



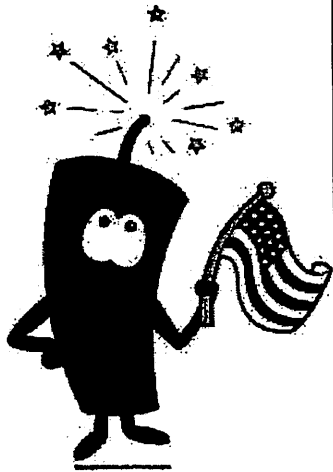
Warner Creek Trails

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

JULY 2023

WARNER CREEK TRAILS

VOLUME 23 ISSUE 7



July Zodiac
& Astrology
July's zodiac
signs

are **Cancer** (June 21 to July 22) and **Leo** (July 23

WINNING WORDS:

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead." - Roald Dahl

The Month of July

July is named after Roman dictator Julius Caesar (100 B.C. -44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.

July 1 is Canada Day, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.

July 3 brings the start of the hot and sultry **Dog Days of Summer!**

July 4 is Independence Day (U.S.). On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. Don't forget to raise the flag!

July 14 is Bastille Day, which commemorates the storming of the Bastille and the start of the French Revolution.

July 18 marks **Islamic New Year**, which begins with the first sighting of the crescent Moon after the new Moon in the month of Muharram. This event signals the start of the Islamic lunar calendar year.

"Just for Fun" Days

July 11: International Town Criers Day

July 17: World Emoji Day

July 22: Spooner's Day

July 23: National Day of the Cowboy

July 27: Take Your Houseplants for a Walk Day

July Weather

July 2023 temperatures, on average, will be near to above normal through most of North America but expect cooler temperatures out West across the Rockies and Great Basin and along the central and southern California coast. In terms of rainfall, much of the country has average to above-normal rainfall, especially in the eastern half of the U.S., and normal to below-normal rainfall in many of the western states, which will dry out after a wet, cool winter.

July Astronomy

The Buck Moon

July’s full Moon, the Full Buck Moon, occurs on Monday, July 3. It reaches peak illumination at 7:39 A.M. (EDT), rising above the horizon after sunrise—but it will still be spectacular in the night sky. Plus, it’s the biggest and brightest super-moon of the year.

July’s Moon Phases

- Full Moon: July 3, 7:39 A.M. EDT**
- Last Quarter: July 9, 9:48 P.M. EDT
- New Moon: July 17, 2:32 P.M. EDT
- First Quarter: July 25, 6:07 P.M. EDT

Other Astronomy Highlights

July 6 is the time of **aphelion**, when Earth is the farthest it will get from the Sun for the entire year—specifically, we’ll be 94,506,364 miles away from our bright star!

July Birthstone

The July birthstone is the ruby, which is believed to protect its wearer from evil.



July Education dates to know:

July 8th: Graduation

July 11th: First day of School

July 13th: GED testing



Education Library Book of the Month

Hounded

Hearne, Kevin

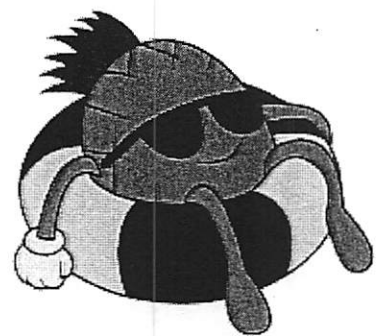
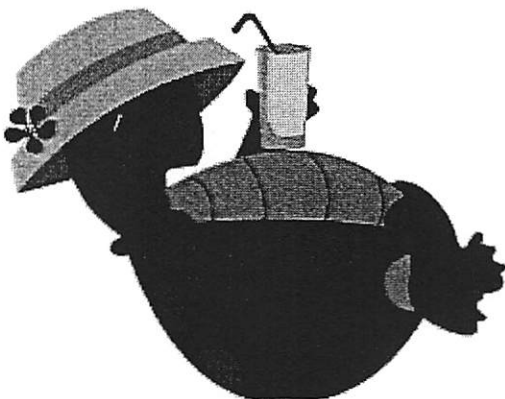
215.HEK.02.001 - Fantasy / Fiction

