



NEW HORIZONS

Wakulla Correctional Institution - A Faith and Character Based Facility

May & June 2009

BECOMING YOUR OWN CREATOR

By: Antwan McCoy #C00744

It is a principle that all things are created twice, but not all first creations are by conscious design. In our personal lives, if we do not develop our own self-awareness and become responsible for first creations, we empower other people and circumstances outside our Circle of Influence to shape much of our lives by default. We reactively live the scripts handed to us by family, associates, other people's agendas, the pressures of circumstance; and scripts from our earlier years, from our training, and our conditioning. These scripts come from people, not principles. They rise out of our deep vulnerabilities, our deep dependency on others and our needs for love, for belonging, for a sense of importance and worth, and for a feeling that we matter. For example, this is true about parenting. If you want to raise responsible, self-disciplined children you have to keep in mind that it's about the Circle of Love and Relationship as you interact on a daily basis with them. You cannot behave toward them in ways that undermine their self-discipline or self-esteem.

Whether we are aware of it, or not or whether we are in control of it or not, there is a first creation to every part of our lives. Either we are the second creation of our own proactive design or we are the second creation of other people's agendas, of circumstances, or of past habits. The unique human capacities of self-awareness, imagination, and conscience enable us to examine first creations and make it possible for us to take charge of our own first creation, to write our own script. This principle that "all things are created twice" is based on personal leader-

ship, which means that leadership is the first creation. Leadership is not management. Management is the second creation. Leadership has to come first. Management is the bottom line focus: *How can I best accomplish certain things?* Leadership deals with the top line: *What are the things I need to accomplish?*

Pro-activity is based on the unique human endowment of self-awareness. The two additional, unique human endowments that enable us to expand our pro-activity and to exercise personal leadership in our lives are *imagination* and *conscience*. Through imagination, we can visualize the uncreated worlds of potential that lie within us. Through conscience, we can encounter universal laws or principles with our own view, within which we can most effectively develop them. Combined with self-awareness, these two endowments empower us to write our own script. Being that we already live with many scripts that has been handed to us, the process of writing our own script is actually more a process of *re-scripting* or paradigm shifting – of changing some of the basic paradigms that we already have. As we recognize the ineffective scripts, the incor-

rect or incomplete paradigms within us, we can proactively begin to re-script ourselves.

In developing our own self-awareness, many of us discover ineffective scripts, deeply embedded habits that are very unworthy of us, very incongruent with the things we really value in life. We are responsible to use our imagination and creativity to write new ones that are more effective, more congruent with our deeper values and with the correct principles that give our values meaning. Suppose, for example, that you were highly over reactive to your spouse or child. Suppose that whenever they begin to do something you feel is inappropriate, you sense an immediate tensing in the pit of your stomach. Your defensive walls go up; you prepare for battle. Your focus is not on the long-term growth and understanding of love, which entails nurturing and cultivating the relationship, but on the short-term behavior. You are trying to win the battle, not the war. You pull out your ammunition, your superior

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Florida's Governor, Charlie Crist, describing the mission of this prison

"With a firm constitutional foundation, faith & character-based institutions allow any inmate, secular or religious, to make him or herself into a better person. Through the initial step of volunteering to reside in a faith & character-based institution, an increasing number of inmates are taking their first step towards personal responsibility and self-improvement."

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MISSION STATEMENT:

Horizon represents a fundamental change in criminal justice, from retributive to restorative justice. Horizon implements its mission and vision by establishing faith and character-based residential programs in prisons. A prison wing, and even an entire prison, is converted into a living and learning environment, and programs are presented by volunteers that effect an inner transformation of inmates, enabling them to live with others in mutual support, trust and respect; a critical need in reentry preparation.

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To Submit an Article

Any inmate from the Main Unit or Work Camp who wishes to submit a faith or character-based article for this newsletter must submit the article, with a request, to the Education Department. Attention to: New Horizons Newsletter.

All appropriate articles must be 300 words or less. *Selected* submissions will receive a personal copy of the newsletter. The original copy will not be returned. Your request and submission may be held for the next available space or for future issues. If your submission is not used, it will be returned with the request form.

The editor reserves the right to refuse any submission, including articles. **All selected** submissions are subjected to deletions and changes to content.

July & August Issue Deadline is August 15th

THE POWER OF FORGIVENESS

By: Donald Hines #G14826

Any cursory glance at today's local newspaper, television program, or even the environment around us as human beings reveals what we have all heard or seen for years. Violence, divorce, broken families, and other interpersonal disparities, fueled by the flames of bitterness; have engulfed our social system. In fact, getting payback is even encouraged or glorified by those who envision retribution for hurts done to them. William Shakespeare's famous quote, "Revenge is a dish best served cold," echoes today amongst those who seek retribution for wrongs done to them. The well-known, oft-quoted *lex talionis* passage, "An eye for an eye, and a tooth for a tooth" (Matt. 5:38; Cf. Ex. 21:24; Lev. 24:20; Deut. 19:21), is justified by many as a personal law of retaliation. Bitterness is a power-struggle for the person who wants to forgive or to regain what was lost. However, such a struggle inevitably swallows those who are intoxicated by it.

