MULE CREEK POST

Cal Fire

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CAUSE LOOKING FOR WORKERS
Shortage of inmate workers hurts fire crews throughout the state.
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COCK AWKWARDS TEAM FOR RELEASE
Sacramento boy but plans to spread an interest and help cock-fighting.
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To Our Readers

By R. Robin Rabbit
Editor-in-Chief

WELCOME TO SEPTEMBER. As we look forward to what autumn will bring. The COVID environment continues to have a heavy population and necessary space restrictions on visitors. COVID-19 Days Off and Mule Creek Fit N' Wellness stops for the environment during the pandemic (pg. 10). The latest news from yesterday at the time of printing is an inmate escapee (Level II).

The video visiting pilot program kicked off at the Mule Creek South Complex in August, with approximately [redacted] inmates (pg. 5). Mexican Independence Day is celebrated on pg. 7.

September is National Suicide Awareness Month, covering celebrations of the Suicide Awareness poetry and writing contest winners on pg. 8, and 9. Two reports on this important topic beginning on this page). Nine Mule Creek inmates a tribute to Congressman John Lewis (pg. 7), and 9. Remembrance events on remembering the part day (pg. 9). "Entertainment's Wednesday" celebrates 5. "Would we landed on entertainment" but we look for liberal, Florida (pg. 6).

Visitor restricting tips are provided (pg. 5). We appreciate and welcome your submissions, and apologies for the late delivery. It's a blessing to be able to continue to publish during such trying circumstances and we salute the administration for recognizing the importance of community and the value of communication, more especially during these times.

We hope you to stay healthy, safe, and optimistic that better days are to come. It is our sincere belief and hope that they will be sooner rather than later.

Photo taken from Mule Creek Prison's Facility A Gymnasium on the night of September 11, 2001.

A Date to Remember: 9/11/2001

By J. Carson
Staff Writer

EVERY YEAR, [redacted] of September 11, 2001, as one of the most significant events in recent history. Terrorists crashed a plane into the North Tower of the World Trade Center in New York, and 20 minutes later another plane was crashed into the South Tower. The Pentagon was also struck. After a courageous attempt by passengers to retake the fourth plane, terrorists crashed it into a field in Pennsylvania. Over [redacted] people were killed as a result of the attacks.

Commemorations are not limited to outside of the prison walls. Every year, Mule Creek State Prison staff participate in a remembrance ceremony, which includes the prison's honor guard, a moment of silence for the victims, and a reading of [redacted] by Chief Deputy Warden R. Gallegos.

Inmate Gregory A. Jackson remembers 9/11.

Mule Creek Prison Warden [redacted] presents a check to [redacted] on behalf of the inmates at Mule Creek State Prison.

MCSP Donates over $10K to Local Charity

By L. Hawkins
Correspondent, Reporter in Residence

IN THE SMALL area of San Calderia, local business owners are feeling the pressure of the coronavirus pandemic and struggling to find ways to stay in business. In an effort to use the prison's budgets for good, Mule Creek State Prison's leadership team announced the staff raffle's fund was fundraiser to help.

Even under normal conditions, celebrating food sales are a way of a prison's unique working shifts, and with coronavirus protocols being a major factor, it would be easy for a worker to justify canceling scheduled sales and postponing future ones. The risk of running a food sale using local businesses to provide food for the inmate population, if done improperly, could cause unwanted problems for the prison system. If done correctly though, running a food sale could create revenue for local businesses and afford the population an opportunity to give back to the community and incentivize good behavior. However, a good thing also has a bad side to it, because the ability to donate to those in need, during a time when there is need for the most assistance, does those who can exist in the world.

After much consideration, the administration developed a plan of execution for the fundraiser while incorporating the COVID-19 guidelines established by California's Department of Corrections and Rehabilitation and Correctional Health Care Services. Meetings were held with

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September is Suicide Awareness Month

By T. Lee
Staff Reporter

SEPTEMBER IS SUICIDE Awareness Month. This is a particularly relevant time for much as we know, as the coronavirus is causing a daily of our prisoners and affecting the mental health of prisoners and staff.

In 2019, that [redacted] time, COVID-19 became part of the national vocabulary. 19 prisoners committed suicide in California prisons. The year we suicide rate, about 20 per [redacted] residents, above the national average for prisoners, which is 16 per [redacted]. It can higher in the year for correctional staff, as 17 officers committed suicide in 2019.

"A man's work is for meaning and purpose," said Anthony, a Mule Creek resident to be asked that his full name be used. He was quoting Viktor Frankl, the father of logotherapy and author of Man's Search for Meaning. Anthony believes that "a man needs to learn forward to tomorrow and if it stops working, it deserves." Serving a life sentence, Anthony has suffered from depression. He often feels that his life is meaningless and without purpose. "There is nothing," he

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Submissions are due at least [redacted].