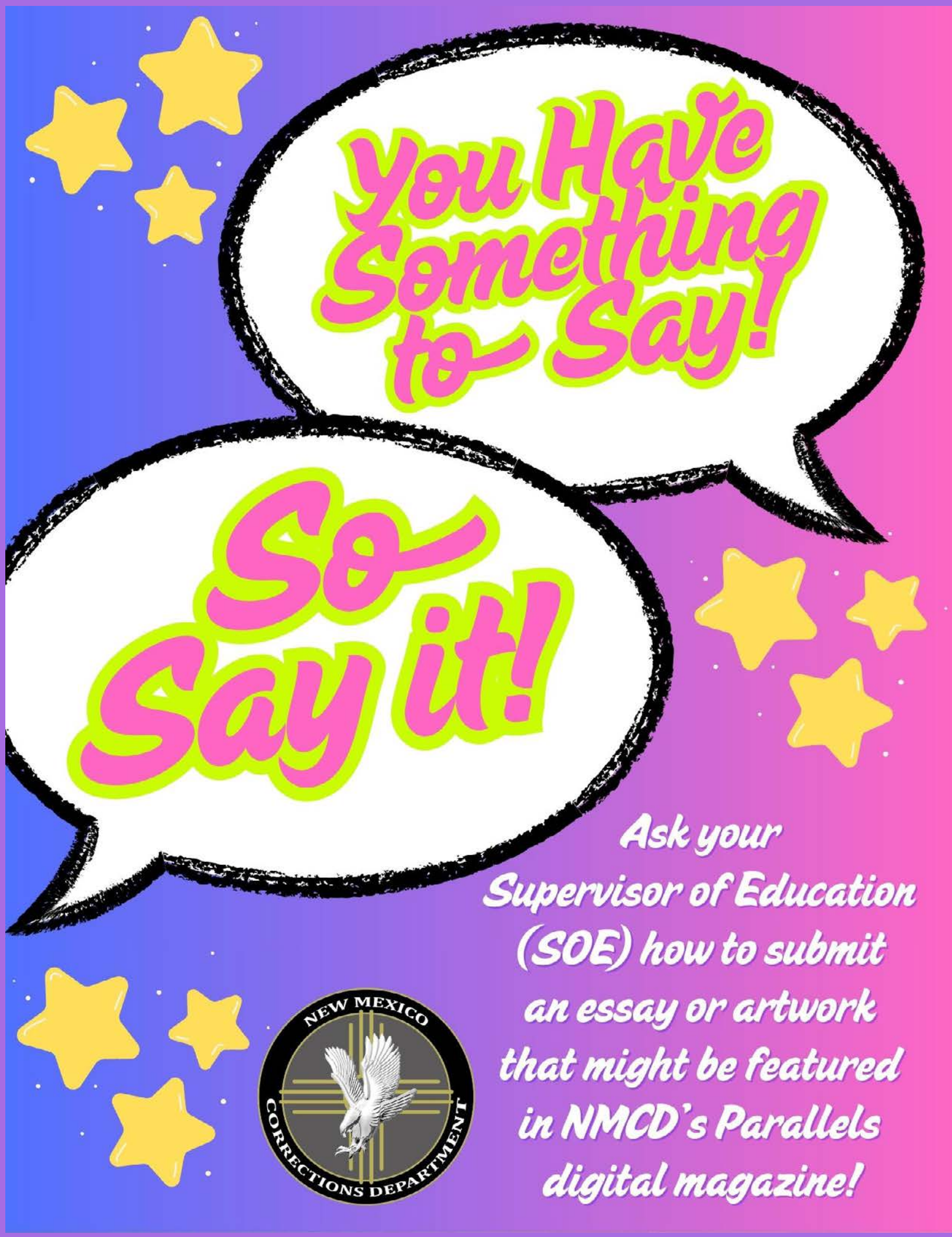
NMCD'S DIGITAL MAGAZINE

VOLUME 2 - EDITION 4

Mind Matters

OCTOBER 2026

Be Kind to Your Mind


You Have Something to Say!
So Say it!
Ask your Supervisor of Education (SOE) how to submit an essay or artwork that might be featured in NMCD's Parallels digital magazine!
NEW MEXICO
CORRECTIONS DEPARTMENT

LETTER FROM THE EDITOR

For those of us here in the Reentry Division, it's hard to believe that it's already October! The winter holidays and 2027 are right around the corner.

For this issue of Parallels, we've chosen the theme, "Be Kind to Your Mind." This is because the winter months can be a challenging time for you, as an incarcerated person, to "keep your chin up." Between gloomy, rainy weather and being separated from family during seasonal holidays, many incarcerated people struggle with their mental health during this time of the year. We hope that the article titled, "Coping with the Woes of Winter" will offer a few helpful suggestions for avoiding the winter blues and that the article titled, "You Are Not Forgotten" will remind you how many people are not only rooting for you, but "putting their money where their mouth is" by volunteering inside NMCD facilities.

This issue features some great inmate essays, as well as essays from two of NMCD's summer interns. We've compiled a list of dog-themed book titles from the Gutenberg Library (both novels and non-fiction) and have created a valuable list of interactive journaling activities (by areas of interest) that you can complete in the Atlas app. We're sure that you'll find plenty of topics of interest and hope that you'll look into a few. Along those same lines, we have included an article titled, "Right Your Story by Writing Your Story," which explores the many ways in which journaling can help you overcome the traumas of your past and redirect the remaining chapters of your life - of which there can be many!

As always, we've included all the features you've come to love, such as the Parallels Word Find; Parallels Gallery; some coloring pages (ask your Supervisor of Education to print them for you); a new writing prompt; a new selection for the "A New Chapter" Book Club; another corny joke from our comic, "It's an Inside Joke;" and the Parallels Self-Quiz. We're also introducing a new column called "Tech Talk" and you'll find some other new features such as the Parallels "Word Play" activity.

We continue to hope to incorporate more inmate contributions into future issues, so keep those submissions of essays, artwork, comics, corny jokes, recipes, book reviews, recipe reviews, and letters to the editor coming! (Submit them to your SOE for consideration).

We hope that you'll enjoy this issue of Parallels and remember that your family members can access it via the NMCD website! There's nothing better than having a common read to discuss during in-person and video visits.

So, snuggle up with a cup of coffee or hot chocolate, listen to the rain on the window, and "be kind to your mind" by reading this issue of Parallels!

Introducing “Tech Talk”
6

Coping with Winter Woes
9

NMCD’s Summer 2026 Interns Gain Insight into Corrections
16

Stories for Dog Enthusiasts, Part One
21

Commissary Cuisine
35

Right Your Story By Writing Your Story
36

Metamorphosis as a Metaphor
47

Parallels Gallery
53

You Are Not Forgotten
58

Self Test
64

Vocab Zone
77

“NEW BEGINNINGS ARE OFTEN DISGUISED AS PAINFUL ENDINGS.”

TECH TALK

Written by NMCD's Resident Tablet Techs, Tech Talk is a column that addresses YOUR tablet-related questions.



COMING AT YOU NOW!



Introducing “Tech Talk,”



A New Parallels Regular Feature

Volunteer “Resident Tablet Techs” Are Now Available to Assist Tablet Users.

In upcoming issues of Parallels, you’ll start seeing a regular feature called, “Tech Talk.” The column will discuss how to navigate and maximize the use of your state-issued tablet. While some of the entries will be written by those of us here in the Reentry Division, we also hope to include contributions from our newly-trained Resident Tablet Techs (RTT’s).

You may have noticed some flyers posted in your facility listing fellow inmates who have completed our new Resident Tablet Tech (RTT) training sessions. The people listed on those flyers have attended this training and have agreed to take on the volunteer role of Resident Tablet Tech. Resident Tablet Techs are avid tablet users who are very familiar with the device’s features and have also demonstrated an ability and willingness to provide helpful support to their fellow tablet users.

Keep in mind that, despite their training, even Resident Tablet Techs may encounter some tablet issues that they’re not able to solve. However, when you’re having trouble navigating or using your tablet, a chat with one of your facility’s RTT’s should be your first step toward resolving the issue. RTT’s can show you how to set up your tablet for the first time; how to log into your tablet; how to navigate to the various apps and features that are available; how to trouble-shoot some common tablet problems; and can explain some of the advantages of using the many apps and features on your tablet. If an RTT receives a question or discovers an issue that they can’t address, then they will submit the problem to NMCD staff to get an answer.

If you are particularly tech-savvy, have a knack for teaching others, and would like to be considered for a future RTT training session, be sure to reach out to your facility’s Supervisor of Education (SOE) to be added to a list of potential future participants. RTT’s earn a certificate that will be viewed favorably by the Parole Board and are able to make a positive impact on their incarcerated community.

So, be sure to check out “Tech Talk” in future issues of Parallels, and in the meantime, if you need help with the use of your state-issued tablet, reach out to one of your facility’s RTT’s.

AMAZING FACTS!

HIBERNATING ANIMALS DON'T DREAM.

WOW!

What?!

SLEEP IS A MORE PHYSIOLOGICALLY 'ACTIVE' STATE THAN HIBERNATION, WHICH REQUIRES ANIMALS TO SUBSTANTIALLY REDUCE ALL ACTIVITIES TO CONSERVE ENERGY.

THE ONLY KNOWN EXCEPTION TO THIS RULE IS THE FAT-TAILED LEMUR.

Hey, my tail may be a little thick, but it's not fat! Rude!



NEW MEXICO CORRECTIONS DEPARTMENT

NMCD's

CAREER TECH PROGRAMMING



IS NOT JUST ABOUT



NEW MEXICO CORRECTIONS DEPARTMENT

MAKING A LIVING,



IT'S ABOUT MAKING A LIFE!

Ask Education how to get started!

Coping with Winter Woes

Between the Holidays, Gloomy Weather, and Being in Prison, Wintertime Can Present Unique Challenges to the Incarcerated Community.



THE WINTER MONTHS ARE A GREAT TIME TO LEAN INTO THE SLOWER RHYTHMS OF THE SEASON.

Sitting inside a prison facility is tough, and being surrounded by gray, cloudy weather can make it even tougher.

Even those in the outside community struggle with the way winter weather can affect their mood and motivation. Some people are even diagnosed with something called seasonal affective disorder (SAD), which is a type of depression tied to changes in the seasons. It most commonly starts in late fall or winter when sunlight is diminished and the days grow shorter. It alters brain chemicals, sleep hormones, and internal body clocks. People with SAD can experience low mood, low energy, oversleeping, and carb cravings. But even those of us who haven't been medically diagnosed with SAD can certainly experience "the winter blues" during the winter months.



OCTOBER 10

IS WORLD MENTAL HEALTH DAY



The NMCD
strives to support those
under our supervision
in obtaining Behavioral Health services
that support and improve their mental health.

If you are on probation or parole and you - or someone you love -
are in need of support with
an emotional, mental health, or substance use crisis,
speak with your PPO about your challenges,
call or text 988,
or go to 988lifeline.org/chat/ for help via a live chat.

And if you are incarcerated,
reach out to Behavioral Health staff
at your facility for support.





www.cd.nm.gov

In nature, winter is a time of quiet, rest, and dormancy. Animals hibernate, plants and seeds "sleep" beneath the ground, and the land itself seems to be resting, preparing to support life again when spring arrives. So, if this is the case for nature, why would we expect winter to be any different for us? Instead of resisting the slower pace and shorter days of winter, why not try to embrace these changes and lean into the season?

This may mean resting and napping a bit more; doing more reflective journaling and artwork; completing more interactive journaling activities in the Atlas app; engaging in quiet rituals of gratitude; focusing on prayer; or writing letters to loved ones (that may or may not ever be actually sent). Also, trading in your usual intense cardio workout for a gentler stretching routine, yoga practice, or walking habit can make sense in the winter months.

facility's garden or greenhouse). The key is to get into the rhythm of the seasons, and instead of "wishing your life away," saying, "Ugh, I can't wait until spring," or, "I'll finally be happy when summer rolls around," focus on the now and be present in the moment – during each and every season. Learn to enjoy that which each season has to offer and don't try to "skip over" any of those unique experiences. (After all, doing so means missing out on a quarter to half of your life!)

If you'd like to learn more about living in the moment, be sure to read the article titled, "Serenity Now," which appeared in Volume 1, Edition 1 of Parallels (January 2025).

Learning to savor and enjoy the winter season is so important in Scandinavian countries (where the winters are notoriously harsh!), that they even have a name for it: Hygge. Pronounced, "hoo-gah," it



RATHER THAN RESISTING THE QUIET NATURE OF THE WINTER MONTHS,
TRY TO EMBRACE THE OPPORTUNITY TO SLOW DOWN, REST, AND REFLECT.

While being inside a prison facility during the winter can seem to compound the "winter blahs," it can be helpful to try to "flip the script" and think about the situation differently. When the weather outside is warm and sunny and beautiful, we all want to be outside,enjoying it. But when it's cold and cloudy and gloomy outside, we're not really missing out on much by being stuck indoors (whether that be inside a prison facility, an office building, or a school). So, why not embrace gratitude for the warmth, comfort, and protection that being inside provides?

Capitalize on the opportunity to read, study, write, draw, color, or enjoy other indoor endeavors. Fix yourself a cup of hot chocolate or coffee and enjoy the warmth it provides. There will be sunny spring days to come, and having endured the winter will allow you to be even more grateful for the ability to breathe in the warm air and feel the sun on your face (for some, that may be for just a short time in the yard, and for others, that may be for a few hours in your

is a Danish and Norwegian word that means creating a warm, cozy atmosphere and enjoying the good things in life with good people.

It is a feeling of comfort, safety, and mental well-being that comes from appreciating simple, everyday moments. This includes reading good books, enjoying cozy naps, feeling gratitude for being sheltered against the elements, and savoring simple joys like a cup of hot tea or coffee. If there's a dog in your pod as part of one of NMCD's dog training or foster programs, relishing a cozy snuggle with a dog (with their trainer's permission, of course!) is another great example of a lovely hygge experience.

Of course, another challenge that many of us encounter during the winter months are the winter holidays that dominate the calendar. It seems that each religion or spiritual practice observes at least one important holiday during the winter season. While this can bring joy, celebration, and reflection, it can also introduce feelings



THE HOLIDAYS SURELY LOOK DIFFERENT IN PRISON, BUT YOUR TIME INSIDE CAN PROVIDE A CHANCE TO FOCUS ON WHAT THE SEASON REALLY MEANS TO YOU.

of sadness, isolation, and "FOMO" (fear of missing out). Many of us grew up equating the winter holidays with family time, holiday shopping, gift exchanges, festive parties, and other celebrations that are simply not available to you as an incarcerated person. But again, "flipping the script" may provide a way to experience the holidays differently.

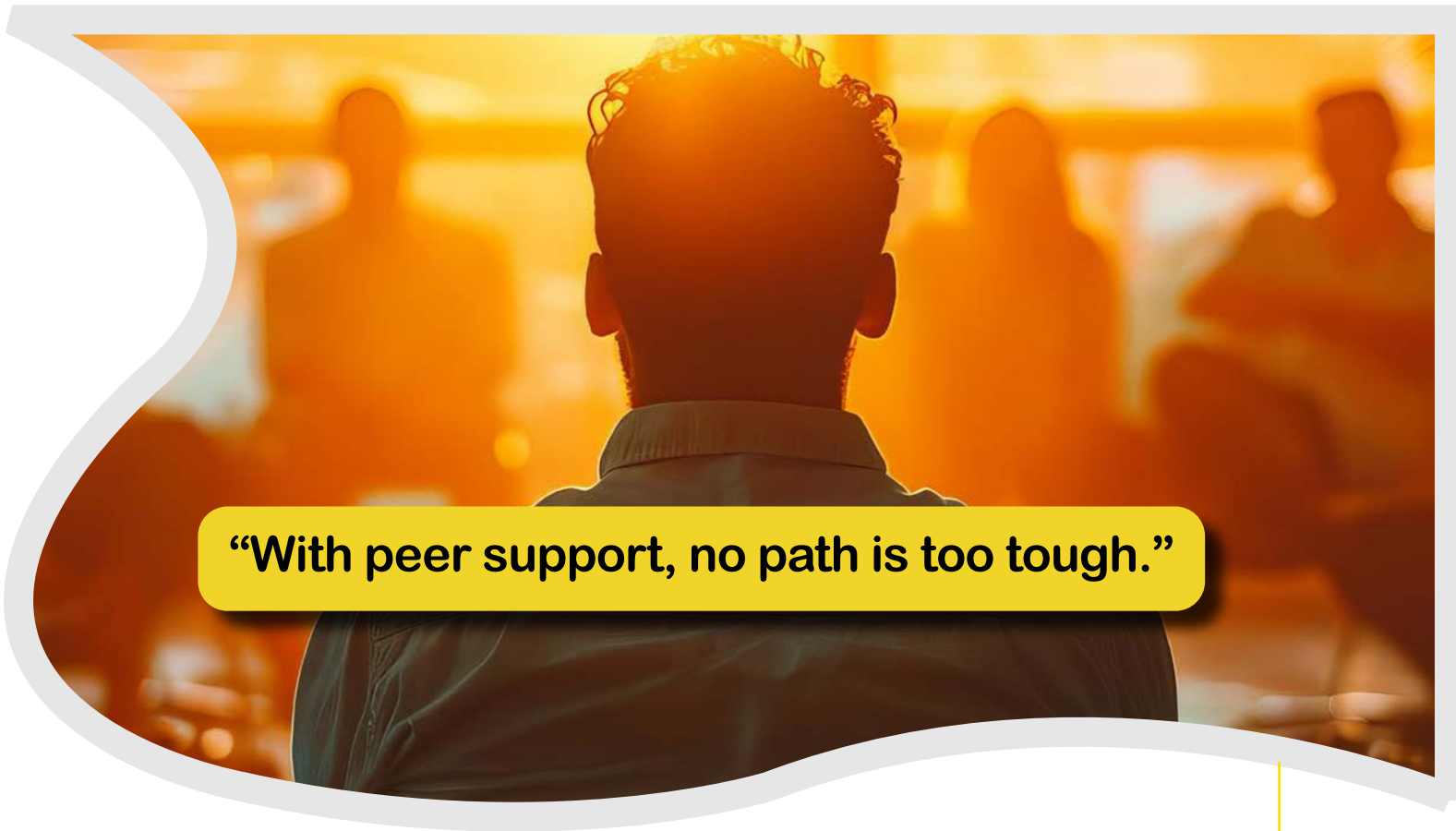
Whether it be due to incarceration, family estrangements, or even the death of family members, the holidays that we experience as adults can look very different than the ones we grew up with. And that's ok. We can still reminisce fondly about the holidays of our past while creating and embracing new holiday traditions that are more suited to our current situation. And for some, childhood holiday memories may actually be quite painful and unpleasant; if this is the case, then that's all the more reason to reclaim the meaning of the holidays and adopt your own way to observe and celebrate them. Many adults – regardless of their upbringing - find that growing up has meant framing the holidays in an entirely new way for themselves.

For many, the holidays of our childhood were focused on toys, gifts, sweet treats, and maybe spending time with aunts, uncles, cousins, and grandparents. But, as adults, a variety of circumstances have likely made those experiences distant memories. Just as our minds mature as we grow older, so too can our ways of observing the holidays. This may mean focusing more on the religious or spiritual aspects of the season (praying, attending church services, etc.); connecting more deeply with nature (observing and recognizing the changing of the seasons); or finding ways to be of service to your community (volunteering, mentoring, etc.). There are as many ways to observe the winter holidays as there are people in this world. There is no right or wrong way to do it, and there is also no need to observe them at all if you don't feel moved to do so.

But whether it is celebrating religious holidays, enjoying the secular celebrations of one's culture, simply marking the changing of the seasons, or some combination thereof, it is enjoyable for most people to acknowledge and appreciate the magic of the winter season. For some, that magic is represented by worshipping; for some, it is experienced while watching a quiet snowfall; and for others, it might be exemplified by the heart-warming experience of helping others.

The key is to spend some time defining what the holidays mean to you and then reinforcing that with some practices that support your own personal belief system.

Also remember that, just because you don't adhere to a particular religion or spirituality, you don't have to limit yourself from appreciating and enjoying that faith's celebrations. Many non-Christians enjoy a secular version of Christmas. Many non-Pagans observe the Winter Solstice. Many people, even though they're not Jewish, enjoy some of the foods that are traditionally prepared during Hanukkah (potato latkes, anyone?). The point is that it can be fun, interesting, and enlightening to learn about the many holidays that are celebrated during this time of year. One of the characteristics that nearly all faiths' winter holidays share is the concept of banishing the darkness and filling it with light. From twinkly Christmas lights, to lighting a Jewish menorah, to the Pagan Yule



CPSW PROGRAM

Do you have 3 or more years in recovery?

