



Warner Creek Trails

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

SEPTEMBER 2023

WARNER CREEK TRAILS

VOLUME 23 ISSUE 9



September's
zodiac signs
are **Virgo (Aug.
23–Sept.
22)** and **Libra (S
ept. 23–Oct.**

WINNING WORDS:

*There are flowers
enough in the sum-
mertime,
More flowers than I
can remember—
But none with the
purple, gold, and red
That dye the flowers
of September!
—Mary Howitt*

The Month of September

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

September Calendar

September 4—the first Monday of the month—is **Labor Day**.

Canadians also observe Labour Day.

September 11 is **Patriot Day**, held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.

September 11 is also **Grandparents Day** this year. Honor your grandparents today—and every day!

September 15 starts **Rosh Hashanah**, a Jewish holiday that marks the beginning of the new year.

September 17 is **Constitution Day**. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787 (just five years before the founding of *The Old Farmer's Almanac*, believe it or not!).

September 21 is recognized as the annual **International Day of Peace**. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

September 23 marks the start of fall! This year's **Autumnal Equinox** occurs at 2:50 A.M. EDT on Saturday, September 23. On this date, there are approximately equal hours of daylight and darkness.

September 24 marks the start of **Yom Kippur**, at sundown.

September 26 is Johnny Appleseed Day, celebrating John Chapman and everything apple!

September 29 is **Michaelmas**. Michaelmas is an ancient Celtic “Quarter Day” which marked the end of the harvesting season and was steeped in folklore.

“Just for Fun” Days

Have fun with these strange celebrations this month!

- September is National Happy Cat Month
- September 11:** National Hug Your Hound Day
- September 13:** Kids Take Over the Kitchen Day
- September 19:** International Talk Like a Pirate Day
- September 24:** National Punctuation Day



September Astronomy

Full Harvest Moon

September’s full moon, the **Harvest Moon**, reaches peak illumination on Friday, September 19, at 5:58 A.M. EDT. Read more about **September’s Full Moon!**

Folklore for the Season

- Heavy September rains bring drought.*
- September dries up ditches or breaks down bridges.*
- Married in September’s golden glow, smooth and serene your life will go.*
- If the storms of September clear off warm, the storms of the following winter will be warm.*

Fair on September 1st, fair for the month.

September Birth Flowers

September’s birth flowers are the **aster** and the **morning glory**. The aster signifies powerful love, and the China aster expresses variety or afterthought in the language of flowers. The morning glory symbolizes affection. It can also mean coquetry, affectation, or bonds in the language of flowers. Find out more about September’s birth flowers and the language of flowers.

September Birthstone

The birthstone for the ninth month is the sapphire, which was once thought to guard against evil and poisoning.

- Sapphire is a form of corundum that is typically blue, a color caused by tiny bits of iron and titanium; the vivid, medium blues are more valuable than lighter or darker forms. Due to various trace elements, sapphires also appear in other colors. Those with red colors are called rubies.
- Sapphires were thought to encourage divine wisdom and protection. They symbolized purity, truth, trust, and loyalty. Some believed that if they were placed in a jar with a snake, the snake would die.

The sapphire, along with the related ruby, are the second-hardest natural gemstones, with only the diamond being harder.

This Month in History



On this day in 1962, President John F. Kennedy went to Rice University in Houston, Texas, to make a speech justifying his proposed \$5.4 billion space program. He had called on Congress in the previous year to fund a massive project to put a man on the Moon and bring him home safely before the end of the decade. Toward that end, he asked his vice president, Lyndon Johnson, to make it happen. Johnson, a Texan, was happy to oblige.

The plan was to establish a Manned Spacecraft Center in Houston, upon land that had been made available by Rice University (which had received it from Humble Oil and Refining Company). If that happened, federal money would flow to that city and to Rice, a university distinguished for its scholarship, if not for its football. In football, the University of Texas was king, although Rice gamely played Texas every year. Kennedy challenged 35,000 listeners, sweltering in the Rice football stadium, to think big: "But why, some say, the Moon? Why choose this as our goal? And they may well ask, Why climb the highest mountain? Why, 35 years ago, fly the Atlantic?" he asked. Then he added another impossible goal, one he had jotted in the margin only minutes earlier: "Why does Rice play Texas?"

The line drew a huge laugh and added a touch of humor and humility to the soaring rhetoric.

