

WAKULLA NEWS OF THE MONTH

October, 2006

**WELCOME TO THE FIRST EDITION OF "News Of
The Month." THE GOAL OF THIS NEWSLETTER IS TO
PROVIDE INMATES WITH INFORMATION PERTAINING TO ALL
CURRENT PROGRAMS IN EDUCATION AND CHAPEL SERVICES.**

**IT'S OUR HOPE THE INFORMATION IN EACH MONTHLY
NEWSLETTER BETTER ASSISTS INMATES IN THEIR GOAL OF FAITH
AND CHARACTER-BASED BETTERMENT.**

EDUCATION ACTIVITIES

The following table outlines all the courses currently being offered in the Education Department. To sign-up for any course in Education, send a request to Mr.Theis. **Please be patient!** Mr.Theis 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	LENGTH	DAYS& HOURS	CERTIFICATE	# ENROLLED	# WAITING
Adult Ed./GED	Complete GED	Mon.- Fri. 8:30am 3:00pm	Florida High School Diploma	100	Varies
Environ. Services	600 hours	Mon.- Fri. 8:30am 3:00pm	Dept. of Education Certificate	25	75
Small Business Concepts	13classes 2.5 hours Per class		Certificate Of Completion	75	200
Computer Literacy	20 hours	Mon.- Thur. AM/PM/ NIGHT	Certificate Of Completion	45	400
Wellness	6 weeks	Mon.- Fri. 8:30am 3:00pm	Certificate Of Completion	40	26
Quest	5 months	TBA	Certificate Of Completion	42	Varies
Challenger Gavel Club #642850		Every other Saturday 8:00am - 11:00am	Advancement & Certificate	57	Membership Based on attendance at three Consecutive Meetings
Convicts Anonymous		Monday Nights & Thursday Afternoons		24	Varies

COMPUTER LITERACY: Horizon Tallahassee

This 20 hour program is designed to teach students the basic skill needed to operate today's computers. Tutorials include the basic operation of Windows XP and Microsoft Office applications.

BUSINESS CONCEPTS: Inmate Facilitated

Small Business Concepts is an inmate-facilitated education program. The main objective of this program is to teach basic entrepreneurship and create a "Business Concept Plan" for use as a tool to start and successfully run a small business. To accomplish this, the program is divided into the following three parts:

- * Class Lecture/Guest Speaker
- * Interactive Discussion
- * Question & Answer Session

Students will have weekly assignments, participate in group projects with a Team Instructor, and conduct oral presentations in front of the class. While the initial program was designed by Jeffery Morales, it's continued success and growth sprouts from a Business Team that consists of: William Wells, Jose Quinones, and Robert Costello.

Students will not only learn how to start a business and qualify for a loan, they'll also learn how to repair personal credit and buy a home with little or no money down. Small Business Concepts teaches financial life skills and the freedom of entrepreneurship in an interactive environment where dreams are forged into a realistic goal.

WELLNESS: Coach Freeman

Wellness teaches the importance of sound physical fitness and wellness lifestyle. Wellness incorporates the five dimensions of wellness: Spiritual, Physical, Emotional, Intellectual and Social. We teach how physical activity and positive lifestyle habits will lead to better health and improved quality of life. The Wellness curriculum includes: (1) What is Wellness; (2) Biomechanics of the Body; (3) Cardiovascular Exercise; (4) Muscular Strength and Endurance; (5) Flexibility; (6) Nutrition; (7) Weight Management; (8) Stress Management and Assessment; (9) Behavior Modification.

ENVIRONMENTAL SERVICES: Mr. Douin

This Department of Education certified course prepares students for employment in the field of Environmental Services (i.e. Janitorial services and supervision). Through classroom discussion and hands-on training, students will use and maintain floor a variety of commercial floor maintenance equipment (Buffers, Vacuums, Carper Shampooers, etc.), as well as create and maintain supply logs and job assignment sheets, properly clean restrooms and office environments, effectively use and store of chemicals, and learn time management.

ADULT EDUCATION: Ms. Solomon / Mr. Holt

The Adult Education classrooms are tutor-student oriented. This individual focus allows students and tutors to concentrate on specific areas of study. Each student is T.A.B.E. tested every 6 months to determine their progress and highlight needed areas of continuing study. In preparing students to sit for the Florida High School Diploma, students and tutors focus on the following education topics: Applied

Mathematics, Computational Mathematics, Reading, Language, Vocabulary, Language Mechanics, and Spelling. Once a student reaches a level of overall proficiency on the T.A.B.E. test, they're then eligible to sit for the Florida High School Diploma.

