

March  
2016

# EOCI

# Newsletter

Eastern Oregon Correctional Institution  
Pendleton, Oregon

## What is the Mission of the Department of Corrections?

### Hold Inmates Accountable

The first part of the DOC mission is to keep the public safe by holding inmates accountable. This involves not only incarceration, but also basic, day-to-day rules, policies, and procedures.

These rules and procedures can be as important as restricting certain activities on the yard and in Multi, or as mundane as making sure you've signed the shower log or made your bed properly.

As the inmate handbook states, the rules and procedures at EOCI are developed "to support a professional, respectful, and safe environment for everyone..." and "enhance the daily operations of the institution..."

In other words, even though rules about not talking in med line, not sharing food with inmates at other tables, putting your name and SID on your personal drawings, etc. may seem trivial, the purpose is to hold each inmate accountable and make sure he understands and complies with the rules.

## Reduce the Risk of Recidivism

The second part of DOC's mission is reducing the future risk of criminal behavior. Generally, that involves "redirecting undesirable conduct and reinforcing pro-social behavior," as stated in the handbook. The goal is to provide inmates with "opportunities for success in your transition and re-integration back into your community."

Specifically, that means taking advantage of such things as parenting class, DBT coping skills, anger and stress management, GED and pre-GED education programs, Pathfinders, AA and NA, religious or spiritual programs, HHAAP Peer Educator program, and others.

Showing up for work on time and having a good work ethic are also ways to reinforce behaviors that will help inmates stay out of trouble and achieve goals, both while in prison and after release.

DOC's mission is to hold inmates accountable for their actions and reduce their risk of re-offending. That requires not just compliance with the rules, but also full participation in work and program opportunities designed to help inmates succeed now and in the future.

## Some Facts About Minimum Custody

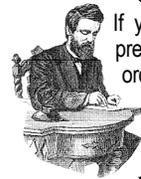
An inmate with 48 months or less remaining on his sentence is usually placed on minimum custody status. The inmate's transfer to a minimum security facility depends on such factors as the inmate population at various DOC facilities, the inmate's county of release, and the inmate's conduct and discipline history.

While most Oregon inmates release to Multnomah County, their first minimum institution may not be in Portland.

Certain work assignments or non-work programs such as GED or Pathfinders do not necessarily prevent or delay transfer to a minimum. Inmates participating in various work and non-work programs are transferred on a regular basis.

EOCI is not a releasing institution. All minimum custody inmates release from one of DOC's releasing facilities, such as Deer Ridge in Prineville, Columbia River in Portland, or Santiam or Mill Creek in Salem (except in rare instances allowing release directly to Umatilla County).

Within six months from release, you'll be placed on the release counselor's case load. Do not send a request to meet: Within those six months (generally 60 to 90 days to release), you will be placed on a callout to discuss with the release counselor your plans regarding housing, employment, healthcare, etc.



If you are minimum status, begin preparing your release plan now in order to allow time to gather information and allow for unexpected developments and back-up plans.

Lastly, save as much money as possible before release, to help pay for such expenses as post-prison supervision fees, first and last month's rent on an apartment, groceries, gas, car insurance, etc.

St. Patrick's Day  
March 17



Palm Sunday,  
First Day of Spring  
March 20



Easter Sunday  
March 27



PRAS Posting  
April 7



Please direct questions and comments to EOCI Inmate Work Programs. Friends and family are invited to visit [http://www.oregon.gov/doc/OPS/PRISON/SiteAssets/pages/eoci/EOCI\\_Inmate\\_Newsletter.pdf](http://www.oregon.gov/doc/OPS/PRISON/SiteAssets/pages/eoci/EOCI_Inmate_Newsletter.pdf)



# DVD Movie Donations

## Step-by-step instructions for getting movies donated to the EOCI Movie Library

1. Send an Inmate Communication Form to the Multi Sergeant with the title, year, and rating of the movie you wish to donate.
2. Staff determines if the movie is on the SWANK-approved list and whether it is already in the institution approved database and in the EOCI Movie Library.
3. If the movie is SWANK-approved but not in the Movie Library, it is sent to the Operations Captain for approval, who notifies the Assistant Superintendent of General Services of the approval or denial.
4. Multi staff sends the inmate notification of approval or denial. If it is approved, staff adds the title to the movie database.
5. The inmate may order the approved movie DVD(s) through an approved vendor or ask someone on the outside to do so.