Atticus O'Sullivan, last of the Druids, lives peacefully in Arizona, running an occult bookshop and shape-shifting in his spare time to hunt with his Irish wolfhound. His neighbors and customers think that this handsome, tattooed Irish dude is about twenty-one years old---when in actuality, he's twenty-one centuries old. Not to mention: He draws his power from the earth, possesses a sharp wit, and wields an even sharper magical sword known as Fragarach, the Answerer

Independent Study of the Month:

The Learning Brain

In this 4 -video disk course, you will explore whats going on in our minds that allows us to learn so effortlessly and in so many ways. The course will examine not only the psychological mechanisms, but also the neural mechanisms that are involved. You will discover that your brain is equipped with multiple, powerful, but very different learning mechanisms that depend on specific neural circuits and that understanding how learning works can make you a more effective learner

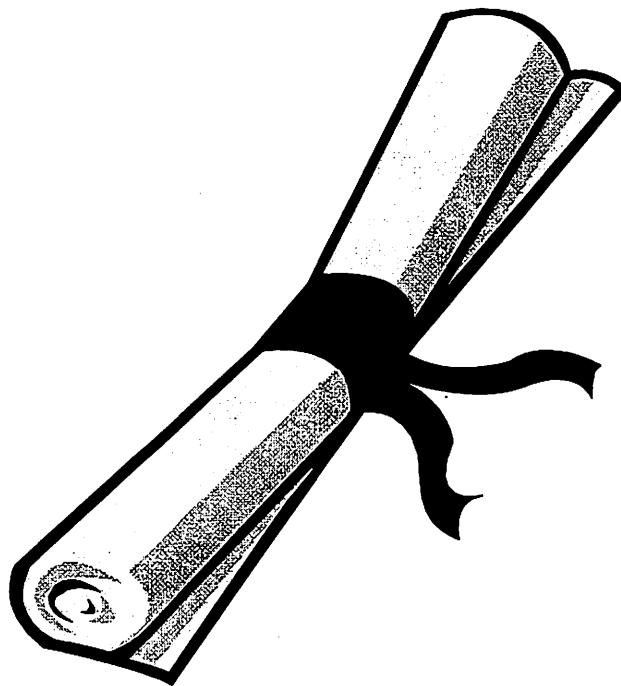


Graduates for the month of June

Brian Haven

Brandon Huerta-Genaro

Alan Peterson



Congratulations on your Achievement!!

Answers to Last Months 'Odd Man Out'

A Study in Scarlet – is the odd man out. It is a Sherlock Holmes novel written by Sir Arthur Conan Doyle. The others are James Bond books written by Ian Fleming.

Tom Brady – is the odd man out because he is the only person in the list who doesn't play baseball. Brady plays football.

Snowflake – is the odd man out. The others all have trunks.

Z – is the odd man out. All others are Roman numerals.

Flounder – is the odd man out. It is the only fish. The other three are crustaceans.

Mary – is the odd (wo)man out. The others are the four sisters in *Little Women* by Louisa May Alcott.

ESP – is the odd man out. ESP stands for extra-sensory perception. All the others are acronyms related to computers, the Internet, and/or e-mail.

Brussels – Is the odd man out. It is the only city that is not in Germany. Brussels is in Belgium.

On Golden Pond – Is the odd man out. It is the only movie that did not star Meryl Streep.

Trenton – Is the odd man out. It is the only city on the list that is north of the Mason-Dixon line.

July in History

1789- Roughly 1,000 French citizens stormed the Bastille- a critical turning point of the French Revolution. What was the Bastille?

1804 - Vice President Aaron Burr mortally wounded this former treasury secretary in a duel in Weehawken, New Jersey.

1826 - John Adams and Thomas Jefferson, the second and third presidents of the United States, died on July 4 within hours of each other in their home states. Where did each die?

1925 - Adolf Hitler published this book, his personal manifesto.

1946 - This physician published a book that revolutionized the way children were raised for generations to come.

1950 - President Harry Truman authorized \$15 million in military aid to this Southeast Asian country, signaling the beginning of U.S. involvement there.

1966 - Nineteen million senior citizens signed up for this new government program.

