

## ADDICTION BEHIND THE FENCE

### Substance Use in Prison a Microcosm of Oregon's Drug Problem



AIC Wilson and an officer in EOIC's Segregation Unit

Photograph by Phillip Luna

**WHILE STRETCHING HIS** recently unshackled wrists in front of him and reveling in the comfort of a reclining chair in the Disciplinary Segregation Unit (DSU) Lieutenant's Office, Lucius Wilson opened up in an interview about his history with, and thoughts on drug abuse. Wilson acknowledged

that his addiction issues didn't start in prison; his elders battled addiction as well, and he found himself using THC by association at the age of seven.

"I began using drugs to fill the void I experienced from abandonment. I have to take accountability for my

actions, but drugs played a major role in me coming to prison" Wilson said. "Eventually my obsession with drugs caused me to hurt not only myself, but those around me." Wilson inevitably graduated to using harder, more powerful drugs to further dissociate from reality.

*(Continued on page 6)*

## The Echo

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# WHERE DID THE APPLE TREES GO?

## Roofing Projects Uproots Newly Placed Honey-Crisp Apple Trees

Written by Phillip Luna, Editor



Apple trees parked in front of the autoshop.

Photograph by Patrick Gazeley-Romney

**FORTY HONEY-CRISP** apple trees were planted on the EOCl compound in 2023, with a three to five year plan to produce fruit for mainline meals. The apple trees were the result of a donation to ODOC, but have now been uprooted and moved.

The fruit trees have been displaced due to the recent roofing project, a 2.33 million dollar allocation by the state to restore the terracotta tile.

Uprooted, potted and moved to various locations throughout the compound, the apple trees will wait for an undetermined amount of time, until they can be replanted.

The roofing project will include the replacement of tiles on units A-C and E-G. |ECHO

# OCE HOLDS TEAM BUILDING EXERCISES

## Multi Serves as the Venue

Written by Juan Sanchez, Contributing Writer

**ON MARCH 27**, 2024, the Garment Factory and Call Center workers took part in team building exercises in EOCl's multi-purpose building.

OCE (Oregon Corrections Enterprises) often holds appreciation or team building events for their AIC employees.

Some played cards, cornhole or ping-pong, while others enjoyed a movie on the big screen - *Guardians of the Galaxy Volume 3*.

To work for OCE, fill out a job application and send it to IWP. Applications are kept on file for six months. |ECHO



OCE workers enjoy popcorn and games

Photograph by Juan Sanchez

## AROUND EOCI

# CREATIVE ART IN METAL

## Welder Crafts CH47 Chinook Army Helicopter

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



Replica Model of a CH47 Chinook Army Helicopter

Photograph provided by physical plant

**EVERY ONCE IN A WHILE**, physical plant workers receive opportunities to express themselves more personally through projects with the Creative Arts Program. The program connects the public with AIC craftspeople, allowing them purchase o handmade crafts directly from EOCI.

Anthony Hill, an EOCI welder, put his artistic skills to work building a replica model of a CH47 Chinook Army Helicopter for Ms. Nakayama, Office Support Specialist for the Physical Plant.

"I was impressed by Hill's ability to create the helicopter from only an image," she said. "He did amazing work, clearly having attained some high level of skill to execute the design."

The piece was created to commemorate an Army helicopter accident experienced by a friend of Nakayama - one of the crew members in the accident - in which all of the crew members survived. |ECHO

# GOKARTS

## Walkers to the Outside Lanes

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

While everyone else played MarioKart in the recent Nintendo DS tournament, welder Anthony Hill completed a creative art project - a real-life gas-powered go-kart for sale through the EOCI Creative Arts Program.

"I get to open up a whole new realm of how far I can take my skills," Hill said. "It's not the normal box or cage that I usually build; the go-kart has many moving parts that need to work in sync."

Physical plant workshops such as welding and carpentry often complete creative art projects for the institution.

"I am so grateful to have this opportunity to learn a trade while I am here," Hill concluded.

If you wish to apply for a position in the welding shop, please send a completed job application to IWP. Applications will be kept on file for a period of six months. |ECHO



Welder Anthony Hill and GoKart

Photograph by Patrick Gazeley-Romney



## BOULDERS MORE THAN DECORATIVE

### Area Intended to Support the Practice of Nature-Based Religions

Co-written by Brooklyn Sasso and Phillip Luna

Photograph by Patrick Gazeley-Romney

**FOUR LARGE BOULDERS** have recently been placed on the Westside of the compound – each in a specific cardinal direction (north, south, east and west). The boulders are supportive of two nature-based religions—Asatru and Wicca.

Chaplains Zuleta and DiSalvo recently visited other correctional facilities to better understand how EOCI might provide service for nature-based religions.

“We are in constant communication with all the chaplains [at other facilities],” said Zuleta. “We want to know, how can we do better?”

Asatru and Wiccan services are not currently being held at EOCI.

Zuleta stated, “There are no volun-

teers. That is the main issue.”

Both Chaplains have expressed a desire to expand religious service offerings, so that all incarcerated people will feel included.

Many nature-based religions believe that crystals and other types of rocks vibrate energy, which can have healing properties.

Adding the four boulders to the west compound was a coordinated - although challenging - process with EOCI security.

“...baby steps here, everything has to be consulted with security,” said Zuleta.

In the future, the institution has tentative plans to add a fire pit in the

center of the rock square.

Wicca is a neo-pagan religion created by a British man named Gerald Gardner in the 1940s, according to Wikipedia.

Most Wiccans believe in a horned male god, Pan, and a moon goddess, Hecate (although, an unorthodox sect called Dianic Wicca only believe in Hecate).

Asatru is a religion that involves the worship of Viking spirits and gods. Historically, a person who practices Asatru was sometimes called a Heathen, but today is called Asatruar.

The most prominent gods and goddesses worshiped are Thor, Odin, Freyja, Frigg, Tyr, Loki and Heimdall.

JECHO

## FEATURE



Photograph by Phillip Luna

## Addiction Behind the Fence

Substance Use in Prison a Microcosm of Oregon's Drug Problem

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

(...continued from front page)

**HAVING RECEIVED HIS** third drug related misconduct in the past two years and the subject of an ongoing investigation, Lucius Wilson is housed in Eastern Oregon Correctional Institution's (EOCI) segregated housing unit awaiting his sanction for the long-term Intensive Management Unit (IMU) at Snake River Correctional Institution's (SRCI)

Like many people struggling with addiction in the Oregon Department of Corrections' (ODOC) custody, Wilson has spent much of his time seeking out chemical disguises to tone down what he perceives as a harsh reality to exist in.

"I continued using drugs in prison to avoid the feelings of abandonment

and loneliness that have always accompanied me in life." Wilson is a man facing a life sentence. He will see the parole board in 2049, at which time he will be in his mid-50s.

Wilson reflected that as someone with a longer sentence than most, he faces tough obstacles when it comes to support he receives in his community. "It is tough to live life with the amount of time I have."

His longest period of sobriety in the ODOC was two years. Wilson eventually fell back into a pattern of using drugs to cope with the depressing reality of a life spent in prison.

"Triggers are everywhere in here," he said. Wilson noted specifically that the introduction of more potent drugs in the free world ignited a par-

“Fentanyl: Just two milligrams, the size of 10 to 15 grains of salt is a lethal dose.”

allel increase in drug culture within prison walls.

"It seems like more people coming into prison are affected by addiction in some way; I know fentanyl is a huge problem out there right now."

Fentanyl is an extremely potent synthetic opioid drug that has taken the streets of the United States by storm. It is approximately 50 times stronger than heroin and 100 times stronger than morphine. Just two milligrams, the size of 10-15 grains of table salt is a lethal dose.

The highly addictive nature of fentanyl has caused suppliers of other illicit drugs to mix their product with the synthetic opioid. Methamphetamine, cocaine and designer drugs (ecstasy and Molly) are often found to be adulterated with fentanyl.

Through an examination of recent cultural and legislative trends in the state, a grim picture of drug use in Oregon appears. Arrests for drug possession are at an all-time low, while rates of overdose and illicit drug use have climbed.