### Important

- ✓ Do not order a movie, or ask someone else to order any movie, until you are notified that the title has been approved.
- ✓ New or used, all movie DVDs must come from an approved vendor (e.g., Amazon.com, Walmart.com, Fred Meyer.com, etc.), not a private party.
- ✓ Donations to the Movie Library must be address exactly as appears below:

**Eastern Oregon Correctional Institution  
Assistant Superintendent of General Services  
2500 Westgate  
Pendleton, OR 97801**

- ✓ All donated movie DVDs become the property of ODOC/EOCI, not of the inmate who asked to have them donated.
- ✓ No inmate name or SID is to appear on the packages. Packages addressed to an inmate or displaying an inmate SID will be returned to the sender.
- ✓ Because some versions of the same film title may have different ratings, the inmate must notify anyone on the outside who is ordering a DVD that it must exactly match the approved title, version, and rating.
- ✓ Movie DVDs that are sent to EOCI without prior approval, or those of a different version or rating, will be disposed of. ●

## Inmates no longer dial 211# to report Access Corrections service issues.

In recent years, inmates have had different ways to report issues regarding DOC's technology vendors, Telmate and Access Corrections.

After reviewing each method's effectiveness, it has been that the best way for inmates to report/resolve Access Corrections issues is

by sending an electronic help request from the Telmate/VIP station on every housing unit.



These electronic help requests from the Telmate/VIP stations make the best use of Telmate customer service. They also allow DOC staff to review the inmate requests more easily, which results in faster communications, processing, and tracking/solution.

As of February 22, 2016, help requests regarding Access Corrections that are submitted by dialing 211# result in following response from Telmate customer service:

**“ All MP3 issue reports should now be submitted on the VIP kiosk via the inmate requests tab. There is a form called 'Access Corrections Help' where you can document issues and receive responses. Use this method rather than 211# going forward. ”**

This new procedure does not change how inmates report issues regarding Telmate services. To report Telmate service issues, inmates can still dial 211# —although it is preferred that, as with Access Corrections issues, inmates now send an electronic help request from the Telmate/VIP station.

Inmates who want to submit a help request for either Access Corrections or Telmate service issues but do not have access to a Telmate/VIP station (e.g., those in DSU or on LOP) can send a written communication to [Telmate@CDC](mailto:Telmate@CDC), as was standard procedure in the past. ●

# Distance Education Workshop at EOCI

Achieving a college degree is a real challenge for most people—but it’s especially difficult for those who are incarcerated. Limited access to technology and online resources, as well as longer turnaround times for testing and grading require a special commitment on the part of the inmate to work toward and attain a college degree.



Here at EOCI, Education staff and Institution Counselor Ms. Key have developed a workshop to help familiarize inmates with ways they can obtain a college degree while incarcerated. Some of the information addressed during the Distance Learning Workshop include:

- College correspondence courses and self study
- Costs for degrees and certifications
- Test proctoring and other testing services at EOCI
- Computer access for word processing
- Financial aid after release, including FAFSA
- Guidance, advice, and answers about education

Inmates are permitted to attend one, two-hour workshop session (dates and times to be determined).

Anyone interested in attending this informative workshop should send a communication, marked “Distance Learning,” to Ms. Key, F3 Appendage, by Monday, March 21. ●



# Multi Closed

The Multi-Purpose Building is closed until further notice, and all Multi activities and programs are cancelled—including haircuts, athletics, concerts, movies, etc. Refunds will be determined and processed. ●



# Work Applications

Some simple reminders about completing and sending a work application here at EOCI.

- **It’s all about you.** Your name, unit, counselor’s name, release date... all of this information is required—no exceptions. If you don’t know your counselor’s name, find out before sending in an application.
- **Honesty is the best policy.** Be honest in the section for major misconducts within 12 months. In fact, be honest in all the sections. The information you provide will be verified.
- **What do you want?** Provide a separate work application for each job in which you’re interested (for example, Canteen, Garment Factory, Unit Orderly, etc.). Work applications are filed according to work area, not inmate name.
- **Your counselor comes first.** Unless otherwise directed, send your application(s) to your institution counselor, not to the hiring supervisor or to IWP. Your counselor must sign off on work applications and then forwards them to Mr. Hawkins, Inmate Work Programs Coordinator.
- **Extra kyte?** There is no need to include an inmate communication with your application. ●

Section 1			
POSITION APPLIED FOR		POSITION LOCATION	DATE
PERSONAL INFORMATION			
Name (Last, First Middle)		SID #	
Institution Assigned	Housing Unit/Bunk #	Counselor	Release Date
CONDUCT/PROGRAM HISTORY			
List all major misconduct or program failures by month in the last twelve months.			
Section 2			
EDUCATION/TRAINING HISTORY			
List colleges, military, trade, business or other schools attended.			
Do you have a high school diploma or GED certificate? Yes / No			
Name and Location of School	Course of Study	Did you graduate? Yes / No	
LICENSE / REGISTRATION / CERTIFICATE			
List any professional license, registration, certificate, etc.			
Description	State	Number	Expiration
SPECIALIZED SKILLS AND KNOWLEDGE			
List skills or knowledge that show your ability to perform the job for which you are applying.			
Section 3			
WORK HISTORY			
Beginning with most recent work, both on- and off-institution and COCC/OICE positions.			
From (Month-Year)	To (Month-Year)	Business Name and Address	
Your title and duties		Supervisor's Name	
From (Month-Year)	To (Month-Year)	Business Name and Address	
Your title and duties		Supervisor's Name	
From (Month-Year)	To (Month-Year)	Business Name and Address	
Your title and duties		Supervisor's Name	
From (Month-Year)	To (Month-Year)	Business Name and Address	
Your title and duties		Supervisor's Name	
Section 4			
The information on this application is true and accurate to the best of my knowledge.			
Signature			Date
CD # 1523 03/20/10			