His speech continued, soon issuing the now famous lines, "We choose to go to the Moon in this decade and do the other things, not because they are easy, but because they are hard"

Kennedy eventually got his moonshot, although he did not live to see Neil Armstrong's 1969 moonwalk. And, three years after the speech, in 1965, Rice beat Texas. It would be 28 years before that happened again.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 5/30/2023.

PROPOSED RULES:

291-145 Group Activities (AIC)

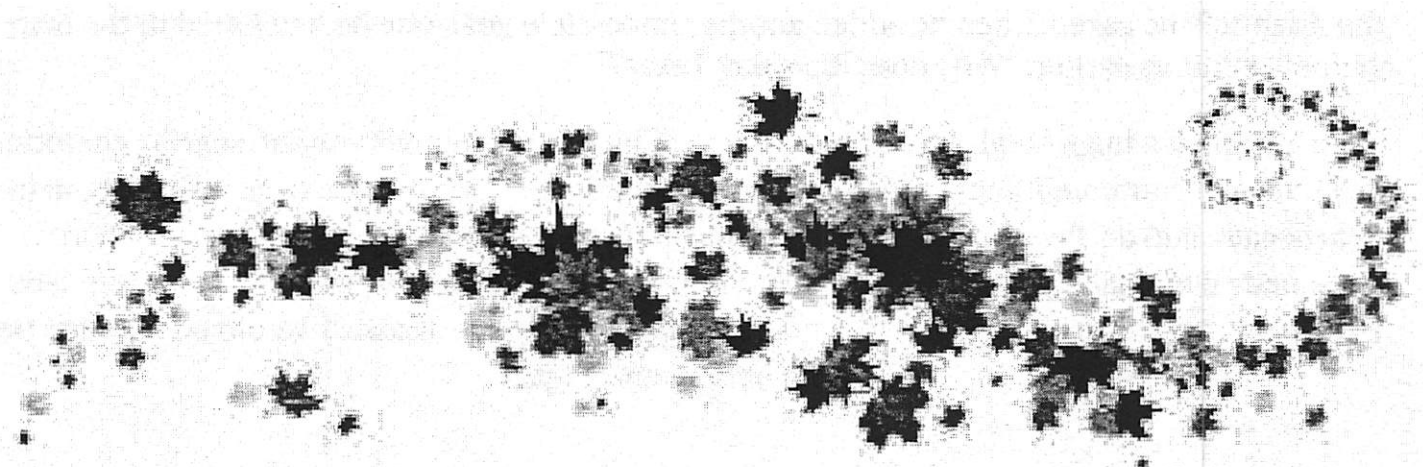
Amends rule to provide clarification for AICs and staff, align with audit recommendations and policy decisions on fundraising, and change the term "inmate" to "adult in custody".

Last day of comment period: 9/27/23 5:00 PM

291-156 Adult in Custody Welfare Fund

Amends rule to update business strategies, reflect changes in department philosophy like changing "inmate" to "adult in custody", and to clarify the rules.

Last day of comment period: 9/27/23 5:00 PM





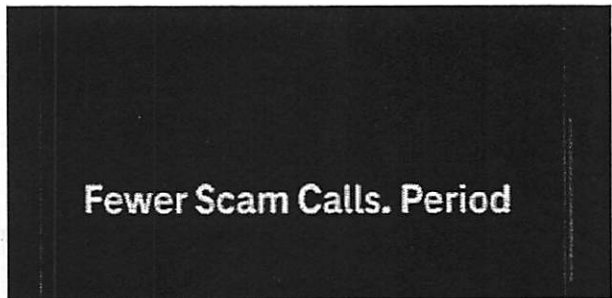
HAVING T-MOBILE TROUBLE?

LET'S WORK TOGETHER!

The Department of Corrections is aware that T-Mobile and Boost Mobile customers may be experiencing difficulties with receiving calls from AICs due to T-Mobile's spam filters. T-Mobile is investigating the issue.

There are currently two workarounds:

- You can call T-Mobile customer service and request the number associated with the prison is removed from the spam blocked list. For general help, dial 611 from your T-Mobile phone, or call 1-800-937-8997.
- You can also download the **"Scam Shield App"** which should be a T-Mobile application. From the application, you can add the number yourself you want allowed.