Do you currently serve in a peer role?

Do you have a passion for helping support others?

Train to Become a Certified Peer Support Worker.

Contact Behavioral Health to learn more about this program.

“It’s more than a certification, it’s a calling.”

HEALTH CARE AUTHORITY

New Mexico Credentialing Board Behavioral Health Professionals

OPRE

NEW MEXICO CORRECTIONS DEPARTMENT

log, many winter holiday traditions share this theme of lighting our way through the darkest part of the year. So, don't hesitate to reach out to fellow inmates of different faiths and find out what the holidays mean to them; you might gain a whole new appreciation for the season that we refer to as "the holidays."

Back to that mention of "FOMO" from earlier, it can be difficult to accept the fact that your being incarcerated will inevitably prevent you from participating in a lot of the holiday festivities that your friends and family members are enjoying on the outside. That inability to partake in seasonal celebrations, however, can help focus your own reflective and rehabilitative work – both now and in the future. Remembering the disappointment of being unable to join your family for holiday celebrations may help motivate and inspire you to prioritize your sobriety and avoid recidivism and reincarceration. As a returning citizen, it will be essential for you to "keep your eye on the prize," and a big part of that prize is the ability to enjoy seasonal celebrations with those who matter to you most. (Be sure to take a look at the interactive journal in the Atlas app titled, "Self-Reflection." You'll find it on your state-issued tablet.)

Of course, a couple of the most significant winter holidays are New Year's Eve and New Year's Day and while it can be tough to be unable to celebrate with loved ones, the New Year can provide a perfect opportunity to do some self-reflection and establish some powerful New Year's resolutions.

Be sure to check out the Parallels article titled, "The 2026 Resolution Solution" in Volume 2, Edition 1 (January 2026), where you'll find 26 great ideas for New Year's resolutions that can help you turn the New Year holiday into a launchpad for "the new YOU."(Don't worry; even though we're headed into 2027, you'll still find some great ideas!)

So, even though being incarcerated during the winter season presents a unique set of challenges, there are a variety of ways to cope with the woes of winter.

For more about handling the challenges of spending the winter season in prison, be sure to read the article titled, "Managing the 'Holidaze' in Prison," in Volume 1, Edition 4 of Parallels (October 2025). It lists over a dozen ways to better cope with the struggles of being apart from your loved ones during the holiday season.

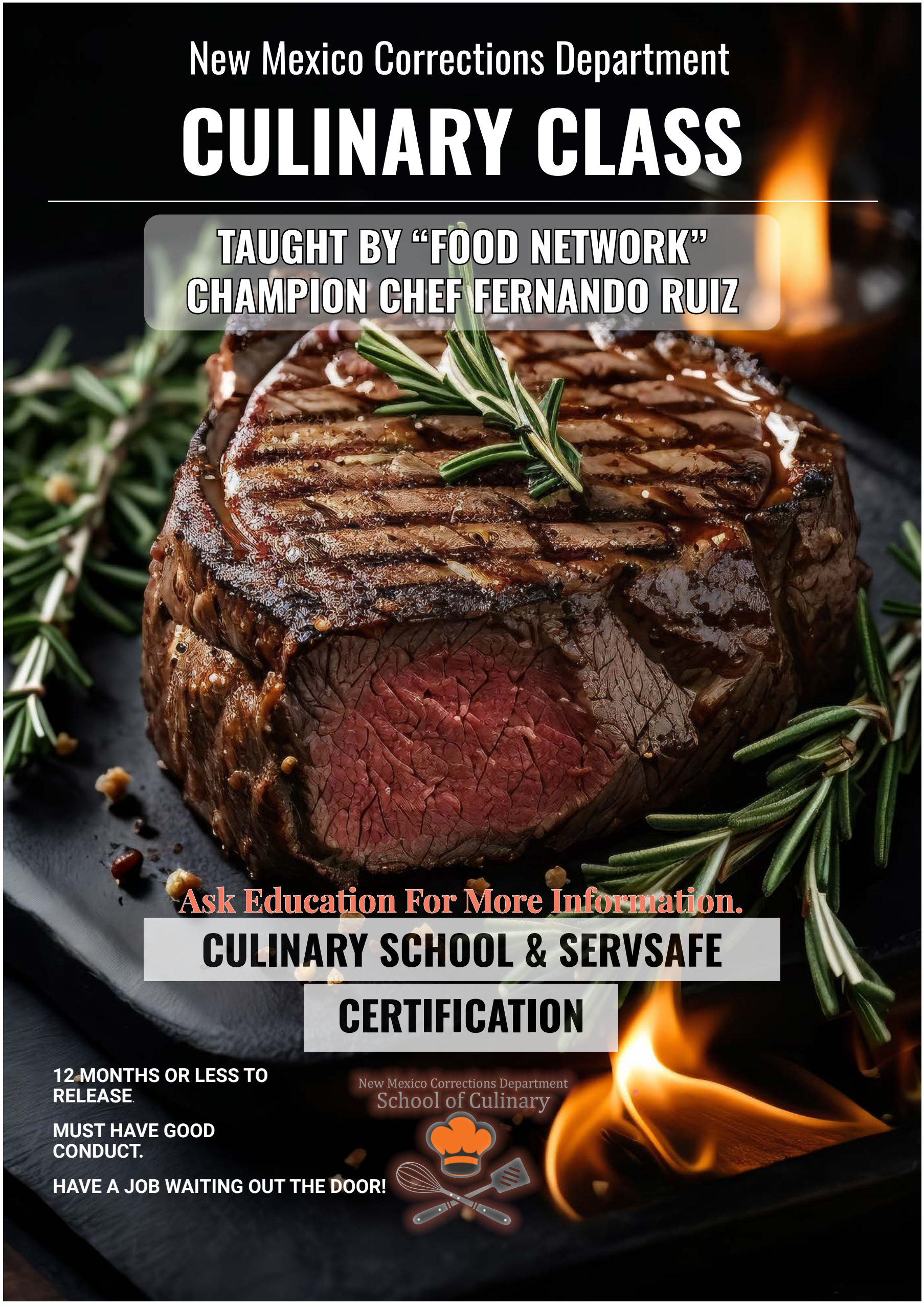


ONE OF THE COMMON FEATURES OF NEARLY ALL RELIGIONS' WINTER HOLIDAYS IS BRINGING LIGHT INTO THE DARKEST TIME OF THE YEAR.

New Mexico Corrections Department

CULINARY CLASS

TAUGHT BY “FOOD NETWORK” CHAMPION CHEF FERNANDO RUIZ



Ask Education For More Information.

CULINARY SCHOOL & SERVSAFE CERTIFICATION

12 MONTHS OR LESS TO RELEASE.

MUST HAVE GOOD CONDUCT.

HAVE A JOB WAITING OUT THE DOOR!

New Mexico Corrections Department
School of Culinary

NMCD's Summer 2026 Interns Gain Insight into Corrections



Internship Provides a Better Understanding of the Department's Efforts

---

Within NMCD, the concept of mentoring is an important way of lifting others up. Whether it be through the Peer Educator Program offered by Project ECHO (Extension for Community Healthcare Outcomes); the CPSW (Certified Peer Support Worker) training program; or other NMCD programs such as the many dog training programs wherein professional dog trainers are willing to teach participants how to develop their own dog training skills, there is a lot of mentoring going on withing the NMCD community.

Another form of mentoring that many incarcerated people may not be as familiar with is the college internship. A college internship is a short-term, professional learning experience. It lets students connect classroom lessons with real-world work. According to the National Association of Colleges and Employers, it mixes hands-on tasks with skill growth in a job setting.

During the summer of 2026, NMCD provided four New Mexico college students the opportunity to learn about the field of corrections while working within the Department. Two of them, Rhegan Glidewell and Ruby Reyes Tapia, worked within the Public Affairs Office. The other two interns, Fatima Gutierrez Prieto and Maia Hillock Katz, worked with the Reentry Division.

Ms. Gutierrez Prieto, a senior this summer and entering her final semester, is working towards a major in criminal justice with a minor in public law. She plans to attend law school, beginning in the fall of next year. Her goals surrounding her internship with NMCD Reentry included learning more about the Department's institutions, programs, and facilities while deepening her understanding of the challenges individuals face when reentering their communities.

Ms. Hillock Katz, a junior this summer, is working towards a major in law enforcement with a minor in management. She is an aspiring public safety professional who is passionate about serving and positively impacting the communities she cares about. During her internship with the NMCD Reentry Division, she was excited to learn more about the inner workings of the corrections system and the many factors involved in reducing recidivism. She also hoped that her internship would help her clarify the specific law enforcement career path she would like to pursue.

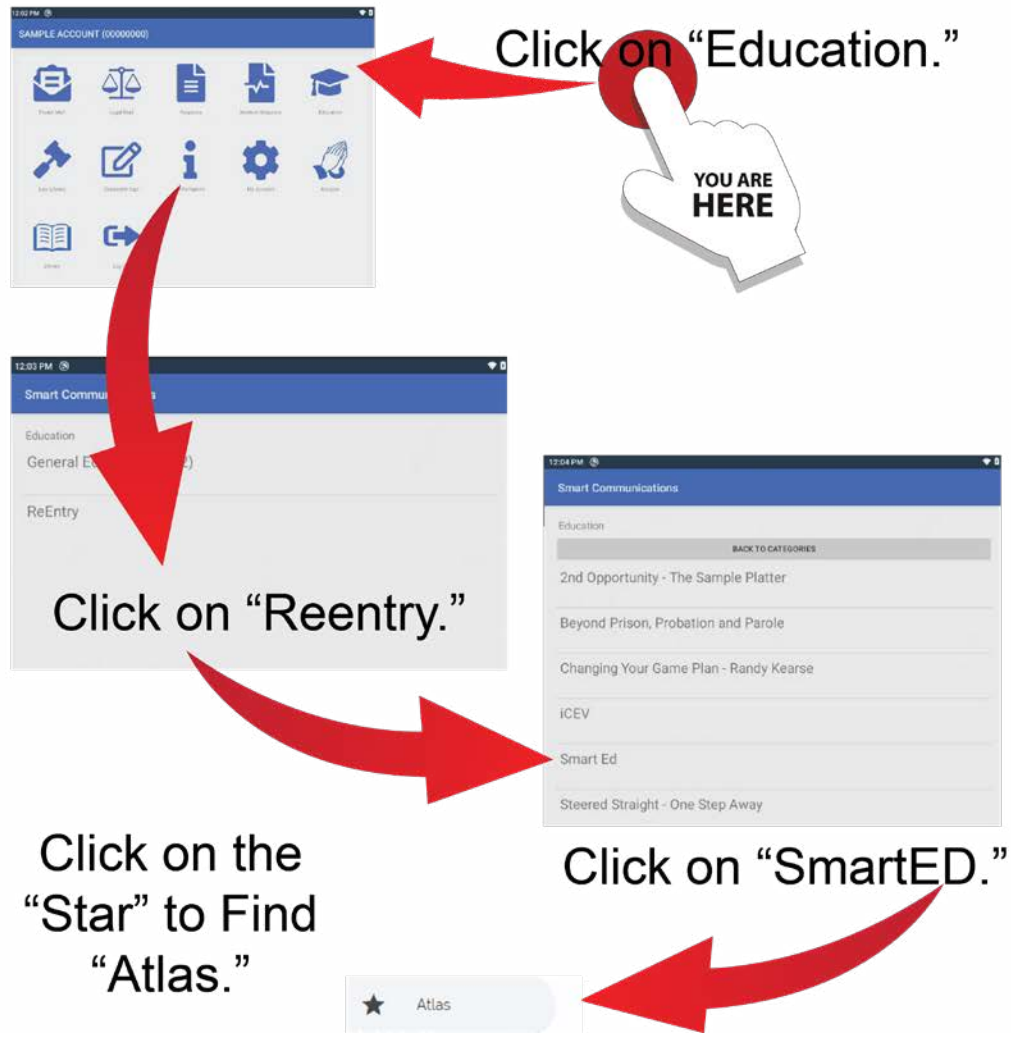
Upon completion of their internship experiences, we asked Ms. Gutierrez Prieto and Ms. Hillock Katz to each contribute an essay to Parallels detailing the insight they gained into corrections throughout the summer.

Their essays are published in this issue and both of them convey what they learned about corrections in general, and Reentry specifically.



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Earn certificates and become the new you!



Through an Outsider's Eyes

The Most Positive Things I Witnessed as an Intern Inside Corrections

An Essay by Maia Hillock Katz, One of NMCD's Summer 2026 Interns

With a right turn off State Road 14, we enter the grounds of the Penitentiary of New Mexico. It's 74 degrees and windy. From the outside, the complex carries little animation. It's quiet, stark.

As we walk through the facilities, observing the programming and education, this initial narrative changes dramatically.

In the educational kitchen of the Level III Complex, we are met with a diner-like smell. Bacon. Breakfast. Syrup. It's familiar. Students are surrounding the stove taking turns pan-frying mascarpone-stuffed French toast. They migrate to a countertop to dress the toasts with strawberry compote and enjoy the dish. Here, the motionless atmosphere of the outside seems far away. Camaraderie and a great sense of livelihood circles throughout the kitchen.

A building over is the education wing. We walk into a classroom where a Peer Educator is lecturing on the structure of a cell. A sign on the wall reads, "Learning Is Cool."

It reminds me of a plaque in the library at the Level II Minimum-Restrict Unit saying, "Reading gives us someplace to go when we have to stay where we are." A classroom over, students are completing college coursework online. It is impactful to see how education can offer a tangible path toward successful reentry.

A week later, I'm in downtown Santa Fe. Probationers and parolees are reporting to their Officers. I hear stories of adversity, of triumph, of failure and, most strikingly, of determination.

A gentleman walks in and tells his story of past addiction; his life was being led by substance dependency. Now, after treatment, he finds himself several months sober. He works construction and has found an inner drive to complete probation violation-free. "I can't go back," he says. "My family needs me and I need me."

Later, a woman enters the reporting office. She explains her frustration finding employment with both her felony record and her lack of transportation. She is eager and ready to work but feels halted. Her Probation Officer provides her a list of employers to call, and information about shuttling services. I see her frustration slowly shift toward cautious optimism. She notices her kids' favorite fast-food restaurant on the list and jokes how they would love it if she worked there.

Here, I witnessed that a bridge between a turbulent past and a sustainable, supported future can be built. A little bit of guidance can reignite a person's determination to rebuild their life, as long as they are willing.

75 miles away, we find ourselves at the New Mexico Women's Recovery Academy in Albuquerque. We visit the Mother's House and watch as the women divide up to complete their jobs and community service.

Sitting in the classroom, we listen as the women talk through the day's Residential Drug Abuse Treatment Program (RDAP) topic. They discuss the five stages of change and share stories about how substance abuse disrupted their lives and fractured their relationships. You can sense the vulnerability, but also the resilience, in the room.

At the end of our time, we got to sit in on a graduation for one of the women completing the program. She danced to a chosen "walk-out" song and received certificates from her fellow enrollees. She explained how the program showed her what sisterhood is. The atmosphere was hopeful and bittersweet.

In the corrections system, from both an outsider's and insider's perspective, it can be hard to identify light, or even hope. These instances, however, proved to me that behind this stark image, a framework for transformation exists - one driven by education, supported by guidance, and fueled by an enduring will to change.

More Than Time Served

What I Got Wrong About Prison

An Essay by Fatima Gutierrez Prieto, One of NMCD's Summer 2026 Interns

If you had asked me a few months ago what I thought prison was like, I would have given you the stereotypical answer that most people on the outside would give. I would have said that prison is simply a place for punishment; it's about keeping them inside and making them serve their time. I believed prison was a place where people's lives get put on pause until they're released. A place that prioritizes punishment over rehabilitation.

After getting to interact with many of NMCD's residents, officers, educators, and administrators, my perception of what prison is like has been completely changed.

I was expecting dark hallways, crowded dorms, and some form of chaos. Instead, there were libraries, classrooms, people studying, woodworking shops, and even barber shops. I found that there were people who were willing to share their stories and embrace the adversities they've been through.

I met people of all different ages, races, and identities who are actively working to create opportunities for themselves once they're released. Something that I thought was pretty incredible was the number of individuals who were involved in education, such as those who are earning their GED's and college degrees. I was even more surprised to get to speak with individuals who have earned advanced degrees such as master's degrees and even a student who completed a Ph.D. There are others who are learning trades, earning certificates, taking culinary classes, and even training dogs. There are also those who are working on building better relationships with their families and loved ones, and others who are working on breaking free from their addictions.

Unfortunately, many people on the outside will only ever see these individuals as someone with a criminal history. They'll likely never get to see the countless hours spent studying for a GED, the welding certificate hanging on a wall, the culinary skills being developed, and the addictions being overcome, all while being incarcerated.

You may not be able to change everyone's opinion, but every class that someone attends, every degree someone earns, and every step someone takes towards becoming the best version of themself makes it harder for these stereotypes to live on.

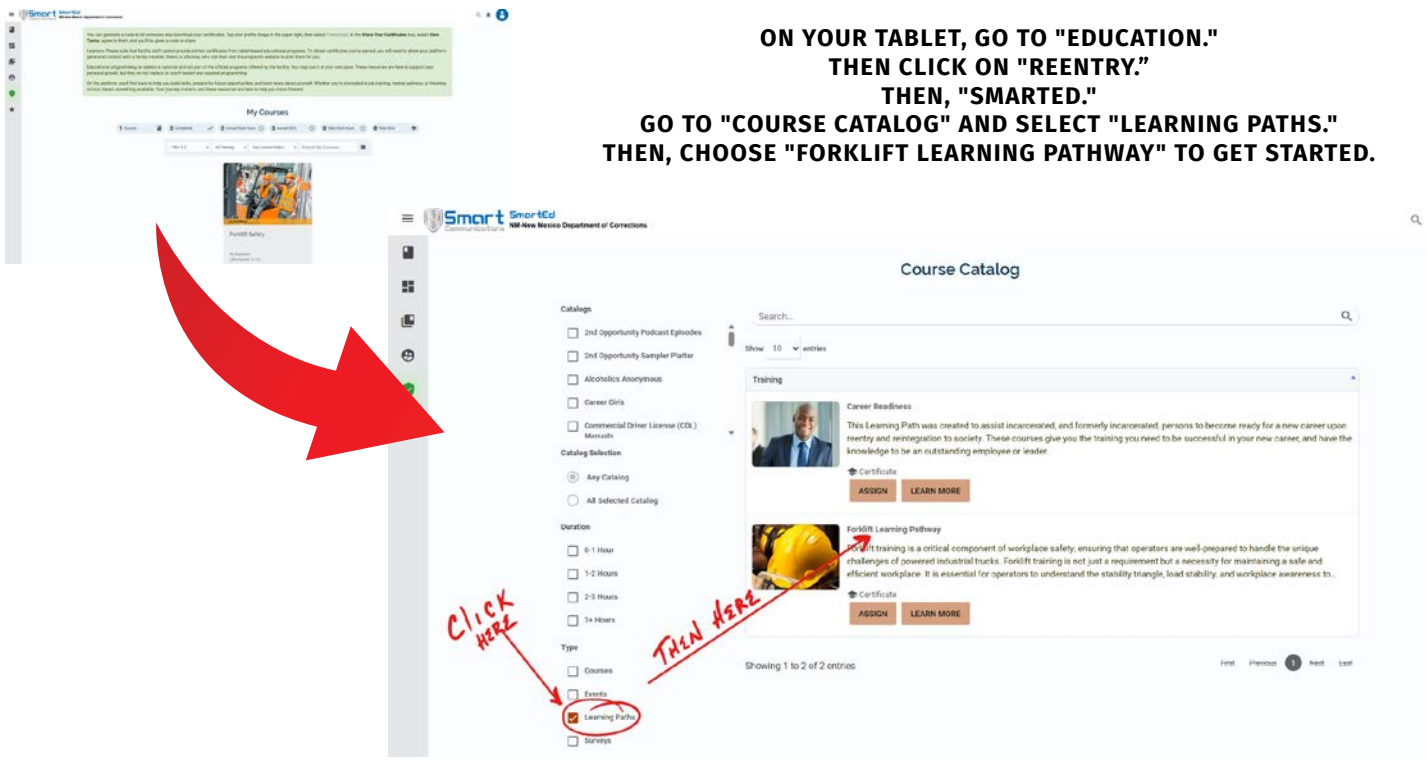
I came into this experience with ideas that where shaped by classrooms, television shows, and scandalous headlines. As I prepare to end my internship, I'm leaving with something much more valuable: real stories, real experiences, and real people who refuse to continue to let their past mistakes confine them.

