



# Warner Creek Trails

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

OCTOBER 2023

WARNER CREEK TRAILS

VOLUME 23 ISSUE 10



## October Zodiac

### Signs:

**Libra** (September 23  
– October  
22) **Scorpio** (October  
23 – November 21)  
Sagittarius

## WINNING WORDS:

*October glows on  
every cheek,  
October shines in  
every eye,  
While up the hill and  
down the dale  
Her crimson banners  
fly.*  
–Elaine Goodale  
Eastman

## The Month of October

This month's name stems from the Latin *octo*, "eight," because this was the eighth month of the early Roman calendar. When the Romans converted to a 12-month calendar, the name October stuck despite the fact that it's now the 10th month! The early Roman calendar, thought to have been introduced by Rome's first king, Romulus (around 753 b.c), was a lunar calendar. This ancient time-keeping system contained these 10 months: Martius, Aprilis, Maius, Iunius, Quintilis, Sextilis, September, October (the eighth month), November, and December. Martius, Maius, Quintilis, and October contained 31 days, while the other months had 30, for a total of 304 days. In winter, the days were not counted for two lunar cycles. It wasn't until about 713 b.c. that a calendar reform, attributed to the second Roman king, Numa Pompilius, added the months Ianuarius and Februarius. Some historians think that both months were placed at the end of the year, while others believe that Ianuarius became the first month and Februarius the last. Later reforms organized the months as they are arranged today in the Gregorian calendar, whereby October became the 10th month despite its name.

## October Astronomy and the Moon

October is a great time for stargazing. Keep an eye out for the **Draconid meteor shower** in the late evening of October 9, and the **Orionid meteor shower** in the predawn hours of October 21–22.

## The Full Hunter's Moon

October's full Moon, known as the Hunter's Moon, arrives on Saturday, October 28. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox.

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## October Calendar

**October 9 is Leif Eriksson Day.**

**October 9** is a busy day, with three more holidays packed into it:

**Canadian Thanksgiving.** This holiday shares many similarities with its American equivalent.

**Columbus Day (U.S.),** a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia.

**Indigenous Peoples' Day (U.S.)**—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day.

**October 18 is St. Luke's Little Summer.** This is a date steeped in folklore. Traditionally, around Saint Luke's feast day, there is a brief period of calm, dry weather.

**October 24 is United Nations Day,** which aims to bring awareness to the work of the United Nations worldwide.

**October 31 is Halloween (All Hallows' Eve)!** Do you know the true history of Halloween? It's not as frightful as you might think...

### "Just for Fun" Dates in October

**Oct. 4:** International Ships-in-Bottles Day

**Oct. 6:** National Noodle Day

**Oct. 12:** National Fossil Day

**Oct: 24–Nov. 11:** World Origami Days

**Oct. 28:** Frankenstein Friday

### October Birth Flowers

October's birth flowers are the cosmos and the calendula or marigold. Cosmos is a symbol of joy in life and love and peace. The calendula (aka garden, English, or pot marigold) represents winning grace, grief, or chagrin in the language of flowers.

## October Birthstone

The October birthstone is the **opal**, which symbolizes faithfulness and confidence.

- Gem-quality opals are known for their play of color, caused by the diffraction of light. They are available in several types, including black, fire, and white opals.

Common opals do not shimmer.

Opals symbolize hope and purity and were once thought to improve eyesight or enhance intuition. Throughout history, the gem's reputation has oscillated between standing for luck and standing for lack of luck. According to some, those born in October are immune from any possible negative effects.

## The Leaves They Are a-Changin'

With the autumnal equinox in late September, foliage season has officially begun across much of the United States.

Why do leaves change colors? Did you know that fall's vivid colors are actually hidden underneath summer's green? The main reason for the color change is not autumn's chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.



Fall is Here!