If you have the scam shield app, turn it off and/ or manually add the phone number to the list of approved callers. Double check that your phone does not have "filter unknown callers" enabled.

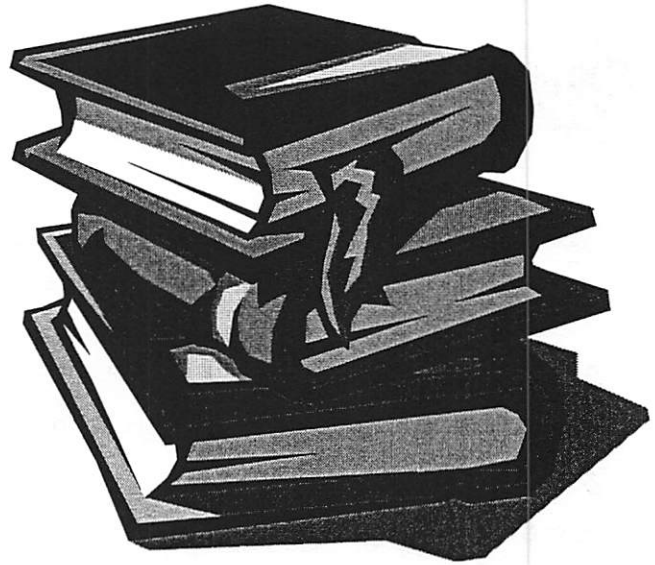
IF YOU ARE EXPERIENCING AN EMERGENCY, SCAN THE QR CODE FOR A LIST OF FACILITY PHONE NUMBERS



September

Education

Dates:



4TH LABOR DAY

13TH LAST DAY OF TERM

14TH – 25TH FALL BREAK

26TH NEW TERM BEGINS

Education Library

Book of the Month

200.COL.01.001 - It starts with us

By: Hoover, Colleen

General Fiction

Lily and Ryal have just settled into a civil co-parenting rhythm with their daughter, Emerson, when Lily suddenly runs into Atlas nearly two years after they last spoke. Elated that the timing finally seems to be right to give what they have together a real chance, but Lily's excitement is almost immediately replaced by dread and anxiety when Lily remembers that Ryal, though no longer her husband, is still very much a part of her life. And though Ryle would dislike Lily dating anyone but him, Atlas Corrigan is the one man he absolutely will not stand having in his ex-wife and daughter's lives.

Independent Study of the Month:

Constitution 101:

Come one, Come All and Listen to Thee: In this "Work at your pace" course you'll learn about the meaning and history of the U.S. Constitution, and our civil liberties granted to us from this important document of American history. The course consists of 11 lessons that correlate with a DVD and Book (both of which are in the Unit Resource Room).

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

LAW LIBRARY REMINDER

**THE LAW LIBRARY WILL BE
CLOSED FROM 8/30/23
THROUGH 9/5/2023**

Please bring an envelope for all needed mail outs.

Please use the Law Library Kye CD 1714 for all request and fill it out

COMPLETELY



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

6 Simple MINDFULNESS Activities for your Classroom

BELLY BREATHING



Centervention has a complete lesson plan you can use on belly breathing. You will find everything from pre and post discussion questions to step-by-step directions. It is a wonderful activity for when students need to cool down and self-regulate.

CALMING CORNER



Calming corners can help reduce students' stress and provide calming visual, auditory, and tactile experiences for de-stressing. A calming corner can be a physical corner in your classroom or a virtual space.

BRAIN BREAKS



Brain breaks are activities, or short breaks, that promote learning and focus for students. These types of breaks involve students participating in activities like mindful breathing, mindful movements, and mindful yoga.

MINDFUL JOURNALING



Three Good Things: A Happiness Journal is a free app that can help students with mindful journaling by having students write down three good things that happen to them each day. As a result, their happiness and positivity increase.

BREATH, THINK, DO



The free **Breath, Think, Do** app through Sesame Street is great for introducing young children to calm through breathing. Children help an animated monster facing a frustrating situation calm down by taking long, deep breaths.

SMILING MIND



Smiling Mind is a free app that offers hundreds of mindfulness activities. In addition to breathing meditations, the app has sensory exercises, like listening to music. There are programs for kids in different age groups, as well as for schools, workplaces, and sports.



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.