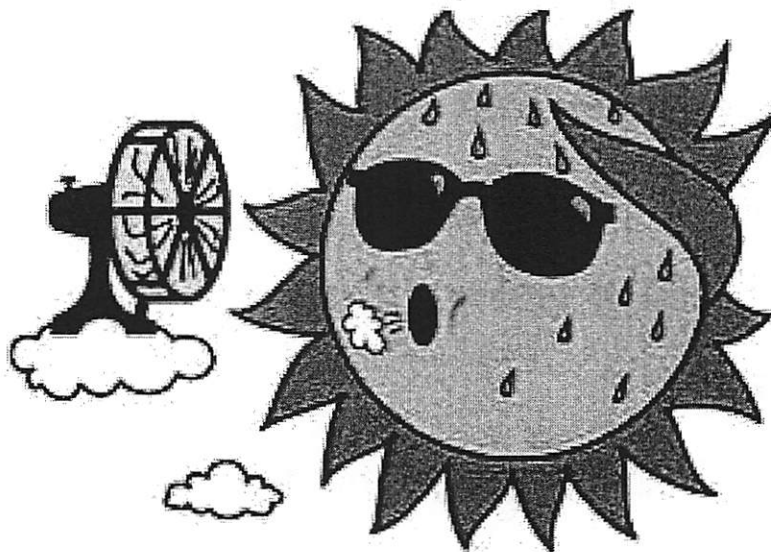
1969 - Astronaut Neil Armstrong became the first man to set foot on the moon. What was his famous quote?

1976 – This fifteen-year-old Romanian gymnast became the first person in the Olympic history to score a perfect 10 in gymnastics.

1984 – Democratic presidential candidate Walter Mondale named this New York congresswoman as his running mate, making her the first woman to run on a major party ticket.

1985 – This Hollywood star became the first major celebrity to announce that he had AIDS, bringing much needed attention to this pandemic disease.

2008 – Scientists reported that the Phoenix spacecraft had confirmed presence of this in the soil of Mars.



LAW LIBRARY REMINDER

NOTE FROM THE WCCF LAW LIBRARY:

- Please remember to bring any legal material, or envelopes (if doing a mail-out or notary) to your appointment with a legal assistant.
- Please fill in all portions of the "Law Library Request Form" CD 1174 kyte, including any deadlines, schedule conflicts, case numbers, and the subject of your appointment.
- For those adults-in-custody who wish to pursue Senate Bill 819 requests through the Law Library please make sure to request your programming and disciplinary history from Mrs. Havelly, Public Information Officer for WCCF before any appointment for SB 819 Petitions, as well as copies of your judgment from Mrs. Conley, Records. This will help in filling out the SB 819 petitions.
- Currently, the General Library Checkout is unavailable. This will continue until changes are made to allow checkout to resume.
- New Materials have been added to each unit's "Resource Binder", consisting of a list of available forms you can order with a kyte to the Law Library (CD 1174) with a signed CD-28 for the cost of the form (\$.10 per page, for each form). Just send us a kyte with the price/cost, and form number (e.g., Form #03.020) of the form you want on the list, with the CD-28, and we will send you a copy of the form in the kyte system. We no longer will call you out to pick up a form.
- Please be patient with scheduling, as we are revamping our law library and system. Thank You.

****ALL MISSED LEGAL CALLOUTS WILL RESULT IN AN
AUTOMATIC 4-HOUR CELL IN****

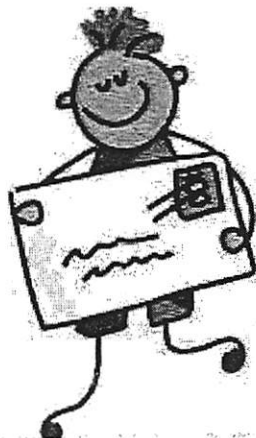


A large black triangle with a thick border containing a white exclamation mark.

Alert

USPS will be phasing out the Priority Tracking manual label, which will result in DOC being unable to provide tracking numbers for outgoing mail. AICs who purchase priority mail boxes from Commissary should be aware of this change.

