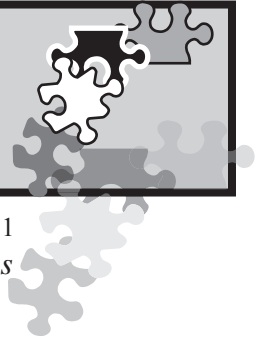




THE VSC LOOK-OUT

August 2011



1422 Massachusetts Avenue SE ♦ Washington, DC 20003 ♦ www.vscdejails.net ♦ 202-544-2131
...News for inmates from Visitors' Services Center, an organization which provides services to the men and women of the DC Jails.....

Our mission: Visitors' Services Center helps prisoners while they are incarcerated and newly released to create, maintain and strengthen family and community ties so that they are better prepared for successful transition back into our community.

DC Food Finder.....

Al Roker, NBC-TV Weatherman, did a story recently on food for kids.. He pointed out that 1 out of 6 kids in this country is hunger and such hunger adds to problems with school, then problems for others. On our website (www.vscdejails.net), under community links, you will find an interactive map of food resources in the District including information on free meals, emergency and low cost groceries, food for seniors, farmers' markets, markets accepting food stamps, nutrition and cooking classes. You need to enter your address and then select the information category. We tried this to see how it works and we entered the address of the DC Jail, 1901 D Street SE. Then we clicked on "free meals" and found 54 resources near the jail along with a full description of services and hours. We clicked on "emergency groceries" and found 60 resources, again with full description of services and hours. Last, we clicked on "low cost groceries" and we found 115 resources near the Jail. If you, your family or your neighbors are in need of food or help applying for food benefits, go to community links on our website and click on DC food finder.

The Charles Schulz Philosophy

The philosophy of Charles Schulz, the creator of the Peanuts' comic strip, is represented in two quizzes. You don't have to actually answer the questions. Read them slowly and carefully and think about the answers. Read this message straight through and you will get the point.

First Quiz.....

1. Name the five wealthiest people in the world
2. Name the last five Heisman trophy winners
3. Name the last five winners of the Miss America pageant
4. Name ten people who have won the Nobel or Pulitzer Prize
5. Name the last half dozen Academy Award winners for best actor and actress
6. Name the last decade's worth of World Series Winners.

The point is, none of us remember the headliners of yesterday.
 There are no second-rate achievers.
 They are the best in their fields
 But the applause dies....
 Awards tarnish...
 Achievements are forgotten
 Accolades and certificates are buried with their owners
 (Continue on reverse side)



Here's another Quiz....see how you do on this one.

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time
3. Name five people who have taught you something worthwhile
4. Think of a few people who have made you feel appreciated and special
5. Think of five people you enjoy spending time with.

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials.. the most money....or the most awards. They simply are the ones who care the most.



Computer skills training - check out Byte Back

Byte Back is a non-profit organization which offers computer training. The training offered ranges from basic computer technical skills to advanced computer use. Byte Back has 13 sites across the City where their training is offered, including the Anacostia Library, the Perry School, Southeast Ministry and Brookland Manor Resource Center. A complete list of their training centers will be provided to you upon registration. Byte Back has a job placement coordinator who informed our staff, when we visited, that many of their partnering employers, such as CVS, are still hiring despite the economy. When you are released from the Jail, visit us during our "Drop In" hours, 9:30 to 1:30 and we can provide you with more information and we can refer you specifically to their program registrar who will guide you through the process. Tech jobs are out there - you may want to check this out. Byte Back, 815 Monroe Street NE, Washington, DC 20017 202-529-3395. Web: www.byteback.org

Hang on to your Jail ID

When you are released from the Jail, you are given an ID which includes your name, Social Security number, date of birth, DCDC number and release date from the Jail. This ID allows you to get a non-driver ID through the Department of Motor Vehicles - at no cost. According to the DMV website, ex offenders released from prison within 6 months of their release date, are eligible to receive a non-driver identification card free of charge. *Your jail ID provides the necessary proof that DMV requires in order to get a non-driver ID* and replaces the documents ordinarily required such as social security cards and birth certificates

Remember....we are here to help you...

in recent months, we have helped inmates process their income taxes, connected an inmate by telephone with his mom in El Salvador, responded to a visitor's concern regarding her back brace and whether she would be denied entrance if she couldn't clear the metal detector, contacted the Veterans Administration coordinator with regard to a disabled veteran inmate who needs assistance upon release, checked with a current inmate to see if he still had the legal papers of his cell mate, now released, provided recording equipment so that inmate dads can record bedtime stories for their children....**Call on us.... we look forward to hearing from you.**

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