Health systems data from Oregon reflects that 712,000 people struggled with illegal substance use in 2019, bumping to 767,000 in 2020. It would appear the state still has work to do in addressing addiction intervention and rehabilitative services.

A massive surge of fentanyl on Oregon's streets punctuated the end of 2020. In the wake of protests inspired by the George Floyd murder, social justice advocates suggested there was a disparity in the criminalization of minority populations that used drugs in the US.

As a result of persistent community activism, House Bill 110 was passed in November 2020 to decriminalize small amounts of hard drugs (heroin, cocaine, methamphetamine.)

The bill's supporters pointed to Portugal's 2001 passage of a nationwide law to decriminalize all drugs, and its measured success in decreasing incidents of drug-related death and associated health conditions.

According to a study conducted by RTI International and Comagine Health, Portugal "removed the criminal component of personal drug use and possession by making it exclusively an administrative violation."

Portugal focused on substance use disorder treatment and intervention services.

Any person caught using drugs in

Portugal is referred to the Commission for Dissuasion of Drug Addiction and anyone failing to appear before the panel receives a penalty for "disobedience," a criminal matter which can eventually lead to prosecution and loss of liberty.



Oregon's Measure 110 was enacted in February of 2021, but unlike Portugal, Oregon rolled out Measure 110 without bolstering mechanisms to funnel drug users into treatment (once police intervention and criminal penalties were no longer an option).

It took two more years for most of the programs meant to address the gap in addiction services to begin. In that time, fentanyl impacted society with a force not seen since the crack cocaine epidemic of the 1980s. Ad-

dition and overdose rates have only continued to climb.

The National Survey on Drug Use and Health found from 2019 to 2020 the number of people who used illegal drugs in the US increased by more than two million.

According to data from the Centers for Disease Control and Prevention, studies show that "between 2020 and 2021, a 14.91 percent increase nationwide in overdose deaths had occurred."

In that same time period, Oregon recorded a 30.5 percent increase in the overdose related deaths.

Nearly four years since Measure 110 was enacted, public sentiment toward the decriminalization of hard drug use has soured. According to an article by Jonathan Levinson of Oregon Public Broadcasting (OPB), while "Measure 110 passed with 58% of the vote, support has steadily eroded."

Today, polling reflects that approximately "63% of Oregonians support bringing back criminal penalties for drug possession."

According to RTI International and Comagine Health, law enforcement also viewed "...BM 110 as a failure; they perceived it as an erosion of their authority."

Law enforcement contacts also expressed frustration that "...they could not use drug possession as a 'tool' for investigations to pursue and build cases, establish probable cause, and impose what they believed necessary...."

(continued on next page...)

## FEATURE

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# “Fentanyl seizures in Oregon and Idaho increased ... nearly 118 million percent...”

Referencing statistics used in the article by Jonathan Levinson of OPB, there were 1,483 people arrested on drug possession charges in May of 2017. “Five years later, in May of 2022, that number had plummeted to 176 arrests. In that same time period, fentanyl seizures in Oregon and Idaho increased from 27 doses in 2018 to 32 million in 2022, a nearly 118 million percent increase.”

The amount of arrests for simple possession had dropped dramatically while the amount of product available skyrocketed.

Prisons in the United States are the end-point for many people who struggle with addiction; numerous people who struggle with substance use disorder are serving felony sentences in Oregon.

Due to the lack of treatment programming available to the long-term incarcerated population and limited tools for prison staff to regulate individuals who engage in drug use, the drug landscape in prison reflects that of the free world.

However, sometimes policies in prisons can be influenced by public opinion through lobbying action in the legislature or a change in the general temperature of culture in the US.

In response to ongoing conversation about the mental health of people

spending long time periods in segregation, the end product of a policy shift in DOC occurred in January of 2023. The maximum allowable time spent in segregation for many misconduct violations reduced to only 60 days. Contraband violations now fall into this time sanction tier and often incarcerated people spend much less time in DSU (30 days).

While not all Contraband 1 violations are drug related, the majority are. Therefore, numbers of incarcerated people found guilty of Contraband 1 can be used as a metric for drug use trends across DOC.

According to data from the Oregon Department of Corrections, between 2022 and 2023 major violations for Contraband 1 increased by almost 100%, from 96.3 per month in 2022 to 173 per month in 2023 (Almost every facility in ODOC increased).

EOCI’s increase mirrored that of the totality of DOC data, from eight Contraband 1 violations per month in 2022 to 15 per month in 2023.

Oregon State Penitentiary (OSP) had the highest number of violations, starting with 34 per month in 2022 and increasing to 65 the following year.

In November 2020, EOICI began a new practice - requiring a urine sample of every incarcerated person who

was placed in DSU. Because EOICI’s data on failed urinalyses mirrored the rest of DOC, it is unclear whether the practice of urine testing every incarcerated person that enters DSU influenced the data.

Over a three-year period from March 2021 to January 2024, 4,734 failed urinalyses were cataloged by ODOC. Forty-five percent of failed urinalyses were found to be for Buprenorphine, the chemical found in the opiate titration prescription Suboxone. Cannabis was next in line with 36% of the total and then amphetamines with 34%. Benzodiazepines, barbiturates, cocaine, oxycodone, pcp, fentanyl and alcohol all followed, each with less than 100 failed UAs per drug type.

It is unclear if decreasing segregation time had any effect on drug use ODOC wide, and anecdotal evidence would suggest otherwise.

During the interview, Lucius Wilson said that while he didn’t realize there was a policy change in segregation with regards to drug testing, his approach to drug use hasn’t changed much throughout his time.

“I’ve always been of the mind that if I use just a little at a time, I can beat the system,” he said.

An EOICI resident who wished to remain anonymous stated, “We all know about the availability of drugs in prison,” elaborating that “it isn’t going to change anytime soon.”

The anonymous source added, “something could be done to help increase access to drug treatment for those doing longer sentences; intervention programming and offering more concrete programming to address addiction, something more structured than just NA.”

ODOC does offer programming for people with substance use disorders; however, most AICs are not eligible for substance abuse treatment programming until within six to twelve months of their release.

According to ODOC intake survey data, the proportion of incarcerated people across the state struggling with substance abuse disorder is approximately 65 percent. Fifty-percent of those who struggle with substance abuse disorder in ODOC qualify as "severe." That is more than four times greater than the community prevalence.

Currently only 15% of Oregon's prison population qualifies for AIP drug treatment programming, leaving a huge gap in availability of addiction services in prisons.

Correctional Rehabilitation Manager Brian Clark stated he was informed legislation was passed to increase drug treatment.

"This [legislation] led to the development of positions for the ODOC within Behavioral Health Services at SRCI and OSP," he said.

"The program is called SUD (substance use disorder), and the big change is that it will offer something throughout the AIC's incarceration rather than just at the very end, like with AIP and A&D," he concluded. The program is currently in the beginning stage of hiring staff.

The SUD program was created through HB 2890 in 2023, which acknowledged the prevalence of addiction in Oregon's prisons, and resolved to do something about it.

The bill states all incarcerated people shall "have access to mental health and substance use disorder treat-



Photograph by Phillip Luna

ment during the entire period of incarceration, including access to evidence-based medication-assisted treatment options."

A study by HB 2890's stakeholders concluded that it will take approximately \$23.4 million every two years to provide substance abuse treatment programming for any incarcerated person who wishes to participate. So far, the program is being tested at two facilities, OSP and SRCI. The goal is to eventually expand to more correctional facilities.

When asked if he thinks treatment would help with his addiction, Lucius Wilson stated, "Having access to treatment throughout my sentence would help keep me on track; up until this point I have continually made really bad choices in addressing my addiction."

Still fixed to the reclining chair in the DSU lieutenant's office, head bowed in contrition, Wilson elaborated that he felt ashamed about continuing to engage in the drug culture inside the walls of EOCl.

"I know what I was doing was wrong; I want to try to do right by the few people left who still believe in me."

In some cases, it takes an addicted individual many attempts at abstinence before finding a sustainable path of sobriety in life.

"This time I am choosing to humbly accept my punishment and to be progressive instead of regressive, productive instead of reactive," Wilson stated.

