



BALANCING PARENTHOOD
WITH INCARCERATION

"YOUR EFFORT IS ENOUGH"

By Kelly Roddy | ECHO Staff
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the echo

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Letter to the Editor

Bambi Kiser | Managing Editor

The ECHO

c/o Windham Admin. Bldg.

P.O. Box 40

Huntsville, TX 77342-0040



To the editor,

Life has something really great in store for you. The best is always yet to come. Life is constantly unfolding for the one who's ready for more. Are you ready? Have you ever read about Abraham Lincoln? He has quite an interesting back story. In fact, before becoming President of the United States he failed at nearly everything he ever tried until after he was 50 years old. He failed at business when he was 21. He was defeated in a legislative race when he was 22. He failed a second time at 24. He overcame the death of his sweetheart at 26. He had a nervous breakdown at 27. He lost another congressional race at 36, and then a senate race at 45. He failed to become Vice President at 47. He lost another senate race at 49

before he became president of the United States of America at age 52. Pretty cool, huh? May you all be inspired and through your perseverance become an inspiration for others. You matter.

Restin Burk

Lynaugh Unit

To the reader,

Thank you for sharing this information about the perseverance of Abraham Lincoln. Failure is part of life and is often an opportunity for growth. It's not how many times you get knocked down that matter as long as you keep getting back up. We appreciate this encouraging viewpoint!

HELP SHAPE THE ECHO CONTENT

Do you want to be part of *The ECHO*? There are several ways of getting involved.

1. Showcase your artistic talent! Send in examples of your artwork to be highlighted in the Art Expo issues.
2. Send in a delicious recipe for the Chow Hound section.
3. Need advice or want to give out some? Write advice columnist Dear Darby who is ready and willing to help with questions about relationships, daily concerns, general life and prison etiquette.

PERSONAL PERSPECTIVE:

Have you learned something in a class that you want to share with the rest of the readers? Are you getting closer to your reentry date and want to leave some parting words of wisdom? Send a copy of your submission to:

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ATTENTION STAFF:

Do you spend your day repeatedly answering the same question? Is there something you wish the resident population understood better? Are you a facilitator of a graduating program or class? Contact Bambi.Kiser@wsdtx.org and share your idea or information with *The ECHO* readers throughout Texas.



BelieveMo Therapy

Trusting and knowing
that where you are is
not what defines you.

By Mark Brock | Coffield Unit Reporter

“Mr. Brock, my name is Doctor Z. Do you know why you are here today?”

“Yes, for the results of my colonoscopy,” I answered.

“That’s correct,” Zhang said. “Mr. Brock, your tests came back positive for colorectal cancer.”

Blackness filled the room as my vision became blurred, and my mouth suddenly became dry. My heart beat slowed as I sat there shocked by what I had just heard.

“Mr. Brock, are you all right?”

“I need to get back to my unit and call my family,” I said.

“Well, sir, first we need to figure out a treatment plan for helping you.”

“No, first I need to get to my unit to call my family.”

“Okay. If I release you today, will you return in a week or two?”

“Yes I will,” I promised.

As I rode the bus back to my assigned unit, all I could think about was my wife and how this news was going to shake her to the core. Sitting in the holdover cell, I tried to hold back the tears, but I was overwhelmed. When the bus made it to the Byrd Unit, I was prepared and ready to defeat my diagnosis. I had already been telling the men on the bus how God had given me this trial to show others that He was still in the healing business. I refused to believe what the doctors had told me.

Writing this, I am three rounds in on my six rounds of Believe-MoTherapy. Before every treatment, I have asked the nurse to allow me to pray over the bag that is connected to the port placed inside my chest. I feel that my cancer has already been defeated.

Blackness filled the room as my vision became blurred, and my mouth suddenly became dry. My heart beat slowed as I sat there shocked by what I had just heard.

Some of you are going through hard times, and you may feel that nothing is going in your favor. I want to tell you to trust in God and stop trying to fix everything yourself. Hook up to the All-Knowing and All-Powerful God. Get you some of this BelieveMoTherapy and have faith that God will do as He says.

I leave you with this. There are many men and women inside TDCJ, and we are all going through our own battles. However, you must choose life and live it to the fullest, trusting and knowing that where you are is not what defines you. Do this, and you will see that the person that looks back at you in the mirror every morning is the only person that can hold you back, hurt you or hinder you from becoming who you were truly meant to be. By me knowing this, I have refused to be defined by cancer. I am beating cancer one day at a time.

Last November, I turned 50 years old. I tell you it's only because I am full of BelieveMoTherapy that I believe I will beat cancer. I believe that God has a plan. I believe I will be released soon. I believe that whatever is broken can be fixed, and I believe in each of you reading this. Don't allow your situation to block you from reaching your final destination. €



There are many men and women inside TDCJ, and we are all going through our own battles. However, you must choose life and live it to the fullest, trusting and knowing that where you are is not what defines you.

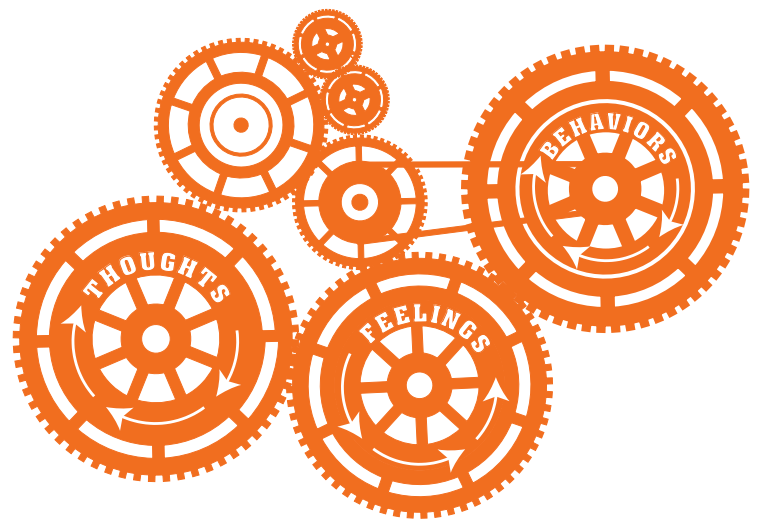


COGNITIVE LIFE SKILLS PROVIDE THINKING KNOW-HOW

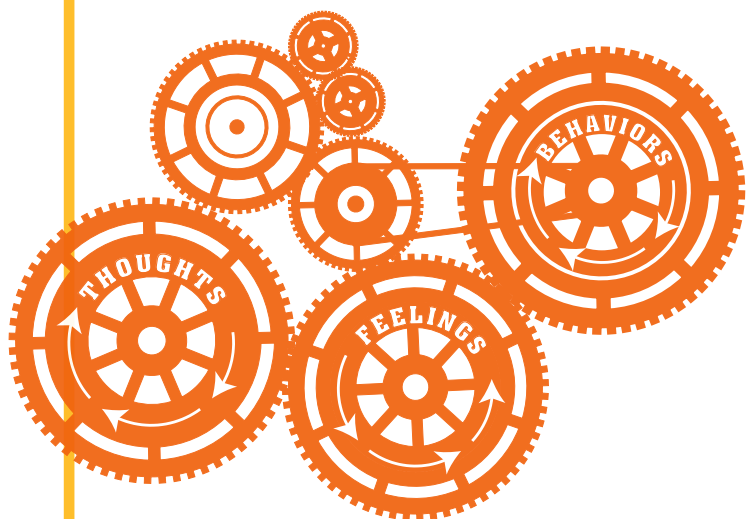
By Timothy G. Scoggin | ECHO Staff

The Texas Department of Criminal Justice's (TDCJ) peer-led cognitive life skills class provides an opportunity to learn about challenging yourself in ways that may improve your experiences and the way you view life. The ability to become aware of the way that thoughts, feelings and behaviors are connected is an important tool for healthy living. Part of the class focuses on addressing the problem thinking that is used to justify bad behavior. Looking at patterns in our lives can help us see what our personal responsibility is in various situations, and it can help us find ways to create better results.

The class explains how behavior is motivated by thoughts and feelings. The goal of the class is to provide residents with information and ways to recognize flawed thinking and cognition so they can obtain less destructive, better and healthier outcomes. By taking responsibility for my own thoughts, feelings and actions, I can now change my life.



“Looking at patterns in our lives can help us see what our personal responsibility is in various situations, and it can help us find ways to create better results.”



“My patience will always be tested. If I can pass that test, I will be tested again and again until I reap the rewards.”

My number one thinking error was forming an off-the-cuff perception of people — often in a negative manner. Thinking of what I have learned, I have created an outline of words that describe my thinking errors and created goals to change my life for the better.

Persistence: More than anything, my willingness to be persistent is the key to my success. I have the following mindset: It’s OK to fail, but it’s not OK to quit. What I see is that struggling, rejection, failure and doubt break most people. My goal is to learn from these challenges without letting them diminish my motivation. To accomplish this, I will let myself be driven by my will to succeed rather

than a fear of failure.

Patience: The companion to persistence is patience. It drives away anger, disappointment and resentment when success doesn’t happen overnight. Patience is understanding that my moment will come at the right time, and my job is to prepare for that moment. My patience will always be tested. If I can pass that test, I will be tested again and again until I reap the rewards.

Positivity: What you put out is what you get back. I want to achieve positive goals and experience positive relationships. If someone else is putting out negativity, then I will maneuver around them like I would a puddle of water. If I respond with



Author with his Life Coach instructors:
Life Coach Brian Dowdle, Timothy Scoggin and Life Coach Terry Stanley

negative actions, then I will only get dragged into the mud. I will try to stay positive and avoid negativity in the face of a sometimes cruel, unfair and indifferent world. I feel that by cultivating this talent I will be living a happier life.

Discomfort: To go further in life, I will never get too comfortable. My key phrases are: Don't stop, don't rest, don't be satisfied. As soon as I get comfortable, I'm pressing the brake pedal and halting my forward motion, and this makes it hard to accelerate again afterwards. Actually, work gives my life meaning. This is not an original idea; the ant is an example of industry, diligence and planning and serves as a rebuke to a sluggard — a lazy person who lacks self-control. When I look back on my life, it should mean something. I made an impact on the world — not in a good way, but in a negative way by entertaining thoughts, feelings and behaviors that harmed other humble people. Instead of being remembered for this, I would like to be remembered for doing something good in my life.

Learning: The key to learning is to stop talking and listen to others. Observe, listen, evaluate—and then choose. Every experience I have is a gift that teaches me a lesson. When we learn and implement these lessons in our lives, we then get to receive the next gift. If I don't learn from it, then that same lesson will keep coming back to me, over and over until I die, leaving me standing in the exact same spot where I started, blaming others for something I should have done myself long ago. In this life, there is nothing but life lessons. By paying attention to them, the world will open itself to you.

Passion: This is the engine that drives all of these

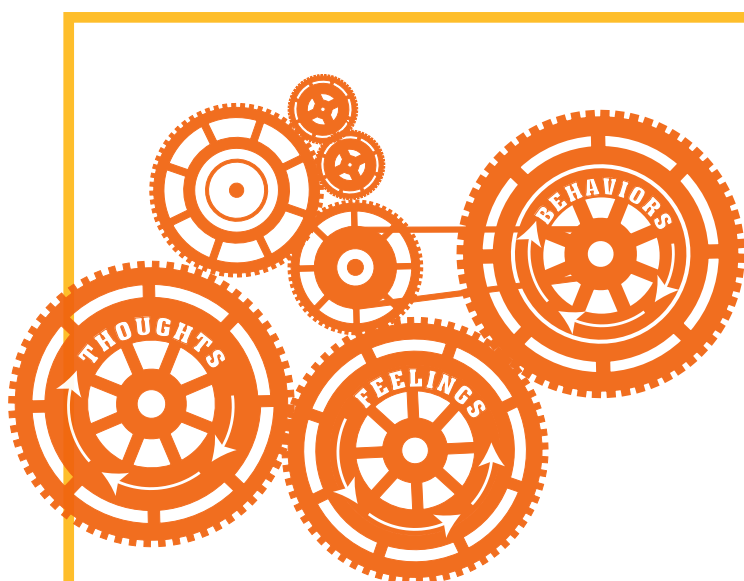


qualities. Having a passion for something I love gives my life meaning and focus. However, the key that turns passion into directed action; is competition. It can be a competition with yourself, with others or even history. We should compete to become a positive person.

Commitment: To me, this is the most important aspect. I have made a contract with myself. If there is commitment, there's a contract. The most important contract of all is your word to others and to yourself. If you do not honor your contractual obligations, then other parties won't honor theirs, and you won't get the results you want.

I recommend that residents take this course to change the way you think and perceive the world. Individuals in incarceration often have thought patterns that are not healthy, which led us to prison. By taking this class, you will learn to spot the unhealthy thoughts and mind traps, that lead to feelings, then actions that are not good for us. Once you see this, you will be awakened.

***Editor's note:** Windham School District also has a Cognitive Intervention program led by certified teachers. The program uses active learning to teach interpersonal problem solving, utilizing real-life scenarios. It also focuses on providing strategies to help students refrain from impulsive behavior based on thinking errors. €*



“The key to learning is to stop talking and listen to others. Observe, listen, evaluate — and then choose.”



Balancing Parenthood, Incarceration:

"YOUR EFFORT IS ENOUGH"

By Kelly Roddy | ECHO Staff

You can't be in two places at one time. This is some of the first advice I received in the wake of my sentencing and arriving at my first Texas Department of Criminal Justice (TDCJ) unit.

I was told to compartmentalize and shut out what's going on in the community or it would drive me crazy. As a woman who instinctively desired to be a part of her children's life, I found this virtually impossible. I made some mistakes along the way, but this is what I've learned on my journey.



“We will make mistakes as parents, but it’s a life-long commitment for me. Giving up has never been an option, and I now know perseverance matters.”

Don’t Lie to Your Children

This may seem easier at first, but eventually they will know you’re not away at college. Clearly, you have to speak to them according to their age and comprehension level, but lying fosters future resentments. I made the mistake of lying about the culpability of my crime.

Initially, I feared losing the only thing I valued: my family. Filled with shame and regret, I told them I was innocent. As they became adults, I shared the truth, exposing a burden I carried for too many years.

Challenged by their questions, we unraveled the truth and have moved forward in healing, honesty and transparency.

Provide a Safe Space for Communication

This allows them to talk to you about anything and anyone without judgment. Listen empathetically, and ask probing questions to gain deeper understanding while presenting them with angles they may have not considered. I had to remind myself that I’m not there dealing with their struggles daily, so it wasn’t my place



to judge their choices or their guardian’s directions. Often times I shared my thoughts on the topic, but ultimately they were the ones who had to live with the consequences of their actions. Therefore, it has always been their right to make their decisions. It was my job to love them regardless.

This safe place to openly share and communicate has only deepened our relationship over time.



Keep Putting in the Work

Lastly, no matter the situation, don't ever stop making an effort. For the first six years of my incarceration, my daughter was unable to visit. Each week I wrote her a letter, sharing one thing I loved about her. Everything from her courage, her sense of humor, to her curly hair. This allowed her to appreciate qualities about herself she may not have noticed or even developed yet.

Weekly, I poured love into all of her unique characteristics, helping her develop self-confidence and self-love. She saved every letter I sent and now visits regularly with her older brother.

When preparing to write this article, I asked my daughter, "What advice would you give to other mothers who are incarcerated?"

She said, "No matter how hard it gets, be present. Your effort is enough."

We will make mistakes as parents, but it's a life-long commitment for me. Giving up has never been an option, and I now know perseverance matters. €

“
When preparing to write this article, I asked my daughter, “What advice would you give to other mothers who are incarcerated?” She said, “No matter how hard it gets, be present. Your effort is enough.”

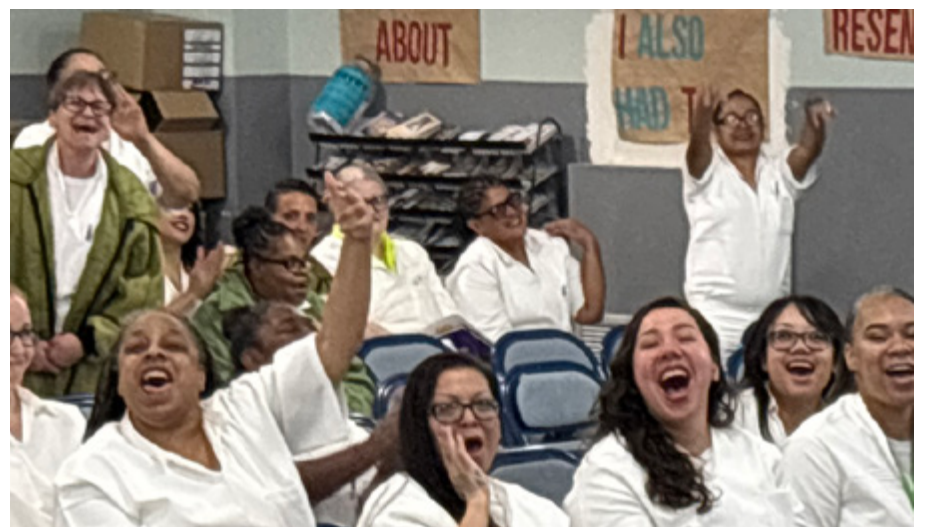


Murray Residents Support Big Texas Rally for Recovery



Over 100 residents gathered in the Murray Unit chapel for the Big Texas Rally for Recovery on Sept. 12. The event celebrated sobriety while promoting substance abuse awareness. Residents in attendance listened to encouraging guest speakers, uplifting musical performances and personal testimonies about the importance of sobriety and the dangers of addiction. Participants also gained information about valuable onsite resources. Murray's rally was one of several taking place throughout the Texas Department of Criminal Justice (TDCJ). These have included gatherings at the Michael, Polunsky, Hughes and Allred units, with Allred having the largest crowd yet: 551 residents in attendance. The special rallies are a part of TDCJ's "Stop the Drugs

Movement," an agency-wide effort intended to promote rehabilitation, enhance safety and warn residents of the dangers of drugs and drug addiction. €





WINDHAM RECREATION AND WELLNESS DEPARTMENT BOOSTING HEALTHY OPTIONS FOR RESIDENTS

By Robert Morgan | ECHO Staff



R. Penn

Health is one of the most important aspects of life. According to the Center for Disease Control and Prevention (CDC), the average lifespan of today's American is 74 years and 80 years for men and women, respectively.