# Financial Services

## *Informational Briefing*

### *Adult in Custody (AIC) Trust Accounts*

<p><b>General Spending Account</b></p>	<ul style="list-style-type: none"> <li>• Primary spending account for AICs</li> <li>• Eligible deposits are received into this account             <ul style="list-style-type: none"> <li>◦ <i>Examples: Deposits received from friends/family, and PRAS</i></li> </ul> </li> <li>• AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account</li> <li>• Funds in this account are not protected from debt/obligation collection or garnishment</li> </ul>
<p><b>Protected Spending Reserve Account</b></p>	<ul style="list-style-type: none"> <li>• This is a spending account established for AICs who receive protected money             <ul style="list-style-type: none"> <li>◦ <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i></li> </ul> </li> <li>• AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account</li> <li>• Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment</li> </ul>
<p><b>Transitional Savings Account</b></p>	<ul style="list-style-type: none"> <li>• Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody</li> <li>• 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500</li> <li>• AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500</li> <li>• AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied</li> <li>• Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account</li> </ul>
<p><b>General Savings Account</b></p>	<ul style="list-style-type: none"> <li>• Established as a means for AICs to save funds outside of the Transitional Savings Trust Account</li> <li>• AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>)</li> <li>• Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158</li> <li>• Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment</li> </ul>
<p><b>Obligated Reserve Accounts</b></p>	<ul style="list-style-type: none"> <li>• Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria</li> <li>• AICs may receive deposits directly to one of these accounts from an external source</li> <li>• AICs must be approved to place funds into an Obligated Reserve Account</li> <li>• Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment</li> </ul>

### **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 [dlldoctrustinfo@doc.state.or.us](mailto:dlldoctrustinfo@doc.state.or.us).

# FOOD HANDLERS CLASS

THERE WILL BE A CLASS AND TEST HELD ON  
NOVEMBER 2ND 2023

Please kyte S. Snyder in the Business office  
to be added to the class.



# R&D



## Clothing Exchange

Use the clothing exchange bags from the bin behind the officer's station. Make sure you get permission from the officer to enter that area. Put what you are exchanging in the bag with the clothing exchange kyte. 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, we will get it after clothing bags are processed and the tags are printed. It will be send it back to you to so you can put it 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.

Mattresses can be exchanged if they are bad. You might not get a NEW mattress, you will get the next available mattress just like clothing. Send a kyte to R&D asking to exchange your mattress. It will be date stamped and processed in the order it was received. There is no such thing as a medical mattress and medical will not get involved in mattress exchange. Please don't bother medical with clothing and bedding issues, they are busy enough with legitimate medical needs.

# 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 do not issue medical shoes, medical doesn't authorize special shoes or boots, or any other clothing or R&D items.

We do not issue extra blankets, sheets or pillows. Medical doesn't issue special or extra blankets, sheets pillows or other R&D items.

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.

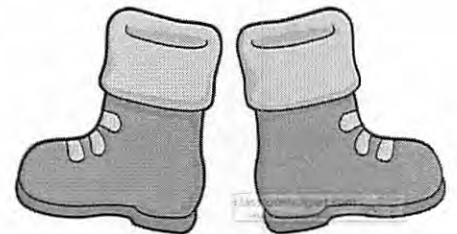
We don't sew new tags on blue shorts, unless you just arrived with blue shorts or just received them from canteen. If your tag is coming lose, please send it in while it is still attached to the shorts so it is obvious that it was sewn in on a machine. Otherwise, shorts without a tag will be confiscated. We don't retag any clothing items. We will only exchange, so if your tag falls off, send in the untagged item and include the size you need it replaced with.

We don't take out your laundry, if you turn in wet or dirty towels or clothing for any reason, it will be sent back to you with a warning. If you continue to send in wet or dirty clothing we will utilize progressive discipline.