"I'm doing this by utilizing the resources I have available to me right now... I have faith in myself and the application of the skills I am learning. I hope to find more support after my time in IMU and continue to move forward positively and productively."

When the interview ended, Wilson was again shackled and escorted by a corrections officer back down the dark hallways of DSU to his cell, where program packets and time in solitary awaited him. |ECHO

## INTERVIEWS

# OPPORTUNITY OREGON

An Interview Co-Founder Pance

Interview by Phillip Luna, Editor

**Echo:** Can you tell me the services provided by Opportunity Oregon?

**Pance:** We actually started back in March [of 2021], the business was registered in January of 21, and my office is in Springfield, [Oregon].

We had the ribbon cutting with my business partner, my brother Joseph. That was amazing because a lot of businesses jumped on board. They said they wanted to be part of giving second chances. I have been going into different companies and mills, and they let me know what they are looking for as far as workers. There is a lot of work to be had out here. I have really selected the ones who are happy to give second chances, that have a welcoming atmosphere for those coming out of prison.

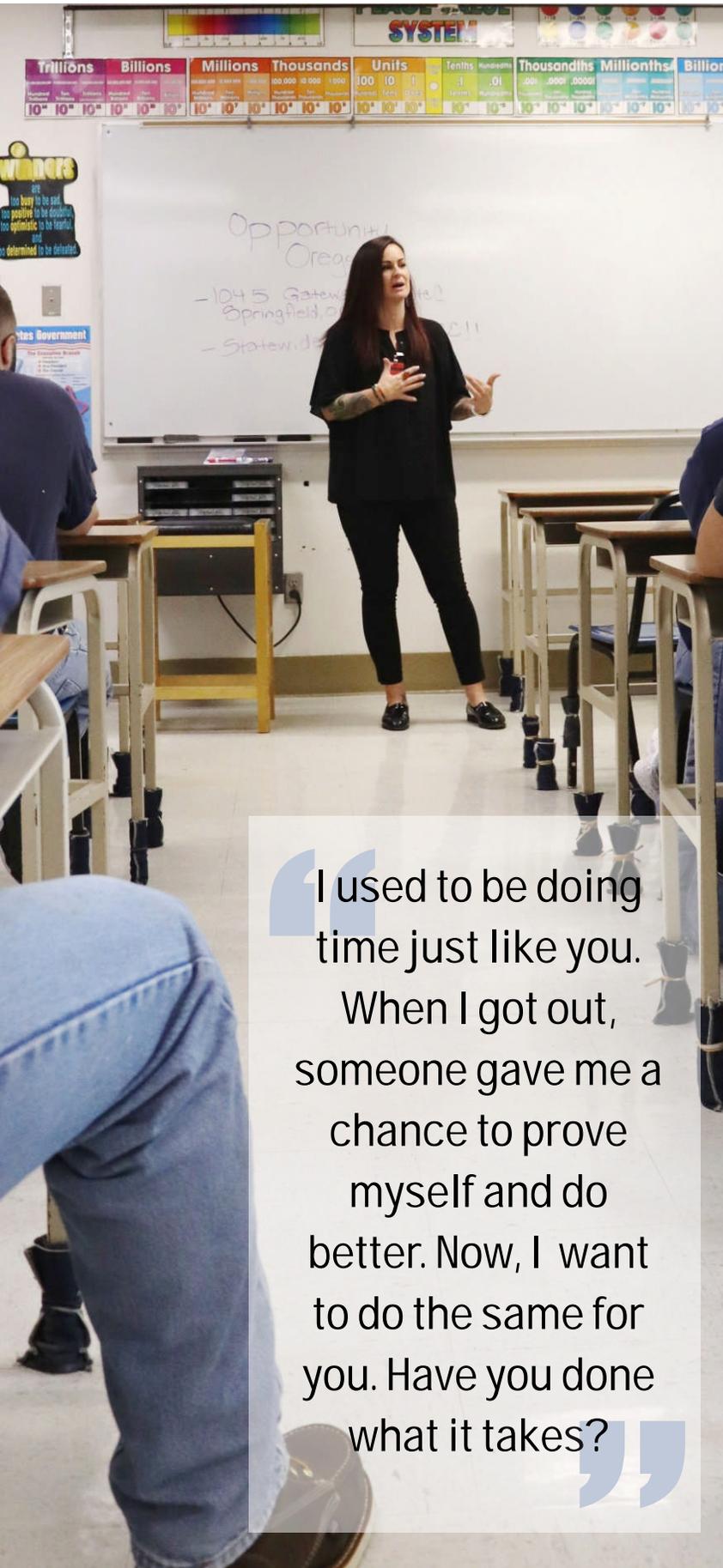
It has exploded as far as employers and what is available. The only problem is that I don't have enough workers and recruits coming out of incarceration. I feel like not enough AICs know about this right now and I just want to reach them.

**Echo:** What are the types of businesses you work with - is there a big variety or is it more labor-based?

**Pance:** It is more labor-based. I am working on breaking through that barrier myself. If there is something else the AIC is looking for I will work hard to go get that. Primarily we have painting companies, welding, constructions, mills, any type of productions, a vet clinic, we have a lot.

**Echo:** What is your success rate when working with AICs? Are there situations where you have not been able to find someone employment?

**Pance:** The administrative type work, I get more kick back as far as clerical work. I am working on getting more outside of production or construction.



“I used to be doing time just like you. When I got out, someone gave me a chance to prove myself and do better. Now, I want to do the same for you. Have you done what it takes?”

Photograph by Phillip Luna

**Echo:** But you've had some very successful clients as well?

**Pance:** One of my recruits from OSP, he did almost 24 years, and I had something lined up for him. He matched everything perfectly. He had been out of prison for a week and he had a millwright apprentice job. I also do mentoring; I should mention that as well, I took him to get his driver's license.

**Echo:** So you don't take everyone who applies. What types of AICs are you looking for?

**Pance:** Absolutely, I'm glad you asked that.

There are two goals I have with this. I like to advocate for the ones who have really changed their behavior inside. Coming out of prison myself, and going through the process, having clear conduct while I was there, changing my habits while inside, it helped me get ready for out here. That's where it starts really.

Also, statistics show you are more apt to succeed. If you are walking a line inside you are going to walk the line out here. That is really what I am looking for.

At the same time, programming, keeping yourself busy, going to work every day - doing something to better yourself while you are there is important. Not going to segregation the whole time, getting DR after DR.

That's our model and that is what we are looking for, but I have also had some guys and girls write me, that have had issues in the beginning and

that has changed. I understand that things happen in prison. What I am looking for is to incentivize changed behavior inside.

Even for guys or gals who have been out for a while, I can help them write resumes and cover letters. I want to help as many people as possible.

**Echo:** Tell me a little bit about the cost. My understanding is that the cost is covered by the employer and not the AIC?

**Pance:** Yes, all the work I do here for felons is completely free. Basically, the employer pays 10% on top of their salary - I won't have them take it out of the workers salary because they need that gainful employment when they get out. Being a recruitment agency, the employer pays me the fee and the business will get most of that back with the Work Opportunity Tax Credit. The employer pays me for the matchmaking and the client pays me nothing for the process.

**Echo:** Do you work with the local Parole Office?

**Pance:** I'm glad you brought that up. Yes. When I first got started, I was randomly sending in letters to AICs. I was going to the parole and probation office and I was handing out flyers, until the probation officers would come out and ask what I was doing. Now I get referrals from the probation office and from transitional services and halfway houses.

**Echo:** What else, what do you want me to share with EOICI?

**Pance:** I think the main thing is to A, advocate for those with clear conduct. I am going to fight out here for you. If you are working hard and staying out of trouble I want to advocate for you and get you employment out here. And B, I want to advocate for changed behavior inside. I want this to be an opportunity for people to change their behavior.

**Echo:** When should an AIC apply for Opportunity Oregon?

**Pance:** If they are going to be out within the next six months to a year, that is a good timeframe. It really varies, some have some possibilities of clemency and they are not quite sure. I wouldn't really put a time on it.

**Echo:** If someone wants to get hold of an application?

**Pance:** All they have to do is send me a letter and I will send them a welcome packet and it will tell them what to do. We ask about their conduct in there and what programs they are in. There is a misconduct form that the AIC has to ask for and they send that in with their application.