While improving health and wellness amongst residents is not a new concept within the Texas Department of Criminal Justice (TDCJ), approximately five years ago, Windham School District (Windham) strengthened the initiative — establishing the Recreation and Wellness department. Its mission is to improve the health and well-being of residents and staff by increasing self-awareness and education and promoting activities that inspire healthy lifestyles.

Here is a look at *The ECHO's* exclusive interview with Windham's Recreation and Wellness Administrator R. Penn.

The ECHO: What is your job title and description?

Penn: I'm the Recreation and Wellness administrator with Windham. I help oversee recreation and wellness programs for TDCJ residents and Windham and TDCJ staff.

The ECHO: Please share with us your road to becoming Windham's Recreation and Wellness administrator.

Penn: I went to Texas A&M, where I earned

an exercise science degree with a minor in fitness management and played softball. Since then, my entire professional career has been in health and wellness. I ran a fitness center for a major corporation, and I remember sitting behind a desk thinking I didn't want to do that. So, I went to public schools and coached for 18 years.

My mother was the principal at Windham's Hodge campus at the time — that's how I first learned about Windham. I eventually taught with Windham for two years and knew that I wanted to retire with the district. So once this job came open, it just fit into everything that I wanted to do — and had been doing for the past 20 years at that point.

The ECHO: Along with bringing new activities and challenges to the units, what is your goal as Recreation and Wellness administrator?

Penn: I want to see intramurals monthly instead of every other month or every three months.

The ECHO: In what way does your department serve staff members?

Penn: For Windham staff, we're able to offer specific wellness challenges. We just did a community cleanup challenge, encouraging staff to work in their communities. We've participated in Get Fit Texas — a challenge for all Texas agencies. Windham received first place this year [in its category].



Women stretching on the rec yard

Similarly, we've participated in the Walk Across Texas challenge, with team members combining miles to walk the distance across Texas. One of the other challenges that we do with the staff is to encourage them to volunteer for a local community project or charity in their location. Additionally, we coordinate with health providers to offer workplace clinics for flu shots, other vaccinations and wellness checkups.

The ECHO: Is Recreation and Wellness a replacement for traditional recreation?

Penn: No, it's not a replacement. We're just trying to promote more of it and increase everyone's knowledge.

The ECHO: What are the roles of Recreation and Wellness coordinators? We understand that there are regional coordinators involved with the process.

Penn: Yes, we have regional coordinators that cover designated units within a TDCJ region that do not have assigned facility coordinators. We also have two units with a designated facility coordinator. They are both responsible for obtaining and maintaining equipment and coordinating events for assigned units.



Four-man pushups

The ECHO: How do you come up with ideas for recreational events?

Penn: My department is responsible for training recreational officers. We bring all of them together and ideas just start popping out. So, it helps when you get people together and start bouncing ideas off of each other. It makes a big difference.

For example, the Allred Unit is in the process of holding a CrossFit challenge. I'm interested to see how that works. Allred's Recreation and Wellness officer said she's received donations and brought in tractor tires and become really creative by making medicine balls (fitness equipment) out of old basketballs. So, I take it from, "What does it look like there?" and question, "How do I incorporate that here?"

The ECHO: How would residents go about submitting ideas for other health and wellness activities?

Penn: If their unit is one of the two with a facility coordinator, residents can send an I-60 to them. Residents on units without assigned coordinators can send their I-60 to the regional coordinator or directly to me. They can ask their recreational officer who that person is and go from there.

The ECHO: Your department also teaches the Eight Dimensions of Wellness. Can you talk about that program, specifically its goals and current progress?

Penn: The goal is to reach as many residents as possible and to give you a very good idea of what the different aspects of those health dimensions mean. We can talk about financial health all day long, right? We all think, "Well, that means we need more money." However, it doesn't necessarily mean we need more money, but it's how to manage our money. It just gets a little bit more in-depth. How does your environment affect your health? How do your finances affect your health?

The ECHO: Can you tell us in your own words why recreation and wellness are important?

Penn: Besides the obvious of making us all healthier, I think people who are healthier are happier, and obviously you live longer. Your mood directly



Jump Rope for Heart at Plane State Jail

affects everyone around you. The healthier we are, the happier we are, which is going to spread.

The ECHO: Do you have trouble convincing people of the value of being active and paying attention to their health?

Penn: Yes, they say things like, “I know this is what I need to do, but I don’t have time to do it.” Well, when something bad happens, they are left saying, “I should have done this.” However, it may be too late at that point.

The ECHO: What is the most enjoyable aspect of your job?

Penn: I’ve gotten to the point now where I go on units and the residents know what I do. I really enjoy helping when I can.

The ECHO: Is there any coordinator or someone in your staff, who is doing an excellent job, that you would like to highlight?

Penn: My entire team does a great job. They really do. Here’s the thing: I’m not the one on the units

everyday doing all this; they are.

The ECHO: What is your overall message to the readers of *The ECHO*?

Penn: Get involved with recreational activities, and if there’s something that you want to see, reach out to your coordinators and reach out to your rec officers. Send I-60s. If you have ideas, let us know. We’re not opposed to ideas at all. We’re always trying to think outside the box.

Editor’s Note: The ECHO thanks R. Penn and the Recreation and Wellness department for all the hard work done for residents and employees. We look forward to all upcoming events. If you have any suggestions about potential recreational events, please send an I-60 to either your unit’s recreation department or Windham’s Recreation and Wellness coordinator. In addition, watch for future Recreation and Wellness features and tips in The ECHO. €



Pull-up contest



Three-man wheelbarrow



2025 Writing Contest Finalists and Honorable Mentions

ECHO Staff Report

Congratulations to our winners, finalists and honorable mentions! We have already listed our winners, so our finalists and honorable mentions are now being presented. Thank you to all the aspiring writers across Texas — your efforts made this contest a success! Watch for more published winners in future issues of *The ECHO*.

Finalists: Fiction

- Darell Aaron, Pack Unit, *Sub Zero*
- Lloyd Carter, Wynne Unit, *Lifetime Achievement*
- Antonio Ceballos, Dominguez State Jail, *An American Dream*
- Giovanni Flores, Estelle Unit, *Home Again*
- Regan Gorneault, Stevenson Unit, *Up the Camp*
- Michael Gowan, Wainwright Unit, *Northern Lights*
- Malichia LeGree Jr., Robertson Unit, *The Little Girl and the Ghost*
- Derrick Martin, Wynne Unit, *Just a Name*
- Jeremiah Pilkington, Glossbrenner Unit, *A New Appreciation*
- Jon-Casey Rowell, Michael Unit, *A Stream of Forgiveness*
- Joshua Schnizer, Wynne Unit, *A Place in the Shadows*
- Rebba Caryn Stuart, Hobby Unit, *Just a Moment*
- Josh Verhoef, Wainwright Unit, *Petty Pebbles and Flawed Diamonds*

Finalists: Non-Fiction

- Richard Luis Amezcuita, Clemens Unit, *Comic-Strip Christmas*
- Anonymous, *A Proper Perspective: The Hunter or the Hunted*

- Mohammed Awde, Telford Unit, *My Father Taught Me...*
- Anthony Caldwell, Clements Unit, *A Mother's Love*
- Regan Gorneault, Stevenson Unit, *A Justification for Working Hard*
- Charles Hill, Ramsey Unit, *Hot Pot Chef in the Making*
- Antonio Obregon Limon, Montford Unit, *An Atheist Perspective*
- Devin Prejean, Bartlett Unit, *Why the Hype of AI?*
- Jeremiah Pilkington, Glossbrenner Unit, *Manifesting Positivity: An Unorthodox Guide*
- Christopher Ray, Bartlett Unit, *Leadership in Leading*
- Rebba Caryn Stuart, Hobby Unit, *Addiction and Healing*
- Casey Torrence, Wainwright Unit, *The Empty Chair*

Honorable Mentions: Fiction

- Darrell Aaron, Pack Unit, *Snow Blind*
- Darrell Aaron, Pack Unit, *Ice World*
- James Boone, Estelle Unit, *The Birth of Cruel*
- Juan Garcia, Terrell Unit, *The Baby Croc*
- Norris E. Goynes Sr., Pack Unit, *Dreamt-mas*
- Randy Hudson, Wynne Unit, *Reflections*
- Marcus LaJuan Jamerson, Luther Unit, *Tri-Culture*
- Howard Overby, Polunsky Unit, *Speed Demon*
- Jerry Lynn Ritchie, Ramsey Unit, *The Master Builder*
- Juan E. Valentin, Briscoe Unit and Brian Cisneros, Gist Unit, *And This is How It All Ends*

- Daniel Walker, Wallace Unit, *Test Subject*
- Paul Frank Ward, Jester III Unit, *A Fractured Fairy Tale*
- Vincent Young, Garza East Unit, *Special Revelation*

Honorable Mentions: Non-Fiction

- Lloyd Carter, Wynne Unit, *Run Your Race*
- Clifton Hennington, Clements Unit, *The Day I Opened the Door*
- Samuel DeLaCruz, Bartlett Unit, *Make the Dash Count*
- Kenneth Robert Chidester, Bartlett Unit, *Love is on the Inside*
- Latosha Cooke-Holden, Hilltop Unit, *Conscious Food Consumption*
- Troy Wigley, Allred Unit, *Opening the Doorway to Your Higher Self*
- Burt C. Culberson, Smith Unit, *Magnifying Your Divine Potential*
- R. Lee Burke, Lewis Unit, *The Making of a Roughneck*
- Anthony Caldwell, Clements Unit, *Change and Self Discovery*
- Angel Garcia, Beto Unit, *Life Before Pain*
- Stephen Gay, Stiles Unit, *The Event*
- Elvin Hogue, Wheeler Unit, *The Pursuit of Happiness*
- Renny E. Harvard, Estelle Unit, *The Fishbowl*
- Dustan Ryan Killingsworth, Hodge Unit, *Good Friends Only Come Once*
- Carl Lamb, Bartlett Unit, *Dreams and Goals*
- Joe Richardson, Memorial Unit, *Integrity: What Is This?* €

Exploring Wellness: Reading Is Power

ECHO Staff Report



Reading at Murray Unit

Supporting readers' health and wellness, The ECHO & Windham School District (Windham) will offer tips, expert viewpoints and special information in upcoming issues. This month's article focuses on the connection between reading and improved health.

Reading is one of the most powerful tools we have at our disposal. When it comes to our emotional and intellectual health, reading plays a crucial role. More than just a hobby, reading is fuel to our minds. Whether you are flipping through a novel, absorbing a biography or scrolling through an article, the act of reading changes how we think, feel and function. With information provided courtesy of Windham Recreation and Wellness Administrator R. Penn, *The ECHO* examines how the impact of reading shapes emotional and intellectual health.

Emotional Health:

Reading as a Mental Gym Reduces Stress

Reading can drop your stress levels by more than 60%, even more than listening to music or taking a walk, according to studies. When you're absorbed in a good story, your brain shifts gears, and your body relaxes. Your heart rate slows. Your muscles loosen. You're no longer stuck in your head, rehashing worries.

Builds Empathy

Fiction, in particular, stretches your emotional intelligence. When you read about characters navigating loss, love, injustice or joy, your brain activates the same areas it uses when you empathize with real people. Over time, this boosts your ability to relate, understand and connect with others.

Strengthens Resilience

Seeing characters overcome obstacles helps build your own emotional resilience. It's a form of indirect experience. Your brain learns lessons from

others' struggles without the risk. This can boost your confidence and provide perspective during tough times.

Intellectual Health:

Reading as Brain Food

Improves Focus and Concentration

Reading demands your full attention. Unlike television, it doesn't spoon-feed information; it makes your brain work. Over time, regular reading strengthens your ability to concentrate, process complex ideas and think deeply.

Expands Vocabulary and Language Skills

The more you read, the more words you absorb passively and naturally. This enhances not just vocabulary, but also how you use language. Better communication skills mean sharper thinking, clearer writing and more persuasive speech.

Boosts Cognitive Reserve

Reading consistently has long-term brain benefits. It can delay cognitive decline and reduce the risk of dementia in old age. Why? Because reading builds "cognitive reserve," the brain's ability to improvise and find alternative ways of getting things done when challenged.

Inspires Creativity and Critical Thinking

Books expose you to new ideas, cultures and viewpoints. This fuels imagination and hones your ability to question, evaluate and think critically. It's not just about consuming content. It's about challenging your assumptions and expanding your mental toolkit.

If you found this information interesting and would like to learn more about the Eight Dimensions of Wellness course offered by Windham's Recreation and Wellness department, please send an I-60 to your unit's Health and Wellness department or Recreation department. €



A Wynne Unit Reader



Haunted Hill Ranch

A True Story

By Joshua P. Schnizer
Staff Writer

I had been driving for the better part of an hour, scouring the countryside in search of something cool to photograph. It was one of my favorite hobbies, and it didn't require a copilot. Usually, these escapades were spontaneous diversions from more responsible tasks or getaways from the clutches of boredom. Sometimes I'd have a specific location in mind, and other times I drove at random without caring about getting lost.

This was one of those times I was driving aimlessly along sparsely populated farm to market and county roads. It was my first visit to this specific location, though I would return a few years later

with a degree in photography, better equipment and a second photographer.

The first trip to the site had been one of those happy accidents where I stumbled upon something too peculiar to keep driving. I began my jaunt south on a desolate stretch of rural Texas highway, between McGregor and Moody, when I came to the intersection of the Blue Cut roads, which is the route I took. It must have been late summer of 2010, months after the field on my left would have been completely blanketed in fragrant bluebonnets, a calendar-worthy sea of sapphire. It always brought hordes of slapdash excited photographers, all hoping to capture that

scenic photo for social media.

Yet by late summer, the field was all dead grass and weeds. It would have made for excellent engagement photos for any to-be-doomed marriage. Hackberry trees sporting faded leaves lined the barbed wire fences that stitched the countryside together. Their shadows dappled the pavement a bruised purple in the dying light. Those trees seemed desperate for water, or a merciful death.

Scattered about were small homesteads, mostly simple folks with bank notes tied to the corn lottery, hoping for a harvest but banking on a second or third mortgage. It was mainly a wasteland of desiccated shrubs; acreage riding out another blisteringly hot summer. Nevertheless, at times, even this withered landscape held the promise of a rare, beautiful photograph.

So far, the trip had been a dusty bust, yielding nothing of interest to photograph except broken farming equipment and underhydrated livestock. I decided to cut my losses and head back to the city. I took a right, heading back toward the highway where the road climbed in a leisurely manner, curving slightly to the right around a mesquite tree-plagued hillside before making a nearly 90-degree turn left.

Thankfully, the bespeckled yellow sign alerting drivers to the sharp curve ahead was clearly visible from a good distance, and my eyes had locked onto it with plenty of time to spare. This is why I nearly drove past the tarnished metal property sign arching over a gravel driveway on my right. Fifteen feet off the ground in 18-inch letters were the words Haunted Hill Ranch. Now, being a fan of all-things horror, including “true” ghost stories, I knew with certainty that I couldn’t drive past this intriguing site.

I had begun slowing my truck for the curve, anyway, which gave me a clear look at the sign. So, instead of banking left with the road, I wrenched the wheel to the right. I pulled my vehicle onto the gravel driveway, mashing my breaks a little too eagerly and skidding in a puff of white caliche dust. Beyond the entryway sign sat a wide, low-slung ranch-style home built of non-nondescript earth tone colored stones and painted wood slats. It was clean and well-kept. It looked inviting, with its wind-chimes and rocking chairs similar to those one might see on the porch of their grandparents’ house. The yard had probably been green before the summertime beat the water out of it. There were various flowering shrubs and other country couture

tastefully strewn about the property. All in all, I didn’t get the Wrong Turn/Texas Chainsaw Massacre vibe I expected.

With a name like Haunted Hill Ranch, you imagine some enormous, old and dilapidated farmhouse with ghostly white curtains breathing in and out of tall, glassless windows, and a sagging, tetanus-trap of a porch, clinging to its weather-faded facade by a handful of rusty nails and good fortune.

Yet, this place looked homey, welcoming even. This didn’t make backing out of the driveway and continuing on my way an option. I needed to know what would possess someone to name their property something so intriguing. So, I rumbled my pickup over the cattle guard and drove up the slope of the gravel driveway a few dozen yards before parking.

