennis and beyond. In 1981 she became the first prominent female pro athlete to publicly come out about her homosexuality. This generated conversations of equality and inclusion in pro sports for decades to come. To this day she fights for equality and inclusivity for women everywhere.

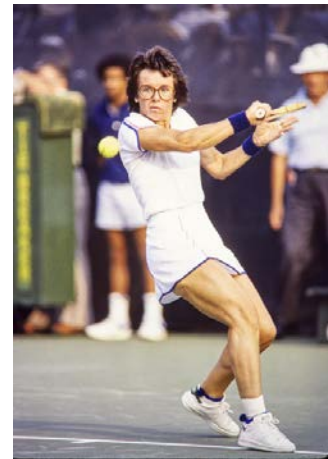
These historical women sought to bring about ethical and social change -often without the support of their peers- for no other reason than because it was morally right. This paved the way for women to redefine what women are capable of. Like Caitlin Clark who achieved a feat no female had before. In front of a sold-out crowd on Senior Day, playing in the last regular season game of her historic college career, Caitlin Clark broke the NCAA D-1 scoring record. The record was previously held by Pete Maravich, dating back to 1970. She also holds records for the most career assists and the single season 3-point record. Using the platform she created for herself in sports she started the Caitlin Clark Foundation, which works to uplift and improve lives of youth in their communities through education, nutrition and sports. Selfless acts by brave and talented women like Katherine Johnson, Laura X, Billie Jean King and Caitlin Clark empower our mothers, sisters, and daughters, inspiring them to become the next round of historical women. |ECHO



Katherine
Johnson
NASA
Scientist



Laura X
Women's
Rights
Activist



Billie Jean
King
Professional
Tennis
Player



Caitlin
Clark
College
Basketball
Sensation

CREATIVE ARTS

ART AS THERAPY

Self Expression Shown to Have Therapeutic Effects

Written by Brooklyn Sasso, Advisor



Sasso hard at work

“WE OFFER A Dialectal Behavior Therapy (DBT) class here [at EOCI] and there are activities centered around drawing,” remarked Ms. Krick, an EOCI Behavior and Health Services (BHS) counselor. “I have found it helps individuals open up more verbally; it also contains exercises around mindfulness. Art helps clients cope and helps reduce harm towards others and themselves... it helps ground [them] mentally and emotionally.” At EOCI an individual can request to take the DBT course only if they are currently on a BHS caseload.

People worldwide struggle with mental health and that number is increasing. Incarcerated individuals are no exception. At times it may seem like stress, anger, depression and anxiety take control; even the small-

est of tasks may be frustrating or confusing as a result of intense emotions. Having a distraction like doodling or drawing can help.

Strong emotions may be managed in a multitude of ways: medication, counseling and therapeutic activities are effective. Art is considered a therapeutic activity and is a low impact way to help people express themselves. While reducing the level of stress and anxiety it can also assist in handling emotion. Krick commented, “Mindfulness helps lower anxious, negative thoughts and brings clients more into the present moment. [It] helps them gain a ‘wise-mind’ outlook rather than an emotional outlook and helps clients maintain a more balanced state between logical thinking and emotional.”

Art as therapy increases the release

of a chemical in the brain called dopamine, a neurotransmitter (or messenger) that tells the brain to reduce effects of depression and anxiety.

“Drawing without references in DSU (what I call isolation) gave me a window into the world beyond the cement cube I was a prisoner in,” stated Nicholas Shatlaw, an artist since the age of 14. “Without that focus and distraction, the time distorts so much that days seem endless....” Art therapy encompasses coloring, doodling, drawing, painting, sculpting, clay modeling, and anyway an individual can express themselves non-verbally while reducing stress in the process.

“Art uses metaphor, symbolism and dynamic thoughts to represent the human experience in a way language cannot”

Kelly Lynch, a licensed mental health counselor and registered art therapist said, “The creative process promotes new aspects that lie beyond

the structure of language. Art uses metaphor, symbolism and dynamic thoughts to represent the human experience in a way language cannot. This is particularly important for people who feel out of touch with their emotions or sense of self."

