



Snake River Currents

May 14, 2020 - May 20, 2020



Front Page

Photo Enlargements
Commissary Update
Weekly Movies

Page 2

Mindfulness: Breathing
Weather Forecast

Photo Enlargements

The SRCI photo section is now allowing the purchase of photo enlargements: size 5x7, for reprints only. One single 5x7 photo costs \$2.50 each. 5x7 photos will not be in duplicate as they will come as single photos. You may purchase a 5x7 by sending a CD28 and a Reprints Photo Request form to Mr. Saunders, Photo Coordinator, at Box B339 or by placing them in the Recreation Box near the Chow Halls. The account number for photos is #2596. Please include the following with or on the communication form or Reprints Photo Request form:

- 1) Photo number.
- 2) Date the photo was taken.
- 3) Location the photo was taken.
- 4) CD28 completed, signed, stamped, and initialed. The account number is #2596.



You may order 5x7 photos that were taken within the last 12 months. Earlier photos may not be available. All new photos taken in the Yards, Gyms, Visiting and at special events will only be printed as 4x6s, in duplicate. If you have any questions, please send a communication form to Mr. Saunders, Photo Coordinator, Box B339.

Commissary Update



We have been informed by our vendor that the D'Addario 5FT instrument cable we recently advertised is unavailable at this time due to safety measures implemented by the manufacturer.

We will issue a credit to anyone who has been charged.

We apologize for any inconvenience this may have caused. As soon as we have word that they are in production we will send out a notification.

COVID-19 Q&A's

- 1). Why are staff not wearing their masks?
 - a). CDC does **recommend** the wearing of face masks. DOC employees and adults in custody are for voluntary use, however signs are posted in designated areas where masks are required to be worn within the institution.
- 2). Does SRCI have COVID-19?
 - a). **There are no known cases of COVID-19 at SRCI.**



"Bad Boys for Life"
2hr 4 min
(Will Smith, Martin Lawrence)

Miami detectives Mike Lowrey and Marcus Burnett must face off against a mother-and-son pair of drug lords who wreak vengeful havoc on their city.



"Star Wars: The Force Awakens"
2hr 18 min
(Daisy Ridley, John Boyega)

Three decades after the Empire's defeat, a new threat arises in the militant First Order. Defected stormtrooper Finn and the scavenger Rey are caught up in the Resistance's search for the missing Luke Skywalker.



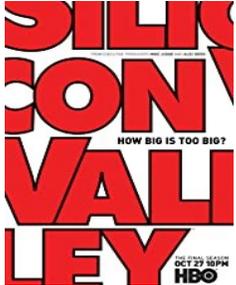
"Little Women"
2hr 15 min
(Saoirse Ronan, Emma Watson)

Jo March reflects back and forth of her life, telling the beloved story of the March sisters—four young women, each determined to live life on her own terms.



"Silicon Valley: Season 3: pt. 2"
2hr 24 min
(T.J. Miller, Thomas Middleditch)

In the high-tech gold rush of Silicon Valley, the people most qualified to succeed are the least capable of handling success. Silicon Valley follows the struggle of Richard Hendricks, a Silicon Valley engineer trying to build his own company called Pied Piper.



MINDFUL MOVEMENT: WALKING

Mindful walking is one of the simplest forms of mindfulness. What is so useful about this activity is that it allows us to connect the body and the mind in a way that feels easy. Feeling the ground underneath our feet helps us to feel a sense of predictability. When we walk, there is a natural rhythm that moves us. Mindfulness brings our attention to that rhythm. You can do mindful walking just about anywhere or anytime.

Read these instructions right before you take a walk.

KTVB 7

Thursday: 62/43
Rain

Friday: 66/45
Mostly Sunny

Saturday: 75/56
Partly Sunny

Sunday: 71/52
Rain

Monday: 67/48
Mostly Sunny

Tuesday: 68/47
Partly Sunny

Wednesday: 68/47
Mostly Sunny

Thursday: 70/48
Partly Sunny

- Choose a place to walk that is not too crowded, hilly, bumpy or steep. Walking tracks work best. Set a slower pace for your walk. This is not a race. But it also doesn't have to be so slow that you feel awkward or uncomfortable doing it.
- As you take each step, concentrate on it. Notice the feeling of the ground underneath your feet. Notice how your feet feel in your shoes. In order to slow your mind, you may find it helpful to count your steps in your head, or to repeat the patterns of your feet (left, right, left, right) as you walk. As you begin to feel your mind clearing of distracting thoughts, begin to bring your focus to the environment around you.
- Take in everything around you. Notice the sky (or ceiling if you are inside). Pay attention to the temperature. Feel the air on your skin or the warmth of the sun on the top of your head. Listen to the sounds around you. If it is helpful, try to identify all of the sounds you can hear. Notice any smells in the air. This walk is just about walking, not trying to get anywhere.
- If you notice your mind drifting off and engaging with thoughts, that's ok. Just let those thoughts come and go. Don't allow yourself to get carried away with them. Bring your attention back to the feeling of your feet on the ground and your senses. Allow yourself to let go of any things that have been weighing on your mind and just focus on the peaceful act of walking. If you struggle to keep focus, you might try reciting a prayer, a poem, or a favorite song in your head while you walk. It should be one that you know so well that you can do it almost without even thinking about it.
- Try to allow this walk to last for 5 to 10 minutes, or several laps around the track. The more you practice it, the longer of a mindful walk you will be able to take.

Notice how you feel after completing this activity. How was the experience for you? Did you find anything difficult about this experience? What was difficult? What came to you easily? Do you feel any calmer or more focused after doing this activity? Consider doing this activity once a day, or several times a week. It will help you to feel a greater sense of calm and can assist you with reducing stress.