G4	4/1	A3	3/1
G3	3/1	A2	2/3
G2	1/3	B4	1/3
F3	1/3	B3	1/5
E3	0/2	A4	1/3
E2	0/2	C1	0/3

## Soccer

Even though the EOCI soccer playoffs had already begun, they're on hold until further notice, due to the closure of Multi.

On the East Side bracket, H1 earned the number-one seed, and in the first round, H2 beat E3 (2-0), and G3 defeated G2 (2-0).

On the West Side bracket, A3 has top seed and defeated C1 (4-0) to advance to the second round.

In soccer, you never really know how the season's going to end. Hopefully the playoffs will resume so we can get some championship games shown on Channel 51.

## Final Soccer Standings

East Side		West Side	
H1	38 pts	A3	32 pts
G4	28 pts	A4	24 pts
G3	27 pts	A2	22 pts
H2	17 pts	B1	18 pts
E3	13 pts	A1	18 pts
F3	11 pts	B4	16 pts
G2	6 pts	B2	14 pts
		C1	8 pts
		B3	8 pts

## Volleyball

Due to the closure of Multi, no more volleyball games are scheduled until further notice.

The volleyball season started off pretty exciting. Unfortunately, the Multi closure has brought play to a halt. We've got a couple early games recorded—so stay tuned. Volleyball is growing in popularity and skill levels here at EOCI, and it will be fun to watch the best teams this season rise to the top. Here the standing and some highlights so far (as of March 8, 2016):

## Volley Standings (wins / losses)

East Side		West Side	
H1	3/1	A1	5/0
F4	1/3	B1	5/0
E4	3/2	B2	3/2

## Volleyball Highlights

DATE	WIN	LOSS
2/13	E4 A3 B4 G3	F3 A2 B3 G2
2/14	G4 A1 B1(2) H1 (2)	E2 C1 A4 (0) F4 (0)
2/17	B2 (2) G4 (2)	C1 (1) H1 (1)
2/18	A1 (2) E4 (2)	A3 (0) E3 (0)
2/19	A2	B3
2/20	A3 (2) B2 (2)	A4 (0) B4 (0)
2/21	A1 B1 (2) H1 (2)	B3 A2 (0) E4 (0)
2/24	A4 (2) G3 (2)	B4 (0) F3 (0)



## Racquetball Championship

### Singles East

- 1st Puckey
- 2nd Rogan
- 3rd Crahan

### Singles West

- 1st Egge
- 2nd Emmingham
- 3rd Canal

### Doubles East

- 1st Puckey and Rogan
- 2nd Crahan and Isherwood
- 3rd Williams & Hauser

### Doubles West

- 1st Egge and Emmingham
- 2nd Avila-Gomez and Reyes-Peña

## Dominoes Championship

### East Side

- 1st Washington
- 2nd Gonzaga
- 3rd Ramirez

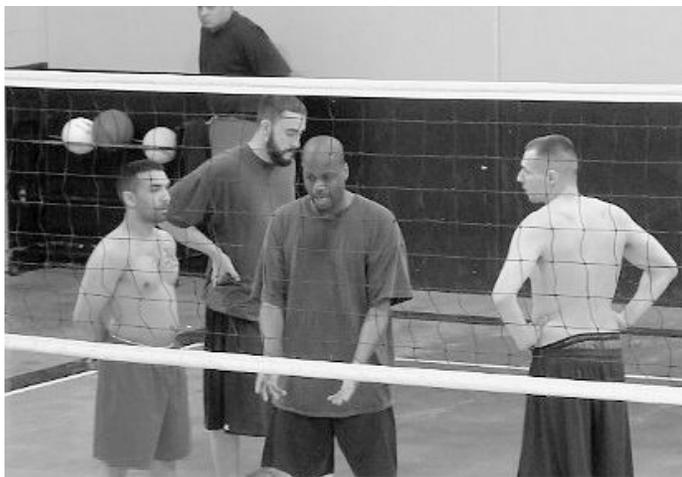
### West Side

- 1st Aguilero
- 2nd Benevides
- 3rd Bowden

# Volleyball Shots



Left: F4's Rosevere spikes one over the net for a point against G3 on February 24.