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THEN, "SMARTED."
GO TO "COURSE CATALOG" AND SELECT "LEARNING PATHS."
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Stories for Dog Enthusiasts, Part One

The Gutenberg Library Offers Dozens of Book Titles
that Focus on Dogs and their Unique Relationship to Humanity.

For a dog person who is also a reader, one of life's greatest pleasures is curling up to read a good book with a four-legged companion nearby. If you're a participant in one of NMCD's many dog training or foster programs, then this may be an actual possibility for you. But even if you don't have a canine "cellie," you can still opt to read plenty of dog-themed stories from the Gutenberg Library.

Available for free on you state-issued tablet (by going to "Entertainment," and then, "Book Library"), there are dozens of book titles in the Gutenberg Library that feature all manner of protagonist pups: circus dogs, loyal companions, wild wolf-dogs, working dogs, and so many other types of canine characters.

There are also a variety of reference books in the Gutenberg collection, through which you can learn about dog care, training, grooming, and differentiating between the hundreds of dog breeds that exist.

Remember that if you have an interest in participating in your facility's dog training or foster program, you can speak to your Unit Manager to find out if you qualify. But in the meantime, be sure to read a few of the following dog-themed book titles to gain an appreciation for the many roles that "man's - and woman's - best friend" have inhabited throughout history and across literary genres.

Remember, too, that you're always welcome to write a book review of any book you read from the Gutenberg Library and submit it to your SOE (Supervisor of Education) to be considered for publication in a future issue of Parallels!

"Dogs of All Nations" by Walter Esplin Mason

This comprehensive illustrated guide on various dog breeds was written in


HVAC TRAINING
NOW ENROLLING
GET CERTIFIED
DEVELOP NEW SKILLS
NATE CERTIFICATION
OSHA-10 CERTIFICATION
18 MONTHS OR LESS TO THE DOOR
MUST HAVE CLEAR CONDUCT
Contact
The
Education
Department
To Enroll.



THE ONLY THING BETTER THAN SNUGGLING UP WITH A GOOD BOOK DURING THE COLD WINTER MONTHS IS HAVING A FOUR-LEGGED FRIEND JOIN YOU.

the early 20th century. It explores the diverse varieties of dogs grouped by their national origins, offering readers detailed descriptions of each breed's characteristics and utility.

The book serves as a valuable resource for dog enthusiasts eager to learn about the classification and traits of different dog breeds from around the world.

The opening of the book introduces the exhibit at the Panama-Pacific International Exposition in San Francisco in 1915, where the author curated a collection of all known dog breeds. The early sections highlight the author's intention to provide concise yet informative descriptions of each breed, acknowledging the contributions of various canine authorities for the definitions and classifications included.

The book emphasizes the beauty and unique attributes inherent in each breed, beginning with English breeds such as the Bloodhound and Bulldog, as well as a brief acknowledgment of breed origins and characteristics that make each one distinct.

"Our Friend the Dog" by Maurice Maeterlinck

Written in the early 20th century and featuring charming, full-color illustrations, this is a reflective work that blends elements of philosophy and pet literature. It's a short read that explores the deep bond between humans and dogs, emphasizing themes of love, loyalty, and the challenges of understanding instincts in a civilizational context. The book primarily discusses the unique relationship that dogs have with humans, offering insights into the nature of companionship and the lessons that can be drawn from being attuned to a dog's perspective.

In the narrative, Maeterlinck introduces us to Pelléas, a young Bulldog, and shares his experiences and thoughts as he navigates life in a human household. The text delves into the complexities of a dog's learning journey, highlighting their innocent exploration of the world and their struggle to understand human customs and interactions. Through Pelléas's experiences, the author illustrates the themes of duty and devotion, as the dog grapples with the realities of serving his human master while also reflecting on the instincts that drive him.

Ultimately, the work is a poignant tribute that elevates the dog's position, portraying it as an affectionate and devoted companion that enriches human life through its unique bond and loyalty.

"Dogs and All About Them" by Robert Leighton

This classic, comprehensive guide covers dog history, anatomy, and over 150 breeds, detailing their traits, temperaments, and show standards, alongside practical advice on training, grooming, health, and breeding, making it a valuable resource for all dog enthusiasts.

While an older work, it provides rich historical insights and expert knowledge, often featuring black-and-white illustrations and serving as a foundational text for understanding the world of dogs.

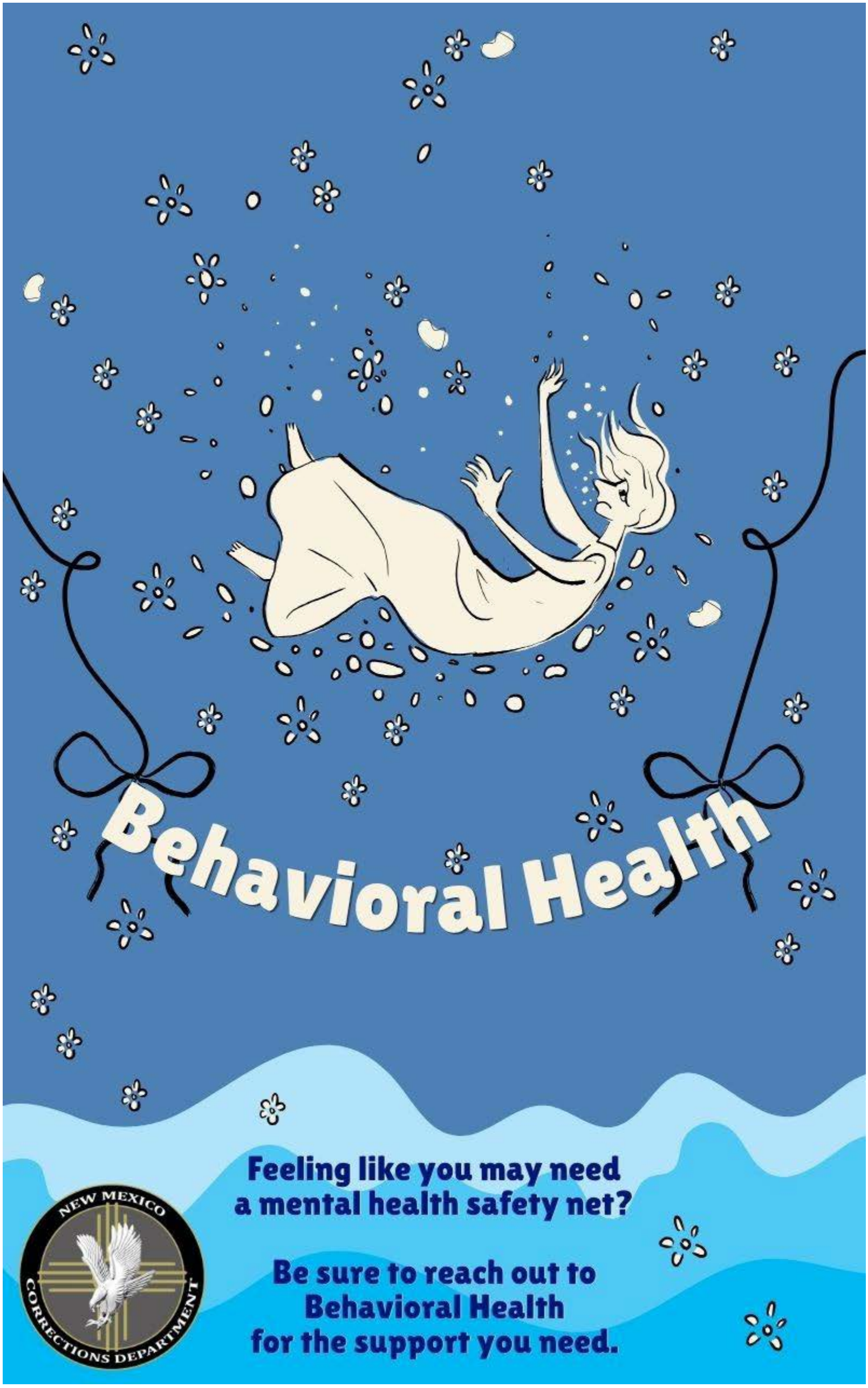
"Dogs as Home Companions: A Book for All Dog Lovers" by A. F. Hochwalt

A comprehensive guide on dog ownership and care written in the early 20th century, this book discusses various breeds suitable for home companionship, the responsibilities of dog keeping, and emphasizes the emotional bond between dogs and humans. It aims to provide knowledge and practical advice for potential dog owners who wish to integrate a canine companion into their families.

The opening of the book introduces the theme of companionship that dogs provide to humans and addresses common misconceptions about dogs among those who dislike them. Hochwalt encourages understanding and appreciation of the positive qualities of dogs, asserting that they are intelligent and emotionally comparable to humans. The text also outlines the importance of selecting appropriate dog breeds based on the owner's living environment while detailing care practices essential for maintaining a dog's health and well-being.

Hochwalt's approach is practical and informative, making it clear that this book is intended for dog lovers eager to learn about responsible pet ownership and the various breeds that can enhance home life.

"The Dog's Book of Verse" by J. Earl Clauson


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This collection of poetry, likely written in the early 20th century, depicts the deep bond between humans and dogs. The anthology captures various aspects of canine life, emotions, and the loyalty and companionship that dogs offer to their humans, providing a heartfelt tribute to man's best friend.

The verses celebrate different stages of a dog's life, including their playful puppyhood and their steadfast loyalty throughout their lives. The opening of the work introduces us to several poems that celebrate the joy and affection dogs bring into our lives. The first poem, "We Meet at Morn," describes the sweet morning reunions between a dog and its owner, setting a tone of warmth and companionship. Other pieces, like "The Lost Puppy" and "My Friend," continue this theme, portraying the innocence and devotion inherent in dogs.

These early selections set the stage for exploring the myriad experiences and emotions shared between humans and their four-legged companions, inviting readers to reflect on the special place dogs hold in our hearts.

"The Call of the Wild" by Jack London

This novel was written in the late 19th century, during the time of the Klondike Gold Rush. The story revolves around Buck, a domesticated St. Bernard-Scotch Shepherd mix, who is thrust into the brutal and primal world of the Yukon wilderness, forced to shed his civilized upbringing and adapt to a harsh life of survival.

The opening of the book introduces Buck, who lives a comfortable life as a pet in Judge Miller's home in the Santa Clara Valley. However, his idyllic existence comes to an end when he is kidnapped by Manuel, a gardener's helper with gambling debts. Buck is soon transported to the north, where he faces mistreatment and a stark new reality.

The narrative sets the stage for Buck's transformation from a pampered pet to a fierce survivor, illustrating the conflict between civilization and the primal instincts that begin to awaken within him as he navigates life in a wild, unforgiving landscape.

"Jerry of the Islands" by Jack London

Another novel written by Jack London (around 1910), this story centers on Jerry, a smooth-coated Irish Terrier, and his adventures amid the tumultuous environment of the Solomon Islands, exploring themes of loyalty, survival, and the complexities of life in a colonial setting.

Through Jerry's perspective, readers witness both the jungle's beauty and the stark realities of island life and the brutal treatment of islanders by colonial enterprises.

The opening of the novel introduces us to Jerry, a young dog who adores his master, "Mister" Haggin. The narrative begins with Jerry being unexpectedly whisked away, raising a sense of foreboding as he starts a new chapter aboard the "Arangi."



THE GUTENBERG LIBRARY FEATURES DOZENS OF DOG-FOCUSED TITLES, INCLUDING BOTH NOVELS AND NON-FICTION REFERENCE BOOKS.

As the story unfolds, we learn about the plantation life Jerry has left, the fears of facing the unknown, and the nature of his relationships with other dogs and humans. Jerry's instinctual reactions to the threats around him reflect both his loyalty to his master and the harsh realities of his world, where danger is ever-present from both the sea and the people inhabiting these islands.

"Michael, Brother of Jerry" by Jack London

Yet another novel by Jack London, this story follows the adventures of Michael, an Irish Terrier, as he navigates the human world after being separated from his former companion, Jerry.

Through Michael's eyes, readers will explore themes of companionship, loyalty, and the brutal realities of human nature, particularly the treatment of animals.

The opening of the novel sets the stage with a foreword that

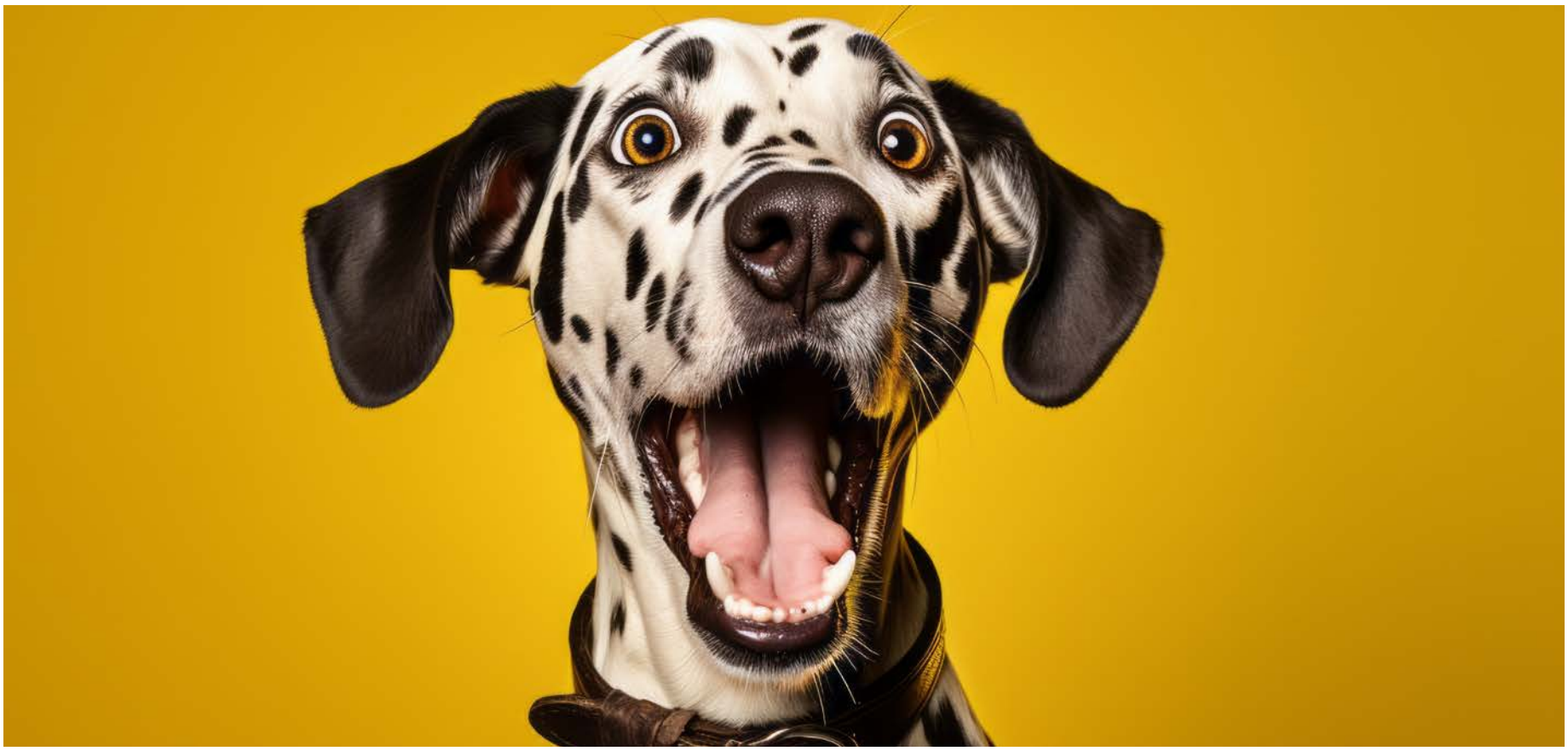
reflects on the author's disdain for the cruelty involved in training animals for entertainment, a sentiment that affects his characters and their interactions.

Michael is introduced on the shores of Tulagi, where he forms an immediate bond with Dag Daughtry, a ship's steward on the steamer Makambo. As Michael is mistaken for a lost dog and subsequently follows Daughtry on board, a series of events unfolds that involves Michael meeting new characters and confronting the complexities of loyalty and identity in a world where he is caught between the innocence of doghood and the harsh realities of mankind.

Fluff, who is the subject of an ongoing debate among the neighbors regarding his breed and rearing.

The story explores themes of companionship, ownership, and the often humorous and frustrating realities of pet ownership. In the narrative, Murchison, a neighbor who inadvertently becomes the owner of Fluff, finds himself at odds with the dog's raucous behavior, particularly its incessant howling.

The story cleverly showcases the deeper connection and responsibility that comes with pet ownership, albeit in a lighthearted and comic fashion.



"OUTSIDE OF A DOG, A BOOK IS MAN'S BEST FRIEND. INSIDE OF A DOG, IT'S TOO DARK TO READ."
~GROUCHO MARX

This opening passage draws the reader into a narrative that promises to explore deeper issues surrounding humanity's relationship with animals while showcasing Michael's spirited personality.

"White Fang" by Jack London

Perhaps Jack London's most famous dog-themed novel, this classic work follows a wolf-dog's journey from the harsh Yukon wilderness, where he learns to survive through brutal conflict, to a more domesticated life, exploring themes of nature versus nurture, loyalty, and redemption through the eyes of its wild protagonist.

The story vividly captures the raw realism of the Northland and the profound impact of treatment on both animals and humans, showing White Fang's transformation from savage to companion.

"That Pup" by Ellis Parker Butler

This humorous short story, written in the early 20th century, is a whimsical tale with the focal point being a peculiar dog named

"All About Dogs: A Book for Doggy People" by Charles Henry Lane

This comprehensive guide is dedicated to dog lovers and serves as a resource for those interested in understanding various dog breeds, their characteristics, and care requirements. It dives into the traits of specific breeds, particularly those used in sports and as companions, showcasing the author's enthusiasm for dogs and their special bond with humans.

Filled with many black and white illustrations, the opening of the book contains a preface and introduction where Lane expresses his hopes that this work will enhance the appreciation of dogs among readers. He shares his extensive experience with different dog breeds and emphasizes the growing popularity of dogs during his time.

Lane sets the stage for discussing various breeds used in sports, providing insights into how the maintaining and breeding of these animals contributes to the economy and sportsmanship in society. He hints at the detailed exploration of various types of dogs that follows, aiming to enlighten both seasoned dog owners and those

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who may be considering welcoming a dog into their lives.

“Sporting Dogs: Their Points and Management in Health and Disease” by Frank Townend Barton

With many black and white photographs, this comprehensive guide focuses on the breeding, training, and health management of various sporting dog breeds. This work serves as a companion to Barton’s previous writings on non-sporting and toy dogs, providing detailed insights into the distinctive traits, handling, and training techniques necessary for sporting breeds.

It covers a range of breeds popular among sportsmen, exploring their physical characteristics, historical backgrounds, and practical applications in the field. The opening of the text introduces the English Pointer, tracing its ancestry to the Spanish Pointer and Southern Hound, and highlights its importance in sporting scenarios.

Barton outlines the key physical features, temperament, and areas of care that aspiring breeders and trainers should focus on when selecting and managing Pointers. It emphasizes the significance of training in close partnership with the handler and suggests that prospective owners should trial their dogs before purchase to ensure suitability for their sporting activities.

This opening section sets the stage for an in-depth exploration of various sporting dog breeds, discussing their management in both health and disease.

“Where the Blue Begins” by Christopher Morley

This novel, written during the early 20th century, centers around Gissing, a bachelor living comfortably in a suburban house, who navigates the complexities of life, happiness, and responsibility.

As Gissing enjoys his single life, he grapples with an underlying restlessness and the search for deeper meaning beyond his simple pleasures, leading to curious adventures and encounters.

At the start of the novel, Gissing’s life is defined by a mix of leisure and philosophical musings. He enjoys the quietness of his woodland home and his established routine. However, he feels a nagging discontent that he cannot quite articulate, often drawn outside by the whispers of spring that make him long for something more.