Snail mail is the best format to contact right now:

Opportunity Oregon  
1045-C Gateway Loop  
Springfield, OR 97477

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Send a communication form to IWP to request an application for Opportunity Oregon. |ECHO

## CAREERS

# FIRE SUPPRESSION SPECIALIST

## Careers in the Spotlight

Excerpt from May, 2023 Edition



Photograph courtesy of ODOC

South Fork Fire Camp is currently hiring. More information is available on the AIC tablets.

**WHEN OTHERS FLEE**, you forge ahead. Forest fires have become an annual threat that endangers the lives of many throughout the United States. Do you have what it takes to be a Fire Suppression Specialist?

Also referred to as forest firefighters and wildfire fighters, these men and women move dirt, clear brush, and cut down small trees to control the spread of wildfires. They patrol fire areas to put out (or mop up) any remaining burning material.

### Roles of a Firefighter

Wildland Fire Suppression Specialists locate fires using maps, Global Positioning Systems (GPS), and compasses.

Once at the fire, they construct firelines using hand tools or power equipment by cutting, scraping, digging and chopping or burning out to remove flammable materials.

If the fire is accessible to large vehicles, firefighters often guide dozers in establishing a fireline.

Other onsite duties include removing brush or other deterrents from access roads, and locating water sources for helicopters and fire engines. They help in determining fireline locations for dozers, while protecting roads and private land.

When the fire is contained, suppression experts will perform mop-up duties by scraping, digging, chopping and applying water to remove heat and extinguish burning materials. They are tasked with determining the

initial cause of the fire, while preserving any evidence if a wildland fire investigator is needed.

“In this position, you will be challenged mentally and physically. It betters you as a person by giving you leadership skills, building your arena in fitness and mental strength as well as being paid to travel. It’s a dynamic world in fire and it’s very rewarding.”

- Shilo Springstead,  
Forest Training Officer

### **Occupational Risks**

Those who choose to pursue a career in fire suppression are physically fit, and capable of hiking long distances across difficult terrain. Aside from the erratic behavior of fire, firefighters work around many hazards such as felling burning trees with a chainsaw and avoiding retardant dropped by slurry bombers and helicopters. This is not a job for the faint of heart.

### **Skills and Abilities**

Skills needed for success in this occupation include: Critical Thinking – being able to weigh the pros and cons of different ways to solve a problem; Coordination – changing what is done based on other people’s actions; Service Oriented – looking for ways to help people; Judgment and Decision Making – thinking about the pros and cons of different options and picking the best one.

The following abilities are desirable in this profession: Problem Sensitivity – noticing when problems happen; Oral Comprehension – listening and understanding what people say; Static Strength – lifting, pushing,

pulling or carrying; Arm-Hand Steadiness – keeping your arm or hand steady; Far Vision – seeing details that are far away.

### **Education**

The typical entry level education for this occupation is a high school diploma. Those with an Associate’s degree may have a competitive advantage, but it is not a requirement. Blue Mountain Community College in Pendleton, Oregon offers an Associate’s Degree in Fire Science/Fire-Fighting.

### **ODOC Firefighters**

AICs interested in wildland firefighting have an opportunity to provide critical support in combating forest fires and wild fires throughout the state. AIC fire crews help manage around 10,000 acres of young tree stands, build and maintain about 105 miles of hiking trails, and maintain public campgrounds. Those interested in participating in this ODOC program should send an AIC Communication to their counselor for information and a possible referral.

### **Wildland Firefighter Apprenticeship Program**

In Oregon, the U.S. Forest Service offers the Wildland Firefighter Apprenticeship Program, which is designed to enhance and develop future leaders in wildland firefighting. Apprentices receive pay as they complete a 3,000-hour on-the-job training program at a residential wildland fire academy. The Forest Service covers all training costs. Journey level status as a wildland firefighter is given upon completion of program.

Wildland firefighter apprentices are

involved with wildland fire suppression, management, and control.

You may be away from home for weeks at a time, often work long hours outdoors and may fly in helicopters, hike into mountainous areas or patrol on roads to access wildfires. You may also speak to the public about fire prevention. Other duties may include working in a dispatch or fire prevention capacity.

In order to qualify for this apprenticeship program:

- Be a U.S. Citizen or U.S. National.
- Meet Interagency Fire Management qualifications.
- Take the required Work Capacity Test.
- Possess and maintain a valid driver’s license.
- Pass a drug test.
- Meet entry age requirements (18-37). If you are a veteran or eligible for the Land Management Workforce Flexibility Act, you may apply if you are older than 37.
- If you are a male born after 12/31/59, you must be Selective Service registered or exempt.

### **Salary and Outlook**

Last year, the median hourly wage for firefighters in Oregon was \$33.38, with an average annual salary of \$69,936. In 2021, Oregon had 4,725 jobs related to this field, with 367 annual openings. Available jobs for fire suppression are expected to grow 10.2% over the next decade.

|ECHO

IN MARCH

# SAVING THE ONLY EARTH WE HAVE

## A Historic Look at Earth Day, April 22

Written by Chris Ainsworth, Contributing Writer

**AT THE HIEGHT** of the pandemic the world was closed for business. Social distancing became a common phrase. However on April 22, 2020, millions of people came together. Although instead of sitting next to each other they pulled up their computer chairs and turned on their monitors forming what is being referred to the largest online mass mobilization in history.

Following a massive oil spill in Santa Barbara, California in January 1969 a junior senator from Wisconsin, by the name of Gaylord Nelson, attempted to infuse the energy of the student anti-war protests with an emerging public consciousness about air and water pollution. Senator Nelson had long been concerned about the deteriorating environment in the United States and announced the idea for a teach-in on college campuses. He recruited a young activist named Denis Hays to organize the campus teach-ins and scale the idea to the broader public. To maximize the greatest student participation, April 22 was chosen - a weekday falling between spring break and final exams.

By dubbing the event Earth Day national media attention was immediately sparked, and caught on across the country. Due to the growing legacy of serious health impacts, Earth Day inspired 20 million Americans - at the time 10% of the population of the United States - to take to the streets, parks and auditoriums to demonstrate against the impact of 150 years of industrial development.

Earth Day groups that had been fighting individually against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, the loss of wilderness and extinction of wildlife, were now united under these common values.



Thanks to the first Earth Day the end of 1970 saw the creation of the United States Environmental Protection Agency and the passage of first-of-their-kind environmental laws, such as the National Environment Education Act, the Occupational Safety and Health Act and the Clean Air Act.

Across from the White House in Washington, D.C., the principal Earth Day event in 1980 capped a decade of substantial US environmental legislation.

The tireless work of Americans saw to the creation legislation: Endangered

Species Act; Marine Mammal Protection Act; Toxic Substances Control Act; Resource Conservation and Recovery Act; Clean Air Act; and the Clean Water Act.

The newly formed Environmental Protection Agency was making headway, most notably in 1980s with the banning leaded gasoline. International policy initiatives were proposed as the popularity of Earth Day expanded.

Denis Hayes was approached by a group of environmental leaders, as 1990 approached, to once again organize another major campaign for the planet. Mobilizing 200 million people in 141 countries and lifting environment issues to the world stage, Earth Day went truly global. A huge boost was given to worldwide recycling efforts helping pave the way for the United Nations Earth Summit in Rio de Janeiro in 1992.

Senator Nelson was awarded the highest honor given to civilians in the United States for his role as Earth Day founder, the Presidential Medal of Freedom.

Focusing on global warming and pushing for clean energy, Hayes agreed to spearhead another campaign as the millennium approached. Having the help of the internet to link activists from around the world this event combined the international grassroots activism of the 1990s with the big-picture feistiness of the first Earth Day.

By the time April 22 rolled around, 5000 environmental groups worldwide were on board reaching hundreds of millions of people in a record 184 countries. The reach was widespread: In Gabon, Africa a talking drum chain traveled village to village, while groups came together and gathered worldwide for various events, rallies and marches.

For the 40<sup>th</sup> anniversary of Earth Day nearly one billion people, and an estimated 20,000 partners, around the world took action in 2010 through climate rallies. They engaged with civil leaders in plans to build a green economy connected through the action center at EARTHDAY.ORG.