The antithesis to bitterness is forgiveness. There is a vast array of literature expounding on the need of forgiveness from both religious and nonreligious authorities. However, the most predominant of these is found in the Bible. In the New Testament, forgiveness is translated from two Greek words: *charizomai* and *aphesis*. *Charizomai*, a derivative of a similar Greek word *charis* (grace), gives the idea of forgiving, or pardoning, another's offenses graciously. Just as we have been graciously forgiven, pardoned of our sins by a merciful God, so we also ought to forgive one another. The thought is continued in its synonym *aphesis*, which connotes the image of sending the sin away from the sinner. It's this imagery that is used in the Old Testament Hebrew word for forgiveness, *nasa'*. Such passages in the Bible express this in Ps. 103:12; Is. 38:17; 53:4, 11; Mic. 7:19; 1 Pet. 2:24; 1 John 3:5. Commenting on the use of this word in the New Testament, scholar Spiros Zodhiates says, "This required Christ's sacrifice as punishment of sin, hence the putting away of sin and the deliverance of the sinner." It is the cross of Christ that enables the believer to live victoriously and free, no longer bound by the chains of bitterness.

Author John Eldrege says, "You must understand that forgiveness is a choice." Since God has given each of us free will, we can choose to stay in bondage. It has been said before that forgiveness is setting a prisoner free and then discovering the prisoner was you. It must be made clear, however, that forgiving someone does not mean that you tolerate sin. Nor does it mean you become the offender's doormat for continual abuse. Although it is true that you are letting them off the hook – it does not mean you have let them off God's hook: "Vengeance is mine; I will repay, saith the LORD" (Rom. 12:19, KJV). Forgiveness, then, is to love the sinner, but to hate the sin. It was for this very reason that Christ came to redeem fallen humanity. Eminent theologian John Piper writes succinctly, "That's why *forgiveness* has the word *give* in it. *Forgiveness* is not 'getting' even. It is giving away the right to get even" (emphasis his).

R.T. Kendall, author of *Total Forgiveness*, says, "It is a demonstration of greater grace when we are fully aware of what occurred – and we still choose to forgive..." He writes further, "Totally forgiving another person is an achievable act. It can be done, and it is something you and I must keep doing." This means we forgive whether we feel like it or not. Forgiveness is not about feelings, but an act of will. Neil Anderson writes, "Don't wait to forgive until you feel like forgiving; you will never get there. Feelings take time to heal after the choice to forgive is made."

Forgiveness is not an easy thing to do. God knows that. God realizes that. It was He who bore our sins so that we may bear the sins for others. Dietrich Bonhoeffer, who suffered and died under the hand of the Nazis, identifies with the epitome of forgiveness: "As Christ bears our burdens, so ought we to bear the burdens of our fellowmen. The law of Christ, which it is our duty to fulfill, is the bearing of the cross. My brother's burden which I must bear is not only his outward lot, his natural characteristics and gifts, but quite literally his sin. And the only way to bear that sin is by forgiving it in the power of the cross of Christ in which I now share. Thus the call to follow Christ always means a call to share the work of forgiving men their sins. Forgiveness is the Christ-like suffering which it is the Christian's duty to bear."

Our forgiveness of others is to be analogous to the forgiveness that God has for us. Best selling author Max Lucado puts it this way, "Because He has forgiven us, we can forgive others. Because He has a forgiving heart, we can have a forgiving heart. We can have a heart like His."

VETERAN'S SUPPORT GROUP



Thank you, W.C.I. inmates and staff, for your continuing support and contributions to our two charitable projects: The can-tab and used stamp ministry. Because of your hard work, dedication, and commitment to these two projects, we are able to help others live a more comfortable and productive life.

In March, April, and May 31,127 can-tabs were collected. This amount increased our yearly total to 45,900. Wow! During the same period, 9,868 used stamps were also collected, which increased our yearly stamp total to 14,651. Again, because of your support, we are on pace to exceed our yearly goals of 75,000 can-tabs and 30,000 used stamps. Let's go, Wakulla C.I. Those in need are counting on you!

On March 30, a representative from the Vet Center, Eric Lundblum, provided members with the mission, purpose, and goals of this valuable community-based organization. The Vet Center provides a wide range of counseling, outreach, education, and referral services to eligible veterans. These services are available to Vietnam era veterans, Veterans of Lebanon, Grenada, Panama, the Persian Gulf, and Somalia. All veterans are encouraged to contact the local Vet Center at 548 Bradford Road, Tallahassee, Florida 32303 (850) 942-8810, for additional information.

Any veteran, with 6 months or less remaining on their prison sentence, is encouraged to enroll in the "Healthcare Re-entry Program" that is sponsored by the Veterans Administration Healthcare System. A "Re-entry Veteran Specialist" will visit you within 6 months of your release date and provide you with a list of services available upon your release. Contact any board member to enroll in this program.

On May 18, 2009, the classification supervisor from Liberty C.I. attended our monthly meeting. The purpose of this surprise visit was to obtain information needed to establish a Veterans' Support Group at Liberty C.I. We were honored and thrilled to have this very special guest. We stand ready to assist the Liberty C.I. staff in any way

possible. Lives are being changed through this very productive, Christian-based Veterans Support Group.

Our annual Memorial Day Service was held on May 25, at 0900 hrs. in the Chapel. This annual event was attended by (85) veterans and (5) distinguished guests. We would like to thank Mr. and Mrs. Dan Nase, Bill Wymans, Charles E. Lee, and Allison Defoor, for continuing to support the men and staff at Wakulla C.I. We truly appreciate these faithful servants in every way. We would also like to thank the W.C.I. Praise Team for providing memorable, patriotic, and spiritual melodies during this service.