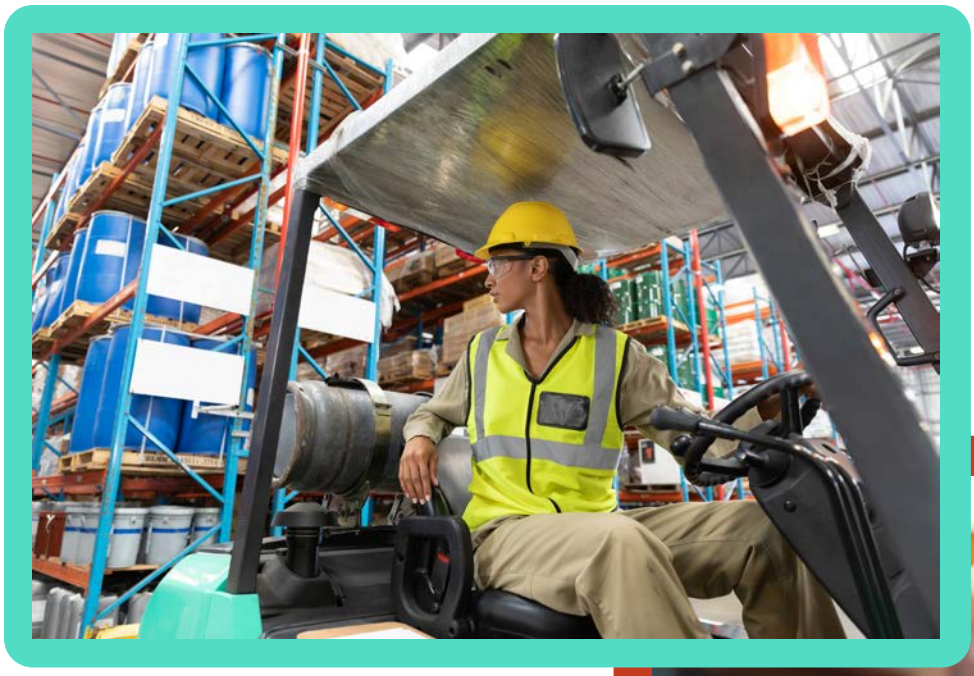
One night, while drawn by a mysterious whistling sound, he discovers three abandoned puppies and decides to take them in, which sets off a series of changes in his life. Gissing’s initial joy in caring for the puppies clashes with the comedic disaster of domestic tasks, ultimately leading to a deeper exploration of what it means to care for others and to embrace the chaos of family life, as he contemplates his priorities and what his newfound responsibilities mean for his future.

“Clown, the Circus Dog” by A. Vimar

This delightful children’s storybook from the early 20th century features a number of charming illustrations. The narrative revolves around a lovable poodle named Clown as he embarks on a series of adventures, exploring themes of friendship, loyalty, and the trials of overcoming obstacles. This charming tale captures the



FROM FAMILY PETS AND STRAY DOGS TO DEVOTED WORKING CANINES AND WILD DOGS, ALL THE STORIES ON THIS LIST FEATURE PROTAGONIST PUPS.





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innocence of childhood and the bond between a dog and his young owner, Bertha.

The story follows Clown from his puppy days, where he is lovingly chosen by Bertha, to his unexpected journey as a circus performer after being kidnapped by a dog thief. Throughout his escapades, Clown faces challenges and learns valuable lessons while yearning to reunite with Bertha.

With the help of new friends he meets during his adventures, including kind circus performers, Clown ultimately discovers the importance of home, love, and the joy of belonging. The narrative is filled with heartwarming moments and humorous escapades, making it an engaging read for children and adults alike.

“Jim: The Story of a Backwoods Police Dog” by Charles G. D. Roberts

This classic Canadian adventure focuses on Jim, a brilliant and loyal police dog, and his Deputy Sheriff master, Tug Blackstock. Set in the rugged Canadian wilderness, the two partners solve crimes, track criminals, and face wild dangers, highlighting themes of courage, partnership, and the spirit of the untamed North.

The story details Jim’s training from puppyhood, his intelligence in navigating challenges (like understanding various commands and predicting events), and their adventures upholding justice in Nipsiwaska County.

“Jack, the Fire Dog” by Lily F. Wesselhoeft

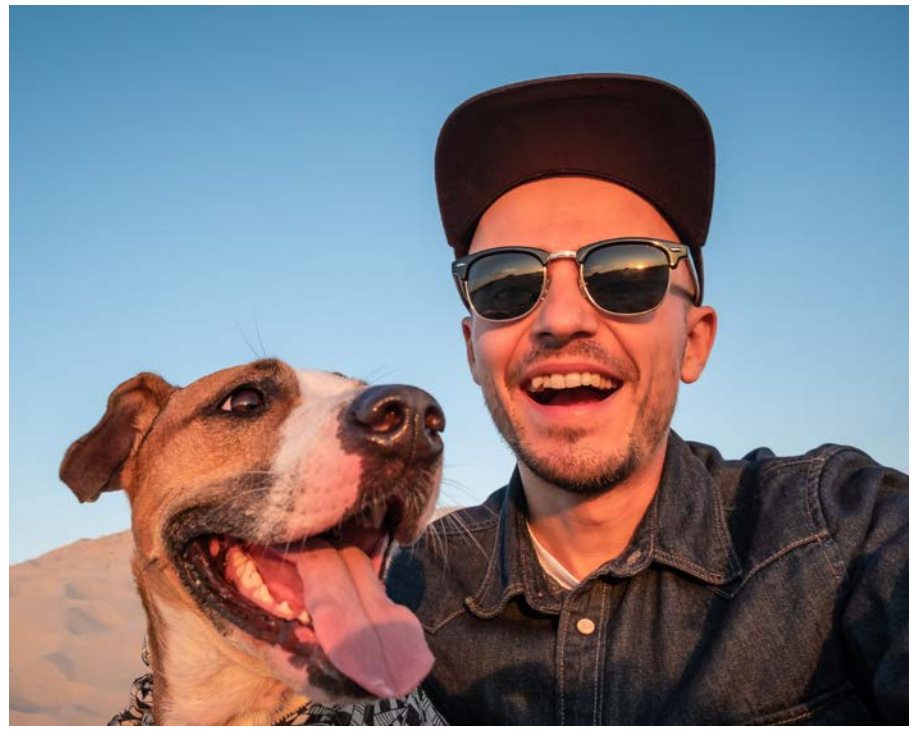
This children’s novel, featuring lovely illustrations, centers around a courageous fire dog named Jack who faithfully accompanies the firemen of Engine 33. With a strong sense of duty and loyalty, Jack becomes a beloved character as he helps rescue a blind boy from a burning building.

The opening of the novel introduces Engine 33, a well-kept fire station where Jack lives and works alongside the firemen and their horses. On a particularly cold winter night, the alarm sounds, prompting Jack and the team to spring into action. As they respond to a fire at a nearby theater, Jack demonstrates both his bravery and intelligence, ultimately rescuing a child trapped in the smoke-filled tenement.

The chapter sets the tone for adventure and camaraderie, laying the groundwork for the bond between Jack, the firemen, and the blind boy he saves.

“A Dog of Flanders, The Nürnberg Stove, and Other Stories” by Ouida

This collection of short stories was written in the late 19th century and features beautiful illustrations. The collection features themes of friendship, love, and the struggles of the impoverished, particularly through the main characters of Nello and his loyal dog,



“ALL HIS LIFE HE TRIED TO BE A GOOD PERSON. MANY TIMES, HOWEVER, HE FAILED. FOR AFTER ALL, HE WAS ONLY HUMAN. HE WASN’T A DOG.”
~CHARLES M. SCHULZ

Patrasche.

Set against the backdrop of Flanders’ landscapes and artistic aspirations, the opening of this story introduces us to Nello, a young boy, and Patrasche, a large dog, who share a deep bond of friendship. Orphaned and living in a humble hut on the outskirts of a small Flemish village, they rely on one another for companionship and support amidst their struggles with poverty.

Nello, taken in by his grandfather Jehan, is portrayed as a kind-hearted and sensitive child, while Patrasche is depicted as a hard-working dog, previously mistreated, who longs for love and companionship - qualities they both find in each other. As the story unfolds, their connection is tested by hardships of life, creating a poignant narrative of loyalty and sorrow that captures the reader’s heart.

“Boy the Wandering Dog: Adventures of a Fox-Terrier” by Marshall Saunders

First published in 1916, this classic animal story follows the adventures of a spirited Fox Terrier as he navigates the world, encountering challenges and learning about friendship and loyalty. The book is narrated from the dog’s perspective and is known for its heartwarming narrative and social commentary, making it a beloved work in animal fiction.

“A Dog Day; or, The Angel in the House” by Walter Emanuel

Featuring many cute illustrations, this whimsical narrative can be classified as a light-hearted fiction or a novella, told from the perspective of a dog. The narrative explores the everyday adventures and thoughts of the canine protagonist, offering a playful glimpse into the domestic life and interactions with human

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characters.

The story unfolds over a single day in the life of a delightful dog living with the Brown family. Through the dog's eyes, readers experience a variety of amusing episodes, including a heroic encounter with a burglar, adventures involving tumultuous relationships with cats and family members, and culinary mischief as he sneaks food.

The tone is lively and expresses the dog's carefree outlook on life filled with joyful antics, moments of affection, and the occasional reprimand. With whimsical charm and humor, the book captures both the innocence and playfulness of canine life while providing insight into human quirks as observed by the observant dog.

"Bruno; or, Lessons of Fidelity, Patience, and Self-Denial Taught by a Dog" by Jacob Abbott

This charming children's narrative follows the adventures of Bruno, a loyal dog, as he demonstrates virtues such as fidelity, patience, and self-denial in various situations involving his owner, a hunter living in the Alps. The book aims to impart moral lessons to young readers through the dog's experiences and interactions.

The opening of the book sets the stage with a hunter who hears a wolf howling at night, stirring a sense of urgency and danger. Determined to protect his family, the hunter prepares for a confrontation with the beast, taking Bruno along. As they venture into the wilderness, Bruno exhibits bravery and loyalty, ultimately engaging in a fierce battle with the wolf, showcasing his courage and the bond between the dog and his master.

The stage is thus established for a series of adventures that highlight the dog's noble qualities and the lessons he imparts throughout the story.

"The Life of a Foxhound" by John Mills

This work offers an imaginative portrayal of the life of a Foxhound, particularly one named Ringwood, as he reflects on his upbringing, the world of hunting, and the dynamics within the kennel.

Through the eyes of Ringwood, the story delves into the behaviors, relationships, and experiences of hounds as they adapt to their roles in the hunting community. The opening of the book introduces us to Ringwood's early life at a farmer's home, where he enjoys a nurturing environment, contrasting sharply with the misfortunes of his siblings raised elsewhere.

As he transitions into kennel life, he meets Trimbush, an experienced hound who offers sage advice about the intricacies of hunting and kennel discipline. The narrative sets up a rich backdrop of hound behavior, the mentoring between the older and younger dogs, and hints at the lively social fabric of the hunting world, all of which are intended to inform readers of the challenges and excitement that await the hounds in the field.

"Landseer's Dogs and Their Stories" by Sarah Tytler

This narrative examines the intricate relationship between dogs and their human companions, through the lens of beautiful illustrations by Sir Edwin Landseer. The book delves into themes of companionship, loyalty, and the shared experiences of both humans and dogs, effectively personifying dogs in order to convey their roles in daily life.

The opening of the text provides an introduction to the main character, a Bull-Terrier named Prince, who embodies the traits of resilience and independence. Tytler sets the stage by portraying Prince's life story, from his humble beginnings as a street pup fighting for survival to his eventual adoption by a carefree boy named Jack.

The narrative skillfully contrasts Prince's rough upbringing with the affection and camaraderie he finds in Jack's family, establishing a poignant exploration of love and loyalty that will likely resonate with dog lovers and those interested in the deeper bonds between animals and their humans.

"Kazan" by James Oliver Curwood

In this 1914 wilderness adventure novel, a wolf-dog hybrid named Kazan struggles between his loyalty to humans and his wild instincts, set in the Canadian wilderness. The story follows Kazan's life as he endures abuse, finds love with a wolf named Gray Wolf, and navigates a world where he is caught between the call of the wild and the pull of civilization. The story explores themes of



ONE HAND HOLDING A BOOK AND THE OTHER HAND PETTING A DOG MAKES FOR A PERFECT AFTERNOON.

Word Play



Take an idiom or figure of speech and make it literal at the end.



Some examples:

"A bird in the hand ...probably wants to escape."



"If the shoe fits ...you know your shoe size."

"On the other hand ...I have five more fingers."

"With great power comes great ...utility bills."

"At the end of the day ...it's dark."









Submit yours to your Supervisor of Education (SOE) if you'd like for it to be considered for publication in a future issue of Parallels or as a daily tablet post. Label your submission "Word Play Activity #1."

survival, loyalty, and the bond between humans and animals.

“Baree, Son of Kazan” by James Oliver Curwood

This novel, written in the early 20th century, continues the themes of animal life and survival established in Curwood’s previous works, “Kazan, the Wolf Dog” and “The Grizzly King.”

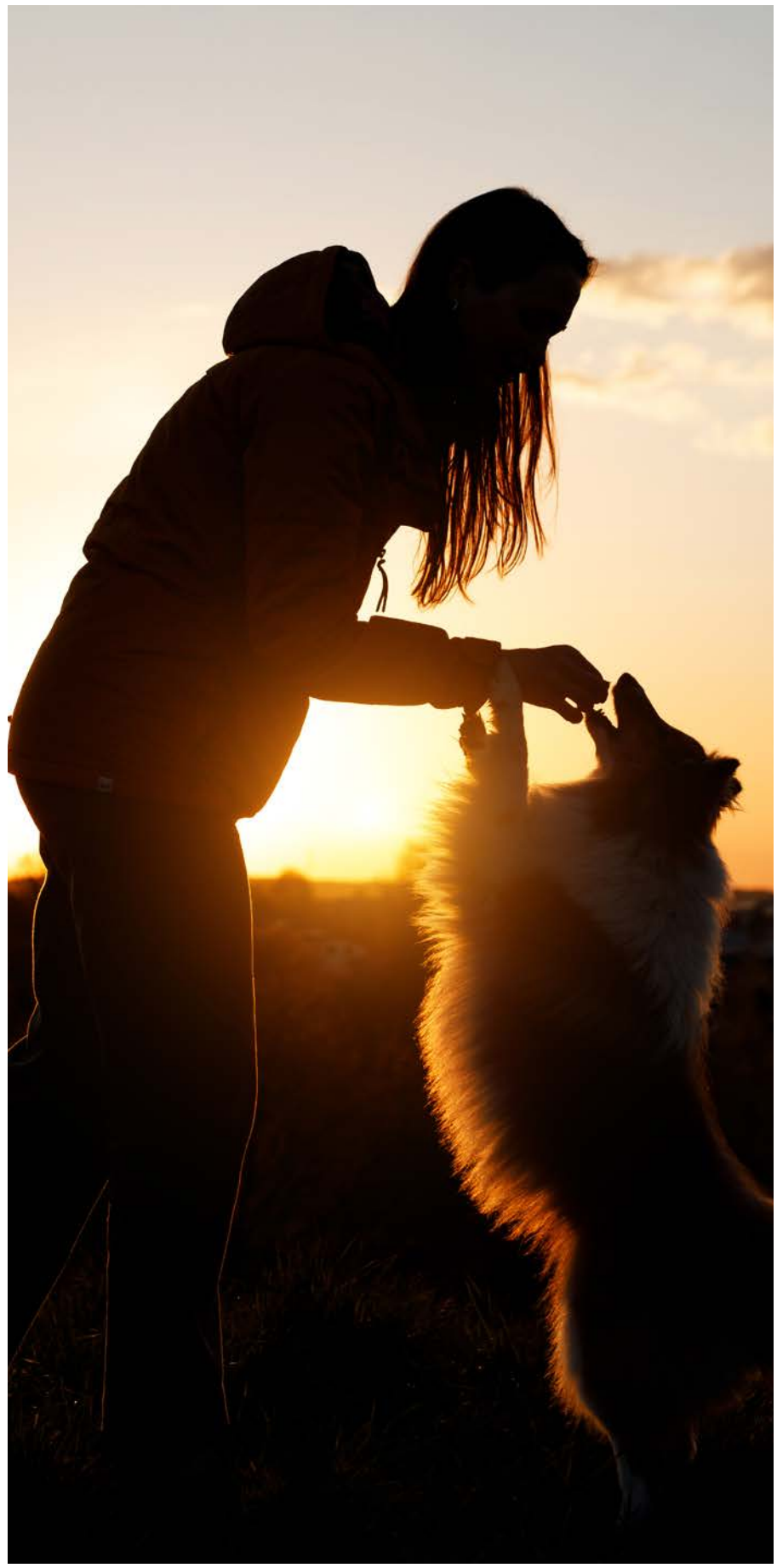
The story revolves around Baree, the offspring of Kazan (a half-wolf, half-dog) and Gray Wolf, as he navigates the challenges of the wilderness, explores his identity, and evolves into a skilled hunter.

The opening of the novel introduces Baree’s early days in a dark den, where he hears and feels the world around him but knows nothing of light or his own lineage. As he grows, he discovers his father, Kazan, and learns about the wild through his mother’s nurturing and the dangers of their environment.

The narrative vividly depicts Baree’s experiences of learning to navigate the complexities of life, including his first encounter with the sun and his eventual foray into independence as he begins to understand his instinctual drive as both wolf and dog.

This section sets the tone for an adventurous journey that intertwines themes of nature, instincts, and the bond with his parents.

With this many choices, you’re bound to find the perfect dog-themed read to enjoy. But stay tuned, as there are so many canine stories in the Gutenberg library that we’ll feature a “part two” of this list in the next issue of Parallels! Until then, “happy tails” - or should we say, “happy tales?”



GIVE YOURSELF A TREAT BY READING ONE OF THESE GREAT DOG-THEMED BOOKS!

Commissary Cuisine

All of the ingredients for “Commissary Cuisine” recipes are available for order from NMCD commissary.

Pizza Popper Bagels



The “Pizza Popper Bagel” is made by stuffing pizza-style filling (such as cheese, sauce, pepperoni, or vegetables) onto a bagel, then microwaving until golden and cheesy.

Pizza Popper Bagel

for 1 Person

3-5/M

Preparation Time

3-5 Minutes

INGRIDIENTS.

1 Bagel	**Food Express Bakery Pre-Sliced Plan Bagel, Item #83751**
1 Jalapeno Cheese Squeeze	**Eastview Farms Jalapeño Cheddar Cheese Pouch, item #75562**
1 Hot Pickle	**Hot Pickle Texas Tito’s Big Fat Juicy Hot Dill Pickle, item #74763**
1 Double Barrel Sausages	**(Three Options) Legendary Meat Snacks Beef Summer Sausage, item #78015 or Carmela Vienna Sausage Bites, item #79008 or Legendary Meat Snacks Hot Beef Summer Sausage, item #78013**
1 packet Salsa Red Sauce	**San Miguel Red Casera Salsa, item #73096**
1 Pouch BBQ Sauce	**BBQ Sauce Original, item #73149**

HOW TO COOK IT STEP BY STEP.

Step 01

Take one half of a Food Express Bakery Pre-Sliced Plan Bagel and squeeze Jalapeno cheese squeeze and spread to the edge of each bagel.

Step 02

Chop up the contents of a Double Barrel Sausages Pouch into pepperoni-like slices and place these on the bagel.

Step 03

Chop up the Hot Pickle into little cubes and place on each bagel.

Step 04

Add the Salsa Red Sauce on top.

Step 05

Pour BBQ Sauce on top.

Step 06

Heat your Pizza Popper Bagels in the microwave for 30 seconds at a time until hot.

Step 08

You can also enjoy this without microwaving.

HAVE A FAVORITE RECIPE MADE FROM NMCD COMMISSARY INGREDIENTS? SUBMIT IT TO YOUR SUPERVISOR OF EDUCATION (SOE) IF YOU WOULD LIKE TO SEE IT PUBLISHED HERE.



Right Your Story by Writing Your Story

Journaling Can Help You Reflect on the Chapters of Your Past and Craft Those of Your Future.

Author C.S. Lewis is quoted as having stated, “You can’t go back and change the beginning, but you can start where you are and change the ending.”

We all know that we can’t go back in time and change the past chapters of our lives. That part of the story has already been written. But Lewis’ quote reminds us that we can always make the decision to change the narrative of our life from this point forward and take our story in a different direction. You, after all, are the author of your own story. Even though the past has brought you to where you are now, you hold the pen and you can decide how your next chapters will play out.

For many, writing those upcoming chapters means literally putting pen to paper and not only reflecting on their past, but focusing on what they want their future to look like. Journaling or expressive writing, whether in a notebook or on a digital device, is a great way to make sense of how you got here and clarify how you plan to get to the future you want.