QUEST: Horizon Tallahassee

This is a life-skill, character-based program that focuses on individual choices, anger management, parenting and families, conflict resolution, and relationships. The class setting consists of a brief lecture followed by small group discussions.

CHALLENGER GAVEL CLUB (AFFILIATE OF TOASTMASTERS INTERNATIONAL):

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality.

Through its member Clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its worldwide network of Clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

CONVICTS ANONYMOUS:

Convicts Anonymous is a fellowship of persons who have been, are currently or who may become incarcerated. We share our histories, our hearts and our hopes with one another so that we can grow to be non-arrestable, fully-human beings, deeply connected by our commitment to higher consciousness. The only requirement for membership is a desire to become unarrestable. We do not discriminate on any basis: not criminal history, nor age, nor race, nor religious affiliation or lack of religious affiliation, nor social or economic status. We do not affiliate with or advocate for any cause beyond our individual and collective growth toward being non-arrestable, and for that growth we hold ourselves accountable.

FUTURE PROGRAMS AND COURSES

Education staff, in conjunction with Horizons Communities in Prison, is actively working towards the start-up of several other programs. Future courses may include:

CONSTRUCTION: The specifics for a Construction course are still being defined

DOG TRAINING: The start-up of the Dog Training is in the first design stages with Tallahassee Animal Shelter

ENGLISH AS A SECOND LANGUAGE: (ESL) will be sponsored by Tallahassee Community College; course implementation and start date are still under review.

CHAPEL SERVICES

COURSE	DAYS& HOURS	DESCRIPTION
Alpha Studies	Weekly	Volunteer-lead Christian life studies
Anger Management (House of Healing)	TBA	A discussion and video presentation aimed not at eliminating anger, but to teach people how to deal with and properly manage our anger. (Bob and Mary Rumbley)
Bridge Builders	Wed. Evening (weekly)	A faith-based twelve-step program to help those who are looking for a real, practical answer to those life-controlling problems that hold them bondage. These problems may be defined as drugs, sex, alcohol, food, gambling, compulsive behavior, work, emotional dysfunctions, social dysfunctions, or any substance and/or behavior that you cannot stop in spite of the negative consequences. (Rev. Mike McFadden & Raymond Johnson)
Catholic Ministries	Sunday (weekly)	Volunteer-lead Catholic studies, Mass, Confession, Communion (Catholic Priest rotation)
Celebrate Recovery	Tuesday (weekly)	A faith-based twelve step program that also integrates Church groups to help inmate families' deal with substance abuse issues. Volunteer-lead (Bobby Carrouth)
Christian Science Studies	Saturday (monthly)	Volunteer-lead studies and worship
Dads Family Project		
Discipleship	Tuesday	The goal of this series is to teach 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. (Fr. Bob Huguenin)
Experience God	Thursday	Knowing God does not come through a program or a method. It is a relationship with a

		person. It is an intimate love relationship with God. Designed to help you move into the kind of relationship to God that will change your life and to experience eternal life to its fullest. (Rev. Dan Nase)
Future Grace	Wednesday	12 week study. John Piper book lead by Rev. Dan Nase Focus group HO-4 & HO-5 lifers - living the Christian life. (Rev. Dan Nase)
Grouping In Christian.	Friday	This is sharing class accomplishment by the use of small groups, with a life principle talks to explain the benefits of sharing and listening to struggles (Fr. Bob Huguenin)
Jehovah Witness Studies	Saturday (weekly)	Volunteer-lead studies (Stephen Fisher)
Islamic Prayer & Studies	Monday Friday	Jumah Prayer and Taleem studies Fridays. Monday Islamic Studies lead by Prof. Necati Aydin Ramadan and Eid programs Yearly
Kairos	Twice Per Year	Interdenominational Christian to establish strong Christian communities among the population through the impact of small, 3-5 person share and prayer groups. Programs consist of a three and a half day weekend, and a two day retreat, both followed by monthly reunions for encouragement. The weekend and/or retreats are given twice per year. Reunions 2 nd Saturday
SeventhDay Adventist	Saturday	Volunteer-lead Adventist studies (Alphonso Williams)
Meditation	Thursday	Volunteer-lead program to teach proven meditation methods; how to relieve stress, combat depression, and relieve some types of headaches and other stress related ailments. (Bill Bodiford)
Martin Bible Study	Tuesday	12 week study of various biblical topics. (Rev. Mike Martin)
McNeely Bible	Monday & Tuesday	12 week study of various biblical topics (Rev. Mike McNeely)
Mentoring & Family Share	Monday (weekly)	Mentoring is designed to give those involved an outside sponsor to help guide them in decision making to become productive members of society. Also, for those who 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 administration. (Community Volunteers)
Native American	Thursday	Native American studies (Chaplain/Volunteer supervised for various ceremonies)