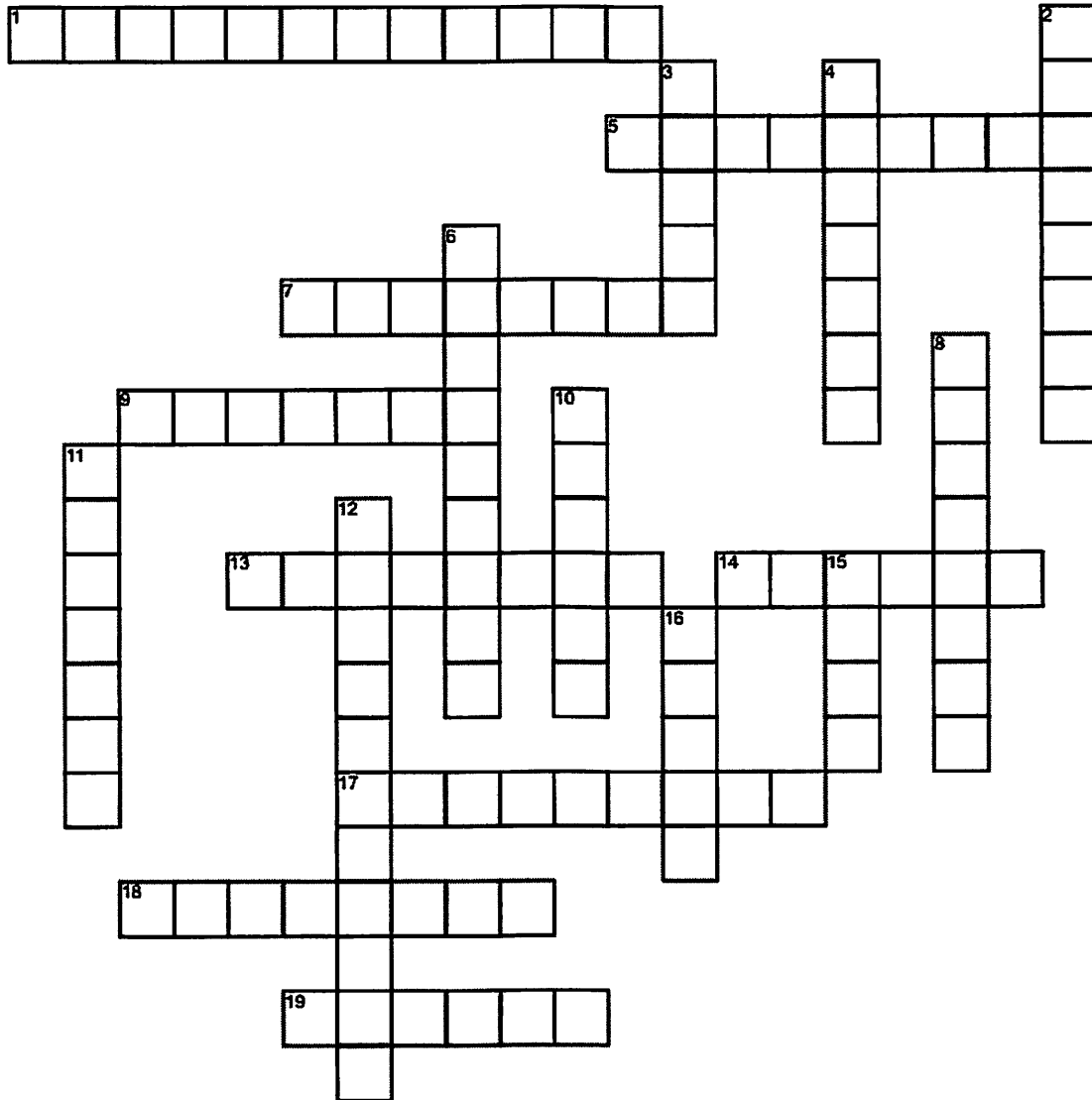
## Winter Weather

It is that time of year, winter is coming. If you don't have thermals, boots, or a jacket please send in a clothing kyte requesting to have some issued to you. If you have personal boots, you are not allowed to also have State Boots. If you have any of these items that don't fit, please send them in to get them exchanged. The weather changes fast in Lakeview so don't get caught without proper clothing.





# FALL CROSSWORD



## **Across**

1. Holiday often featuring turkey  
 5. Spooky holiday  
 7. Former military folks  
 9. Gather crops  
 13. Fall sport on gridiron  
 14. Another word for Fall  
 17. Chases birds away

18. September bank holiday  
 19. These fall off trees  
**Down**  
 2. Fall spice  
 3. Gathers leaves  
 4. Burning woodpile  
 6. Month when Fall begins  
 8. Christopher sailed in 1492. \_\_\_\_\_

10. Red fruit  
 11. Orange squash  
 12. Baseball finale  
 15. What changes in October  
 16. Fall nut



**State of Oregon  
Department of Corrections Commissary**

**DATE:** *FRIDAY, SEPTEMBER 22, 2023*  
**TO:** Adults in Custody  
**FROM:** Anita Jorajuria, Distribution Services Statewide Operations Manager  
**SUBJECT:** Commissary News, Updates and Reminders

**News:**

Due to rising cost of goods, our vendors have increased prices on some of the products we carry in commissary. The new prices go into effect on September 23, 2023. We apologize for the short notice. We are updating the commissary order forms as quickly as possible.



# HEALTH SERVICES

COVID 19 Boosters are available in medical.

If you wish to get one Kyte Medical for an  
Appointment.

Get your flu shot!

The Centers for Disease Control and Prevention (CDC) recommend everyone 6 months and older get vaccinated every flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to likely cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. The influenza vaccines does not cause flu. An influenza vaccine may be given at the same time as other vaccines. People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting an influenza vaccine. Soreness, redness, and swelling where the shot is given; and fever, muscle aches, and headaches can happen after influenza vaccination.