The guest speaker was Matthew Reeves, the Post outside sponsor and faithful member of the Mike Shockley's Ministry Team. Matthew spoke about "the importance of Brotherhood and Brotherly Love according to the Word of God." Matthew also discussed "the relationship between Godly Love and Brotherly Love." This message had a tremendous impact on all of us. Thank you, Matthew, for your support and service to W.C.I. and our fellow Brothers in Arms.

We would also like to extend birthday greetings to Mr. Charles E. Lee, affectionately known as "Uncle Charlie." Mr. Lee celebrated his 77th birthday on May 26, 2009. Uncle Charlie is not only our "Honorary Post Commander," he is also a talented musician and singer. We are so thankful to have this wonderful, faithful volunteer and evangelist at W.C.I. Uncle Charlie is an inspiration to all of us.

The second annual "Walk-a-thon" will be held on July 5, 2009, at 0900 hrs on the Recreation Field. All inmates are encouraged to participate because this event is in support of the Jerry Lewis Muscular Dystrophy Telethon. Last year, 57 men walked 513 laps, equaling 200.6 miles. Let's walk 500 miles for Jerry's kids this year!

Faithfully serving our country behind the Wall, Post FLI-5.

By: William H. Adams, #296688
Post Commander

BECOMING YOUR OWN CREATOR

(Continued from page 1)

size, your position of authority, you raise your voice to intimidate, threaten or punish, and you win. You stand there, all victorious in the middle of the debris of a shattered relationship, while your spouse and/or children are outwardly submissive and inwardly rebellious, suppressing feelings that will come out later in uglier ways.

Because you are self-aware, because you have imagination and conscience, you can examine your deepest values. You can realize the script you are living is not in harmony with those values and that your life is not the product of your own proactive design, but the result of the creation you have deferred to circumstances and other people. **You can change!** You can live out of your imagination instead of your memory. You can tie yourself to your limitless potential instead of your limiting past. You can become your own creator. You can approach your role as a parent, as well as other roles in life, with your values and directions clear. It means to be responsible for your own creation, to re-script yourself so that the paradigms from which your behavior and attitude flow are congruent with your deepest values and in harmony with correct principles of truth and meaning. It also means to begin each day with those values firmly in mind. Then, as the unpredictable changes and challenges come, you can make your decisions based on those values. You can act with integrity. You do not have to react to the emotion or the circumstance. You can truly be proactive and value driven because your values are clear and decisive.

By: Antwan McCoy #C00744

LIFE IS LIKE MONEY

By: Lucas MacDonald, #J12358

Recently I read that life is like money; you can spend it however you want, but you can only spend it one time. That is true; except life is far more precious than money. Do you realize how you are spending your life? Are you blowing it? This time, while you are in prison, is your life too. Well duh, you might say, but I see many people in here (myself included, sometimes) spending their time as if it does not matter — as if they do not matter. I think some people look at it as if life will begin again on the day they E.O.S., or they believe that everything will be wonderful when they get to that “sweet camp” they want to transfer to, or when this or that happens.

While you are in prison, you can make your life as pleasant as it can be by choosing to spend it in the best way. Do you have children? Then, you should be spending your time doing things that make you the best you can be so that you can help them become the best they can be. The same goes for anyone else you claim to care about. You can help them, from here, but how can you help them if you do not first help yourself? Do you believe in God? Then, before all the above, you should be spending your time preparing yourself to be able to best serve Him.

Do you have a lot of time, a life sentence, perhaps? So do I. You still have to live with yourself. You can be an awesome source of support to the people you still have and you can still be a man of God, but you have to spend your time on things that will make these things happen.

For those of you who are soon to be released. Mr. Rumbley, in Rumbley’s Bible Study, speaks about “getting it,” about standing up, being a man, cutting out the foolishness, making the right

choices, and “being tired of being sick and tired.” Do you really get it? Are you tired of being sick and tired? I am, but here is the rub: as I mentioned above, I have a natural life sentence. I am very glad you are getting out soon; except, I get so frustrated watching you spend your time in a way, most likely, that insures you will be coming back. Do you have any idea what I would do (legally and right in the eyes of God) to have your second chance? It really should not matter, but I know I would be motivated to scramble to spend every instant of my time to make myself the best I could be. To be sure, I would never return to prison.

Let me speak to you more bluntly: society has standards and guidelines it expects you to meet. If you fall outside of these principles, like walking outside of the yellow lines, it has a place for you. You are there — prison. You have to start making those standards and guidelines your own and make them a habit. You cannot begin “getting your mind right” a couple months, weeks, or days before you leave. If you do not get yourself in line with “mainstream society” before then, you will come back!

Do you know what those standards and guidelines are? Then, you need to be spending your time finding out. Do you have someone in your life, or whom you know of, who has made it in society; legally and honestly; and is stable and consistent? Model them. Are they “square, straight-laced, and do-rights? I want to be Mr. Rogers-square, or Leave it to Beaver straight-laced, if it means staying out of here, being there for my family and most importantly, honoring God.

Where are you going to start putting your money, spending your time? There is a hole in your pocket and the sand is falling fast.