Creating art increases awareness and mindfulness by helping them become conscious of state of mind and emotions. "Being self-taught, drawing helps me open up and become more social," claimed EOCI resident Ryan Johnson.

Art therapy can occur as a group class or independently. The important factor is for participants to engage in the activity and find something they enjoy and will want to do again.

"Art helps me reach out to family and friends on the outside of prison. It gives me and my kids something to talk about. It also strengthens bonds with people outside my own social group," said Neil Watford, long-time resident of EOCI.

There are no rules or techniques that one has to follow; the focus of art as therapy should be the process and not the product. People of any age or skill level can benefit from this activity.

Doodling, for example, is the act of drawing aimlessly and nervously, best done when an individual's mind is distracted with difficult to manage emotions. Doodling is the simplest form of art and may help address anxiety. "...It [art] helps me get out of my own head," said Steve Jamison, a resident at EOCI. Needing only a pencil or pen and a notebook of any size, doodling can be accessed easily.

Krick, believing art can have healing effects, stated, "Art has similar benefits [to] journaling in the sense that it can drain the negative emotions and increase the sense of calm. It helps in the emotional mental cleansing. Drawing words or symbols also helps."

Many individuals might start off drawing patterns such as circles, swirls and stars. They allow the doodles to take over and create what it will. The process can be as basic or complex as the individual wants it to be. The idea isn't to draw a specific thing but to let the pencil move about randomly drawing whatever turns up.

"Any form of art helps calm emotions and mind," said Krick. "It doesn't have to be perfect... as long as it helps find a therapeutic release." She further emphasized that being creative can encourage mindfulness, a proven method of reducing stress and anxiety. "Do something that feels good and has a therapeutic element," Krick advised.

She added that benefits can be achieved in a small amount of time. "The DBT class suggests that the client spend approximately 15 minutes as a starting rule, though one should test that and if they need more then they should add in increments of 15 minutes and see if this decreases their emotional or negative mindset."

According to a small study in 2007, participants were asked to list 10 of their significant worries. They were then asked to spend 20 minutes drawing or sorting through images of art prints. The researchers found that participants who spent time

“It doesn't have to be perfect... as long as it helps you find a therapeutic release”

drawing reported greater improvement of their negative mood than those asked to sort prints.

When it comes to subject matter, Krick feels art can help identify concerns of people she meets with. "Say there are a certain number of items in the picture, it might mean that specific number means something to that individual. Mood can also be determined when looking at their art. It can help the client open up verbally due to how the subject's mind works."

Krick is known to participate in art therapy she facilitates, "One of my favorite activities is the days we get to draw in the DBT class and the mindfulness gained... It helps me slow down and be more present in the moment; it helps reduce my stress levels. It also helps [me] gain self-confidence. Drawing has always come naturally to me." | ECHO

IN SPORTS



IN SPORTS

An Update on EOCI Sports in February

Written by Shane Goins, Contributing Writer

THE MONTH OF FEBRUARY was marked by the start of tournaments: handball, volleyball and pickleball.

Handball

After all teams played in the handball tournament, it came down to B2's Camden McSorley and Neal Well versus F4's Russell Taylor, Steven Enko and Jose Barboza for the overall institution championship (teams of two with one alternate, if desired).

Overcoming a rocky start McSorley and Well were able to win the first two sets and claim the EOCI handball championship. The first set started off with Taylor and Enko taking a five to two lead but McSorley and Well quickly closed the gap.

In the second set McSorley and Well won handily. McSorley, handball tournament winner, claimed the Westside was more competitive. "The Westside definitely had more

competition. Tougher for sure," McSorley said. When asked who his toughest opponents were, he stated, "Definitely Swede [Chris Parkins] and Paige [Butterfield]." McSorley further added that if he could play anyone he didn't already play, it would be Chris Tolentino from C1.

