

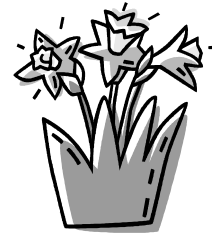
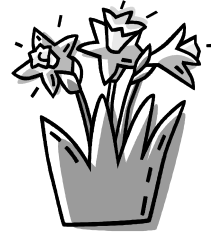
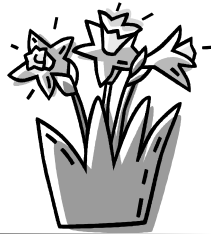
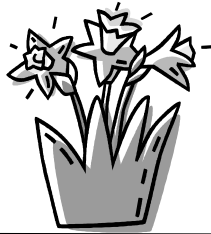


Strafford County Department of Corrections

Family Newsletter

March 2010

Published by Strafford County Department of Corrections, Jail Industries



This newsletter will not have an editorial but rather just a reminder to look at the resource information enclosed to help you save money or provide resources and ideas to lower stress. I realized this morning when talking to a first-time visitor that families change here very often and I need to continue to provide some of the information more often for families. Look carefully please.

To you the inmates: please make sure that the information which I am providing in this newsletter is passed on to other new people that are placed in your unit. Please help everyone to make life easier. Help explain the visiting process or encourage new inmates to ask their officer. Although phones, visits, and commissary take place in all facilities each facility has unique rules and ways of doing things that are specific to the given institution.

The faster a family or inmate learns what the rules and processes are, the sooner both inmates and visitor's stress is lowered. Please tell your families about the Family Reception Center and the materials available on display in our area.

Everyone plays a role in this goal. The more ways we find to communicate with one another the smoother it will be for everyone. Having said that, please make note of the next couple of pages of resources that might be useful for families and inmates.

Thanks,

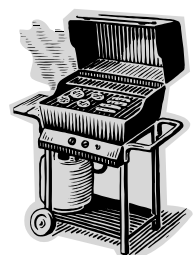
Marilyn Allen
Family Reception Center Founder & Coordinator



FRC Upcoming Events

*Easter Baskets are to be distributed Easter Weekend :
April 3rd & 4th 20

*Summer Barbecue for Visitors (Families & Friends) :
Date to be announced



Effective May 6, 2007 HP1- Visiting Schedule

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.

Strafford County Bounty

As another year has ended and a new one begins, we are all looking forward to another season of contest, games and good fellowship. I want to thank C.M. fingers in G, J.F in H ALSO thanks to C.R. formerly of H who we all miss. Unit C thanks E.T. and E.R. these guys help me out a lot with organizing the games.

Some of the highlights from last year were, 4 FOR THE MONEY, ALL FOR THE CHEESE. If you weren't here it was a big favorite the winners from spades,ping-pong,handball,poker,chess and rummy all played a game of holdem. The winner of the holdem in G and the winner in H cut cards high card take all 50.00 worth of take out food. On one win from unit H, C.R. ordered 60.00 of Chinese food. I don't know if anyone saved him any. McDonalds,Mcdoubles AND Burger King double cheese saw a lot of action the giants were stunned everytime I went in and ordered 30 or 40 of their finest burgers. Not to mention roadies chicken and sals pizza.

Anyway I am getting hungry; if you have any new games that everyone can play let me know. Also any basketball games OTHER THAN contact basketball will be considered as last year we don't allow contact basketball this is a long standing order. The reason once again is do to the tremendous cost of the hospital with stitches, broken fingers sprains. NO not even if you are careful. We even had a dislocated shoulder from ping pong so watch out.

Peace through play. Play on.

Sergeant McGowen

An Angel Named Karen

By M.G.

In Memory of Someone Special

An angel is someone, who is very loved
One who has left us, and now resides above.

My most precious gift from God, my Karen the moment you were born
My most painful moment, when violence away from my life you were torn.

My wonderful daughter, a mother an my very best friend
How very much I'll always love you, wish I could tell you in person again.

Though beautiful outside, your inner beauty outshined the rest
The hole you left in our hearts, is this one of life's cruel tests?

Imprinted forever in our minds, so many treasured memories
We'll pass them down to your children, your loving and living legacies.