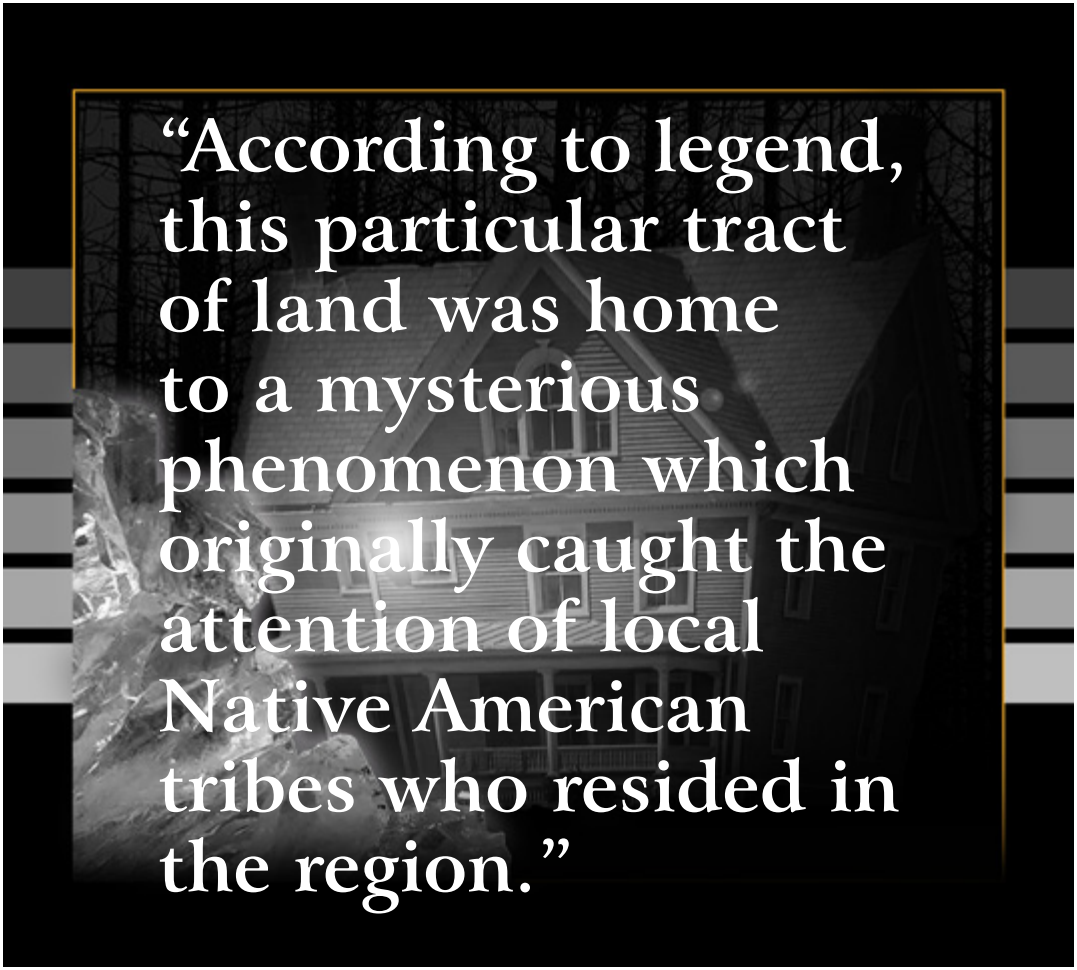
As I reckoned it, one of two scenarios were about to unfold:

1) All was as it seemed and a charming family lived here, waiting to greet me with warm smiles and even warmer cookies, eager to share wholehearted family stories.

Or...

2) I had been wrong about my assessment of the benign property — and a clan of deformed, morally-defunct cannibals in stained overalls stood hungrily just on the other side of the door, waiting to ring the dinner bell.

In small-town Texas, we began locking our doors somewhere around the time of the ‘stranger danger’ days of the 1980s, but we still greet visitors pleasantly enough. In the rural country part of Texas, however,



“According to legend, this particular tract of land was home to a mysterious phenomenon which originally caught the attention of local Native American tribes who resided in the region.”

unexpected guests aren't always afforded the same open hospitality. It's not unlikely to wind up on the business end of trouble if you find yourself on the wrong side of a cattle guard. This third scenario was really what occupied my thoughts as I exited my vehicle with digital camera in-hand.

At age 30, I still retained that All-American boy-next-door appeal, but this wasn't in town, and the next house over couldn't be seen without a pair of binoculars. I hoped that whoever lived here was as innocuous and friendly as I was.

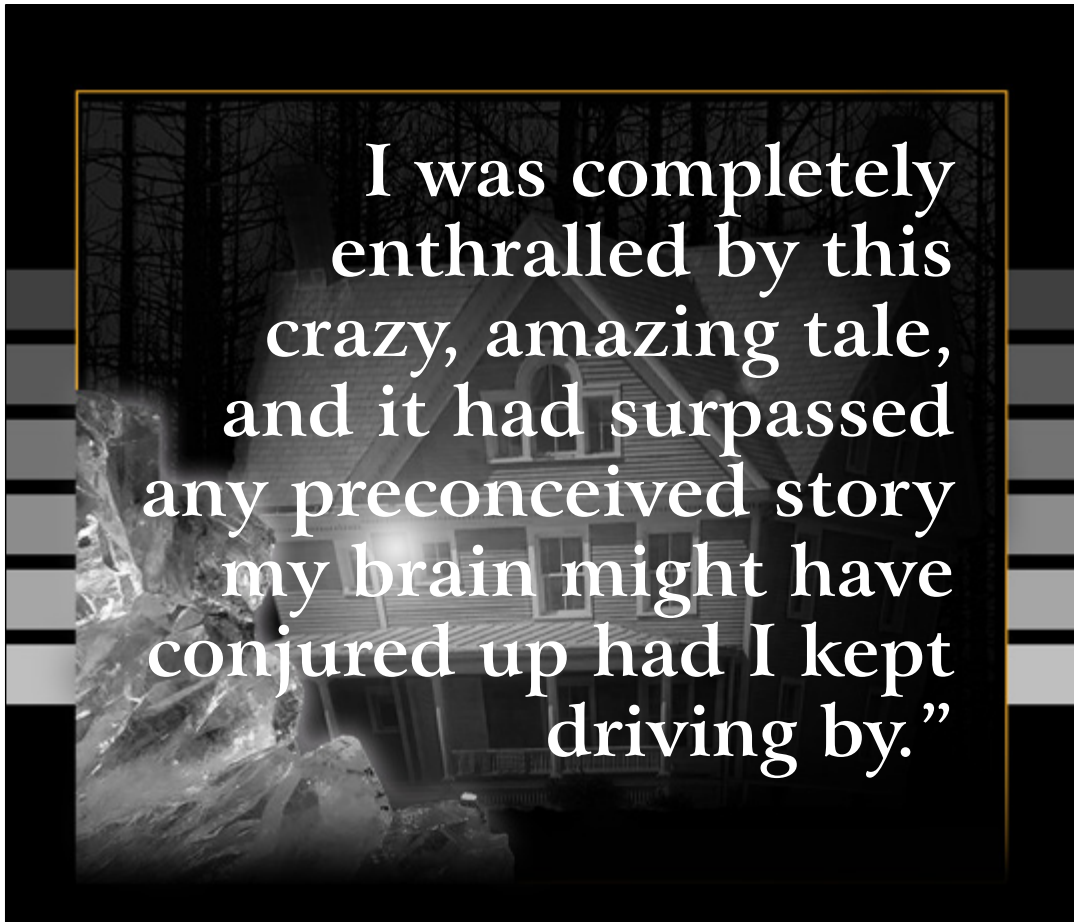
As I walked toward the front door, brittle grass blades crunching beneath my sneakers, I mentally rehearsed my pretext for trespassing, hoping it didn't come out as inadequate as it sounded in my head. As I got closer, I noticed the house was pier and beam, older, but not suitably old enough to be considered historical.

The sun was dipping below the horizon, but the hillside consumed its most glaring qualities and bathed the yard in cooling shadows. A slight breeze solicited the wind chimes for a song, and they obliged with a tinkling tune of no specific origin.

I'd reached the step that would place me on the wooden porch. At that moment, I felt I could still turn around and head back to my truck, climb in and drive away. It is accurate to say that I had, up to this point in my life, not been the acme of wise decisions. My friends would agree that I was prone to spontaneous acts of 'adventure.' This is why I was not surprised when I found both of my feet firmly planted on complete strangers' front porch — strangers who'd named their homestead in the style of a horror franchise. I rang the doorbell, and like the late summer landscape, my mouth went bone dry.

The hollow sound of shoed feet on hardwood flooring increased in volume as the home's occupant strode to the door. A male voice from within, but clearly further away than the footsteps near the door, asked, "Who is it?" To which someone replied, "I don't know...some man."

My heart was racing and my hands were sweating when the door began to open—but not just a cautious narrow gap. The door swung wide and easily as if they'd been expecting a loved one who'd been away for a spell. Standing before me was a slender, older woman in perhaps her late 60s. Another senior, whom I assumed was her husband, stood taller and just over her right shoulder. Absent from their faces was any trace of suspicion or the furrowed brow of folks who couldn't be bothered with unexpected guests. And there were no firearms being brandished, either.



I was completely enthralled by this crazy, amazing tale, and it had surpassed any preconceived story my brain might have conjured up had I kept driving by."

Rather, two genuine smiles floated towards me, almost, but not quite, concealing a hint of curiosity.

"Well, hello there. Can we help you?" asked the kind woman with the bake sale smile. A wave of relief washed over me in an instant, as I was greeted with sincere delight.

"Hi", I said. "I was just driving by taking pictures when I saw your sign."

I said this while pointing back over my shoulder as though they didn't know that their house had a name like the entrance to a theme park.

"I was wondering if you could explain to me why your property has this name?"

They nodded kindly as I wove a tapestry of language together that would make Hemingway envious. I was close to hyperventilation from excitement and an eagerness to solve this interesting mystery.

"Sure. Would you like to come in?" said the woman, as she backed up to make room for a wayfarer with a digital camera to enter.

It should be noted that this incident took place several years before M. Night Shyamalan's *The Visit* hit theaters, so I wasn't worried that this kind couple was actually a pair of escaped psych patients masquerading as harmless grandparents. With that sort of carefreeness in mind, I casually accepted their invitation and crossed the threshold.

The warm scent of cinnamon candles and polished hardwood permeated the atmosphere. I was asked if I'd like to sit down and was offered iced tea. The living room was well lit by afternoon light spilling in through large multi-paned windows. The furniture was lived-in and comfortable, and I sat on a small

couch facing a modest stone fireplace, the mantle ornamented with knick-knacks and family photos.

While I waited for the missus to return with my tea, I made small talk with Mr. Haunted Hill Ranch, telling him that I was a local artist, a culinary school student in Waco and an amateur photographer.

“There’s a really interesting story behind that name,” said the woman, returning from the kitchen with a glass for myself and one for her husband. Parking herself next to him on the couch, she picked up the story from there.

“First, this house isn’t original to the property. It was built 25 miles west in 1938, and moved to this location in the 1950s,” she said.

The house had belonged to another family before them. The name, as I would find out in the course of our conversation, had been their idea, but the reason for such a peculiar name was as old as the land itself.

According to legend, this particular tract of land was home to a mysterious phenomenon which originally caught the attention of local Native American tribes who resided in the region. Long before the European colonists began to settle the area, parceling off tracts of land for ranching and farming, this wild country was populated by indigenous folk who revered the earth and celebrated its mysteries. And on this special piece of land there sits a small hill, no more than a glorified dirt mound, but not the artificial kind.

“It’s right down the slope there, at the bottom of our property,” she said.

They hadn’t discovered the phenomenon themselves. The lore instead came with the deed to the land, so they incorporated what they learned into a sort of bedtime story, the kind that they told their children and their children’s friends when gathered for sleepovers.

For obvious reasons, the unique qualities of this particular hill bewildered local tribes in that era. For starters, it was completely void of all vegetation. Not even the toughest of weeds dared to take root in its soil. If that had been the only anomaly, it would have been strange, and from any direction, this bit of earth would have stood in contrast to all other geography in the area. But it wasn’t. The most amazing quality of this hunk of dirt was the fact that formed deep down in its bizarre depths, it pushed out shards of dirty, clear crystals of varying sizes.

“To the Indians, way back in the 1800s, when there wasn’t all the artificial light pollution like we have now, this little hill would have sparkled like a disco ball in the moonlight,” the woman said. “Therefore, it would have been seen as a sacred place to them. A place of worship and mystery.”

As you might imagine, I was completely enthralled

by this crazy, amazing tale, and it had surpassed any preconceived story my brain might have conjured up had I kept driving by. I had hardly touched my tea, and the glass had refrigerated my hand. I could also see that the couple were having a blast sharing this folklore with an outsider.

“Some of the shards we’ve found are over six inches long,” she said as she stood up and walked around to the fireplace mantle to retrieve a crystal shard. It had a special place, right there on the mantle, next to smiling grandchildren, like it was a part of the family and not some dime store trinket staged for looks.

“To the Native Americans, this sacred spot was thought to be the resting place of their long-dead ancestors. It housed their spirits; thus, it was “haunted,” she said, reaching out to place the crystal in my hands.

I think I expected some paranormal transference of power to radiate from the shard to my body and soul, or that when it met my hands, I’d have some historical flashback from long ago. But it was just a room temperature piece of hardened mineral, and I hadn’t been possessed by the angry spirits of deceased warriors. Nevertheless, I counted it a special moment. Just knowing the unique history of the place and the journey this bit of geode took to end up on the mantle of this sweet couple was fascinating.

That had been the essence of the story, and these perceptive seniors could tell that their company was itching for a face-to-face encounter with this geographical oddity.

“You have to walk a ways through that mesquite patch, until it begins to clear out. Mind the cows; they’re more like pets than livestock,” she was saying as we began to extricate ourselves from the furniture and make our way out into the yard. Minutes not hours had passed, as it had seemed, and full dark was still an hour or so away.

“You can keep any crystals that you find,” the woman said, as if she had tapped into my thoughts. In tandem, the nice couple pointed me in the proper direction. I thanked them kindly as I started descending the slope westward toward the setting sun and the haunted hill.

For my hiking pleasure, a hardened dirt trail packed with ankle-breaking craters imprinted by cow hooves weaved its way through a prickly mesquite grove. I hoped that no cattle traffic was heading in my direction on this narrow path.

Though it seemed to take forever to reach the clearing, no livestock had impeded my progress, and none could be seen loitering thereabouts. From where I emerged from Splinterville Forest, the infamous haunted hill rose from the earth not 40 yards to the

west. Its summit, a meager 20 feet high, reached up as though it was trying to eat the sun.

I don't recall exactly what images my mind conjured up while walking down the sloping ledge of the ranch. Perhaps I'd replayed still shots from the film, "Pet Sematary" or of an ancient Indian burial ground apportioned into symmetrical sections by gathered river stones, or some such illusion, but what awaited me looked more like the excavational leavings of a swimming pool project.

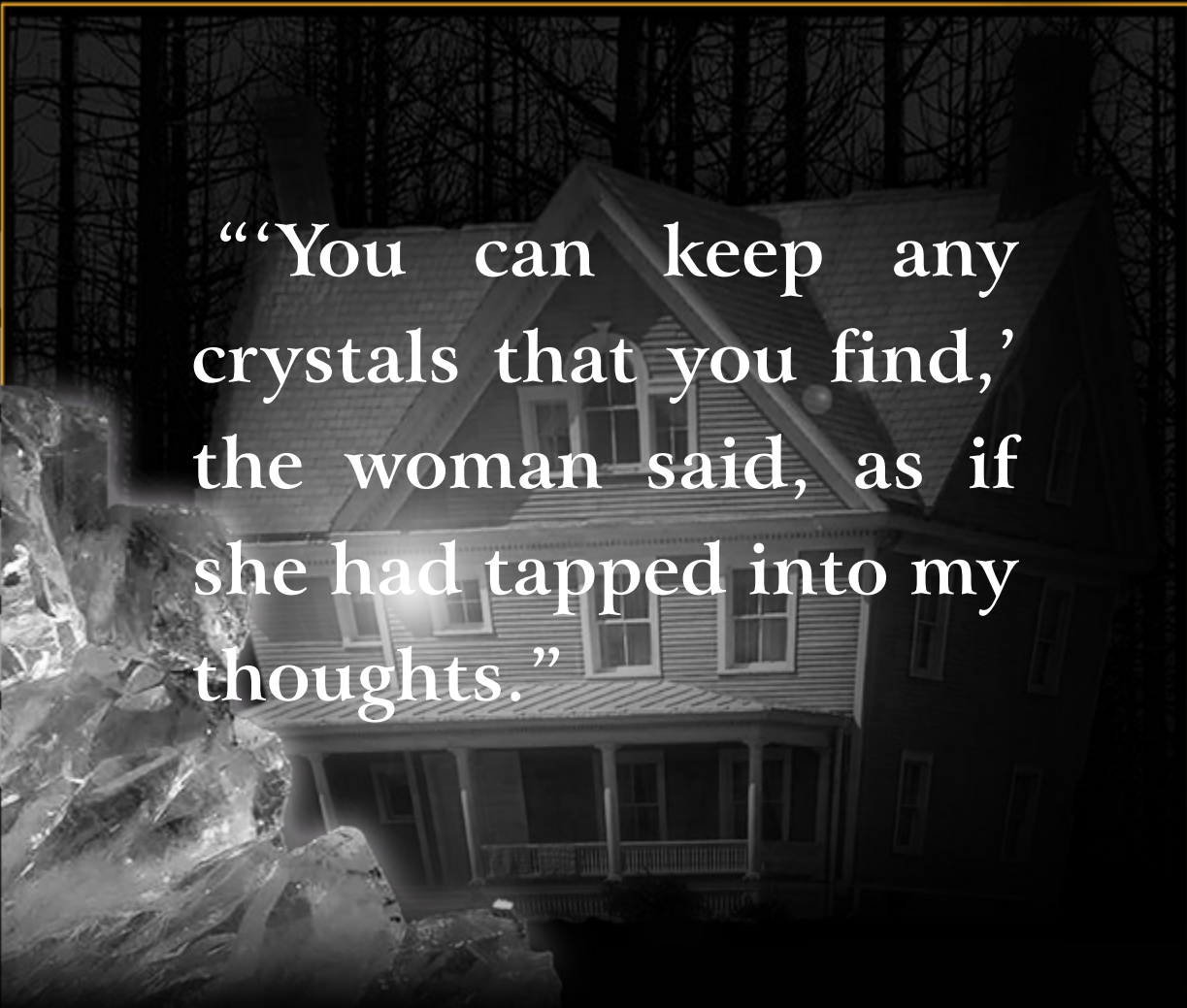
As I walked up to the hill, I understood why this place had been set aside as sacred. Nothing organic was growing on this little mound of dirt. And despite the surrounding vegetation's desire to keel over until spring, there was something peculiar, if not mystical about the place. Crawling vein-like all across its surface were puzzle piece cracks like a road map leading away from the last rain event, and as I made my way around to the side catching the sunlight, I started to see them. Scattered about, tiny smooth faces caught rays of evening sunshine and threw them into my eyes.

