



# Warner Creek Trails

P.O. Box 1500, 20654 Rabbit Hill Rd., Lakeview, OR 97630

Volume 23 Issue 5

May 2023



## May Zodiac Signs

**Taurus:** April 21

to May 20

**Gemini:** May 21

to June 20

## WINNING WORDS:

It is during our  
darkest moments  
that we must fo-  
cus to see the  
light

-Aristotle

## The Month of May

“May” is likely named after the Roman goddess Maia, who oversaw the growth of plants. Alternatively, the name might have come from the Latin *maiores*, “elders”.

### May Calendar

**May 1** is [May Day](#). Mark the return of spring by bringing in branches of [forsythia](#), [lilacs](#), or other flowering shrubs from your region.

- **May 1** is **Lei Day** in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha. Lei Day originated in 1927 when poet Don Blanding proposed a holiday to recognize the lei’s role in Hawaiian culture. Writer Grace Tower Warren suggested May 1 for the date because it coincided with May Day, a celebration also linked to flowers. She coined the phrase, “May Day is Lei Day.” The first Lei Day observance occurred on May 1, 1928. The following year, it was made an official holiday in the territory. (Hawaii did not become a state until 1959.)

- Today, Lei Day celebrations may include music, games, exhibits, and lei-making demonstrations and contests.

**May 5** is [Cinco de Mayo](#) (“**The Fifth of May**”). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

**May 14** is [Mother’s Day](#)—don’t forget! Do you have something planned to show appreciation for your mother?

**May 20** is [Armed Forces Day](#), which honors those who serve in all branches of the United States military.

**May 22** is [National Maritime Day](#). Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.

**May 22** is [Victoria Day](#) in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. The holiday is observed on the penultimate Monday in May.

**May 29** is [Memorial Day](#)—a poignant reminder of the tenacity of life. It's tradition to raise the flag on this day.

## “Just for Fun” Days

May is **Get Caught Reading Month** and **National Good Car-Keeping Month**.

Here are some more fun things to celebrate this May:

- **May 1:** School Principals' Day
- **May 2:** World Tuna Day
- **May 4:** May the 4th be with you ( Star wars day)
- **May 8:** No Socks Day
- **May 10 (second Wednesday in May):** Root Canal Appreciation Day
- **May 14:** Dance Like a Chicken Day
- **May 28:** Slugs Return from Capistrano Day

## May Astronomy

### The Flower Moon

May's full Moon, called the **Flower Moon**, appears on Friday, May 5, reaching peak illumination at 1:36 P.M. (EDT). It will be below the horizon at this time, so for the best view of this full Moon, step outside on the night of the 4th or the 5th and look for that big, bright, shining lunar disk!

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# Transport, movement, etc.

## Transport

An individual can be transferred at any time to another facility for a variety of reasons; mandatory-program availability, medical needs, security or bed space issues, etc. For security reasons, transfers are not announced in advance. We understand the impact of distance on yourself and family/friends and encourage you to take advantage of the communication avenues available such as video calls, electronic messaging, mail and telephone in addition to in person visiting.

The Office of Population management coordinates such transfers and is diligent in attempting to optimize movement to meet the various needs. We appreciate your patience in this matter.

## Supervised trip

If there is an immediate need due to qualifying conditions, DOC has a process for temporary transfer requests for a supervised trip. As part of the request for a supervised trip, the AIC agrees to pay for the cost of the trip. AIC can make these requests for a private viewing of an immediate family who has passed away (either before or after a funeral), and/or for visitation with a family member who has been diagnosed with a terminal illness and is nearing death (per OAR 291-063-0040).

Requests are made through Security/ISM and must provide documentation to support the temporary transfer. This documentation may include notification of a family member's death or a letter from a doctor that identifies an immediate family member's terminal illness.

The sending and receiving institutions agree on the length of the stay, and the superintendent of the sending facility makes final approval. The AIC returns to the sending facility when the temporary transfer is complete.

For specific case plan needs here at WCCF, please work with your assigned counselor.

## For programs outside of WCCF or at other facilities/Institutions:

The Treatment Assignment Screening Committee (TASC) reviews and approves those AIC waiting to enter Alternative Incarceration Programs (AIP), Alcohol and Drug Treatment, cognitive behavioral therapy programs, etc.

## INSTITUTION/FACILITY programs:

All programs that are specific to an Institution or Facility complete the screening and select for those programs themselves at the Institution/Facility the program exists.

