



THE UNCLASSIFIED

MAY 2023

INTAKE MANAGERS: AMBER SUNDQUIST & MICHELLE AXTELL

WELCOME TO CCIC.

For first timers, please know that we are working hard at making your stay with us as short and safe as possible. There are 10 counselors to help you. There are many moving parts to your intake process, and it might take a while to get it fully done but we want to make sure to get a clear picture of who you are and what your needs are to start you on the right path, thank you for your patience!

For the others, you know the process and we encourage you to be positive role models to the newbies in your community!

If you are still at CCIC 10 days after meeting with your intake counselor, please kyte C.Andretti to make sure your transport request was entered. Thanks!

Thank you!

Newsletter content:

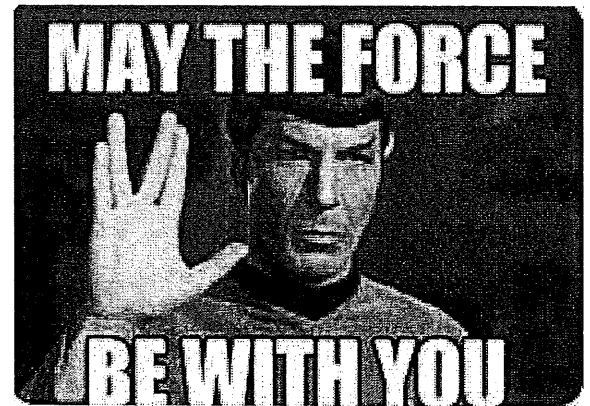
- Chaplain's corner
- Prison Poetry
- Health services announcements
- Financial services info
- Institutions blogs news
- The month of May
- Self-care on the inside
- Self-help corner
- Canteen recipes & fun & stationary

if you need more **brain teasers** during your stay please:

Kyte Ms. April if you are housed in A & B Units and Ms. Wheeler if you are in O & Q Units.

You can also submit your own poems, short essays, or drawings to be included in our next newsletter, we welcome your submissions and suggestions!

THANKS 😊



All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience!

Until we meet enjoy this reading material and start thinking about what purpose you would like this time in custody to serve in your lifeline. We wish you the best.

YOUR INTAKE TEAM

Join our Friends & Family email list for the inside scoop!

Specials about institution news and events

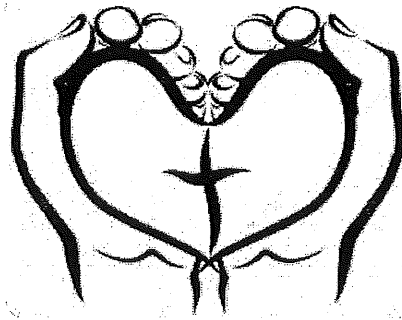
**TO SIGN UP:
TEXT CORRECTIONS
TO 22828 TODAY!**



May 2023

Calendar contains US Holidays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Cinco De Mayo	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20 Armed Forces Day
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			



Greetings from Religious Services! Happy Spring, and Happy Mother's Day. We hope and pray you can connect with your mother – whether it be in Spirit or over the phone. As you may know, there are no services or volunteer visits provided for, or religious property available, during your brief stay here at Coffee Creek. These opportunities are available when you arrive at your next institution. However, if you would like to speak to the Chaplain or need a religious resource of some kind, please send Chaplain Melendez a Kyte. Many blessings to you as you grown on your spiritual journey.

Faith-Based Services and Support

The Oregon Department of Corrections (DOC) provides AICs the opportunity to explore and practice their faith or spirituality, either individually or in a group setting. The department's Religious Services unit actively strives to present itself as open and welcoming to community faith-based groups, to establish a streamlined and consistent system, and to provide AICs with many accessible programs both inside and outside of prison.

GENERAL INFORMATION

WEDDING RINGS: Wedding bands are authorized through a facility's chaplain office. The ring should be mailed directly to the chaplain along with a copy of the marriage certificate or domestic partnership paperwork. Please be sure to include the name and SID of the AIC inside the package. Rings must be plain (no stones, special cuts or engravings). If the ring meets department standards, the chaplain will authorize the ring to the AIC. A record of receipt will be forwarded to the AIC's property list

WEDDINGS: The Oregon Department of Corrections permits individuals to be married or have a domestic partnership ceremony within its correctional facilities, and AICs may request information about the ceremony from the chaplain at their facility. Officiators and witnesses cannot be Oregon Department of Corrections' chaplains or staff. All guests must be approved for privileged visiting. No food, cameras or special clothing may be brought into the facility for the ceremony.

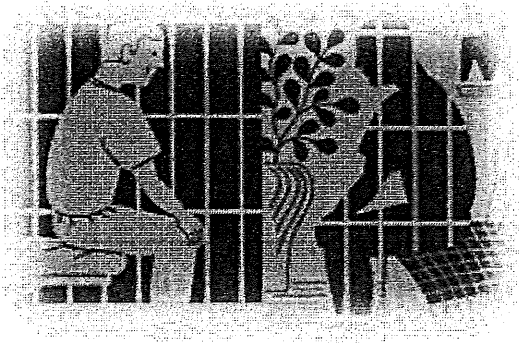
Book Requests at CCIC

Holy scriptures and other spiritual books are available by request. Once you get to your next institution, you can ask the chaplains there to authorize holy scriptures and/or other religious books for your personal property. If you need something other than books or have general questions about Religious Services in the ODOC while you are here, you can send a kyte to **CCIC Chaplain Melendez**.

Chapel Services

Depending on which institution you transfer to, there may or may not be religious services and activities happening based on current COVID restrictions. If you are interested in attending services, please send a kyte to the chaplains once you arrive and ask what is currently available. No services are held at Intake.

Prison



Poetry

Freedom

I wish I could be an eagle, so I could fly away from the problems, but I got to be resilient.

Flying away won't solve them.

Life can knock me down, but I am not done yet.

Win the battle in your mind so you can see progress.

It's okay to let out a cry.

The longer you suppress the emotions, the bigger the explosion.

Remember that the rain won't last forever.

Keep your head up high and when it shines you will feel better.

Your mind is a beautiful thing, so fragile yet so strong.

You're the captain of the ship, to go wherever you want.

Sometimes we must accept things we don't want to, that's okay.

Wisdom comes from humility, that's how you earn your freedom.

Accept the truth, it will set you free.

AJC REYES, CCJC, MAY 2023

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called "hazardous medicines."

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.



Photo by Raymond Klautns, iStockphoto

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.



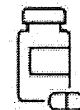
Foto por Raymond Klavins, Unsplash

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

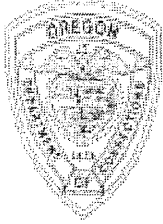
Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.



**STATE OF OREGON
DEPARTMENT OF CORRECTIONS
Oregon State Correctional Facility
COVID -19 Response and Recovery Plan**

OSCI will implement the following COVID-19 Prevention Strategies, in accordance with the ODOC Statewide COVID-19 Response and Recovery Plan. Enhanced COVID-19 prevention strategies will be considered and may be implemented when community or facility level factors indicate increased risk.

1. RECEIVING SCREENING:

- All interdepartmental transfers to OSCI, and overnight jail or hospital transfers will be tested and placed on quarantine until a negative PCR test is received or 10 days if a negative test is not received. Once negative or 10 days have elapsed, you will be released to general population housing when a bed is available.

2. CLOSE CONTACTS/EXPOSURES:

- If you have been identified as being a direct contact, you will be required to wear a mask for 10 full days after exposure and test at least five full days after exposure (or sooner if you develop symptoms).
 - Masks will be provided by the institution and must be worn while indoors, and when not on/in your assigned bunk area or actively eating or drinking.
 - Testing and timelines will be coordinated by medical staff.
 - You may still attend callouts, visits, programs, etc. as normal if you are complying with masking/testing criteria.