Extensive scientific research shows that expressive writing helps relieve trauma by lowering stress, reducing PTSD (Post-Traumatic Stress Disorder) symptoms, and improving immune function. An evidence-based, structured protocol developed by Dr. James Pennebaker in 1988 involves writing continuously about deep emotional upheavals for fifteen to twenty minutes per day over several

consecutive days. While many people who participate in this protocol initially feel sad, agitated, or worse immediately after the first couple of writing sessions, research shows that if they continue journaling, it can lower stress and improve immune function over time. (Much like those first few days of working out, the process tends to be uncomfortable in the beginning. But, just like sticking with your exercise routine, keeping up with journaling will eventually feel like something you don't want to go without.)

According to Stanford University, writing about the most troubling parts of our pasts, confronting our traumas, and telling the story of our struggle brings us closure and allows us to find meaning in our pain, which causes us to be happier and healthier in the long term. Furthermore, writing about trauma helps most when people have been bottling up their feelings and not sharing them with others. People also respond best to this intervention when they feel like they have control over how they relive their painful episodes, and writing certainly gives you control over your own narrative.

Journaling helps us organize our thoughts in our own mind – and on our own page – around the traumatic experiences of our past. "Off-loading" those heavy thoughts by handing them over to your journal can provide closure by allowing you to put those painful chapters behind you and get on with writing the rest of your story.

An increasing number of people within the NMCD incarcerated community are discovering the many benefits of both free-form, unstructured journaling and the interactive journaling activities that are offered through the Atlas app. Available on your state-issued tablet, these journaling activities are based on thought-provoking prompts and cover a wide range of topics that are especially relevant to incarcerated people. You'll find journaling activities focused on anger management, personal finance, parenting, substance use challenges, finding employment, and so much more.

Completing the interactive journals available through the Atlas app also allows you to earn certificates, which, when it comes time for your Parole Hearing, the Parole Board will look upon very favorably. But the certificate is just the "cherry on top." The real benefit is the opportunity to work through your own challenges, blocks, and hurdles, and to get to know yourself better in a self-paced format.

So be sure to take a look at the many interactive journaling options available through the Atlas app. Go to "Education," then click on "Reentry," then "Smart ED," and finally the "Atlas" star icon. If you have any trouble finding it, feel free to ask one of your facility's Resident Tablet Techs (RTT's) for help. Write the future you want for yourself!



JOURNALING IS ONE OF THE BEST WAYS TO MAKE SENSE OF YOUR PAST AND TO ENVISION YOUR FUTURE.

Atlas App Interactive Journaling Titles





If you want to focus on substance use issues, look at the "My Life in Recovery," "Responsible Decisions (DUI)," "Medication Assisted Treatment," "Wellness and Recovery," "Strategies for Change," "Changing Course," "Men's RDAP," "Women's RDAP," "Drug Education," and / or "Vaping" Series and specifically, these interactive journaling titles:

- **Substance Use (Courage to Change Series)**
- **Drug Education, A Path Forward**
- **Medication Assisted Treatment**
- **Getting Started (My Life in Recovery Series)**
- **Substance Use Education (My Life in Recovery Series)**
- **The 12 Steps of Recovery (My Life in Recovery Series)**
- **Maintaing My Recovery (My Life in Recovery Series)**
- **Impaired Driving Program (Responsible Decisions Series)**
- **What About Marijuana?**
- **Maintaining My Recovery (My Life in Recovery Series)**

If you want to focus on issues with anger & violence, look at the "Anger Management" Series, and specifically, these interactive journaling titles:

- **Anger Management**
- **Violence Prevention (Challenge Series)**
- **Communication Skills (Challenge Series)**
- **Self-Control (Courage to Change Series)**
- **Personal Growth (Getting it Right Series)**
- **Managing My Emotions (My Life in Recovery Series)**
- **Preventing Violence (Strategies for Change Series)**



If you want to focus on issues with criminal thinking and attitudes, look at the "Courage to Change," "Challenge," "Changing Offender Behavior," and / or "Brave" Series, and specifically, these interactive journaling titles:





- **Understanding My Thinking (Brave Series)**
- **Living a Prosocial Lifestyle (Brave Series)**
- **Success Strategies (Brave Series)**
- **Criminal Lifestyles (Challenge Series)**
- **Lifestyle Balance (Challenge Series)**
- **Changing Course**
- **Making Changes (Changing Offender Behavior)**
- **Recognizing Responsible Behavior (Changing Offender Behavior Series)**
- **Practicing Responsibility (Changing Offender Behavior Series)**
- **Getting Started (Courage to Change Series)**
- **Men's Opportunity to Change (RDAP Series)**
- **Men's Challenging Thinking (RDAP Series)**
- **Men's Prosocial Lifestyle (RDAP Series)**
- **Living a Prosocial Lifestyle (Strategies for Change Series)**
- **Developing Empathy for Victims (Strategies for Change Series)**
- **Women's Prosocial Lifestyle (RDAP Series)**

If you want to focus on employment & vocational topics, look at the "Career Exploration" Series, and specifically, these interactive journaling titles:

- **Exploring My Career Path (Career Exploration Series)**
- **Making a Good Impression (Career Exploration Series)**
- **Planning for Success (Career Exploration Series)**
- **Seeking Employment (Courage to Change Series)**
- **Managing My Life (Getting it Right Series)**



If you want to focus on leisure & recreation topics, look at these interactive journaling titles:

- Living a Prosocial Lifestyle (Brave Series)
- Lifestyle Balance (Challenge Series)
- Recreation & Leisure (Courage to Change Series)
- Focusing on Personal Health (Strategies for Change)
- Wellness and Recovery



If you want to focus on lifeskills topics, look at these interactive journaling titles:

- Maintaining My Recovery (My Life in Recovery Series)
- Managing My Life (Getting it Right)
- Managing My Life, Treatment Specific (My Life in Recovery Series)
- My Life Skills (Co–Occurring Conditions Series)
- Responsible Thinking (Courage to Change Series)
- Social Values (Courage to Change Series)

If you want to focus on mental health & wellbeing topics, look at the "Co-Occurring Conditions" and / or "Trauma in Life" Series, and specifically, these interactive journaling titles:

- Improving My Mental Health (Strategies for Change Series)
- Lifestyle Balance (Challenge Series)
- Maintaining My Positive Changes (Co-Occurring Conditions Series)
- Making Changes (Changing Offender Behavior Series)
- Managing My Emotions (My Life in Recovery Series)
- My Coping Skills (My Life in Recovery Series)
- My Healthy Thinking (My Life in Recovery Series)
- My Mental Health (My Life in Recovery Series)
- My Starting Point (Co-Occurring Conditions Series)
- Personal Growth (Getting it Right Series)
- Practicing Gratitude (Strategies for Change Series)
- Rational Thinking (Challenge Series)
- Responsible Thinking (Courage to Change Series)
- Self-Control (Courage to Change Series)
- The Power of Self-Talk (My Life in Recovery Series)
- Wellness and Recovery
- Women's RDAP
- Men's RDAP



If you want to focus on reentry topics, look at the "Getting it Right" and / or "Courage to Change" Series, and specifically, these interactive journaling titles:

- **Change Plan (Getting it Right Series)**
- **Maintaining Positive Change (Getting it Right Series)**
- **Managing My Life (Getting it Right Series)**
- **Responsible Thinking (Getting it Right Series)**
- **Financial Literacy**



If you want to focus on relationships & parenting topics, look at the "Strengthening My Parenting" and / or "Men's Family Program" Series, and specifically, these interactive journaling titles:

- **Strengthening My Relationships (Brave Series)**
- **Family Ties (Courage to Change Series)**
- **Men's Changing Family Dynamics (Men's Family Program)**
- **Men's Building a Healthy Partnership (Men's Family Program)**
- **Men's Connecting with Family (Men's Family Program)**
- **Men's Parenting Skills in Prison and Beyond (Men's Family Program)**
- **Strengthening My Parenting Skills (Strategies for Change Program)**
- **Building Healthy Relationships (Strategies for Change Series)**
- **My Relationships (My Life in Recovery Series)**



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Metamorphosis as a Metaphor



A Collection of Inmate Essays

The July 2026 issue of Parallels (Volume 2, Edition 3) featured the theme of metamorphosis. In that issue, we provided the following writing prompt: "What does the word 'metamorphosis' mean to you in regard to your experience with corrections?" We received some great submissions from across the state, so here are some of the best!

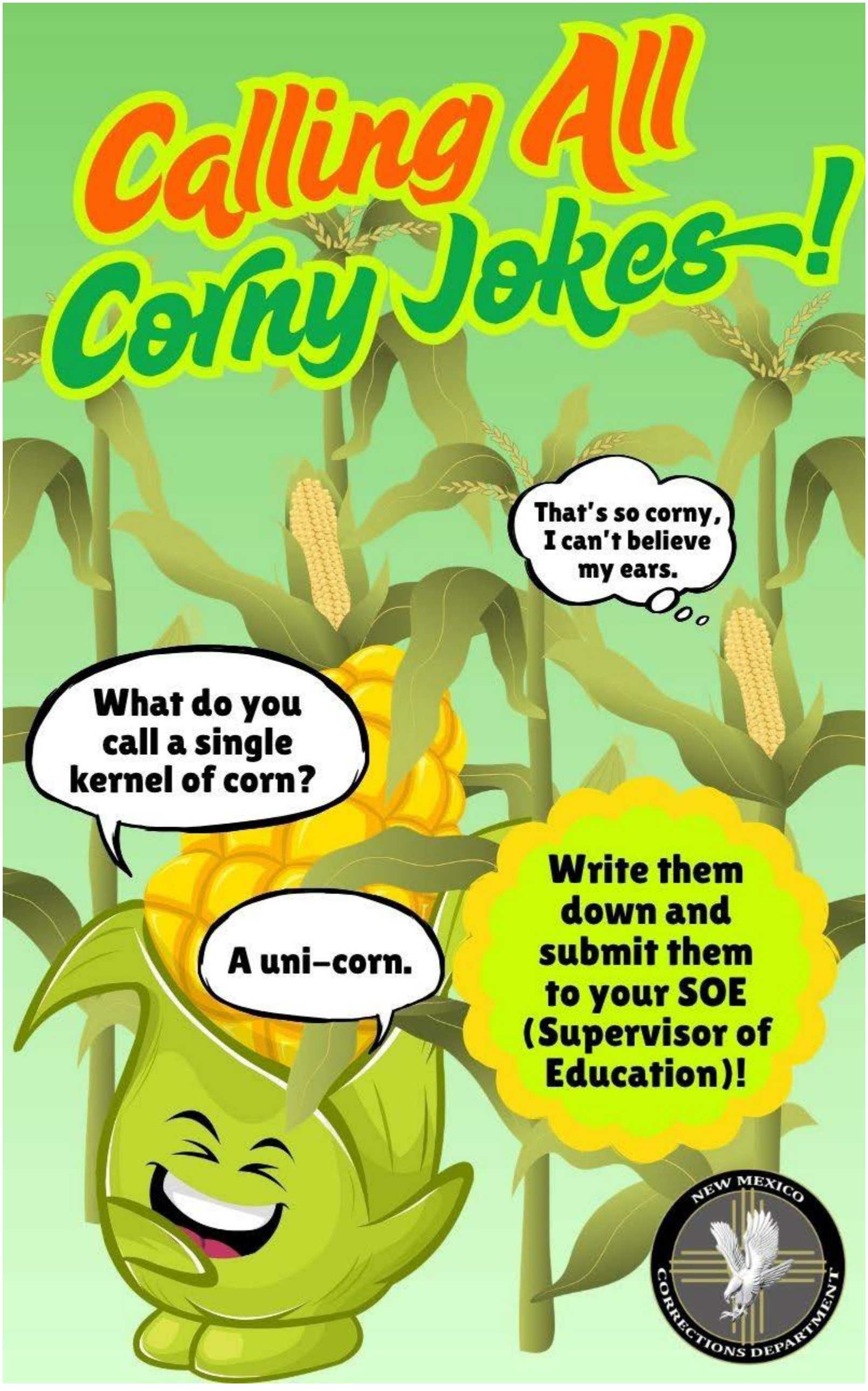
"Metamorphosis and What it Means to Me"

Contributed by a writer at NENMCF (Northeast New Mexico Correctional Facility) in Clayton, New Mexico

Ready to be a butterfly? It's time to transform into something better! Aren't you tired of doing the same things? Of not ever growing or becoming what you were meant to be? I was a little kitty cat, but now I am a strong lion. I did this transformation without even trying. You can see the change in me, no denying. I got family, you got family; they need us! They want to see us doing great; not just going to the prisons to see us! We can transform! The way we live! The way we think! We can become better; every word, every action, every letter!

I've done some courses on my tablet and I've helped others do the same; it's all about the people, we can bring the change. Lead by example, apply what you learn, pass the torch and help the next generation to do the right things when it's their turn. A caterpillar moves slowly and doesn't really know where to go until it enters its cocoon. Then soon, boom! It becomes a butterfly and can travel the southern sky. God's great gift to us is that we can always change. As a matter of fact, to succeed, it is a must.

When I was a child, I thought like a child; now that I'm older, I listen to advice. If I can transform, so can you and I believe we can live a good life. As a metaphor, metamorphosis means that, like a caterpillar, you can change. You are in control. To love the things you love, you have to transform or let them go. Ready to be a butterfly? It's time to transform into something better!


Calling All Corny Jokes!
That's so corny, I can't believe my ears.
What do you call a single kernel of corn?
A uni-corn.
Write them down and submit them to your SOE (Supervisor of Education)!
NEW MEXICO CORRECTIONS DEPARTMENT

“Fine Silk; an Essay on Metamorphosis”

Contributed by a writer at GCCF (Guadalupe County Correctional Facility) in Santa Rosa, New Mexico

One of the only constants in life is change. We change our clothes, our minds, our jobs, our lifestyles. Change touches everyone and everything. In these changes, the ones that are the deepest are the ones within ourselves; a time when a metamorphosis happens. When something happens, a change happens and something new emerges. A time in which we wrap ourselves up in a cocoon to hide ourselves, protect ourselves, until that something new emerges.

This is not unique to race or demographics, place nor time. But it is unique to where we are and how we do it. We are given a plethora of options. Different wrappings of a sort. And with these wrappings, we can be wrapped up in our own minds, in our own ways. Wrapped up in “The Mix.” Wrapped around someone or something. But we also have the opportunity to wrap our minds around the fact that we can change; a chance to bring together a wrapping of fine silk of admittance, proper tools, and even a helping hand. And how about some responsibility, knowledge, and maybe even a dash of faith.

And with this fine silk we can take an opportunity to wrap it about ourselves to use as not just a way to protect ourselves from our environment, but as a cocoon for change. A time of metamorphosis. A time and a place to let go of our old thoughts, our old ways, our old selves. A time to make a decision for change. To no longer amble about as a slow, narrow-sighted creature of little purpose. A bumbling life of consumption but no fulfillment. But imagine one day that we could move past this. That we could make the changes and use the growth to emerge as a beautiful creature with wings and new purpose. We emerge to soar about with potential enough, hope enough, drive enough, to fly and experience the beauty and freedom of the world.

These changes, these decisions, this growth doesn’t just happen in a day nor with a whim. And we all may find that these changes not only happen in the toughest of places but in the toughest of times.

So, know this, my friends. Know that if a caterpillar can become a butterfly what can you do? What metamorphosis can you make? What will it take? What must you do? I, myself, am still wrapping myself in fine silk.

“My Metamorphosis”

Contributed by a writer at NENMCF (Northeast New Mexico Correctional Facility) in Clayton, New Mexico

Metamorphosis: A profound, transformative change in physical form, structure, character, or circumstances.

I have been becoming a new me, a better me. I have been going through a metamorphosis while in prison.

I have been putting my best foot forward. I’m flipping the script. I’m seeing growth in me and others.

I’m ready to transform into something better.

My metamorphosis has been slow but while in prison, I continue to grow.

I’ve been taking classes, like the forklift certification through the SmartEd app on my state-issued tablet. I have also done the hands-on driving part and have been helping others to take the courses on the tablets. I’ve been writing; I wrote “Growth” in the last issue of Parallels (V2E3, page 31).

I’ve been reading a lot. I’ve been bettering myself and my life. I’m seeing true transformation in myself and others. Education is very powerful! Use your time wisely and make the most of it for yourself and your family, change into something great; the world awaits.

Transform your mindset, gain some skills, see how good a true transformation feels.

