

# Somerset County Jail News Letter

September 2016



Summer Is Over and Fall Begins



## Females

Alcohol, Anger and Abuse – Open for signing up. Begins on October <sup>10<sup>th</sup></sup>~~3<sup>rd</sup>~~ at 2 PM. This will be a closed group. After the first class, no one else can join the group. This class will discuss how parenting skills are learned and general discussion on how self-esteem is formed. Education and class discussion on how behavior linked to alcohol and drugs has an effect and can lead to child abuse and neglect.

## Both Male and Female

Bureau of Prisons "The Road Ahead" - Open for signing up. Will be held on Friday, October 14 at 9:00 AM. This is mandatory for all Federal inmates that are being held with the possibility of being sent to the Bureau of Prisons. It is a presentation put on by US Federal Probation and the Bureau of Prisons to give you information on what to expect and how their system operates. This will include a question and answer time, so prepare some questions that you and/or your family may have about the Federal System.

Job Fair – Sponsored by the Maine Career Center. For any inmate that will be released by Tuesday, October 18, there will be a job fair held here at the Somerset County Sheriff's Office on Tuesday, October 18 from 1:00 PM to 3:00 PM. This is designed to assist in locating companies that are hiring and open to discussing the possibilities of hiring people with a criminal history. This will allow the opportunity to use the skills gained through attending programs to finding and securing employment.

## Programs

Here is some information of a few new programs for you to get involved in and some openings in other programs. A few of our programs are considered "closed" programs. This is due to the need for the group to work together and not have different people entering the program from week to week. It is important to attend all sessions to get the most benefit from what the program has to offer. The Pod Officers have access to see what programs are available and can sign you up for most classes. Substance Abuse classes and Mental Health classes are signed up for by putting in an Inmate Request Form through the Substance Abuse and/or Mental Health staff person.

### Males

Fatherhood- Open for signing up. Begins ~~September 27~~ <sup>OCT 11</sup> at 1 PM. This will work into a closed group, which means no one new will be added to the group throughout the 13 weeks of the program. It is specifically designed for incarcerated males. This assists in developing attitudes and skills for parenting. This is nationally recognized program. You will be given certificates for each of the sessions completed.

WorkReady Orientation- Open for signing up. Being held on October 4<sup>th</sup> at 9:30 AM. This is an Orientation that will give you more details and information about the WorkReady program to see if you are interested and up to the challenge to complete the program. This is a rigorous 80 hour program that runs all day for 2 weeks Monday through Friday. It is a practical work training program, endorsed by local Maine businesses and employers. It's designed to provide the specific skills and requirements that employers look for in their current and future employees. You will develop a resume and cover letter and prepare for interviewing to secure employment. You will get a Certificate of completion after the course. This is recognized throughout the state.



IF YOU ARE A REGISTERED  
VOTER....

REQUESTS FOR ABSENTEE  
BALLOTS

ARE AVAILABLE

*Send a request to Sue Knight*

**Ballot questions that will appear on the November 8, 2016 referendum ballot: (in the order they will appear on the ballot):**

**Question 1: Citizen Initiative**

Do you want to allow the possession and use of marijuana under state law by persons who are at least 21 years of age, and allow the cultivation, manufacture, distribution, testing, and sale of marijuana and marijuana products subject to state regulation, taxation and local ordinance?

**Question 2: Citizen Initiative**

Do you want to add a 3% tax on individual Maine taxable income above \$200,000 to create a state fund that would provide direct support for student learning in kindergarten through 12th grade public education?

**Question 3: Citizen Initiative**

Do you want to require background checks prior to the sale or transfer of firearms between individuals not licensed as firearms dealers, with failure to do so punishable by law, and with some exceptions for family members, hunting, self-defense, lawful competitions, and shooting range activity?

**Question 4: Citizen Initiative**

Do you want to raise the minimum hourly wage of \$7.50 to \$9 in 2017, with annual \$1 increases up to \$12 in 2020, and annual cost-of-living increases thereafter; and do you want to raise the direct wage for service workers who receive tips from half the minimum wage to \$5 in 2017, with annual \$1 increases until it reaches the adjusted minimum wage?

**Question 5: Citizen Initiative**

Do you want to allow voters to rank their choices of candidates in elections for U.S. Senate, Congress, Governor, State Senate, and State Representative, and to have ballots counted at the state level in multiple rounds in which last-place candidates are eliminated until a candidate wins by majority?

**Question 6: Bond Issue**

Do you favor a \$100,000,000 bond issue for construction, reconstruction and rehabilitation of highways and bridges and for facilities, equipment and property acquisition related to ports, harbors, marine transportation, freight and passenger railroads, aviation, transit and bicycle and pedestrian trails, to be used to match an estimated \$137,000,000 in federal and other funds?

## **IN MY DREAMS**

In my dreams you are still with me. We are happy.  
We are blissful. We take time for granted.

