

MWCC Newsletter

July, 2015

Quote of the Month

The mark of your ignorance is the depth of your belief in injustice and tragedy. What the caterpillar calls the end, the master calls a butterfly.

New to the MWCC

As we go through yet another step bringing us closer to release, many of us were brought here from Taycheedah Correctional. It seems to me that this transition was a welcome one.

Coming from a County Jail to prison was a scary process. Just as we acclimated to TCI, we will adapt to the MWCC. There is more freedom here. The MWCC looks less like a stereotypical prison.

Therefore, to me at least, it is less intimidating.

A few points to take as you arrive at the MWCC :

- Read your Black Binder (rule book), it will answer most of your questions
- It is important to get your 30 hours in as quickly as possible. This not only makes a good impression, but also establishes a solid work ethic for staffing or acquiring a MWCC job.
- As things tend to do, they get easier with the passage of time.

My hope for you all is that your time goes quickly and as smoothly as possible. It is what you make it. Be kind to one another. – Lee Ann Stovall

Helpful Reminders!

- ✓ All medications refills must be requested and dropped off by you.
- ✓ Paychecks are given the week of canteen.
- ✓ All requests, order forms and disbursement forms are in the file cabinet by Control.
- ✓ The outside track is closed during visiting hours.
- ✓ Volunteer sign up sheets for community service and upcoming groups are on the bulletin board by the water fountain.
- ✓ Cleaning supplies are located in the bathroom and the hallway closet
- ✓ Laundry tokens are given the Monday following the canteen.

PRODUCED BY
THE BOOK CLUB LADIES





RECIPE OF THE MONTH

Chocolate Cake

Ingredients:

Frosting

2 Hershey bars
¼ bag cocoa
1 and ½ ounce water
(Can add a few butters)

Cake

4 bags of chocolate chip cookies
½ bag of cocoa (no marshmallows)
1 Sierra Mist or Pepsi

Crush cookies in bag till like flour. Then divide the crumbs equally between two separate 2 quart bowls. Divide cocoa and add to bowls. Split soda and add to bowls (but drink the last ½ ounce.)

Cook cakes in the microwave for 3-5 minutes until set in the middle. Let cool.

Make frosting by mixing all ingredient. Frost cake and enjoy.

Chili Cheese Nachos

What you need...

- One big bowl
- One bag nacho chips
- One block cheddar cheese
- One block Jalapeno cheese
- ½ cup Jalapenos
- ½ cup squeeze chese
- One bag chili
- Two packages Ranch dressing
- One Tablespoon onion powder

What you do...

1. Pour nachos in big bowl
2. Heat chili until hot and pour over chips
3. Dice both blocks of cheese and sprinkle over chili and chips
4. Dice jalapenos and sprinkle on nachos
5. Heat squeeze cheese until hot and pour over nachos
6. Open ranch dressing and sprinkle over nachos
7. Season with onion powder.

HANDY TIPS....

1. **Keep spiders out of your room:** Clean around doors and windows with the blue disinfectant (similar to Windex.)
2. **Get grease and oil stains out of your clothes:** Pre-treat your clothes with the orange disinfectant before washing in the machine. Other stains can be removed by pre-treating hem with dish soap before washing. If the stain is still present after washing – DO NOT PUT THE CLOTHES IN THE DRYER! The heat

Butterfly Story

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole. Then it stopped, as if it couldn't go further. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shriveled wings.



The man continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body. Neither happened! In fact, the butterfly spent the rest of its life crawling around, it was never able to fly. The man, in his kindness and haste, did not understand.

The restricting cocoon and the struggle required by the butterfly to get through the opening was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved.

Sometimes struggles are exactly what we need in our lives. Going through life with no obstacle would cripple us. We would not be as strong as we could have been and we would never fly.

Ask Tyra... Okay?

Tyra, Sometimes I feel so lonely in here. What can I do?

Find some positive, supportive people to surround yourself with and talk to them about how you feel. Myself, I like to pull out the best book in the world, the Bible, and it lets me know that I'm never alone, God will never leave me or forsake me.