It's one thing to hear a cool story, especially one with such an intriguing history that borders on the paranormal. It's another to follow that tale to its point of origin and snatch a piece of the legend from the earth that spat it out. The crystal I held in my hand was no larger than a Hot Wheels® car and

it was not like those pretty, razor edged spires of crystals you find at rock shops. This was smoother, if not a bit brittle, and it held bits of dirt and other impurities, which I later found out was a sign of its youthfulness. It was clear enough, and still by far the coolest thing I'd ever found on any photographic adventure, past or present.

I hiked around the base of the mound, and I suppose out of a feeling of respect, I never felt the urge to climb on it. In fact, I almost put the crystal back on the ground, but in the end, I put in the pocket of my cargo shorts. I wish that I could say I still had that crystal to this day, that it was in a small box of my precious collected treasures, but I don't know what happened to it. Nor do I know whatever became of the others I took when I later brought my girlfriend out there, and then a few years later when I took a friend and fellow photographer to the site.

I no longer have those mementos. The last time I went to visit that sweet old couple was over a decade ago, but the story has stayed with me, and I hope that they're still around to tell it to their great grandchildren. Great stories require a good steward, someone to keep them alive by sharing them with others. Like our ancestors, we are the caretakers of folklore, and it's our responsibility to pass these tales along, adding bits of our own story as we go.



“You can keep any crystals that you find,’ the woman said, as if she had tapped into my thoughts.”

You don't need artificial intelligence (just regular will do) or a fancy electronic device to tell a good story. Heck, you don't even need electricity! Stories have been shared for eons around campfires with the listening ears of friends and family, under a blanket of stars and a bright shining moon. The same moon shines over a small earthen mound, adorned in slivers of clear crystal at a sacred place that can't be seen from the road — a place simply known as Haunted Hill Ranch. €



WRITING CONTEST FICTION FINALIST:

The Little Girl and the Ghost

By Malichia LeGree Jr. | Robertson Unit

Kaylana Mikayl Allen was just five years old when she first encountered the ghost in her closet. That was last year. Now she was six, and by her own standards, a big girl. Her parents thought that it was just the imagination of a fanciful little girl, and that this phase would soon pass.

That is until the day she came up missing. Her

mother, Theresa Allen, had searched everywhere for her, thinking that she was playing one of her games of hide and seek. But she couldn't find her anywhere in the house. The police were called and they issued an Amber Alert. Everyone combed the neighborhood for hours looking for little Kaylana, but no one found her.

“The next morning, Theresa and her husband, Bryan Keith, decided to call a medium to exorcise the house. The lady they called, Madam Deveaux, claimed to be well-versed in undoing spells, incantations and removing spirits.”



That night a ghost came into the parents' bedroom while they were asleep. The room became intensely cold and the night light began to flicker. Theresa woke up to see a woman standing in the corner of the room watching them. She wore a grey nightgown, with her hair hanging wildly around her face. Her skin was grey and lifeless, while her eyes were vacant and haunting.

“Leave this place!” the woman exclaimed while hardly moving her lips. Theresa nudged her husband to wake him up to see if he saw what she was seeing. He did, and immediately leapt from the bed. The woman suddenly grew to the height of the ceiling with her elongated arms hanging awkwardly beside her. She began to reach towards the bed as if to grab Theresa, then vanished in a hazy puff of smokey mist, leaving a pungent odor of decay in the air.

The next morning, Theresa and her husband, Bryan Keith, decided to call a medium to exorcise the house. The lady they called, Madam Deveaux, claimed to be well-versed in undoing spells, incantations and removing spirits, so they both thought it best to try her. Madam Deveaux felt the presence of the spirit as soon as she stepped through the door. She also sensed another presence — a small youthful presence.

“Your child is in this house,” she said, looking around the room.

“That’s not possible,” Theresa countered. “We searched everywhere.”

“I can feel her,” replied Deveaux. “She is in the house.”

“Where? Where haven’t we looked?” Theresa asked.

“There is another dimension overlapping this house,” explained Deveaux. “Your child is there.”

She had the Allens get a football and throw it hard into the child’s closet. Bryan threw the football as hard as he could into Kaylan’s closet. He expected to cause some damage to the back wall but the ball never hit the wall or caused any damage. All that was heard was a zipping sound, as if something had sucked the ball right out of the air.

“How did you know that was there?” Bryan asked

“I felt its presence as I was getting out of the Uber,” Madam Deveaux explained. “Now, do you have some rope around here?”

“Kaylana has a jump rope,” Theresa answered.

“We’ll need something considerably longer than that,” the medium countered.

“I have a 100-foot extension cord in the garage,” Bryan said.



“Perfect, go get it.”

Bryan Keith ran down to the garage and grabbed the cord, then came back to Kaylana’s room. Madam Deveaux had him tie the extension cord to the railing while she fashioned the other end around her waist.

“When I yank on the cord three times, pull me out,” Deveaux instructed before walking into the closet. She passed the shoes and dresses and cute little blouses until she saw leaves from tree branches begin to poke through the hanging clothes. She walked further until the carpeted floor turned into soft blades of grass. She then entered a clearing overlooking a small brook. Twenty feet along the other side of the brook stood a strange looking beast, feeding on an antelope-type animal. The beast was the size of a Kodiak bear with three heads and enormous paws. Each head resembled a Bull Mastiff with vicious teeth and fire engine red eyes.

It didn’t notice Madam Deveaux quietly skirting past it and making her way around the bend in the brook. She came upon a limestone pathway and followed it for several minutes before she came upon a solitary wood-and-stone framed house with

a huge emerald-green eye in its south wall. The eye blinked a couple of times before staring intently at her as she approached.

In an instant, the ghost appeared before her, motioning for her to leave.

“Not without the girl!” Deveaux said. “I know you have her.”

“No!” the ghost bellowed. “She needs me!”

“She needs her parents,” Madam Deveaux countered, “and you need to cross over.”

Kaylana heard the voices talking and came out of the house.

“I want my mommy,” she wailed.

“Nooooo!!” the ghost cried, hovering between the child and Madam Deveaux.

“Come, child. It’s okay,” Deveaux said, encouraging the girl with a soft smile. Deveaux then pulled some herbs from the satchel hung around her neck. She designed a pentagram on the ground with the herbs, then made a circle around it. She threw some bones into the mix before beginning to chant in a strange language. The star on the ground rose as a cage around the house, entrapping the ghost as well.

Snatching up the child, Deveaux gave the cord three hefty tugs. Bryan Keith and Theresa began to pull the cord, dragging Madam Deveaux back from the other dimension. As they reached the clearing, the beast noticed them for the first time and began to run after them.

Madam Deveaux hurried as fast as her legs would carry her towards the portal, but the beast was closing the distance between them. When she reached the portal, she placed an amulet on one of the branches and recited another spell. The beast leapt towards the portal just as it was closing, severing one of its heads. The head rolled to a stop at Madam Deveaux’s feet, eyes looking upward in the grip of death.

“Mommy!” Kaylana yelled running into the open arms of her mother.

“Oh, my baby!” Theresa screamed, embracing her child.

“How can we ever repay you?” Bryan Keith asked Deveaux, clutching both mother and child in his embrace.

“By leaving this house and never returning,” Deveaux responded.

That was five years ago. The house is still there on the corner of Bremond and Tierwester, and sometimes, on a moonlit night, you can still see the woman in grey walking down the street, looking for the next soul she may devour. €



ECHO WRITING CONTEST FINALIST, NON-FICTION

Hot Pot Chef in the Making

By Charles Hill | Ramsey Unit

I have always enjoyed cooking. Growing up, I would spend days searching through cookbooks for recipes I could make with the ingredients I had in my childhood kitchen. I guess one could say I was just a little boy on a mission to overcome a major sweet tooth.

Being a young food connoisseur, I loved to watch my father and mother cook. Watching them cook educated me little by little until I was old enough to cook meals on my own. One year, I even cooked everything for Thanksgiving since my mother had fallen sick with the flu. I remember running in to her bedroom to ask what recipe to use for the pie crust and how much butter, sugar and other ingredients were needed.

This industriousness was soon put to the ultimate challenge when I found myself living in incarceration. In prison, cooking takes on the most unorthodox methods. All the ingredients you once used do not exist, and everything is ultra-processed. However, the new ingredients I found sparked my curiosity and reignited the old challenge of making something amazing out of very little.

After over a decade, I discovered different ways to prepare food from other residents. Along the journey, I was told that my cooking was unique and awesome. I had many people encourage me to write a cookbook, but honestly, it seemed to be a major undertaking and an almost impossible task.

One of the biggest complaints about recipes in prison from other residents is no one ever measures anything out. I knew that a standard had to be made to obtain the same product every time. Recipes were never consistent because nothing was measured. I did not realize it until later, but those problems I was running into were indicators that someone needed to produce a quality cookbook.

I used simple items that everyone could use to measure like a spoon and a hot pot lid. I made sure all my recipes only contained foods sold on commissary. The idea to offer a quality product worked.

The cooking for constructing my cookbook was the easy part—writing it was the challenge. Writing not only involves effort; it requires self-education. When you



hear someone say 90% of writing is editing — believe it. It took longer to edit the book than it took to write it.

I am blessed to have a family that loves me, so getting the book published was not hard. My sister made a recipe from the book and took a picture to use on the cover. I will offer the recipe later in this article. My mom and my grandmother helped edit, format and publish my book through Amazon. The publishing process may sound easy, but it took years of self-education for me and my people. No one will jump out and tell you how to do it — you have to dig, learn and study to understand how to do it.

My hope is that after reading this article, you will feel inspired to write your own book. Writing and publishing have been the most liberating things I have ever done during incarceration. Setting a goal and finishing it has changed my life and has given me a voice.

The Recipes:

The recipe on the cover of the “Hot Pot Chef: Texas Prison Cookbook,” is called Tuna Chino Bowl.

Tuna Chino Bowl

Ingredients:

- 1 pk. vegetable soup seasoning
- 1 spoonful garlic powder
- 1 pk. orange electrolyte
- 1 spoonful mustard
- 2 spoonsful barbecue sauce (40 calories)
- 1 jalapeño, diced (10 calories)
- 12 turkey bites (160 calories, 12 grams)
- 1 pk. tuna (100 calories, 24 grams)
- 1 vegetable soup, crushed (370 calories)
- ½ bag pork skin (240 calories, 24 grams)
- ½ pk. ranch dressing (75 calories)
- 2 spoonsful strawberry preserves (100 calories)
- ½ hot pot lid sunflower seeds (200 calories, 5 grams)
- Total: 1,295 calories, 65 grams of protein



Directions:

Pour two hot pot lids of water into hot pot. Stir in vegetable soup seasoning, garlic powder, orange electrolyte, mustard, barbecue sauce and diced jalapeño; heat well. Add turkey bites and tuna; heat again, then add crushed soup and stir for two minutes.



Unplug hot pot and let sit for five minutes. Put pork skins in bowl and pour noodles over them; lightly mix. Top with ranch dressing, strawberry preserves and sunflower seeds.

You may have noticed that I wrote the total calories and grams of protein for the entire bowl. This was done to inform the residents of how many calories they are consuming. When all the food you consume is ultra-processed, it can contain large amounts of calories, which is not healthy and can contribute to unwanted weight gain.

Chicken Noodle Molé

Ingredients:

- 1 pk. chicken chunks (245 calories, 29 grams)
- 2 pks. chili soup seasoning
- 2 spoonsful peanut butter (190 calories, 8 grams)
- 2 spoonsful Louisiana hot sauce
- 1 spoonful barbecue sauce (20 calories)
- 1 spoonful onion powder
- ½ hot pot lid kosher chili beans (90 calories, 5 grams)
- 2 chili soups (740 calories)
- Total: 1285 calories, 42 grams of protein



Directions:

Drain water from chicken chunks and pour into empty chip bag. Add chili soup seasoning, peanut butter, Louisiana hot sauce, barbecue sauce, onion powder, kosher chili beans and one hot pot lid of hot water. Mix and place inside hot pot to cook for 10 minutes. Crush soup and pour into empty bowl; add more hot water than needed and cook for 10 minutes. After everything is cooked, drain water from soups and mix into mole.



Blueberry Taffy

Ingredients:

1 bag creamer (1,700 calories)
5 pks. Blue Lagoon sugar-free
drink mix (25 calories)
Total: 1,725 calories

Directions:

Mix all ingredients in bowl with four
spoonsful of water. Knead until taffy con-
sistency. Flatten out and cut into pieces.

Double Layer M&M Cheesecake

Ingredients:

1 pk. vanilla cream cookies,
separated (1,760 calories)
2 hot pot lids hot cocoa mix (1,350 calories)
1 pk. regular oatmeal (110 calories)
2 pks. cream cheese (260 calories)
1 bag peanut M&Ms (160 calories)
1 Chick-O-Stick (90 calories)

Total: 4,130 calories, 40 grams of protein

Directions:

separate cream from cookies. Crush cookies
to dust. Add 10 spoonsful of water and
knead together to make dough. Mold
in bowl forming pie crust. In a separate
bowl, mix hot cocoa mix, oatmeal and
three spoonsful of water. Mix well and
transfer to crust, forming second layer of
crust. In cookie-cream bowl, mix in cream
cheese and milk. Pour into pie crust.
Place peanut M&Ms and crushed Chick-
O-Stick on top. Let set for two hours. €



Jack Mack Attack

M. Shane Haskins

Robertson Unit

Ingredients:

1 pk. sriracha mackerel
1 spicy vegetable soup
1 pk. ranch dressing
½ sleeve round crackers
2 handfuls corn chips
2 spoonsful diced pickle with juice
¼ spoonful garlic powder
Salt (to taste)
Pepper (to taste)

Directions:

Cook noodles without seasoning for 10
minutes; drain and cool with ice cold
water. Drain again until most of water
is removed. Add spicy vegetable sea-
soning, ranch dressing, pickles and
garlic. Stir well. Add mackerel. Stir well.
Add corn chips and stir well. Break out
the crackers and spoon and enjoy!



Strawberry Snickerdoodle Cake

*L. West
Wynne Unit*

Ingredients:

- 1 pk. oatmeal cookies
- 2 pks. vanilla cream cookies
- 2 pks. strawberry-flavored oatmeal
- 2 Chick-O-Sticks, crushed
- ½ bag creamer
- 1 Snickers candy bar
- 1 bag snack mix

Directions:

Crush all cookies into a bowl then add strawberry oatmeal to cookies. Take one crushed Chick-O-Stick and bag of snack mix and add to the mixture in the bowl. Add a little water to the half bag of creamer and stir until all clumps are gone. Add creamer to the mixture in the bowl and mix until it forms the consistency of dough. Form a cake. Melt the Snickers bar and crush up the other Chick-O-Stick, mix them together and then drizzle across the top of the cake. Let it sit for 30 minutes to one hour. Enjoy.

Enjoy!

Braveheart's Favorite Salmon

*Rhonda Lee Glover-Lumsden
Murray Unit*

Ingredients:

- 1 pk. Thai noodles
- 1 pk. salmon
- 2 pks. ranch dressing
- ½ pickle, diced
- 1 package energy mix or
- ½ cup Omega mix
- 1 or 2 diced jalapeños (optional)
- 1 pk. Chili soup seasoning
- Garlic powder to taste
- Onion powder to taste
- Black pepper to taste
- No salt seasoning to taste

Directions:

Cook Thai noodles without seasonings, then chill noodles in cold water or on ice. Also chill ranch dressing and diced pickle. Put the chilled ranch dressing, chili seasoning, no salt seasoning, garlic powder, onion powder and dash of black pepper in a mug; stir well. Drain noodles, add salmon and pickles, then stir sauce into noodles. Sprinkle with black pepper and serve. You can spice the recipe up with a jalapeño or two. Enjoy! Makes one serving.



Pasta with Salmon in Dill Cream Sauce

*D. Keith Villyard
Mechler Unit*

Ingredients:

2 pks. salmon, drained
1 pk. Gouda cheese
1 pk. cream cheese
1 pickle, diced, juice reserved
1 jalapeño pepper, diced (optional)
1 spoonful onion powder
1 spoonful salt-free seasoning
1 spoonful black pepper
1 spoonful salt
6 spoonsful non-dairy creamer

Directions:

Salmon Dill Cream Sauce: Prepare non-dairy creamer by mixing six heaping spoonsful of creamer into one cup of hot water. Set aside.

Salmon: Mix salmon, Gouda cheese, cream cheese, diced pickle, pickle juice and jalapeño pepper with onion powder and salt-free seasoning. Slowly mix together with prepared creamer.

Pasta: Prepare one package of pasta shells with one spoonful salt. Cook until al dente (about four minutes). Drain and mix pasta with sauce. Garnish with black pepper and serve with saltine crackers.

Chow Down!

Sports View

2025 NFL Predictions Sure to Go Wrong

By William Hill | Staff Writer

This sports column represents the viewpoints of sports fan and sportswriter Will Hill, reflecting his opinions and observations. These opinions do not represent official opinions of TDCJ or of *The ECHO*. Enjoy them; respond to them. *The ECHO* welcomes your letters and input!

This is my favorite time of the year: the time of year when yours truly makes his annual predictions for the upcoming National Football League (NFL) season. It is like my birthday and all my favorite holidays rolled into one. As always, I will tell you exactly which teams will make the playoffs, which of those teams will advance to represent the American Football Conference (AFC) and the National Football Conference (NFC) in the title game and finally, which players will win major individual awards. Once again, if any of my predictions do not come to pass, it is not my skill as a prognosticator that should be questioned, but the effort of the teams and players.

NFC EAST

1. **Philadelphia Eagles** — Can Saquon Barkley produce another healthy season? If he can, the Eagles could “Tush Push” their way to another Super Bowl win.
2. **Washington Commanders** — Jayden Daniels had a great rookie season (12-5 record, 3,568 passing yards, 891 rushing yards, 25 touchdowns and only nine interceptions). Great, can he do it again?
3. **Dallas Cowboys** — The difference between Jerry Jones and other NFL owners is this: Jones wants sound bites; other owners want wins.
4. **New York Giants** — Head Coach Brian Daboll and General Manager Joe Schoen might want to wear flame retardant undergarments.