Though they say that God, works in the most mysterious of ways
My pain still so deep and so fresh, I'm still lost in this most painful maze.

Now you're forever beside, and above us in spirit
Our precious guardian angel to protect and guide us, though we don't want to hear it.

My beautiful darling way too young, you with child earned your wings
Now in heaven with God, and the other angels you both sing!

Award Winning Essay

The following essay was written by an inmate here at Strafford County. This essay won "Best Overall" for the City of Dover's "Dover Reads" program. Congratulations to N.B. Great job!

How Dover Adult Learning Center is Helping to Make Dreams Come True. By N. B.

Sometimes dreams seem so real, it's hard to believe they are, yet, still a dream. My dream as a child was always to become a dentist. Sadly, there were decisions I had made early in my life which made this dream seem that it would never become a reality. However, by the good graces of Dover Adult Learning Center, my dreams will be more apt to come true.

I was an honor roll student in high school. I enjoyed school immensely. I was an oddity of sorts because I took delight in receiving homework. You could always find me with a book in my hands. I was enrolled in college preparatory classes and opted for all the extra credit that I could.

Then, one summer, my home life went into pandemonium. My dad left and parents got a divorce. My mom started denying obligations and I eventually lost all my motivation and dropped out of school. I choose the wrong path, but have made the decision to make a change.

My high praises go to Dover Adult Learning Center for giving me a second chance to make my dreams come true. The staff is serviceable and cordial. They have inspired me to not only complete their curriculum, but to also further my education with college.

I would personally wish to thank, not just Dover Adult Learning Center, but all of the Adult Learning Programs for allowing those who make nasty decisions in early adulthood an opportunity to recant and make their long lost dreams a reality. They are helping to build stronger communities and families one person at a time. For this I am endlessly thankful!

Family Reception Center Receives Grant!

The Strafford County Department of Corrections' Family Reception Center received a grant from the Bishop's Charitable Assistance Fund for assistance with snacks and special events in 2010.

The mission of our Family Reception Center is to provide a comfortable, trusting, and supportive environment where inmates' families and friends may come before or after a visit to receive validation, support and resources that may lessen the negative impact experienced through incarceration of a loved one.

Thank you again to everyone who orders pictures and to the families, who help pay for pictures. Grants and money from pictures is our only financial support. I also wish to thank my volunteers. The volunteers keep the doors open many hours. Without them there would be no one there to welcome everyone.

Valentine Deliveries



Families and kids were able to make out valentines for their incarcerated loved ones. The valentines brought lots of smiles to those filling them out as well as those receiving them.



SCDOC First GED Graduation Ceremony for 2010



We are pleased to announce that 10 students graduated!

Graduates included:

5 individuals from G unit
3 individuals from C unit
1 individual from male TC unit
1 individual from the annex

This has been our largest GED graduation to date!

Dover Adult Learning center offers free GED classes here at SCDOC. Individuals can enroll by submitting a request to the programs department.

Goodbye! By N.B.

I feel so alone, why do I run?
I feel so distant for everyone.
I ask myself, "What have I done"?
I'm playing a game no one has won.

I scream so loud, but no one can hear.
I taste the bitterness of my tears.
All I'm left with is overwhelming fears.
With a future not at all clear.

I feel so alone I don't want to cry.
I feel so helpless, I don't want to die.
I feel so dishonest, I don't want to lie.
To my old ways, I wish you goodbye.

I am so close, yet so far away.
No one in my life will ever stay.
Why do I always push everyone away?
I don't want to be alone today.

I try to improve my self-esteem.
Leave out the nightmare. Keep the dream.
Take away the anger, try not to be mean.
Fine the positive ways to blow off steam.

I feel so alone, I don't want to cry.
I feel so helpless, I don't want to die.
I feel so dishonest, I don't want to lie.
To my old ways, I wish you goodbye.

Time is now to break this trend.
It's time to let my heart mend.
I'm tired of playing this wretched game.
And I'm the only one to blame.

Today I start to love me.
With a future not too hard to see.
Not just feeling, but BEING free.
Freedom to be who I want to be!

I might be alone, but I'm not going to cry.
I'm no longer helpless; I'm not going to die.
Time to be honest! No more lies!
To my old ways, I've wished you goodbye