3. COVID POSITIVE AIC's:

- There are no changes to how COVID positive AICs are managed at OSCI.

4. VISITING:

- Outside visitors will conduct temperature checks and hand sanitization.
- OSCI will operate visiting under normal visiting operations unless notice of enhanced measures have been received.

5. ADDITIONAL CHANGES:

- There is no longer a color system to indicate risk level. Enhanced measures will be determined by the facility in partnership with agency and local public health officials.
- AIC COVID walkarounds and assessments are no longer required.
- Testing & Quarantine Changes: No testing or quarantine for AICs on:
 - Parole, outside trips (before or after), general population transfer out

As a reminder, you may still choose to wear a mask. COVID vaccinations, boosters, and testing remain available for AICs upon request, thank you.



Financial Services

Informational Briefing

AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
<p>Court Ordered Financial Obligation (COFO)</p>	<ul style="list-style-type: none"> Collected from eligible deposits per ORS 423.105 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500 Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied 	<ul style="list-style-type: none"> The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support COFOs will continue to collect during the Holiday Buying Period
<p><i>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are not available until the AIC releases from ODOC custody.</i></p>		
<p>DOC Debt</p>	<ul style="list-style-type: none"> Collected from eligible deposits Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available 	<ul style="list-style-type: none"> DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
<p>County Court Deferred Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> County obligations refer to deferred county filing fees These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee County Court fees will continue to collect during the Holiday Buying Period
<p>Initial Federal / US Court Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> Initial Filing fees can be collected in total and are due upon receipt These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
<p>Federal / US Court Deferred Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected around the beginning of the month 	<ul style="list-style-type: none"> General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.

There is no debate, Theron Hall, cherishes the Toastmasters Club at the Oregon State Penitentiary

The President of the Capital Toastmasters Club tells his story...

Theron Hall, President, Capital Toastmasters

“For twenty plus years, the Oregon State Penitentiary has had support from local colleges and universities, and we have been competing in debates with them. Our goal was to greatly improve our debate program and with the support of our prison administration, College Professors, and our members, we have done just that. In 2009, Professors from Willamette University, Linfield College, and Northwest Christian University began volunteering their time to teach a Parliamentary style debate class to our members. At that point, our debate program began to flourish. In addition to our monthly meetings, cognitive classes, and speech contests, we now hold three debates a year with local colleges and universities and one debate tournament a year.

One of our most cherished events is our annual debate tournament, traditionally held on the first Saturday of each October. However, this year it was held in March. We began holding this tournament in 2010, and it has been a great success. Dr. Jackson Miller of Linfield College once said that he believes that we are the only prison in the nation that holds all day debate tournaments with colleges. Our format consists of four of our teams competing along with 12 college teams. The colleges competing against our teams this year are Vermont University, Vanderbilt, University of Mississippi, US Air Force Academy, Claremont College, Northwest University, College of Idaho, Lewis & Clark, Carroll College, George Fox University, Linfield College, and the Irish National Champs.

After three rounds of debate, the top four teams compete in a championship round to determine the overall winners.

The college students seem to really enjoy themselves and often say that we are their greatest competition they face all year. We are fortunate too in that schools from all over the United States (as far away as Florida) come and compete with us. In 2015, the British National Champion Debaters from England, Chessy Whalen, and Mathew Willmore, were touring the United States and they even came here and competed with us. The Irish National Debate Champions came from Ireland to debate in this year’s tournament.

Our debaters are not afraid to take on any topic and face the challenge of often having to debate against their own personal views. The topics range from things like gun control, mandatory minimum prison sentences, life without parole prison sentences, a shared capital in Jerusalem, police wearing body cameras, schoolteachers being armed, to Collin Kaepernick kneeling during the National Anthem, just to name a few. This year's topics range from Americas Foreign Policy towards China to whether or not the U.S constitution has outlived its usefulness.

The teaching we receive, and how they are applied, has certainly been paying off. In the last several years we've held this tournament, our club has won numerous times and each year we have had at least one team in the championship round. That says something for the teaching we receive from the professors, the combination of Toastmasters skills used in a debate environment, and our member's dedication to not only learning but also applying newly learned skills.

To me, debate is a vital life skill. I believe one of the greatest things we learn in debate is to see both sides of an issue. This is really essential in a world that has become so politically polarized that discourse is becoming a fading idea. We may not agree with those that hold opposing views to our viewpoint, but when we can see where someone is coming from, we can find common ground and have an understanding of another's outlook. This creates a connection and a place to begin a dialogue rather than creating separation that often leads to harsh words or worse, violence. Debate is so crucial in teaching a much-needed skill for a pro-social life, whether in prison or in society. We all are grateful for the opportunity to learn these life skills.

When society thinks of prison, the initial thoughts are generally of the worst things those housed within them have done. It is our hope at Capital Toastmaster's that we can offer society a different perspective – a humane perspective – than that of our past. Our tournament is educational, but it is also evidence that regardless of an individual's past, they are no longer defined by what put them there but by what they're doing with their time inside. This is the constant effort to making amends for the harms we've created. We hope you take this opportunity to come see us in a different light.”

Theron Hall, President, Capital Toastmasters

On the Edge of Your Seat

Powder River Correctional Facility's First Chess Tournament

Ms. Geddes makes the honorary opening move in the Championship game with AIC Cara vs. AIC Scalera

The first of hopefully many chess tournaments to be hosted for our AICs, concluded Saturday! AIC Cara took the top seat, beating out AIC Scalera in the championship game.

The tournament brought 13 participants together in the double elimination contest. Players had 15 minutes on their game clocks and would receive a 2 second bonus for each move. In total 32 games were played to complete the bracket.

To start things off one contestant would hold a pawn of each color, one in each hand. While his opponent would pick a hand to determine which pieces each would play for their game.

AIC Scalera finished in second place. AIC Scalera had faced off against AIC Cara in the semi-finals, losing a very competitive game, but won out to face him again in the finals.

AIC Peterson calculates his next move

AIC Peterson came in 3rd place, having fought back from an early loss in the opening rounds Friday. He started out Saturday with quick impressive wins over AIC Yaw and AIC Jackson.

PRCF started its chess club back in October named "en Passant," a French expression meaning "in passing," and is a unique rule in chess. The name was chosen as we recognize these AICs are "in passing" through PRCF.

The club goal is to take concepts in the game, such as, thinking of consequences before you move, and applying that in their own lives. We look forward to hosting the next tournament hopefully in July.

One Heart Transplant Done, What's Next?

Enrichment Club Donation Recipient Receives Heart Transplant, Club Plans for Future Donations

A rare circumstance occurs when adults in custody (AIC) can so positively affect a community. The Eastern Oregon Correctional Institution's Enrichment Club donation to the Children Oregon Transplant Association was one such rarity – an opportunity to raise funds for a local Pendleton student who required a life-saving heart transplant. High school student Miranda Case was born with hypoplastic left heart syndrome. Now, after multiple heart surgeries and as a high school student with aspirations for college, she needed a complete heart transplant.

In August of 2022, the Enrichment Club held a fundraiser which contributed to an \$8,809.84 donation. Other members of the community and organizations also made donations to the cause, ultimately reaching the \$50,000 goal to support the transplant surgery for the Case daughter. Miranda recently underwent the operation. The Case family wrote the following message addressing the many donors and supporters:

“We hope that you all had a good night. It has been a long one for us. We were able to get a little bit of rest. Miranda is still in the operating room at this time. We have been told that the surgeons have gotten her a new heart in and that she is off the bypass machine. That is good news. Now they are waiting for her new heart to get acclimated and for it to start functioning efficiently. We are not sure how much longer it will be, but it sounds like things are going as they had anticipated they would.