If you have any questions regarding flu vaccination, please kyte Health Services for additional information. A Flu Shot Clinic is planned for the near future. Every AIC at WCCF will be offered a Flu shot.

¡Vacúnese contra la influenza!

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todas las personas de 6 años de edad y mayores se vacunen cada temporada de influenza. La protección tarda en desarrollarse alrededor de 2 semanas después de la vacunación. Hay muchos virus de influenza y siempre están cambiando. Cada año se produce una nueva vacuna en contra de los virus de la influenza que se cree son los probables de causar la enfermedad en la siguiente temporada de influenza. Incluso si la vacuna no coincide exactamente con estos virus, esta sí puede ofrecer cierta protección. Las vacunas en contra de la influenza no causan la gripe. Una vacuna contra la influenza puede administrarse al mismo tiempo que otras vacunas. Las personas con enfermedades menores, como un resfriado, pueden vacunarse. Las personas que están moderada o severamente enfermas normalmente deben esperar hasta su recuperación antes de vacunarse contra la influenza. Dolor, enrojecimiento e inflamación en el sitio en el que se puso la vacuna; y fiebre, dolores musculares y de cabeza pueden presentarse después de la vacuna contra la influenza.

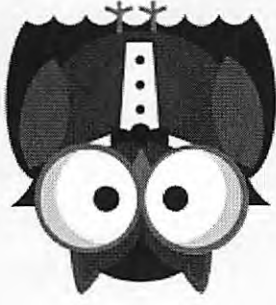
Si tiene alguna pregunta sobre su vacuna contra la influenza, por favor contacte por escrito (kyte) a los Servicios de Salud, para obtener información adicional. La Vacuna para la Influenza esta planeada en el future. A Cada AIC en WCCF se le ofrecera la Vacuna de Influenza.



**Sunday evening October 15<sup>th</sup>  
will be the last slurpee line  
for the season.**

**All tickets must be redeemed  
by this date.**





24<sup>TH</sup> NO SCHOOL

23<sup>RD</sup> NO SCHOOL

19<sup>TH</sup> GED TESTING

12<sup>TH</sup> GED TESTING

9<sup>TH</sup> NO SCHOOL

5<sup>TH</sup> GED TESTING

3<sup>RD</sup> GED TESTING

Education Dates:

October

# OCTOBER WORD SEARCH

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

BOO  
 COLUMBUS  
 GHOST  
 OCTOBER  
 SKELETON  
 SPOOKY

CANDY  
 COSTUME  
 HALLOWEEN  
 PUMPKIN  
 SPIDER  
 TRICK OR TREAT



# Education Library

## Book of the Month

250.216.ZOE.99.001 – The Paradise

By: Zola, Emile      Classics

*Through charm, drive, and diligent effort Octace Mourethas become the director of one of the finest new department stores in Paris, Au Bonheur des Dames. Supremely aware of the power of his position*

### *Independent Study of the Month:*

#### The Theory Of Everything :

Have you ever wondered why our physicists have the ability to explain almost anything in our known universe? Then this is the study for you! This study will go into the amazing Grand unified theory and that it explains Everything In The Universe... EXCEPT GRAVITY!?! To sign up for this 4 disc video series send a kyte to education requesting the independent study and let us know what times you would like scheduled in the resource room.



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# TVCC Education Library

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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



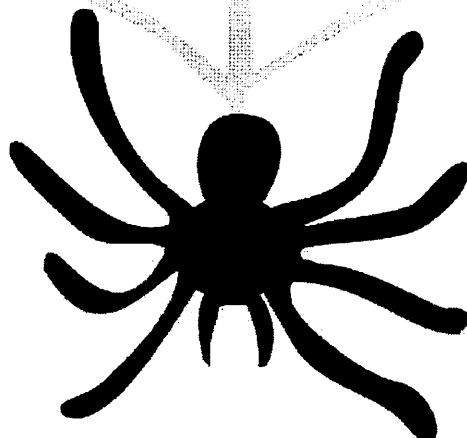
Name: \_\_\_\_\_

# CAN YOU FIND ALL OF THE HALLOWEEN WORDS IN THE WEB WITHOUT GETTING "STUCK"?

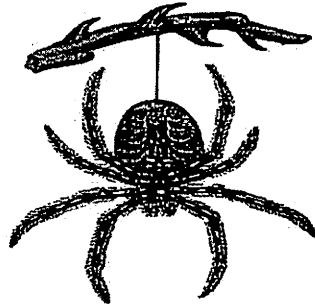
B O N E S D J K  
 X A X V S T X W I T C H  
 Y B D N F X S Z S C A R Y H  
 X S Y W T Y S P O O K Y E S G M  
 Z J P C D D E C O R A T I O N S J F  
 O M U J A C K O L A N T E R N K S P  
 X M O C B S P I D E R W E B M A S K Y H  
 S B N B O O R W E R E W O L F V B W D G  
 I I S I H A U N T E D H O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