**Thank you,
Commissary**



WCCF MAILROOM

- **MAIL VIOLATIONS** - unopened mail vs. opened mail
 - Unopened mail may have one or more reasons to be rejected. In this instance, a sticker is produced to return to sender with a brief explanation why & AIC **will not** get a paper notification.
 - Opened mail will result in a paper mail violation, gets distributed to both the sender and the recipient with details. Unless it is AIC to AIC, then only the sender gets a paper mail violation, not the recipient.

- **291-131-0015 (5)** Excluding weekends and holidays, incoming and outgoing correspondence should be processed within two days of receipt; publications and packages within four days of receipt; unless the mail is being reviewed for possible violations. **There are no time frames for conducting reviews.**
 - Please keep in mind that items being reviewed are scanned to Salem for a final determination.
 - Mailroom staff follow the above mail rule. We have roughly 48hrs for letters & newspapers; 96hrs for magazines and books. We do our best to go through everything, well before the deadlines.

- Incoming mail hits different check points before it gets to Lakeview. If your family/friends say it shows delivered, that does not mean it was delivered to WCCF. Please be patient.

- **AIC TO AIC MAIL REMINDERS:**
291-131-0020 (5) (a) Inmates are authorized to correspond with other inmates if the correspondence is otherwise in compliance with department rules.
(A) **Inmates may send only the following items to another inmate:**
(i) Correspondence; (ii) One drawing per envelope; and (iii) One photograph per envelope.

SUDOKU!

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

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

© 2007 Encyclopædia Britannica, Inc.

Sudoku

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

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

Guidelines for Suspension of VIP Services for Inmate and Callers in Violation of VIP Rules
 291-130-0026

Note: Mitigating or aggravating factors may be considered in administering a less or more severe sanction than indicated in this grid, including the issuance of a misconduct report for inmates.

--Caller--

Number of Violations in the	Sexual Activity	Sexual Activity Involving a Minor	Disrespect
First	30 day suspension from VIP	1 year suspension from VIP	14 day suspension from VIP
Second	90 day suspension from VIP	Permanent suspension	30 day suspension from VIP
Third	1 year suspension from VIP		180 day suspension from VIP
Fourth	Permanent suspension		Permanent suspension

--Inmate--

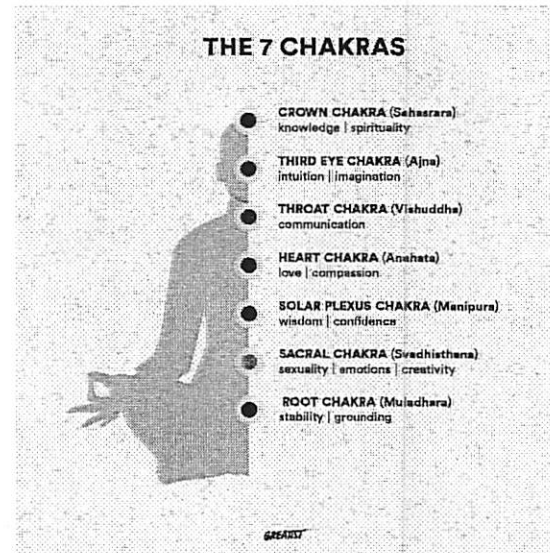
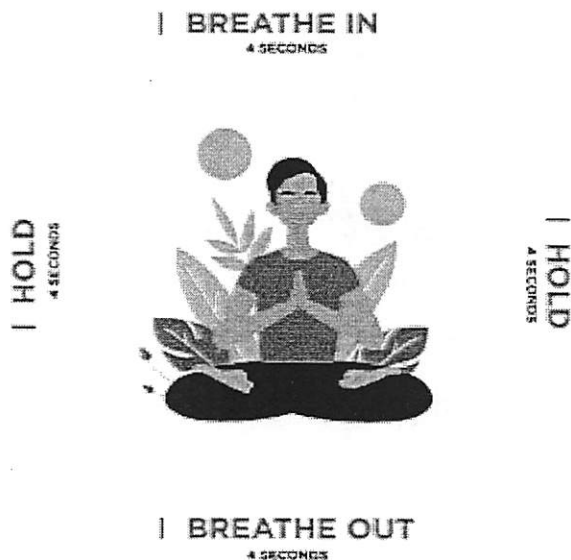
Number of Violations in the Past 24 Months	Sexual Activity or Soliciting Sexual Activity From Caller	Sexual Activity or Soliciting Sexual Activity From a Minor	Disrespect	Use of another Inmate's PIN number
First	30 day suspension	1 year suspension	14 day suspension	30 day suspension
Second	90 day suspension	Permanent suspension	30 day suspension	90 day suspension
Third	1 year suspension		180 day suspension	1 year suspension
Fourth	Permanent suspension		Permanent suspension	Permanent suspension

