



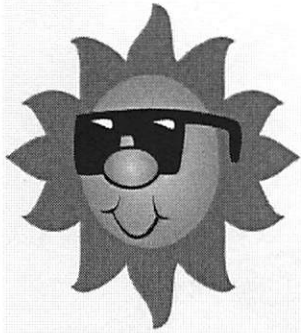
Warner Creek Trails

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

AUGUST 2023

WARNER CREEK TRAILS

VOLUME 23 ISSUE 8



August's zodiac signs are Leo (July 23–August 22) and Virgo (August 23–September 22).

WINNING WORDS:

“One day you discover you are alive... but, not long after, the sun goes out. Snow falls, but no one sees it, on an August noon.” — Ray Bradbury

August Calendar

“After Lammas Day, corn ripens as much by night as by day.”

August 1, traditionally known as **Lammas Day**, was an old festival to mark the annual wheat and corn harvest. It was a sort of Thanksgiving (harvest time) in Britain. Lammas also marked the mid-point between the summer solstice and autumn equinox. Learn more about **Lammas Day**.

☐ **August 1** is a Civic Holiday in many parts of Canada. Celebrations and names for this holiday vary across the country. For example, in Alberta, it's celebrated as Heritage Day; in British Columbia, it's known as British Columbia Day!

August 10 is **St. Lawrence's Day**. “Fair weather on St. Lawrence's Day presages a fair autumn.”

August 11 marks the end of the Dog Days of Summer, which began on July 3.

August 17 is when the Cat Nights begin, harking back to a rather obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives.

August 19 brings National Aviation Day, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

August 24 is **St. Bartholomew Day**. “At St. Bartholomew, there comes cold dew.”

August 26 is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

“Just for Fun” Days

Aug. 1–7: International Clown Week

Aug. 3: National Watermelon Day

Aug. 8: National Sneak Some Zucchini Onto Your Neighbor’s Porch Day (Or, use up that bounty with our best zucchini recipes.)

Aug. 10: National S’mores Day

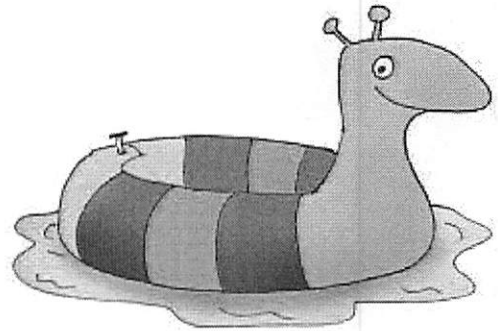
Aug 12: Vinyl Record Day

Aug. 13: International Left-Handers Day

Aug. 20: International Geocaching Day

Aug. 20: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day



August Astronomy

Full Sturgeon Moon

August’s first full moon, the full **Sturgeon Moon**, reaches peak illumination on the night of Tuesday, August 1. For the best view of the full Moon, look skyward that night! Read more about August’s Full Moon. It’s also one of the four supermoons of 2023!

Blue Moon

You’ll be able to see another full moon this month as well—and it’s going to be a doozy! On Wednesday, August 30, there will be a Blue Moon, which will also be the BIGGEST supermoon of the year. Be sure to get out there and check it out!

August Moon Phases

Full Moon: August 1, 2:32 P.M. EDT

Last Quarter: August 8, 6:28 A.M. EDT

New Moon: August 16, 5:38 A.M. EDT

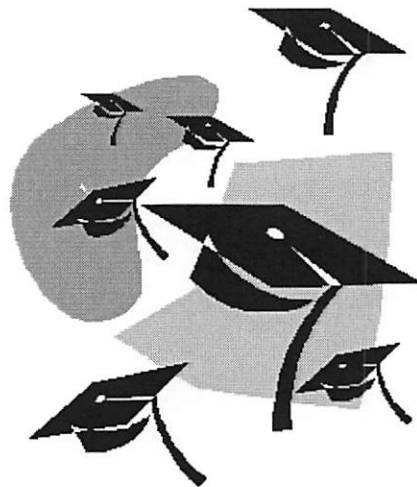
First Quarter: August 24, 5:57 A.M. EDT

Graduates for the month of July

Jonathan Lively

Rigoberto Rodriguez-Avila

Edward R. Tope



Congratulations on your Achievement!!