Volleyball

In the first match of the volleyball tournament, in early February, G2 faced F4 - both teams were rusty but determined to win. Gabriel "Smooove" McClinton of G2 gave up three easy points via line violations during his three serves. F4 tried to capitalize on these errors, but G2 didn't let mistakes keep them from winning the match (which they did in three sets). McClinton stated, "G2 is really good. I feel like we're the team to beat on the Eastside."

On Tuesday, February 20, H1 played

H2 in what many said was the most evenly matched game of the tournament. In the first set, H1's Carter Bell had spikes that set the tone for how his team would play the rest of the match; however, H2 would not be easily deterred. After hard-fought match, H1 emerged victorious.

In the second Tuesday night game, B1 faced A2 in a match that proved to be tougher than B1 planned for. B1 lost in the first set but quickly jumped out to an eight to nothing lead in the second. A2 rallied for the overall victory in the third.

Editor's note: After this article was written, B3 won the overall championship against H1. According to article author Shane Goins, "H didn't even show up."

Pickleball

The pickleball tournament wrapped up with a nail-biter in the championship series between B2's Parkins and McSorley and H2's Cirrera and

Moreno. B2 quickly jumped out to an eight nothing lead but a few costly mistakes put H2 right back in the match with six quick points. Not ones to give up, B2 overcame the onslaught brought by H2 and won the match eleven to nine. When asked if he planned to win every tournament at EOCI, McSorley said, "Only the two I've won [handball and pickleball] and then foosball."

Softball

The softball season is coming up fast and the trash talking has begun. There are rumors of a draft process to create teams that are more even.

When asked about sports in 2024, newly hired Recreation Specialist Templin said, "We'll stick to basics for now. A draft for the four major sports (softball, basketball, outdoor soccer and volleyball) has been discussed. We're exploring different leagues to make it fair for less experienced AICs. We're trying to make it more fun and competitive. We want more people to sign up."

Upcoming Tournaments

On Thursday, March 7, the Recreation Department will start their next four tournaments: Ping-pong singles, dominoes singles, Mario Kart DS and Foosball singles.

There are 81 participants in ping-pong, 64 in dominoes, 83 for Mario Kart, and 47 for foosball. |ECHO

SPORTS AROUND THE WORLD

Updates from the World of Sports

Written by Shane Goins, Contributing Writer

IN NON-EOCI SPORTS related news, there were three MAJOR upsets in men's college basketball as #1 UConn was beat by #15 Creighton, #9 Indiana was taken down by unranked Illinois and #2 Purdue lost to unranked Ohio State. This year's March Madness is shaping up to be just that, *madness*.

The Daytona 500 was breathtaking to say the least. Both the Xfinity and Cup series ended with controversial wins by William Byron and three-time winner Austin Hill, respectively.

The second half of the NBA season has kicked off with some impressive wins by the Dallas Mavericks over the Phoenix Suns.

The Orlando Magic beat the red-hot Cleveland Cavaliers. The Milwaukee Bucks are making a strong push for first in the Eastern Conference with recent wins over the Philadelphia 76ers and the Indiana Pacers.

Currently the Boston Celtics hold the best record in the league. The Oklahoma City Thunder are commanding the Western Conference but a determined, hungry Minnesota Timber-

wolves team are hot on their heels as the postseason approaches.

Still in the picture are the defending champion Denver Nuggets led by Nikola Jokic (who just passed LeBron James for career triple doubles). These next two months are crucial for NBA teams and the lingering question on everyone's mind as the NBA season nears a close - is this the final year for "The King," LeBron James?

The MLB season is officially here with spring training underway. The Los Angeles Dodgers are looking to win it all this season with the addition of MVP Pitcher/DH Shohei Ohtani. They also added Japanese phenom Yoshinobu Yamamoto. The Dodgers are the odds-on favorites according to ESPNBet.