It was not by accident that the United Nations chose Earth Day in 2016 to sign the most significant climate accord in the history of the movement. Leaders from 175 nations broke a record by signing the Paris Agreement in 2016.

In 2020 Earth Day celebrated its 50<sup>th</sup> anniversary. The year's theme was "Climate Action" and activities included the Great Global Cleanup, Citizen Science, advocacy, education and street art. Due to the Covid-19 pandemic many of the planned activities were moved online. A three-day live stream was broadcast in the United States celebrating the anniversary. In total over 1 billion people worldwide participated in activities which were observed by over 100 million people thanks to youth activists of Earth Day Live online.

Life as an incarcerated individual limits our participation in many of the activities Earth Day has to offer. However, that does not mean we need to stand on the sidelines when it comes to activism. EOCI has a group of staff, from all areas of the facility, working to aid in the reduction of the facility's carbon footprint. If you have ideas on reducing waste or making EOCI more efficient you can submit proposal ideas to EOCI's Green Team.

For more information about how to submit proposals or to create an active dialog about your ideas kyte to Mr. Carlson, attention Physical Plant/Green Team, to become involved in protecting the only Earth we have. |ECHO



Photograph by Phillip Luna

## ONE AIC'S FIGHT FOR CHANGE

### Reyes Saves 5,200 Plastic Bags Per Year

Written by Chris Ainsworth, Contributing Writer

**NOT LONG AFTER** arriving at the facility Juan Reyes began his work as a unit orderly. Almost immediately he noticed how quickly single use plastic bags added up. He saw dirty mops placed in plastic bags only to be dumped into a barrel each day when units were called for mop exchange. He also noticed a staggering number of plastic buckets being thrown away each week.

Working with EOCI's Green Team, Reyes proposed the idea of reusing the four- and five-gallon plastic buckets to store and transport dirty mops, eliminating the need for plastic bags.

Hard plastic buckets that arrived at the facility transporting various food stuffs have now been repurposed, with handles added and holes bored into their base (to allow water drainage). These plastic buckets replace the single use trash bags that can take thousands of years to break down in landfills.

When asked why this change, Reyes replied, "The number of plastic bags we are using just doesn't make sense. It's a matter of convenience."

That convenience leads to a waste of resources. It goes beyond just the plastic bags that end up in the garbage. Many don't consider what is required to produce those bags - the transportation of the products necessary for production, the harvesting of those products, the waste produced by the manufacturing facilities and finally the transportation costs to deliver the products.

It may not seem like much when each unit is using a single bag a day, but there are roughly 20 units in operation at this facility. Mop exchanges happen 5 days a week, 52 weeks a year. According to Reyes this simple convenience causes the use of approximately 5,200 plastic bags each year.

One AIC decided it was time for change. With the help of the Green Team that change will be seen all around the institution.

Hopefully our change will inspire other facilities throughout the state. For now, however, we will just have to acknowledge the changes we can control, here at EOCI. |ECHO

IN MARCH



## EASTER SUNDAY

### A Typical April Holiday Jumps to March

Written by Brooklyn Sasso, Advisor

**SUN WARMS THE** fresh air of spring; a highly decorated egg sits neatly tucked into a notch at the base of a tree. A cacophony of children's laughter and instructions from adults resonates.

In a church it is still and nearly quiet as the congregation anxiously awaits the sermon. Hymns are softly heard through the interior of the building, mixed with hushed voices in prayer.

In a home, the mouth-watering smell of food wafts to the sound of pots and pans being moved about in the kitchen. A knock at the front door announces the arrival of relatives, eager after 40-days of Lent.

On the main street music fills the air as cars leisurely roll through. Floats decorated in pastels of green, pink,

blue and yellow pass by slowly while spectators watch and cheer for their favorites; children anxiously await the tossing of candy.

Easter traditions are different for everyone, but where did these traditions start? And why the Easter egg?

**EASTER WAS STARTED** centuries ago to commemorate the resurrection of Jesus Christ. Though the date changes from year to year, the meaning has stayed the same in most religions.

In 30 AD Jesus Christ was crucified by the Roman Army on Calvary Hill. As the New Testament described, three days following his death, his resurrection took place.

Easter traditions vary among Chris-

tians: early morning sermons, late night vigils, and the decorating and breaking of Easter eggs.

Modern customs such as Easter parades, the Easter Bunny and egg hunting have become observed by both Christians and non-Christians.

**IN JUDAISM, EASTER** is linked to Passover as the crucifixion and resurrection took place during the same week. Passover refers to the Exodus of the Jews from Egypt recorded

in the Old Testament.

Many of the synoptic Gospels described that Jesus gave the Passover meal new meaning as he and his disciples, during the Last Supper, prepared for his death. Jesus compared his body and blood, to bread and a cup of wine.

In the First Epistle, Paul stated to the Corinthians, "Get rid of the old yeast that you may be a new batch without yeast-as you are. For Christ, our Passover lamb has been sacrificed."

This, in Jewish law provides that Jews must get rid of all chametz, or leavings, from their house before Passover.

**FOR CATHOLICISM,** Easter is preceded by Lent – a 40-day period of fasting and prayer.

"Lent is a lot like Passover for the Jewish people and Ramadan for Muslims. It's about atonement and reflection," said AIC Juan Sanchez, a practicing Catholic. "It helps you re-

flect and look inward, to see how you can do better.”

Unlike Ramadan, which occurs in the same time period and requires Muslims to fast from sun up to sun down, Catholics fast during Lent by giving up a single item. In past years, Sanchez has refrained from coffee and eating meat, to name a few.

“When you are used to something, and then you are lacking it makes you reflect on why you are doing this. It makes you look inward,” Sanchez said.

**THE EARLIEST MENTION** of Easter was recorded in the second century.

Historian Socrates concluded that the celebration of Easter by the church to the perpetuation of customs in pre-Christianity, “Just as many other customs have been established.”

Socrates described the festivities of Easter as derived from the local customs, insisting that the feast itself was universally observed.

Some modern churches and religious groups reject Easter. It is believed to be a mix of the pagan spring festival, which was adopted by the Roman Catholic Church, as well as a celebration of Jesus’ resurrection.

Easter does not land on a fixed date in traditional calendars.

A group called The First Council of Nicaea, a council set up in 325 AD which consisted of 318 bishops in the city of Nicaea, established the two rules for Easter: It must be independent of the Jewish calendar and



must have worldwide uniformity. These rules were the only guidelines for Easter.

The council never determined Easter should be held on a Sunday, but, as a general consensus, Easter falls on a Sunday between March 22 and April 25 (usually about a week after the full moon).

**THE EASTER EGG** has its own symbolism for the events on Calvary Hill in 30 AD.

As an ancient symbol for rebirth and new life, the Easter egg has been a tradition for generations. In the early Christian community of Mesopotamia it was customary for people to stain their eggs red in memory of Jesus’ blood.

Modern Easter eggs are sometimes red, but usually brightly colored with pastels and spring time decorations. A custom in the Western world is to substitute decorated chocolate, or plastic eggs filled with candy.

In some traditions, the children put Easter baskets out for the Easter bunny, to find and fill with candy, toys, and treats the next day. This custom originated in Germany.

Many non-religious people find Easter to be a good opportunity. “I don’t know much about the religious meaning of the holiday, but I always felt it was a good excuse to spend time with family,” said AIC James Renfro.

The date of Easter moves from year to year and the origins of the holiday seem to vary, depending on the source or religion. But the acknowledgment and celebration of the death and resurrection of Jesus Christ seems to traverse religions.

Modern day Easter in the United States appears to be a combination of customs.

Traditions are wide and varied for this April, but sometimes March, holiday. |ECHO

IN MARCH



## RAMADAN (Rah-ma-don)

### What is Ramadan?

Written by Walter Thomas, Contributing Writer

**THE ARABIC TERM** Ramadan connotes intense heat. In pre-Islamic Arabia, Ramadan is the name of a scorching hot summer month. However, the timing of the Ramadan season varies from year to year.