Education dates to know:

August 1st - PM Testing

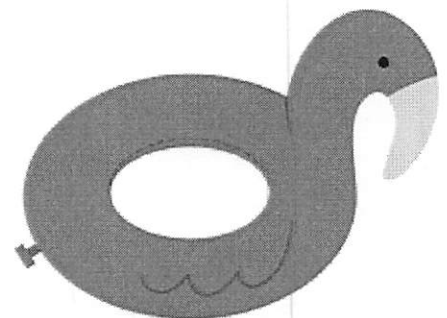
August 2nd - ALL Day Testing

August 3rd - AM Testing

August 15th - All Day Testing

August 16th - All Day Testing

August 17th - AM Testing Only



TVCC Education Library

With the help of Treasure Valley Community College, the Education Department here at WCCF has a vast library from which you may check-out materials. The library has hundreds of books and several DVD's to choose from for use on the units.

The first step in figuring it all out is to find the unit Book and/or DVD catalog and peruse them. They are updated periodically when needed.

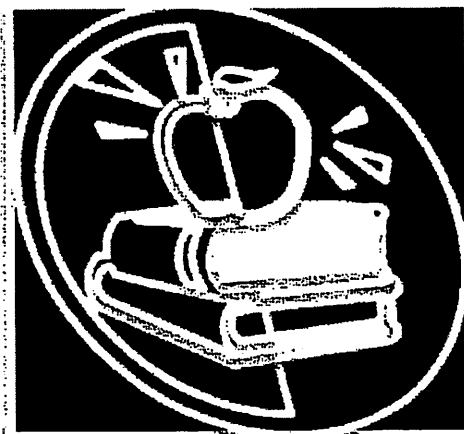
Step two would be the **Responsibility for Return of Education Materials** form, or "M-R" for short. For DVDs you will also need an **Access to Automation**. They are both kept on file in Education, and last 1 year from the date you signed them. You will always be notified when they have expired. You may send a Kyte to Education to receive an MR, or ask for a book and be ready for an MR to show up first.

When sending a Kyte for a book or DVD, always include the Call Code of the item. It will make finding the correct item much faster. Try to also include any substitutions because we fill orders on a first-to-Kyte, first-served basis.

Limits: Each person is allowed 2 books and all books are checked-out for 30-days. DVD's are limited to 1 subject at a time with a 2-disc per person maximum. DVD's must also be kept in the Unit Resource Room at all times, and secured within the lock-box when not in use.

Genres of Books:

- ❖ Fiction
- ❖ Fantasy
- ❖ Sci-Fi
- ❖ Non-Fiction
- ❖ Self Help / Self Study
- ❖ General Science
- ❖ Language Dictionaries



DVD's Available:

- ❖ Language Learning (some with course books, others without)
- ❖ Independent Study DVD's
- ❖ Math: Basic Operations all the way up to Calculus
- ❖ History / Politics
- ❖ Language Arts: Basic reading skills up through college level reading
- ❖ Writing: Basic skills, GED Essays, and college thesis writing

Education Book of the Month:

ALONG CAME A SPIDER

By: James Patterson Book #210.PAJ.01.001

Along came a spider begins with a double kidnapping of a daughter of a famous Hollywood actress and the young son of the Secretary of the Treasury

Independent Study of the Month:

Parenting With Dignity

This course helps you acquire parenting skills, teaching skills, and introduces positive goal setting with your children. This course consists of 9 DVDs, corresponding worksheets, and a final essay. Course duration is 2-3 months.



Answers to July in History:

1789 – The Bastille was a prison.

1804 – Alexander Hamilton.

1826 – John Adams died in Braintree, MA, Thomas Jefferson at Monticello near Charlottesville, VA.

1925 – Hitler wrote Mein Kampf.

1946 – Dr. Benjamin Spock.

1950 – The country was Vietnam.

1966 – Medicare was the new program.

1969 – That's one small step for man, on giant leap for mankind.

1976 – Nadia Comaneci.

1984 – Geraldine Ferraro.

1985 – Rock Hudson.