## Release

Release planning and your case plan needs will be coordinated through the release counselor. Transport for release will occur through this process.

## Disciplinary/classification

AIC classification changes or disciplinary sanctions may result in transport to a higher classification facility

## PREA SEXUAL ABUSE ADVOCACY

After a sexual assault you may want to speak with someone who can assist you with what happens next. Whether you choose to have a forensic medical exam and report the assault to the institution or not, you can get help from an advocate. The advocate will help you by providing you with information about the process as well as provide you with emotional support. This help is called advocacy. Advocates offer survivors information about the different options available to them and support a survivors' decision-making. Advocates do not tell the survivors what to do advocates are committed to maintaining the highest possible levels of confidentiality in their communications with survivors.

Oregon Department of Corrections has a **ZERO TOLERANCE** policy towards sexual abuse and sexual harassment of incarcerated persons.

**WCCF Community-based Advocacy Center**  
**exclusively for Sexual Abuse/Sexual Assault**

Lake County Crisis Center  
PO Box 774  
Lakeview, Oregon 97630

### Role of an Advocate:

- Provide over the phone confidential support and crisis intervention related to sexual abuse
- Talk with survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/Teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

### An Advocate's role is:

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

### How to Reach an Advocate

Simply dial 711 or 1(800)338-7590, you will be connected to the local community-based advocacy center. There is no charge when calling either numbers. You may also write to an advocate at the address listed for the Lake County Crisis Center. If you feel like you are in immediate danger contact the nearest staff member or OIC.

## OPTIONS FOR FILING A REPORT OF SEXUAL ABUSE

- Contact the Inspector General Hotline by dialing 9 on the inmate telephone system.
- File a grievance.
- File an anonymous report with an outside agency by writing to:

Governor's Office of Constituent Services  
900 Court Street NE, Suite 160  
Salem, Oregon 97301

(Your letter will need to indicate at the beginning you wish to file a PREA allegation and remain anonymous)

**Prison Rape Elimination Act (PREA Information)**

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by dialing 9 from any AIC phone.

**Filing an Anonymous PREA Report**

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency. You may write to:

Governor's Constituent Services Office  
900 Court Street NE, Suite 254  
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

**Community-Based PREA Advocacy (Support) Program**

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 on AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

**Role of an Advocate:**

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

**Advocates will:**

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice
- Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing AICs with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters  
3325 Wilshire Blvd., Suite 340  
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator  
Oregon Department of Corrections  
2575 Center St. NE  
Salem, Oregon 97301



## OREGON DEPARTMENT OF CORRECTIONS

### COVID-19 Vaccine and Booster Dose Update – April 2023

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Food and Drug Administration (FDA) has released new guidelines on COVID-19 vaccine protocol. Health Services will be compiling a list of individuals who are eligible for a booster dose and will hold vaccination clinics for individuals who meet the criteria as established by the Food and Drug Administration.

If you are not yet vaccinated and would like to be, please contact Health Services. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

What you need to know:

- At this stage of the pandemic, the FDA is simplifying the use of the authorized single mRNA bivalent COVID-19 vaccines (the monovalent mRNA vaccines are no longer being used).
- Most unvaccinated individuals may receive a single dose of a bivalent vaccine, rather than multiple doses of the original monovalent mRNA vaccines.
- Most individuals who have already received a single dose of the bivalent vaccine are not currently eligible for another dose.
- Individuals 65 years of age and older who have received a single dose of a bivalent vaccine may receive one additional dose at least four months following their initial bivalent dose.
- Most individuals with certain kinds of immunocompromise who have received a bivalent COVID-19 vaccine may receive a single additional dose of a bivalent COVID-19 vaccine at least 2 months following a dose of a bivalent COVID-19 vaccine.
- Health Services is compiling a list of individuals eligible for a second dose.

If you have questions, please contact Health Services.



## OREGON DEPARTMENT OF CORRECTIONS

### Actualización de Dosis de Refuerzo y Vacuna COVID-19: Abril de 2023

El virus COVID-19 todavía está presente en nuestras instituciones y comunidades, y las vacunas continúan siendo la forma más segura y efectiva de protegerse de la infección por COVID-19. La Administración de Alimentos y Medicamentos (FDA) ha publicado nuevas pautas sobre el protocolo de la vacuna COVID-19. Los Servicios de Salud (Health Services) compilarán una lista de personas que son elegibles para una dosis de refuerzo y realizarán clínicas de vacunación para las personas que cumplan con los criterios establecidos por la Administración de Alimentos y Medicamentos.