F4's Craig coaching up his team between games against G3 on February 24.



A4's Wisbeck spikes it to B4 during a February 24 game. A4 beat B4 in two games.



*“ Next to God, we are  
indebted to women —  
first for life itself,  
and then for making  
it worth living.*

Mary McLeod Bethune

## SPIRITUAL AND PERSONAL GROWTH



### Two Work Assignment Openings in Religious Services

**Applications must be sent to institution counselors by Monday, March 21.**

EOCI Religious Services has two work assignment openings. To be considered, you must submit a complete and legible work application, and you must have had at least one year of clear conduct, with no major or minor DRs. Open to all incentive levels.

Religious Services workers are required to be present for a wide range of services and activities—many of which may not represent the inmate workers' personal beliefs or practices. Religious Services workers must have an open and inclusive attitude toward all faith groups and practices, and must be able to work effectively and respectfully with diverse inmates and community volunteers.

The two Religious Services work assignment opportunities are:

**Religious Services Clerk** (9 PRAS points): Primary responsibilities include caring for the chapel dogs when the dogs are present (usually during chapel library hours), taking attendance during scheduled services and activities, handling inmate requests for religious materials, and keeping the free literature shelves tidy and orderly.

**Religious Services Musician** (14 PRAS points): Because the primary responsibility will be to assist the volunteers with the musical portion of their service or activity, the chapel musician must be able to:

- play piano,
- read music,
- take direction quickly and respectfully, and
- maintain a pleasant and helpful demeanor at all times.

The chapel musician must also have a working knowledge of the PowerPoint presentation program for

PC, or be willing and able to learn the program soon after accepting the work assignment.

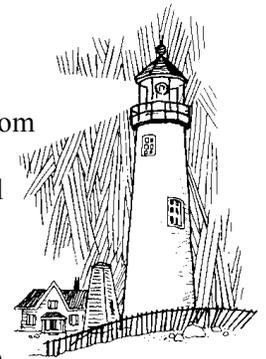
All Religious Services workers are required to participate in a sign-language class, with the goal of learning how to communicate with the hearing impaired.

All applications must be complete and legible. Incomplete or unreadable applications will be returned unprocessed. Send applications to your institution counselor for primary approval by Friday, March 18. Counselors will then forward approved applications to Mr. Hawkins, Inmate Work Programs Coordinator. ●

### Chapel News

#### Lighthouse Pentecostal

On Sunday, March 13, volunteers from Pendleton's Lighthouse Pentecostal Church joined inmates in the Chapel for lively praise, prayer, and song.



#### Gospel Echoes Crossroad Team Concert

The Gospel Echoes Crossroad Team will present a concert of Christian songs and testimony in the EOCI chapel on Monday afternoon, March 14. To attend, send an Add/Drop form marked "Crossroad" to the Chapel.

#### Lifeline Prison Ministry

Joe Wilkins of Lifeline/Restoration Prison Ministries will facilitate a word and song service on Friday, March 18 at 2pm in the chapel.

Wilkins says that while he was doing time in a Huntsville, Texas prison in the 1970s, Jesus Christ rescued him from a life of drugs, violence, and heartbreak. Wilkins says he answered God's call in the early 1980s and has since been bringing the message of restoration through Jesus to prison inmates throughout the world.

Several additional volunteers and visitors will accompany during this worship and music event.

To attend, send an Add/Drop form marked "Lifeline" to the Chapel.

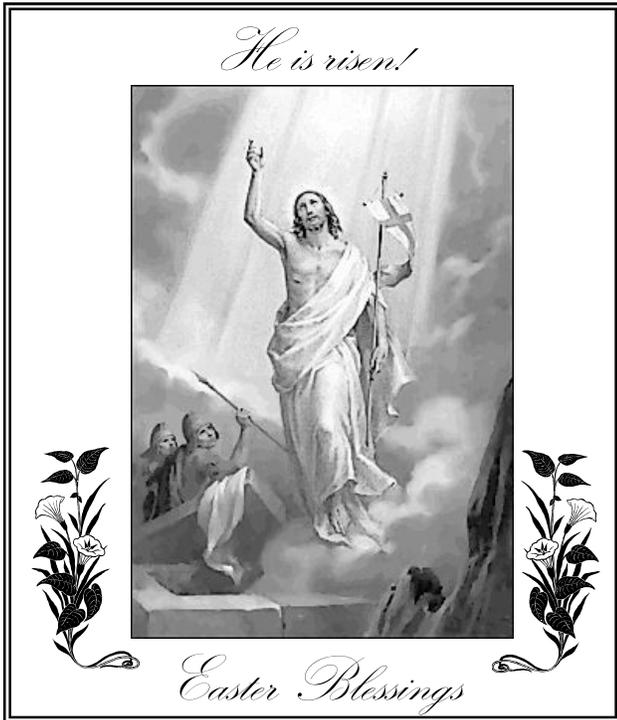
#### Christian Science Services Resume

Christian Science services will resume Saturday, March 19, 2016, at 1:30pm. Volunteers and inmates will study the Bible's spiritual teachings and will explore the textbook *Science and Health, with Key to the Scriptures*, by Mary Baker Eddy. All are welcome. Send a Religious Services Add/Drop form to the chapel.