2008 - Frozen Water.

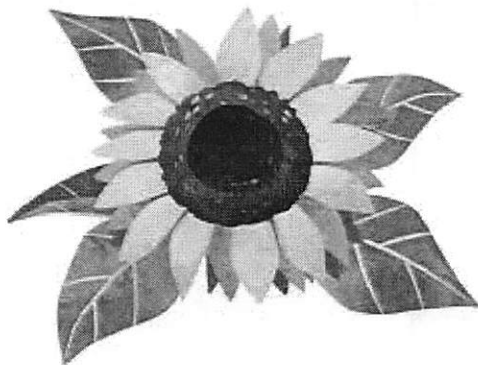


LAW LIBRARY REMINDER

PLEASE BRING AN ENVELOPE WITH YOU TO ALL LAW
LIBRARY CALLS OUTS IF YOU NEED TO MAIL
SOMETHING OUT.

PLEASE USE THE LAW LIBRARY REQUEST KYTE
(CD 1714)

FOR ALL NEEDED APPOINTMENTS.
THIS ENSURES YOU GET THE PROPER TIME AND HELP
YOU NEED FOR YOU LEGAL REQUEST.





State of Oregon Department of Corrections Commissary

DATE: THURSDAY, JULY 20, 2023
TO: Adults in Custody
FROM: Anita Nelson, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Our vendor has had a price increase on the 13" TV effective July 14th, 2023. The new price will be \$293.15. The incentive items are available again starting July 10th, as our year-end inventory has ended. Please note that we currently have guitars in stock so if you have been thinking about purchasing a guitar know is the time. After our stock has sold out, there will be a six-week waiting period for guitars.

Please see below the list of incentive items we offer.

# 1 TV Option	
9" Clear LCD TV Item 7829	\$161.00
Note: Earbuds NOT included	
Includes: Stand, Remote w/batteries	
# 2 TV Option	
13" Skyworth SLTV 1369AP Clear LCD TV Item 7840	\$293.15
Includes: Stand, Remote w/batteries and one set of ear buds	
Guitar	Price
Prison Blues Custom Guitar	\$978.00
Upstart Electric Guitar Gig Bag	\$81.51
Acoustic Guitars and Accessories	Price
3404 Yamaha F325 Right	\$271.70
3410 Yamaha FG820SL Left	\$629.30
3415 Yamaha FG800 Right	\$407.55
Yamaha Acoustic Guitar Case	\$228.80
Dreadnaught Gig Bag	\$81.51
Dean Markley Acoustic P/U	\$67.21
D'Addario 5FT Instru. Cable	\$22.88
Ukulele & Accessories	Price
Soprano Ukulele	\$114.40



Financial Services

Informational Briefing

Court Ordered Financial Obligations (COFOs)

What are Court Ordered Financial Obligations (COFOs)?

COFOs are financial obligations owed by an Adult in Custody (AIC) assigned during a legal proceeding. COFOs may consist of restitution, fines, fees, child support, or civil judgements including money owed to a victim. *Note: COFOs are not the same as County and U.S. Court Filing Fees.*

Why does the Department of Corrections (DOC) collect COFOs?

Oregon Revised Statute (ORS) 423.105 became law in 2017, directing DOC to collect COFOs on behalf of the Oregon Judicial Department (OJD) and the Department of Justice (DOJ).

How are COFOs collected?

COFOs are collected from eligible deposits, or deposits that are not protected from debt and obligation collection. Examples of eligible deposits include AIC performance monetary awards (PRAS) and moneys received from an AIC's family or friends.

10% of each eligible deposit is collected until the AIC's transitional savings has reached \$500. After the AIC's transitional savings has reached \$500, 15% of each eligible deposit is collected for COFOs until those obligations are satisfied.

Who do I contact if I have questions about COFOs?

DOC is unable to provide case-specific information. AICs with questions or concerns about their COFO details should contact OJD/DOJ or the appropriate court of record.



Oregon Judicial Department (OJD)
Business and Fiscal Services Division
Attn: Collections
1163 State St
Salem OR 97301

Department of Justice (DOJ)
Division of Child Support
PO Box 14680
Salem, OR 97309
(800)-850-0228

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

What's your movie song IQ?