NFC NORTH

1. **Detroit Lions** — Must make the adjustment of losing both coordinators.
2. **Green Bay Packers** — To contend for the division title, the team must win more than one

game against their division foes.

3. **Minnesota Vikings** — Can J. J. McCarthy put up the numbers Sam Darnold did in 2024? Probably not.
4. **Chicago Bears** — Caleb Williams put up great numbers as a rookie (20 touchdowns, 3,541 passing yards and 489 rushing yards) but the team’s record was still 5-12.

NFC SOUTH

1. **Tampa Bay Buccaneers** — It only took four teams and seven seasons for Baker Mayfield to live up to the status of being drafted first overall by the Cleveland Browns in 2018.

2. **Atlanta Falcons** — What does \$100 million, guaranteed, buy you? In Atlanta, 14 starts, 303 completions, 3,508 yards with 18 touchdowns and 16 interceptions.

3. **New Orleans Saints** — Can Kellen Moore work his magic with quarterbacks Spencer Rattler or Tyler Shough?

4. **Carolina Panthers** — Bryce Young showed flashes of improvement in 2024, but the team is still a work in progress.

NFC WEST

1. **Los Angeles Rams** — Season rests on the wonky back of quarterback Matthew Stafford.

2. **Arizona Cardinals** — The Cardinals’ rookie class from 2024 was underwhelming to say the least. However, second-year wide receiver Marvin Harrison Jr. is poised for a breakout season in 2025.

3. **San Francisco 49ers** — Blow it up! The Super Bowl window has closed.

4. **Seattle Seahawks** — Head Coach Mike Macdonald has the team going in the right direction, but they are not there yet.



“You may snicker, giggle, laugh or guffaw at them, but one thing is certain: ... on Feb. 8, the Buffalo Bills will be the team standing with the Lombardi Trophy — unless they aren’t.”

AFC EAST

1. **Buffalo Bills** — Can quarterback Josh Allen repeat his MVP caliber season?
2. **New England Patriots** — Owner Robert Kraft turns to the past for future glory.
3. **Miami Dolphins** — How can a team with receivers Tyreek Hill and Jaylon Waddle finish middle of the pack in passing offense?
4. **New York Jets** — Replaced a four-time MVP quarterback with a journeyman who is on his third team in three years. Risky.

AFC NORTH

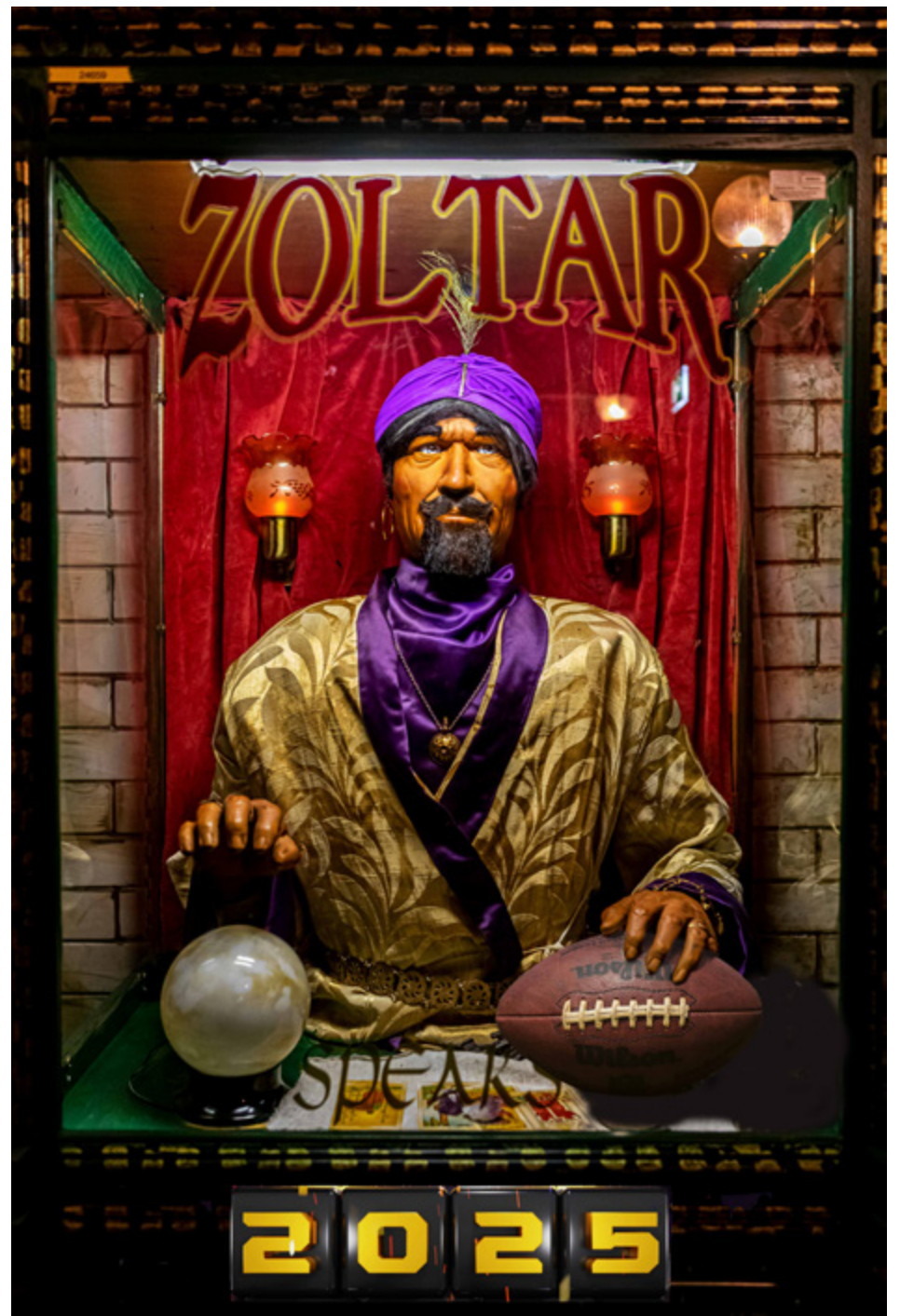
1. **Baltimore Ravens** — Can Lamar Jackson turn regular season dominance into postseason success?
2. **Pittsburgh Steelers** — Can Aaron Rodgers turn back the hands of time and help the Pittsburgh Steelers win more than one playoff game in a season?
3. **Cincinnati Bengals** — Quarterback Joe Burrow led the league in passing yards and touchdowns and wide receiver Ja'Marr Chase achieved the rare receiving triple crown (receptions, yards and touchdowns). Maybe the problem is on the other side of the ball?
4. **Cleveland Browns** — How long does Joe Flacco hold the starting quarterback position before the youngsters take over?

AFC SOUTH

1. **Houston Texans** — Is this the year that the Texans compete for the AFC championship?
2. **Jacksonville Jaguars** — Can Lawrence regain the form he had in 2022 when he led the team to the playoffs?
3. **Indianapolis Colts** — If this is a make it or break it year for Anthony Richardson, it is not starting well for the third-year quarterback since Daniel Jones was named week one starter.
4. **Tennessee Titans** — Okay, this is the year that the Titans finally got it right at quarterback? Right?

AFC WEST

1. **Kansas City Chiefs** — Get ready for more shots of Taylor Swift at Chiefs' games now that she and Travis Kelce are going to tie the knot.
2. **Los Angeles Chargers** — Year two of the Harbaugh era brings heightened expectations.
3. **Denver Broncos** — Will quarterback Bo Nix take the next step forward in his development or take a step back? The answer depends on whether the season is a success or disappointment.
4. **Oakland Raiders** — The Raiders have the two



biggest additions to the division in head coach Pete Carroll and rookie running back Ashton Jeante.

NFC Wild Cards

Green Bay Packers
Washington Commanders
Arizona Cardinals

AFC Wild Cards

Jacksonville Jaguars
Los Angeles Chargers
Denver Broncos

NFC Championship

Detroit Lions vs. Tampa Bay Buccaneers — The Lions' Jared Goff wins the Reclamation Bowl for two quarterbacks deemed busts by their original teams.

AFC Championship

Baltimore Ravens vs. Buffalo Bills — The Buffalo Bills' wins the Legacy Bowl for two quarterbacks attempting to cement their legacies.

Super Bowl

Buffalo Bills vs. Detroit Lions — Buffalo wins the match up of two teams that have never won a title.

Football is a team game, but teams are made up of individual players. Here is a look at my picks for the major awards for those individuals.

Offensive Rookie of the Year

Travis Hunter — WR/CB, Jacksonville Jaguars — Probably won't win it because he is not a quarterback, but he is the best player in this rookie class.

Defensive Rookie of the Year

Abdul Carter — Edge, New York Giants — Not only can Carter wreak havoc in the backfield — he can also drop in coverage.

Defensive Player of Year

Aidan Hutchinson — DL, Detroit Lions — He

probably would have won this award last year if he had not suffered a gruesome leg injury that ended his season.

Offensive Player of the Year

Lamar Jackson — Quarterback, Baltimore Ravens — The Ravens go only as far as Jackson takes them.

Most Valuable Player

Josh Allen — Quarterback, Buffalo Bills — Allen could become first quarterback to throw 20 touchdown passes and run for 20 touchdowns.

You can accept or take exception with my picks. You may snicker, giggle, laugh or guffaw at them, but one thing is certain: when the clock at Levi Stadium ticks down to triple zeros on Feb. 8, the Buffalo Bills will be the team standing with the Lombardi Trophy — unless they aren't. May your quarterbacks always throw perfect spirals. Happy football season, everybody! €

Note From The Editor:

Thank you for your many great comments concerning

The ECHO's new digital magazine format on the tablets!

FYI: Traditional newsprint issues are still being printed and delivered in smaller quantities to the units and to other interested stakeholders. For readers outside of TDCJ, such as family members, friends and others, *The ECHO* is now offered as a worldwide publication, available for free on the internet via the Windham School District and TDCJ websites: (at wsdtx.org and tdcj.texas.gov). Readers who search for “*The ECHO* Newspaper” will be treated to the latest edition and recent back issues. Please let your loved ones know this is where they will find news of your accomplishments and success stories, along with creative efforts, opportunities for growth and agency updates. They can see it at the same time as you!

The ECHO has been serving readers since 1928, bringing news and tools needed to change futures. We appreciate the unique opportunity to write and publish for the men and women of TDCJ — along with those who care about them.

Please keep writing! Your input is awaited, valued and enjoyed!

*Best regards always,
Bambi Kiser
Managing Editor
The ECHO*

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Windham Administration Building
Huntsville, TX 77342-0040*

ART EXPO



B. B. King | Robert Morgan
Graphite on Illustration Board | 11" x 14"

AWESOME

Want your craft shop goods featured in The ECHO? Request your unit's craft shop supervisor or the campus principal take a digital photo and email it to: Bambi.Kiser@wsdtx.org.

For regular artwork, send it to: The ECHO c/o Windham Admin. Bldg., P.O. Box 40, Huntsville, TX 77342-0040.

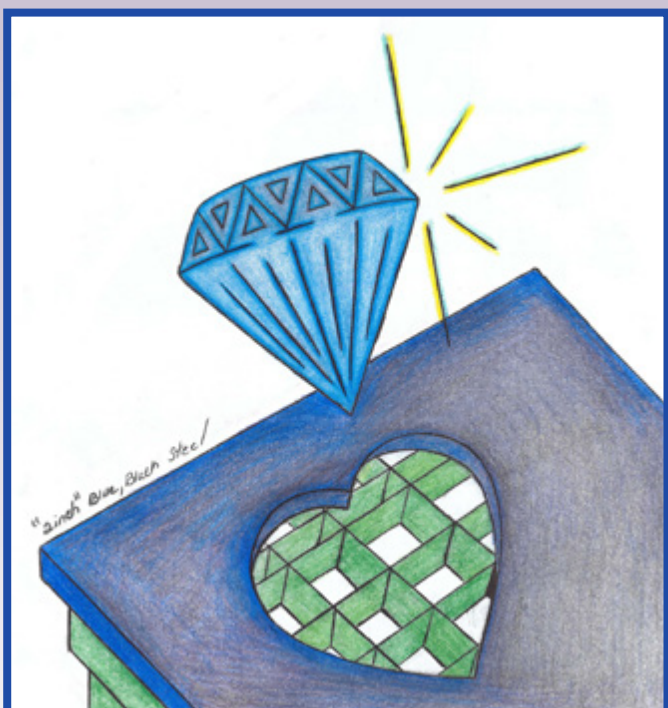
Drawing pads and/or illustration boards preferred. Half and quarter boards welcome. Artwork cannot be returned.



Check Mate | Heather Smith-Sell
Graphite & ink on Paper | 8.5" x 11"

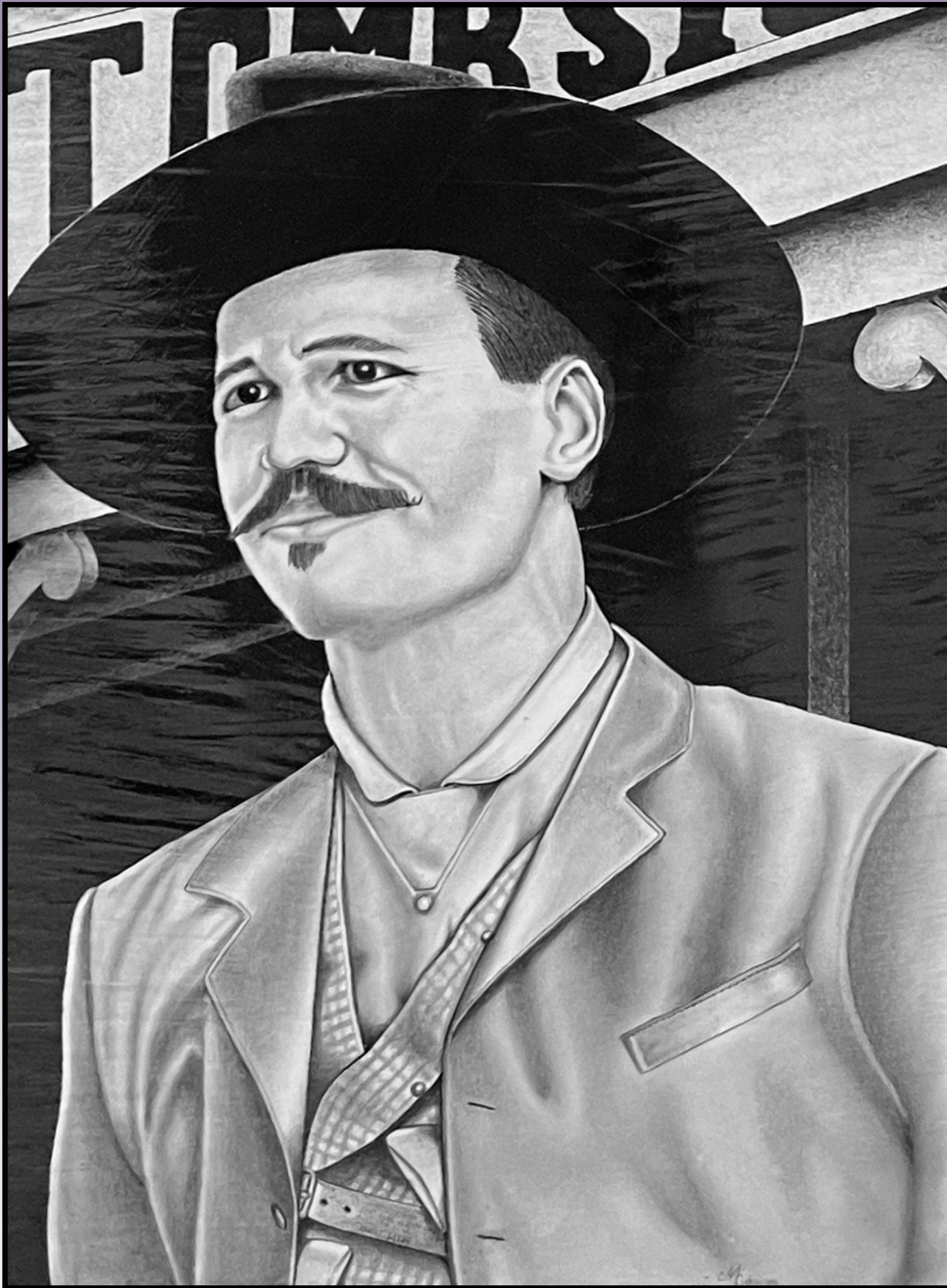


Emergence | Blandine Idumpon
Colored Pencils & Watercolors
on Paper | 9" x 12"

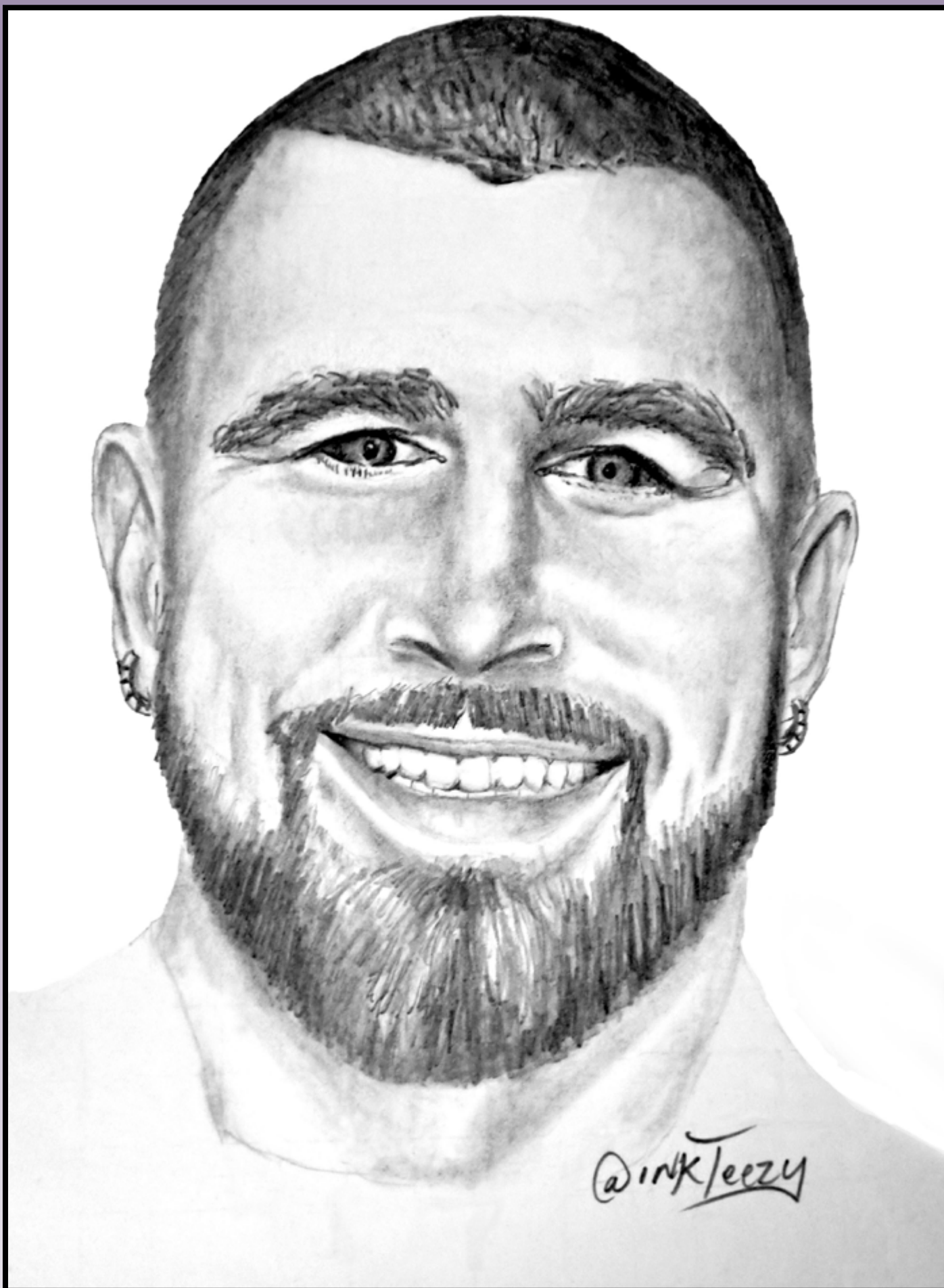


Diamond Cutting | Christopher Earl
Color Pencil & Ink on Paper | 8.5" x 11"
This artwork is being reprinted with the correct title and artist. We are sorry for the misattribution.