**Chapel News** (continued)

**Easter Morning Service**

Episcopal volunteers will provide an Easter service, in the chapel, Sunday, March 27 at 8am. To attend, send an Add/Drop form marked "Easter Service" to the Chapel.



**Cove Mennonite Choral Concert**

The Cove Mennonite choir will again present an Easter-theme concert in the chapel on Saturday, April 2 at 9:30am. This popular event features traditional Christian songs performed *a cappella*. To attend, send an Add/Drop form marked "Cove Choir" to the Chapel.

**Athena Community Church Choir Concert**

The Athena Community Church choir will present a spring concert in the EOCI chapel on Saturday, April 9 at 6:30pm. (The Full Gospel Businessmen service will be cancelled that day.) To attend—even if you regularly attend the Full Businessmen service—you must send an Add/Drop form marked "Athena" to the Chapel.

**Mitch McVicker Concert**

Mitch McVicker will perform in the chapel on Thursday, April 14 at 1:30pm.

McVicker's music career has included 1500 concerts and 10 albums. "I got my start," McVicker says, "traveling, writing songs, doing concerts, and being roommates, with Rich Mullins. I was in the car wreck that killed Rich. My recovery was touch-and-go and very extensive.

McVicker continues: "This was a significant event in my life and a big way that I have come to experience the Lord's faithfulness. I try to communicate this in the concerts I am now able to do."

With his latest project, McVicker looks at the "mysterious, grey love of God." In the rock ballad "Into the River," The musician relates of a "painful peace, with a gut-wrenching mix of life's hopelessness and other-worldly hope."

McVicker says, "I hope the songs remind us that God's all encompassing love connects with us in all situations and through every circumstance."

To attend, send an Add/Drop form marked "McVicker" to the Chapel.

To attend all March and April chapel events listed here, send an Add/Drop form marked "All Events" to the chapel. Religious Services Add/Drop forms are available from your housing unit officer. •

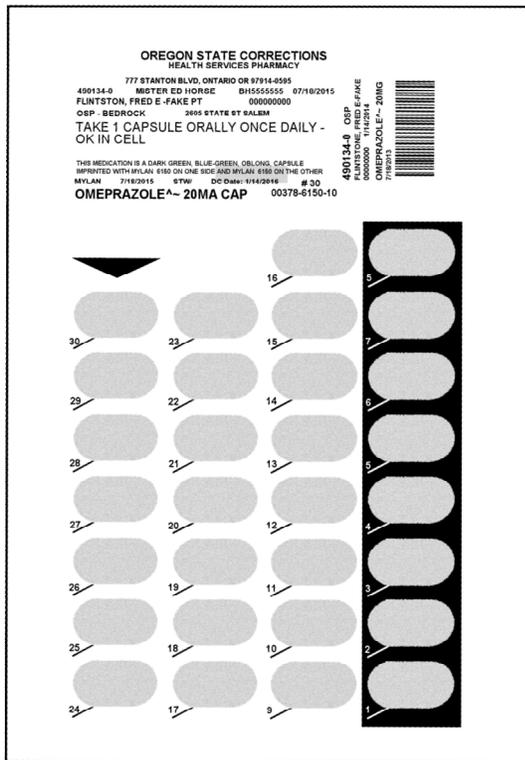


護生 "Give Us A Chance"

A Buddhist View of Compassion



## Entendiendo Tu Paquete de Medicina



Hay muchos numeros en la etiqueta del paquete de medicina autorizada en tu celda. Hay que dar un repaso usando esta imagen.

- **Tu SID:** Tu SID esta impreso en la esquina de arriba a mano derecha y en la etiqueta adhesiva de recambio.
- **Numero de Receta:** El numero de receta es unico en su genero utilizado por la farmacia para indentificar tu receta. Esta en la esquina de arriba a mano izquierda.
- **Fecha de proceso de Pedido:** Le Fecha de proceso de pedido esta en la esquina de abajo a mano izquierda de la etiqueta fija y tambien en la etiqueta adhesiva de recambio. Esta es la fecha en que la farmacia despacho tu medicina por un mes.

La farmacia no puede hacer recambio de receta hasta que falten cinco dias para que se venza el pedido. Si mandas un pedido de recambio antes de cinco dias para la medicina autorizada en tu celda, se te mandara una notificación que no es tiempo para pedir recambio. Los pedidos de medicina para EOCI se procesan en SRCI, asi es que tu medicina estara lista con la enfermera de medicina a los dos o tres dias de que se procese la orden.