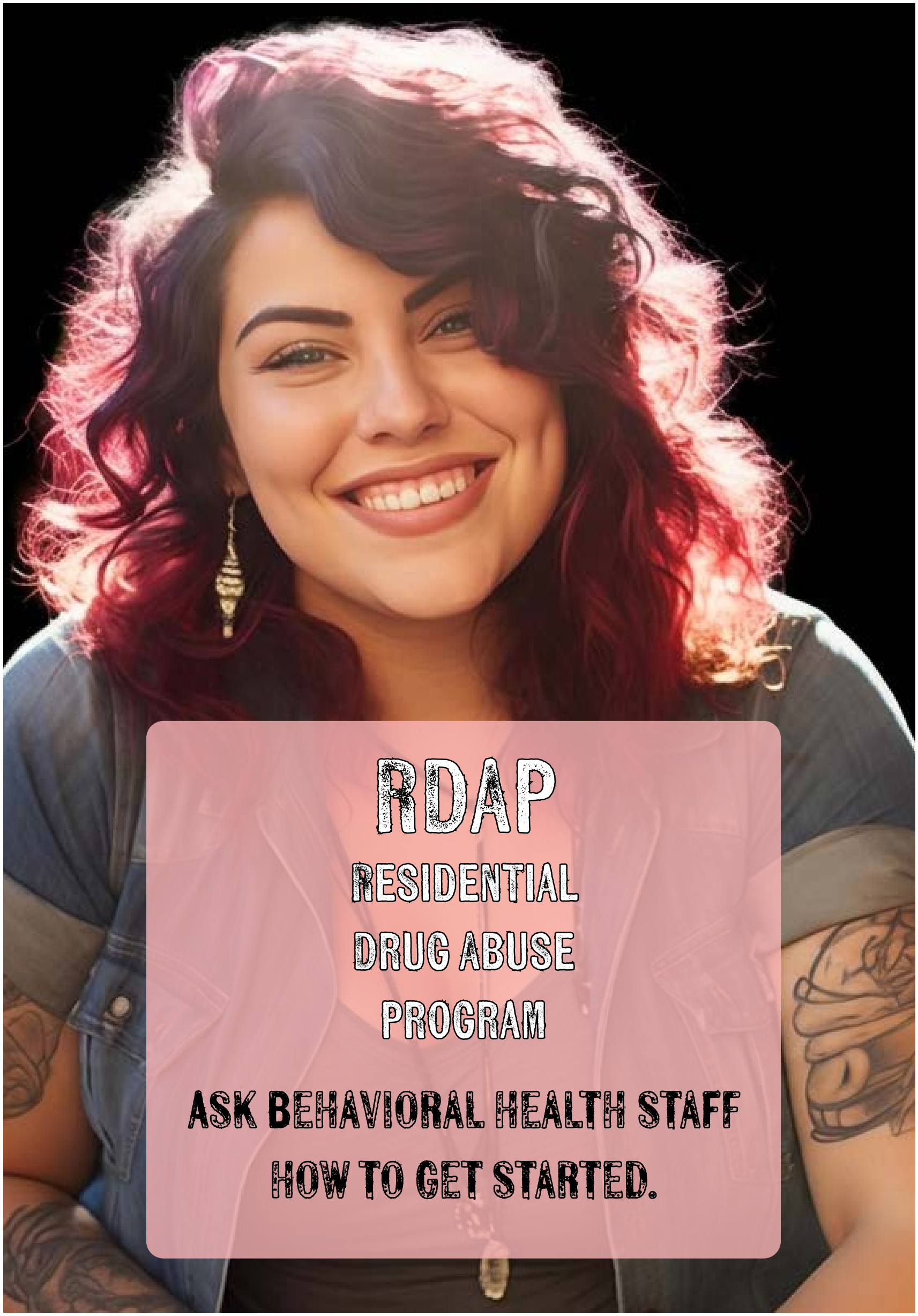


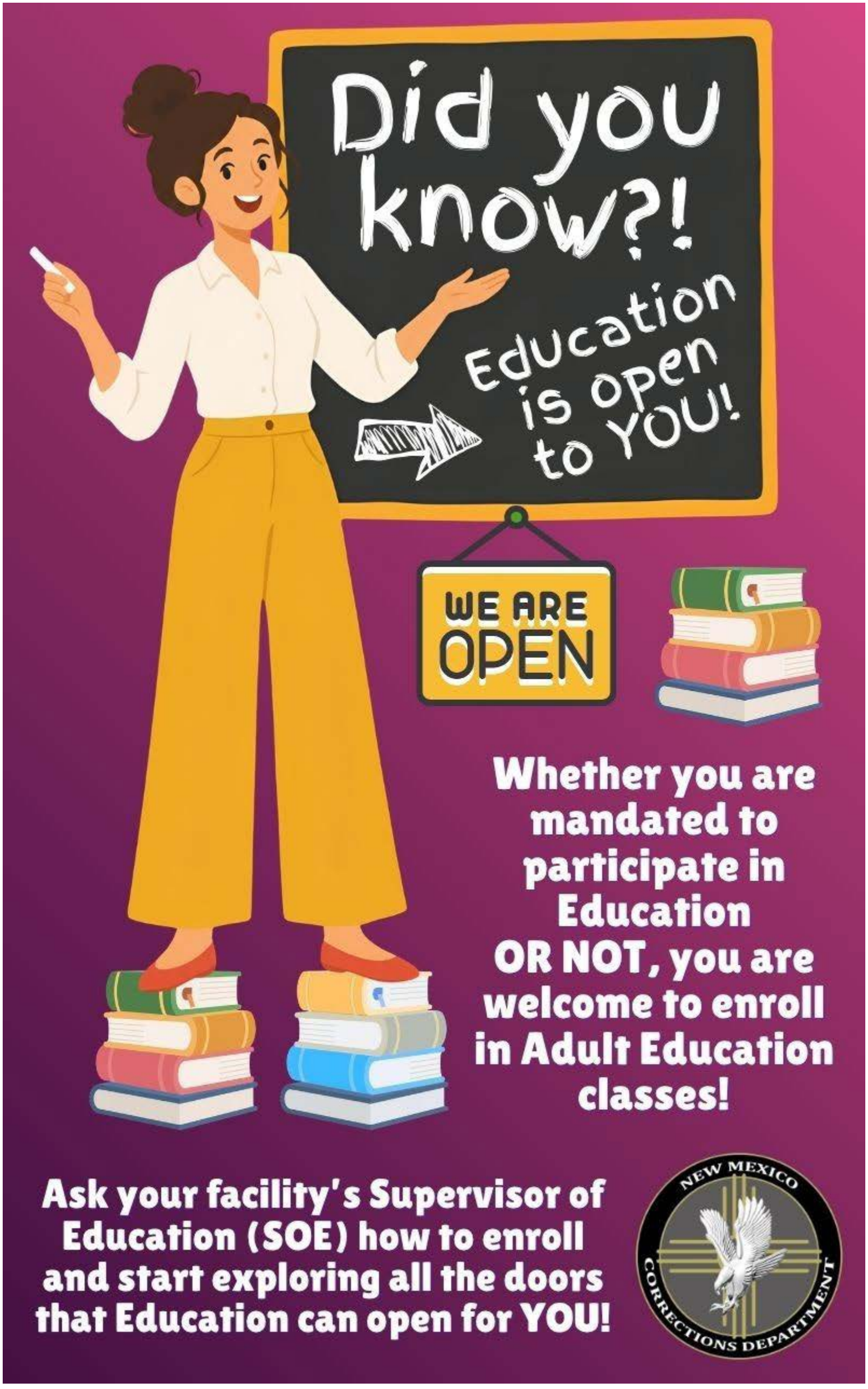
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Education is open to YOU!
WE ARE OPEN
Whether you are mandated to participate in Education OR NOT, you are welcome to enroll in Adult Education classes!
Ask your facility's Supervisor of Education (SOE) how to enroll and start exploring all the doors that Education can open for YOU!
NEW MEXICO CORRECTIONS DEPARTMENT

Parallels Gallery

Title: The Great Wave off Kanagawa
Year: 1830
Artist: Katsushika Hokusai

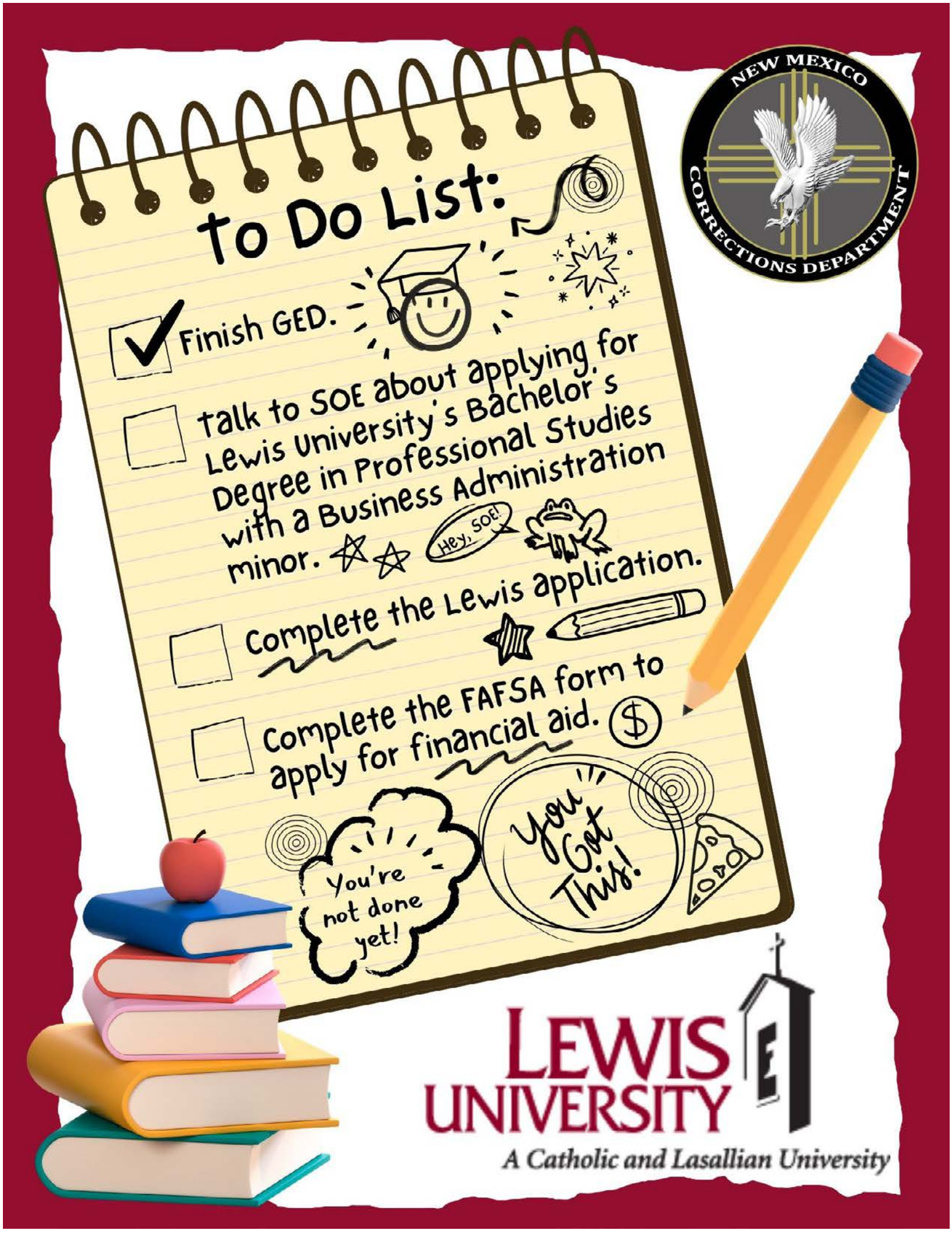
Why is this piece important?

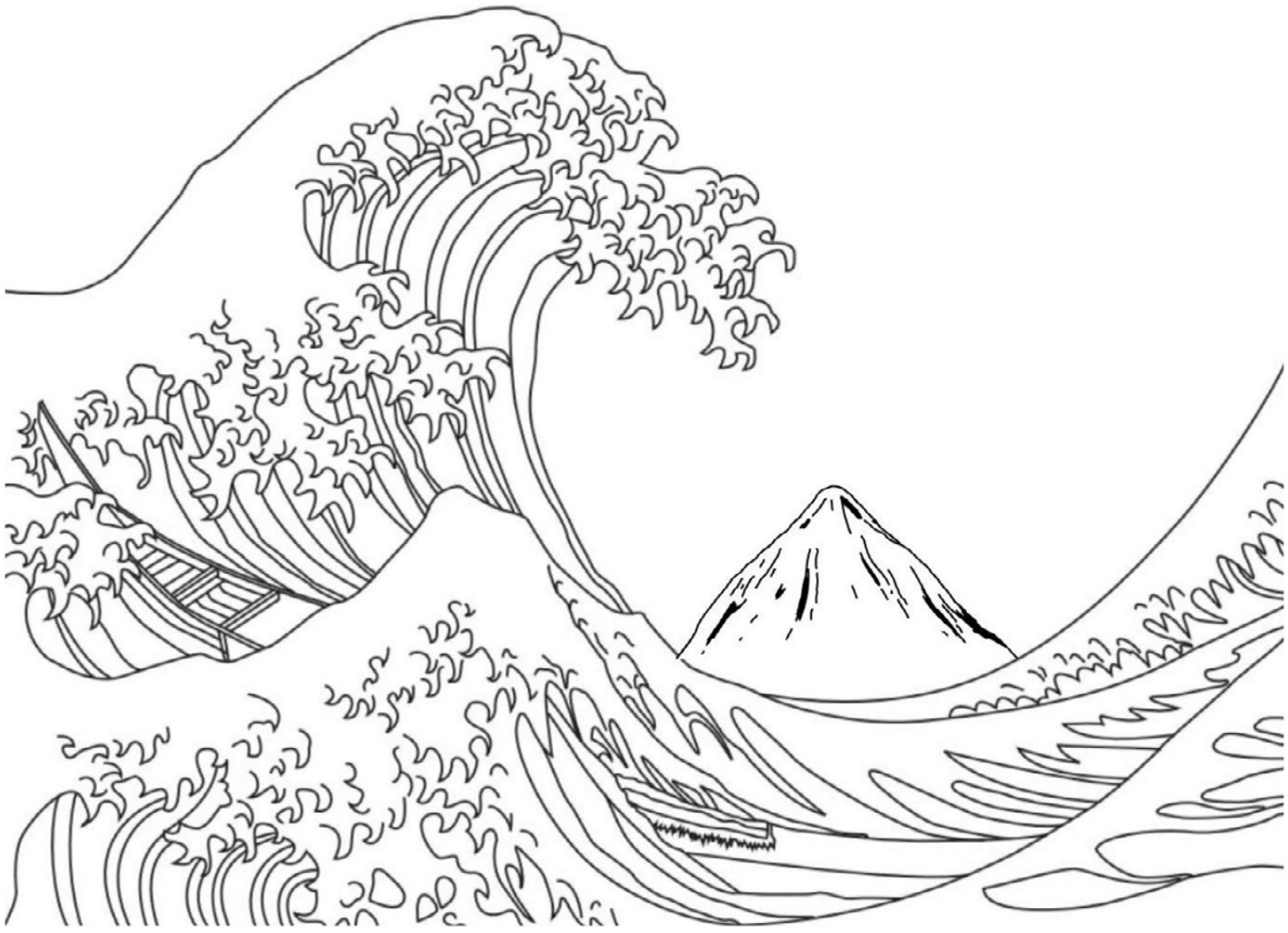
This world-famous woodblock print by Japanese artist Katsushika Hokusai was created as part of his series "Thirty-six Views of Mount Fuji," depicting a giant, threatening wave about to crash over small boats, with the iconic Mount Fuji appearing small in the background. It's celebrated for its dynamic composition, use of Prussian blue, and fusion of Japanese and Western art, becoming one of the most recognizable images in art history and influencing artists and culture globally.

Take a look at the piece, think about how it makes you feel, then have your SOE print the coloring sheet and try creating your own version!



"The Great Wave off Kanagawa""
by Katsushika Hokusai, 1830


NEW MEXICO
CORRECTIONS DEPARTMENT
To Do List:
Finish GED.
talk to SOE about applying for Lewis University's Bachelor's Degree in Professional Studies with a Business Administration minor.
Hey, SOE!
Complete the Lewis application.
Complete the FAFSA form to apply for financial aid.
You're not done yet!
You Got This!
LEWIS UNIVERSITY
A Catholic and Lasallian University



“The Great Wave off Kanagawa””
by Katsushika Hokusai, 1830

Colored by: _____

Looking for a Career?
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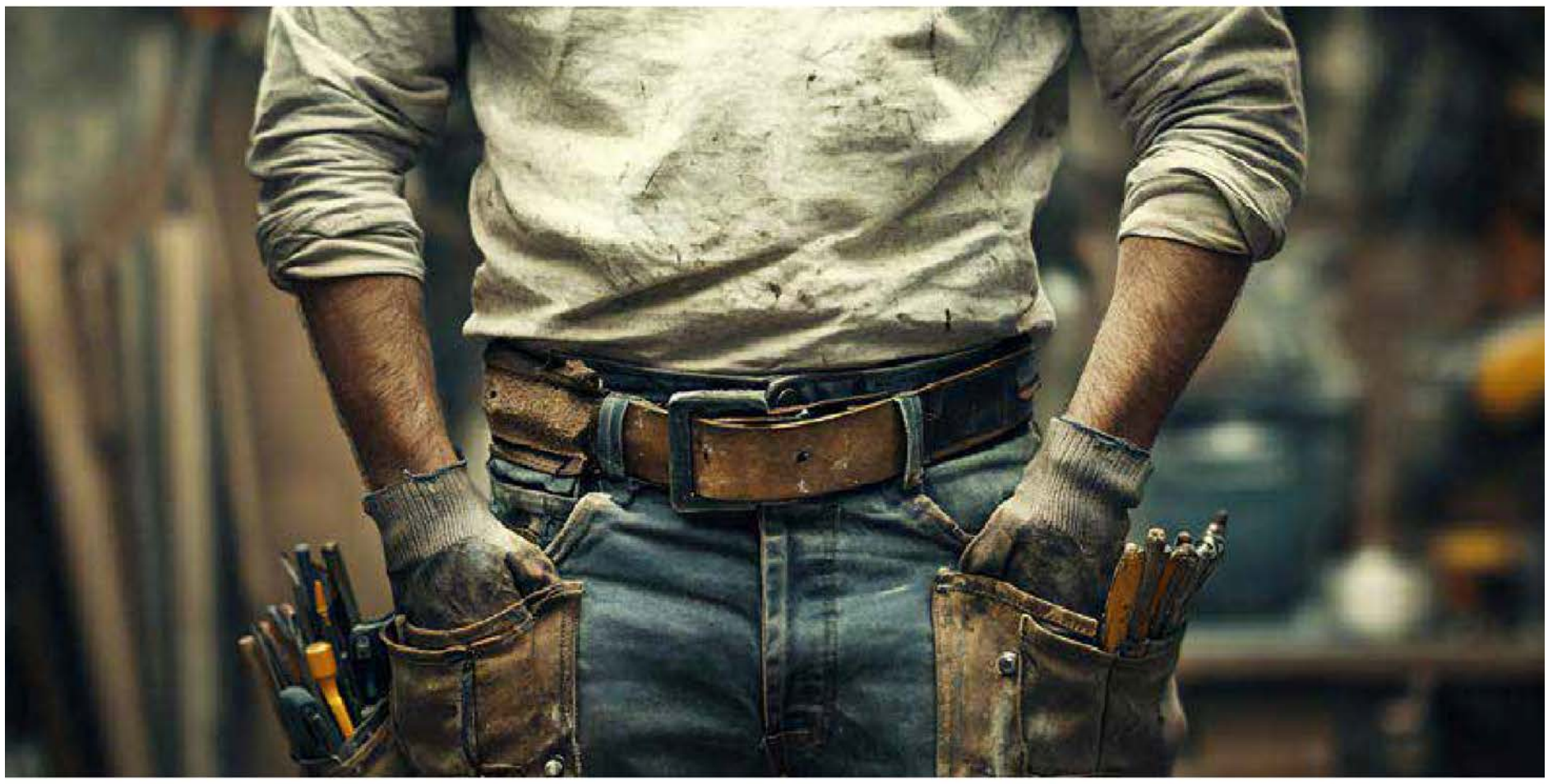
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Drywall

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A\C Maintenance

Wiring System



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You Are Not Forgotten

Spending the Holidays in Prison Can Feel Lonely,
But There Are Many Who Care About Your Wellbeing.



Being incarcerated over the holidays is tough. During this time of the year, it can seem that every TV commercial features groups of family members and friends enjoying meals and other festive get-togethers, and this might make you feel isolated, alienated, or left out. Amid all the seasonal celebrations that loved ones are enjoying, the incarcerated community can tend to feel as though the rest of the world has forgotten about them.

However, the reality is that not only are there dozens of NMCD staff members who are committed to supporting you during this time of the year (and all year long), but there are also hundreds of kind people from the outside community who are willing to contribute their time, expertise, and energy to your wellbeing by volunteering inside NMCD facilities.

According to NMCD Religious and Volunteer Coordinator, Reverend Kevin Everett, Doctorate of Ministry, in the past year, NMCD has had 612 volunteers contribute a combined 8,841 hours of volunteer service.

That means that the average number of hours that each volunteer contributed was over fourteen hours!

The fact that all of these people have been willing to devote so much of their time to the enrichment of the NMCD community is evidence that you are not forgotten and that there are generous people across the state who sincerely care about your rehabilitation and wellbeing.

NEW MEXICO CORRECTIONS DEPARTMENT

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2026

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Skidsteers



Tractors



Excavators

Be JOB Ready

Reverend Everett explains the importance of volunteers' contributions:

"Volunteers - from newcomers to dedicated individuals with nearly fifty years of service - play a vital role in NMCD facilities. Their passion drives meaningful change through essential teaching, mentoring, and positive lifestyle modeling. We are grateful for all of them and appreciate their contributions."

Carla Serna Gonzales, Prison / Community Impact Director at Sagebrush Church, is one of the numerous volunteers who regularly contribute their time to benefit the NMCD incarcerated community. Ms. Serna Gonzales explains what inspires and motivates her to serve in this way:

"Serving in prison ministry is much more than a responsibility to me - it is a calling that is very close to my heart. I serve because I have a deep compassion for the men and women inside our correctional facilities. I believe that every person has value, regardless of the mistakes they have made or the circumstances that brought them to prison. Their incarceration may be part of their story, but it does not have to be the end of their story."



EVEN THOUGH YOU MAY NOT REALIZE IT, YOU ARE ACTUALLY SURROUNDED BY VOLUNTEERS INSIDE PRISON ALL THE TIME. MANY OF YOUR PEERS, AS WELL AS VOLUNTEERS FROM THE OUTSIDE. WORK HARD TO IMPROVE THE LIVES OF THOSE IN THE INCARCERATED COMMUNITY.

Ms. Serna Gonzales continues:

"When I walk into a facility, I try to see the person before I see the crime. I want the men and women we serve to know that they have not been forgotten. They are worthy of dignity, respect, compassion, and encouragement. Many have experienced rejection, broken relationships, addiction, trauma, and years of believing that they are defined by their past. I want to be someone who reminds them that they can choose a different path and that their lives still have purpose."

"I have witnessed incredible transformation inside prison walls. I have seen hardened hearts soften, people discover forgiveness, inmates encourage one another, and men and women begin to believe that they can become different from the person they once were. Those moments remind me why this ministry matters so deeply to me.

Ultimately, the message that Ms. Serna Gonzales wishes to express to the NMCD community is as follows:

"My hope is that every person we encounter leaves knowing one thing: You are not forgotten. Your life has value. Your story is not over."

Another valued volunteer in the NMCD community is Tom K. Servant of Narcotics Anonymous. Mr. Servant understands that the contributions he makes as a volunteer have the power to change lives.

“Bringing the message of Narcotics Anonymous into the incarcerated population and helping people with addictions in general is where compassion and kindness meet with purpose and understanding. These are small acts, but with lasting ripples.”

It’s clear that those who generously share their time and efforts with the NMCD community not only provide a great service to the incarcerated population, but also gain a sense of personal fulfillment and satisfaction from doing so.