BAT  
 BLACK CAT  
 BONES  
 BOO  
 BROOM  
 CANDY  
 COFFIN  
 COSTUME  
 DECORATIONS  
 GHOST  
 GRAVE  
 HALLOWEEN  
 HAUNTED HOUSE  
 JACK O LANTERN  
 MAKE UP

MASK  
 MONSTER  
 MUMMY  
 OCTOBER  
 SCARECROW  
 SCARY  
 SKELETON  
 SKULL  
 SPIDERWEB  
 SPOOKY  
 TRICK OR TREAT  
 VAMPIRE  
 WEREWOLF  
 WITCH  
 ZOMBIE



# LAW LIBRARY REMINDER



**The Law Library will be closed from  
October 9-October 11, 2023.**

To help offset this closure, Priority Legal Users with an imminent deadline will be given additional scheduling priority during the weeks of October 2 and October 16. Please be sure to provide proof of your deadline to the Library Coordinators in advance. You will need to submit CD1714 Law Library Request Forms for your requests. Be sure to complete all required information on your Law Library Request Forms.

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\*\***

# 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



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## Autumn Meditation

Wherever you are, sitting, standing, lying down, settle in. Close your eyes to limit visual distractions, or fix them on a point on the wall or ceiling if you would rather. If you can create alignment with your spine, do so. Let your hands rest easy on your lap or by your side. If your legs are crossed, uncross them. Breathe easy. In and out, in and out, noticing the way your diaphragm moves just below your sternum as your lungs intake and release air. When you are ready, begin your Autumn Meditation.

### **Begin Your Autumn Leaves Meditation**

Upon each inhalation, be grateful for the life - giving breath. Allow each exhalation to remove a bit of stress and tension. Envision yourself standing inside a room, with a door that leads outside ahead of you. Pull a key from your pocket to unlock it, turn the latch, and step outside. In front of you is a colorful autumn landscape, with hundreds of trees with leaves in brilliant reds and golds. Some are green, not yet changed, while others have become crisp and brown on the edges. A little further ahead, water babbles down a shallow stream. Only a foot or so deep in the deepest part, you can see the stones and sediment that the water travels over. Leaves that have floated down into it collect on the edges where the water ripples toward shore, creating a golden lining on either side. You sit on a perfectly sized sitting rock on the edge, comfortable and content as the water runs by. Breathe in the crisp autumn air, filling your lungs with the scent of water, leaves, and the grasses that are yellowing around you. Feel the warmth of the afternoon sun on your face. The heat of summer is gone and in its place is this wonderfully pleasant day, just warm enough for comfort and cool enough to invigorate.

### **Deepen**

As the breeze blows around you, notice the way that it coaxes leaves to let go of their branches to float to the ground below. Some take a more direct path, while others drift and sway in the wind, spinning and twirling as they make their way down. Others still do not fall at all, but rather continue to hold onto the branches they grew from, refusing to take flight. They have allowed themselves to change colors alongside their fellows, but refuse to give in to the descent ahead. "Just a little longer," they protest to the breeze. "We're not yet ready to fall." So they hold on a little longer, even as the world changes around them. The yellows become orange, the oranges red, and the leaves on the ground become brown. But still, the leaves on the trees hold on, hoping to evade the relentless movement of time. Visualize the changing world of fall around you as you continue to breathe crisp autumn air, in and out, leaning into this moment.

## Internalize

As you breathe in and out, bring to mind something that you have been holding onto. Something that no longer serves you, that you would like to let go of but have not done so yet. Imagine this thing as a leaf on a tree, clinging to a branch high above the ground, refusing to give in to the change of the season. Once it had a place in your life, as every leaf has its place in a tree. It might even be a blossom that you cherished in the spring of its existence, that you have watched unfurl and grow, and that has now exchanged its green for gold. This leaf is not a bad leaf. This thing is not a bad thing. And yet, the time has come for it to fall from the branch. The time has come for you to let it go. Take a deep breath, the deepest breath you have taken thus far, and visualize the leaf letting go. It releases the branch and drifts gently to join the other leaves of red and gold below. Just like the leaf has not entirely disappeared, neither has the thing you are letting go of. It has just joined all of the other things that you have grown with and learned from, and are now ready to let go of.