Definitions

Sexual Activity: Sexual contact including, but not limited to sexual intercourse, kissing, fondling, and/or manipulation of the genitalia, buttocks, and breasts of another person, or of oneself, in a manner which produces or is intended to produce sexual stimulation or gratification.

Disrespect: Where a caller or inmate directs sexual, abusive, or threatening language or gestures towards or about another person.

TRY A DEEP "BOX BREATHING" CHAKRA MEDITATION.



To perform a deep breathing chakra meditation, first, find a quiet place where you can be alone. Sit with your legs crossed at the edge of a meditation cushion or firm pillow. Put your hands on your knees with your palms facing up. Cast your eyes downward or close them gently.

Start with one deep breath in. Allow your belly to expand outward as you inhale through your nose. Count to four slowly until your lungs are completely full of air. Hold the air lightly in your lungs for another count of four. Now, exhale the air out of your mouth to a count of four.

Once all of the air is out of your lungs, hold for a final count of four. This is called square breathing or box breathing. Do this two additional times. Learn more about the benefits of box breathing.

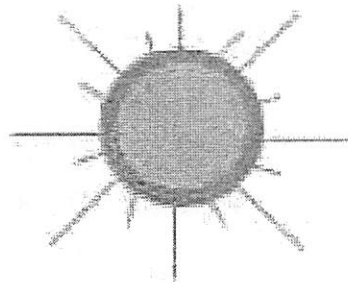
Now, allow yourself to go back to breathing regularly.

Picture the chakra at the base of your spine (root chakra). Spend at least one minute picturing it as a spinning red wheel or a red lotus flower with vibrating petals — whatever feels most right to you. Imagine it gaining energy and spinning/vibrating with more and more ferocity.

PRAS Point

Clarification

The PRAS schedule changes already occurred this past January 1st, under a temporary rule change. The newsletter article refers to the permanent rule change and its effective date. There are no further PRAS matrix changes scheduled. There is no PRAS point increase set for July 1, as is the rumor.



HAPPY
SUMMER

Name: _____ Date: _____

super summer word search

C E Z D P W F I G W A L K I N G C S T T Z F D R
 L H S Z M Q S P O L F P I L F D B O B O X U U U
 E C G T H U N D E R S T O R M S S D L W A D E Y
 R A U P X S E L C I S P O P E F B A V E L W H H
 U E B O Q Q Y S O U T S I D E Y R N S L E D U H
 T B I O B A H T E D N A L S I D E R E S R G R U
 N P G L Q J E N J O B O S K Y V H O R F M N R G
 E F I S H G A E S P A R K T A E H T O A M I R N
 V E C F L J T M S U N G L A S S E S M I X F I I
 D X E R E T W H Z G P I C N I C W H S R J R C M
 A P C I M M A S E R I F D L I W P J U N E U A M
 S M R E O S V E J S G N I H S E R F E R G S N I
 E I E N N M E R L P A R A D I S E A U N B J E W
 R N A D A I Z F L N E E R C S N U S E R O S M S
 I S M S D L B E A N O I T A C A V N E U A W U T
 F E U U E E O R B J F I R E W O R K S B T I N Q
 N C J K J H C W Y P W C G N I P M A C N I M Y E
 O T S C P Q S E E O H O M E D D V K J U N S L E
 B S A B L P J M L O S Y T R A P V W B S G U U I
 R P N R I A C A L E S O R D R A C T S O P I J T
 O W D L L I R G O C O N D I T I O N I N G T J H
 H H D L E T O H V R S A M A H A B B I S E V A W
 Q Z D W O B N I A R S U N W F R I S B E E S Q R
 G F A N S K V B V W L A C I P O R T Q H V X L K