We had some pastor friends come and join us at the hospital last night before Miranda went to surgery and Paul stayed with us through the night and will be here until Miranda is out of surgery. We appreciate having him here. We also want to thank you again for all of your prayers, thoughts, and support. It is very much appreciated, and we feel very loved.”

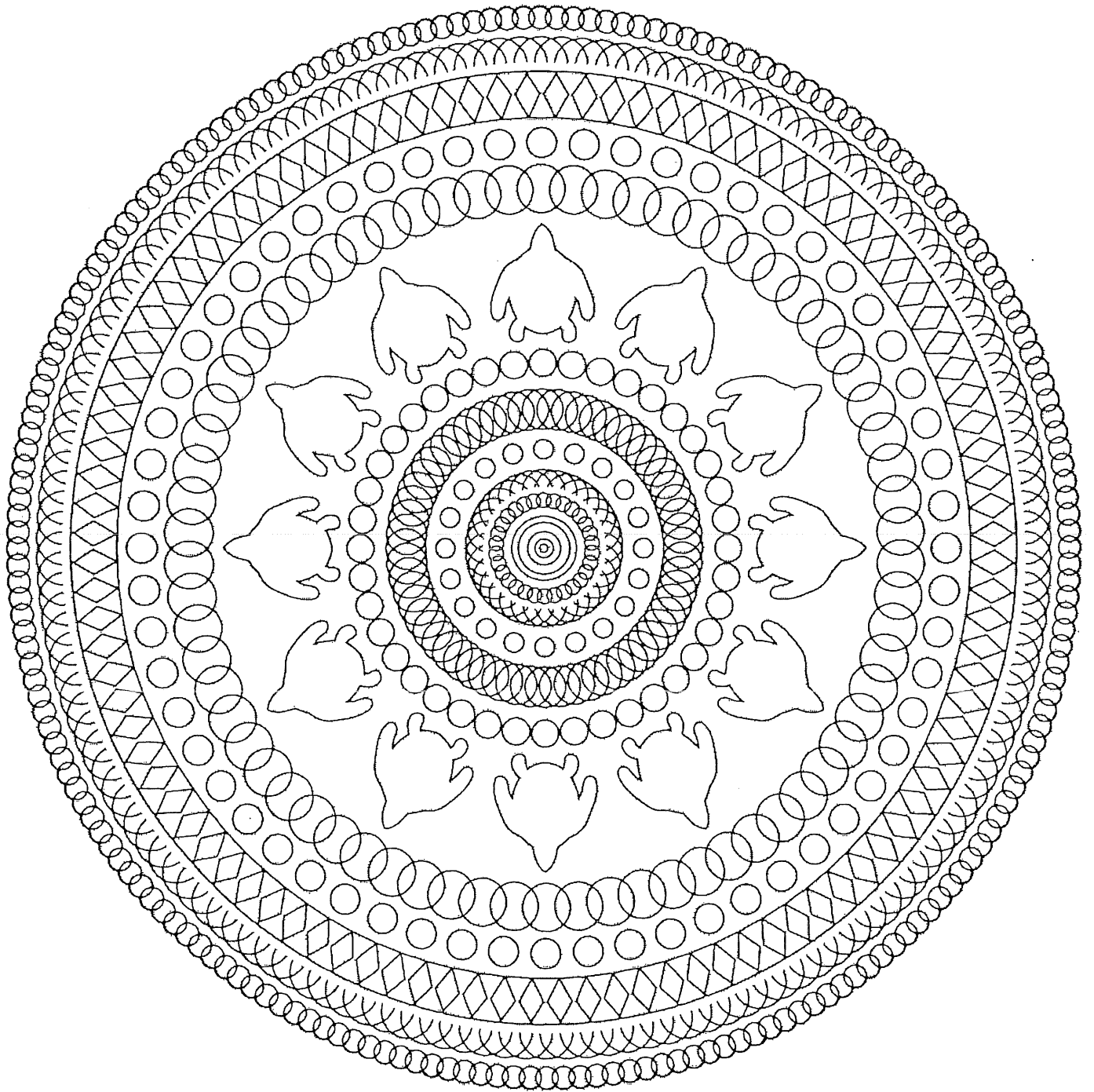
While the Enrichment Club members are the ones who pose for photographs with oversized checks, credit is also due to the numerous staff members who help facilitate these fundraisers. *“Without staff support,”* stated the Enrichment Club President Phillip Luna, *“we wouldn't be able to do nearly any of the things we are able to. They give us the avenue, the opportunity to do something more.”* In addition, the hundreds of AICs who participated in the fundraiser are crucial in making such a significant donation.

This year the club is looking to make donations to the organizations *One Simple Wish*, *The Alzheimer's Association*, *Hope for Warriors*, *Constructing Hope*, and *Mental Health America*, to name a few. "We all have different charities we want to donate to." said Club Ambassador Nico Sias. "Planning a donation to *The Alzheimer's Association* is important to me because it's something that could happen to all of us. And it doesn't get a lot of attention."

Currently, the Enrichment Club is working on a unique donation project called *Break the Cycle*. If implemented the project would create and fund scholarships for children who have or have had an incarcerated parent. "This is incredibly important to us – to create a scholarship program," said the Club President. "There are a lot of hoops to jump through, but if this works out it may be most important thing we've ever done as a club." The program's intention would be to award college scholarships to students who have been impacted by a parent's incarceration. "Kids who have an incarcerated parent are statistically more likely to become incarcerated themselves," said the Club President, "we'd like to try and break that cycle, even for just a few."

All donations made are a result of the tireless efforts of the club members, the support provided by EOCI staff and administration, and the hard-earned dollars of AIC contributors.







May is known as a month of transition. If you live in the northern hemisphere, the fresh cold winds are gone, and the rains of early spring. By the time May comes around, the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day! If you're on the other side of the world, in the southern hemisphere, then it's a time when summer is long gone. The fall winds have swept by, and the nights are getting colder and darker. It's a time of change, yet still delightfully warm.

Again, May is a time of change, no matter where in the world you are. What is it about May that's so significant though? Let's take a look at this a-may-zing month!

The name *May* is the modern-day English adaption of the Latin word *Maius*, which has origins going back to the time of the ancient Greeks. They named the month of May (or *Maius*) after the Greek goddess of growth.

A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word *Maiores*, the Latin for "elders," that the month gained its name.

The word *May* wasn't actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word *Maius* was still used.

May used to have a very different name in Old English. Back then, the month was referred to as the "month of three milkings." Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!

May was once considered an incredibly ill-omened time to get married. There's an adage for it actually, which goes: "*Marry in May and you'll rue the day.*" It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!

May isn't just a bad time to get married, though. There's the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn't wash any blankets either!

May is the month that the Eurovision song contest is held every year. For those not in the know, Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!

May is a special time for *Star Wars* fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars day, due to the way the date sounds similar to "*May the Force.*" We won't start the debate over whether the old movies are better than the new ones, because we all know the answer to that!

Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It's easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.

It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York cityscape!

May is a pretty good month for US presidents. Every other month of the year, at least one US president has died, but never in May!

May is pretty exclusive when it comes to days of the week. No other month in one single year starts or finishes on the same weekday as May. Basically, if the first of May is on a Friday, and the 31st of May is on a Sunday, no other months in the year will start or end on a Friday or a Sunday!

The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility and rebirth.

May actually has two birth flowers – the Lily-of-the-Valley and the Hawthorn. The Hawthorn flower is a symbol of hope, while the Lily-of-the-Valley represents the return of happiness and sweetness.

May also has two Zodiac signs, Taurus and Gemini. People born under the sign of Taurus are said to be ambitious and smart, yet trustworthy. Those born under the sign of Gemini are said to be passionate, adaptable, and smart.