## End

For a moment longer, enjoy the autumn world around you. Experiencing again the warmth of the sun, the chill of the breeze, and the distinct scent of leaves and earth. When you are ready, leave the side of the river and return to the door you entered this world through. Step back inside, taking care to pull the key from your pocket to lock the door once more. This door is always available to you. You can always return to the autumn world by the river, with the trees of red and gold. The key will always be in your pocket. Return your focus to your breath, breathing in and out, in and out, soft and slow, experiencing the way your lungs also release the old to bring in the new. And finally, when you are ready, end your meditation and return to your day.



### Greetings from the mailroom.

With the holidays right around the corner, we want to remind you of a few simple rules that will help keep those holiday cards coming without delay. The complete mail rule is in the handbooks found in the units.

#### 291-131-0025

##### Incoming Mail

Incoming mail shall have on the front of the envelope free from obstruction, the sender's name and return address, and shall be addressed to the inmate using his/her court name and SID number. Inmates who legally change their name while in custody must verify the change and may seek approval to include their new name under the court name, labeled as a.k.a.

If the inmate recipient cannot be positively identified, the mail will be returned to the sender. A reasonable attempt will be made to identify the inmate recipient.

Mail with no return address shall be refused and returned to the U.S. Postal service or other authorized mail service provider. No notice will be given to the inmate.

The placement of the return address for international mail shall be in accordance with the sending country's postal regulations.

Incoming mail must be in pen, lead or color pencil, nontoxic markers, or be typewritten or photocopied.

(11) General correspondence is authorized up to ¼ inch thickness.

##### (12) Unauthorized Attachments and enclosures:

(a) Only the cancelled postage stamp, address label, and return address stamp (if used) attached to the front of an envelope shall be glued, taped, or otherwise affixed to an envelope.

(b) Only written correspondence, newspaper and magazine clippings, small pamphlets, photocopies, carbon copies, business cards, handmade drawings, printed web pages, and photographs that meet the content restrictions in these rules may be enclosed in the envelope.

#### 291.131.1135

##### Prohibited Mail

(H) Any substance that is unauthorized, including lipstick, crayon, watercolors, paint, correction fluid, wax, glitter, foam, etc.

(I) Polaroid type photographs with a chemical substance on the back of the photograph.

(7)

Calendars shall only be received directly from a publisher or distributor. Calendars must:

(a)

Be no longer than 12" wide and 24" long when unfolded;

(b)

Meet the no freestanding nude or partially nude standards and have no security threat

group imagery or graphic violent content; **and**

(c)

Have a plastic or stapled binding. Wire bindings are prohibited.



## Graduates For The Month Of September

Mr. Raul Remero

Mr. Jerome Ricks

Mr. John Rowder

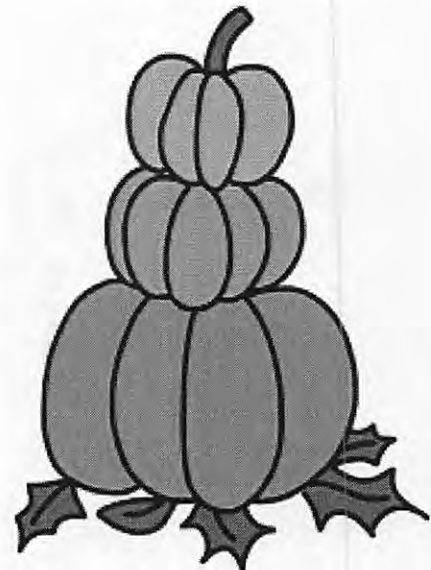
Mr. Raymond Bailey

Mr. Keauntea Dyes



## Answers to Last Month's Citizens Test

- 1) "We the people"
- 2) Life, Liberty and the pursuit of happiness
- 3) Nine
- 4) Connecticut, Delaware, Georgia, Maryland, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Virginia.
- 5) The Bill of Rights
- 6) Speech, religion, assembly, press, to petition the government.
- 7) One hundred
- 8) The Speaker of the House
- 9) The Missouri & Mississippi
- 10) America Samoa, Guam, Northern Marianas Islands, Puerto Rico, U.S. Virgin Islands
- 11) Twenty-seven
- 12) To print money, to declare war, to create an army, to make treaties.







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

# Sudoku

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

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