Si aún no está vacunado y le gustaría estarlo, comuníquese con los Servicios de Salud. Si no desea ser vacunado o recibir refuerzos, puede optar por no hacerlo.

Lo que necesitas saber:

- En esta etapa de la pandemia, la FDA está simplificando el uso de las vacunas COVID-19 bivalentes de ARNm único autorizadas (las vacunas de ARNm monovalente ya no se usan).
- La mayoría de las personas no vacunadas pueden recibir una dosis única de una vacuna bivalente, en lugar de dosis múltiples de las vacunas de ARNm monovalentes originales.
- La mayoría de las personas que ya recibieron una dosis única de la vacuna bivalente actualmente no son elegibles para otra dosis.
- Las personas mayores de 65 años que hayan recibido una dosis única de una vacuna bivalente pueden recibir una dosis adicional al menos cuatro meses después de la dosis bivalente inicial.
- La mayoría de las personas con ciertos tipos de inmunodepresión que han recibido una vacuna bivalente contra el COVID-19 pueden recibir una sola dosis adicional de una vacuna bivalente contra el COVID-19 al menos 2 meses después de una dosis de una vacuna bivalente contra el COVID-19.
- Servicios de Salud está compilando una lista de personas elegibles para una segunda dosis.

Si tiene preguntas, comuníquese con los Servicios de Salud.



## OREGON DEPARTMENT OF CORRECTIONS

*The Department of Corrections (DOC) recognizes the importance of family connections during incarceration and we are working to ensure visiting applications are being processed in a timely manner.*

Visiting Services remains open and is working hard to process visiting applications for you and your loved ones – including regular caseload maintenance and renewals.

**Waiting to submit an application until the last minute could result in a delay. Now is the time to get these submitted.**

- Encourage family and friends to submit applications online – the form is available on DOC's website.

- You may also submit applications directly to Visitor Services using: [DOC.Visitors@doc.oregon.gov](mailto:DOC.Visitors@doc.oregon.gov)

All visitors must ensure they are on the adult in custody's (AIC's) approved visitors list **before** scheduling an in-person visit.

While the online system allows for scheduling regardless of visitor status, the visit will be denied at the institution if the visitor is not approved. Check with your incarcerated loved one to ensure your visiting status is up to date.

Please visit DOC's website at: (available 24/7) for the most accurate and up-to-date information on institution visiting: <https://www.oregon.gov/doc>

This website link <https://www.oregon.gov/doc/visiting> takes you directly to the Visiting section with information on:

- Visiting requirements and restrictions.
- A quick visiting checklist – what to bring and what to leave at home or in a facility locker; and
- Anti-drug smuggling information.

The site also has links to the following specifics: ~~deleted comment in this section~~

- How to become a visitor
- Visiting guidelines
- Arriving at the facility
- Visiting hours
- Visiting alerts

**IMPORTANT NOTE: We are NOT processing any Administrative Review requests at this time. Updates will be shared once Visiting Services reengages with these requests.**





## OREGON DEPARTMENT OF CORRECTIONS

*El Departamento Correccional (DOC) reconoce la importancia de las conexiones familiares durante el encarcelamiento y estamos trabajando para garantizar que las solicitudes de visitas se procesen de manera oportuna.*

La sección de Servicios de visitas del departamento permanece abierta y está trabajando arduamente para procesar las solicitudes de visitas para usted y sus seres queridos - incluido el mantenimiento y las renovaciones de casos regulares.

Esperar para enviar solicitudes hasta que se reanuden las visitas podría resultar en un retraso. **Ahora es el momento de enviar las solicitudes.**

- Anime a familiares y amigos a enviar solicitudes en línea - el formulario está disponible en el sitio web del DOC.
- También puede enviar solicitudes directamente a Servicios para visitantes usando:  
DOC.Visitors@doc.oregon.gov

Todos los visitantes deben asegurarse de estar en la lista de visitantes aprobados del adulto bajo custodia (AIC) **antes** de programar una visita en persona.

Si bien el sistema en línea permite la programación independientemente del estado del visitante, la visita será denegada en la institución si el visitante no es aprobado. Consulte con su ser querido encarcelado para asegurarse de que su estado de visita esté actualizado.