This is important to note because, as an incarcerated person, not only can you benefit from the altruism of outside volunteers, but you can also take advantage of the many opportunities that exist for you to become a valued volunteer yourself. From fund-raising club participation, dog fostering and training, and peer mentoring (through Project ECHO or as a Certified Peer Support Worker) to serving as a Resident Tablet Tech (RTT), there are numerous options for anyone who is interested in exploring how fulfilling and satisfying volunteer work can be. After all, according to author and minister Norman Vincent Peale, “The best way to forget your own problems is to help someone else solve theirs.” Don’t forget, too, that volunteering is an activity that the Parole Board is always pleased to see as part of a parole applicant’s programming history.

If you’re not sure what types of volunteer opportunities exist in your facility, be sure to reach out to your Supervisor of Education (SOE) or Unit Manager to find out how you can make a contribution to your community.

So, if you’re feeling forgotten this holiday season, remember that there are hundreds of volunteers who make it a priority to show up on a regular basis and show that they care. In the midst of your struggle, always remember the words of Ms. Serna Gonzales: “You are not forgotten. Your life has value. Your story is not over.”



“YOU ARE NOT FORGOTTEN. YOUR LIFE HAS VALUE. YOUR STORY IS NOT OVER.”

AAA Food Handler's ServSafe Course



90 Days to the Door.

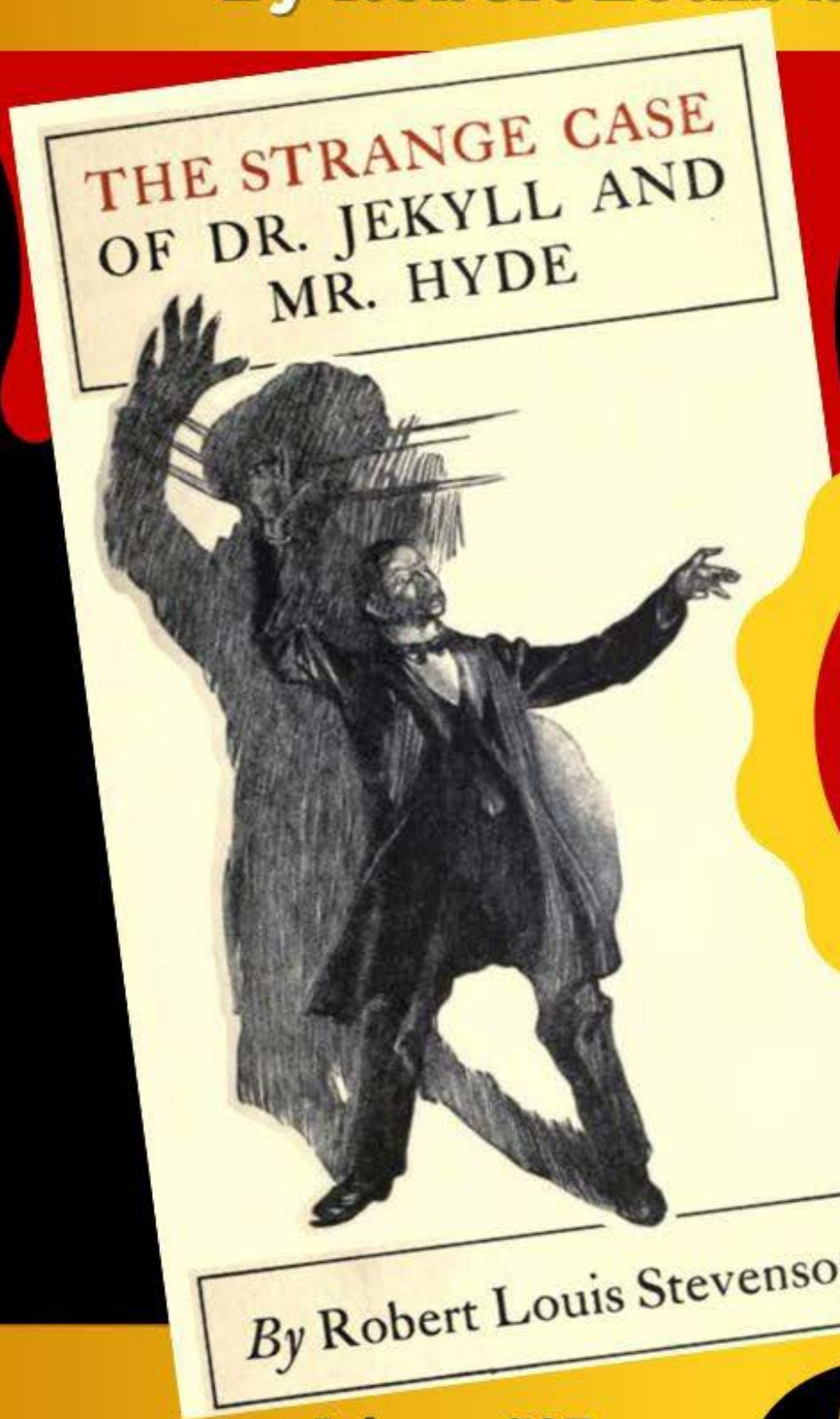
Get your food handler's card.

Contact the Education Department for more information and to enroll.

New Book Club Selection:

The Strange Case of Dr. Jekyll and Mr. Hide

By Robert Louis Stevenson



A NEW CHAPTER
Book Club

Read it for FREE on your NMCD Tablet: Go to "Entertainment," then "Book Library."

Ask your SOE (Supervisor of Education) how to participate and consider writing a review of the book for an upcoming issue of Parallels!



Parallels Self-Quiz

So, you've read this issue of Parallels cover to cover?
Take this self-quiz to see how much you learned!

True or False?

1) A college internship involves a college student getting paid to show up to their regular classes.

2) In 1988, Dr. James Pennebaker created a structured protocol that involved exercising for fifteen to twenty minutes per day over several consecutive days.

3) The best way to cope with the difficulties of being incarcerated during the winter months is to put your life "on hold" until spring, sleep all day, and just hibernate like a bear.

4) It can be fun, interesting, and enlightening to learn about the many holidays that are celebrated during this time of year.

5) Both of the interns who contributed essays to this issue of Parallels felt that they didn't learn much from their experience; they already knew exactly what life inside prison was like and they weren't surprised at all.

6) There are interactive journaling activities on the Atlas app that focus on anger management, personal finance, being a better parent, and overcoming addiction.

7) There are very few book titles in the Gutenberg Library that focus on dogs.

8) Extensive scientific research shows that expressive writing, over time, worsens trauma, increases stress, exacerbates PTSD symptoms, and decreases immune function.

9) During the summer of 2026, NMCD had sixteen college interns working with us.

10) If you are not mandated by the State of New Mexico to participate in Adult Education classes, then you are not welcome to enroll and should not bother approaching your facility's Supervisor of Education (SOE).

Multiple choice:

11) One of the best ways to "off load" heavy thoughts is:

A - Trying to avoid thinking about your problems and bottling up your feelings as much as possible.

B - Telling one of the foster dogs in your facility about your past traumatic experiences.

C - Journaling.

D - Taking a nap. You can't think about difficult things while you're asleep.

12) One of the best ways to journal is to use this app on your state-issued tablet:

A - Essential Education

B - Atlas

C - Pando

D - TikTok

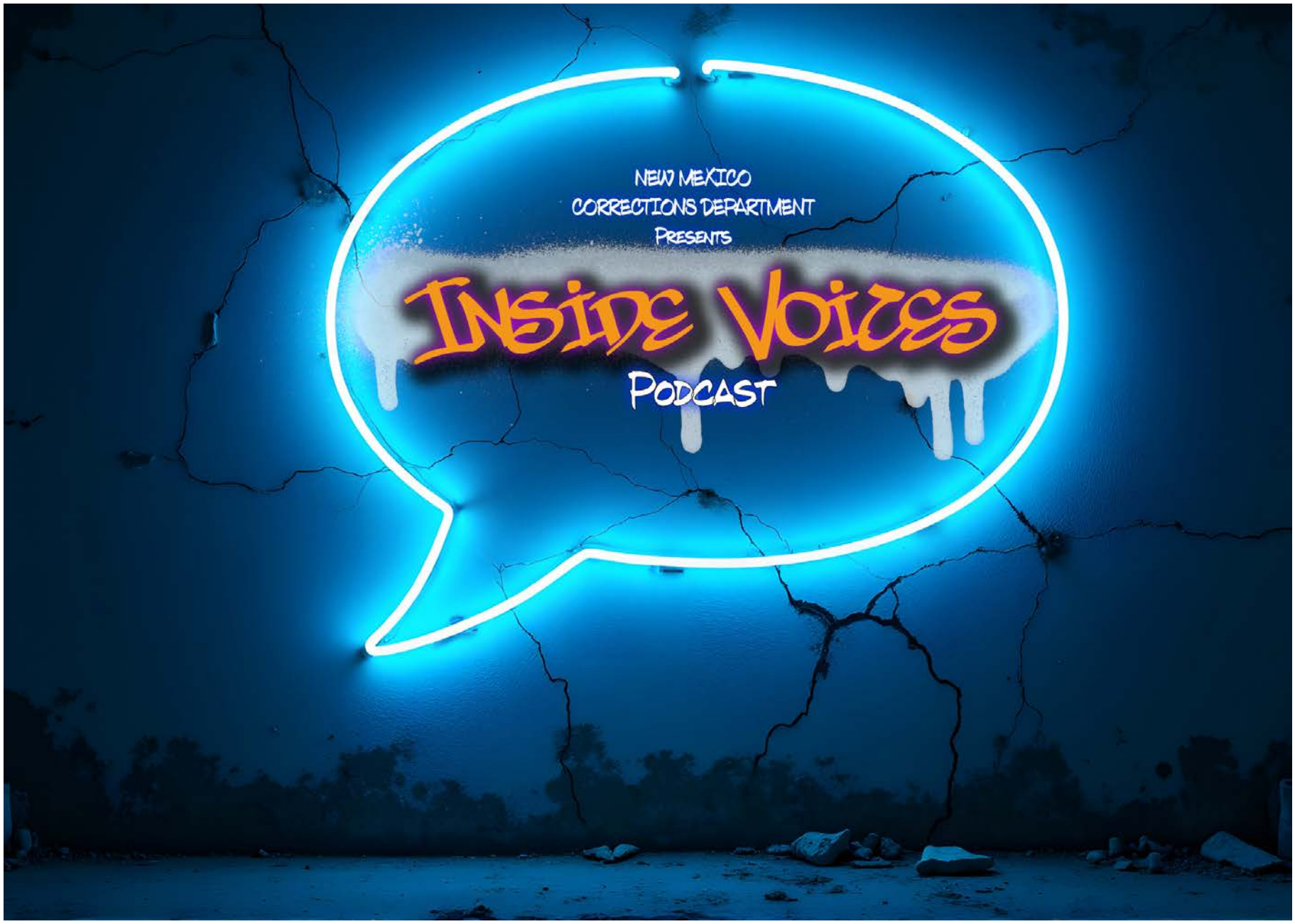
13) The book that was perhaps Jack London's most famous dog-themed novel was called:

A - White Fang

B - Cujo

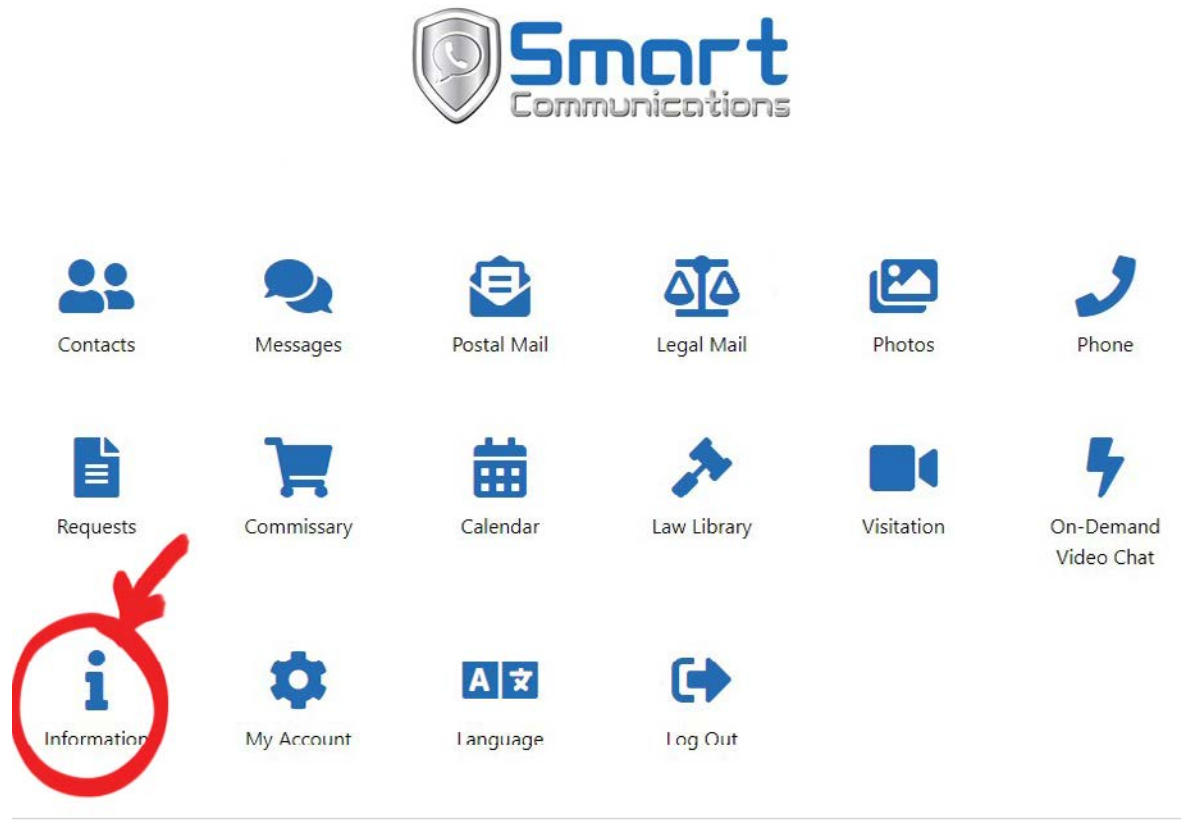
C - Lassie

D - Rin-Tin-Tin



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14) "You can't go back and change the beginning, but you can start where you are and change the ending." This quote is from:

A - Jimothy the Short-Spined Racoon

B - President Dwayne Elizondo Mountain Dew Camacho

C - Author Mark Twain

D - Author C.S. Lewis

15) In the past year, NMCD has had this many volunteers contribute a combined 8,841 hours of volunteer service:

A - 1,234

B - 8,841

C - 612

D - 12

16) A great way to cope with the woes of winter while you're incarcerated is to:

A - Embrace gratitude for the warmth, comfort, and protection that being inside provides.

B - Capitalize on the opportunity to read, study, write, draw, color, or enjoy other indoor endeavors.

C - Learn about the ways in which fellow inmates of other faiths celebrate their winter holidays.

D - All of the above.

17) In the inmate-contributed essay titled, "Fine Silk," the author's reference to "wrapping himself in fine silk" has to do with:

A - His plan to buy himself a new, expensive wardrobe of silk suits when he is eventually released from prison.

B - Creating a metaphorical cocoon for himself in which he can undergo a metamorphosis and from which he will eventually emerge as a new person.

C - His discovery of his love for weaving with silk thread in the GCCF weaving studio.

D - The fact that he had a dream that he was sleeping under a fine silk quilt instead of his prison-issued blanket.

18) NMCD inmates are welcome to submit the following to be considered for publication in future issues of Parallels:

A - Book reviews.

B - Essays written in response to writing prompts.

C - Comics, artwork, and corny jokes.

D - All of the above.

19) "Tech Talk" is a new Parallels column that focuses on:

A - The use of artificial intelligence (AI).

B - The use of NMCD state-issued tablets.

C - The way your kids might be using the TikTok app on their phone.

D - How to repair the Heuristically Programmed Algorithmic Computer (HAL) 9000 system.

20) If you find yourself in need of assistance with using your state-issued tablet, you can approach one of your facility's:

A - Resident Tablet Techs (RTT's).

B - Roaming AI Robot Assistants (RAIRA's).

C - Tech-savvy foster dogs.

D - Bio-engineered artificial humans (replicants) produced by the Tyrell Corporation.

21) "The Great Wave" is an important piece from art history because:

A - Amazingly, it was painted by a Japanese Emperor's dog.

B - If you view it upside-down, you can see a banana split (the artist was famous for his sense of humor).

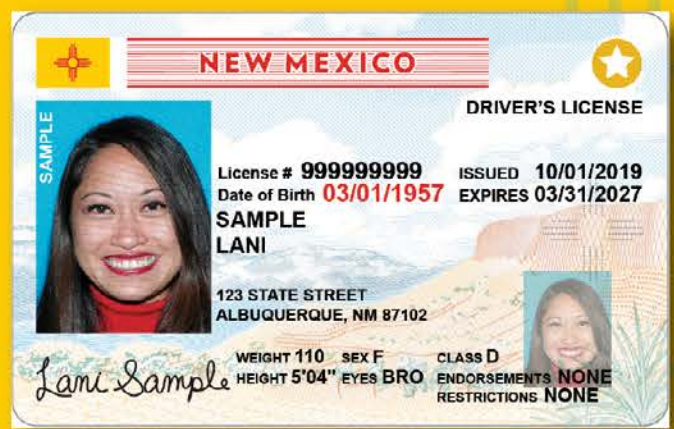
C - It is celebrated for its dynamic composition, use of Prussian blue, and fusion of Japanese and Western art.

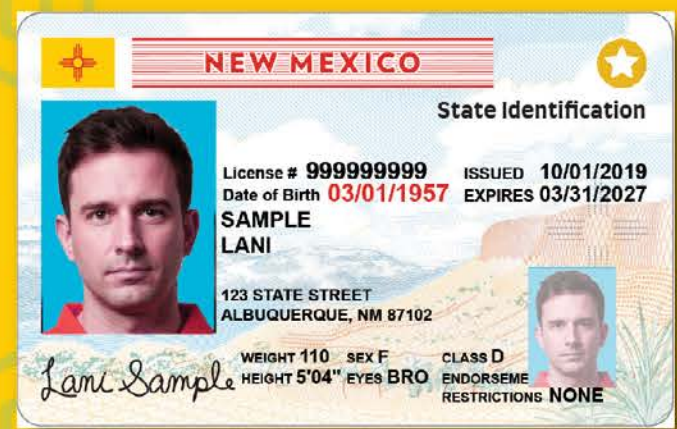
D - The paint pigments were derived from blueberries, beets, and squid ink.

Announcement

It's More Than Your Picture

State ID & Driver's License





A Driver's License or State Identification Card offers benefits such as:

Proof of identity / Opening bank accounts / Driver's License provides mobility

Starting at 90 days to your projected release date, these MVD ID/DL transactions also provide an opportunity for voter registration.

Ask your Classification Officer how to get yours.

It's Free and
It's the Law!

22) The theme of this issue of Parallels is:

A - “Be Kind to Your Neighbor.”

B - “Be Kind to Your Liver.”

C - “Be Kind to Your Mind.”

D - “Be Kind to Your Eyes.”

23) Interactive journaling on the Atlas app is a great use of your time because:

A - It can help you process and let go of the taumatic experiences of your past.

B - Finishing each interactive journaling activity will earn you a certificate, which will be looked upon favorably by the Parole Board.

C - Doing so can help you focus on topics that are important to you, such as anger management, substance use, relationships, making more responsible choices, and more.

D - All of the above.

24) Interactive journaling in the Atlas app is different than regular hand-written journaling in that:

A - Interactive journaling in the Atlas app offers you some guidance by offering writing prompts and keeping your jounaling focused on a particular topic, while traditional hand-written journaling does not.

B - Interactive journaling in the Atlas app allows you to earn certificates of completion that you can show to the Parole Board and traditional hand-written journaling does not.

C - Interactive journaling in the Atlas app allows you to journal for free via your state-issued tablet, without having to obtain a notebook, journal book, pen, or pencil.

D - All of the above.

25) “The Great Wave” was created by this artist:

A - Pablo Picasso

B - Vincent Van Goh

C - Yayoi Kusama

D - Katsushika Hokusai


Start Here.
Do you have your high school diploma or GED?
Yes.
No.
Do you want to go to college?
Do you want to get your GED?
Yes.
No.
Yes.
No.
Let your SOE know!
Why not?!
Let your SOE know!
Why not?!
Ask your SOE how education can change your life!



Answers:

1 F

2 F

3 F

4 T

5 F

6 T

7 F

8 F

9 F

10 F

11 C

12 B

13 A

14 D

15 C

16 D

17 B

18 D

19 B

20 A

21 C

22 C

23 D

24 D

25 D



CREATIVE CORNER



SUBMISSION FROM GCCF

HAVE ARTWORK YOU WOULD LIKE TO SHARE? SUBMIT IT TO YOUR SUPERVISOR OF EDUCATION (SOE) IF YOU WOULD LIKE TO SEE IT PUBLISHED HERE.