SLEEPLESS NIGHTS

By: Carl Shuck, #101250

Sometimes on a sleepless night
Long after the rest are in *bed*
I can finally find some quiet time
To consider this life I have *led*

There are always so many questions;
the how’s and the whys’
That it is hard at times for me to *understand*
Just why I am who I have become in this place
And more importantly, that I use it all, to be a better *man*

I refuse to become another statistical failure
Or hang the negative face as I come before *you*
Then reminded that I am poor and needy
Unable, it seems, to ever break *through*

Still, it makes sense to me that we pay for the mistakes that we make
An erected prison behind society’s back kitchen *door*
With high chain-linked fences and tall iron gates
Where, once entered, just never quite the same *anymore*

Change fashions a purpose to this life I am leading
Despite the person that I used to *be*
Who I am now is continuously under construction
Into a building I forever *believe*

Blocks and panes aligned in buttresses to depict all the years I have *spent*
I have found that my faith and my character
Are not based upon my *environment*

I am determined and I have a made up mind
To continue with my chin lifted *high*



I keep my thoughts on my improvement
And often find myself wandering along
Sometimes on a sleepless *night...*

MEDITATION

Not to be confused with positive thinking



By: Randall Whitney #Q12315

Our ability to think the way we do differentiates our species from all others and is miraculous beyond compare. If we are not careful, our thinking can easily crowd out other equally precious and miraculous facets of our being. Wakefulness is often the first causality.

Awareness is not the same as thought. It lies beyond thinking, although it makes use of thinking, honoring its value and its power. Awareness is more like a vessel that can hold and contain our thinking, helping us to see and know our thoughts as thoughts rather than getting caught up in them as reality.

At times, the thinking mind can be severely fragmented. In fact, it usually is. This is the nature of thought. Nevertheless, awareness that is teased out of each moment with conscious intent can help us to perceive that even in the midst of this fragmentation our fundamental nature is already integrated and whole. Not only is it not limited by the potpourri of our thinking mind, awareness is the pot which cradles all the fragments, just as the soup pot holds all the chopped up carrots, peas, onions, and the like and allows them to cook into one whole, the soup itself. It is a magical pot, much like a sorcerer's pot because it cooks things without having to do anything, including putting a fire underneath it. Awareness itself does the cooking, as long as it is sustained. You just let the fragments stir while you hold them in awareness; whatever comes up in mind or body, which goes into the pot, becomes part of the soup.

Meditation does not involve trying to change your thinking by thinking some more. It involves watching thought itself. The watching is the holding. By watching your thoughts without being drawn into them, you can learn something profoundly liberating about thinking itself, which may help you to be less of a prisoner of those thought patterns — often so strong in us — which are narrow, inaccurate, self-involved, and habitual to the point of being imprisoning and also just plain wrong.

Another way to look at meditation is to view the process of thinking itself as a waterfall, a continual cascading of thought. In cultivating mindfulness, we are going beyond or behind our thinking, much the way you might find a vantage point in a cave or depression in the rock behind a waterfall. We still see and hear the water, but we are out of the torrent.

Practicing in this way, our thought patterns change by themselves in ways that nourish integration, understanding and compassion in our lives, but not because we are trying to make them change by replacing one thought with another one that we think may be more pure. Rather, it is to understand the nature of our thoughts as thoughts and our relationship to them so that they can be more at our service rather than the other way around.

Dwelling in stillness, and looking inward for some part of each day, we touch what is most real and reliable in ourselves and most easily overlooked and undeveloped. When we are centered in ourselves, ever for brief periods in the face of the pull of the outer world and not having to look elsewhere for something to fill us up or make us happy, we can be at home wherever we find ourselves — at peace with things as they are, moment by moment.

HAPPY FATHER'S DAY

By: Victor Fernandez #C00527

My fellow Fathers, our day is here. I want to say "Happy Father's Day" to every father behind these barbed wire fences and out in the free world.

To my fellow inmates who are fathers, I know firsthand how hard it is on us not to be with our children and family. I can say if it is hard on us, I cannot even begin to imagine how challenging it is on our children to not have their fathers with them; for instance not being there to help them with their homework or play ball with them. Or, if you have a little girl, to protect her from all of the evils in today's world, to watch him/her or grow up.

Some of us imprisoned inmates do not have a relationship with our kids because we have never had the chance to see them born before we fell or we have lost contact with them because we have been imprisoned for such a long time. Nonetheless, I want you to know that we never lose the bond that grows between fathers and their children.

Even though some of us will never see the free world again, we can still have a relationship with our children. For that reason, I urge you to stay in contact with them and to try to give them the best advice you can so they can grow with the knowledge of knowing that their father loves and cares for them. With that knowledge, I hope, they will not make the same mistakes we have made in life.