- **Fecha en Que el Pedido se Vence:** La fecha en que el pedido se vence esta en la parte media de abajo de la etiqueta fija y la parte de arriba a mano derecha de la etiqueta adhesiva. La fecha de vencimiento significa que la medicina se ha vencido o no se podra hacer recambio. Despues de la fecha de vencimiento la farmacia no puede hacer recambio hasta que se procese una receta nueva.

Pon atención a la fecha de vencimiento de tu medicina. Envía una solicitud de servicios de salud por lo menos dos semanas antes de que se venza para que se pueda re-anudar la medicina. La enfermera de servicios de salud programara un reviso de expediente medico para pedir otra receta para ver si sería necesaria una consulta medica.



Por favor solicita un recambio cinco dias antes de que se acabe la medicina.

### UNAS RECORDATORIAS

Por favor solicita un recambio cinco dias antes de que se acabe la medicina. Por ejemplo, si te tomas la medicina una vez al dia, solicita el recambio cuando queden cinco pastillas. Si te tomas la medicina dos veces al dia, solicita el recambio cuando queden diez pastillas.

Cuando solicites recambios, usa el formulario de solicitud de recambio de medicina que esta disponible en la estación de oficial de vivienda. Para medicina que esta por vencerse, por favor envia una solicitud de servicio de salud haciendo un circulo alrededor de la frase "my prescription is about to expire."

Asegurate de poner tus solicitudes de recambio y de servicios de salud en la caja pequeña amarilla afuera del comedor (no en el buzón de correo).





# ODOC Rules Update

## ADMINISTRATIVE RULES

Below is a list of status changes for the DOC administrative rules since 1/5/16:

### 291-014: Training Requirements for Arrest Procedures for Parole and Probation Officers

- Parole and probation officers must participate in a minimum of eight hours annual training in arrest procedures. These rule amendments require the local state director to create annual training requirements that may exceed the minimum hours.

### 291-131: Processing of Mail for Inmates in DOC Facilities

- These rule revisions are necessary to update and clarify procedures for processing incoming and outgoing mail to inmates in department facilities. Revisions include but are not limited to clarification on the use of the inmate's court name, handling of official mail, and further clarification on the material that constitutes prohibited mail. Many of the revisions are of a housekeeping nature.

### 291-133: Marriages and Domestic Partnership Solemnization Ceremonies for Inmates

- These revisions are necessary to update the department's policies and procedures regarding marriages and solemnization ceremonies for inmates in department facilities. The rules will recognize same-sex marriages to reflect changes in state and federal laws. The department will no longer transport inmates between facilities for the purpose of participating in a marriage or solemnization ceremony. Married or domestic partnership inmates who reside in the same facility will not be housed in the same cell

The last day to submit comments is **March 21, 2016**. Written comments can be submitted to the Rules Coordinator, DOC, 2575 Center Street NE, Salem, OR 97301-4667.



## PERMANENT RULES

### 291-205: Victim Services Program

DOC rules are available for inmate review in the EOCI Law Library. ●

# PREA PRISON RAPE ELIMINATION ACT (PREA)

## ON-SITE NATIONAL AUDIT EOCI • APRIL 11-14, 2016

April 11 through April 14, 2016, the United States Department of Justice Certified Auditor, Ms. D. Striplin, will conduct an audit of EOCI's compliance with the federal PREA law.

Any inmate who wishes to provide Ms. Striplin with information or speak with her in person, can do so by first sending a letter to the address below.

**Ms. D. Striplin**  
**NDOC-PREA Management**  
**PO Box 7011**  
**Carson City, NV 89702**

To ensure confidentiality, you must write "For the EOCI PREA Auditor" on the outside of the envelope.



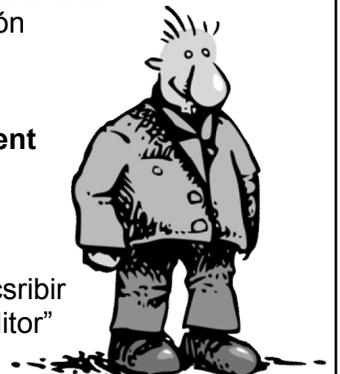
## INSPECCIÓN FEDERAL EOCI • ABRIL 11-14, 2016

Del 11 hasta el 14 de Abril del 2016, la Inspectora Certificada del Departamento de Justicia de los Estados Unidos, Ms. D. Striplin, conducirá una inspección del nivel de cumplimiento de EOCI con la ley federal PREA.

Cualquier presidiario que desee proveer información a Ms. Striplin o hablar con ella en persona, tendra que enviarle una carta primero a la dirección siguiente.