Will the Dodgers and Yankees be the two teams facing each other in October? With a few additions to their already powerful roster like all-star outfielder Juan Soto the Yankees are seeming like the Bronx Bombers of old. Looks like we're in for an exciting 2024 season. |ECHO

IN BLACK & WHITE

A Look at Commonly A Misunderstood Rule in EOCI Sports

In softball there is a rule requiring base runners to move out of the way of a position player attempting to make a play. This is the Interference Rule.

Where the line can blur is the base runner actually getting out of the way. The runners are required to slide or run out of the base path to avoid this call. Contacting the position player also violates this rule. An infraction of this rule results in the base runner and the batter being called out. The only way the referees will call it is if the coach of the position player challenges it. The coach must challenge it with the home plate umpire. The purpose of this rule is the safety of all players on the field.

VIDEO GAMES - OPINION

DON'T MIND IF I DO

A Kleptomaniacs Paradise; An Opinion on Gaming Versus Societal Norms

Written by Nick Vega, Contributing Writer



one to say something about your apparent and egregious theft, but hardly anyone does. And really, who could say anything to the guy wielding the MASTER sword?

I'm here to save you all, and I do so by commandeering everything you hold dear, because I need to line my pockets to

fight evil. But we all know it doesn't stop there. I eventually have everything I need to beat the bad guy, so why can't I stop? Do I really need to pocket that paperclip or that underwear when I already have 572 pairs of them in my inventory?

Yes. Yes I do, because you need me, or else evil reigns supreme.

I'm the hero, right? |ECHO

Everyone wants to be a hero, and playing a video game allows us to be a protagonist, righteously fighting evil and having swaths of people look upon us. It's a feeling we rarely get to experience in reality, a great feeling, yet contemporary games add mechanics I feel are at odds with the hero experience.

In Zelda, Dragon Quest 11 and Harvestella for example, there are many people who look up to you as the hero, here to protect the world and bring evil to justice. I'm just starting out, running low on supplies and funds, so what do I do? I go to the nearest house and pilfer every last scrap of personal belonging someone has.

It doesn't matter if that was Henrietta's life savings, the Mayor's charity fund, or little Timmy's college money - it's mine now. I need it, I say to myself. I need it to fight evil, right? That makes it completely okay to just walk right up in your house and take all the things you've worked hard for. Some guy you don't even know is now the world's hero and is entitled to anything and everything on your table.

Some games in the past have implemented systems which turn you evil (or good) depending on your actions, but that mechanic seems to have eroded entirely.

At the very least you'd expect some-

SUDOKU

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

Survival of the Fittest Sudoku

Demanding #3

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

Survival of the Fittest Sudoku

Beware! Very Challenging #103

RECIPE

Help Shape the Content of a New Project

Residents of EOCI with diverse cultural heritage

We are seeking incarcerated people from diverse cultural heritage or those where their heritage, race or ethnicity has influenced their time in prison.

What are your views and experiences on living in a factionalized society so at odds with societal norms? Has prison culture changed the way you define yourself?

If you are interested send a kyte to IWP or talk to one of our writers listed on the masthead (page 2, far left column)

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!

TAMALE BOWL

Recipe With a Microwave

Written by Brooklyn Sasso, Advisor

GREETING AGAIN AS we continue our flavor adventure around the globe, now head farther south. This month we stop off in Mexico to learn how to make tamale bowls - a traditional dish dating as far back as the Aztecs. Normally tamales are part of special events such as Christmas, New Years or birthdays.

This recipe makes one bowl.

How to make the crust or masa:

1. Crush chips into a fine powder.
2. Soak the two rolls in ½ cup of water for a couple of minutes ensuring they absorb the water.
3. In your first bowl put in all the dry and wet ingredients and mix. Add the rest of the cup of water and mix well. This mixture should have the same consistency of cookie dough. If needed add very small amounts of water to the mixture.

Now to make the filling:

Soak your pork rinds in a small amount of water.

Mix all your filling ingredients together once the pork rinds have absorbed all the water.

Time to build our tamales:

Begin by taking a fist sized portion of your masa and setting it aside. Then inside of your spare bowl begin spreading the masa around making it look like the bottom of a pie.