refreshing

hotel

insects

flipflops

waves

walking

partys

conditioning

thunderstorms

refreshments

frisbee

bugs

fans

sky

park

sunscreen

air

sun

tomados

adventure

rose

june

surfing

camping

sunburn

heat

sunglasses

hurricane

bahamas

fish

july

boating

fireworks

icecream

vacation

grill

smores

tropical

swimsuit

popsicles

swimming

wildfire

fair

towels

relax

smile

picnic

lemonade

paradise

bonfires

friends

pool

postcard

outside

sand

heatwave

island

rainbow

home

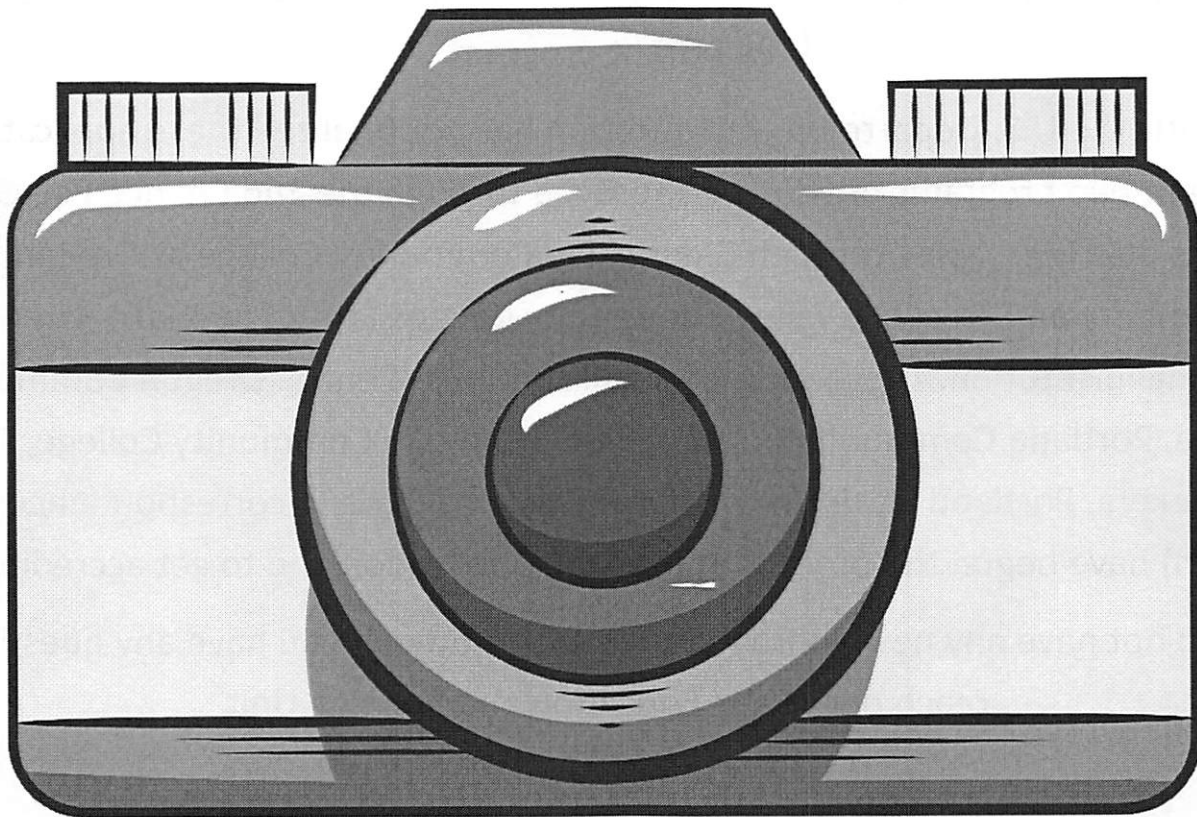
beach

Photo Program UPDATE

Effective Immediately

Photo Ticket Orders

will be process once a month during the 2nd week.



