



# EOCI newsletter

JULY-AUGUST 2016

## Congratulations Spring Term Graduates

On June 10, the gentlemen below successfully achieved their GEDs through EOCI and Blue Mountain Community College.

In addition, Darrel Covey was named Student of the Quarter, and Ryan Huebner was named Tutor of the Quarter.

We would also like to congratulate those who advanced to the ABE or pre-GED programs. •



**Darrel Covey**  
Student of the Quarter



**Ryan Huebner**  
Tutor of the Quarter

### Do you like to sing?

EOCI is looking for Level 3 inmates who like to sing and want to be part of a new karaoke choir that is focused on singing and having fun. No experience is necessary, but you should have an enthusiasm for singing with others.

Choir members will be selected on a FCFS basis, with the ultimate number of singers to be determined. If you're interested in joining, send an inmate communication to Counselor Miles, F3 Appendage. •



# ODOC Rules Update

## PROPOSED RULES

### 291-058: Structured, Intermediate Sanctions for Offenders on Community Supervision

These modifications are necessary to differentiate how counties may sanction inmates on short-term transitional leave vs. inmates on non-prison leave for AIP and to align the rules with proposed changes to the rules on Short-Term Transitional Leave (Div 063).

### 291-062: Alternative Incarceration Programs

These revisions are necessary to differentiate the definitions and policies of non-prison leave associated with alternative incarceration programs and short-term transitional leave (addressed in OAR 291-063) and to align the rules with statutory terminology.

### 291-063: Short-Term Transitional Leave for Inmates in DOC Facilities

These modifications are necessary to incorporate legislative changes to the short-term transitional leave (STTL) program as a result of HB 3194 (2013), update the process of how inmates are identified and approved for STTL, and clarify which inmates are eligible for STTL. These revisions also include housekeeping matters to separate STTL rules from those applicable to emergency leave and supervised trips.

### 291-097: Prison Term Modification for DOC Inmates as it applies to Earned Time Credits

These modifications are necessary to capture the process change to apply earned time credits to the prison term set by the Board of Parole and Post-Prison Supervision for life sentences following an Oregon Supreme Court decision in Engweiler vs. DOC, to implement legislative changes for HB 2423 (2015), and other housekeeping changes to update terminology and statutory references.

HB 2423 removed the 60 earned time credit for education for crimes committed on or after July 1, 2015 and clarified that sentences for Murder and Aggravated Murder (ORS 163.105, 163.115) are not eligible for earned time credit per ORS 421.121.

The last day to submit comments is August 19, 2016. Written comments can be submitted to the Rules Coordinator, DOC, 2575 Center Street NE, Salem, OR 97301-4667.

Please do not contact the Rules Coordinator with inquiries regarding your eligibility for AIP, STTL, or status of earned time credits.

## PERMANENT RULES

None

## POLICIES

### 40.1.12 – Conflict Management

Further clarifies conflict criteria and establishes a central oversight process for review and approval of staff to inmate conflicts. Effective 6/6/16.

DOC rules are available for inmate review in the EOCI Law Library. DOC rules and policies also can be accessed through the DOC website:

[http://www.oregon.gov/doc/OC/pages/rules\\_policies/index.aspx](http://www.oregon.gov/doc/OC/pages/rules_policies/index.aspx)

## Is your Social Security number verified?

Do you have a valid Social Security number? If so, has it been verified by DOC?

There are many reasons why you should verify your Social Security number, including:

- to receive full PRAS awards from your work assignment,
- to help avoid problems when filing IRS income tax returns,
- to receive coverage under the Affordable Healthcare Act after your release.

If you're not sure you have a verified Social Security number, ask during the next routine callout with your counselor.

To get verified, you must voluntarily complete a W-9 form with your counselor. Send an inmate communication to your counselor, and wait for a callout. ●



# Telmate Tablet Q&A

## What is the Telmate Tablet?

Telmate describes the device in the following manner: "The Telmate Tablet is a secure, wireless device specifically designed for correctional facilities. The device transforms inmate interactions and brings a new wave of benefits to both facility staff and inmates— further proof that well-designed, modern technology can advance both correctional operations and inmate well-being."

## When will tablets be available?

The Oregon Department of Corrections has selected six facilities to test during the pilot period. Once completed, the program will be assessed for full implementation.