+ hello +
+ September

KITCHEN WORD SEARCH

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

WORD LIST

BREAD BASKET
 CABINET
 CASSEROLE
 CHINA
 CHOPPING BOARD
 COUNTER
 EGG BEATER

ESPRESSO MACHINE
 FONDUE SET
 FRUIT BOWL
 FRYING PAN
 GRavy BOAT
 HONEY DIPPER

ICE CREAM SCOOP
 IRON SKILLET
 KETTLE
 MARINATE
 MIXING BOWL
 MUFFIN PAN

PRESSURE COOKER
 RAMEKIN
 RICE COOKER
 ROLLING PIN
 SAUCERAN
 TOASTER

Homemade
 GIFTS MADE EASY

Name: _____

Date: _____

September 14th word list

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

- | | | | | | |
|----------------|--------------|------------------|---------------|----------------|------------|
| Anonymous | Announcement | Anemometer | Ancestor | Amusement park | Amnesia |
| American samoa | Amber | Amateur | Aluminum | Alps | Allowance |
| Allemande | Alhambra | Aleutian islands | Albacore | Alabama | Airborne |
| Agreeable | Aggravating | Africa | Affiliated | Aerospace | Aegean |
| Adversary | Advantage | Adolescent | Administrator | Adjective | Adequately |
| Acute | Actuality | Acropolis | Acoustics | Achromatic | Achieve |
| Accuse | According | Accompanied | Accident | Accessibility | Accede |
| Abundant | Absenteeism | Aborigine | Able-bodied | Aberdeen | Abbreviate |

EDUCATION UPDATE

Resource rooms

Great news, the resource rooms on all units will be available for everyone to have access to, regardless of being in an independent study or in education. All you will need to do is send a kyte to education stating that you would like to be placed on the resource room list. And you will be sent a form to fill out and return to education. Or you can ask your unit resource room tutor for the form. The open hours for the resource rooms will be 4pm to close of day room. Unless you are in an independent study or you are in education you will not be able to request a time slot all other previous rules will still apply and will be posted in the resource room



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

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

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



Answers From Last Month's Song IQ

Suicide is Painless from M*A*S*H (1970)

All that Jazz from Chicago (2002)

Do-Re-Mi from the Sound of Music (1965)

The Wind Beneath My Wings from Beaches (1988)

Que Sera, Sera (Whatever Will Be, Will Be) from The Man Who Knew Too Much (1965)

Theme from New York, New York, from New York, New York (1977)

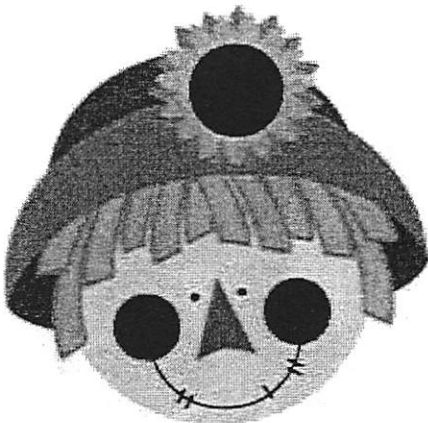
When You Wish Upon A Star from Pinocchio (1940)

Evergreen (Love theme from a Star is Born) (1976)

I will Always Love You from The Bodyguard (1992)

The Windmills of Your Mind from The Thomas Crown Affair (1968)

The Shadow of Your Smile from The Sandpiper (1965)



U.S. Citizen Test

Applicants for U.S. citizenship are required to take a test to demonstrate their knowledge and understanding of the fundamentals of the history and of the principles and form of government of the United States. How well would you do?

What are the first three words of the Constitution?

What are two of the three “inalienable rights” mentioned in the Declaration of Independence?

How many justices are on the Supreme Court?

Name three of the thirteen original states.

What do we call the first ten amendments to the Constitution?

What is one right (or Freedom) guaranteed by the First Amendment?

How many U.S. Senators are there?

If both the President and Vice- President can no longer serve, who becomes President?

Name the two longest rivers in the United States.

Name one (of five) U.S. territories.

How many amendments does the Constitution have?

Under our Constitution, some powers are exclusive to the federal government. What is one of these four powers cited in the Constitution?

Graduates For The Month Of August

Mr. Jose Longoria

Mr. Joe Harker

Mr. Roman Ahdab

Congratulations on your Achievement!!