Ramadan starts depending on when the new crescent moon is or should be visible—which is March 11 for 2024. The Muslim holy month has come a long way since pre-Islamic Arabia, Ramadan continues to be a time of fasting and renewed religious devotion throughout the world.

For Muslims, Ramadan is a time of self-restraint and renewed focus of moral conduct, through fasting and spiritual guidance while increasing compassion for those in need of a sense of self-purification. Sense of self-purification is one of the five “Pillars of Islam”- the other four are declaration of faith, daily prayer, giving-alms and pilgrimage to the holy city of Mecca.

Throughout Ramadan able-bodied

Muslims are expected to abstain from eating, drinking and having sexual-relations from sunrise to sunset. A Muslim must adhere to this moral code of Islam very strictly.

In the month of Ramadan the Qur’an, a book of guidance with the proofs of guidance distinguishing right from wrong, was revealed.

“Therefore whoever of you is present in that month let him fast. But he who is ill or on a journey shall fast a similar number of days later on. Allah desires you to fast the whole month so that you may magnify him and render thanks to him for giving you his guidance.” (2Surah:185Ayat)

The prevailing belief among Muslims is in the final ten nights of Ramadan, the Qur’an was revealed to the Prophet Muhammad.

**FASTING TO MUSLIMS** is considered *sawm* in Arabic, which is a fast that begins and ends with the sun.

Fasting in the month of Ramadan is

### Through The Eyes Of The Devoted

*One man's faith and determination prospers, as he slowly ages behind high fences and barbed wire. Strong not by sight but by his will to accomplish each goal he has set before himself. His joy from within diligently grows as his perseverance for self and those amongst him. Where is this strength coming from? Definitely not the weight pile, possibly from above? Who am I to judge this fragile elderly guy, says the man adjacent to his prayer rug.*

one of the deeds of worship required of Muslims. Women may be exempt under special circumstances, such as recovery from childbirth.

Children, those who are ill or traveling may postpone their fast.

In most Muslim countries working hours are shortened during the holy month. Some businesses close early, to give time to fast and pray.

It's also important Muslim workers and students be given time to attend Eid al-Fitr (eed-all-fetr), the Festival of Breaking the Fast, which are prayers at the end of Ramadan.

Eid for short, is an important day to Muslims in the way Christmas and Yom Kippur are to Christians and Jews, respectively.

After the 29th day of Ramadan, if the crescent moon is sighted, the end of Ramadan and Eid are declared. If the crescent is not sighted, Ramadan is extended by one day.

As-Salamu-Alykum. | ECHO

# MEET A CONTACT TEAM MEMBER

An Interview with Officer Holden, Contact Team Member

Photograph courtesy of ODOC



Officer Holden in Norway with IWP Coordinator Peters and Sgt. Booker

## **I joined the contact team because...**

I was told to, then I found I really liked the work they are doing.

## **I've been working in the DOC since...**

January of 2017.

## **Before working at EOCI I used to...**

Do many things. I have worked in restaurants, hotels, credit unions, cruise lines, convenience stores and a trailer towing company.

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

I enjoy video games.

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

Treat people with respect (it does have to be earned).

## **The one thing I would like to see in Oregon correctional facilities is...**

Helping AICs to be ready when they are about to release.

## **So far, my experience as a Contact Team Member has been...**

Extremely positive. It is going to do great things due to the people that we have on the team. It is a great group.

## **The one thing I want AICs to know about the program is...**

It will work but it is going to take time. It will have benefits for AICs and staff alike. The Oregon Way initiative is moving more and more into the way of Humanizing people again. It will take some time but I strongly believe it is very feasible that we can work in this same manner [as Norway]. It will take time and lots of work but very feasible for sure. |ECHO

## IN SPORTS

Tournament winners pictured left to right: Stephon Hartley, dominoes; Nick Vega, Mariokart; and Joel Alfaro, foosball. (Jeremy Adams not pictured)



Photograph by Phillip Luna

## IN SPORTS

### In Sports for March, it's Pandemonium

**MARCH PROVED** itself to be a hectic month in sports and tournaments at EOCI. It's already pandemonium.

Dominoes, foosball, ping-pong, and Mariokart - the first wave of tournaments concluded in March with AICs Stephon Hartley, Joel Alfaro, Jeremy "Swag" Adams, and Nickolas Vega were declared as winners, respectively.

Dominoes tournament champion Hartley said, "The whole experience was good. [It] shows the eastside

and westside *can* co-exist in this type of environment. It feels like you're not in prison, like you're back home."

When asked who he would have liked to play, Hartley responded quickly saying either his uncle, Shawn Hartley, or Alander Jacob. He also expressed he would like to see a doubles tournament in the future.

Dominoes runner-up Miguel Arenas-Garcia stated, "It gets me out of the unit, let's me clear my mind. I love the experience of being in a positive

environment."

When asked about his experience, Foosball inaugural champion Alfaro said, "It felt good man, to be the first to win it all." He added, "I play futbol, so I was happy to win it all. I even let my family know."

Vega, avid gamer and Mariokart tournament champion, said, "I've played video games my whole life but this is the first time I applied it in a practical way."

Vega said that Mike Hamilton was his toughest opponent. "He was on my tail every race and it made me sweat."

For most AICs, interaction with their peers and Recreation Specialists Garton and Templin, as well as Captain Walker made the event enjoyable.

**ON APRIL 2**, the next round of events began: Magic the Gathering; pinochle; spades; cornhole; and chess.

One AIC stated, "These tournaments are really positive and, being BHS, they really help my state of mind."

| ECHO

## IN BLACK & WHITE

### A Look at a Commonly Misunderstood Rule in EOCI Sports

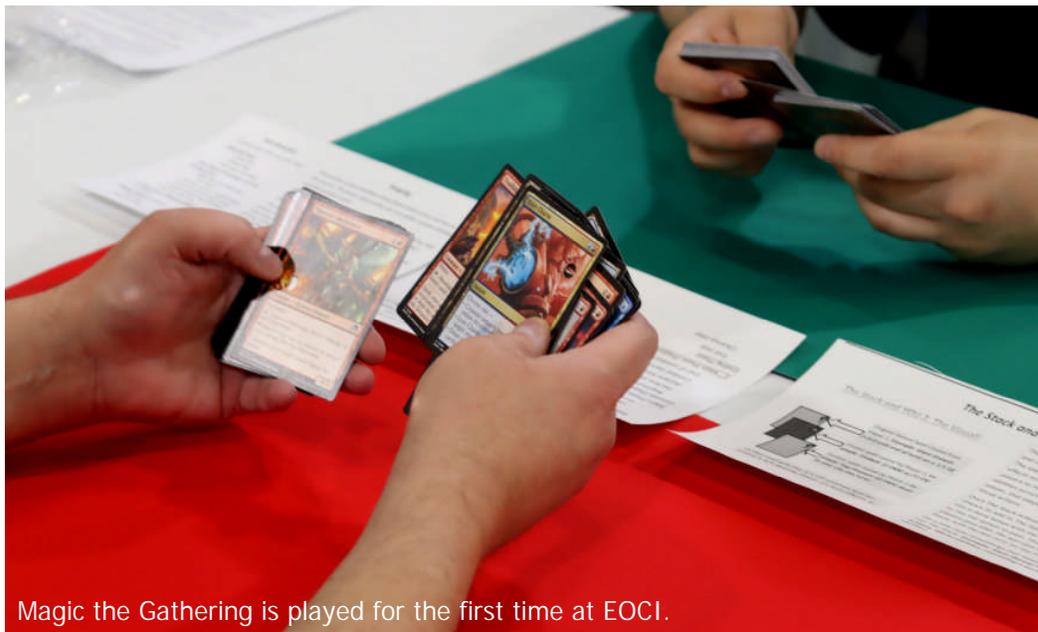
#### The Infield Fly Rule

Infield Fly can only occur when there's one or less out with runners on first and second. The batter hits the ball into the air making an easy play for any infielder (pitcher, catcher, first, etc.). When this happens, the batter is automatically out. Runners can advance to the next base so long as they tag up first. Otherwise they stay where they are on the field.

## IN SPORTS



The chess tournament started on April 2.



Magic the Gathering is played for the first time at EOCI.



