



Strafford County Department of Corrections

FAMILY NEWSLETTER

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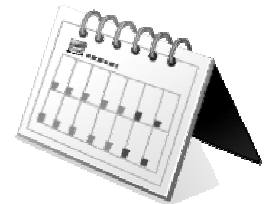


Valentines From Loved Ones Delivered



Valentines brought smiles to many inmates. My thanks to the staff who helped sort and pass out the valentines.

Upcoming Events:



- **Healthy Kids- New Hampshire**

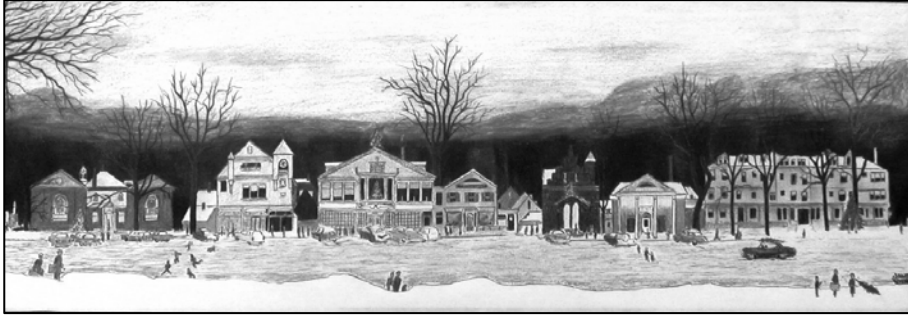
On Saturday March 1st and Sunday March 2nd, additional volunteers will be available to assist any families who reside in New Hampshire and may wish to sign their children up for Healthy Kids. Please sign up at the Family Reception center if you know you can make it to be sure that enough volunteers are available to assist. This is a medical insurance program for Kids and Teens. It is quality health and dental coverage for your child— less worry for you! It is NOT necessarily for just low income families. The program is low-cost or free.

Note: Some expenses such as child care, may be deducted from your income. So even if your income is above but close to these limits, you should apply.

- **Easter Baskets**

Easter baskets will be distributed at the Family Reception Center to kids that visit the Family Reception Center on Easter Weekend. Baskets will be available Saturday March 22nd and Sunday March 23rd until the supply of baskets is depleted.

Inmate Art Contest Winner



**Congratulations
to J.W.**

Special thanks to all six entrants!

The drawings were six very distinct drawings. We requested that visitors to the Family Reception Center vote as well as the public on our website! The total number of votes cast from both sites for their favorite drawing were over 200!



Following is just one of the stories of the six who had the courage to submit their drawing. Five out of six of those who submitted drawings told us that they had never drawn before coming to jail! I was shocked. I hope it will encourage others to try drawing as well. The art contest was never about winners and losers but rather trying, trying something that you love and, as described by you, the participants, a refuge and great joy in the "gift" of your art. I am so proud of all six of you and I thank you for sharing your individual drawings with me, the two artists who came to critique and encourage you, and all those who viewed your work on-line and at the Family Reception area. It was all done so that you will continue to gain confidence in yourself and what you are capable of just by trying! There are many talented people here. I hope they realize their "gift" and utilize it some day.

I am a female inmate who found my artistic ability by chance after being incarcerated. I've never thought of myself as an artistic person. I've worked in the insurance industry most of my adult life. I stay with insurance because that was what I knew. I was familiar with it. But, I just wasn't happy. I hated my job!

I kept telling myself I could do more with my life. But, I was afraid to try something new and different. I was afraid to take a chance.

Then, I ended up here for 8 months. I volunteered in Administration just to get off the unit. My duties varied from day to day. One day I asked about the women's visiting area. I wondered why there was nothing on the walls. There are beautiful murals in the men's visiting areas, but just blank walls for the women. So, I asked if I could get a couple of the females to paint the women's visiting area.

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I was told that we'd have to provide drawings first and get approval. I found a couple of females who could draw and asked if they were interested. They said, "Yes" and I asked them to come up with some drawings.

Well, some time passed and they never gave me any drawings and then they left the facility. By then I was just thinking about giving up on the idea. A short time later, I came across a deck of Snoopy playing cards, while I was straightening up the family waiting area. I thought, how cool! Wouldn't it be nice if there were Snoopys all along the long empty hallway leading to the women's visiting area? We could put a dog house at the end and paint "Welcome Kids" in it.

