

451 Fullerton Avenue Cambridge Springs, PA 16403



#### **STATUS**:

- Incarcerated on October 4, 1988 at the age of 26
- Hometown: Philadelphia, PA; born in Norfolk, VA

#### **OBJECTIVE:**

The foundation of my reentry plan is to be built upon a solid church membership. I would like to have the opportunity to support myself by working in an optical lab and travel with Joyce Myers Ministries to further my spiritual growth. It is also important to me that I share my experiences with a wide range of age groups to help save them from the misery of drug addiction and incarceration.

## **EDUCATION:**

Associates Degree, PA Business Institute-Accounting and Small Business, 1992 Maintenance Trade Program-Graduate

Painting: 2002 Floor: 2003

Custodial Apprenticeship, 2007

Journey Person-Certification: Floors

Optical Trade Program-Graduated, 2007

Hospice Aide Training-Volunteer Program, 2011

## **EMPLOYMENT:**

SCI Muncy:

Morning Dietary, 1990-92 Paint Crew, 1992-2003

Floor Maintenance (Honor Position), 2003-05 Tutor-Custodial Maintenance, 2004-05

SCI Cambridge Springs:

Commissary, 2005-06 Unit Buffer, 2006-07

Optical Lab, Corrections Industry (Honor Position), 2007-2010

Property, (Honor Position), 2010-2012

Medical: Inmate Aid Hospice (Honor Position), 2012-present

## SCI Cambridge Springs

#### **PROGRAMS**:

Self Esteem, 1991

Management, 1994

Parenting Adjustment Group, 1997

Parenting Workshop, 1998

Intensive Drug and Alcohol, 1998

Cage Your Rage, 2001 Citizenship, 2004 House of Hope:

Thinking for A Change Self Esteem, 2004-05

Stress Management, 1992,'94,'96, 2002 Anger

Adjustment Group, 1997 Impulse Control, 1997 Survivors Group, 1998

Understanding Relationships, 2000 Thinking For A Change, 2004 Violence Prevention, 2007

#### **COMMUNITY ENGAGEMENT:**

SCI Muncy

PA Lifers Association-Committee Chairperson:

Hoagie Chicken
Camera Run-a-thon
Arts and Crafts Entertainment

Newsletter, Editor

Muncy Inmate Organization-participation:

Committee: Soda and Juice Chairperson: Run-a-thon

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Phoenix Organization-participation:

Vice President, 2012-13

Chairperson:

Banquet

Committee member:

Run-a-thon

Art

**Honor Unit Housing** 

#### In Prison-

Aide in special needs program

Created "Speaking Out on Abuse Program" (SOAP), 2007

Annual participation:

World Aids Day program

Cancer Awareness

Sports Competition- score keeper

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Outside of Prison-

Assist college students with research on criminology

Donate to Feed the Children, yearly

Donate to MSD

## **COMMUNITY ENGAGEMENT (cont'd):**

Activities Department-participation:

Talent shows Theater productions

Poetry contests
Readings
Card Making, assistant

Art contests
Writing
Softball

Kickball

Physical Exercise Programs-

Aerobics Walk and Jog "Over 50" classes

#### **SPIRITUALITY:**

SCI Muncy:

Bible Studies Choir

FIsh Member Communion Server

Sacred Dance: Participant and Teacher Sunday Protestant Services

Testimonies Poems

Visiting Services Special Service Prayer warrior Baptisms

SCI Cambridge Springs:

Choir Sunday Church Services

Bathroom Monitor, Church Usher Communion: preparer and server Kairos #7 Life In The Spirit Readings

Religious plays and shows Sacred Dance Team

-co-developed, participant and teacher

#### AWARDS AND SPECIAL RECOGNITIONS:

Talent Shows and Poetry Readings

-1st and 2nd place, (numerous times)

Ornament Making, 1st Place (three times)

Women's Hero Award, 1st Place
Ad Lib, "Search For Intelligent Life"
Statewide prisons talent show, 1st Place
Hencing Unit Descriptions

Housing Unit Decorations

Flower Garden, 1st Place (three times)

Acting, "For Colored Girls" Journey Person-Custodial Maintenance program

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#### **PUBLICATIONS:**

Graterfriends, published by The Pennsylvania Prison Society-poetry

## **ADVOCACY GROUPS:**

Speak Out Let's Get Free PA Prison Society Voices/Incarcerated Behind Bars.org Temple University-research project

#### THE WOMAN I AM NOW:

I could paint you a perfect picture but that would not be true

The reality is I'm stronger, I'm better yet still have some work to do...

Every day is a new journey a new plight, if you will

I often struggle just to keep living not wanting time to stand still...

The Woman I Am Now

strives to do better each day acknowledging my imperfections but not allowing my past to get in the way.

I try to focus on what's ahead awaiting this rainbow after the storm

I inflict-impose-incur self healing while trying to escape the norm...

The Woman I Am Now?

Has honestly learned from her mistakes

I want to be productive, help others no longer someone the world hates...

## **SCI** Cambridge Springs

## Addiction-prostitution

committing senseless crimes these things were all unnecessary These things I've left behind...

The Woman I Am Now

smiles often and laughs more

I have grown wiser and more confident

believing any circumstances I can endure...

I'm striving to be positive

remembering there are many lies but only one truth

I'm trying my best to be an example

for my elders, my peers-and our youth...

Yet, the woman I am now

still has flaws surfacing away hurt-rejection-anger-loneliness but she's better than yesterday...

Oh, but I could paint you a perfect picture

of the woman you think I should be a Beauty of Perfect perfection but that picture would not be of me...

For I am wondrously flawed

fighting hard not to succumb

Yet every day of my life

I am prouder of the woman I've become...

So the woman that I am now

is not the woman of yesterday in weakness I find strength in lost-ness I find a way...

For each day has its own struggle

to stay strong-to maintain to not cede in my loses but to celebrate in my gain...

To take chances, to believe

to not run or pull out my talons but to stand firm and to trust I can rise above any challenge...

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The Woman I Am Today
I'm a work in progress, continuously found

But I will assure of this I truly love the woman I am now.