Once that is done you can add the filling into the bowl.

Now take the spare fist size ball of masa and form it to the size of the top of your tamale, it should resemble a tortilla; add it to cover the filling.

Optional:

You can add cheese or hot sauce if you desire. Adding pork rinds to the masa will add flavor to it.

Non-meat eaters can substitute hot vegetables from the dining room meal. |ECHO

Masa Ingredients

- 1 (one) large bag of chips (your choice)
- 2 (two) dinner rolls
- 2 (two) serving of butter
- 1 (one) level spoon of garlic powder
- 1 (one) chili Ramen soup flavor packet
- 1 (one) cup of water
- 1 (one) bottle of hot sauce (your choice)

Filling Ingredients

- 1 (one) serving of meat (your choice)
- 1 (one) bag of pork rinds
- 1 (one) cheese squeeze
- ½ (half) spoon of garlic powder
- ¼ (quarter) cup of water

Items Needed

- 2 (two) bowls
- 1 (one) cup
- 1 (one) spoon

TAXES IN 2024

An Informational Briefing from Financial Services

Provided by Financial Services

The Department of Corrections (DOC) will not provide federal or state tax forms to AICs.

AICs may write or call the Internal Revenue Service (IRS) or Oregon Department of Revenue to request tax forms.

AICs may elect to reach out to their friends and family to request they send tax forms in through the mail. All incoming mail is subject to the Departments rule on mail, 291-131-0025.

DOC staff/legal assistants are not authorized to provide tax advice or status updates on filings to AICs.

AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to:

dldoctrustinfo@doc.oregon.gov.

State and Federal taxes due date:

April 15th, 2024

AICs will need to use their own pre-addressed postage paid envelope for tax correspondence and filings.

<p>Oregon Department of Treasury</p> <p>Tax Forms Requests</p>	<p>Internal Revenue Service</p> <p>Tax Forms Requests</p>
<p>Department of Revenue</p> <p>P.O. Box 14999</p> <p>Salem, OR</p> <p>800-356-4222</p>	<p>Department of Treasury</p> <p>Internal Revenue Service</p> <p>Ogden, UT 84201-0002</p> <p>800-829-3676</p>

PHYSICAL PLANT CLERK

Accepting Applications

There is an open clerk position in the Physical Plant. The Physical Plant front office clerk provides clerical and administrative support.

Responsibilities Include

Fielding trouble calls; processing work and purchase orders; handling inventory control; tracking and recording utility usage; and developing maintenance reports and project reports.

Criteria for applying

- One year of clear conduct
- Program compliance
- Three years or more remaining on sentence
- Gate pass eligible

Desired Qualifications

- Self-motivated and able to work under limited supervision
- Have excellent interpersonal skills and be capable of working with a variety of personalities
- Must be able to accept constructive criticism
- Should possess essential computer skills and experience with Microsoft Suite (Word, Excel, Access)
- Drafting skills and AutoCAD software experience a plus
- Clerical experience a plus

Must be available to work the required hours. Work hours are 7:00 am to 2:45 pm, Monday through Friday.

To Apply

If you are interested in applying, send a fully completed application to IWP. Incomplete applications will not be accepted.

NOTICES

PREA INFORMATION

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

Call the Inspector General's Hotline:

1. Pick up a handset
2. Press *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
3601 State St.,
Salem, OR 97301



BEEKEEPING PROGRAM

Now Accepting Applications

The EOCI Beekeeping Program educates and certifies AICs through the Washington State Beekeepers Association (WSBA) in the skills of apiary work (beekeeping).

No preference is given for release date, incentive level, or ACRS score. Class participation is limited to approximately ten students

Classes meet 1-2 times per week for a term of approximately 6 months (April through October) and consist of lectures, tutoring and testing as well as immersive fieldwork experiences involving interaction with bee colonies and hive body components.

Participants can expect to receive Beginner and Apprentice level certifications through WSBA upon successful completion of all program criteria.