## What features are available on the tablet?

Initially, messaging Photos (receiving only), games, secure web browsing, movies, music, and inmate requests will be the standard features offered. *Not all features may be available at all locations during the pilot period.*

## How will I access the tablet?

The tablets will be available on a check-out basis. Each participating facility will develop a check-out policy. Instructions will be posted in each housing unit. Inmates will use their Telmate PIN (the same number used to log into the telephones and the Telmate/VIP station). Funds will be deducted (\$.05 per minute) from your Telmate pre-paid telephone account (not from the inmate trust account).

## When will we be able to use the tablets?

Tablets are available for inmate use during all open periods. Hours of operation will be at the discretion of each pilot facility.

## How long will I be able to use a tablet?

Two hours, according to preliminary guidelines— however, each facility using the tablet may adjust the time to suit their operational requirements. Use times will be posted on all housing units.

## Where can I take/use a tablet?

Tablet use is limited to specific areas and will vary for each facility during the pilot phase.

## Can the tablets be shared with other inmates?

Tablet use is restricted to only the inmate who checks out the device. Group use is not permitted due to the potential disruption of housing unit operations.

## Can others listen to the tablet with me?

No. As with other electronic devices, headphones must be used to avoid disturbing others on the unit.

## Can I walk around listening to the tablet with headphones?

No—this creates a safety and communication issue. Inmates must be seated when wearing headphones to ensure their own safety and the safety of others.

## What is the cost to use the tablet?

The fees are per-minute and depend of which features are used. Once you enter your Telmate PIN, there will be the following three options from which to choose:

Feature	Option	Cost
Inmate Requests	Free	Free
Messaging	Promotional	\$.02 per minute
All other applications	Standard	\$.05 per minute



## What happens if a tablet becomes damaged?

Telmate's tablets are very durable. However, if you notice damage, report it to your unit officer. Inmates are responsible for the tablets they check out. Deliberate damage or tampering with the device will result in progressive discipline and/or suspension of tablet access.

The cost to repair or replace a tablet will be assessed from the inmate's trust account. Access will not be reinstated until the repair or replacement cost is recouped and/or reinstatement is approved by the functional unit manager or designee.

## What if I want to make suggestions for the tablet pilot program?

During the initial pilot period, no suggestions will be accepted.

## Who can I contact if

### I have a question or concern?

You may submit an electronic help request using the Tablet Help inmate request at the Telmate/VIP Station. Inmates without access to a Telmate/VIP station may send a paper communication to [Telmate@CDC](mailto:Telmate@CDC) or to the facility Telmate liaison. •

## Coming soon...

The Great American Car  
Part II (1950-1980)



# EOCI Sports

by Scott Suran

Dated July 6, 2016



## Let's Play Ball!

That's right guys, our favorite summer past-time has begun, with some great games already behind us.

As you may have noticed, the grass is pretty nearly gone on the infields. This could mean no more slow-rollers, and the ball could jump right at you.

We've already seen this in action. (Ask anyone who's accidentally taken a softball to the face.)

So players need to be vigilant when in the infield. Be safe, and keep your eyes on the ball!

On the West Side, B1 is still the team to beat (as of the first week in July). They look good again, so far.

The big question is who will step up and challenge B1—will it be B2, A2, or some other team? We all love a Cinderella story.

On the East Side, H1 is rolling pretty steady so far—with E4, F4, F3, G3, and G4 all lined up to do battle.

H1's biggest strength is in hitting—they're tough to beat at bat, which translates into lots of runs.

So the only way to beat H1 is going to be through consistent base hits. Sounds simple, but it's not.

A bit of advice: If you want to compete against H1 and B1 (or any team that racks up scoring at bat), practice your hitting. And don't just try to kill it—it's not just about power and distance, you've got to learn to place hit. That way, you'll get base runners instead of outs.

## Indoor Soccer

The new goals are in, and the indoor soccer season is off to a good start. We'll try to get some games on Channel 51. •

EOCI Television

# 51



## Softball at EOCI



B2's Valero pitched against C1 on June 11.



C1's Davis hits a home run against B2 on June 11



B2's Hurtado takes home against C1 on June 11.



E4's Barnes hits a base hit against G2 on June 17.

# Softball at EOCI



C1's Garvin pitched against B2 on June 11.



G2's Clumb brings it home in the June 17 game against E4.



**SOFTBALL THROW**



# Memorial Day Events

May 2016



**FRISBEE THROW**



**RELAY**



**FREE THROW**



**FREE THROW**



**HORSESHOES**

## West Side Memorial Day Athletic Events

(Results from the Independence Day athletic events are not available.)