As our fathers wanted the best for us, we also want the best for our children and for them to be better than us in life. We still can be there for them through letters, phone calls, and pictures and still be able to watch them grow up to be happy. So, my fellow fathers, I leave you with this: "*Happy Father's Day!*"

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Education Program Schedule

The following courses are currently being offered in the Education Department. To sign up for one these courses, please send a request to Mrs. Armstrong. **Please be patient!** All requests are on a first-come, first-serve basis. **Please Check the call-out daily.**

COURSE	DESCRIPTION
ADULT EDUCATION <i>Ms. Solomon</i> <i>Mon.- Fri. (8:30 AM - 3 PM)</i> <i>Florida High School Diploma</i> <i>The Florida DOC</i>	Students and tutors concentrate on specific educational areas of study. Each student is T.A.B.E. tested every 6 months to determine progress and areas needing continued study. Once reaching proficiency on the T.A.B.E. test, they are then eligible for the GED.
COLLEGE LEVEL EXAMINATION PROGRAM (CLEP) <i>Education Department, Mrs. Armstrong</i> <i>The cost is \$120 per exam.</i> <i>The Florida DOC</i>	Analyzing and Interpreting Literature, College Algebra "A", College Math, English Composition, History of the United States I and II, Humanities, Information Systems and Computer Applications, Principles of Management, Natural Sciences, Psychology, Social Science and History, and Intro. Sociology. CLEP exams are for college credit. A Money Order or Cashiers Check, made out to CLEP, is required prior to the test. Any Essays require an additional fee of \$10.00.
COMPUTER LITERACY <i>Community volunteers & Inmate facilitators</i> <i>Mon.-Thu. (AM, PM)</i> <i>Horizon REEFS</i>	This course is designed to teach students the basic skills needed to operate today's computers. Program includes the basic operation of Windows XP, Microsoft Office Applications (Word, Excel, PowerPoint, Publisher) and the Mavis Beacon Typing Tutor.
ENVIRONMENTAL SERVICES <i>Mon. - Fri. (8:30 AM - 3 PM)</i> <i>600 hour course</i> <i>Education Certificate</i> <i>The Florida DOC</i>	This Department of Education certified course prepares students for employment in the field of Environmental Services (i.e. janitorial services and supervision). Students learn to use and/or maintain a variety of commercial floor maintenance equipment (buffers, vacuums, carpet shampoos, etc.) as well as create and preserve supply logs and job assignment sheets, properly clean restrooms and offices, effectively employ and store chemicals, and learn time management.
MARRIAGE ENRICHMENT <i>Coach Freeman</i> <i>6 Wks- Mon., Wed. & Fri. (9 - 11 AM)</i> <i>The Florida DOC</i>	A course designed to help you to better understand your marriage. Learn important skills that will improve your relationship. The study book is ten chapters, beginning with "A Good Marriage Begins With You" and ends with "Self-Help, Procedures For Maintaining a Healthy Marriage."
WELLNESS <i>Coach Freeman</i> <i>6 Wks, Mon. - Fri. (9 -11 AM)</i> <i>Certificate of Completion</i> <i>The Florida DOC</i>	A course that teaches the importance of sound physical fitness and a wellness lifestyle and incorporates the five dimensions of wellness: spiritual, physical, emotional, intellectual, and social. It teaches how physical activity and positive lifestyle habits will lead to better health and improved quality of life. The curriculum includes: What is Wellness?; Biomechanics of the Body; Cardiovascular Exercise; Muscular Strength and Endurance; Flexibility; Nutrition; Weight Management; Stress Management and Assessment; and Behavior Modification.
PERSONAL FINANCE <i>10 weeks-AM and EVENING</i> <i>One day per week</i> <i>Community volunteers & Inmate facilitators</i> <i>Horizon REEFS</i>	Personal Finance is an exciting look at the stock market, investing, retirement planning, and growing wealth. It also covers mortgages, checking accounts, and building blocks of any sound financial management plan.
SMALL BUSINESS CONCEPTS <i>Mon. - Fri. (8:30 AM - 3 PM)</i> <i>Community volunteers & Inmate facilitators</i> <i>Horizon REEFS</i>	Small Business Concepts teaches the fundamentals of building a viable business plan. This plan may offer hope and a direction that is capable of redirecting a man's life. <i>Twelve classes</i>
CREDIT & DEBT MANAGEMENT <i>1 day per week for 6 weeks-PM and EVENING</i> <i>Community volunteers & Inmate facilitators</i> <i>Horizon REEFS</i>	Credit and Debt Management is an in-depth look at the principles that effect credit scores. This is a practical guide for using credit wisely and reasonably.
TIME MANAGEMENT <i>Community volunteers & Inmate facilitators</i> <i>1 day per week for 6 weeks-PM and EVENING</i> <i>Horizon REEFS</i>	Time Management, Bridging the Gap from the Inside-Out focuses first on self and then on time. It teaches you that you have to first win the private victories (Within Self) before you can win the public victories (With others). It teaches you that you can't efficiently manage your time if you can't effectively manage yourself.
Developing a Business Concept <i>Community volunteers & Inmate facilitators</i> <i>1 day per week for 8 weeks-AM only</i> <i>Horizon REEFS</i>	This is an introduction into the world of small business ownership. The program starts at the very beginning of the business planning stage and will assist students in forming a basic framework for there business idea.