Positions in the beekeeping program are only filled after a recruitment announcement has been made, which typically appear in January or February. Apply now.

Expect to learn:

- Bee identification, feeding and care
- Hive setup, inspections and over winterization
- Bee/swarm interactions.
- Honey extraction!

Must be:

- Willing to work as a member of a team
- Willing to take instruction from peers

No experience required. Send applications to IWP.



EATING HEALTHY

Information from Health Services

EATING A HEALTHY diet is one of many things we can do to improve our overall health. In addition to what we eat, which other actions can we take to be healthy?

Maintain a healthy weight: Eating healthy foods, not snacking too much, and watching how much fat, sugar and salt we eat will help us maintain a healthy weight. Being at a healthy weight for your height will reduce your risk of getting medical conditions like heart disease, diabetes and high blood pressure.

Be more active: Both exercise and diet play a part in maintaining a healthy weight. Regular exercise will improve muscle tone, blood flow, balance and coordination. Being active every day can prevent some diseases. Adults should get at least 2.5 hours of physical activity every week.

Get enough sleep: There is no per-

fect number, but most people function best when they get 7 to 9 hours of sleep each night. Getting enough sleep promotes healing, improves brain function and reduces the risk for chronic diseases.

Include mental health in overall health: A healthy mind can benefit your physical body. Pay attention to your mood. If you have bothersome thoughts that you can't control, or if you feel unusually anxious or on-edge, don't be afraid to ask for help from a mental health professional.

Manage stress: Some of life's stresses are unavoidable. How we deal with stress can affect our mental and physical health. Find strategies to cope with stress that work for you. There are many different options. Ask your doctor for help if stress is affecting you.

Don't smoke, vape or drink alcohol. |ECHO

NEWS IN HEALTH CARE

New Computer System

Provided by Health Services

WE WOULD LIKE to share information about how your health information will be transferred to the new Electronic Health Records (EHR). An EHR is like a big computer file that stores all your health information in one place. A "scanner" is a copy machine that turns a paper document into an electronic file that is safely and securely stored. Electronic records are easily shared between your doctors, nurses, behavioral health, and dentists at the Oregon Department of Corrections (DOC) and can be accessed at the same time. This will help them work together, and with you, to make important decisions about your health. Your electronic health records can also be shared with your health providers outside of the DOC, such as an out-of-facility appointment, or upon your release.

Right now, paper medical records are stored in a blue medical chart. But soon, when you visit your DOC healthcare providers, you may start seeing both a blue medical chart and a new green medical chart. The blue chart holds the old paper records that have been scanned in preparation for the EHR, and the green chart contains any new paper records created until the EHR goes live. Eventually, all the paper records will also get scanned and loaded into the EHR.

Please remember that right now, you do not need to do anything different to request to be seen by Health Services. As this exciting project keeps moving forward, please know we will give you more updates through AIC newsletters and flyers. |ECHO

NOTICES

RELIGIOUS SERVICES

Brief Updates

Written by Brooklyn Sasso, Advisor

RELIGIOUS SERVICES IS working to extend open chapel to include level 2 AICs. Access to reading materials and the religious library, as well as assistance from the chaplains regarding religious services. Participants can work on projects, read, draw, or do school work. Other options may include listening to music or watching movies centered around religious topics.

IN OTHER NEWS Ramadan will start March 11 and continue until April 9. There is tentative date set for the Firth meal around April 12.

Religious Services is working on an evening Wholeness class which will be held in the D2 courtroom. This course will address a wide range of emotions from grief to anger.

Marriage applications must be turned in no later than March 20 to be considered. Please remember that all participants must be on your privileged visitors list. This includes spouse, the officiant and two witnesses. Contact the chaplain if you need assistance finding an officiant.

Sweat is planned for the Saturday following Smudge which is held on the fourth Thursday of the month, every other month.

Religious Services is currently searching for more service volunteers to better serve the EOIC population. Religious Services may slow for a while as our chaplains may be asked to support facilities in the surrounding area due to a shortage of staff.