Studies		
Old Testament Survey	Tuesday	This is a video/volunteer ran class study focusing on the Old Testament of the Holy Bible. This is a twelve week program which teaches the principles of right and wrong and discloses the consequences of one's actions. (Raymond Johnson)
Prison Fellowship Seminars	Saturday	Volunteer-lead seminars on various topics
Purpose Driven Life	TBA	This is a volunteer sponsored guide to a forty day spiritual journey that will enable you to discover the answer to life's most important question. By the end it is believed that you will know God's purpose for your life and understand the big picture - how the pieces of your life fit together. Having this perspective will reduce your stress, simplify your decisions, increase your satisfaction, and most importantly, prepare you for eternity. (Bob & Mary Rumbley)
Rumbley Bible Studies	Wednesday	6-12 week bible study (Bob & Mary Rumbley)
Spanish Worship/ Studies	Thursday	Worship, sharing, and studies (Rev. Dan Nase)
Veterans Support Group	2 nd Thursday Each month	This is a volunteer sponsored and supervised program designed to give our veterans a support group that understands their unique problems. This program gives them the tools in which to cope with military experiences that are the base cause of their behavior. (Alfred Nelson, Veteran Wakulla Co. Service Rep.)
Yoder Truth Seminar	Bi-annual	Uses bible for the foundation to help participants to find purpose, to discover their God-given goals, assignment, and mission in life (Glenn Yoder&Family, Paris Texas)
Yoga	Tuesday & 1 st Sat.	This is a volunteer sponsored and supervised class designed to teach Asana and Traditional Yoga. The class teaches how to relieve the stress of our bodies and mind through exercise and self discipline. (Ron Erichson)
Wiccan Studies	Saturday	Volunteer-lead faith group. Studies for Wicca, Odinst inmates only.

VOLUNTEER-LEAD SERVICES. SATURDAY & SUNDAY

Church of the Living Word Rev. Dixon – Saturday's

Christian Heritage Church 1st & 3rd Saturday, 5th Sunday

Rev. Mike McFadden 1st Sunday

Faith Baptist Church 2nd Sunday

Greater Love (COGIC) 3rd Sunday Rev. Henry Miller 4th Sunday

NOTE: Any inmate wishing to submit a faith or character-based article for publication in this newsletter, please attach the article with a request, addressed to Mr. Travis in the Education Department, **for consideration.**

Published by: Horizon Communities in Prison.

Robert Travis Jr. Editor & Publisher

Robert Travis Jr.

Good news for fliers: IndiGo, AirAsia start refunds to passengersThe government allowed domestic airlines to start operations from Monday this week and all airlines have been operating flight as per their schedule with minimal cancellation. Market leader IndiGo has not cancelled any flight during the first three days of operation " only cancellations have happened due to the order by state governments." RBI allows 3 month extension of loan EMI moratorium: Should you opt for it?This is how RBI's extension of loan holiday will impact your EMI schedule and total outgo on the loan amount. 7 stocks that could break the bear hug to lead a bull runThese stocks can return 19 per cent to 24 per cent in one year, according to ICICIdirect. All the very latest local news, sport, crime, comment, tourism and what's on for English-speaking residents in the Balearic Islands. Information in English since 1962." Spain usually welcomes more than 80 million visitors each year, making it one of the most visited countries in the world, with tourism a key part of its economy. Politics. Spain government to mull state of emergency extension with parties. Comment. The state of emergency was first established in mid-March. Tourism. Only 13% of Germans intend having foreign holidays this summer. Comment. Germany will be permitting foreign travel within Europe from the middle of June. Health. Ministry of Health confirms Covid-19 figures. Leader of the House of Lords Baroness Evans told peers they would also break early for Easter on Wednesday evening. She said that after the recess, peers would only sit three days a week on Tuesdays, Wednesdays and Thursdays until the VE Day long weekend in May. She added that "sensible adjustments" needed to be made to working conditions and sought to assure members that senior officials were working with the Parliamentary Digital Service to develop "effective remote collaboration and video conferencing".