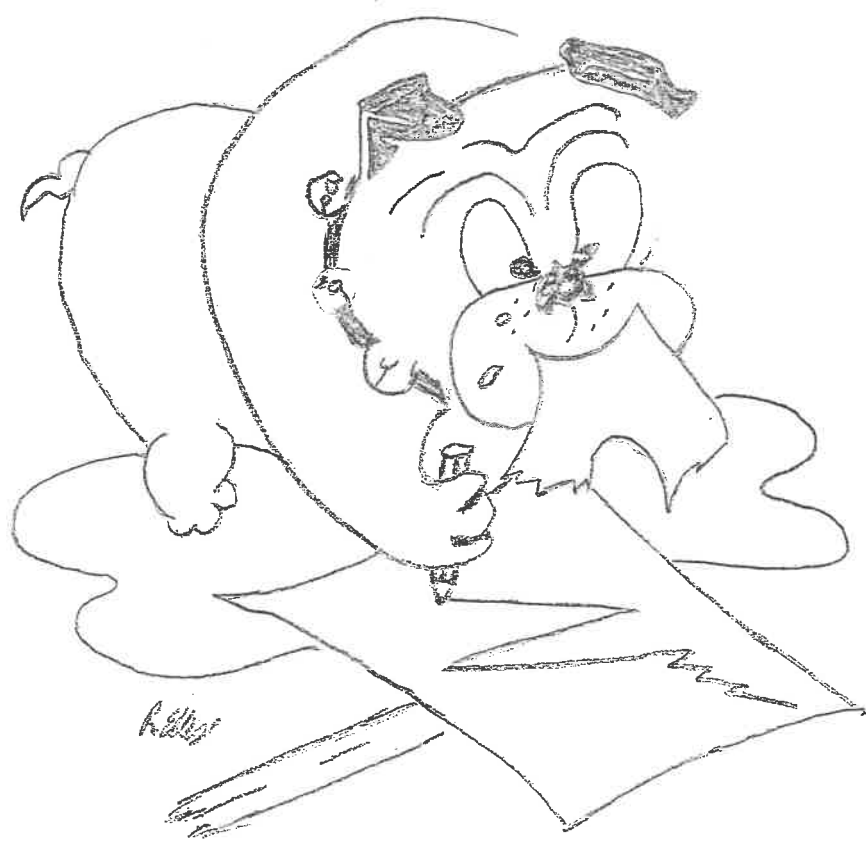
In my dreams they tell me your are gone. That you're  
dead. That I am in denial. That I am talking to ghosts.  
That it is in my mind.

In my dreams I don't want to know. I don't want to  
tell you. I will live this lie to be with you again.. Too  
late the truth has destroyed my illusion.

My heart is breaking all over again. In my dreams I  
scream "You Left me"! Yours eyes emotionless you  
silently fade to nothing. I am alone. I am empty. I am  
sane

Michael McQUADE

From Peggy's Art Class





Liars & Serpents among us dwell just like they came from the bowels of hell why cant they be quiet and leave us alone for their deeds & sins they have to atone why do they cause such hatred & strife. Why can't they just tend to their own life? They aren't perfect neither am I? To think that they are it's all a big lie I am trying really hard to rise above to treat people with patience, respect & love as hard as I try I tend to fail these people who hate need to set sail

Sara  
8/16

## HELL - BY LEDA GIGGEY

“COUNT” Comes over the speaker in my cell.  
A sound that has become my hell’s bells.  
Tolling on cue four times a day  
Hoping this madness ends soon I pray  
I’m barely alive in this dictated hell  
I’m consumed by my desire to be free  
Is it day or is it night?  
I can’t tell which  
I don’t even recognize me  
No free will, all decisions made  
By someone who just don’t care  
I am a face without a name  
In a world that just isn’t fair  
My mind is playing tricks on me  
I tell myself I am not insane  
How can all this really be?  
Why is my world mundane?  
It is my hope to regain my control  
Before it’s much too late  
I need to be on an even plane  
So when I finally get that date  
I’ll be able to live in freedom  
Without any mental scars  
Spit right out of the bowels of hell  
Learning again to live without bars.

## MO

I MISS YOU & HATE YOU AT THE VERY SAME TIME.

I LOVE YOU AND DESPISE YOU AS I WRITE THIS RHYME

I WISH I HAD OF PLAYED A BETTER GAME

I BLAME YOU CAUSE MY LIFE WILL NEVER BE THE SAME.

I WANT YOU TO HURT LIKE I HURT.

I WANT YOU TO CRY LIKE I CRY.

I WANT THIS NIGHTMARE TO END.

I WANT YOU TO STAND UP & BE MY GUY

YOU HAVE MADE MY WORLD SMALL & ASHAMED

SOMETIMES I THINK BACK TO ALL YOU PUT ME THROUGH.

BUT NO MATTER WHAT I LOVE YOU THE SAME.

SARA LEE

9/16

From Peggy's Art Class