### 50 Meter

Lopez, A. (A4) .....	6:09
Cooley (A2) .....	6:72
Thomas (B3) .....	6:78

### 50 Meter 45 & Older

Arnold (B4) .....	6:50
Storey (B1) .....	6:76
Covington (A3) .....	8:35

### 100 Meter

Hill (B1).....	12:70
Cooley (A2) .....	12:75
Ortega (B4).....	13:04

### 100 Meter 45 & Older

Arnold (B4) .....	13:29
Storey (B1) .....	13:69
Aguilar (B1) .....	15:20

### 1 Mile

Ramirez (C1).....	6:02:50
Michael (A4).....	6:11:78
Johnson (A2).....	6:25:03

### 1 Mile 45 & Older

Jamison (A3) .....	6:03
Caratacha (A1).....	6:13
Arnold (B4) .....	6:38

### 3 Mile

Michael (A4).....	17:48:31
Ramirez (C1).....	18:22:68
Jamison (A2).....	21:06

### Relay

- 1st: A4 (3:12:80)  
Lopez, A., Brambila, Daul, Ibabo
- 2nd: B3 (3:15:85) Bravo, Wilson, Perez, Martinez
- 3rd: B1 (3:17:47) Peterson, Watts, Oliver, Hill

### Free Throw

Valero (B2) .....	9/10
Ayala (A2).....	8/10
Navarro (A4).....	4/10

### 3 Point

Gilman (B1) .....	7/10
Townsend (A2).....	6/10
Harrington (A2).....	5/10

### Softball Throw

Harrell (B1).....	245
Harrington (A2).....	235
Hawkins .....	122

### Football Throw

Harrell (B1).....	165
Atkinson (A2).....	138
Lopez (A1).....	122

### Frisbee Throw

Adams (B1) .....	203
Cervantes (B4) .....	188
Emmingham (A3) .....	187

### Bat Race

Johnson (A3).....	29:63
Arizola (A3).....	32:41
Nicasio (A2).....	35:81

### Crab Race

Gonzaga (B1).....	15:63
Avila-Gomez (B1).....	15:90
Arizola (A3).....	16:94

### Dips

Sanchez (A4) .....	100
Watts (B1) .....	72
Prueitt (A4) .....	39

### Pullups

Phillips (A3).....	51
Burkhardt (A3).....	44
Michael (A4) .....	32

### Horseshoes Singles

Lunsford (B1) .....	10
Adams (A3).....	9
Martinez (B1).....	6

### Horseshoes Doubles

1st.....	Sheeler, Garvin (C1)
2nd .....	Hunter, Lunsford (B1)
3rd .....	Lagrew, Martinez (B1)

### 3 On 3

- 1st: A1 Team 2  
Harrington, Townsend, Smith
- 2nd: C1  
Brown, Jaramillo, Bowden, Morris
- 3rd: B3  
Johnson, Thomas, Swearingen

## East Side Memorial Day Athletic Events

(Results from the Independence Day athletic events are not available.)

### 50 Meter

Ross-Omsberg (G4).....	6:49
Matthews (F3) .....	6:56
Gray (G2) .....	6:57

### 100 Meter 45 & Older

Rio (F3) .....	13:78
Haines (G3).....	13:97
Matthews (H1).....	14:06

### 1 Mile

Espinoza (H2) .....	5:29
Nasmyth (G4).....	5:53
Lopez (F4).....	5:59

### 1 Mile 45 & Older

Gutierrez.....	8:14
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### 3 Mile Run

Nasmyth (G4).....	18:86
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Espinoza (H2) .....	18:49
Lopez (F4).....	20:52

### Relay

- 1st: G4 (3:18)  
Vega, Chambers, Wise, Ross-Omsberg
- 2nd: F3 (3:23) Richardson, Rio, Matthews, Lunetta
- 3rd: G3 (4:20)  
Robb, Cockrell, Bowers, Moore

### Free Throw

Hill (H2) .....	10/10
Bluestein (H2) .....	9/10
Ashley (G2) .....	8/10

### 3 Point

Bluestein (H2) .....	6/10
Convirs (G3).....	4/10
Williams (F4) .....	3/10

### Football Throw

Brock .....	147
Newton .....	146
Milburn.....	145

### Frisbee Throw

Burch (G3).....	188
Choat (H1).....	183
Rogan (H2).....	182

### Bat Race

Walker (F2).....	7:48
Richardson (F3) .....	7:57
Chambers (G4) .....	9:00

### Crab Race

Bowers .....	20:22
Walker .....	24:44
Baughman .....	32:31

### Dips

Pena (H1).....	62
Lewis (G3).....	52
Fowlkes (H1) .....	42

### Pullups

Pena (H1).....	31
Lewis (G3).....	19

### Horseshoes Singles

Parsons .....	15
Bernt.....	14
Silversmith.....	10

### Horseshoes Doubles

1st.....	Link, Gutierrez (H2)
2nd .....	Parsons, and Rodriguez (H1)
3rd .....	Nelson, and Campbell (G2)