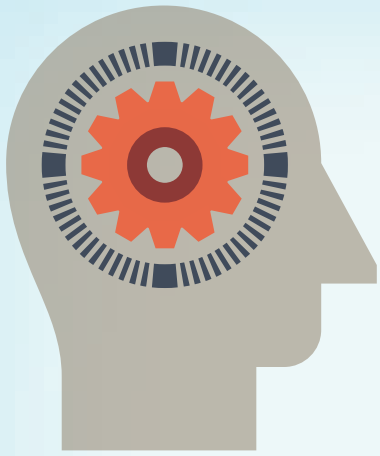
ART EXPO



Val Kilmer | Mark Menchaca
Graphite on Paper | 15" x 20"



Travis Kelce | Tyler Devich
Graphite on Illustration Board | 8.5" x 11"



The ECHO Puzzles & MindBenders

FOOL Words

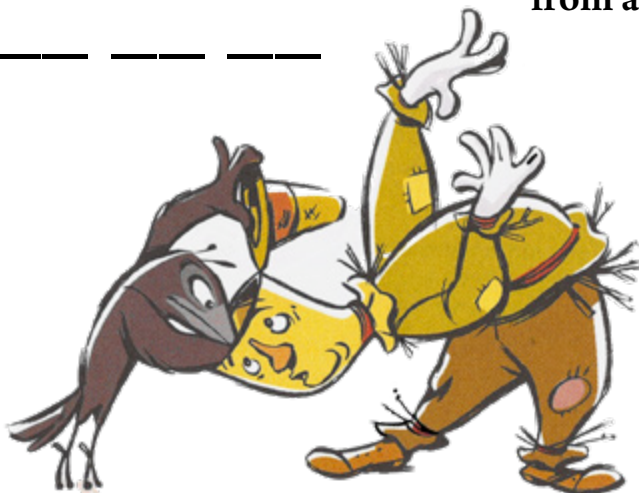
Every word in this list is missing the letters F-0-0-L.
Can you put those letters back (in any order) in the
spaces below to reveal a common English word?

1. ___ ___ L ___ ___ W
2. ___ ___ R ___ ___ RN
3. SP ___ ___ N ___ U ___
4. ___ ___ XH ___ ___ E
5. ___ A ___ SEH ___ ___ D
6. CHI ___ DPR ___ ___ ___

Do the Math!

Probability is the mathematical likelihood that a particular event will occur. For example, the probability of tossing a coin and having it land on heads is 1:2, or 50 percent. See if you can calculate these probabilities.

1. What is the probability of rolling one standard die and getting the number three?
2. What is the probability that you will pull a red card from a standard deck of 52 cards?
3. What is the probability that you will pull an ace from a standard deck of cards?
4. Which is more likely: tossing a coin and getting heads, or pulling a red card from a deck of cards?



THE NAME OF THE GAME

Can you fill in the missing first name or surname from each saying or idiom?

1. The real _____
2. _____ horse
3. _____ club
4. _____ on the spot
5. Smart _____

A Potpourri of Nicknames

Can you identify these people, places and things by their nicknames?

1. The Tube _____
2. Soup Strainer _____
3. Hero of New Orleans _____
4. Old Glory _____
5. Lady Lindy _____

IS OR ISN'T ?

In this game, you have to find the one item in each list that is — or isn't — what we say it is ... or isn't.

1. Which of the following isn't ... a Native American tribe?

- | | |
|-------------|--------------|
| a. Shoshone | b. Nez Perce |
| c. Mezquita | d. Clackamas |

2. Which of the following isn't ... a cheese?

- | | |
|-------------|-------------|
| a. Burrata | b. Cimarron |
| c. Halloumi | d. Fontina |

3. Which of the following isn't ... a mammal?

- | | |
|------------|----------|
| a. Dolphin | b. Rat |
| c. Moose | d. Shark |

4. Which of the following is ... a geometrical shape?

- | | |
|-------------|------------|
| a. Hexapod | b. Trilogy |
| c. Pentagon | d. Octavo |





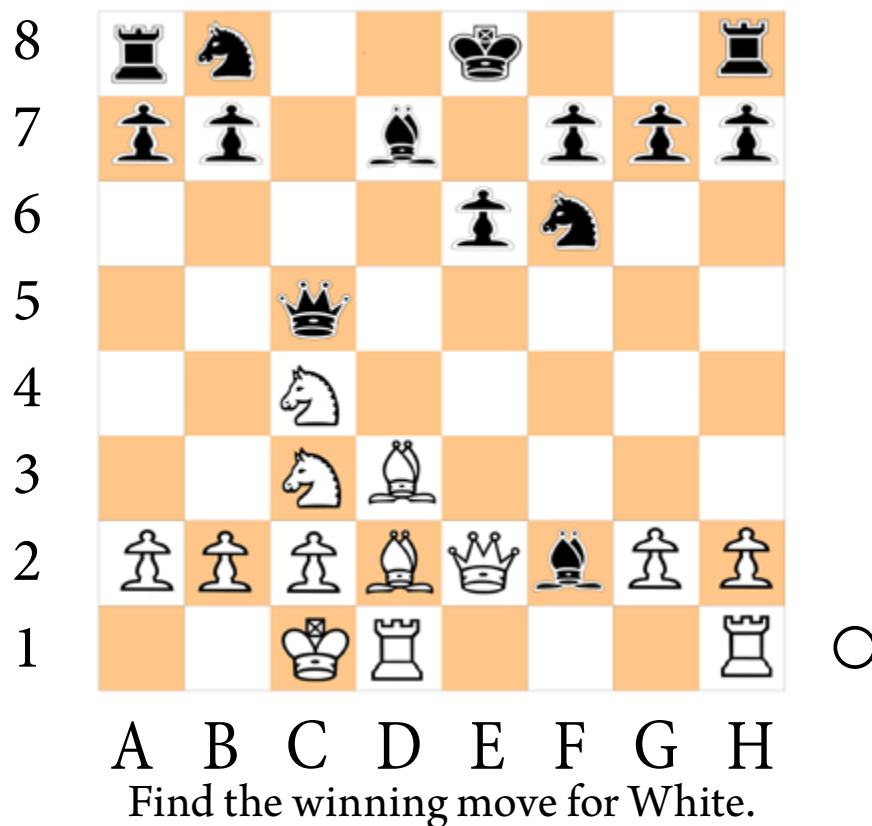
Symbols

X	capture
+	check
#	checkmate
!	good move
!!	brilliant move
?	bad move
??	blunder
1-0	White wins the game
0-1	Black wins the game

Chess Tactics Exercises
from Tournament Games
by Sam Cicero 2017
<http://cicerochess.com>.

The goal of this exercise is to find the best first move, together with the subsequent moves, that lead to an advantage for the superior side. There is only one apparent best first move for this exercise. However, there may be several moves for the second and later moves that are equally as good. All of the choices are acceptable as solutions.

The game scores use standard algebraic notation. The following symbols are also used. The side to move on a diagram is denoted by a white or black circle on the side of the diagram.



Frequently Asked Chess Questions:

What are some good opening principles for me to know so that I may utilize openings better.

Control the center. The four squares e4, e5, d4 and d5 comprise the center, and the player who controls it, either by occupying it with pawns or attacking it with pieces, will generally have an advantage. Develop your pieces as rapidly as possible. In the opening, every move you make should either be developing a piece by moving it off its starting square, or clearing the way to develop a piece. 1. e4 is a very popular opening move, because it accomplishes each of these objectives, by occupying the center with a pawn, and also clearing the way for both the bishop on f1 and the queen on d1 to move. Develop knights before bishops. Bishops can travel clear across the board in one move, while knights are much slower, hopping over just a couple squares at a time. So knights need to get moving early. In addition, knights have what is known as natural developing squares, which are f3 and c3 for White, f6 and c6 for Black. From these squares the knight attacks two center squares. Therefore, while

you'll have a pretty good idea of a good square to develop your knights with, it may not be so clear what the best spot is for the bishops. So it's best to put the knights on their natural squares, and await further developments before deciding where to place the bishops. Avoid moving the same piece twice in the opening. Doing so can lead to falling behind in development. Avoid bringing the queen out early. Since the queen is such a valuable piece, bringing it out early can allow your opponent to attack it with natural developing moves. For example, after 1.e4, e5; 2.d4, ed; 3.Qxd4, black can develop his knight on b8 and simultaneously attack the white queen with 3 ... Nc6, gaining time by forcing the queen to move again. Keep in mind that these are merely guidelines. There are many well respected openings which violate one or more of them, and you will frequently find games played by very strong players which violate them. But as general principles, they are useful tools to help you achieve a playable middle game out of the opening.

What Do They Have in Common?

Each question contains a list of several items. Can you figure out what they have in common?

- 1. Burr, Barkley, Humphrey and Rockefeller _____
- 2. Acute, right and obtuse _____
- 3. "Night Watch," "Water Lilies," "The Starry Night" and "American Gothic" _____
- 4. "The Sleeper," "Around the World" and "Walk the Dog" _____
- 5. A tree, a bank and a library _____
- 6. Tiger, panda and mako shark _____
- 7. Locks, a typewriter and music _____
- 8. Gaeta, Spanish and kalamata _____
- 9. Zippers, combs, gears, a saw and a shark _____
- 10. Kampuchea, Ceylon, Siam and Burma _____
- 11. Report cards, a slope, an elementary school and meat _____
- 12. Wombat, wallaby, possum and kangaroo _____
- 13. A book, a property owner, a song and Queen Elizabeth _____

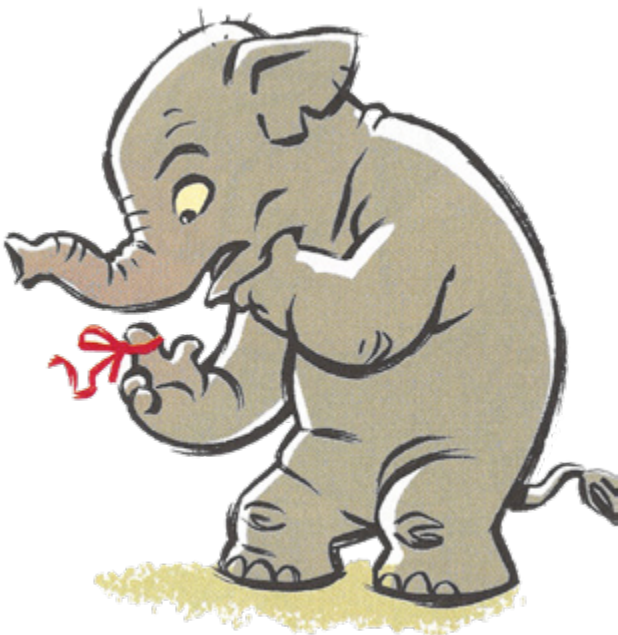


Riddle Me This

Classic riddles like this one are easier to solve if you think outside the box.



During what month do people sleep the least?





Puzzle Solutions

Riddle Me This

February

Do the Math!

1. 1:6 (There are six sides/ numbers to a die).
2. 1:2 (26 out of 52).
3. 1:13 (4 out of 52).
4. They are equally likely. You have a 50-50 chance of tossing a coin and getting heads, and you have a 50-50 chance of pulling a red card from a deck of 52 cards.

A Potpourri of Nicknames

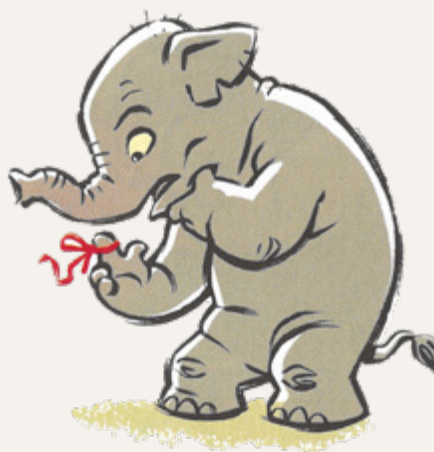
1. The London Metro, TV
2. Mustache
3. President Andrew Jackson
4. The American flag
5. Amelia Earhart

Is or Isn't?

1. (c) Mezquita (which is the Spanish word for mosque)
2. (b) Cimarron
3. (d) Shark
4. (c) Pentagon

FOOL Words

1. Follow
2. Forlorn
3. Spoonful
4. Foxhole
5. Falsehood
6. Childproof



CHESS Solution

Answer: 1. b4!.

1.b4! Qd4

Not 1... Qxb4?? 2.Qxf2+-.

2.Rhfl b5

Black's bishop is under threat.

2 ... Bh4 3.Rf4+- doesn't help.

3.Nb2

The bishop is now lost.

3 ... 0-0 4.Qxf2 Qxb4 5.Nd5!

1-0

Game reference: Gonzalez Hernandez (2146) – Almeria Vivo (2183), Barcelona, 2016.

What Do They Have in Common?

1. They were all vice presidents of the United States.
2. They are all names of angles.
3. They are all famous paintings. ("Night Watch" by Rembrandt, "Water Lilies" by Monet, "The Starry Night" by Van Gogh, and "American Gothic" by Grant Wood).
4. They are all yo-yo tricks.
5. They all have branches.
6. They are all endangered species. (In fact, they are on the World Wildlife Fund's list of ten most endangered animals).
7. They all have keys.
8. They are all types of olives.
9. They all have teeth.
10. They are all countries that changed their names. (Kampuchea is now called Cambodia; Ceylon is now Sri Lanka; Siam is now Thailand; and Burma is now called Myanmar).
11. They all have grades.
12. They are all marsupials (mammals that raise their young in a pouch).
13. They all have titles.