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Education Program Schedule

The following courses are currently being offered in the Education Department. To sign up for one these courses, please send a request to Mrs. Armstrong. **Please be patient!** All requests are on a first-come, first-serve basis. **Please Check the call-out daily.**

COURSE	DESCRIPTION
LIFE MAPPING—Horizon 12 weeks Mon & Wed (6:00 - 8:00 PM) Community volunteers & inmate facilitators Horizon REEFS	The purpose of Life Mapping is to help men evaluate themselves and their lives. We take a close look at the broken parts of life and resulting damage. We seek knowledge for healing and for progress. Finally, we learn how to take dreams or vague ideas and turn them into goals laced with power and positive energy that have the ability to transform our very lives.
ACCOUNTING 101 Community volunteers & Inmate facilitators 1 day per week for 6 weeks-PM or EVENING Horizon REEFS	Accounting 101 is a workshop, taught by Mr. Warren Mulhenn, a volunteer who is a retired C.P.A (Certified Public Accountant) and C.F.E (Certified Financial Examiner). This workshop teaches students basic accounting terms and how to read, use, and post transactions on such forms as the balance sheet, journal, and account ledger.
ACCOUNTING 201 Community volunteers & Inmate facilitators 1 day per week for 6 weeks-PM and EVENING Horizon REEFS	Accounting 201 is for graduates of Accounting 101 only. It is also taught by Mr. Warren Mulhenn. This workshop builds on the basis knowledge that was gained in Accounting 101 and applies it to such business necessities as depreciation, taxes, and accrual vs. cash-basis accounting.
Trauma Recovery Tuesday Evenings Community volunteers & Inmate facilitators	Trauma Recovery evaluates the psychological effect of trauma in our lives. "Trauma" is any event that adversely affects us by threatening either our sense of justice or safety. Thus, we have all experienced "trauma" at one point or another in our life. Recognizing trauma, no matter what the size, is the first step to recovery.

Work Camp Program Schedule

The following courses are currently being offered at the Work Camp. To sign up for a course, send a request to Mrs. Armstrong. **Please be patient!** All requests are on a first-come, first-serve basis. **Please Check the call-out daily.**

COURSE	DESCRIPTION
SMALL BUSINESS CONCEPTS Tuesdays, 5:30 PM Community volunteers & Inmate facilitators	Small Business Concepts teaches the fundamentals of building a viable business plan. This plan may offer hope and a direction that is capable of redirecting a man's life. <i>Twelve classes</i>
CREDIT & DEBT MANAGEMENT Monday, 5:30 PM Community volunteers & Inmate facilitators	Credit and Debt Management is an in-depth look at the principles that effect credit scores. This is a practical guide for using credit wisely and reasonably.
Wakulla C.I. Paws in Prison Monday-Friday, AM & PM Community volunteers & Inmate facilitators	This program allows inmates to participate in saving a dog's life. It consists of daily obedience training. Each session lasts eight weeks and permits inmates to teach dogs how to heel, sit, come, lay down, and stay.

Famous Quotations

Only the educated are free.
 First say to yourself what you would be, and then do what you have to do.
 While there's life, there is hope.
 The very spring and root of honesty and virtue lie in a good education.
 It is thrifty to prepare *today* for the wants of tomorrow.
 A man's character is his fate.
 Time is that wherein there is opportunity and opportunity is that wherein there is no great time.
 Time is the most valuable thing a man can spend.



Marcus Aurelius Antoninus 121-180

Library

Do you want to improve your basic reading, writing or grammar skills?

If you are interested in obtaining tutoring in any of these areas, please submit a request to the Librarian for consideration. This program will be held on Saturdays and will be announced at a later date.

Chapel Programs

The following courses and services are being offered in the Department of Chapel Services. To sign up for any Chapel program, send a request to Chaplain Fox. **Please be patient.** Chaplain Fox receives and enters all requests on a first-come, first-serve basis. After requesting course enrollment, **be sure to check the call-out daily.**