### 3 On 3

- 1st: H1 Team 2  
Choat, Lamarroy, Gomez, Hart
- 2nd: F4  
Smith, Williams, Logan
- 3rd: G3  
Grinder, Weller, Palmer, Convirs

# Memorial Day Events

May 2016

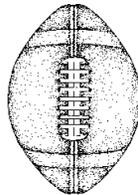
(Photos from the Independence Day athletic events are not available.)



**BAT RACE**



## FOOTBALL TOSS



**RUNNING**



**RUNNING**



**FRISBEE THROW**

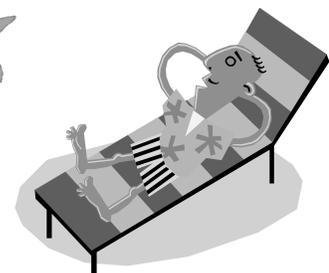
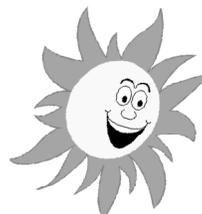
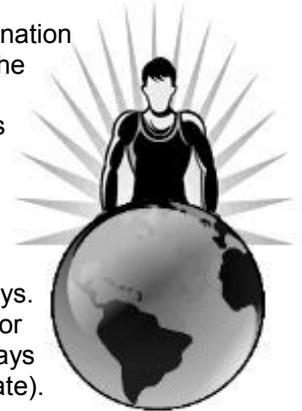
# Bal-A-Vis-X

Bal-A-Vis-X balance-coordination workshops are offered on the first Mondays (2-4pm) and the first and third Saturdays (1:30-3:30pm) in the D2 Courtroom.

This program is limited to 20 inmates on Mondays and 17 inmates on Saturdays. You may sign up for either or both days (must have 90 days of clear conduct to participate).

Bal-A-Vis-X is less strenuous than standard yoga technique and employs exercises that aid mental focus and concentration. Bal-A-Vis-X also helps improve the mind-and-body connection, and the exercises have been shown to also help with reading fluency, memory, and focus/attention.

If interested, send an inmate communication to Ms. Baumgartner, Correctional Rehabilitation. Preference will be given to inmates who have participated in previous Bal-A-Vis-X workshops (please indicate accordingly when submitting your sign-up request). •



# Angel Tree Gift Program

Signup deadline is September 2. • La fecha límite es el 2 de Septiembre.

The Prison Fellowship Angel Tree Christmas sign-up system to allow presents to be given to your children in your name, is currently being held at EOCl.

Angel Tree forms, instructions, and gift guides will be distributed to housing units on June 10, 2016 – please ask your unit officer for these materials.

Once you complete your form, enclose it in an inmate communication form and send it to the Chaplain's office.

Please return the instruction form and gift guide to the housing unit Officer.

The signup deadline is September 2 and will be strictly observed, per Prison Fellowship.

Signup for those who will be in the Disciplinary Segregation Unit (DSU) through September 2, 2016 will be coordinated in the same manner.

You must be legally permitted to have contact with your child/children and their caregiver, and you will be required to sign a statement attesting to this at the top of the form. Unsigned forms will be returned, and incomplete forms will not be processed.

## Children need to be:

- Under the age of 18
- Living within the United States
- Be the natural/adopted child or step-child of the inmate or the inmate must be their legal guardian. No grandchildren, nieces, or nephews.

The gifts will be delivered to the caregiver by a local Christian Church (only one gift required to be given). •



El formulario de programa Navideño Angel Tree de Prison Fellowship para regalos que seran dados a tus niños en tu nombre, está siendo sostenido en EOCl.

Las formas de Angel Tree y las guías de regalo serán distribuidas al las viviendas comenzando el 10 de Junio de 2016. Por favor pide a tu oficial de vivienda una forma, hoja de instrucción, y guía de regalo.

Ya que completes tu forma la envias en una forma de comunicación de presidiario a la oficina del capellán.

Por favor devuelve la forma de instrucción y la guía de regalo al Oficial de vivienda. La fecha límite es el 2 de Septiembre y será estrictamente observada (por Prison Fellowship).

El DSU será coordinado en la misma manera el 2 de Septiembre de 2016.