May has some pretty interesting month-long observances. In the U.K., May is National Pet Month and National Smile Month. In the US, May is National Burger Month, Older Americans Month, and National Military Appreciation Month.

May also has some pretty wacky days! Hawaii celebrates Lei Day on the first of May, which also happens to be May Day. Utah celebrates Golden Spike Day on May 10th after the First Transcontinental Railroad was completed. May 29th is celebrated as Put a Pillow on Your Fridge Day!

Many famous people were born in May, such as Mark Zuckerberg, Karl Marx, Clint Eastwood, Wes Anderson, John F. Kennedy, Queen Victoria, and Catherine the Great!

As you can see, May isn't just a fantastic time of the year for weather – it's also got some pretty cool history. As the fifth month of the year, it would be so easy for it to slip by without notice, if not for all the interesting observances throughout the month!



Everyone has mental health. The Centers for Disease Control and Prevention (CDC) defines mental health as: A state of well-being in which a person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community.

The CDC defines mental health conditions as: Health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination of those) associated with distress and/or impaired functioning.

Stats on mental health:

- Each year, millions of Americans face mental illness. In fact, more than 51 million people experienced mental illness in 2019.
- **1 in 5 adults** and 1 in 6 youth experience a mental illness each year.
- It is estimated that only **45% of adults** and 51% of children with a mental illness receive treatment.
- **Anxiety disorders** are the most common mental illness in the U.S., affecting more than 19% of the adult population each year.

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental health condition isn't always easy. There's no easy test that can let someone know if there is a mental health condition or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Here are some common signs to be aware of:

10 common warning signs of a mental health condition

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental health condition isn't always easy. There's no easy test that can let someone know if there is a mental health condition or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Here are some common signs to be aware of:

- #1 Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated)
- #2 Seriously trying to harm or kill oneself or making plans to do so
- #3 Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- #4 Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- #5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- #6 Severe mood swings that cause problems in relationships
- #7 Repeated use of drugs or alcohol
- #8 Drastic changes in behavior, personality or sleeping habits (e.g. waking up early and acting agitated)

#9 Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure

#10 Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes/work.

Where to Get Help

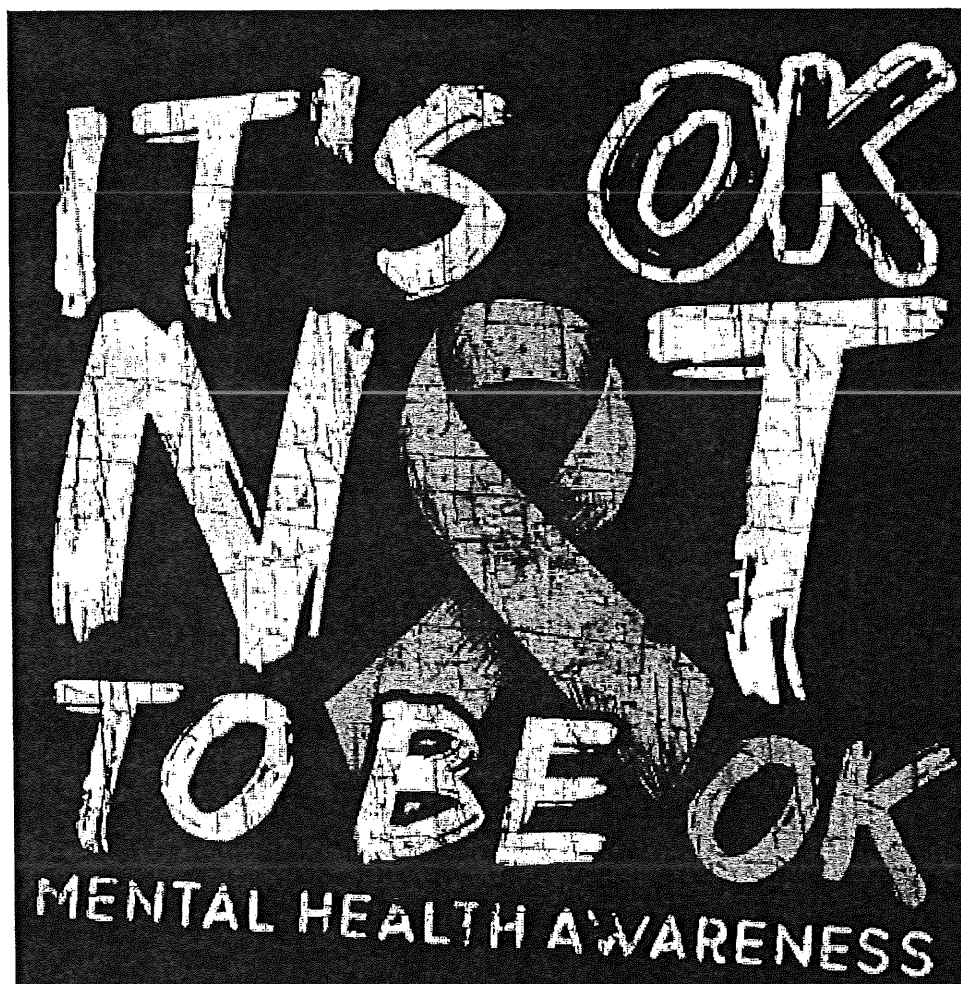
Don't be afraid to reach out if you or someone you know needs help.

Learning all you can about mental health is an important first step. See included handout about how to take care of your mental health while in custody as well as a blank mental health maintenance plan for your own use if needed.

Talk to your correctional counselor or send a kyte to BHS (behavioral health services).

Talk to anyone you feel comfortable reaching out to.

Things that can help> prayer, meditation, togetherness, helping others, a healthier lifestyle, exercise, sobriety, addressing trauma, taking the right meds, mindfulness, having a daily schedule, tracking your moods and symptoms.



SELF-CARE ON THE INSIDE

**Tips &
Activities to
Take Care of
Yourself**

Self-Care on the Inside Guide

First Edition

April 2017

Written by: Everett Redente

Featured artists: SRLP Prisoner Advisory Committee Members
Shaylanna L., Miguel M., Nouchie V., S. Torma, Robert, Chad W., & Mr.
Rivera

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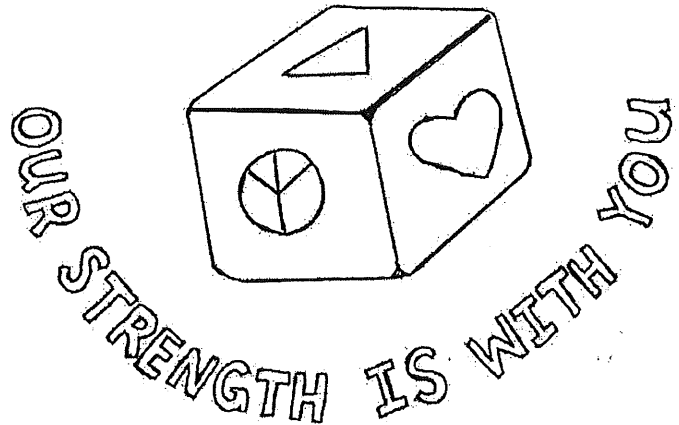


Positive Affirmations:

Positive affirmations – or positive statements – are helpful in reprogramming our subconscious mind. Our brains and bodies often hold on to the trauma, pain, and hate associated with traumatic experiences. Sometimes this means we have automatic negative or painful thoughts that may pop up in our day-to-day life without us even being aware of it. When we practice positive affirmations, we are working to reprogram our brain to heal from the abuse or trauma. Positive affirmations should fit your particular wounds, experiences, and/or insecurities. For example, a positive affirmation should interrupt the pattern of getting stuck in harsh beliefs by replacing the negative thought with a loving one.