COURSE	DESCRIPTION
ALCOHOLICS ANONYMOUS Sun. 9a.m. to 10 AM	These are open meetings, conducted on Sunday mornings. Come and share our experience, strength, and hope on Thursdays; <i>you must be on the call-out for Thursday meetings.</i>
VETRANS SUPPORT GROUP (POST #1) Wakulla C.I. MONDAY 8:30 AM	All Veterans who have served in the military, in the United States or foreign countries, are eligible for membership in this faith-based program. The program is based upon unity, military protocol, and fellowship. Anyone wishing to attend is welcomed. Please send a request to the Chaplaincy Department.
BRIDGE BUILDERS <i>Rev. Mike McFadden, Raymond Johnson, Barbara Schrader and Charles Lee</i> Wed. at 1:30 PM	A faith-based, Twelve-Step program to help those who are looking for a real, practical answer to life-controlling problems.
CATHOLIC MINISTRIES Sun. 1:30 PM	Catholic Mass is celebrated every Sunday afternoon. All Christians and individuals are welcome to attend.
CELEBRATE RECOVERY <i>Bobby Carrouth and other community & inside volunteers</i> Saturday 8:30 AM	Celebrate Recovery is a "Purpose Driven Resource" and a Christ-Centered Recovery Program based on the Beatitudes of the "Sermon On the Mount" and the 12 steps of AA along with their Biblical habits and hang-ups; in particular, substance abuse.
CHRISTIAN SCIENCE STUDIES Saturday at 9 AM	Monthly volunteer-lead studies and worship.
DISCIPLESHIP <i>Father John Spicer</i> Tue. at 9 AM	The goal of this series is to teach the basic skills needed to study the Bible properly and apply biblical principles to change self-destructive behavior patterns to a positive, productive life based on Christ's example.
EXPERIENCING GOD <i>Reverend Dan Nase</i> Thu. 1:30 PM	Knowing God does not come through a program or a method. It is a relationship. This course is designed to help you move into the kind of relationship with God that will change your life.
JEHOVAH SPANISH STUDIES <i>Stephen Fischer</i> Mon. at 6:30 PM	A Jehovah Witness Service for Spanish-speaking inmates. Meetings are held in the Education Building.
JEHOVAH WITNESS STUDIES <i>Stephen Fischer</i> Mon. at 7 PM., Sat. at 2 PM	Volunteer-led studies
KAIROS <i>Semi-annual</i>	An inter-denominational Christian Program to establish stronger communities among the population through the impact of small, 3 to 5 person share and prayer groups. These programs consist of a three and one half day weekend and a two day retreats, both followed by monthly reunions for encouragement. The weekend and/or retreat is offered twice a year. The reunions are scheduled the 2nd Saturday of the month.
ISLAMIC PRAYER AND STUDIES Jumah Prayer -1:00 PM Friday Taleem studies - 9:30 AM Thursday Islamic studies— Sat. 2nd & 4 th.	Jumah Prayer and Taleem studies. Islamic studies lead by Professor Necati Aydin. Ramadan and Eid programs conducted annually.
MARTIN BIBLE STUDY <i>Reverend Mike Shockey</i> Tue. at 7 PM	The study of various biblical topics.
MCNEELY BIBLE STUDY <i>Reverend Mike McNeely</i> Mon. at 9 AM or 1:30 PM	The study of various biblical topics.
MEDITATION <i>Bill Bodiford</i> Friday at 9 AM	A volunteer-lead program to teach proven meditation methods; such as how to relieve stress, combat depression, and relieve some types of headaches and other stress related ailments.
MEN ON MISSION <i>Reverend Dan Nase</i> Thur. at 9:30 AM	Transforming character through the commands of Christ. Focus group is HO-4 and HO-5's who want to live the Christian way.
MENTORING AND FAMILY SHARE <i>Community volunteers</i> Monday at 7 PM (Main Unit) No HO 4 or 5 ratings	<i>1st & 3rd Thursday (Work camp)</i> Mentoring is designed to give those involved an outside sponsor to help guide them in decision-making to become productive members of society. Furthermore, it is for those who may have many years to serve or have no release date. This program will help them to obtain a positive and cooperative attitude towards staff, fellow inmates and the administration.

Chapel Programs (cont.)

COURSE	DESCRIPTION
OLD TESTAMENT SURVEY <i>Raymond Johnson</i> <i>Tuesday at 1:30 PM</i>	This is a video/volunteer-lead class with study focusing on the Old Testament of the bible. It is a 24 week program which teaches the principles of right and wrong and discloses the consequences of one's actions.
PARENTING CLASS <i>Mike McFadden</i> <i>Wednesday at 1:30 PM</i>	Inmate Dads - Parenting from Prison.
HORIZON QUEST <i>Community volunteers & inmate facilitators</i> <i>Thursday at 12:30 PM</i>	A life skills, character-based program on individual choices, anger management, parenting and families, conflict resolution and relationships. Quest book, journals, and pens are provided. Eight small groups of 7, including inmate facilitators.
RUMBLEY BIBLE STUDY <i>Bob and Mary Rumbley</i> <i>Wednesday at 8:30 AM</i>	6 to 12 week Bible Study.
SEVENTH DAY ADVENTIST <i>Alphonso Williams</i> <i>Saturday at 1:30 PM</i>	Volunteer-lead Adventist studies.
SPANISH WORSHIP/STUDIES <i>Reverend Dan Nase</i> <i>Thursday at 1:30 PM</i>	Worship, sharing and studies.
WICCAN <i>Volunteer-Lead</i> First & Third Saturday at 1:30 PM	Volunteer-lead faith group for Wicca inmates only.
YODER TRUTH SEMINAR	<i>Galen Yoder & family, from Paris, Texas, Semi-annual:</i> Uses Bible for foundation to help participants to find purpose, to discover their God-given goals, assignment, and mission in life.
YOGA <i>Ron Erichson</i> <i>Tuesday 9:00 AM & 1:30 PM</i>	This is a volunteer sponsored and supervised class designed to teach Asana and Traditional Yoga. Participants learn how to relieve stress of the body and mind through exercise and self-discipline.
ENGLISH FOR SPANISH SPEAKERS <i>Jose Horton</i> <i>Wednesday 7:00 - 8:00 PM</i>	Participants learn to speak English through singing songs and reciting scriptures, in a supportive group environment.

VOLUNTEER-LEAD WORSHIP SERVICES SATURDAY AND SUNDAY

Church of the Living Word • Rev. Dixon Saturday at 2 p.m.

Episcopal Service • Sunday at 8:30 a.m.

Catholic Mass • Sunday at 1:30 p.m.

Worship Service • Sunday at 1:30 p.m.

Reverend Mike McFadden • 1st Sunday at 2:30 p.m.

Christian Heritage Church • 1st and 3rd Saturday at 9 a.m.

and 5th Sunday at 2:30 p.m.

Faith Baptist Church • 2nd Sunday at 2:30 p.m.

Greater Love (COGIC) • 3rd Sunday at 2:30 p.m.

Reverend Henry Miller • 4th Sunday at 2:30 p.m.