Debes tener permiso legal de poder tener contacto con tu niño(s) y su guardian y debes firmar una declaración que da testimonio a esto. Las formas no firmadas le serán devueltas. Las formas incompletas no serán tratadas por el Prisión Fellowship.

## Los niños? Tienen que ser:

- Menor de 18 años de edad
- Vivir dentro de los Estados Unidos
- Ser hijo natural o adoptado o el hijastro, o el presidiario debe ser el guardian legal ningunos nietos, sobrinas o sobrinos

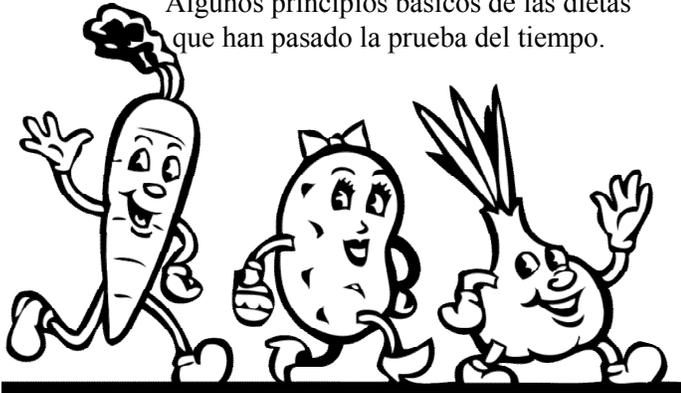
Los regalos serán entregados al guardian de cuidado por una Iglesia cristiana local (sólo se requiere que un regalo sea dado). •



# Comiendo por la Salud

Esto puede ser confuso. Dondequiera que mire, hay noticias acerca de que es bueno o que no es bueno para usted.

Algunos principios básicos de las dietas que han pasado la prueba del tiempo.



Aquí hay algunos consejos para hacer decisiones saludables para comer:

- Coma suficientes vegetales y frutas.
- Coma vegetales no-almidonados como espinacas, zanahorias, brócoli, o ejotes en las comidas.
- Escoja comidas granuladas saludables en vez de productos granulados procesados.
- Incluya frijoles secos (como frijol colorado o pinto) y lentejas con su comida.
- Incluya pescado en sus comidas lo mas que pueda (2 o 3 veces a la semana)
- Escoja carnes sin grasa como pedazos de res y de puerco que terminen en “lomo” como el lomo del puerco y lomillo de res. Quítele el pellejo a las carnes de pollo y de pavo.
- Escoja productos lácteos sin grasa como leche desnatada, yogur y queso sin grasa.
- Escoja agua y bebidas dietéticas sin calorías en vez de una soda regular, ponche de frutas, té azucarado y otras bebidas con endulzantes.
- Escoja aceites líquidos para cocinar en ves de grasas sólidas que pueden tener altos niveles de grasas saturadas. Acuérdesse que la grasa es alta en calorías. Si usted esta tratando de perder peso, ponga atención a la porción de grasas agregadas.
- Bájele a los bocadillos de altas calorías y a los postres como papas fritas, galletas, pasteles, y las nieves grasosas.
- Comer demasiada comida saludable también puede conducir a subir de peso. Ponga atención al tamaño de su porción. •

## BEHAVIORAL HEALTH SERVICES UPDATE

### Sending Communications to Health Services



All inmate communications (kytes) for Behavioral Health Services (BHS), Medical, Optical, Dental, and Pharmacy should be placed in the yellow BHS/Medical mailboxes outside the dining hall.

### New Mental Health Clinic (“MH Sick Call”) Process

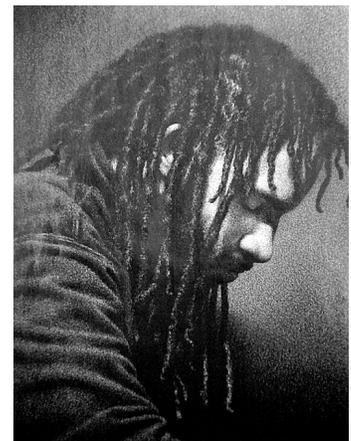
Behavioral Health Service (BHS) now facilitates a Mental Health Clinic (also called “MH Sick Call”) for inmates who are experiencing mental health symptoms that are of concern to the inmate or others.

These symptoms could include severe, immobilizing depression or thoughts of suicide or of harming others.

The Mental Health Clinic callouts take place in the BHS areas and in Segregation.

How the symptoms are to be address, as well as the need for any follow up, will be determined during the Mental Health Clinic callout.