Visite el sitio web del DOC en: (disponible las 24 horas del día, los 7 días de la semana) para obtener la información más precisa y actualizada sobre las visitas a instituciones: <https://www.oregon.gov/doc>

El enlace de este sitio <https://www.oregon.gov/doc/visiting> lo lleva directamente a la sección de visitas con información sobre:

- Requisitos y restricciones de visita.
- Una lista de verificación de visita rápida: qué llevar y qué dejar en casa o en un casillero de la instalación; y
- Información contra el narcotráfico

El sitio también tiene enlaces a los siguientes detalles:

- Cómo convertirse en un visitante
- Directrices de visita
- Al llegar a las instalaciones
- Horas de visita
- Alertas de visitas

**NOTA IMPORTANTE: NO estamos procesando ninguna solicitud de revisión administrativa en este momento. Las actualizaciones se compartirán una vez que Visiting Services vuelva a comprometerse con estas solicitudes.**

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# May is National Physical Fitness month

According to the CDC Physical Activity Guidelines for Americans, each week adults need:

Moderate-intensity aerobic activity for 150 minutes every week (for example, 30 minutes a day, 5 days a week)

## AND

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

**Aerobic activity** or “cardio” gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class – these types of activities and more count as aerobic. As long as you’re doing physical activities at a moderate- or vigorous-intensity, they count toward meeting the aerobic guideline.

**Intensity** is how hard your body is working during a physical activity.

**Moderate-intensity aerobic physical activity** means you’re working hard enough to raise your heart rate and break a sweat. One way to tell if it’s a moderate-intensity aerobic activity is that you’ll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast or hiking
- Riding a bike
- Pushing a lawn mower

**Vigorous-intensity aerobic activity** means you're breathing hard and fast, and your heart rate has gone up quite a bit. Use the Talk Test for the intensity of your aerobic physical activity. If you're being active at a vigorous level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Running
- Swimming laps

Playing basketball

### **Build Up Over Time**

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like fast walking with more vigorous activities like running. You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two, each week.

If you haven't been very active lately, however, increase your physical activity slowly. If you have a history of a chronic disease, consider telling your doctor you are planning to increase your physical activity, including moving to more vigorous activity. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.



# R&D

When filling out clothing kytes, make sure you fill it out completely, front, and back. We don't have time to look up individual information that you should have included. If information is missing the whole bag, kyte and all will be returned to you to complete. Please explain what is wrong with what you are turning in so that the tailors can determine what to do with it. Please include the number of each item you need and what size you want to have returned to you. Please include your unit and bunk as well as job assignment in case we have questions and need to locate you. If you send a clothing kyte through the mail, I will get it after clothing bags are processed and the tags are printed. It will be send it back to you to put into a bag. **You are allowed to exchange clothing once every 2 weeks. This doesn't include socks, underwear laundry bags, shower shoes or shoes. For those items we will exchange one for one as needed.**

## What we do:

We exchange clothing items one for one. If you need to replace anything from underwear to jackets, you need to turn one in. For underwear if you don't have a pair to exchange you will need to get them from your unit officer who should have a bag of used underwear of various sizes. For socks Please utilize the clothing exchange bags, even if you don't have anything to put into the bag, if you have lost a pair or pairs of socks you will be called down to get used socks to replace them. If you turn in worn out socks or underwear they will be replaced by a new pair and returned in the bag to your unit later that day.

The Foot wear carried by R&D are shoes, boots and shower shoes. If you own shoes or boots you are not allowed to be issued state shoes or boots. We have a few different kinds of boots and you get what you get, we don't have all kinds in all sizes. If you have very odd size feet we will work with you, but only if your feet measure that way. We do not provide "medical shoes" the only odd shoes we have are very wide, again your feet will have to measure as wide.

We are issuing TV Covers, it will take a while to get them all out so be patient. Once one is issued to you it is your responsibility to take care of it, if it becomes damaged you will not be issued another one and you will be charged for the damage. The TV cover we issue is property of WCCF, it is to be returned if you leave just like clothing and locks.

## R&D

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### What we don't do:

We do not repair items you send down and return them to you. We will exchange them instead.

We do not issue medical shoes, medical doesn't authorize special shoes.

We don't do special orders such as, a specific color of jeans. We don't have very many "faded" jeans and don't have the time to shuffle through to find just the right pair.

We don't sew new tags on blue shorts, unless you just arrived with blue shorts or just received them from canteen. If your tag is coming lose, please send it in while it is still attached to the shorts so it is obvious that it was sewn in on a machine. Otherwise, shorts without a tag will be confiscated.