Chapel News

Radio Loan Program

By: Ray Hayes
Y30834



Among the many other services the Chapel offers, there is also the Radio Loan Program.

The program started off at Wakulla C.I. in September of 2006. Since then the program has expanded to Mayo, Jefferson, Taylor, and Madison Correctional Institutions. If you were to combine all of the compounds, there are over 1,000 radios available for inmates. Of these,

there are approximately 200 at Wakulla Correctional Institution.

The radios are pre-tuned to 105.7 FM, Faith Radio, a 24 hour Christian station. The great thing about this radio is that no batteries are required; just a little sunshine on the solar panel.

This generous gift was donated by listeners of the radio station 105.7 FM. If you are a current user of these radios and are grateful for the use of this service, please let them know by writing a "Thank You" letter. Send your letter of appreciation to Chaplain Fox to be forwarded to the radio station. Your letter may be read "live," on the air, or posted on their website.

If you would like to take advantage of this opportunity, please submit a request to the Chapel. There is currently a waiting list, so just submit your request and watch the callout. Depending on the length of the waiting list, the radio loans may only be for a month.

When you receive your solar energized radio and ear buds, you will be required to sign a loan agreement. In this agreement, you will be totally accountable for the condition of these items. The radio and ear buds must be returned if you are released, transferred, sent to outside court, or medical.

Be a part of the Radio Loan Program and send in your request today. ■



Jokes of the Month



Who Wears the Pants?

There were three guys talking in the pub. Two of them were talking about the amount of control they have over their wives, while the third gentleman remained quiet. After a while one of the first two men turned to the third and said, "Well, what about you, what sort of control do you have over your wife?"

The third fellow said, "I'll tell you—just the other night my wife came to me on her hands and knees."

The first two guys were amazed. "Wow! What happened then?" they asked.

The third man took a healthy swallow of his beer, sighed, and uttered, "She said, 'Get out from under the bed and fight like a man.'"

On Prisons

Did you know that it costs forty-thousand dollars a year to house each prisoner? Jeez, for forty-thousand bucks apiece, I will take a few prisoners into my house. I live in Los Angeles. I already have bars on the windows. I do not think we should give free room and board to criminals. I think they should have to run twelve hours a day on a treadmill and generate electricity and, if they do not want to run, they can rest in the chair that is hooked up to the generator.

The Man from the Desert

A fellow, who had spent his whole life in the desert, comes to visit a friend. He'd never seen a train or the tracks they run on.

While standing in the middle of the railroad tracks one day, he hears the whistle, "Whoee da Whoee!" but doesn't know what it is.

Predictably, he is hit — but only a glancing blow — and is thrown to the side of the tracks, with some minor internal injuries, a few broken bones, and some bruises.

After weeks in the hospital recovering, he's at his friend's house attending a party one evening. While in the kitchen, he suddenly hears the tea kettle whistling. He grabs a baseball bat from the nearby closet and proceeds to batter and bash the tea kettle into an unrecognizable lump of metal.

His friend, hearing the ruckus, rushes into the kitchen, sees what's happened, and asks the man from the desert, "Why did you ruin my good tea kettle?"

The desert man replies, "Man, you gotta kill these things when they're small!"

Funny One Liners

Always remember that you are unique; just like everyone else.

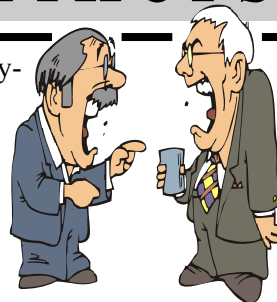
My mind is like a steel trap, rusty and illegal in 37 states.

Vacation begins when dad says, "I know a shortcut."

Stop repeat offenders: Do not elect them.

I intend to live forever. So far, so good.

If Barbie is so popular, why do you have to buy her friends?



The Gavel Club Is an Affiliate of Toastmasters



International

A recognized Character Based Program at Wakulla Correctional Institution.

Persevering

Have you ever felt that you could not speak to another person who is in a greater authority or has a higher education level than yourself? Sometimes, life just has those moments. We, like a gopher turtle, put our heads into our shell and clam up. Let's take for instance your experience in the courtroom, totally surrounded by college-trained and highly experienced lawyers, prosecutors, and judges. We have even been placed in a position where witnesses and accusers have muscled their way through to the hearts of our enemies and judges. Can we possess the boldness of a lion to speak the facts smoothly and effectively, with confidence? Would such confidence have made a difference in your trial, plea hearing, or sentencing?

We must, at some point, face our judicial system in our future. Evidentiary Hearings, probation violations, and probation officers all lie ahead in our future, as well as parole examiners and parole hearings. Has our voice learned the true nature of communication? Can our voice make a difference? We can. Don't ever doubt in your ability! You were born with talent, but it must be released! Everyone has the potential to be a great speaker by the power that God has given.

At Challenger Gavel Club, our focus is to sharpen our skill and bring out our true expression in the art of communication. God talked to Moses, when Moses felt that there was no way out and backed into a corner. While his enemies were closing in, God said, "What is that in your hand, Moses? A rod! Speak to the waters." Stretching his hand towards heaven Moses spoke, having had instruction. Your voice can make a difference. Speak, even in difficult times! Overcome the clammed up turtle syndrome and explore the vast world of communication.



The Challenger Gavel Club Vice President, Public Relations

By Matthew Plucinik #V17111