Positive Affirmations in Practice:

When you look in the mirror and think “I am worthless,” look at yourself with strength and say instead, “I am worthy of love and respect.” This isn’t easy! If you keep having negative thoughts, that’s okay! That’s just trauma still living in your body. Choose any affirmation you’d like and practice saying it out loud daily or whenever a painful experience/memory happens.



Positive Affirmation Examples:

I am strong, courageous, and brave. I am an incredible person. I am loved and supported. I am grateful for my body and everything it does to support me. I am beautiful. I am powerful. It was not my fault. I am worthy. I have a right to

exist. I am (your name) and my identity is valid. I am valued. I am resilient.

Breathing Exercises:

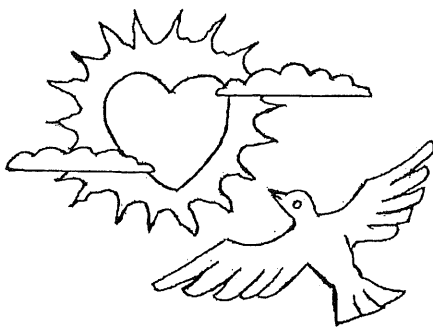
Sometimes memories of trauma or abuse can come back to us and make it feel as if we are re-living them. When that happens, it is important to try and return back to the present. One way to do that is through controlled breathing. Controlled breathing not only keeps your mind and body functioning at their best, but it can also lower blood pressure, promotes feelings of calm, and helps you relax. Breathing exercises can be something you do every day or you can do these when you are feeling very heightened and triggered in any moment.

Breathing Exercises in Practice:

Try inhaling slowly through your nose for a count of four, and then exhale through your mouth for a count of four. If you have not tried breathing exercises before, start with just inhaling and exhaling for one minute. Work your way up and try for at least 10 minutes a day – it may take some practice and time before you can do controlled breathing for 10 minutes at a time. Sometimes it can be nice to close your eyes, to do them in a quiet place, to do them looking out a window or while sitting on a blanket, mattress, or pillow.

But find the way that works best for you!

You can also try another breathing technique by putting one hand on your chest and the

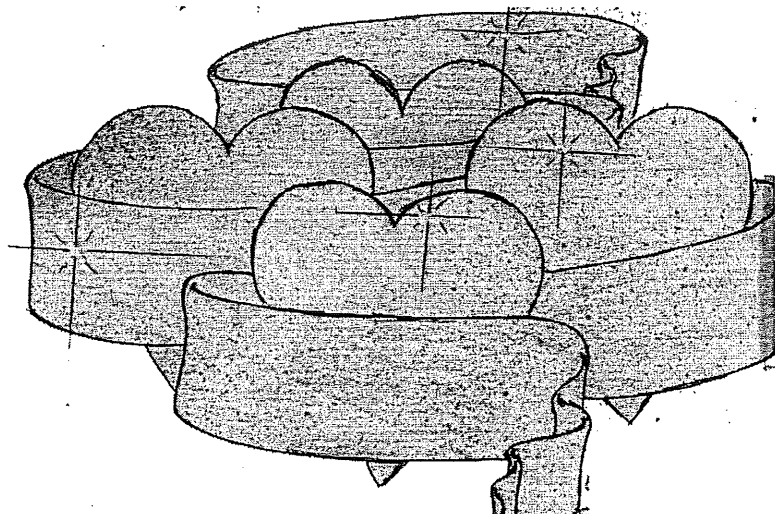


Always
Seek the
Freedom
to be
who you are

other on your stomach. Take a deep breath in through your nose and try to fill up air through your chest and stomach. Repeat this deep and slow breathing pattern six to ten times per minute and try to work your way up to 10 minutes each day. As you get used to doing this, it can be nice to take note of your heartbeat and feel it calming down and to give yourself a compliment for your great work taking care of yourself!

Meditation & Mindfulness:

Meditation and mindfulness are self-care tools that can be practiced anywhere. Like breathing exercises and positive affirmations, they help you to take your body and brain back from the experience of trauma. Meditation is a practice that allows the mind to exist in a calm and natural state. Mindfulness is the art and science of paying complete attention to the one thing you're doing in any given moment.



Meditation in Practice:

Start by sitting down and allow yourself to become very still, relaxed, and alert. Try to focus your attention on one thing. It can be anything, but two good places to start if you are new to meditation are either focusing on your breathing or on a word or phrase (called a mantra) that you repeat over and over for the duration of your meditation. Some examples could be: "I am

loved” or “I am enough.” Sometimes people prefer to make sounds that don’t have a meaning but are soothing, like making a noise as you breathe out or humming. As you do this, your mind will wander and that is okay! Try to allow these thoughts to pass by, like a bird flying past clouds or cars passing on the road. Your only job when you practice meditation is to bring your attention back when it strays from your object of focus. You may find yourself falling asleep at first and that’s also okay. As you practice, try to remember to stay relaxed, still, and alert.



Meditation and mindfulness can also include other activities:

Body Scan:

A body scan allows you to pay attention and notice each part of your body. This can help you to reconnect to parts of your body that might still hold painful memories or be difficult for you to think about. Start by laying or sitting in a comfortable position. Pay attention to your body. Start at your toes

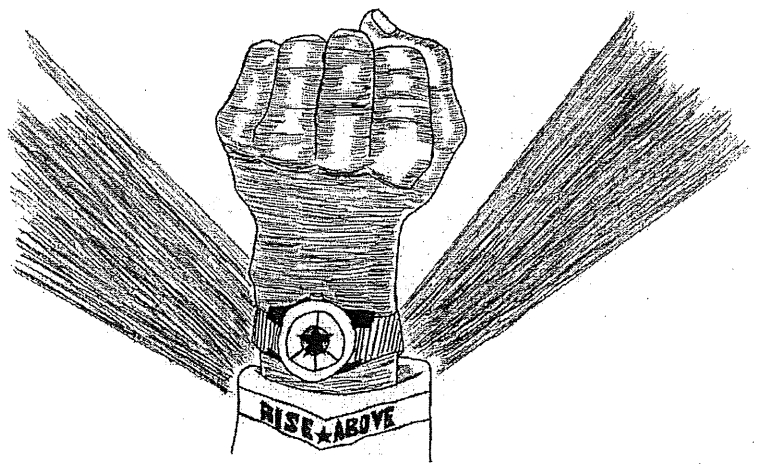
and move up your body to your head. Focus on tightening each body part and muscle group as you move up your body. Then, release it. As you release your body part or muscle group, allow yourself to feel it getting heavy and relaxed as you let go of the burden of carrying it.

Guided Meditation/Visualization:

This practice is like meditation but you are imagining – or visualizing – a story instead of just a word or sound. Many people will visualize a relaxing place or the process of healing happening. Sometimes people will tell themselves a favorite soothing story as they visualize

it happening. Maybe you want to visualize healing by imagining a ray of light coming to you and touching your body wherever it hurts, bringing you a warm

RISE UP FREEDOMS A MUST! SOMEONE LOVES YOU.



xoxoxo SHAYLANNA xoxoxo

glow and the feeling of safety. Maybe you want to imagine yourself with a loved one, making a favorite meal together. Think of something soothing that allows you to feel calm and at peace.



Praying:

If prayer is important for you, it can be a

great way to integrate mindfulness and meditation. The next time you pray, be aware of straying thoughts and calmly bring yourself back to your prayers. If your prayers are physical in nature, become aware of the movement of your body as you pray. Think about how your hands feel when they move: Do you feel graceful? Do you feel strong? Make your prayer take up your whole body.