# Legal Library Closure - week of May 2<sup>nd</sup> to May 5<sup>th</sup>

Legal libraries will be closed across the state for all-staff training during the first week of May. Annual training allows us to keep Library Coordinators up-to-date and increase the quality of services provided within institutions and to AICs. We appreciate your understanding and look forward to resuming regular services after this event.

Please plan to make law library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

**WCCF Library will be closed Tuesday, May 2<sup>nd</sup> through Friday, May 5<sup>th</sup>.** During these days, attorney calls will be scheduled in the afternoons.

# Law Library-Change in Call Out Codes

In an effort to fully schedule law library resources, such as computers, Law Library is changing how we enter call outs. For call outs entered on or after May 1, 2023, all call outs for legal appointments (with the exception of attorney calls) will now have a Section code of "LAW".

The Location code will indicate what your law library appointment is for. Below is a list of location abbreviations and their meanings:

Abbreviation in Location Field	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled following. For example: MU, MO, C)

Note: At this time, no changes to how call outs are entered for staff scheduled calls between AIC and attorney will be made.

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# Quick and Easy Meditation Techniques

## to Calm Your Anxious Mind

### 1. Alternate Nostril Breathing

Hold your left nostril down with your left thumb and inhale through your right nostril. Then close your right nostril with your left index finger, so both are closed, and hold the breath. Release your left nostril only and exhale.

With your right nostril still closed, inhale through your left. Now close your left nostril with your thumb, so both nostrils are closed, and hold the breath. Release your index finger from your right nostril and exhale.

This is one set. Complete a minimum of five sets to harmonize the left and right hemispheres of your brain, calm your nervous system, and create a sense of relaxation and ease.

### 2. The 100-Breaths Technique

Close your eyes. Feel your back against your chair and your feet pressed firmly on the ground, then gently bring yourself into the present moment. Now start breathing through your nostrils and counting as you go, thinking “and” for every inhale, and the number for each exhale—inhale “and,” exhale “one”; inhale “and,” exhale “two.”

Feel your belly rise with each inhalation and let the breaths slow as you count yourself into a greater sense of relaxation. After you reach 100, open your eyes, move your fingers and toes, and bow your head in gratitude for the mental space you created.

### 3. Full Body Breath Scan

Start by inhaling through your nose, expanding your stomach, and counting to five. As you breathe in, visualize soothing warm light filling your feet, and then exhale through your lips for a count of five, while visualizing yourself releasing any tension you may have been carrying there.

Repeat this process for your ankles, your shins, your knees, and so on, all the way up to your head. After you finish scanning your entire body, you'll likely feel lighter, calmer, and more at ease.

### 4. Lip-Touching Breathing

When aroused, your sympathetic nervous system puts you in a state of high alert—that sense of “fight-or-flight” panic that tells you there’s some sort of threat. Your parasympathetic nervous system, when aroused, produces the opposite feeling—a sense of relaxation and ease.

In his book [Buddha's Brain](#), Rick Hanson suggests a few simple ways to stimulate the parasympathetic nervous system—the simplest of which is to touch your lip with two fingers.

The lips contain parasympathetic nerve fibers, making this is a simple approach to create a sense of calm that you can use anywhere, anytime. To reap the benefits, all you need to do is touch your lips, breathe slowly, and tell yourself, “I am safe.”



## 5. Walking Meditation

Though you can practice this any time you're walking, you may want to find a peaceful place to stroll, in nature. If it's safe to walk barefoot, this will give you a sense of being more connected to the earth.

Stand with your spine straight, with your shoulders and arms relaxed, and take a few inhalations and exhalations to breathe in calming energy and breathe out tension.

Now begin slowly moving forward and sync your breathing with your steps—right foot, inhale; left foot, exhale. Use all of your senses to fully experience where you are—the warm feeling of sun on your face, the soft sound of wind rustling leaves on trees. The goal is not to arrive at a destination; it's simply to be present in the experience of walking.

## 6. Meditative Shower

It's easy to let go of all other thoughts when you're standing under a stream of water, set to the perfect temperature for you.

Take this time to tune into your senses. Choose a soap you love so that the scent is intoxicating. Enjoy the sensation of the water on your skin, and feel it drip down your back, your calves, and your heels.

Notice when you begin thinking about the day ahead (or behind you). Don't judge the thoughts or yourself for having them. Instead, visualize them going down the drain and then bring your focus back to the experience of cleansing your body and mind.

