Thanks to every one for a great second issue. In the newest issue, which you now hold, there has been an increase in submitters. I hope this issue reaches everybody without a snag, and we continue to see more involvement by the community and inmates.

Thanks go out to the Longtimers, Veterans and other MSP groups, MPAC, the churches and the generous donors at the Journal of Progressive Human Services who have helped us cover the costs of new issues. This is the first newsletter in some time that has no fixed agenda but is here to receive your news, letters, writing, art, prayers or any material
That can reasonably fit within space constraints
-- Please send notices of any prison groups or meetings, allow a lag time of a month or six weeks ahead.
-- Since we are individuals not financed by any one, please feel free to donate as you are able including stamps for postage

Beyond The Bars is a bi-monthly newspaper which will increase communication among prisoners themselves as well as family members, friends, allies, and others concerned about the prison system, primarily here in Maine. Happy reading:

Kristine
Calvin
Forrest
Dave
Poem of Love By Olin Stevens (Inmate MSP)

There's a special place
Within my heart
That is meant for you alone,
A special place
Within my heart
Reserved for times we've known

There's a special place
For dreams we share
A place for wishes, too
And the warmest wish
Within my heart

Voices From the Cracks by Harold Sanford Carter III (Inmate MSP)

Ones forgotten heard in the unfruitful.
Emotions so potent you ponder us.
In oppression of course the words will cry.
This very poem was written in cuffs.

Yes, picture a voice like heard in a dream.
Legions of us in talk with little ear.
Shall we vibrate you know we are afar.
Yes, you hear this voice ye must scry you see.

Us is the desert upon the barren.
We are where humanity will not heed.
Dare you to listen to gaze upon us.
Our voices are heard from the holy east.

To the cracks in the dry split by the sun,
Amongst many voices but I am one.

A Deep Hole By Robert Salo (Inmate MSP)

From deep beneath the
depths of our bombed out
reality, lie the remnants of
the Maine state Prison.
Once guarded by sage-
swarn wisdom, now defiled
by a swarm of hornets,
renegade miscreants
changing and subverting the
rules and regulations
wherever it suits their
needs. Once, our mail was
governed and protected by
the US Postal Service, now
it's held hostage to the
whims of the mail room
hornets. For every purchase
we make a deduction is paid
for incidentals, a percentage
placed into the commissary
hornet's coffers, used and
misused until our needs are
no longer met.

Where once we were tended
when we became sick, now
we wither and perish in
order to save a fickle nickel.
LOCK-IN – LOCK-IN...Man
down...a new weapon in a
long list of psychological
tortures keeps one stressed
out and unable to maintain
critical sleep protocol.
BARK! BARK! The piercing
yelps of German Shepherds
slice through the central
nervous system as you walk
tensely through an
imaginary mine field of sorts
lined with storm trooper
clad hornets.

NO TALKING! EYES
FRONT! SINGLE FILE!

STRIP! If this subversive
tactic wasn't enough we
were then ogled by another
pod of insanity awaiting
their turn, witnessed and
recorded by a non-queen
hornet, degradation of being
probed by space men, deep
inside the mind screams of
torture which separates the
solitude from the madness.
The soul cries so fall the
 sands of time, is this the
break that creates the
illusion of insanity or is it a
new form of suspended
animation.

It's one thing to murder
another person, but it's
quite another thing when
those professional hornets
break one's spirit, doing the work so proficiently as if the judge wanted us to be tormented anew. Each and every day of one's sentence, instead of just keeping us separated from society, they believe it's their job to also punish us, a job I thought required legal training and an eventual judgeship.

The old queen is dead, replaced by a newer and improved model. Like Cylons being run off an assembly line, milling around the hornets and renegades bid for positions to torment the very souls you one day hope to repatriate to society. You expect a change in the equation, but without rehabilitation that revolving door turns until those leaving return, and above all the clamor a new queen rears her head and savors her new domain.

Wordplay #1 By Ken Joondeph (Inmate MSP)

(1) Ignore (2) Ignorance
(3) Ignorant (4) Ignoramus (-MI)

(1) To refuse to take notice or acknowledge someone/something.
(2) The state of being: How Much more effort does it take to ignore someone than to acknowledge them?
(3) Resulting from, or showing lack of knowledge or intelligence.
(4) An utterly (3) person(s).

First, you have to acknowledge them; second, you have to consciously make the decision to ignore them; third, you have to consciously maintain your nonverbal body language of ignoring them until... until... until... (whew!). Lastly, the person(s) pass(es) by you, acknowledging that you ignored them by not (?) acknowledging them...

So, in doing (1) (from above), does that make you (3) or a (4)?

Untitled by Amanda Fowler
(Inmate)

Sitting behind this door
Staring at these Four walls
Looking at the Green Door
Makes me want to roar.

Using the toilet as a garbage can
Using the Garbage can as
A washing machine
Sleeping in a Bunk Bed.
Using a chair as a step ladder.

Can’t even stand all these strangers
Trying to make it through the day
Sharing my room with
Different strays

Waiting for the day to walk away
Praying that today I won’t
Punch you in the face
Maintaining the right away
To stay away.

Understand that I am not
Here to make a friend
Gonna go home to wherever
That might be
And
Best believe I will forget
Your name.