If you have any questions, please contact Ms. Duval, BHS Manager. •



## FROM THE INMATE HANDBOOK

# INMATE PROPERTY AND CLOTHING

### Authorized Property and Limits

Your authorized property consists of only those items issued or authorized by the institution, purchased at canteen, or received through the Package Authorization process. You are not permitted any unauthorized items or any authorized items in unauthorized amounts, such as excess clothing or extra towels, sheets, or blankets.

It is your responsibility to consult posted regulations or to check with your housing unit officer regarding any questions about authorized property and limits.

### Storage Restrictions

Your authorized personal property must not exceed the capacity of containers located in your assigned housing area and designated for the storage of inmate personal property. Except as indicate in the posted rules, all inmate property must be kept in these storage containers when not in use. The following authorized items are not subject to the space restrictions referred to above, and need not be stored in designated storage container(s):

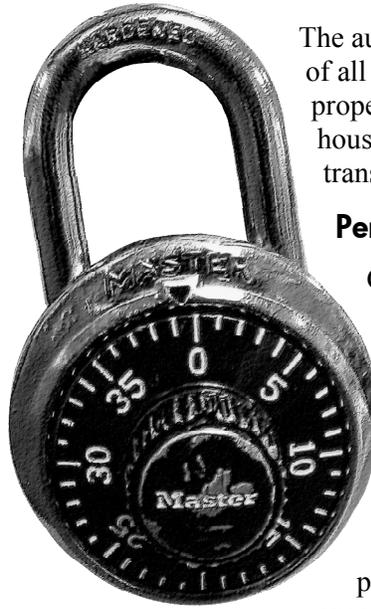
- One approved musical instrument
- Medically-necessary and approved prostheses, shoes, and boots
- Legal paperwork (must be stored in a legal box, which is sold at canteen).

### Contraband

Unauthorized items or items that are materially altered from the original state or intended purpose are considered contraband and subject to confiscation and disciplinary action.

### Automated Property Tracking

DOC uses a software system that automatically adds to your centralized property record certain items that you purchased at canteen – including televisions, MP3/MP4 players, guitars, and prosthetic devices. It also inventories certain authorized religious and medical items, as well as items approved and received through the Package Authorization process. The system does not track such items as food, writing and drawing materials, paper, envelopes, and various state-issued items (e.g., clothing, combs, etc.).



The automated system maintains a tracking history of all property over time, and your ongoing property record follows you if you are reassigned housing within the institution or if you are transferred to another DOC facility.

### Personal Electronics

Certain personal electronics can be purchased at canteen and will be engraved with your SID. You are responsible for the care and condition of your property. If your personal electronics radio, MP3/MP4 player, or television are lost, damaged, destroyed, altered, or tampered with, you must immediately notify your housing unit officer. You are allowed to have only two pairs of headphones in your property. Any excess headphones must be mailed out.

### Inmate Clothing

You must be properly dressed for each activity, work assignment, or callout before leaving your assigned cell or bunk area.

A tee-shirt is optional when wearing a blue chambray shirt. A blue chambray shirt is optional when wearing a tee-shirt.

When chambray shirts are worn, all buttons are to be buttoned except the top collar button.

All shirts must be tucked in anytime you leave your assigned housing unit. Denim pants must be worn above the hips at all time; no sagging or alteration is permitted.

Socks must be worn whenever shoes are worn.

Shower shoes are permitted only in your assigned Housing Unit as authorized in the Housing Unit regulations.

Underwear must be worn with denim pants and red gym shorts. Gym shorts may not be worn in place of underwear under pants. Gym shorts are authorized only in the Activities areas, assigned living area, and to and from showers.

Shoes or boots must be properly laced and tied at all times, with pant legs pulled over the top (cuffs are not allowed). You are issued proper footwear, including wide shoes if needed. Some insoles, arch supports and tennis shoes are available through canteen.

**Clothing Exchange:** Inmate clothing and bedding is issued or replaced on a housing unit rotation basis. Check the unit bulletin board for the clothing exchange schedule. Sheets and pillowcases are exchanged weekly.

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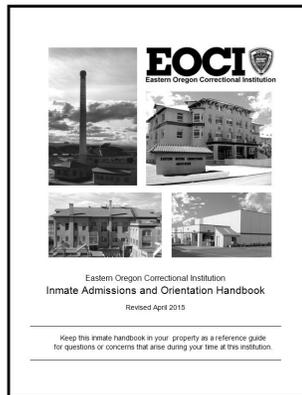
To request replacement of worn state-issued shoes, send a communication to the Clothing Room. If you have clothes needing repair, use the clothing repair process.