To All Adults in Custody (AICs),

As you know, Pell Grants for colleges/universities are coming back soon. The most important thing to know is **you will not be able to fill out the Free Application for Federal Student Aid (FAFSA®) form** and apply for a Pell Grant on your own for college within the facilities. You will need to apply directly to the approved college/university programs.

There are Federal guidelines the colleges/universities must go through to become a Pell Grant approved program.

- 1) The colleges/universities need to apply with the department to be selected as a program.
- 2) The colleges/universities have to get each facility accredited as one of their participating programs.
- 3) Finally, they have to apply with the U.S. Department of Education to become a Pell Grant program.

Currently the U.S. Department of Education has not finalized these applications. We have two programs previously approved through the 2nd Chance Pell Grant process offering classes through Chemeketa Community College at Oregon State Penitentiary and Treasure Valley Community College (TVCC) at Snake River Correctional Institution. These programs will continue. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University, and Adams State (a correspondence program) have begun the process of the DOC application and to get accredited.

We do not have any new approved sites at this time. If you have any questions, reach out to the Education and Training Unit

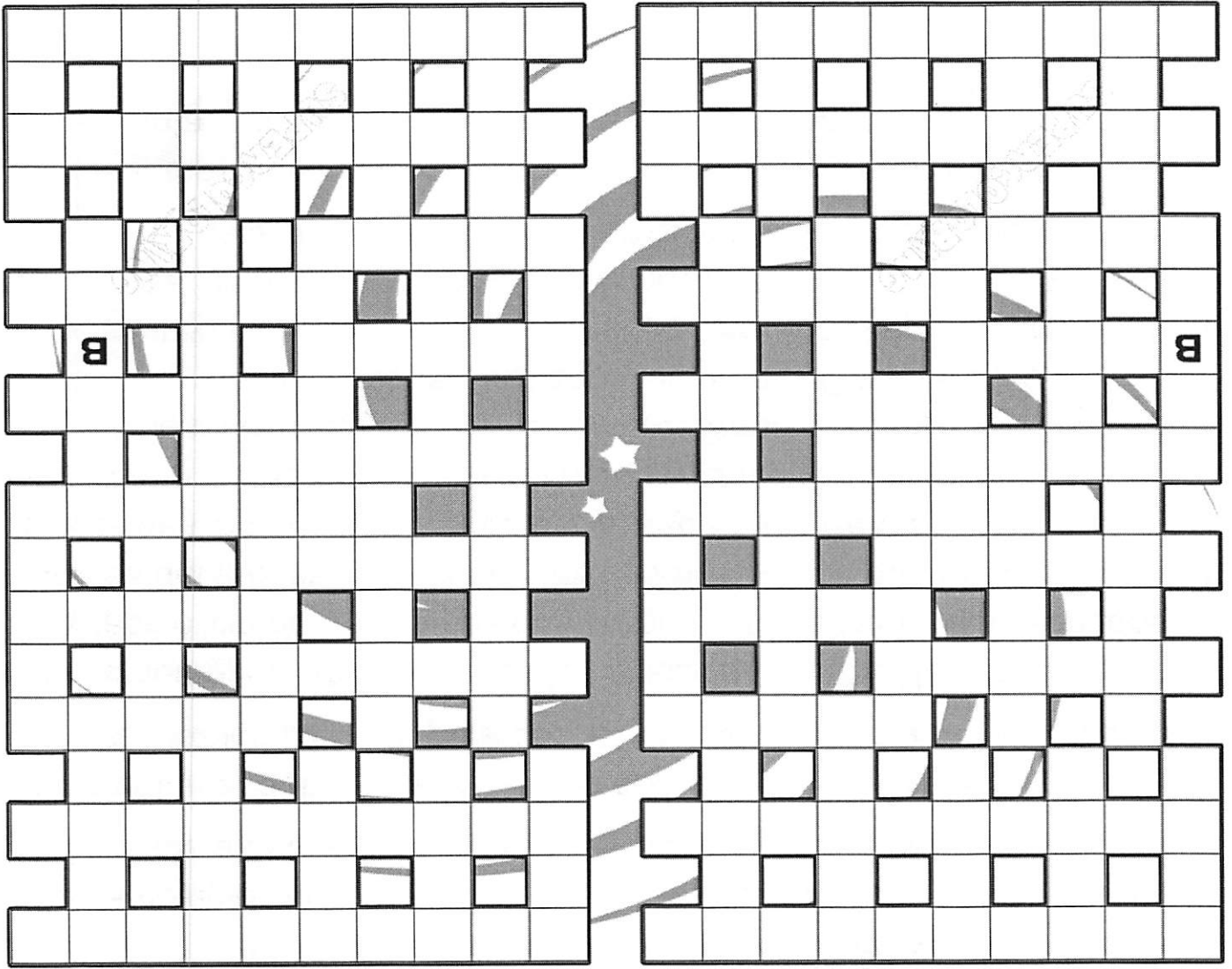
A todos los adultos bajo custodia (AIC)