## 7. Chore Meditation

Whether you're vacuuming, dusting, or washing dishes, it can be your meditation if you immerse yourself completely in the activity.

Washing dishes, for example, can be both satisfying and grounding. Feel the warm water on your hands; let yourself enjoy the experience of making something dirty clean again. Don't think about finishing or what you'll do when you're done. Focus solely on the doing and see if you can find a sense of acceptance and presence in doing it slowly and well.

## 8. Mindful Eating

Instead of eating quickly with one eye on your food and the other on your iPhone, turn mealtime into meditation. It doesn't take long to eat, so why not put everything aside and take this time for you? Your texts, emails, and social media pages will still be there when you're done.

Breathe deeply and try to identify the different nuances of scent in each item on your plate. When you're eating, take deep breaths between each bite, and think about your meal like a foodie, appreciating the different flavors and textures.

# MAY EDUCATION DATES TO KNOW:

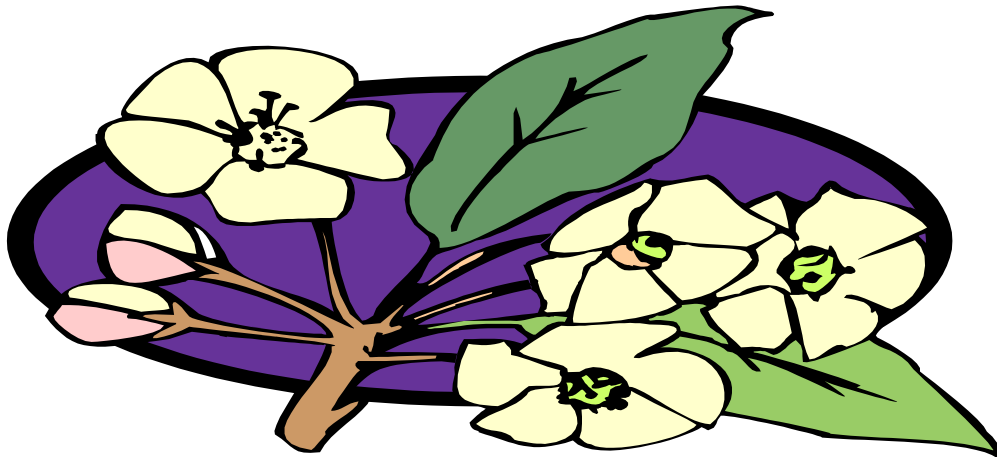
May 2<sup>nd</sup>: GED afternoon testing only

May 3<sup>rd</sup>: GED all day testing

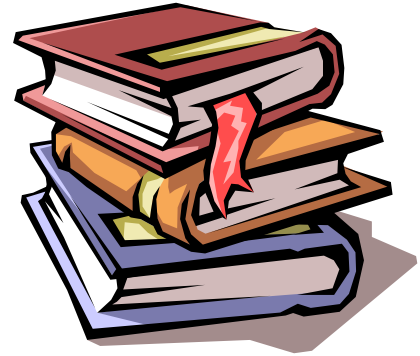
May 4<sup>th</sup>: GED afternoon testing only

May 5<sup>th</sup>: GED morning testing only

**May 14<sup>th</sup>: Mothers Day**



# Education Library Book of the Month



## The Keeper Chronicles

J.A. Andrews

215.JAA.01.001 - Fantasy, Fiction

When Mallon The Undying threatened the land years ago, the elves stopped him-and then disappeared.

Now Mallon's followers seek to bring him back to finish what he started.

## *Independent Study of the Month:*

The Conquests of the Americas

Learn the history of the conquests that built the Americas into what they are today in this exciting 24 lecture course.



# **GRADUATES FOR APRIL**

**PLEASE CONGRATULATE THE FOLLOWING AIC'S FOR COMPLETING THEIR GED AND GETTING THEIR DIPLOMA.**



**ERIC CONLOGUE**

**MYKALISTEYR GREENE**

**THERON PERKINS**

**WAYDE SILVA**

**NICHOLAS MCCUTCHEON**

## \* Books worth checking out in Education

### Library \*

#### **213.JCT.01.001 The Tripods book 1 The White Mountain**

**John Christopher SCI-FI**

Will Parker never dreamed he would be the one to rebel against the tripods. With the approach of his 13<sup>th</sup> birthday, he expected to attend his Capping ceremony as planned and to become connected to the Tripods that now control all of Earth. But after an encounter with a strange homeless man, Will sets out for the White Mountains, where people are said to be free from the control of the Tripods.