**Excess Clothing:** Those found to be in possession of excess clothing or clothing not belonging to them will be placed on a conduct order for a minimum of 24 hours. Inmates who are authorized extra clothing because of their work assignment or a due to a medical issue must ensure that the extra clothing is labeled with your SID.

If you are terminated from your job assignment, it is your responsibility to have the extra clothing marked out to avoid disciplinary action.

It is important that the EOCI inmates adhere to the rules and regulations regarding the authorized amount of clothing per inmate. These regulations are posted on all housing unit bulletin boards for your review, or speak with your housing unit officer. •

*A copy of the EOCI Inmate Handbook is available for your review from the housing unit officer. To request a copy of the Inmate Handbook, send a communication to the R&D sergeant.*



## Chautauqua Returns to EOCI

On July 17, the New Old Time Chautauqua Performance Group amused and amazed an audience of about 115 inmates and staff in Multi, with singing, juggling, tap dancing, tricks, acrobatics, and comedy.



The “Fighting Instruments of Karma Marching Band and Orchestra” provided rousing music throughout the event, which was sponsored by the EOCI Enrichment Committee.

Inmates who wish to share feedback and thanks with this all-volunteer ensemble are welcome to write to the Chautauqua Group. Send a communication to Mr. Miles to request the mailing address. •



Institution Counselor Ms. Riley (back row, right) expressed pride in the commitment these men showed both in working through the program exercises and putting their new coping skills to practice.

## Building Coping Skills

The men at left, pictured with Counselor Riley, recently completed Correctional Rehabilitation’s new DBT Coping Skills (Part I) program.

DBT stands for Dialectical Behavior Therapy and aims at helping individuals develop and use effective coping skills for positive and constructive daily living.

The goal is to show improvement in such areas as emotion regulation, relationships and communication, distress tolerance, and mindfulness. •

# 護生 “Give Us A Chance”

A Buddhist View of Compassion



## Recordatorio Sobre las Aplicaciones de Visitantes



Si recibe una notificación de Case Management Support sobre alguien quien quiera ser agregado a su lista de visitantes aprobados, simplemente indique con un circulo si es que quiere agregar a esa persona a su lista de visitantes, firme la forma, y devuélvala.

Favor de asegurar que la firma, igual que con todas las notificaciones de Case Management Support que requieren respuesta. No incluya una forma de comunicación de presidiario. •



## Take the Time to Complete an Advance Directive

It is important for family members and health care providers to know what kind of medical care a patient wants at the end of life. Advance directives are legal documents that record the patient's wishes for end-of-life care.

Advance directives should be filled out while people are healthy, because doing so gives you time to think about the end-of-life care that you would choose if you were

unable to communicate your own wishes. It also allows time to discuss these wishes with loved ones.

Everyone has the right to make decisions about their own treatment. Filling out advance directives gives you a way to do so. Choices about end-of-life care can be difficult to make even when you are healthy, but if you are already seriously ill such decisions can seem overwhelming.

If you would like more information on completing an Advanced Directive, or to obtain Advance Directive forms, please send an inmate communication to Health Services. We will send you a



handout to help you better understand the process and what it means to you.

You can obtain assistance in clarifying terminology, from the law library—and you can schedule an appointment to have your forms witnessed (notarized) in the law library. •

## Catholic Services

Catholic Mass is celebrated on Wednesdays, 9-10 am in the chapel. Holy Communion and confession are offered. Bible Study sessions are also offered at 10am in English and Spanish, provided by Father Kumar and Deacon Omar of St. Mary's Catholic Church of Pendleton. Please note that Catholic Bible Study is optional—attendance of both Mass and Bible Study is not required.

All are welcome to attend, and those interested in baptism into the Catholic Church are especially encouraged to attend, observe, and ask questions.

Using an add/drop form, circle either “Catholic Mass,” “Bible Study” or both, and send the form to the chapel. •



## Misa Catolica

La Misa Catolica se celebra los Miercoles a las 9am en la Capilla. Tambien se ofrece la Comunion y la Confesion. El Estudio de Biblia es a las 10am en Ingles y Espanol, con el Padre Kumar y el Deacono Omar de la Iglesias Catolica St. Mary's de Pendleton. (El Estudio de Biblia Catolica es opcional— no se requiere quedarse para los dos servicios).