Tyra, some people make me so angry, how can I walk away from conflict?

Here are some ideas:

1. Think about the consequences.
2. Ask yourself if this is really worth it.
3. Count to 10 to calm yourself down.
4. Think about the things that do really matter in your life.
5. Walk away.

If you have questions for Tyra, just write them down and give them to her when you see her or leave a note with Ms. Kemp for Tyra.

July Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>DAYS OFF</u> – Aft-C, Eve- A/B Pizza orders due 6-8pm Alpha Core	2 <u>DAYS OFF</u> – Aft-A/B, Eve- C	3 <u>DAYS OFF</u> – Aft-C, Eve- A/B Laundry Token disbursement due 7pm AA – gen pop	4 Independence Day <u>DAYS OFF</u> – Aft-A/B, Eve- C, LN – A/B SHEET EXCHANGE Religious education various groups
5 <u>DAYS OFF</u> – Aft-C, Eve- A/B 9:15 am – Holy Redeemer 6:30 pm – Sister Rose and Father Francis	6 <u>DAYS OFF</u> – Aft- A/B, Eve- C 7pm Park Lawn	7 <u>DAYS OFF</u> – Aft-C, Eve- A/B Reading Tutor Book Group	8 <u>DAYS OFF</u> – Aft-A/B, Eve- C Math Tutors 6:15 St. Mark's	9 <u>DAYS OFF</u> – Aft-C, Eve- A/B Reading Tutor	10 <u>DAYS OFF</u> – Aft-A/B, Eve- C Math Tutors 7pm AA – gen pop	11 SHEET EXCHANGE <u>DAYS OFF</u> – Aft-C, Eve- A/B various Rel. groups
12 <u>DAYS OFF</u> – Aft-A/B, Eve- C Canteen order due 9:15 Abundant Faith	13 <u>DAYS OFF</u> – Aft- C, Eve- A/B 7pm Park Lawn	14 <u>DAYS OFF</u> – Aft-A/B, Eve- C Reading Tutor Book Group	15 <u>DAYS OFF</u> – Aft-C, Eve- A/B Math Tutors 6-8pm Alpha Core	16 <u>DAYS OFF</u> – Aft-A/B, Eve- C Reading Tutor	17 <u>DAYS OFF</u> – Aft-C, Eve- A/B Math Tutors Laundry Token disbursement due 7pm AA – gen pop	18 <u>DAYS OFF</u> – Aft-A/B, Eve- C SHEET EXCHANGE various Rel groups Movie and Popcorn Night
19 <u>DAYS OFF</u> – Aft-C, Eve- A/B 9:15 Abundant Faith	20 <u>DAYS OFF</u> – Aft- A/B, Eve- C 7pm Park Lawn	21 <u>DAYS OFF</u> – Aft-C, Eve- A/B Reading Tutor Book Group	22 <u>DAYS OFF</u> – Aft-A/B, Eve- C Math Tutors 6:15 St. Mark's	23 <u>DAYS OFF</u> – Aft-C, Eve- A/B Reading Tutor	24 <u>DAYS OFF</u> – Aft-A/B, Eve- C Math Tutors 7pm AA – gen pop	25 <u>DAYS OFF</u> – Aft-C, Eve- A/B Full Linen exchange Various Rel. groups
26 <u>DAYS OFF</u> – Aft-A/B, Eve- C Canteen order due 6:30 pm – Sister Rose and Father Francis	27 <u>DAYS OFF</u> – Aft- C, Eve- A/B 7pm Park Lawn	28 <u>DAYS OFF</u> – Aft-A/B, Eve- C Reading Tutor Book Group	29 <u>DAYS OFF</u> – Aft-C, Eve- A/B Math Tutors 6-8pm Alpha Core	30 <u>DAYS OFF</u> – Aft-A/B, Eve- C Reading Tutor	31 <u>DAYS OFF</u> – Aft-C, Eve- A/B Math Tutors Laundry Token disbursement due 7pm AA – gen pop	