

Be Our Lookout!

Chrissy Smith

Nestled in the Tillamook State Forest is **YOUR** Tillamook Forest Center. We welcome you to visit and learn about the story of this unique forest. With generous donations from our visiting public, we hope to continue to offer our services free of charge.

In honor of our past donors and future helpers, we now have a beautiful new donation box standing in our lobby. This donation box was artistically crafted by talented hands at South Fork Forest Camp, a camp managed in partnership by the Department of Corrections and Oregon Department of Forestry. A group of men from this camp worked with Mario Lara and our own Darryl Anderson to design and craft a beautiful donation box that is not only a replica of our lookout tower but a symbol of our goal — to lookout for the visitors of the Tillamook State Forest and to inspire them to lookout after us. We give our thanks to the men that devoted their creative abilities and wood crafting skills to help us design this new symbolic piece for the center. We could not have done it without the help of these talented men.



L to R: Jacob Henry, Christopher Lex, James Lefto, Darryl Anderson (Oregon Department of Forestry/Tillamook Forest Center), Mario Lara (Oregon Department of Forestry/South Fork Forest Camp), Michael Johnson and Jason Sauer. Mr. Lefto and Mr. Johnson were instrumental in the design and production of the donation box.

Please be our lookout the next time you visit your Tillamook Forest Center and donate what you can to help us stay open and free for years to come. Cheers to all our past and future lookouts!

Become a Center Supporter

If you'd like to join our ever-growing list of supporters, consider giving a Donor Tree. These gifts (see order form on this page) allow you to "plant your tree" in a unique forest landscape sculpture located in the Center's entry plaza. In recognition of your \$75 gift, your name, or the name of the person you honor or memorialize, will

be engraved on a tree medallion which will be set against the forest backdrop created by the sculpture. All donor tree gifts are acknowledged with an attractive certificate.



Many other donation opportunities are available; call us for details. As you make your charitable giving decisions, we invite you to keep the Tillamook Forest Center in mind. Please contact the Tillamook Forest Heritage Trust at (503) 359-7474 for more information on various donation opportunities.

Yes! I want to help support the Tillamook Forest Center

Name _____

Address _____

City / State / Zip _____

Phone () _____ Email _____

Enclosed is \$ _____ for _____ tree(s) @\$75 per tree

Here is my check

Please charge my Visa/Mastercard

Card # _____ Exp _____

Signature _____

In Memory of... In Honor of... Name Only

Name to appear on tree:

Line One:

Line Two:

Line Three:

The Trust is pleased to recognize donations made as gifts, or to honor or memorialize a special person. Send recognition of this donation to:

Name _____

Address _____

City / State / Zip _____

All gifts are tax deductible to the extent allowable by law. Donor trees are available on a first-come basis. If requesting more than one tree, please make photocopies of this form.

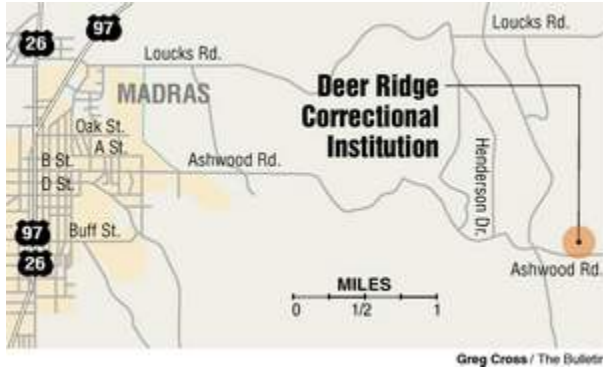
For more information on making a gift, contact the Tillamook Forest Heritage Trust at (503) 359-7474.



Making the most of time in prison

By Lauren Dake / *The Bulletin*

Published: June 09, 2009 4:00AM PST



Jeremy Scott, 40, of Portland, has a philosophy about serving time at the state prison in Madras.

“You can either let time do you, or you can do time and control it by bettering yourself,” he said. “Why not better yourself? You can walk out of here and be a better person, or walk out having lost two, three or four years of life and be the same idiot you were when you came in.”

Scott, whose interview the prison arranged, has been at Deer Ridge for more than a year. He declined to say why he was serving time or for how long.

Scott said he has taken advantage of several of the activities at Deer Ridge. Prison officials hope the activities and programs will prevent Scott and other inmates from ever coming back.