#### **213.JCT.01.002 The Tripods book 2 The City of Gold and Lead**

**John Christopher SCI-FI**

When Will and his friends arrived at the White Mountains, they thought everything would be okay. They'd found a safe haven where the mechanical monsters called Tripods could not find them. But once there, they wonder about the world around them and how everyone else is faring against the machines. In order to save everyone else, Will and his friends want to take down the Tripods once and for all. That means journeying to the capitol of the Tripods: the City of Gold and Lead

#### **213.JCT.01.003 The tripods book 3 The Pool of Fire John Christo-**

**pher SCI-FI**

After being held captive in the city of Gold and Lead-the capitol, where the creatures that control the mechanical, monstrous Tripods live-Will believes that he's learned everything he needs to know to destroy them. He has discovered the source of their power, and with this new knowledge, Will and his friends plan to return to the City of Gold and Lead to take down the Masters once and for all.



# *April Cryptogram*

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- - - - -  
**14 8 11 15 9      2 11 8 17 7**  
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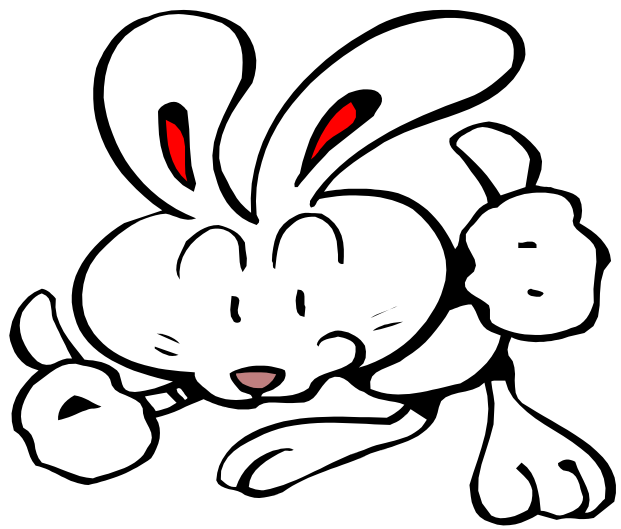
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- - - - -  
**2 20 3 2 1 9      7 11 8 2 7 8 6**  
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- - - - -  
**7 14 8      11 16 12 14 7      3 2 1**  
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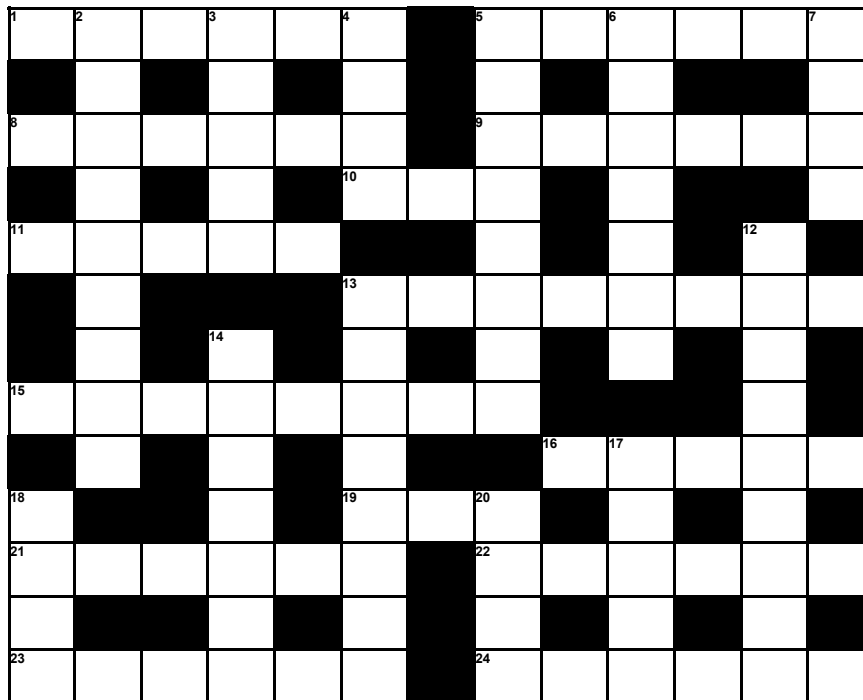
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- - - - -  
**10 15 11      7 14 8      11 16 12 14 7**  
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- - - - -  
**4 14 15 16 4 8 9      7 14 8 1**  
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- - - - -  
**14 2 5 8      7 15      19 2 18 8**  
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# April crossword