**Ms. D. Striplin**  
**NDOC-PREA Management**  
**PO Box 7011**  
**Carson City, NV 89702**

Para asegurar confidencialidad, debe escribir "For the EOCI PREA Auditor" en el sobre.



## State Commissary Update

### Price Reductions

Please note the price reductions on the items below items from the EOCI holiday items order forms.

Chocolate Mint Cookie Sandwich .....	\$1.50
FP Smoked Clams .....	\$1.50
Idahoan Mashed Potatoes .....	\$1.00
Kellogg's Froot Loops .....	\$2.25
Libby's Whole Kernel Sweet Corn .....	\$0.50
O'Brian's Cheddar Summer Sausage 12 oz. ....	\$3.50
Oscar Meyer Real Bacon Bits .....	\$2.00
San Miguel Salsa Verde .....	\$0.75
Tilapia with Teriyaki Sesame Sauce .....	\$1.50
Zachary Chocolate Covered Cherries .....	\$1.00

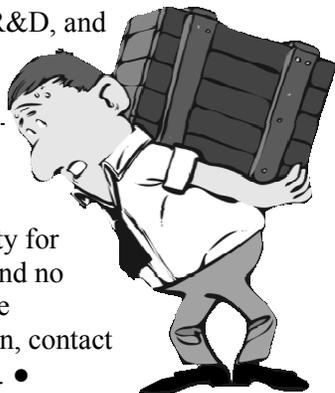
### State Commissary Reminders

- ✓ Level 1 inmates are not allowed to purchase music vouchers.
- ✓ When turning in a TV or MP4 player for warranty work, all warranty paperwork must be filled out and accompany the item.
- ✓ You are allowed to turn in only one canteen order sheet per week. Your name, SID, housing unit, institution, and date must be on the form and legible.
- ✓ Flat rate boxes are exempt from the inmate's spending limit.
- ✓ Due to manufacturer packaging and pricing practices, the package size and price of Oberto products can change without notice. ●

## Releasing Inmate Property to Visitors

Inmates may release excess personal property to approved visitors during a scheduled visit, including books, electronics, drawings, etc. This process is facilitated through R&D, and all property will be inspected before it is released.

The visitors must be able and willing to pick up the property without inmate or staff help. EOCI assumes no responsibility for transport of inmate property, and no lifting help or handcarts will be provided. For more information, contact the Property Corporal in R&D. ●



## Coming Soon

### New, Level 3 concession items planned for Level 3 movie goers

Two new, healthy concession items will soon be added to the list of concession items available for purchase during Level 3 movies: Oscar Meyer "Portable Protein Packs" and Vitamin Water.



This is in response to those who have asked for healthy snack alternatives to candy, soda pop, and popcorn, and they will be available only as Level 3 movie concessions. ●

## Did you know?



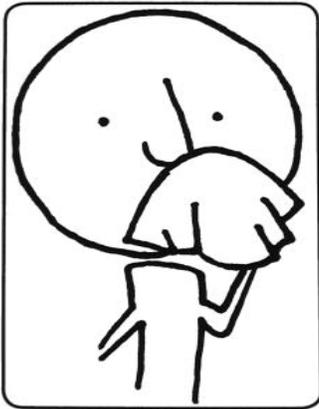
National Cancer Institute researchers followed nearly 450,000 participants (ages 50 to 71) for an average of ten years. During that time, 2,904 developed malignant melanoma. However, people who drank four or more cups of coffee per day had 20 percent lower risk than those who drank none. Compounds in coffee may suppress skin cancer by protecting cells from oxidative stress. ●

## Hoppy Spring!



# Stop the spread of germs that make you and others sick!

## “If I’m already sick, how do I stop the spread of germs?”



- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your sleeve – not your hands.
- After coughing or sneezing, always clean your hands with soap

and water or an alcohol-based hand cleaner.

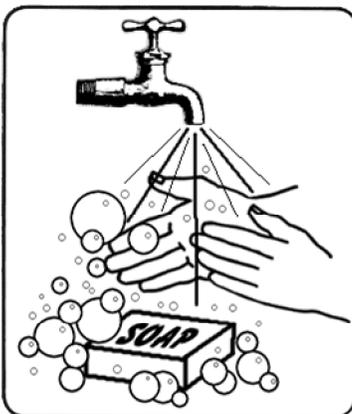
- Put your used tissue in the trash.
- Stay home when you are sick.
- Don't share eating utensils, drinking glasses, towels or other personal items.
- Avoid close contact with loved ones.

## “What good does covering my cough do?”

- Serious sickness, like flu, is spread by coughing or sneezing and unclean hands.
- Flu spreads easily in crowded places where people are in close contact.