At Deer Ridge Correctional Institution, the activities range from the basics, such as a GED courses and softball leagues, to the more creative, such as writing workshops and public speaking groups. Some classes are reminiscent of college electives. Others sound more like high school drudgery. But no matter the activity, the mission is the same — reduce recidivism.

Brian Chapman, the recreation specialist with Deer Ridge, said no matter how mundane the activity, it's vital that inmates are participating.

“Everything we do ... there is an intent and purpose, even behind the softball leagues,” he said.

“We have music and art. We have yoga. We have Toastmasters. We have CPR classes. We have about 20 inmates working for us in the recreation department, jobs from orderlies to photographers. ... We're trying to promote wellness,” he said

Chapman said the activities foster some of the most fundamental skills that many inmates lack, such as strong communication.

"If there's a call at second base, (and one person thought the person) was safe and another person thought they were out, a lot of these guys want to go face to face and bark it out," Chapman said. "They are learning the right way to go about it. ... Thinking clear before they react. Using their brain first. ... We're always testing them in these programs, to see what they are going to do when they are released."

Many of the programs are funded through the inmate welfare program, Chapman said.

"People think we're spending money on basketballs and equipment," Chapman said. "But that money comes from the canteen store sales and long-distance phone calls inmates get charged for. It's not coming from the taxpayers; it's the inmates paying."

The Toastmasters program, also funded through the inmate welfare fund, recently started at the prison. The goal is to encourage inmates to work on a speech and then present it in front of their peers.

"The better you communicate, the better chance you have at finding a job, advancing in a job and being a better citizen," said Parrish Van Wert, the community development coordinator for Deer Ridge.

Last week, Scott participated in the workshop put on by the Bend-based nonprofit Nature of Words. The Central Oregon literary organization sponsored a weeklong seminar at the prison, where inmates challenged themselves writing poetry, fiction and plays. Scott said the exercises were an eye-opener.

Scott said an exercise asking inmates to write about someone who is important to them was interesting.

"That right there hit a lot of guys on an emotional level. Some of them almost broke down in tears. ... They are doing time. They miss their kids, wives, little ones. They wrote about how this upsets them. And we all listened to how it upset them. It made me feel like I'm not suffering alone. ... People start encouraging you. And it makes you feel like you're going to do it right next time."

Cody Yeager, director of education at Deer Ridge, said the program was an example of how inmates can grow in prison.

"Many of the guys here in our custody have never seen a play. They've never read a complete poem," Yeager said. "It's a mind-opening experience for them. It broadens their minds. It broadens their horizons. ... The more writing you do, the better reading you do. ... And you're more likely to score higher on the GED tests as well."

Lauren Dake can be reached at 541-419-8074 or at ldake@bendbulletin.com.

Covering Monmouth, Dallas, Independence and Falls City since 1868

Your Polk County Real Estate Source 



Donna Graham
Real Estate Broker, ABR, CRS, GRI, ASP

Windermere REAL ESTATE
Windermere/Western View Properties 503-623-2333


TELEPHONE NOW AVAILABLE!





Charter
Brings your home to life

[CLICK HERE](#)

Polk County
Itemizer-Observer 
reflecting your life

[Subscriptions](#)
[Place Classified Ad](#)
[Contact Polk County IO](#)
[IO Home](#)



63

MOSTLY

Friday, June 12, 2009

News

Road tripper eyes 1,100-mile mission

MONMOUTH -- Paul Peloquin was waterlogged by the time he finished a soggy, 24-hour leg of a motorcycle ride through Arkansas and Alabama in 2008, thanks to the lingering remnants of Hurricane Gustav.

By [Craig Coleman](#)
MONMOUTH -- Paul Peloquin was waterlogged by the time he finished a soggy, 24-hour leg of a motorcycle ride through Arkansas and Alabama in 2008, thanks to the lingering remnants of Hurricane Gustav.

