

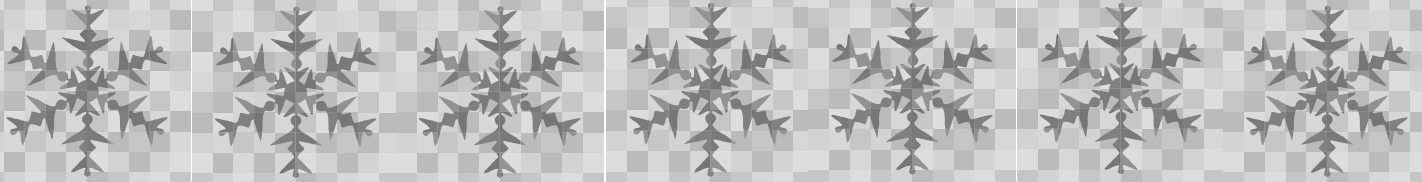


Strafford County Department of Corrections

INSIDE—OUT

February 2007

Published by Strafford County Jail Industries



Dear Readers,

It doesn't seem possible that it has been a year since the family and inmate newsletters were started. I have really appreciated the participation of so many Strafford County Department of Corrections residents and staff. Without the news from programs, staff's creative inmate activities and the poems and writings, the paper would not be possible.

To the families who receive their newsletter, I hope we are providing valuable information and support. I again offer you the opportunity to ask any general legal questions you may have as well as encouraging you to suggest other information and support you might wish to provide. My card is located on the question box. The question box seeks to assist with more complex concerns. I channel the questions to the appropriate departments for a response. Please always leave your printed full name, relationship to incarcerated person, and a phone number where you may be reached.

Good communication creates a better understanding of the Department of Corrections and a greater understanding of one another. Thanks this month especially to the women in J Unit who provided the humor for this issue of the inmate newsletter.

Many of you may wonder why your poems and even announcements of major accomplishments are not credited to individuals by providing a person's full name; the reason for this is for confidentiality of individuals.

Enjoy and keep sending those materials and ideas!

Sincerely,
Marilyn Allen and Staff

A Little Humor

Several women in Unit J came up with this humorous look at jail life. Thanks to Sgt. Roy for your interest. Nice job, Ladies!

You know you've been institutionalized when:

- You offer Ramen Soup to your neighbor for watching your house while you're away.
- You squat on your own toilet, or remove it altogether.
- You set the dining room table with spoons only.
- When you wrap-up leftovers in napkins and bring them into the bedroom.
- You write yourself up for having leftovers.
- When you address family and friends by last name only.
- Your kids ask why we're having breakfast in the middle of the night.
- When a prospective employer asks about your criminal history and you bring in a recent newspaper clipping.
- When you make money selling prison items on e-bay.
- The gap in your employment record is bigger than the gap in your Levis.
- When you try to order a pizza with your commissary pin number.
- When you turn down Dunkin Donuts coffee for instant.
- When leaving a public restroom you tuck your toilet paper under your arm.
- You post a sign-up sheet at the local laundry mat.
- When you have a headache you write a request slip to your doctor.
- You go to bed fully dressed.
- You know 5 different uses for toothpaste.

Valentine's Day



Valentine's Day on February 14th, brought a surprise to several residents of the facility. Valentines addressed and placed in our Family Reception Center Valentine Box were delivered the day before Valentine's Day. Hope it brightened everyone's day!

You Never Know by C.D.

Do you know your mother?
Why is it so hard
to understand each other?

Do you know?
She brought you to life
with the help of Dad.

Does this all make sense?
Just to be here
God knows where you are.

God knows your mother,
brother and sister too.
Then come the others.

Whatever you do, be true
You will never know
Just how much
God loves you.

Children's News and Events

Coming in March

St. Patrick's Day Coloring Contest

Prizes will be free for children by age categories:

- 2-4 years
- 5-6 years
- 7-9 years
- 10-12 years



There will be a FREE raffle for a children's bike. The bike will fit ages 3-6 years. The winning family must be able to pick up and transport the bike.

Coming in April

Easter Coloring Contest

Prizes will be free for children by age categories:

- 2-4 years
- 5-6 years
- 7-9 years
- 10-12 years



Easter Egg Hunt—April 7th

Easter Baskets—April 7th and 8th

Second Saturday of Every Month

The Hub or Dover Public Library representative at the Family Reception Center from 10:45 until about 12:00 to play games and work on fun activities for the visiting children.