## “How can I stay healthy when everyone around me is sick?”

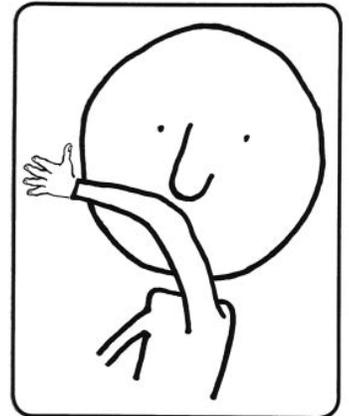
- Clean your hands often with soap and hot water for as long as it takes to sing “Happy Birthday” twice.



- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get a flu shot! Flu shots can help keep you from getting sick.

## “What else should I do?”

- Cover you cough or sneeze with a tissue, and throw the used tissue in the garbage.
- If you don't have a tissue, cough or sneeze into your sleeve – not your hands.
- Wash your hands often with soap and water, and rinse thoroughly.



This message is brought to you by the Oregon Department of Human Services (DHS), the Association for Professionals in Infection Control and Epidemiology, Inc., and your local county health department, with special thanks to the Minnesota Department of Health for sharing these illustrations. •



**Oregon Department of Human Services  
Public Health Division  
800 NE Oregon Street, Suite 930  
Portland, Oregon 97232**

[www.oregon.gov/DHS/ph/index.shtml](http://www.oregon.gov/DHS/ph/index.shtml)



**Wash your hands  
for as long as  
it takes to sing  
“Happy Birthday”  
two times.**

# Seek-A-Word

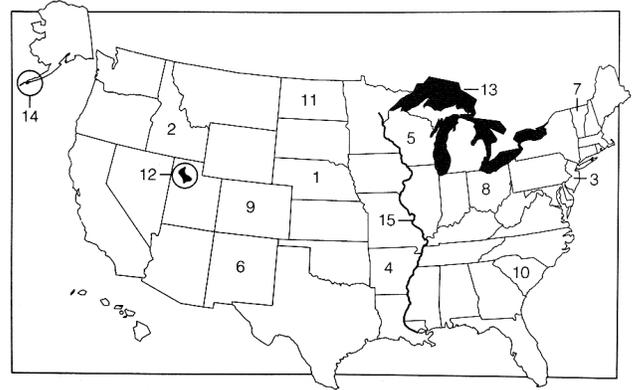
S E N T R A C K S E E R H T S  
 K Y R A R A I L M A H T O G S  
 Y R A U T O B M U D U B T U A  
 L N O W T T L U S O L R B E P  
 I T Y Y K C A L S U A W L C R  
 N N E L W L E H E I A A S N E  
 E E V U K E A T N (Y) N P S A V  
 D M R E T O N W I A (T) P O N O  
 A T U S S A O Y C H M (I) R E C  
 N U C E M T T R O A C E (C) T I  
 N B N T A R E S B B R R N N N  
 O A A N E W E I V N W S A I O  
 L B I B O S T C E N N O C A C  
 O H I T N A P S E L B A C M I  
 C L A N D M A R K R A P I O N

Abutment, Architecture, Batman, Blue, Brooklyn, Cables, Canal, Cars, Chinatown, Cinema, City, Colonnade, Connect, Cowboy, Cross, Curve, Dumbo, Gotham, Iconic, Landmark, Lanes, Liberty, Maintenance, Manhattan, New York, Overpass, Park, Pier, Rail, Skyline, South, Span, Statue, Steel, Subway, Three, Tower, Track, Train, Trolley, View, Walkway



Happy  
Easter!

# What's your USA IQ?



Name these states and geographic landmarks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

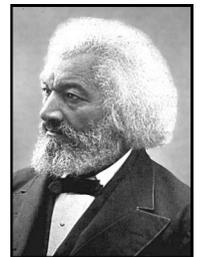
Name these states' capitals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

States and geographic landmarks:  
 1. Nebraska; 2. Idaho; 3. New Jersey; 4. Arkansas; 5. Wisconsin; 6. New Mexico; 7. Vermont; 8. Ohio; 9. Colorado; 10. South Carolina; 11. North Dakota; 12. Great Salt Lake; 13. Lake Superior; 14. Aleutian Islands; 15. Mississippi River  
 Capitals: 1. Lincoln; 2. Boise; 3. Trenton; 4. Little Rock; 5. Madison; 6. Santa Fe; 7. Montpelier; 8. Columbus; 9. Denver; 10. Columbia; 11. Bismark;

“ If there is no struggle, there is no progress. ”

Frederick Douglass



## Thank you to EOCI

Thank you for your support of Domestic Violence Services. We have received your generous donation of \$1625.48.

With your support we will continue to offer crisis services to ALL victims of domestic violence and sexual assault in Umatilla and Morrow Counties. Together we will help them build brighter futures for themselves and their children.

Thank you on behalf of the Board of Directors, Executive Director and Staff.