AICs gather in the multi-purpose building for a hodgepodge of tournaments.

Photographs by Patrick Gazeley-Romney

# GOGI

## LEADERSHIP COURSE

### Accepting Applications

Getting Out by Going In (GOGI) is offering a leadership training course. GOGI intends to; 1) improve the quality of current facilitators and; 2) educate and prepare future facilitators.

#### Criteria:

Before submitting your application, please ensure that you meet the following criteria:

- Completion of (GOGI) life story
- Completion of one cycle of PowerUp! (GOGI support meetings)
- Incentive level 2 for a period of 6 months
- Your institution counselor must authorize placement
- You will have to obtain the support of your housing unit officer
- Demonstrate continued maturity and responsibility in the institution
- Willing to work towards Community Coach certification
- No STM for a period of 6 months

If you are interested in becoming a facilitator, please send an application to GOGI. Selected participants will meet with program clerks for on boarding and orientation.

## IN SPORTS

## OHIO'S BIG MOCK NFL DRAFT BOARD

By Shane "Ohio" Goins

1. Chicago- Marvin Harrison Jr.
2. Washington- Caleb Williams
3. New England- J.J. McCarthy
4. Arizona- Rome Odunze
5. LA Chargers- Malik Nabers
6. NY Giants- Drake Maye
7. Tennessee- Byron Murphy II
8. Atlanta- Olumuyiwa Fashanu
9. Chicago- Bo Nix
10. NY Jets- Terron Arnold
11. Minnesota- Quinyon Mitchell
12. Denver- Jayden Daniels
13. Las Vegas- Michael Penix Jr.
14. New Orleans- Nate Wiggins
15. Indianapolis- Dallas Turner
16. Seattle- Joe Alt
17. Jacksonville- JC Latham
18. Cincinnati- Jackson Powers-Johnson
19. LA Rams- Brock Bowers
20. Pittsburgh- Amarius Mims
21. Miami- Payton Wilson
22. Philadelphia- Jared Verse
23. Minnesota- Chop Robinson
24. Dallas- Troy Franklin
25. Green Bay- Troy Fautanu
26. Tampa Bay- Kool-Aid McKinstry
27. Arizona- Laiatu Latu
28. Buffalo- Tyler Nubin
29. Detroit- Darius Robinson
30. Baltimore- Adisa Isaac
31. San Francisco- Kamari Lassiter
32. Kansas City- Adonai Mitchell

# SPORTS AROUND THE WORLD

## An Update from the World of Sports

Written by Shane Goins, Contributing Writer

**THE NFL HAS** been a busy league in March. The Pittsburgh Steelers have made two surprising trades and signings with Quarterbacks (QB) Kenny Pickett traded to the Philadelphia Eagles and Mason Rudolph to the Tennessee Titans. Additionally they signed bargain QB Russell Wilson, who was a free agent after being cut from the Denver Broncos, and added young QB Justin Fields.

The Baltimore Ravens are making moves as well, letting Running Back (RB) J.K. Dobbins become a free agent and trading RB Gus Edwards only to sign RB Derrick Henry.

The Eagles perhaps made the biggest move of the month so far by signing free agent RB Saquon Barkley, who spent his rookie years with the New York Giants.

The Falcons made a major move by signing QB Kirk Cousins to a four-year deal worth up to \$180 million.

With the draft coming up what teams will try to trade up for Chicago's number one pick? Will QB Caleb Williams be the number one overall? Or will it be generational receiver Marvin Harrison Jr.?

With 93 total touchdowns (TD) Caleb Williams is making a clear case to be the first overall pick. In 37 games he had 735 completions out of nearly 2,000 attempts, 10,082 pass yards, 14 interceptions and a career completion close to 67

percent. With the amount of games in a college season, 93 TDs from a QB is like Tom Brady playing against preschoolers.

But, not one to be outdone, Marvin Harrison Jr. is living up to his namesake with 65 total TD, 155 receptions for 2,613 yards (159 plays from scrimmage with a total of 2,671 yards from scrimmage) in just 38 games (that's like catching passes from Peyton Manning in a beer commercial).

Chicago could potentially have the QB they've been waiting for as Williams would surely become the starter for the Bears. However, maybe Jayden Daniels from LSU will throw his hat in the ring and dance with these two as the dark horse draft pick no one saw coming. Or could QB Drake Maye sneak in the top pick?

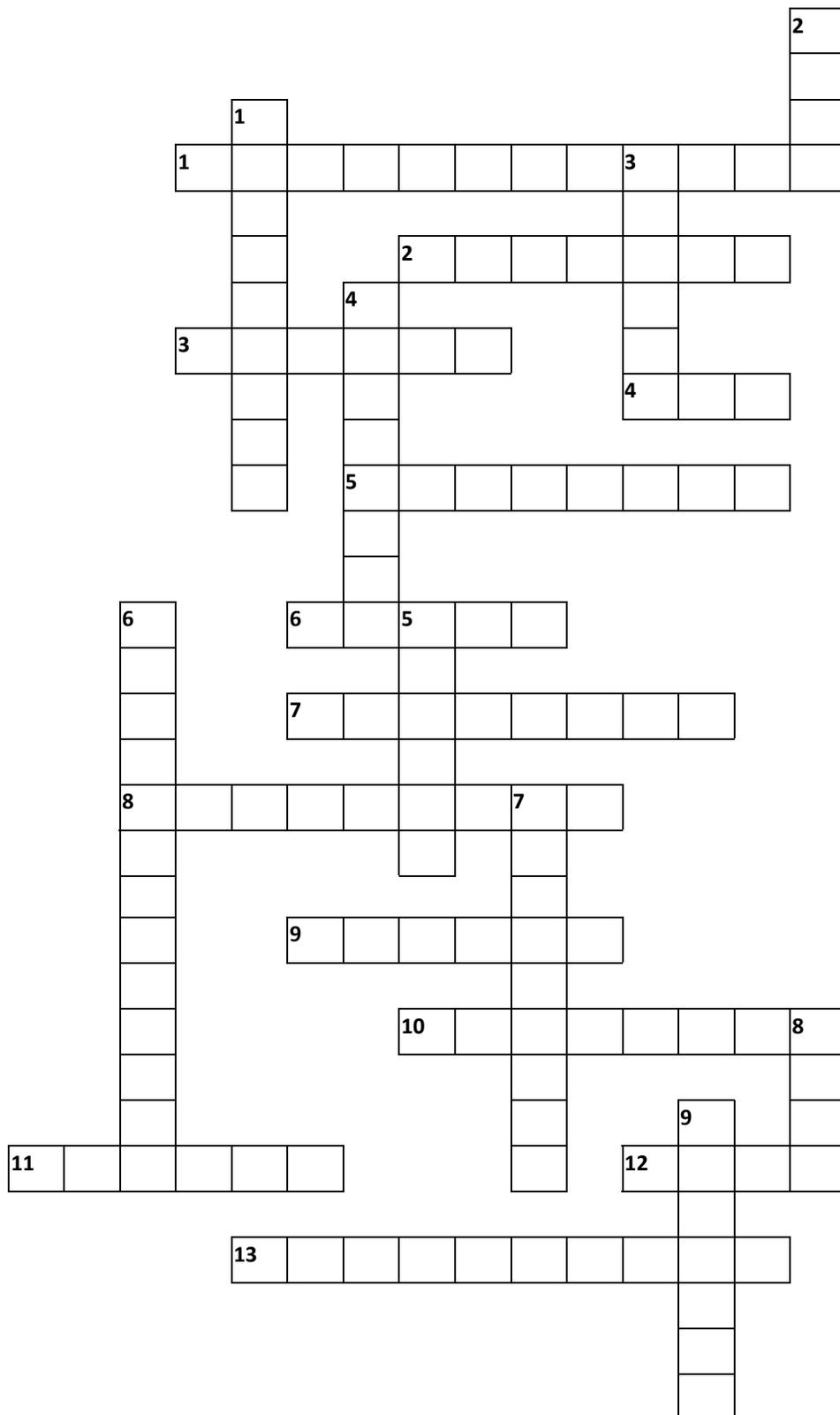
So far, this is the most drama and intrigue we've had leading up to a draft in years. And with the new NFL rules being approved, what will the landscape look like for the up and coming defensive players?