Todos son bienvenidos, una invitación especial para aquellos interesados en el Bautizo a la Iglesia Catolica, para observar, y hacer todo tipo de preguntas. Favor de enviar una forma Religious add/drop, indicando “Catholic Mass,” a el capellan. •



St. Mary's Catholic Church  
800 S.E. Court Avenue ~ Pendleton, Ore. 97801

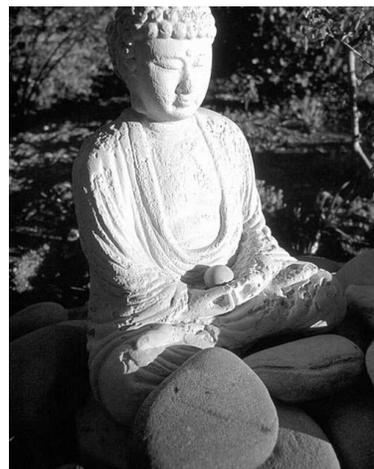
## Free Spiritual Science Study Course

Have you ever asked yourself any spiritual questions—questions to which you could not find the answers?

Would you like to know the answers to life's most important questions?

- Who is God? What does God look like?
- Where does God live? What does God do all day?
- What is the best way to get God's attention?
- Who am I? Why am I here? What is the goal of life?
- What is the soul's highest purpose?
- What is the Highest knowledge?
- What is life's greatest treasure?
- What is the meaning of Yoga?
- What is the best type of Yoga?
- What is the best way to meditate?
- Is the mind your friend—or your enemy?
- What is the best way to control the mind?
- What causes me to suffer? How can I end my suffering?
- What is the Ocean of Bliss? How can I become happy?
- What is Karma?
- What is the Cycle of Reincarnation?

If you would like to learn about a spiritual science that answers all these questions and leads to a peaceful, successful, and fulfilling life, then write for your free monthly lessons.



**IPBYS Prison Outreach**  
P.O. Box 52724  
Durham, NC 27717  
prisonseva@gmail.com

IPBYS Prison Outreach is a division of the International Pure Bhakti Yoga Society Outreach Program.

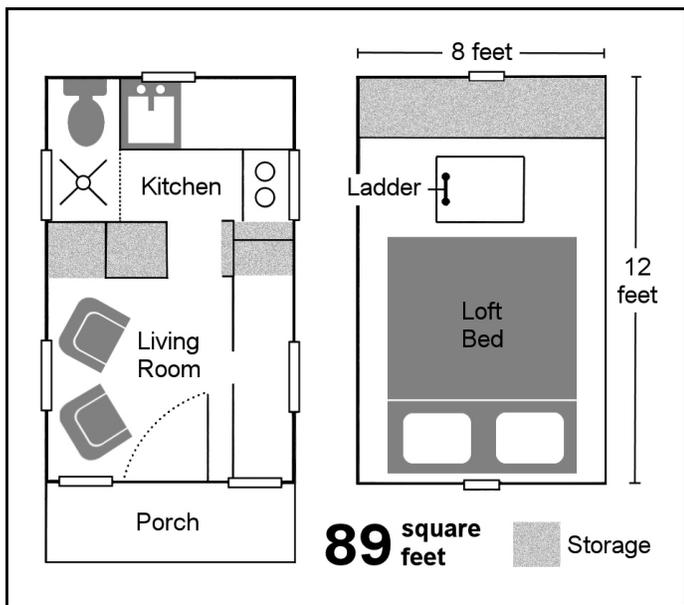
**LIVING SIMPLY**



**Tiny House Footprint**

*Something to think about for after release from prison.  
From National Geographic, December 2015.*

Since 1973, the average U.S. home has grown 67 percent to 2,657 square feet. A warmer world may favor a reverse trend. Jay Shafer (above), the California pioneer of living in tiny houses, built a lifestyle in 89 square feet (layout below)—and helped others build pint-size homes. Developers in New York City and San Francisco have created the urban equivalent: micro-apartments.



**Efficient Living**

Shrinking your space doesn't mean shrinking your life. Downsizing, experts say, can bring both psychological and financial benefits. Start by getting rid of clutter. End with lower utility bills, less space to clean, and more time outdoors. •

**Sudoku**

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

**Voting and Civil Rights for all Americans**



On August 6, 1964, President Lyndon Baines Johnson signed the Voting Rights Act, a federal law ensuring that all Americans have the right to participate in the electoral process, regardless of race.

The Reverend Martin Luther King, Jr., seen directly behind the President, worked tirelessly to eliminate many illegal state and local measures that prevented African Americans from exercising their right to vote. •



Let your "yes" mean "yes,"  
and your "no" mean "no."  
Anything more is from the evil one.

Matt. 5:37