Reflecting:

If you are having a day where your thoughts seem very fast or very scattered, it

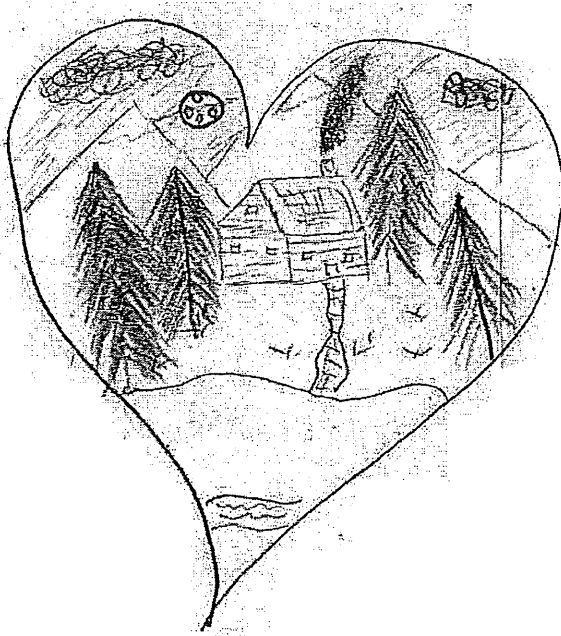


can be helpful to describe your day to yourself. Include small things that you did and give yourself credit for all the work you put into surviving the day (examples could be: today I woke up. I opened my eyes, I stretched my arms, and I got out of my bed. I made my bed. I washed my hands and splashed water on my face, etc.). This kind of

detailed description can help you to feel centered and it can remind you of the many things you have power and control over, the things that you *chose* to do with your day like open your eyes or stretch. Those are choices you make for your body and you deserve credit for them!

Grounding Techniques:

Grounding is an exercise that helps keep you in the present moment and in reality. It can be helpful in managing overwhelming feelings, intense anxiety, or nerves. It can also help you regain control of your mental focus from a place of intense or high emotion. Grounding techniques can also help bring you back to the physical space where you are. When memories of trauma make you feel outside of your body, these activities can bring you back. Here are some grounding activities to try:

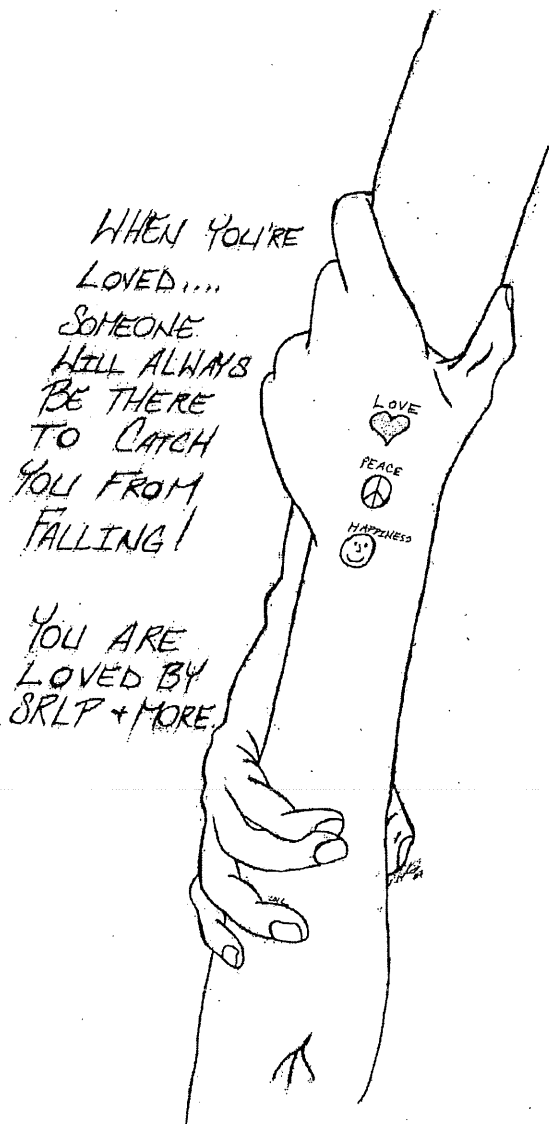


54321:

Name 5 things you can see in the room with you, 4 things you can physically feel against you, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself.

Questions:

Ask yourself questions to help bring you into this moment. Where am I? What day is it? What is the date? What is the month? What is the year? How old am I? What season is it? It is okay if you do not know the answers to these questions. If these questions are difficult, you may want to try another activity listed in this guide.



Description Game:

Plant your feet firmly on the ground. Physically hold an object and try to describe each detail of it out loud like you wanted someone on the phone to be able to see it. Try this with a comforting object like a blanket or a favorite shirt. Now try it with an object that is cold. Try it with an object that is rough.

Get Creative:

Whether it's writing, drawing, or making music, expressing our story or experiences can be an important tool to help us let go of emotion, pain, and/or trauma. Creative expression can use our whole body and brain and this helps us to remove trauma from where it may be stuck inside of us.

When we create something, we have the option of sharing our art with our community. Whether it's a beautiful drawing or a letter, turning our pain into creativity can be a powerful experience – both for us and for others.

Make Music:

Music does not have to be made with a traditional instrument. We can make music using our bodies, our hands, our voices, and items like pens or pencils.

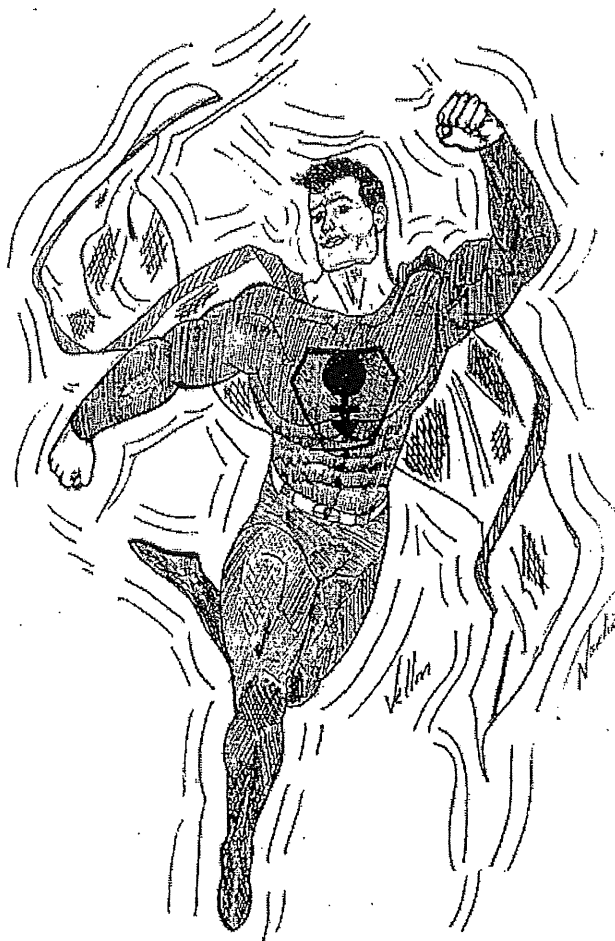
You can try to make a familiar tune you love, or you can write your own piece.

Physical Exercise/Movement:

Sometimes our experiences can't be captured on paper. Use your whole body to express what is inside of you. Try wiggling your toes and fingers, stretching different parts of your body, shaking out your arms and legs, or walking around. Notice the rhythm of your steps and breath and use this natural beat to create movement.

Write Letters:

Write letters to people who care about you and support you. Write letters to your idols, your past or future self, people who have hurt you. In the letters, you can say what you wish you had known, what you wish you had said, what you want to say one day. You can choose to send these letters, keep them, destroy them, or throw them away.



Journal:

Document your daily interactions, important events, or whatever comes to mind at the moment. Allow yourself to write freely without judgment. If words don't come to you, use drawings.

Read:

Read something new or re-read something that makes you feel good.

Memorize a favorite line and use that line to inspire you during meditation.