Como saben, las Becas Pell para colegios/universidades volverán pronto. Lo más importante que debe saber es que no podrá completar el formulario de Solicitud Gratuita de Ayuda Federal para Estudiantes (FAFSA®) y solicitar una Beca Pell por su cuenta para la universidad dentro de las instalaciones. Necesitará aplicar directamente a los programas universitarios/college aprobados.

Existen lineamientos federales que deben cumplir los colegios/universidades para convertirse en un programa aprobado por la Beca Pell.

- 1) Los colegios/universidades deben presentar una solicitud con el departamento para ser seleccionado como programa.
 - 2) Los colegios/universidades tienen que conseguir que cada instalación sea acreditada como uno de sus programas participantes.
 - 3) Finalmente, deben presentar una solicitud ante el Departamento de Educación de los EE. UU. para convertirse en un programa de Becas Pell.
- Actualmente, el Departamento de Educación de EE. UU. no ha finalizado estas solicitudes. Tenemos dos programas previamente aprobados a través del proceso de Becas Pell de 2nd Chance que ofrecen clases a través de Chemeketa Community College en la Penitenciaría del Estado de Oregón y Treasure Valley Community College (TVCC) en la Institución Correccional de Snake River. Estos programas continuarán. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University y Adams State (un programa por correspondencia) han comenzado el proceso de solicitud del DOC y para obtener la acreditación.

No tenemos nuevos sitios aprobados en este momento. Si tiene alguna pregunta, comuníquese con la Unidad de Educación y Capacitación.



Fill in the blanks of the both grids with the words (ignore spaces and dashes):

FILL-IN (or CRISS-CROSS) CROSSWORD PUZZLE

- (4) MAPS
- (5) THEME
- (4) MARK
- (4) NEWS
- (4) SOAP
- (4) SPOT
- (4) TEAM
- (4) USER
- (4) ZEKE
- (5) TEETH
- (5) TINGE
- (5) TOTEM
- (5) TULIP
- (5) TWAIN
- (5) XEROX
- (4) BYTE
- (4) DENY
- (4) LILY
- (4) LUCK
- (5) CAJUN
- (5) ENVOI
- (5) EQUAL
- (5) GECKO
- (5) IRONY
- (5) NEXUS
- (5) PARKA
- (5) PURSE
- (5) REPOT
- (5) ROBOT
- (5) SATIN
- (5) SWISS
- (6) GALORE
- (6) ITALIC
- (6) MOBILE
- (6) NEPHEW
- (6) RAISIN
- (6) RHEBOK
- (6) RIDDLE
- (6) STAIRS
- (5) AGREE
- (5) ASSET
- (5) BEDEW
- (5) BLOU
- (7) SEMINAR
- (7) SPIDERS
- (7) SPINACH
- (7) TEXTILE
- (6) ADJUST
- (6) AFR Aid
- (6) AUGUST
- (6) CANYON
- (6) CARROT
- (6) CRUISE
- (6) DEPEND
- (6) FIGURE
- (10) BUMBLEBEES
- (10) COPYWRITER
- (10) LUMINOSITY
- (10) QUILT PIECE
- (10) SLIPSTREAM
- (10) TOUCHSTONE
- (10) TURTLEDOVE
- (10) TYPOGRAPHY
- (7) ATTEMPT
- (7) LEISURE
- (7) RECEIPT
- (7) REPTILE