As the draft comes closer, every football fan from Oregon to Germany (and everywhere in between) will be on the edge of their seats waiting for the familiar tune that indicates the current team's pick as we await the Commissioner's announcement, "And with the first overall pick in the 2024 NFL Draft, the Chicago Bears select...." |ECHO

# CROSSWORD PUZZLE

## Canteen Items

Created by Walter Thomas, Contributing Writer



### Across

1. 100 pound and nine by twelve, to name one
2. Medicated Carmex
3. Jergens Care
4. Firstline Wav Enforcer, Doo
5. \$2.25 for a six by nine
6. Brand name for 2000 soap bar
7. Coffee – 100% from this place...
8. The sensitive toothpaste
9. You buy these during winter
10. Country Time Raspberry
11. Odor stoppers cushion
12. CL-20 Headphones, brand name
13. Brand name for \$3.12 Power Fresh A/P White

### Down

1. \$9.71 Natural Choice Advance
2. Popular food item in Guam
3. Sanford Magic Rub
4. Razors that cost \$10.68
5. Shower shoes
6. Packs of six, sometimes four
7. These satin black cloths block out light
8. A yellow powder, mixed with water and cooked in the microwave
9. Honor units only, three different kinds

RECIPE

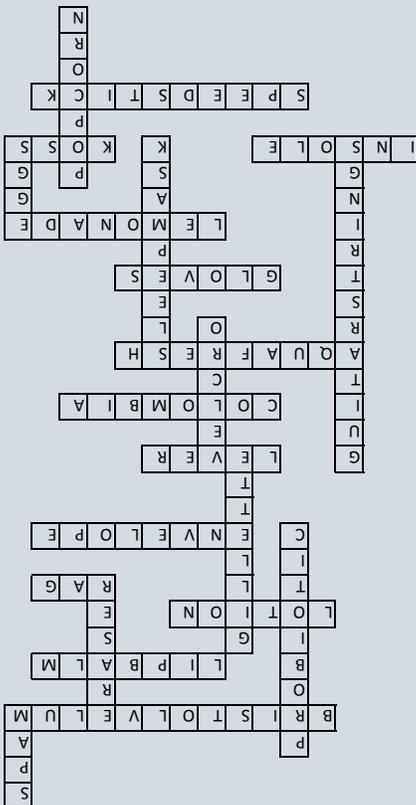
## Help Shape the Content of a New Project

### Are You an Incarcerated Veteran?

We are seeking veterans who are incarcerated and would like to share their story. What's it like to be incarcerated as a veteran? Are their services available for you in prison? Do you find community with other veterans - staff or AIC?

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

CROSSWORD PUZZLE ANSWERS (page 23)



# EASY ENCHILADAS

## A Recipe With a Microwave

Written by Brooklyn Sasso, Advisor

**THIS RECIPE CAN** make between six to twelve enchiladas.

### Step one - prepare the meat:

Add your meat products into a bowl, and add spices and sauces (seasoned to taste). Heat until warm, mixing frequently.

### Step two - prepare the beans:

In a bowl, add your bag of refried beans with water. Then add two handfuls of your Doritos (crushed), and your choice of cheese squeezes. Heat until warm, mixing frequently.

### Step three - the cheese sauce:

In a third bowl, add the country gravy mix, garlic powder, and one cheese bar (shredded) to your tumbler of milk. Heat until the cheese begins to melt and sauce thickens. Stop and mix frequently.

### Step four - the build

Begin by laying out the tortillas and fill them by dividing the meat and second shredded cheese bar amongst them. Roll them up.

Then put a thin layer of beans on the bottom of the bowl and place the filled and rolled tortillas. Next cover the tortillas with more refried beans until they are completely covered so they won't dry out. Finally add your cheese sauce and any extra cheese to the top of your dish and heat until cheese is melted. |ECHO

### Ingredients

- Two (2) - bags of flour tortillas
- Two (2) - cheese bars (your choice)
- Two (2) - cheese squeezes
- One (1) - refried beans
- Two (2) - meats of your choice
- One (1) - large bag of Doritos
- One (1) - country gravy mix packet
- One (1) - tumbler of milk
- One (1) - your choice of sauce
- One (1) - garlic powder

### Items

- One (1) tumbler
- Three (3) bowls
- One (1) spoon

## Help Shape a New Project

### Seeking Artists and Creative Writers

Are you an artist or a creative writer? We are seeking art, drawings, sketches, essays, poetry or short stories about **veterans and military service.**

Send an AIC communication form to IWP if you are interested in contributing your artwork or creative writing to a future project.

# 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](mailto: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.

## 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.

<p><b>Oregon Department of Treasury</b></p> <p><b>Tax Forms Requests</b></p>	<p><b>Internal Revenue Service</b></p> <p><b>Tax Forms Requests</b></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>

## 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

# WHAT IS CEVICHE?

## New Item Added to the Spring-Summer Menu

Provided by Elena Guevara RD, LD and State Dietician

**A NEW DISH** has been added to the spring-summer 2024 menu cycle: tuna ceviche.

Ceviche, pronounced seh-vee-chay, typically consists of raw fish and fresh lime juice with some hot peppers. Pre-cooked fish can be used in ceviche too, and that is what is used for the ODOC meal.

Many additional ingredients can be added, including vegetables like onions or sweet peppers, and fresh herbs like cilantro or mint.

When raw fish is used, the lime juice "cooks" the raw fish without heat. The normal process of heating food to cook it changes the structure of proteins in the food. A common example of this is when you cook an egg and the 'white' changes from clear to a solid color.

Another way of changing a protein is to apply citrus juices. But cooking with lime juice doesn't cook meat the same way heat does. It doesn't completely kill all bacteria.

Ceviche is the national dish of Peru! It is believed the dish originated from Peru, but this popular seafood is found in many coastal areas throughout Latin America.

Ceviche is being offered to enhance the menu variety and to feature foods from different cultures around the world. Ideas for new menu items come from AIC Food Service surveys or Food Service staff members. New items or recipes are used on menus if they can be produced with available food products at an acceptable price-point. |ECHO

# SEEKING ARTIST

## IWP is Looking for an Artist

IWP is seeking an artist to explore the potential of creating artwork for publications, posters or painting various murals. Position will be compensated.

**Current Art Topics include:**

- Aging in prison
- Mass incarceration
- How technology has advanced while you are incarcerated
- Being a veteran in prison, what that means to you

**Criteria:**

- Must be willing to take direction
- Must be familiar with multiple mediums
- Must be able to work with a deadline.
- Must be willing to work with others.
- At least six months clear conduct.

At this time we are exploring the possibility of this position. Kyte IWP for more information.

# RULE CHANGES

## From the Desk of Administrative Rules

### 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.

#### **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.

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

#### **COVID-19 Vaccine and Booster**

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Centers for Disease Control and Prevention (CDC) has authorized another vaccine booster series for COVID-19. Health Services will be approaching all individuals to inquire if vaccination is desired. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

#### **TV Channels**

Per Mr. Cox, Physical Plant Manager, "The Physical Plant has been receiving multiple kyte regarding TV and music stations. The Physical Plant staff does not have the ability to control TV or radio channels. A set program is ordered and paid for to the vendor and we do not have the ability to ad, delete, or modify any of these channels."



*Everyone deserves a chance*

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 communication to IWP for an application to Opportunity Oregon.**

*To Sylvia, To Frank  
After Frank O'Hara*

I wish I was having a Coke with you  
maybe a cherry, though I prefer  
orange crush, apple juice, or iced tea  
I would drink out of the bottle with you

On Coney Island, atop the Wonder Wheel  
on Lake Michigan in a leather jacket  
on Lake Champlain or my ikea couch  
which you called "T girl friendly"  
picked up my call, when  
a truck almost ended me

In Chicago, it is 6:48 pm  
in Los Angeles it is 4:48 pm  
I'm texting you in the middle  
of a writing workshop, in the middle  
of a pandemic, which stopped us  
from being together & Frank says  
*The only thing to do is simply continue*  
I do not want to continue  
without you.