Ask for Additional Resources:

Healing is an ongoing process. As you work your way through these tips you may want to move on to other work. The work that you are doing is fantastic. Below are a few examples of places to reach out to when you are ready.

Yoga:

Many people find yoga to be a helpful and healing practice. You can write to the Prison Yoga Project and ask for a free book: The Prison Yoga Project, P.O.

Box 426, San Quentin, CA 94964.

Writing:

If you have found that writing is a helpful tool, you may want to reach out to the PEN America Program, which publishes the work of people in prison and has a free handbook for aspiring writers: PEN America, 588 Broadway, Suite 303, New York, NY 10012.

LGBT Books to Prisoners:

If you want to learn more about healing and trauma – or anything else – you can write to the LGBT Books to Prisoners program and ask if they have books on certain subjects. They might not, but they may be able to find other books for you: LGBT Books to Prisoners, c/o Social Justice Center Incubator, 1202 Williamson St #1, Madison, WI 53703.



Mental Health
Foundation

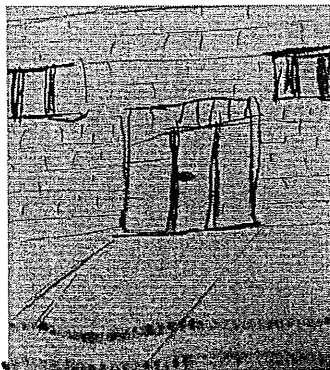
How to look after your mental health in prison

A guide written for male prisoners

This leaflet is about ways to look after your mental health in prison.

Being in prison can be very difficult. Losing your freedom can be hard on your mental health. Mental health is about the way you think and feel and your ability to deal with life's ups and downs.

We all have times when we feel down. Most of the time these feelings pass, but sometimes they become more serious. Self-harm is a serious problem in prison. If you self-harm, you can get help from the mental health team.



Looking after your mental health in prison can help you cope better and feel better in yourself.

Some things that could be hard on your mental health are:

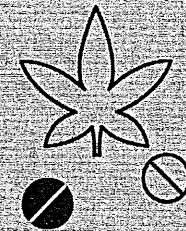
- **The death and the funeral of a loved one**

One of the most difficult times you can face in prison is someone on the outside dying



- **Drug use**

It's best to say no and keep saying no to drugs



For both of these issues, speak to the chaplain or a prison officer for help.

"Jail can be scary, the unfamiliar surroundings, the loud noises, a routine that revolves around time..."

Here are ten tips to help look after your mental health



Tip 1. Take care of yourself

When people feel sad, they may not look after themselves. Try to remember to shower regularly and wear clean clothes.



Food is also important to help you feel well:

- Eat three regular meals a day
- Drink plenty of water
- Eat lots of fruits and vegetables
- Choose a healthy meal at least once a day
- Don't eat too much sugar



Tip 2. Talk about your problems

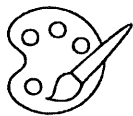
This can help you feel less alone. You can talk to Health Care, the Chaplain or Wing Staff.

You may also be able to speak to a prisoner who is a trained Listener.



Tip 3. Get active

Regular physical activity and exercise can help your physical and mental health. Going to the gym or even doing exercise in your cell would be helpful.



Tip 4. Keep learning

Try something new, for example, you could learn to cook or try your hand at drawing or painting.



Tip 5. Stay positive

It is important not to let negative thoughts take over. Although it can be hard, try to stay positive.



Tip 6. Think about how you can be less stressed

Some people try breathing exercises like mindfulness to help relax.



Tip 7. Begin to make plans

Making plans can help fill the time positively. Think about what you want to do and work towards it. To start, choose something easy. It could be something simple like joining a class.



Tip 8. Try to keep in touch with friends and loved ones outside

This can help you feel that people care about and remember you. Don't forget that people outside will be missing you.



Tip 9. Get on with the people around you

This can reduce stress and help you to feel less lonely. In prison, you could make some good friends.



Tip 10. Help others

This can make you and other people feel good, for example, taking part in peer mentoring.

~~If you want to see the full booklet, How to look after your mental health in prison, A guide written for male prisoners, open to a Prison Officer for more information.~~

Mental Health Maintenance Plan

Much like your body requires a balanced diet and exercise to maintain its health, your mental health also needs attention. Maintaining your mental health involves practicing self-care, using coping strategies, and knowing when to seek professional help. Use this worksheet to review your mental health needs and the strategies you can use to maintain wellness.

Spotting Mental Health Risks

Triggers

A trigger is anything that can bring back mental health issues. Triggers can be activities, thoughts, people, places, or things. Once you know your triggers, they can be avoided or managed. **List 4 of your triggers.**

Tip: In order to avoid triggers, you may need to make changes to your habits, lifestyle, and relationships.

1
2
3
4

Warning Signs

Warning signs are symptoms—such as thoughts, feelings, and behaviors—that indicate your mental health might be at risk. Examples include sleep issues, social isolation, and stress. **List 4 of your warning signs.**

Tip: Knowing your warning signs allows you to begin managing symptoms before they become too severe.

1
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3
4

Mental Health Maintenance Plan

Preventing and Dealing with Problems

Self-Care

Self-care activities are the things you do regularly to maintain your mental health. Examples include eating well, exercising, socializing, and engaging in hobbies. **List 3 self-care activities you can practice regularly.**

Tip: A healthy lifestyle will make you more resilient to stress. Choose self-care activities that can become habits, and a regular part of your day.

1
2
3

Coping Strategies

Coping strategies are skills that help you manage problems or symptoms when they arise. Examples include relaxation, communication, and anger management skills. **List 3 coping strategies you can use.**

Tip: Practice your coping strategies regularly so you are prepared to use them in an emergency.

1
2
3

Returning to Therapy

It's normal to experience problems or uncomfortable emotions, such as sadness, anger, or anxiety. However, when your problems become too intense, or last for too long, you may need professional help.

How will you know if you should return to therapy?

--

Plan de mantenimiento de la salud mental

Así como el cuerpo requiere una dieta equilibrada y ejercicio para mantenerse sano, la salud mental también necesita atención. Mantener la salud mental implica practicar el autocuidado, utilizar estrategias de afrontamiento y saber cuándo buscar ayuda profesional. Utilice esta hoja de trabajo para revisar sus necesidades de salud mental y las estrategias que puede utilizar para mantener el bienestar.

Cómo detectar los riesgos de salud mental

Factores de activación

Un factor de activación es cualquier cosa que pueda provocar un problema de salud mental. Los factores de activación pueden ser actividades, pensamientos, personas, lugares o cosas. Una vez que conozca sus factores de activación, usted podrá evitarlos o manejarlos. **Anote 4 de sus factores de activación.**

Consejo: A fin de evitar los factores de activación, es posible que tenga que realizar cambios en sus hábitos, su estilo de vida y sus relaciones.

1
2
3
4

Señales de advertencia

Las señales de advertencia son los síntomas—como los pensamientos, los sentimientos y los comportamientos—que indican que su salud mental pudiera estar en riesgo. Algunos ejemplos incluyen problemas del sueño, aislamiento social y estrés. **Anote 4 de sus señales de advertencia.**

Consejo: Si conoce sus señales de advertencia, podrá comenzar a controlar los síntomas antes de que se vuelvan demasiado graves.

1
2
3
4

Plan de mantenimiento de la salud mental

Cómo prevenir y lidiar con los problemas

Actividades de autocuidado

Las actividades de autocuidado (o cuidado de uno mismo) son aquellas que realizamos con regularidad para mantener nuestra salud mental. Algunos ejemplos incluyen comer bien, hacer ejercicio, socializar y practicar pasatiempos. **Anote 3 actividades de autocuidado que usted realice con regularidad.**

Consejo: Un estilo de vida saludable lo hace más resiliente al estrés. Elija actividades de autocuidado que puedan convertirse en hábitos y en una parte habitual de su día.

