MULE CREEK POST

Volume 1, Issue 10 November 2015 — Native American Heritage Month

DRIFTING AWAY (OR MAYBE)

Encouraging our inmates for whom they care, we give coverage to the runaways.

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VIRTUAL FUNERALS HELD AT MULE CREEK

Mule Creek State Prison now keeps services for those mourning losses on the outside.

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Mule Creek State Prison — November 2015 — www.mulepc.com

To Our Readers

by K. Alana Hicks
Interim Reporter

WELCOME TO YOUR November Mule Creek Post, continuing to be made available to more and more institutions across California. Back issues of the Post beginning with January 2015 have been uploaded on the "Post" dashboard, open the "Archives" and scroll down to search "Mule Creek Post", with the intent to be able to provide current issues in a timely fashion. As a reminder, we cannot send out back issues, but are subscriptions available. If you're interested in previous issues of the paper or individual articles, please have a loved one go online to our Issuu dashboard to view/print back issues of interest to you. [p. 1]

November 20 is Trans Day of Remembrance, which coordinator Tim Morris, A-3, lined out. Nolan Rangel will attend on pg. 8. Mule Creek's Project 180 cannot attend SCORE for Non-Violence for Children (pg. 7), rather Rangel, at the Richard J. Donovan Correctional Facility, gives attention to the building process that project went through to get ready for the 180's World Cup (pg. 11).

Bob Fox reports on the tragedy of missing and murdered indigenous women (MMIW) and Nicole Hixson is one of dueling in "Tales from the Crypt" (pg. 10), and Chris Hixson shares his experiences of opening a personal dueling / Cowboy Bebop Tattoo Parlor business (pg. 7).

We welcome new readers at Ironhorse, and invited our readers, and administrators alike, that what is in "Tales" can be your continued patronage and support.

Equine therapy and cooperation on the Ironhorse. | Courtesy Mule Creek Prison Public Affairs Office

Equine Therapy Fosters Cooperation

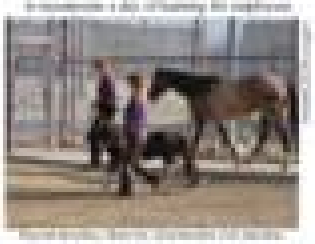
JAMES CRAY
Assistant Editor

GENERAL POPULATION PAROLEE inmates from three levels at the Richard J. Donovan Correctional Facility (RJD) cross phenotypical and mental health and combined to form equine therapy.

Robert Tate's representation, professionally named in providing equine therapy, demonstrated how these beautiful creatures can help in the healing process. Program participants learned skills to help them deal with interacting with horses in therapeutic activities.

The program fosters group cooperation and communication. One example is when participants tended to make a manor for the horses. Without prompting, the participants, from all levels of care and all housing units within the yard, would talk to one another and lend hands.

Sponsored inmate from RJD's Facility C, a Level IV, said, was grateful for the equine therapy program. For some, this was the first time seeing — let alone interacting with — horses. Many said it was the opportunities of a lifetime, explaining this experience changed their lives. The program was an example of how change is possible. Parolee and staff felt the positive impact of the horses, as Robert Tate was also able to demonstrate a day of training for employees.



Natural beauties. Some of the benefits of the Mule Creek Prison Public Affairs Office's equine therapy.

In US, Canada, Murdered Women Don't Matter

by Bob Fox
American Indian Reporter

WHAT IF YOUR wife or your daughter were missing? What if the police, the FBI, and Interpol didn't seem to care? If the sounds like the plot for a movie, it's not. Over one women of indigenous women lured by offering of employment in Canada, Mexico, and the United States. It is a scene likely to take concern. Why is this?

The families of these women and girls don't have "a lot of special skills" like Liam Neeson's character in the film Taken. These unemployed families don't even get a phone call demanding money. Instead, they are overwhelmed, impoverished, helpless. This national tragedy needs to be seen in some detail, especially for to get any information on the cases, or the numbers of missing or murdered indigenous women was only 128 per cent. That's only more than days. For according to the National Crime Information Center there were 1,712 missing indigenous women and girls reported to the U.S. in 2014 alone. If that is true, that's one indigenous woman gone missing every

More Below

According to Amnesty International — Most Amnesty Activist Andra Woods "Among Americans Indian and Alaska Native] women

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Mule Creek Post Supervising Editor Retires

by J. Gilmore
Editor-in-Chief

IN NOVEMBER, 2014, J. Russell, supervising editor of the *Mule Creek Post*, retired after a decade of service with the Department of Corrections and Rehabilitation. The only supervising editor the *Post* has had during its two and a half years, Russell was instrumental in getting the paper published as well as made available on the United CalPrisons system. His work ethic and attention made her Employee of the Month in 2009. During her time with the *Post*, Russell served as office technician for the Facility D and A associate warden, before which she worked in Mule Creek's warehouse. Her energy and enthusiasm will be missed by all at the *Post*.

Mule Creek Supervising Editor J. Russell, center, is surrounded by Chief Deputy Warden D. Hysen, left, and Warden of Ironhorse M. Knipp, right, at the event's Employee of the Month.

Mule Creek Post Contributing Staff

Look for these names as we report what's going on around us.

- Bob Jones
- Bob Fox
- Barbara Rosenkranz
- Bob in Connecticut
- Biography
- BPH Preparation
- Business/Finance
- Carnival/Exercise
- Celebrate Recovery
- Cookie Writing
- Criminology & Jurisprudence/Law Enforcement
- Cultural Awareness
- Dog Training
- Domestic Violence
- Education
- Editorial
- Environmental/Natural World
- Family Connection
- Going Back
- Graduate
- Health & Physical Fitness
- History
- Holidays
- Human Rights
- Images
- Legal News
- Life Skills
- Literary Council
- Making a Difference
- Mental Health
- Mindfulness
- Misc.
- Music Concerts
- Nat Area
- Nebraska Nonsense
- National Parks
- Parole
- Poetry
- Psychology
- Puzzles
- Recreation
- Rehabilitation/Self-Help
- Religion/Spirituality
- Sex Addiction/Recovery
- Social Justice
- Sports
- Substance Use Treatment
- Veterans
- Victim Impact

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