Religious Services have created a new signup sheet for services. |ECHO

NEW PREA FORM

Now Available on the Tablet



There is a new PREA form available on the tablet. To fill out the form, follow the steps below.

1. Log in to the tablet
2. Go to the free side and open the "requests" application
3. Select "others"
4. Fill out the PREA form and push "send"
5. Push "send request"
6. Push "OK"

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.

SEEKING ARTISTS

IWP is Looking for Artists and Creative Writers

IWP is seeking artists and creative writers who are willing to contribute their work to an ongoing project.

Topics include:

- Aging in prison
- Mass incarceration
- How technology has advanced while you are incarcerated
- Post-incarceration syndrome (a syndrome similar to PTSD, where after serving official sentences people continue to suffer the mental effects)
- Heritage in prison and what that

means to you

- Living in a factionalized society, separated by skin color
- How prison culture has changed the way you define yourself

If you are interested in creating artwork related to these topics, or writing poetry, essays or fiction, send a communication form to IWP and let us know. All skill levels are encouraged to contact us.

Later this year IWP will be working towards creating a venue for AIC human interest stories, artwork and writing. What makes you, you?

RULE CHANGES

From the Desk of Administrative Rules

Rule Changes

Below is the list of status changes made to DOC administrative rules since 1/30/2024.

PROPOSED RULES:

291-011 Segregation (Disciplinary)

Amends rule to repeal a rule that limits staff from being assigned to a disciplinary segregation post for a period exceeding 24 consecutive months; to change "inmate" to "AIC" per statutory requirement; to remove gendered language and add person-first language; for minor grammatical or punctuation fixes; to update rule headings and committee titles; and to add clarifying language and language for consistency with other department rules.

Extended: Last day of comment period: 3/22/24 at 5:00 PM

Public Hearing to be held remotely on 3/20/24 12:30PM to 1:30PM

291-078 Community Case Management (Community Corrections)

Amends rule to update definitions to align with current business terminology and with revisions to substantive provisions of these rules; to reorganize the rules to a more logical format for ease of reference and use; to add gender-specific case management practices through the use of the Women's Risk Needs Assessment; per SB 1510 (2022) to

adopt new rule concerning minimum contact standards; to clarify process for counties around the use of OMS case planning tools; and to change "inmate" to "AIC" per statutory requirement.

Extended: Last day of comment period: 3/25/24 at 5:00 PM

Public Hearing to be held remotely on 3/19/24 1:30PM to 2:30PM

PERMANENT RULES:

291-028 Searches (Community Corrections)

Amended 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.

Effective 2/26/24

Below is the list of status changes made to DOC administrative rules since 2/26/2024.

PROPOSED RULES:

291-005 Information Systems Access and Security

Amends rule to better reflect and implement the direction of the agency, statewide standards, and industry modernization; improve consistency and clarity of the rules; further define and update process; update position titles and timelines; and establish guidelines around separation of duties, authorizing access, shared or group

credentials, open user accounts, and physical security.

Last day of comment period: 4/18/24 at 5:00 PM

291-105 Prohibited Conduct and Processing Disciplinary Actions

Amends rule to standardize definitions of terms across Department of Corrections rules; adopt a definition for "digital currency"; and update misconduct violations (Violations Involving Property, Violations Against Persons) to address trends affecting the safety and security of our facilities.

Last day of comment period: 4/18/24 at 5:00 PM

Remote Public Hearing: 4/2/24 1:30PM – 2:30PM

291-202 Sex Offenders, Special Provisions

Amends rule to incorporate changes in legislation per HB2549 (2013) and HB2520 (2015); to incorporate changes in practice or department philosophy (change "inmate" to "AIC" per HB 3146 (2019)); to clarify terminology; to update definitions and statutory references or further define process; to expand exception authority within county community corrections agencies; and to perform technical corrections.

Last day of comment period: 4/18/24 at 5:00 PM