Given a sampling of the lyrics, can you identify the movies that inspired them?

"Suicide is painless, it brings on many changes....."

"Come on, babe, why don't we paint the town?"

"Let's start at the very beginning, a very good place to start."

"Did you ever know you were my hero....."

"When I was a little girl, I asked my mother, what will I be ..."

"Start spreading the news, I'm leaving today..."

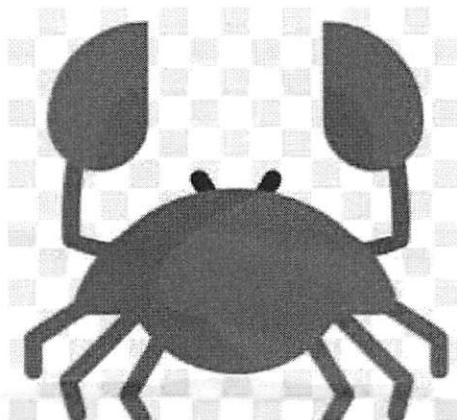
"When you wish upon a star..."

"Love, soft as an easy chair..."

"If I should stay, I would only be in your way."

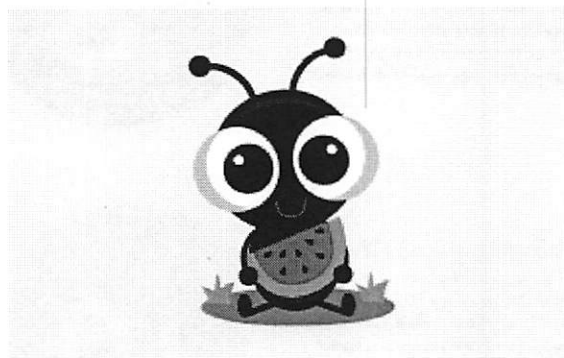
"Round, like a circle in a spiral..."

"The shadow of your smile, when you are gone..."



For medication refills – use the refill request form (1/2 sheet) located on your units. Use the Non-Emergency Healthcare Request form for all other requests such as: dental, vaccines, glasses, etc. There is a Medical Kyte box in the dining room and Kytes are picked up daily. Place all Non-Emergency Healthcare Request forms and refill request forms in the Medical Kyte box. **Do not mail your Kytes using the mail system.** Mail does not run on the weekends and mailing may cause a delay. **Again, for emergent/urgent issues, have your unit officer contact medical. Do not use a Kyte for emergencies.** Allow 5 days for your medications to be refilled– please take into consideration this does not include holiday and weekends.

Please do not approach medical staff with questions in the yard, in the housing units, or in the dining hall. Do not ask medical questions at med-line. If you have any medical questions; sign up for sick call. Sick call is available seven days a week.



TEN STEPS TO MINDFULNESS MEDITATION



1 Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



2 Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



3 Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



4 Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



5 Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space.



6 Direct attention to your breath.

Focus on a part of the body where the breath feels most prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



7 Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



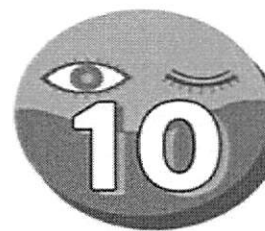
8 Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



9 Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



10 Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

Summer

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

friendship
 lifeguard
 refreshing
 lake trip
 volleyball
 sunblock
 king of summer
 baseball

backyard
 swimming pool
 relaxation
 bungalows
 popsicle
 beachball
 sweat
 sunburn

tank tops
 hot pavement
 iced tea
 vacations
 barbeque
 sandpit
 waterspray
 snocone

independence day
 sunglasses
 swimsuit
 late nights
 hotdogs
 picnic
 umbrella
 Sunshine

flipflops
 tropical
 shorts
 reunion
 spf
 watermelon
 homerun
 Beach

Name: _____

Date: _____

Summer

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

sunglasses
tanktops
swimming
sun
bbq
popsickle

hotdogs
july
august
sunflower
vacation
pool

sleeping
hamburgers
june
watermelon
hat
water

noschool
sunshine
splash
bathing suit
sun screen
beach

relax
icecream
beachball
shorts
flipflops
hot