## Across

**1. Without much intelligence**

**5. Expensive**

**8. Fumble**

**9. Truly**

**10. Lyric poem**

**11. Might**

**13. Looking gloomy**

**15. Fireproof material  
considered carcinogenic**

**16. Loose coverall reaching  
down to the ankles**

**19. Spherical object**

**21. Lacking in pigmentation**

**22. Yearly**

**23. Produces flowers**

**24. Time of celebration in the Christian calendar**

## Down

**2. Calculated use of violence  
against civilians**

**3. Aperture in the iris of the eye**

**4. Extinct bird of Mauritius**

**5. Slipshod**

**6. Firm and dependable  
especially in loyalty**

**7. Child's stringed toy**

**12. Relate**

**13. In the open air**

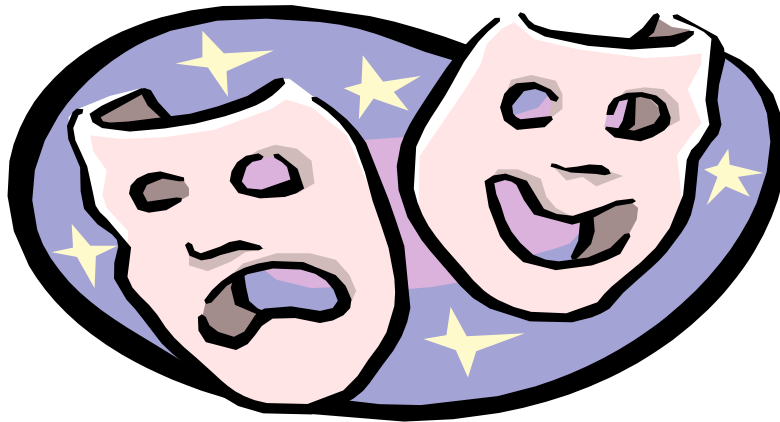
**14. Hitchcock film of 1958**

**17. Subtraction Sign**

**18. Young sheep**

**20. Cook in an oven**

## **APRIL JOKES**



**WHAT IS A DWARF'S FAVORITE THING TO LISTEN TO?**

**ROCK MUSIC**

**WHY CAN'T ZOMBIES WRITE GOOD MUSIC?**

**THEY CAN ONLY DE-COMPOSE**

**DID YOU HEAR ABOUT THE GAME MASTER WHO WAS EATING CHOCOLATE WHILE PLAYING?**

**HE WAS ACCUSED OF FUDGING THE DICE**

**HOW DO YOU KEEP YOUR PLACE IN A MAGIC SPELL BOOK?**

**BY USING A MAGIC MARKER.**



	<b>3</b>	<b>2</b>		<b>5</b>		<b>1</b>		
	<b>4</b>		<b>6</b>		<b>2</b>			<b>7</b>
<b>1</b>			<b>7</b>			<b>5</b>	<b>4</b>	
		<b>1</b>		<b>9</b>			<b>7</b>	<b>3</b>
<b>8</b>		<b>6</b>			<b>3</b>	<b>2</b>		
	<b>7</b>		<b>8</b>	<b>4</b>			<b>9</b>	
<b>3</b>			<b>9</b>	<b>6</b>				<b>8</b>
	<b>8</b>	<b>4</b>			<b>7</b>			<b>1</b>
<b>5</b>					<b>4</b>	<b>7</b>	<b>3</b>	

# SUDOKU!

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

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

# BEGIN AND END

Each phrase below is a clue for an answer that begins and end with the same letter

1. A continent at the south pole \_\_\_\_\_
2. Payment to stockholders \_\_\_\_\_
3. A word used by magicians \_\_\_\_\_
4. Physical exertion done for fitness \_\_\_\_\_
5. One television show in a series \_\_\_\_\_
6. One who reviews and gives judgments \_\_\_\_\_
7. A brief advertisement \_\_\_\_\_
8. A place for performers \_\_\_\_\_
9. An amount over and above what is needed \_\_\_\_\_
10. A great work of art or literature \_\_\_\_\_
11. A ray of moonlight \_\_\_\_\_
12. An edible seed of a liture \_\_\_\_\_
13. Accepting of others \_\_\_\_\_
14. Handwriting skill \_\_\_\_\_
15. Blue-green \_\_\_\_\_
16. An official list of names \_\_\_\_\_
17. One thousand years \_\_\_\_\_