The Name of the Game

1. McCoy
2. Charley
3. Billy
4. Johnny
5. Alec



Home games are in ALL CAPS

DALLAS COWBOYS

Sept. 4	at Philadelphia	7:20 p.m.	NBC
Sept. 14	N.Y. GIANTS	12:00 p.m.	FOX
Sept. 21	at Chicago	3:25 p.m.	FOX
Sept. 28	GREEN BAY	7:20 p.m.	NBC
Oct. 5	at N.Y. Jets	12:00 p.m.	FOX
Oct. 12	at Carolina	12:00 p.m.	FOX
Oct. 19	WASHINGTON	3:25 p.m.	FOX
Oct. 26	at Denver	3:25 p.m.	CBS
Nov. 3	ARIZONA	7:15 p.m.	ABC/ESPN
Nov. 9	BYE		
Nov. 17	at Las Vegas	7:15 p.m.	ABC/ESPN
Nov. 23	PHILADELPHIA	3:25 p.m.	FOX
Nov. 27	KANSAS CITY	3:30 p.m.	CBS
Dec. 4	at Detroit	7:15 p.m.	PRIME
Dec. 14	MINNESOTA	7:20 p.m.	NBC
Dec. 21	L.A. CHARGERS	12:00 p.m.	FOX
Dec. 25	at Washington	12:00 p.m.	NETFLIX
TBD	at N.Y. Giants	TBD	TBD

HOUSTON TEXANS

Sept. 7	at L.A. Rams	3:25 p.m.	CBS
Sept. 15	TAMPA BAY	6:00 p.m.	ABC
Sept. 21	at Jacksonville	12:00 p.m.	CBS
Sept. 28	TENNESSEE	12:00 p.m.	CBS
Oct. 5	at Baltimore	12:00 p.m.	CBS
Oct. 12	BYE		
Oct. 20	at Seattle	9:00 p.m.	ESPN+
Oct. 26	SAN FRANCISCO	12:00 p.m.	FOX
Nov. 2	DENVER	12:00 p.m.	FOX
Nov. 9	JACKSONVILLE	12:00 p.m.	CBS
Nov. 16	at Tennessee	12:00 p.m.	FOX
Nov. 20	BUFFALO	7:15 p.m.	PRIME
Nov. 30	at Indianapolis	12:00 p.m.	CBS
Dec. 7	at Kansas City	7:20 p.m.	NBC
Dec. 14	ARIZONA	12:00 p.m.	FOX
Dec. 21	LAS VEGAS	3:25 p.m.	CBS
TBD	at L.A. Chargers	TBD	TBD
TBD	INDIANAPOLIS	TBD	TBD

ARIZONA CARDINALS

Sept. 7	at New Orleans	12:00 p.m.
Sept. 14	CAROLINA	3:05 p.m.
Sept. 21	at San Francisco	3:25 p.m.
Sept. 25	SEATTLE	7:15 p.m.
Oct. 5	TENNESSEE	3:05 p.m.
Oct. 12	at Indianapolis	12:00 p.m.
Oct. 19	GREEN BAY	3:25 p.m.
Oct. 26	BYE	
Nov. 3	at Dallas	7:15 p.m.
Nov. 9	at Seattle	3:05 p.m.
Nov. 16	SAN FRANCISCO	3:05 p.m.
Nov. 23	JACKSONVILLE	3:05 p.m.
Nov. 30	at Tampa Bay	12:00 p.m.
Dec. 7	L.A. RAMS	3:25 p.m.
Dec. 14	at Houston	12:00 p.m.
Dec. 21	ATLANTA	3:05 p.m.
TBD	at Cincinnati	TBD
TBD	at L.A. Rams	TBD

ATLANTA FALCONS

Sept. 7	TAMPA BAY	12:00 p.m.
Sept. 14	at Minnesota	7:20 p.m.
Sept. 21	at Carolina	12:00 p.m.
Sept. 28	WASHINGTON	12:00 p.m.
Oct. 5	BYE	
Oct. 13	BUFFALO	6:15 p.m.
Oct. 19	at San Francisco	7:20 p.m.
Oct. 26	MIAMI	12:00 p.m.
Nov. 2	at New England	12:00 p.m.
Nov. 9	Indianapolis	8:30 a.m.
Nov. 16	CAROLINA	12:00 p.m.
Nov. 23	at New Orleans	3:25 p.m.
Nov. 30	at N.Y. Jets	12:00 p.m.
Dec. 7	SEATTLE	12:00 p.m.
Dec. 11	at Tampa Bay	7:15 p.m.
Dec. 21	at Arizona	3:05 p.m.
Dec. 29	L.A. RAMS	7:15 p.m.
TBD	NEW ORLEANS	TBD

BALTIMORE RAVENS

Sept. 7	at Buffalo	7:20 p.m.
Sept. 14	CLEVELAND	12:00 p.m.
Sept. 22	DETROIT	7:15 p.m.
Sept. 28	at Kansas City	3:25 p.m.
Oct. 5	HOUSTON	12:00 p.m.
Oct. 12	L.A. RAMS	12:00 p.m.
Oct. 19	BYE	
Oct. 26	CHICAGO	12:00 p.m.
Oct. 30	at Miami	7:15 p.m.
Nov. 9	at Minnesota	12:00 p.m.
Nov. 16	at Cleveland	3:25 p.m.
Nov. 23	N.Y. JETS	12:00 p.m.
Nov. 27	CINCINNATI	7:20 p.m.
Dec. 7	PITTSBURGH	12:00 p.m.
Dec. 14	at Cincinnati	12:00 p.m.
Dec. 21	NEW ENGLAND	12:00 p.m.
TBD	at Green Bay	TBD
TBD	at Pittsburgh	TBD



BUFFALO BILLS

Sept. 7	BALTIMORE	7:20 p.m.
Sept. 14	at N.Y. Jets	12:00 p.m.
Sept. 18	MIAMI	7:15 p.m.
Sept. 28	NEW ORLEANS	12:00 p.m.
Oct. 5	NEW ENGLAND	7:20 p.m.
Oct. 13	at Atlanta	6:15
Oct. 19	BYE	
Oct. 26	at Carolina	12:00 p.m.
Nov. 2	KANSAS CITY	3:25 p.m.
Nov. 9	at Miami	12:00 p.m.
Nov. 16	TAMPA BAY	12:00 p.m.
Nov. 20	at Houston	7:15 p.m.
Nov. 30	at Pittsburgh	3:25 p.m.
Dec. 7	CINCINNATI	3:25 p.m.
Dec. 14	at New England	12:00 p.m.
Dec. 21	at Cleveland	12:00 p.m.
Dec. 28	PHILADELPHIA	3:25 p.m.
TBD	N.Y. JETS	TBD

CAROLINA PANTHERS

Sept. 7	at Jacksonville	12:00 p.m.
Sept. 14	at Arizona	3:05 p.m.
Sept. 21	ATLANTA	12:00 p.m.
Sept. 28	at New England	12:00 p.m.
Oct. 5	MIAMI	12:00 p.m.
Oct. 12	DALLAS	12:00 p.m.
Oct. 19	at N.Y. Jets	12:00 p.m.
Oct. 26	BUFFALO	12:00 p.m.
Nov. 2	at Green Bay	12:00 p.m.
Nov. 9	NEW ORLEANS	12:00 p.m.
Nov. 16	at Atlanta	12:00 p.m.
Nov. 24	at San Francisco	7:15 p.m.
Nov. 30	L.A. RAMS	12:00 p.m.
Dec. 7	BYE	
Dec. 14	at New Orleans	3:25 p.m.
Dec. 21	TAMPA BAY	12:00 p.m.
TBD	SEATTLE	TBD
TBD	at Tampa Bay	TBD

CHICAGO BEARS

Sept.8	MINNESOTA	7:15 p.m.
Sept. 14	at Detroit	12:00 p.m.
Sept. 21	DALLAS	3:25 p.m.
Sept. 28	at Las Vegas	3:25 p.m.
Oct. 5	BYE	
Oct. 13	at Washington	7:15 p.m.
Oct. 19	NEW ORLEANS	12:00 p.m.
Oct. 26	at Baltimore	12:00 p.m.
Nov. 2	at Cincinnati	12:00 p.m.
Nov. 9	N.Y. GIANTS	12:00 p.m.
Nov. 16	at Minnesota	12:00 p.m.
Nov. 23	PITTSBURGH	12:00 p.m.
Nov. 28	at Philadelphia	2:00
Dec. 7	at Green Bay	12:00 p.m.
Dec. 14	CLEVELAND	12:00 p.m.
Dec. 20	GREEN BAY	TBD
Dec. 28	at San Francisco	7:20 p.m.
TBD	DETROIT	TBD

CINCINNATI BENGALS

Sept. 7	at Cleveland	12:00 p.m.
Sept. 14	JACKSONVILLE	12:00 p.m.
Sept. 21	at Minnesota	12:00 p.m.
Sept. 29	at Denver	7:15 p.m.
Oct. 5	DETROIT	3:25 p.m.
Oct. 12	at Green Bay	3:25 p.m.
Oct. 16	PITTSBURGH	7:15 p.m.
Oct. 26	N.Y. JETS	12:00 p.m.
Nov. 2	CHICAGO	12:00 p.m.
Nov. 9	BYE	
Nov. 16	at Pittsburgh	12:00 p.m.
Nov. 23	NEW ENGLAND	12:00 p.m.
Nov. 27	at Baltimore	7:20 p.m.
Dec. 7	at Buffalo	3:25 p.m.
Dec. 14	BALTIMORE	12:00 p.m.
Dec. 21	at Miami	7:20 p.m.
TBD	ARIZONA	TBD
TBD	CLEVELAND	TBD



CLEVELAND BROWNS

Sept. 7	CINCINNATI	12:00 p.m.
Sept. 14	at Baltimore	12:00 p.m.
Sept. 21	GREEN BAY	12:00 p.m.
Sept. 28	at Detroit	12:00 p.m.
Oct. 5	Minnesota	8:30 a.m.
Oct. 12	at Pittsburgh	12:00 p.m.
Oct. 19	MIAMI	12:00 p.m.
Oct. 26	at New England	12:00 p.m.
Nov. 2	BYE	
Nov. 9	at N.Y. Jets	12:00 p.m.
Nov. 16	BALTIMORE	3:25 p.m.
Nov. 23	at Las Vegas	3:05 p.m.
Nov. 30	SAN FRANCISCO	12:00 p.m.
Dec. 7	TENNESSEE	12:00 p.m.
Dec. 14	at Chicago	12:00 p.m.
Dec. 21	BUFFALO	12:00 p.m.
Dec. 28	PITTSBURGH	12:00 p.m.
TBD	at Cincinnati	TBD

DENVER BRONCOS

Sept. 7	TENNESSEE	3:05 p.m.
Sept. 14	at Indianapolis	3:05 p.m.
Sept. 21	at L.A. Chargers	3:05 p.m.
Sept. 29	CINCINNATI	7:15 p.m.
Oct. 5	at Philadelphia	12:00 p.m.
Oct. 12	N.Y. Jets	8:30 a.m.
Oct. 19	N.Y. GIANTS	3:05 p.m.
Oct. 26	DALLAS	3:25 p.m.
Nov. 2	at Houston	12:00 p.m.
Nov. 6	LAS VEGAS	7:15 p.m.
Nov. 16	KANSAS CITY	3:25 p.m.
Nov. 23	BYE	
Nov. 30	at Washington	7:20 p.m.
Dec. 7	at Las Vegas	3:05 p.m.
Dec. 14	GREEN BAY	3:25 p.m.
Dec. 21	JACKSONVILLE	3:05 p.m.
Dec. 25	at Kansas City	7:15 p.m.
TBD	L.A. CHARGERS	TBD

DETROIT LIONS

Sept. 7	at Green Bay	3:25 p.m.
Sept. 14	CHICAGO	12:00 p.m.
Sept. 22	at Baltimore	7:15 p.m.
Sept. 28	CLEVELAND	12:00 p.m.
Oct. 5	at Cincinnati	3:25 p.m.
Oct. 12	at Kansas City	7:20 p.m.
Oct. 20	TAMPA BAY	6:00 p.m.
Oct. 26	BYE	
Nov. 2	MINNESOTA	12:00 p.m.
Nov. 9	at Washington	3:25 p.m.
Nov. 16	at Philadelphia	7:20 p.m.
Nov. 23	N.Y. GIANTS	12:00 p.m.
Nov. 27	GREEN BAY	12:00 p.m.
Dec. 4	DALLAS	7:15 p.m.
Dec. 14	at L.A. Rams	3:25 p.m.
Dec. 21	PITTSBURGH	3:25 p.m.
Dec. 25	at Minnesota	3:30
TBD	at Chicago	TBD



GREEN BAY PACKERS

Sept. 7	DETROIT	3:25 p.m.
Sept. 11	WASHINGTON	7:15 p.m.
Sept. 21	at Cleveland	12:00 p.m.
Sept. 28	at Dallas	7:20 p.m.
Oct. 5	BYE	
Oct. 12	CINCINNATI	3:25 p.m.
Oct. 19	at Arizona	3:25 p.m.
Oct. 26	at Pittsburgh	7:20 p.m.
Nov. 2	CAROLINA	12:00 p.m.
Nov. 10	PHILADELPHIA	7:15 p.m.
Nov. 16	at N.Y. Giants	12:00 p.m.
Nov. 23	MINNESOTA	12:00 p.m.
Nov. 27	at Detroit	12:00 p.m.
Dec. 7	CHICAGO	12:00 p.m.
Dec. 14	at Denver	3:25 p.m.
Dec. 20	at Chicago	TBD
TBD	BALTIMORE	TBD
TBD	at Minnesota	TBD

INDIANAPOLIS COLTS

Sept. 7	MIAMI	12:00 p.m.
Sept. 14	DENVER	3:05 p.m.
Sept. 21	at Tennessee	12:00 p.m.
Sept. 28	at L.A. Rams	3:05 p.m.
Oct. 5	LAS VEGAS	12:00 p.m.
Oct. 12	ARIZONA	12:00 p.m.
Oct. 19	at L.A. Chargers	3:05 p.m.
Oct. 26	TENNESSEE	3:25 p.m.
Nov. 2	at Pittsburgh	12:00 p.m.
Nov. 9	Atlanta	8:30 a.m.
Nov. 16	BYE	
Nov. 23	at Kansas City	12:00 p.m.
Nov. 30	HOUSTON	12:00 p.m.
Dec. 7	at Jacksonville	12:00 p.m.
Dec. 14	at Seattle	3:25 p.m.
Dec. 22	SAN FRANCISCO	7:15 p.m.
Dec. 28	JACKSONVILLE	12:00 p.m.
TBD	at Houston	TBD

JACKSONVILLE JAGUARS

Sept. 7	CAROLINA	12:00 p.m.
SEPT. 14	at Cincinnati	12:00 p.m.
Sept. 21	HOUSTON	12:00 p.m.
Sept. 28	at San Francisco	3:05 p.m.
Oct. 6	KANSAS CITY	7:15 p.m.
Oct. 12	SEATTLE	12:00 p.m.
Oct. 19	L.A. Rams	8:30 a.m.
Oct. 26	BYE	
Nov. 2	at Las Vegas	3:05 p.m.
Nov. 9	at Houston	12:00 p.m.
Nov. 16	L.A. CHARGERS	12:00 p.m.
Nov. 23	at Arizona	3:05 p.m.
Nov. 30	at Tennessee	12:00 p.m.
Dec. 7	INDIANAPOLIS	12:00 p.m.
Dec. 14	N.Y. JETS	12:00 p.m.
Dec. 21	at Denver	3:05 p.m.
Dec. 28	at Indianapolis	12:00 p.m.
TBD	TENNESSEE	TBD

KANSAS CITY CHIEFS

Sept. 5	L.A. Chargers	7:00 p.m.
Sept. 14	PHILADELPHIA	3:25 p.m.
Sept. 21	at N.Y. Giants	7:20 p.m.
Sept. 28	BALTIMORE	3:25 p.m.
Oct. 6	at Jacksonville	7:15 p.m.
Oct. 12	DETROIT	7:20 p.m.
Oct. 19	LAS VEGAS	12:00 p.m.
Oct. 27	WASHINGTON	7:15 p.m.
Nov. 2	at Buffalo	3:25 p.m.
Nov. 9	BYE	
Nov. 16	at Denver	3:25 p.m.
Nov. 23	INDIANAPOLIS	12:00 p.m.
Nov. 27	at Dallas	3:30 p.m.
Dec. 7	HOUSTON	7:20 p.m.
Dec. 14	L.A. CHARGERS	12:00 p.m.
Dec. 21	at Tennessee	12:00 p.m.
Dec. 25	DENVER	7:15 p.m.
TBD	at Las Vegas	TBD

LAS VEGAS RAIDERS

Sept. 7	at New England	12:00 p.m.
Sept. 15	L.A. CHARGERS	9:00 p.m.
Sept. 21	at Washington	12:00 p.m.
Sept. 28	CHICAGO	3:25 p.m.
Oct. 5	at Indianapolis	12:00 p.m.
Oct. 12	TENNESSEE	3:05 p.m.
Oct. 19	at Kansas City	12:00 p.m.
Oct. 26	BYE	
Nov. 2	JACKSONVILLE	3:05 p.m.
Nov. 6	at Denver	7:15 p.m.
Nov. 17	DALLAS	7:15 p.m.
Nov. 23	CLEVELAND	3:05 p.m.
Nov. 30	at L.A. Chargers	3:25 p.m.
Dec. 7	DENVER	3:05 p.m.
Dec. 14	at Philadelphia	12:00 p.m.
Dec. 21	at Houston	3:25 p.m.
TBD	N.Y. GIANTS	TBD
TBD	KANSAS CITY	TBD



LOS ANGELES CHARGERS

Sept. 5	Kansas City	7:00 p.m.
Sept. 15	at Las Vegas	9:00 p.m.
Sept. 21	DENVER	3:05 p.m.
Sept. 28	at N.Y. Giants	12:00 p.m.
Oct. 5	WASHINGTON	3:25 p.m.
Oct. 12	at Miami	12:00 p.m.
Oct. 19	INDIANAPOLIS	3:05 p.m.
Oct. 23	MINNESOTA	7:15 p.m.
Nov. 2	at Tennessee	12:00 p.m.
Nov. 9	PITTSBURGH	7:20 p.m.
Nov. 16	at Jacksonville	12:00 p.m.
Nov. 23	BYE	
Nov. 30	LAS VEGAS	3:25 p.m.
Dec. 8	PHILADELPHIA	7:15 p.m.
Dec. 14	at Kansas City	12:00 p.m.
Dec. 21	at Dallas	12:00 p.m.
TBD	HOUSTON	TBD
TBD	at Denver	TBD

LOS ANGELES RAMS

Sept. 7	HOUSTON	3:25 p.m.
Sept. 14	at Tennessee	12:00 p.m.
Sept. 21	at Philadelphia	12:00 p.m.
Sept. 28	INDIANAPOLIS	3:05 p.m.
Oct. 2	SAN FRANCISCO	7:15 p.m.
Oct. 12	at Baltimore	12:00 p.m.
Oct. 19	Jacksonville	8:30 a.m.
Oct. 26	BYE	
Nov. 2	NEW ORLEANS	3:05 p.m.
Nov. 9	at San Francisco	3:25 p.m.
Nov. 16	SEATTLE	3:05 p.m.
Nov. 23	TAMPA BAY	7:20 p.m.
Nov. 30	at Carolina	12:00 p.m.
Dec. 7	at Arizona	3:25 p.m.
Dec. 14	DETROIT	3:25 p.m.
Dec. 18	at Seattle	7:15 p.m.
Dec. 29	at Atlanta	7:15 p.m.
TBD	ARIZONA	TBD