Spelling Bee Finals

The housing units sent their finalists to the last round of the Spelling Bee on February 13th, held in the Quiet Room. Thanks to 2nd shift for thinking of the Spelling Bee! Everyone really tried hard and the winners were:

1st Place: Female C.S. of Unit J

2nd Place: Male F.J. of T.C

3rd Place: Male M.P. of Unit F

(In order to protect inmates' privacy, we do not share full names, only initials.)

My Search for Reality **by K.P.**

My soul weeps as I sit here feeling abandoned and invisible.
Everything I cherished gone, nothing left but the clothes on my back.
He said he loved me and would be with me forever, but it was just a fantasy.
Born in a world that's soul purpose is to chase a drug induced high you can't catch.
An elusive high you think is Nirvana, but in reality is a crippling hell.
It sucks the life out of you, like a vampire bride, eating your irreplaceable soul,
bite by bite until nothing is left or so you think.
As you get clean, escaping from Hell you are reborn.
What will you do with this new chance?
Will you cherish it or squander it?
A second chance more precious than Gold.
A chance to find a real life, a sober life, filled with joy as you hear the Angels sing,
truly singing as you finally find it, Eternal bliss in Reality.

Untitled **by T.F.**

The time that I've wasted is my biggest regret.
Spent in these places I will never forget.
Just sitting and thinking about the things I've done.
The crying, the laughing, the hurt and the fun.
Now it's just me and my hard driven guilt.
Behind the wall of emptiness I allowed to be built.
I'm trapped in my body, just wanting to run.
Back to my youth with its laughter and fun.
But the chase is over and there's no place to hide.
Everything is gone, including my pride with reality suddenly right in my face.
I'm scared, alone and stuck in this place.
Now memories of the past flash through my head,
And the pain is obvious by the tears that I shed.
I ask myself why and where I went wrong,
I guess I was weak when I should have been strong.
Living for the drugs and the wings I had grown,
My feelings were lost, afraid to be shown.
As I look at my past it's so easy to see,
The fear that I had, afraid to be me.
I'd pretend to be rugged, so fast and so cool,
When actually lost like a blinded old fool.
I'm getting to old for this tiresome game of acting real hard with no sense of shame.
It's time that I change and get on with my life,
Fulfilling my dreams for a family and wife.
What my future will hold I really don't know.
But years that I've wasted are starting to show.
I just live for the day when I'll get a new start,
And the dreams I still hold deep in my heart.
I hope I can make it; I at least have to try.
Because I'm heading toward death and I don't want to die.



Children of Prisoners LIBRARY

www.fcnetwork.org

For Caregivers: CPL 203

What Do Children of Prisoners and their Caregivers Need?

From Interviews with Caregivers

By Ann Adalist-Estrin

Every child, family, and circumstance is different. Some children are used to parents who were not around much before their incarceration. Some children have parents who are unpredictable because of depression or drugs or alcohol. Other children's parents were actively involved with them before they went to jail or prison.

Some children may have been traumatized by witnessing a violent arrest or may have a history of traumatizing experiences. Some children of prisoners may have no contact with their parent; others talk to their incarcerated parent every day.

Some children move to a new city or state. Some change schools or go into day care so their caregivers can work. Children will need different things from caregivers depending on their age, temperament and personality, the family circumstances, the facts and details of the crime, and the availability of outside resources.

Most Children of Prisoners Need

- Consistent caring adults who understand that, in general, children love their parents, even when they have committed a crime
- People who will not condemn the incarcerated parents as worthless
- People who will understand that children of prisoners feel angry, sad, confused, and worried
- A chance to express these feelings and learn to cope with them
- A chance to learn and practice skills and keep busy with activities
- Faith or affiliation with a community that can provide meaning for the child beyond their own crisis
- People who can help them to maintain contact with their incarcerated parent or parents or explain to them why they cannot maintain contact

Most Caregivers Need

- Support and understanding from friends, family, clergy, and the community
- Emotional support, such as counseling or group activities
- Information about children of incarcerated parents as well as about services in the community
- Guidance about what is generally best for children and how to answer their questions
- Rules, boundaries, and space in the home: for the children, for the family and for the caregiver
- Opportunities for respite care and relief from the duties of care giving
- Help with managing the needs and services that are all too often fragmented, unavailable, or costly