On a previous journey, he was almost in tears after rattling 11 miles over a washboard gravel road near the Inyo National Forest in California's Eastern Sierra. So jarring was the trek, "I

- Local News
- Features
- Letters
- Opinion
- Obituaries
- Column
- Legal Ads

NEW [Find Local Businesses](#)

Sports

- Sports Stories
- Sports Briefs
- Schedules

Lifestyle

- Entertainment
- Connections
- Agenda
- Images of Polk County

Classifieds

- Daily Regional Ads
- Place an Ad

NEW Hot J

CARRIERS I
MID-WILLA
COMMUNIT
ACTION AG
EDUCATION
COORDINA
Temporary
HEAD STAR
REPORTER
POSITION I
DALLAS, OF
RNs, LPNs,

Chronic Pain



ADVANCED Bodywork
Call or Cl
503-623

Submit Information

- Letter to the Editor
- News Tip
- Community Event
- Engagement
- Wedding
- Anniversary
- Birth
- Business News
- List Your Business

Archives

- Story Archive
- Photo Archive

Special Sections

DALLAS SCHOOL BUS SCHEDULE
PDF

EXPLORE Polk County
Linnar Observer

Who's WHO IN POLK COUNTY 2009

Polk Properties SOLD

thought my bike was going to break apart."

Peloquin's penchant for long-distance motorcycle rides, even under the mentioned conditions, would move most to question his sanity. His wife, Estelle, certainly does.

"I think he's nuts," she said. "But he loves it."

For Peloquin, 45, a Monmouth resident who also works as a training and development specialist for the state Department of Corrections (DOC), each ride represents an opportunity to enjoy the open road and leave everyday stress in the dust.

"When I long-distance ride, particularly in competitive rallies, your world becomes very small," Peloquin said. "It's just you, your bike, the road and your ride."

Peloquin has racked up thousands of miles on his sojourns, and has another interesting one planned on June 19 -- a circuitous trip to all of the DOC facilities scattered across Oregon. His route will take him 1,100 miles in less than 24 hours.

His purpose is to raise awareness -- and hopefully funding -- for Shelly's House, a transitional home for female offenders in Marion County.

Peloquin is a board member for PRISM, a nonprofit that sponsors the facility.

"I came up with the ride (Two Wheels for Transition) as a fun way to combine what I do volunteering and my hobby," he said.

Peloquin, a Yamhill native, started riding motorcycles after graduating from high school, "just as soon as I was able to get out of



Photo by Adam Korst

Paul Peloquin of Monmouth and his Yamaha FJR 1300 leave June 19 for an across-the-state trip designed to raise awareness for Shelly's House.

True Expert



Yolanda Zug
Broker, GRI
www.yolandazug.com
503.580.1111

Specialize in:
• Residential
• Bare Land
• Homes

Proudly Representing
Boylan
CCB #15

Winder Real Estate
Winderma/Windem
484 N Bova
North of
503-623-1111

(my parents') house and buy one."

Peloquin said he knocked around the Finger Lakes Region of New York by motorcycle when he was in the Army. At age 20, he made his first cross-country solo trip.

Peloquin began participating in endurance rides about a decade ago. He rode 1,000 miles in a day for his first "Saddle Sore" competition in 2000.

The pinnacle thus far is his 18th place finish in the "Iron Butt Rally" -- an 11-day, 11,000-mile ride that takes riders through checkpoints ranging from Death Valley in California to Pike's Peak in Colorado.

The key to a long-distance ride is staying alert, keeping hydrated and "making your motorcycle the most comfortable place in the world," Peloquin said.

"Any distractions and discomfort you have, you've got to fix that," he added.

Peloquin uses a sport-touring motorcycle, built for long-distance riding at high speeds. He's modified the vehicle, adding a custom-built fuel cell, high-powered headlights and a GPS tracking system that lets his wife follow his progress real-time via mapping software.

Peloquin said he hopes his trek across Oregon will spur some attention and donations for Shelly's House.

The facility, which houses between 30 and 40 women just out of prison or jail a year, used to receive partial subsidies from Marion County for each of the residents. But because of the recession, that money has dried up, Peloquin said.

"There's about four months of operating revenue in reserve," he said.

Laura Moreno is a PRISM board member and former manager of Shelly's House. She also knows how valuable a transitional home can be to society; she was a client of one nearly 15 years ago.

"I was in and out of prison (back then) and every time I got out, I went back to my old environment," said Moreno, a drug and alcohol counselor today. "The home helped enable me to make better choices for myself."

Any attention that results from Peloquin's ride will be welcome, she said.

"Hopefully, this can guarantee that resources are available for women who need it," she said.

For more information about the ride or to donate to Shelly's House, go to www.twowheelsfortransition.org or send an e-mail to shellyshouse@gmail.com



Self
Emplo

Person
Health In
that works



Call T

Teresa S
Licensed In
Age

503-569

TERESASCHWAB

The Onepoke Life



[Go to top.](#)

City / S

Select Link

Educa