PARALLELS WORD SEARCH

YOU WILL FIND THE ANSWERS TO THE WORD SEARCH ON THE NEXT PAGE.

S	N	O	I	T	A	M	R	I	F	F	A
J	O	U	R	N	A	L	I	N	G	B	T
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FIND THESE WORDS:

MENTAL HEALTH
AFFIRMATIONS
MEDITATE
SLEEP
REST
JOURNALING
LAUGH
SELF
YOGA
NEED
PROGRAMMING
HOBBIES
CARE
STUDY
EXERCISE
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PARALLELS WORD SEARCH

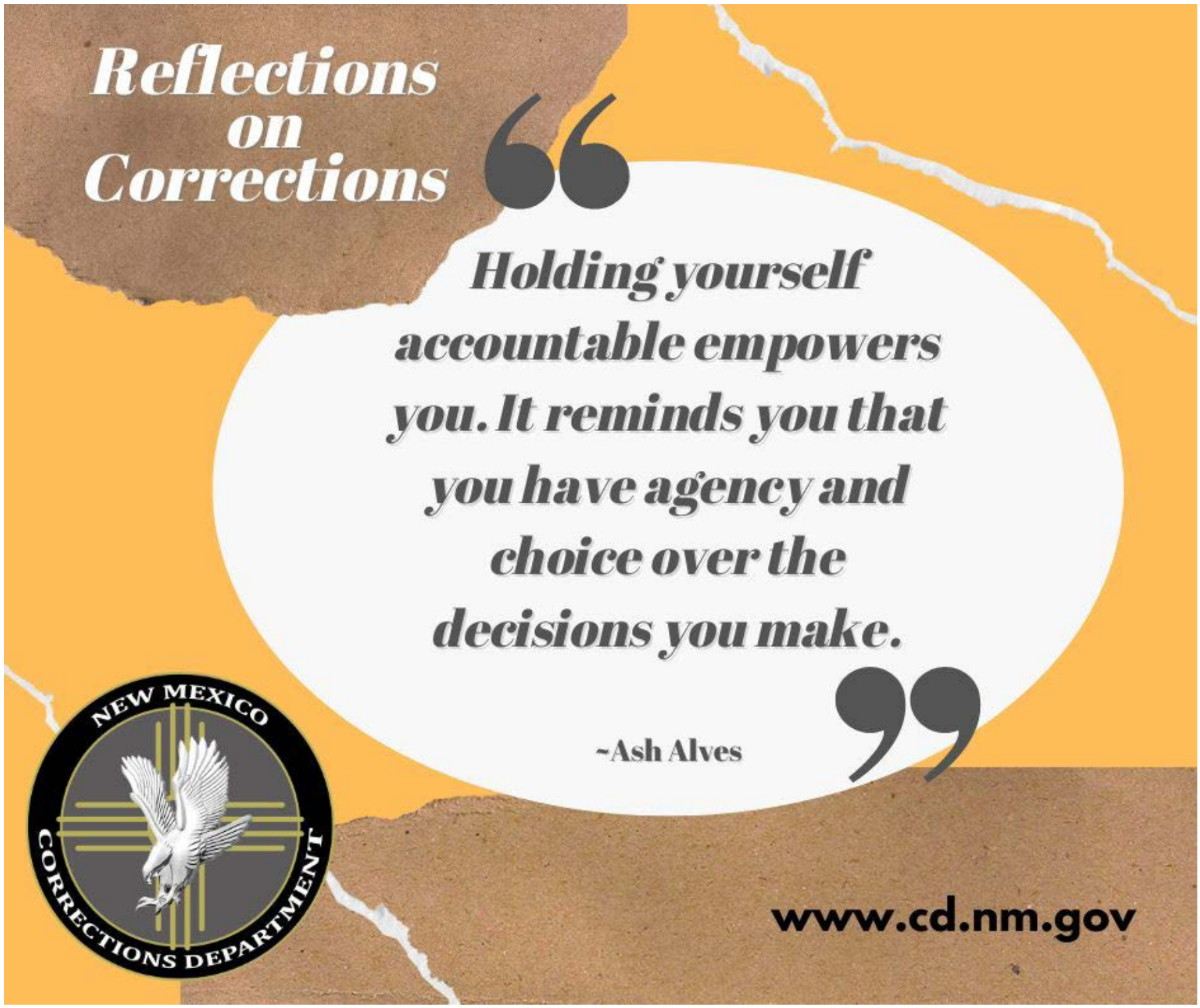
ASK YOUR EDUCATION STAFF FOR A PRINTED WORD SEARCH, THEN CHECK YOUR ANSWERS HERE.

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Reflections on Corrections
Holding yourself accountable empowers you. It reminds you that you have agency and choice over the decisions you make.
~Ash Alves
NEW MEXICO CORRECTIONS DEPARTMENT
www.cd.nm.gov



"It's an Inside Joke"

Write On!

Do you love to write?

Would you like to see your writings published in Parallels magazine?

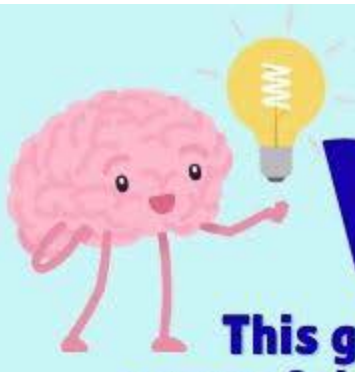
We provide a writing prompt in each issue to help you focus your essays.

This issue's prompt is:

What are some ways you have found to "be kind to your mind" during your incarceration?

Submit your essay to your SOE by December 14!

NEW MEXICO CORRECTIONS DEPARTMENT



Vocab Zone



This glossary of terms provides the definition of some of the words used throughout this issue of Parallels and will help you NURTURE your vocabulary.



Altruism: The unselfish concern for the well-being of others, often involving actions that benefit others at a personal cost or without expecting a reward.

Anthology: A published collection of distinct artistic or literary works - such as poems, short stories, plays, songs, or art - gathered together into a single book or album.

App: (Short for application.) A computer program or software designed to do a specific task.

Aspiring: An adjective that means desiring, eagerly working, or trying to achieve success in a specific career, goal, or role.

Atmosphere: The general tone, feeling, or character of a place, situation, or work of art.

Attributes: The characteristics, qualities, or features that belong to a person, place, thing, or concept.

Attuned: Being familiar with, sensitive to, or in harmony with someone or something.

Camaraderie: A warm feeling of good friendship, trust, and loyalty among people who spend time together or share an experience.

Civilizational: Relating to or dealing with a civilization - a complex, advanced state of human society characterized by urban centers, shared culture, organized government, and social stratification.

Colonial: Relating to a colony, a country that rules a colony, or the historical period when territories were controlled by foreign powers.

Complexities: The many intricate, connected parts, or difficult factors involved in a situation, system, or problem that make it hard to understand or solve.

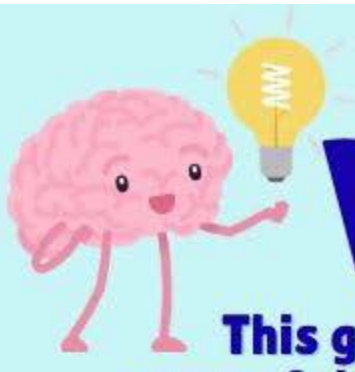
Comprehensive: Complete, thorough, and including all or nearly all necessary details, elements, or aspects.

Differentiating: Recognizing, showing, or creating a difference between two or more things.

Diminished: Made smaller, lessened, weakened, or reduced in value, power, or importance.



Disdain: A strong feeling of dislike or disapproval combined with a sense of superiority, meaning you think someone or something is not important or good enough to deserve your respect.



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Dormancy: A temporary state of inactivity where an organism stops growing or moving to save energy during hard conditions.

Endure: To suffer through something difficult or painful without giving up, or to last and continue existing for a long time.

Enterprises: Projects, undertakings, or organizations - especially businesses - that involve risk, effort, and initiative.

Enthusiasts: People who are very interested in a particular activity, subject, or cause and spend a lot of time on it.

Escapades: Exciting, unusual, or slightly reckless adventures and wild pranks that break away from normal, everyday behavior.

Estrangement: The state of no longer being friendly, close, or in communication with someone, or a feeling of emotional separation and alienation from a group or environment.

Exemplified: The past tense, past participle, or an adjective form of the verb exemplify, meaning to show, illustrate, or serve as a typical example of something.

Exposition: A comprehensive explanation or a public display of an idea, work, or product.

Fidelity: Faithfulness, loyalty, or the exact accuracy with which something is copied or reproduced.

Fondly: Acting with love, affection, or warm liking, or holding an overly optimistic belief that is unlikely to come true.

Foreboding: A strong inner feeling, intuition, or sign that something bad, dangerous, or evil is going to happen soon.

Fractured: Damaged, split, or destroyed in a sudden way (such as a fractured friendship or a divided society).

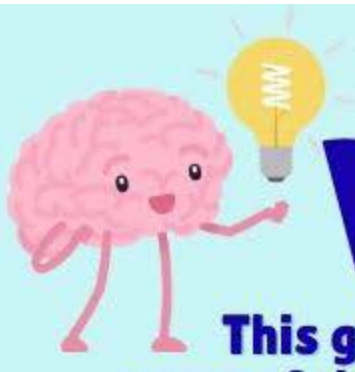
Hibernation: A natural state of deep sleep and inactivity in which certain animals pass the winter.

Hybrid: Something created by combining two or more different elements, sources, or types to form a single, mixed whole.

Hygge: (Pronounced "hoo-gah.") A Danish and Norwegian word that means creating a warm atmosphere and enjoying the good things in life with good people or by yourself.

Idiom: An expression or phrase whose figurative meaning cannot be understood by combining the literal definitions of its individual words.





Vocab Zone



This glossary of terms provides the definition of some of the words used throughout this issue of Parallels and will help you NURTURE your vocabulary.



Idyllic: Extremely happy, peaceful, or picturesque, often with a sense of simple, rustic charm and freedom from danger or trouble.

Impoverished: An adjective that means reduced to extreme poverty, or lacking in essential resources, strength, or richness.

Inherent: Existing as a natural, permanent, and inseparable part or characteristic of something.

Internship: A temporary job that gives students or recent graduates practical work experience in a specific field.

Intertwine: To twist, weave, or connect two or more things together so closely that they become hard to separate.

Intervention: The act of stepping into a difficult situation, event, or ongoing process to change its outcome, offer help, or prevent things from getting worse.

Intricacies: The complex, detailed, or entangled parts of something that are hard to understand or do.

Intricate: Having many small, closely connected parts or details that make something hard to understand, follow, or build.

Klondike Gold Rush: A mass migration of roughly 100,000 prospectors to the Yukon region of northwestern Canada between 1896 and 1899.

Lemur: A small-to-medium-sized primate with large eyes, a pointed snout, and a long tail, found only on the island of Madagascar.

Lineage: A direct line of descent from a common ancestor or progenitor, encompassing one's family, ancestry, or bloodline.

Mentoring: A collaborative, trusted partnership where a more experienced person (the mentor) guides a less experienced person (the mentee) to support their personal and professional growth.

Metamorphosis: A deep and complete change in physical form, appearance, or character.

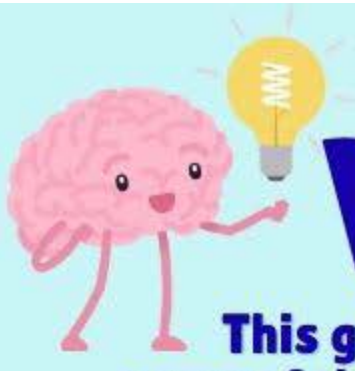
Misconceptions: Incorrect ideas or beliefs that are based on faulty thinking, wrong facts, or a misunderstanding of a situation.

Myriad: A very large, endless, or countless number of people or things.



Navigate: To plan, direct, or find the correct course or way through an area, medium, or situation.

Nurture: To care for, feed, and protect someone or something while helping them to grow, develop, or succeed.



Vocab Zone



This glossary of terms provides the definition of some of the words used throughout this issue of Parallels and will help you NURTURE your vocabulary.



Personifying: The act of giving human traits, emotions, or actions to non-human things, or acting as a clear, real-life example of a specific quality or idea.

Physiologically: An adverb meaning in a way that relates to the physiology or the normal, healthy working of living bodies.

Plantation: A large-scale agricultural estate or farm that specializes in growing cash crops—such as cotton, tobacco, coffee, tea, sugar cane, or rubber - often centered around a single dominant crop.

Plethora: A very large or excessive amount of something, often more than you need, want, or can deal with.

Poignant: (Pronounced POIN-yuhnt.) An adjective that means evoking a strong feeling of sadness, regret, or deep emotional attachment.

Protagonist: The main character in a story, book, play, or movie who drives the plot forward.

Protocol: An official set of rules, procedures, or standards that guide conduct, data exchange, or experimental plans in a specific field.

Prussian Blue: A dark, intense greenish-blue color and a synthetic iron-based pigment. Discovered by accident in Berlin around 1704, it was the first modern synthetic blue pigment.

Quirks: Unusual habits or strange aspects of someone's personality.

Reignite: A verb that means to start burning again or to give new life and energy to something that was fading.

Reminisce: A verb that means to talk, write, or think about past experiences and good times with fondness, pleasure, or nostalgia.

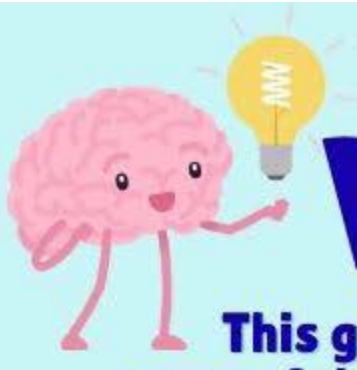
Resilience: The ability to recover, adapt, and keep moving forward after facing hardship, stress, or major challenges.

Resonate: To produce a deep, clear, continuing sound or to have a strong emotional and personal meaning for someone.

Savvy: Having practical knowledge, sharp common sense, and a good understanding of how to deal with situations or people.



Scandinavian: A person from, or a thing related to, the North European region of Scandinavia, which strictly includes Norway, Sweden, and Denmark.



Vocab Zone



This glossary of terms provides the definition of some of the words used throughout this issue of Parallels and will help you NURTURE your vocabulary.



Secular: Not connected to or controlled by religion, relating instead to the physical, worldly, or civil aspects of life.

Solomon Islands: An independent country in the southwestern Pacific Ocean east of Papua New Guinea that consists of a volcanic and coral island chain in Melanesia.

Substantially: To a large degree or extent, or essentially in most main details.

Steadfast: An adjective that means firmly fixed, loyal, or unwavering in purpose, belief, or loyalty.

Stereotypical: Having the standard or expected qualities of a specific type of person or thing, often in an oversimplified or fixed way that may not be true.

Sustainable: Able to be maintained or continued over the long term without exhausting resources or harming the environment.

Tangible: Capable of being touched, felt, or clearly recognized as real.

Temperment: A person's or animal's natural nature, basic behavior, or usual mood that shows how they react to situations.

Trouble-shoot: To find and fix the root cause of a problem in a machine, system, or process.

Tumultuous: An adjective that means very loud, noisy, or filled with great confusion, violence, or intense emotional upheaval.

Turbulent: Moving in an irregular, violent way, or experiencing intense disorder, confusion, and conflict.

Upheaval: A sudden, major change or violent disturbance that brings trouble, confusion, or instability.

Utility: The state of being useful, profitable, or beneficial.

Vulnerability: The state or quality of being open to physical, emotional, or structural harm, attack, or damage.

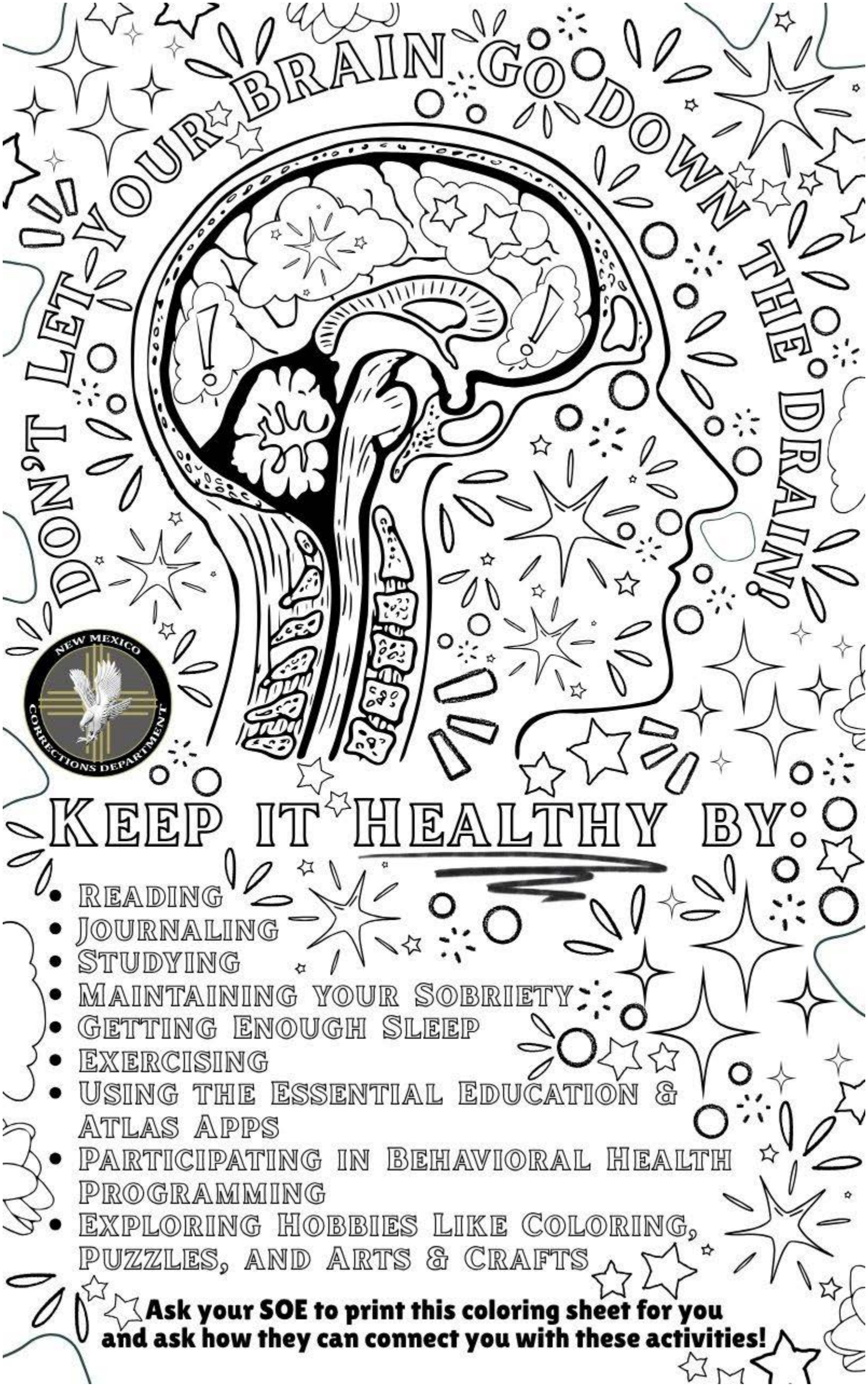
Whimsical: Unusual, playful, imaginative, or lightly fanciful.







Let your kids know that they can have their caretaker print this coloring sheet for them from the NMCD website, www.cd.nm.gov.


DON'T LET YOUR BRAIN GO DOWN THE DRAIN!
NEW MEXICO CORRECTIONS DEPARTMENT
KEEP IT HEALTHY BY:
• READING
• JOURNALING
• STUDYING
• MAINTAINING YOUR SOBRIETY
• GETTING ENOUGH SLEEP
• EXERCISING
• USING THE ESSENTIAL EDUCATION & ATLAS APPS
• PARTICIPATING IN BEHAVIORAL HEALTH PROGRAMMING
• EXPLORING HOBBIES LIKE COLORING, PUZZLES, AND ARTS & CRAFTS
Ask your SOE to print this coloring sheet for you and ask how they can connect you with these activities!

NEW MEXICO
CORRECTIONS DEPARTMENT

PARALLELS

DIGITAL MAGAZINE

VOLUME 2 EDITION 4 OCTOBER 2026

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