1
2
3

Estrategias de afrontamiento

Las estrategias de afrontamiento son aquellas que le ayudan a controlar los problemas o los síntomas cuando se presentan. Algunos ejemplos incluyen las habilidades de relajación, comunicación y control de la ira. **Anote 3 estrategias de afrontamiento que usted pueda utilizar.**

Consejo: Ponga en práctica las estrategias de afrontamiento con regularidad para que esté preparado para utilizarlas en caso de emergencia.

1
2
3

Regreso a la terapia

Es normal tener problemas o emociones incómodas, tales como tristeza, ira o ansiedad. Sin embargo, si los problemas son demasiado intensos o duran mucho tiempo, es posible que necesite ayuda profesional. **¿Cómo saber si debe regresar a terapia?**

--

PRISON PIZZA

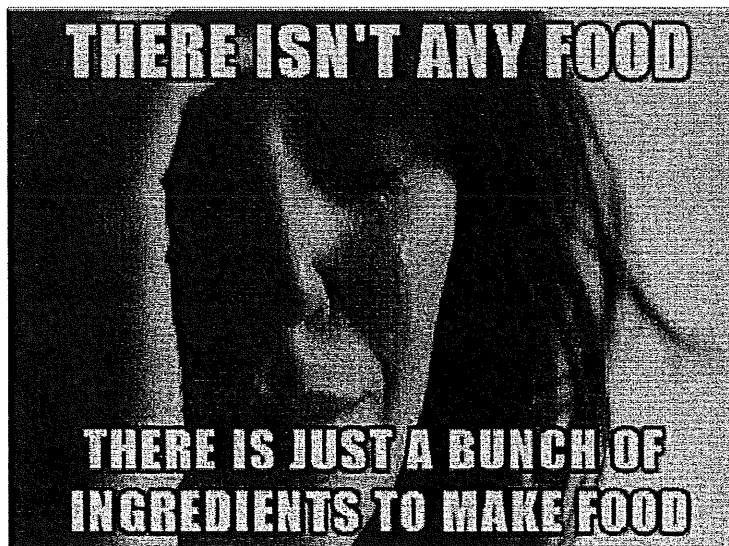
Who wouldn't want a slice of pizza at the end of a long, stressful day? Pizza is currently the most popular comfort food in the United States, according to Food & Wine. It's unsurprising that some people attempted to make an entire pizza using only what was available inside the prison. This recipe makes use of crackers as noodles and commissary items as toppings.

Ingredients:

- 2 sleeves of Saltine cracker
- 2 sleeves if Ritz cracker
- Onions
- Pickles
- Tomato Paste
- Pepperoni slices
- 1 pack of ramen noodles
- 1 stick of Slim Jim
- Block cheese or Squeeze Cheese
- Empty plastic bags (e.g., a Dorito bag)

Instruction:

1. Thinly slice the pickles, onions, block cheese, and slim jim
2. Inside the Dorito bag, crush two entire sleeves of Saltine crackers and two sleeves of Ritz crackers
3. Place the crushed ramen noodles inside the bag
4. Fill the bag halfway with hot water. Assure that the water level in the mixture is identical
5. For 15 minutes, mash the mixture together to incorporate the ingredients and cook the noodles.
6. Once the mixture resembles dough, carefully cut the side of the bag and flatten it. Distribute the dough evenly with another chip bag and a round material such as a rolling pin
7. Microwave the dough for 4-5 minutes
8. Spread the tomato paste evenly and top with the remaining ingredients
9. Cook the pizza in the microwave for five minutes



PRISON TAMALES

Tamales are a delectable yet simple Mexican dish. Because of this, some inmates who were bored with chips and ramen noodles invented Prison Tamales. It requires only hot water and a strong plastic bag.

Ingredients:

- 1 large bag of corn chips
- 1/3 cup of processed cheese food or cheese curls
- 1 1oz beef jerky sausage or meat stick
- 1/2 cup of warm water

Instruction:

1. Combine corn chips and cheese in a single chip bag
2. Finely crush the contents
3. Chop the meat stick into small pieces, and add it to the mixture
4. Add just enough water to the mixture to enable it to be shaped into a tamale
5. Tightly seal the bag and run it under hot water to cook
6. Remove the bag from the freezer and enjoy your tamales



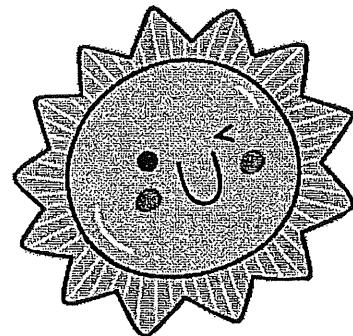
HAPPY MAY

WORD SEARCH

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MAY DAY
MEMORIAL DAY
MOM
MOTHERS DAY
SPRING
STAR WAR DAY
SUNSHINE
TACOS



Happy Mother's Day

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 protecting
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 amazing
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Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #1339 (Medium)

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

Sudoku #1340 (Medium)

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

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #1337 (Easy)

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

Sudoku #1338 (Easy)

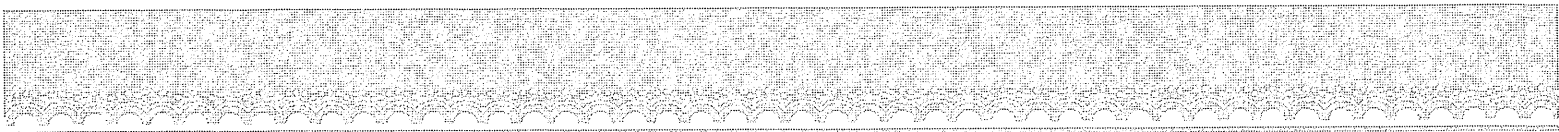
		1	3	7		6	2	
		8	1		4			
		2			6	5		
	5	4		3				
6						2		
					1	3	5	
	7		8					
	4	3			2		1	6

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>



A series of horizontal lines for writing, consisting of 20 evenly spaced lines across the page.

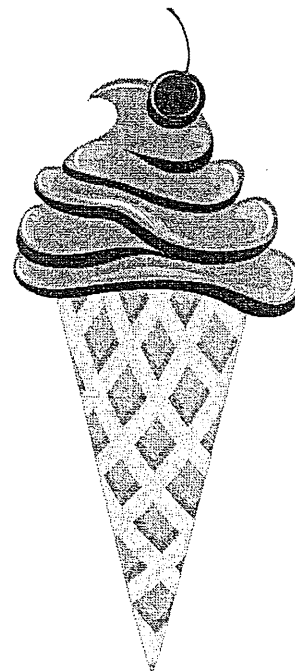




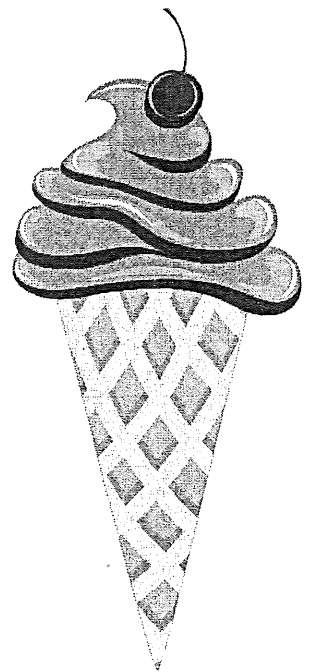
Handwriting practice lines consisting of multiple sets of horizontal lines, each set including a solid top line, a dashed midline, and a solid bottom line.



Lined writing paper with 20 horizontal lines.



Lined writing area consisting of 25 horizontal lines.



Lined writing area consisting of 25 horizontal lines.

Lined writing area consisting of 10 horizontal lines.