I am a felon on my way
And know that I
Am never coming back to
These four walls
And the stupid
Green door ever again.
Plan Ahead For Leaving Prison by David Wagner, PH.D

For anyone reading this who is due to be discharged from prison in the next year or two, it is important to plan ahead and not wait until the last moments to get help. THE PRISON SYSTEM IS OBLIGATED TO ASSIST YOU IN RETURNING TO THE COMMUNITY BEFORE YOU ARE DISCHARGED and they must make personnel available to help you!

In different columns in this paper, we will be reviewing many issues that come up on re-entering the community after years in prison. One issue to think about for this issue is whether you may be eligible for DISABILITY BENEFITS. “DISABILITY“ as defined by the federal government is a long term physical or mental impairment that prevents you from working any substantial time in regular employment. Many prisoners are eligible for disability, and some no doubt have been on it in the past.

THE FIRST THING to be aware of is disability takes a LONG TIME to apply for and receive. It can take as long as two years (although if you are successful you may receive retroactive payment). You need to meet with a social worker or a counselor, put in an application, and make sure you have support of physicians for your condition, and record of any past eligibility.

THERE ARE TWO VERY DIFFERENT TYPES OF PROGRAMS that are often labeled “Disability.” One, the program that provides far more benefits, is Social Security Disability. To be eligible for Social Security Disability you must have previously worked and paid into the Social Security fund through taxes. This usually requires you have worked 20 of the last 40 quarters or 5 of the last 10 years. Many prisoners will be ineligible for Social Security disability, but still eligible for a second program called SSI (Supplemental Security Income) which is also run by the Social Security Administration. SSI, though it also requires you to be disabled, is not based on prior work, but on your income. You must be essentially indigent to qualify for it. If you have little or no assets (including house and car) and have a serious disability, you may be eligible for SSI. SSDI (Social Security disability) and SSI both come with medical benefits; SSDI with Medicare, and SSI with Medicaid.

If you are due to be released in the foreseeable future, you may want to begin to talk to a prison worker about applying for disability or reinstating a previous disability benefit!

David Wagner is on The Beyond the Bars collective and is a professor at the University of Southern Maine
What If I died In Prison? By Roland Jalbert (Inmate MSP)

What if I died in prison?
Would anyone know my name?
Would anyone even notice or would everything stay the same?
Who would come to my funeral, my sisters, my brothers or
My father?
The guards, they sure would not care,
The warden, the inmates, my friends would
Even the chaplain be there?
WHO would give my eulogy?
I don’t know what to expect, why would
They wait till I died to finally show
Some respect? Jesus would be there!
Would there be an article in the paper
For someone would cut out and save?
Where would they lay my damn body to
Rest; if nobody digs me a grave or-
Burn me in a stove; I guess I will-
Never know, the question or the answer
Still remains, what if I died in prison,
Would anybody care = who would know
My name, the only one will be
My savior, Jesus Christ!
He will be there!

I Miss the Freedom to By Ken Joondeph (Inmate MSP)

Bang on the table, rocking out while creating art, getting frustration out.

Sit on my back porch, watching my dogs romp in the field, me with a medium sized sniffer of good cognac in hand, a cigar in the other. Watching the sun slowly set behind the hills in the distance sparkling off the lake.

Bring out the chaise on a cool, clear, moonless night. Wrap up in a large comforter with my girl, telling her of the mythology of the constellations, watching meteors streak across the starlit sky.

Get lost in a project and not be reminded of "chow!" or to "lock in!"

Hear the "pish-pash" of my feet through the fallen autumn leaves on my many favorite trails, enjoying the faint, yet distinct aroma of a wood stove in the distance.

Do what and when I want, it seems so long ago when I was able, and so long into the future when I will be able again.

YOUR EDITORS ARE:
Kristine Catalogna - Has been working with homeless populations for five years and has worked with incarcerated women in Massachusetts. She also worked with pregnant women while incarcerated and reunification with children after prison.

Calvin Dube - Directed Trinity Soup Kitchen for 12 yrs. He is involved in inmate reentry program to help inmates and homeless on release; other community resources linked to inmate needs for hygiene items, clothing, medical care, psychiatric counseling, and job searches. Today, three churches in the Lewiston/Aubum area are involved in our reentry work.

Forrest Lancaster - Holds a BA in Anthroplogy, and English. He previously wrote for The Other Side and was active in the Prisoner Reentry Program.

David Wagner - A professor of Social Work and Sociology at USM who works with groups of homeless and poor people. He is also active in reentry work.

Beyond the Bars
PO BOX 8653
Portland, Maine 04104
beyonddemail@gmail.com

Issue 1
### March 2012

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Daylight Saving Time begins</td>
<td></td>
<td>First Day of Spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
</tbody>
</table>

**Maine State Prison Civic Groups Meetings Calendar**

- **MSP Veteran's Group:** 1st Friday of every month, PM rec. Five dollars a year membership.
- **MSP NAACP:** Last Friday of every month, PM rec. Ten dollars a year membership.
- **Long Timers Group:** The last Saturday of every month, AM rec. Five dollars a year.

Fresh brewed coffee for all those who attend.

### April 2012

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Easter</td>
<td>Easter Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MPAC Calendar of Events**

- **M-PAC Statewide Strategy Meeting**
  - Saturday, March 17th, 9:30 am - 12:30 pm (doors open 9 am)
  - IBEW Hall, 16 Old Winthrop Rd, Manchester (3 miles from Augusta)

Welcome to everyone interested in assisting with M-PAC goals.

For more information:
Maine Prisoner Advocacy Coalition (M-PAC)
P.O. Box 873, Ellsworth ME 04605
maineprisoneradvocacy.org

### May 2012

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Mothers Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>