MIAMI DOLPHINS

Sept. 7	at Indianapolis	12:00 p.m.
Sept. 14	NEW ENGLAND	12:00 p.m.
Sept. 18	at Buffalo	7:15 p.m.
Sept. 29	N.Y. JETS	6:15 p.m.
Oct. 5	at Carolina	12:00 p.m.
Oct. 12	L.A. CHARGERS	12:00 p.m.
Oct. 19	at Cleveland	12:00 p.m.
Oct. 26	at Atlanta	12:00 p.m.
Oct. 30	BALTIMORE	7:15 p.m.
Nov. 9	BUFFALO	12:00 p.m.
Nov. 16	Washington	8:30 a.m.
Nov. 23	BYE	
Nov. 30	NEW ORLEANS	12:00 p.m.
Dec. 7	at N.Y. Jets	12:00 p.m.
Dec. 15	at Pittsburgh	7:15 p.m.
Dec. 21	CINCINNATI	7:20 p.m.
Dec. 28	TAMPA BAY	12:00 p.m.
TBD	at New England	TBD

MINNESOTA VIKINGS

Sept. 8	at Chicago	7:15 p.m.
Sept. 14	ATLANTA	7:20 p.m.
Sept. 21	CINCINNATI	12:00 p.m.
Sept. 28	Pittsburgh	8:30 a.m.
Oct. 5	Cleveland	8:30 a.m.
Oct. 12	BYE	
Oct. 19	PHILADELPHIA	12:00 p.m.
Oct. 23	at L.A. Chargers	7:15 p.m.
Nov. 2	at Detroit	12:00 p.m.
Nov. 9	BALTIMORE	12:00 p.m.
Nov. 16	CHICAGO	12:00 p.m.
Nov. 23	at Green Bay	12:00 p.m.
Nov. 30	at Seattle	3:05 p.m.
Dec. 7	WASHINGTON	12:00 p.m.
Dec. 14	at Dallas	7:20 p.m.
Dec. 21	at N.Y. Giants	12:00 p.m.
Dec. 25	DETROIT	3:30 p.m.
TBD	GREEN BAY	TBD

NEW ENGLAND PATRIOTS

Sept. 7	LAS VEGAS	12:00 p.m.
Sept. 14	at Miami	12:00 p.m.
Sept. 21	PITTSBURGH	12:00 p.m.
Sept. 28	CAROLINA	12:00 p.m.
Oct. 5	at Buffalo	7:20 p.m.
Oct. 12	at New Orleans	3:25 p.m.
Oct. 19	at Tennessee	12:00 p.m.
Oct. 26	CLEVELAND	12:00 p.m.
Nov. 2	ATLANTA	12:00 p.m.
Nov. 9	at Tampa Bay	12:00 p.m.
Nov. 13	N.Y. JETS	7:15 p.m.
Nov. 23	at Cincinnati	12:00 p.m.
Dec. 1	N.Y. GIANTS	7:15 p.m.
Dec. 7	BYE	
Dec. 14	BUFFALO	12:00 p.m.
Dec. 21	at Baltimore	12:00 p.m.
Dec. 28	at N.Y. Jets	12:00 p.m.
TBD	MIAMI	TBD

NEW ORLEANS SAINTS

Sept. 7	ARIZONA	12:00 p.m.
Sept. 14	SAN FRANCISCO	12:00 p.m.
Sept. 21	at Seattle	3:05 p.m.
Sept. 28	at Buffalo	12:00 p.m.
Oct. 5	N.Y. GIANTS	12:00 p.m.
Oct. 12	NEW ENGLAND	3:25 p.m.
Oct. 19	at Chicago	12:00 p.m.
Oct. 26	TAMPA BAY	3:05 p.m.
Nov. 2	at L.A. Rams	3:05 p.m.
Nov. 9	at Carolina	12:00 p.m.
Nov. 16	BYE	
Nov. 23	ATLANTA	3:25 p.m.
Nov. 30	at Miami	12:00 p.m.
Dec. 7	at Tampa Bay	12:00 p.m.
Dec. 14	CAROLINA	3:25 p.m.
Dec. 21	N.Y. JETS	12:00 p.m.
Dec. 28	at Tennessee	12:00 p.m.
TBD	at Atlanta	TBD





NEW YORK GIANTS

Sept. 7	at Washington	12:00 p.m.
Sept. 14	at Dallas	12:00 p.m.
Sept. 21	KANSAS CITY	7:20 p.m.
Sept. 28	L.A. CHARGERS	12:00 p.m.
Oct. 5	at New Orleans	12:00 p.m.
Oct. 9	PHILADELPHIA	7:15 p.m.
Oct. 19	at Denver	3:05 p.m.
Oct. 26	at Philadelphia	12:00 p.m.
Nov. 2	SAN FRANCISCO	12:00 p.m.
Nov. 9	at Chicago	12:00 p.m.
Nov. 16	GREEN BAY	12:00 p.m.
Nov. 23	at Detroit	12:00 p.m.
Dec. 1	at New England	7:15 p.m.
Dec. 7	BYE	
Dec. 14	WASHINGTON	12:00 p.m.
Dec. 21	MINNESOTA	12:00 p.m.
TBD	at Las Vegas	TBD
TBD	DALLAS	TBD

NEW YORK JETS

Sept. 7	PITTSBURGH	12:00 p.m.
Sept. 14	BUFFALO	12:00 p.m.
Sept. 21	at Tampa Bay	12:00 p.m.
Sept. 29	at Miami	6:15 p.m.
Oct. 5	DALLAS	12:00 p.m.
Oct. 12	Denver	8:30 a.m.
Oct. 19	CAROLINA	12:00 p.m.
Oct. 26	at Cincinnati	12:00 p.m.
Nov. 2	BYE	
Nov. 9	CLEVELAND	12:00 p.m.
Nov. 13	at New England	7:15 p.m.
Nov. 23	at Baltimore	12:00 p.m.
Nov. 30	ATLANTA	12:00 p.m.
Dec. 7	MIAMI	12:00 p.m.
Dec. 14	at Jacksonville	12:00 p.m.
Dec. 21	at New Orleans	12:00 p.m.
Dec. 28	NEW ENGLAND	12:00 p.m.
TBD	at Buffalo	TBD

PHILADELPHIA EAGLES

Sept. 4	DALLAS	7:20 p.m.
Sept. 14	at Kansas City	3:25 p.m.
Sept. 21	L.A. RAMS	12:00 p.m.
Sept. 28	at Tampa Bay	12:00 p.m.
Oct. 5	DENVER	12:00 p.m.
Oct. 9	at N.Y. Giants	7:15 p.m.
Oct. 19	at Minnesota	12:00 p.m.
Oct. 26	N.Y. GIANTS	12:00 p.m.
Nov. 2	BYE	
Nov. 10	at Green Bay	7:15 p.m.
Nov. 16	DETROIT	7:20 p.m.
Nov. 23	at Dallas	3:25 p.m.
Nov. 28	CHICAGO	2:00 p.m.
Dec. 8	at L.A. Chargers	7:15 p.m.
Dec. 14	LAS VEGAS	12:00 p.m.
Dec. 20	at Washington	TBD
Dec. 28	at Buffalo	3:25 p.m.
TBD	WASHINGTON	TBD

PITTSBURGH STEELERS

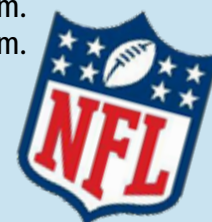
Sept. 7	at N.Y. Jets	12:00 p.m.
Sept. 14	SEATTLE	12:00 p.m.
Sept. 21	at New England	12:00 p.m.
Sept. 28	MINNESOTA	8:30 a.m.
Oct. 5	BYE	
Oct. 12	CLEVELAND	12:00 p.m.
Oct. 16	at Cincinnati	7:15 p.m.
Oct. 26	GREEN BAY	7:20 p.m.
Nov. 2	INDIANAPOLIS	12:00 p.m.
Nov. 9	at L.A. Chargers	7:20 p.m.
Nov. 16	CINCINNATI	12:00 p.m.
Nov. 23	at Chicago	12:00 p.m.
Nov. 30	BUFFALO	3:25 p.m.
Dec. 7	at Baltimore	12:00 p.m.
Dec. 15	MIAMI	7:15 p.m.
Dec. 21	at Detroit	3:25 p.m.
Dec. 28	at Cleveland	12:00 p.m.
TBD	BALTIMORE	TBD

SAN FRANCISCO 49ers

Sept. 7	at Seattle	3:05 p.m.
Sept. 14	at New Orleans	12:00 p.m.
Sept. 21	ARIZONA	3:25 p.m.
Sept. 28	JACKSONVILLE	3:05 p.m.
Oct. 2	at L.A. Rams	7:15 p.m.
Oct. 12	at Tampa Bay	12:00 p.m.
Oct. 19	ATLANTA	7:20 p.m.
Oct. 26	at Houston	12:00 p.m.
Nov. 2	at N.Y. Giants	12:00 p.m.
Nov. 9	L.A. RAMS	3:25 p.m.
Nov. 16	at Arizona	3:05 p.m.
Nov. 24	CAROLINA	7:15 p.m.
Nov. 30	at Cleveland	12:00 p.m.
Dec. 7	BYE	
Dec. 14	TENNESSEE	3:25 p.m.
Dec. 22	at Indianapolis	7:15 p.m.
Dec. 28	CHICAGO	7:20 p.m.
TBD	SEATTLE	TBD

SEATTLE SEAHAWKS

Sept. 7	SAN FRANCISCO	3:05 p.m.
Sept. 14	at Pittsburgh	12:00 p.m.
Sept. 21	NEW ORLEANS	3:05 p.m.
Sept. 25	at Arizona	7:15 p.m.
Oct. 5	TAMPA BAY	3:05 p.m.
Oct. 12	at Jacksonville	12:00 p.m.
Oct. 20	HOUSTON	9:00 p.m.
Oct.	BYE	
Nov. 2	at Washington	7:20 p.m.
Nov. 9	ARIZONA	3:05 p.m.
Nov. 16	at L.A. Rams	3:05 p.m.
Nov. 23	at Tennessee	12:00 p.m.
Nov. 30	MINNESOTA	3:05 p.m.
Dec. 7	at Atlanta	12:00 p.m.
Dec. 14	INDIANAPOLIS	3:25 p.m.
Dec. 18	L.A. RAMS	7:15 p.m.
TBD	at Carolina	TBD
TBD	at San Francisco	TBD



TAMPA BAY BUCCANEERS

Sept. 7	at Atlanta	12:00 p.m.
Sept. 15	at Houston	6:00 p.m.
Sept. 21	N.Y. JETS	12:00 p.m.
Sept. 28	PHILADELPHIA	12:00 p.m.
Oct. 5	at Seattle	3:05 p.m.
Oct. 12	SAN FRANCISCO	12:00 p.m.
Oct. 20	at Detroit	6:00 p.m.
Oct. 26	at New Orleans	3:05 p.m.
Nov. 2	BYE	
Nov. 9	NEW ENGLAND	12:00 p.m.
Nov. 16	at Buffalo	12:00 p.m.
Nov. 23	at L.A. Rams	7:20 p.m.
Nov. 30	ARIZONA	12:00 p.m.
Dec. 7	NEW ORLEANS	12:00 p.m.
Dec. 11	ATLANTA	7:15 p.m.
Dec. 21	at Carolina	12:00 p.m.
Dec. 28	at Miami	12:00 p.m.
TBD	CAROLINA	TBD

TENNESSEE TITANS

Sept. 7	at Denver	3:05 p.m.
Sept. 14	L.A. RAMS	12:00 p.m.
Sept. 21	INDIANAPOLIS	12:00 p.m.
Sept. 28	at Houston	12:00 p.m.
Oct. 5	at Arizona	3:05 p.m.
Oct. 12	at Las Vegas	3:05 p.m.
Oct. 19	NEW ENGLAND	12:00 p.m.
Oct. 26	at Indianapolis	3:25 p.m.
Nov. 2	L.A. CHARGERS	12:00 p.m.
Nov. 9	BYE	
Nov. 16	HOUSTON	12:00 p.m.
Nov. 23	SEATTLE	12:00 p.m.
Nov. 30	JACKSONVILLE	12:00 p.m.
Dec. 7	at Cleveland	12:00 p.m.
Dec. 14	at San Francisco	3:25 p.m.
Dec. 21	KANSAS CITY	12:00 p.m.
Dec. 28	NEW ORLEANS	12:00 p.m.
TBD	at Jacksonville	TBD

WASHINGTON COMMANDERS

Sept. 7	N.Y. GIANTS	12:00 p.m.
Sept. 11	at Green Bay	7:15 p.m.
Sept. 21	LAS VEGAS	12:00 p.m.
Sept. 28	at Atlanta	12:00 p.m.
Oct. 5	at L.A. Chargers	3:25 p.m.
Oct. 13	CHICAGO	7:15 p.m.
Oct. 19	at Dallas	3:25 p.m.
Oct. 27	at Kansas City	7:15 p.m.
Nov. 2	SEATTLE	7:20 p.m.
Nov. 9	DETROIT	3:25 p.m.
Nov. 16	Miami	8:30 a.m.
Nov. 23	BYE	
Nov. 30	DENVER	7:20 p.m.
Dec. 7	at Minnesota	12:00 p.m.
Dec. 14	at N.Y. Giants	12:00 p.m.
Dec. 20	PHILADELPHIA	TBD
Dec. 25	DALLAS	12:00 p.m.
TBD	at Philadelphia	TBD





2025
TEXAS A & M
FOOTBALL
SCHEDULE

Date	Team	Place
Sep 27	Auburn	College Station, TX
Oct 4	Miss. State	College Station, TX
Oct 11	Florida	College Station, TX
Oct 18	@Arkansas	Fayetteville, AR
Oct 25	@LSU	Baton Rouge, LA
Nov 1	Open Week	
Nov 8	@Missouri	Columbia, MO
Nov 15	South Carolina	College Station, TX
Nov 22	Samford	College Station, TX
Nov 29	@ Texas	Austin, TX



2025 UNIVERSITY OF TEXAS

Date	Team	Place
Oct 4	Florida	Florida
Oct 11	Oklahoma	Austin, TX
Oct 18	Kentucky	Kentucky
Oct 25	Miss State	Miss State
Nov 1	Vandervilt	Austin, TX
Nov 8	Open Week	
Nov 15	Georgia	Georgia
Nov 22	Arkanses	Austin, TX
Nov 28	Texas A & M	Austin, TX



JOB OPENINGS

**Facilities Division
Maintenance — Asbestos Operations**

Texas Department of Criminal Justice

★
**Unit List: Statewide
Workers for the Following Position:
Asbestos Workers**

★
Minimum Requirements:

- Must be able to understand written instructions and also write
- Must be classified as a G1 or outside trusty
- Have no medical or work restrictions that would prohibit performing job duties
- Have no major disciplinary cases within the past year
- Must be able to pass physical and X-ray tests
- Must be able to pass written exam at the end of 32 hours of training
- Extensive travel is involved
- On-the-job training will be provided by an outside instructor

★
Attention:

Applicants:

**An I-60 should be mailed to:
Asbestos Operations
P.O. Box 4011
Huntsville, Texas 77342**

All eligible workers are encouraged to apply.



JOB OPENINGS

**Facilities Division
Wastewater & Water Attendant**

Texas Department of Criminal Justice



**Unit List: Statewide
Workers for the Following Position:
Wastewater & Water Attendant**



Minimum Requirements:

- Must be able to understand written instructions; have basic math (add, subtract, multiply and divide)
- Wastewater/Water experience preferred but not required
- Must be classified as a G1 or outside trusty
- Have no medical or work restrictions
- Have no major disciplinary cases within the past year
- Knowledge of mechanical repairs
- Ability to use or learn to use testing equipment such as PH, DO, chlorine and ammonia



Attention:

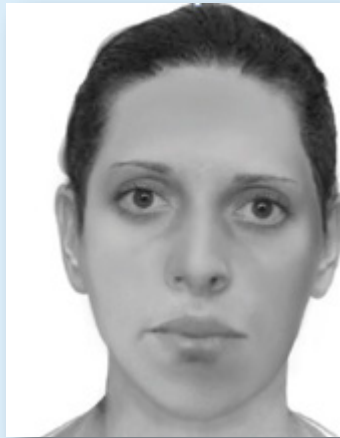
Applicants:

**An I-60 should be mailed to:
Wastewater/Water Operations
P.O. Box 4011
Huntsville, Texas 77342**

All eligible workers are encouraged to apply.



Unidentified Victim



In March of 1992, a woman's remains were found on a ranch four miles east of Refugio. The woman's identity is unknown. She was believed to be 20 to 35 years old and approximately 5'3" tall. A forensic examination revealed she was the victim of a homicide. Clothing found with the remains was a long coat, black leotards, a short black dress, red belt, white knee-high boots and a red earring. From the skeletal remains, a composite drawing was composed that may resemble the victim. The victim's actual hairstyle may be completely different than what is depicted. If you have any information, please contact the TDCJ Crime Stoppers Office at P.O. Box 1855, Huntsville, TX 77340. TDCJ Crime Stoppers will pay \$50 up to \$1,000 for information leading to the arrest, filing of charges, or indictment of person or persons that committed a felony crime or is a wanted fugitive. Crime Stoppers guarantees your anonymity.

*Looking for a job
that can become
a career?*

*Wynne
Computer
Recovery
wants you!*

ON-THE-JOB TRAINING INCLUDES:

- Civil Drafter
- Computer Programmer
- Computer Specialist
- Graphic Designer
- Quality Assurance Technician
- Warehouseman

To apply, send an I-60 with a complete resume to:

Plant Manager Toby Powell
Wynne Computer Recovery
810 FM 2821
Huntsville, TX 77349-0001



APPLICANTS MUST MEET CERTAIN CRITERIA:

- No disciplinary cases related to contraband electronic devices
- No major cases in the past two years
- G2 custody level
- Prior completion of college or Windham career and technical education programs
- Computer experience is preferred, but not required

Be prepared for a phone interview and to offer references to previously held TDCJ positions. You will be notified if you have been accepted.

**By changing the
inner attitude of
our mind, we can
change the
outer aspect
of our lives.**

—Dr. Mike Murdock