I submitted my idea and was asked to submit drawings. I went back to the unit that afternoon, but could not find anyone to draw Snoopy. So, I decided to try drawing Snoopy myself. I borrowed drawing paper and colored pencils from someone and drew a few Snoopys.

The next morning I turned them in to the superintendent for approval. He reviewed my drawings and gave me the "go ahead". Then, I thought, what have I got myself into? I can't draw.

I said a prayer and began drawing Snoopy on the wall. When I finished the first one, I stepped back to look at it. I could not believe it and was surprised at how easily it came to me. In no time at all I drew 10 large Snoopys and a dog house.

I received many compliments and continued to draw and paint. I've added an "under the sea" mural as well as some other characters to the walls of the women's visiting area. The walls that were once bare are now full of color.

People are telling me I should use my artistic ability when I leave here next month. Two artists came in to judge the art contest and they talked with me about my art work. They encouraged me to contact the local art association and take classes. They said it is too bad that I'll be leaving the area because a local church is looking to have a mural painted and my type of art work is just what they are looking for.

My art work has been an outlet for me. I've truly enjoyed it! I intend to research art schools when I leave here. I never knew I had this ability. Maybe coming to jail was a blessing in disguise. I know I've changed since I've been here. I look at things differently now. I've turned my stay here into a positive one.



Believe

Sometimes I couldn't hear what you tried to tell me...
 I felt like 1 lost soul swimming in the fish bowl...
 For my children and family,
 I wish I had listened to your opinions and the
 Supportive love that you have given me...
 Otherwise, I would not be sitting
 Here...
 You give me the strength to keep on
 Going...
 When I close my eyes, I can see your
 Face and it makes me sad to know in my
 Heart that I can not be with you to
 Laugh, cry, together...
 I want to finally let go of my past,
 Begin a fresh new life...
 There are so many reasons to keep on believing...
 One because you love me...
 Two you are trying to save me from
 Losing all of you, my family...
 Three you are trying to save me
 From hurt...
 Four you are trying to save me
 From death...
 I'm gonna get outta here Someday
 And when I do I want to be the
 Better person...
 I have all the reasons to keep on
 Believing, because I have the most
 Loving, wonderful family you...
 I wanna feel the rain on my face
 As well as the sun, to breath the
 Fresh cold air, someday-soon...
 Remember I love you all so very much
 And you give me strength to keep
 Believing...
 I'll be home soon my loving family,
 I love you all very much...

Anger

In the pit of my stomach the heat starts to arise,
 It coils and twists deep inside
 The demons and devil dance with joy,
 Creating a being that wants to destroy.
 The soul shakes and quivers trying to hold on,
 Yet the insanity is just way to strong.
 The heart is pounding, the fists are clenched,
 Ready to take anything on that will flinch.
 The tears form and fall for the dark force is so strong,
 An ear piercing ring plays such a hideous song.
 The crazy madness of depression and guilt,
 Trying to take a deep breath of air.
 I don't have enough time,
 Please don't let it turn into a crime.
 It's too late the steel cuffs are in place.



**THINK
 SPRING!**

HP1- Visiting Schedule Effective May 6, 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Unit A	Unit C	Unit B	Unit A	Unit F	Unit B	Unit F
Start 8:00	Start 8:00	Start 8:00	Start 8:00	Start 8:00	Start 8:00	Start 8:00
End 10:00	End 2:00	End 12:00	End 10:00	End 12:00	End 2:00	End 11:00
Unit B	Unit B	Unit C	Unit B	Unit B	Unit C	Unit C
Start 10:00	Start 2:00	Start 12:00	Start 10:00	Start 12:00	Start 2:00	Start 11:00
End 1:00	End 9:00	End 5:00	End 12:00	End 5:00	End 9:00	End 3:00
Unit F		Unit F	Unit C	Unit C		Unit B
Start 1:00		Start 5:00	Start 12:00	Start 5:00		Start 3:00
End 5:00		End 9:00	End 5:00	End 9:00		End 7:00
Unit C			Unit A			Unit A
Start 5:00			Start 5:00			Start 7:00
End 9:00			End 9:00			End 9:00

Unit A- Special Management inmates only Classification will provide you with names
 Unit W1- Male Therapeutic Community- Flexible times- Approved By Counselors
 Unit W2- Female Therapeutic Community- Flexible times- Approved By Counselors
 Unit D- NO VISTS MAX
 Unit E- No visits unless told otherwise

Two 1-Hour visits allowed per inmate per week. Week starts on Sunday and goes to Saturday.