

WIDE OPEN INSTRUCTOR TRAINING
Mule Creek Post Instructor C. Hester
Instructor: "Wider Open in the West"

STRENGTH PROGRAM GRADUATES FORM
Healthy's Power Lifting Program graduates
to their student, Anthony Hester

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To Our Readers

By C. Hester
Instructor

WELCOME TO THE December 2021 issue of the Mule Creek Post. This issue is dedicated to the life and times of the Mule Creek Post. It is a special issue, one that we hope you will enjoy reading.

When we started the Mule Creek Post, we had a vision of a publication that would be a source of information for the community and a place where we could share our stories. It has been a journey, one that we hope you will find rewarding. We have a lot of great stories to share with you, and we hope you will find them interesting and informative.

Thank you to all the readers who have supported the Mule Creek Post over the years. Your support has made it possible for us to continue to bring you the best stories and information we can find. We hope you will continue to support us in the future.

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Looking Back at Two Years of the Coronavirus

By C. Hester
Instructor

IN OCTOBER 2019, the coronavirus pandemic was just beginning to spread in the United States. It was a time of uncertainty and fear, a time when we were all trying to understand what was happening and how to protect ourselves. Two years later, we are still living with the consequences of this pandemic.

The pandemic has changed the way we live, the way we work, and the way we interact with each other. It has forced us to reexamine our values and our priorities, and it has shown us the resilience of the human spirit.

In October 2019, the California Department of Education and the California Department of Public Health were both struggling with the pandemic. They were both trying to understand what was happening and how to protect themselves. They were both trying to find ways to keep their students and their employees safe.

Two years later, we are still living with the consequences of this pandemic. We are still trying to understand what happened and how to prevent it from happening again. We are still trying to find ways to keep ourselves and our loved ones safe.



Students from the Mule Creek Post and the Mule Creek Post are participating in a fundraising event for the Mule Creek Post. The students are sitting at a table under a white tent, and a sign on the tent reads "WANT TO BE IN PRISON".

Costco Fundraiser Benefits Local Youth

By Christopher Hester
Staff Writer

IN THE MIDDLE of the Costco fundraiser, the students of the Mule Creek Post were sitting at a table, looking at the items on display. They were all looking at the items with interest, and some of them were even taking pictures of the items with their phones.

The fundraiser was a success, and the students of the Mule Creek Post were able to raise a lot of money for their school. The money will be used to buy new books and supplies for the school, and it will also be used to pay for the school's operating expenses.

Contributing to the fundraiser was the Mule Creek Post.

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Understanding Critical Race Theory

By Christopher Hester
Staff Writer

CRITICAL RACE THEORY is a political and social theory that seeks to understand the ways in which race and racism have shaped the United States. It is a theory that is based on the idea that race is a social construct, and that racism is a system of power and oppression that is based on race.

Critical race theory is a theory that is based on the idea that race is a social construct, and that racism is a system of power and oppression that is based on race. It is a theory that is based on the idea that race is a social construct, and that racism is a system of power and oppression that is based on race.

Understanding it is important to understand the ways in which race and racism have shaped the United States. It is a theory that is based on the idea that race is a social construct, and that racism is a system of power and oppression that is based on race.

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