

Coverage

WHEN YOU NEED IT

INMATES IN EACH DOC PRISON CAN SUBMIT ARTICLES TO
STATEVILLE SPEAKS

CER Meeting Update

“Yesss CER”

If you've been a **victim** of
crime. If you **know**

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Stateville Speaks can only continue
toward positive reform with your
support.

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www.Resist.org, www.ILCER.org & www.Illinoisprisonstalk.com

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I, _____ (print name) Join the N.I.V. mission.

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Mail slip to: N.I.V. P.O. Box 8546, Chicago, IL 60680.

The ** N.I.V. ** membership Database is connected with CER and
Stateville Speaks

The Time Has Come Cont...

to one PA study, the recidivism rate for
older inmates is less than 2%.

Song of Lovana Jones

*Wanna Help But
Don't Know
Where to Begin?*

Here are some ways you can help
the many organizations committed
to positive reform

1.

Subscribe to Stateville Speaks

\$10.00 keeps you informed and us going. Inmates,
encourage family members to subscribe

2.

Join the N.I.V. Mission

The N.I.V. is a lobbying force. With a large
number of voting members, N.I.V. can help
influence legislators

3.

Get on the Web

www.ILCER.org www.LT3P.org
www.IllinoisPrisonTalk.com

4.

VOTE

WWWeORG9829 0. 7.S 0 T53 0 T53 0021 293897u29

Essays, Letters and Insight

PROPOSALS AND PERSUASIVE EDITORIALS

04.28.07
Save the Date

ATTEND
The CER Meeting

@

The YMCA

2700 S. Western Avenue
Chicago, Illinois

12 P.M.

The presence of Family members of the
Incarcerated as well as Victim Family
Members is imperative.

From the Publisher Cont...

- As we continue our advocacy and seek opinions it is extremely important that supporters of CER

From the Publisher Cont...

Carton of Resist for support and encouragement, to Katy Ryan for writing the grant, to John Howard Association for being our fiscal agents. Thanks to all.

Subscriptions

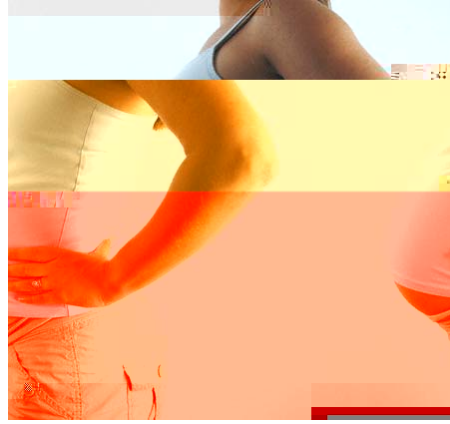
We need donations and subscriptions. *Stateville Speaks* has grown and expanded, and our costs have increased as well. We are fortunate to have received the grant from Resist, and the Haley foundation has been very generous, but much more is needed if we are to work and insure change. So help if you can. We want to continue to provide subscriptions at no cost to prisoners but donations are welcome.

To Prisoners: If you've been

Postpartum Awareness Facts

- 80 to 90% of new mothers suffer the "baby blues." Many women feel moody or weepy in the days and weeks following childbirth, a normal response to the hormonal changes and exhaustion of caring for a newborn.
- Ten to 15% of new mothers suffer from postpartum depression, which is a clinical condition where sadness is more severe and persistent, lasting longer than two weeks and up to one year if she receives no treatment, counseling or medication. Other symptoms include trouble eating, sleeping too much or not enough, anxiety, frequent bouts of crying and changes in self-esteem.
- Three percent of new mothers suffer from postpartum OCD, obsessive and compulsive thoughts surrounding childbirth that may develop concurrently with postpartum depression or separately.
- One-tenth of 1% of new mothers suffer from postpartum psychosis. This is a very serious mental illness. Unlike women with OCD, mothers with psychosis don't see their thoughts as illogical and may be a danger to their children, themselves and others without treatment. Women can lose touch with reality, including hearing and seeing things that aren't there. Suffering and terrible tragedies can be prevented by caring and supportive fathers, partners, friends, family and of course by professionals.

Where to get help: For support and information, don't hesitate to consult your physician and visit www.PPDIL.org; PSI.com; Postpartum.net; DepressionAfterDelivery.com; PPDSupport.Page.com, 1-800-944-4773, or 1-805-564-3888.



Dear *Stateville Speaks*,

I am writing to ask you to take into consideration the hundreds of thousands of women locked up daily. Every year the numbers continue to grow, putting a strain on the government to provide homes for motherless children as well as the cost of clothing, food, and schooling.

In light of all this, the state has to cut budgets and pinch pennies here and there. I ask you, wouldn't it be helpful if some of these women, who have been locked up for long periods of time and show signs of rehabilitation, were given a chance to prove themselves? They could go into the world and become productive members of society. They could take care of their own children, work, go to school, and even pay taxes. Don't you feel like they have earned the right to do things that everyday people do?

What I mean by "earn" is they have completed the self-help programs that apply to them and taken college courses. Some have even learned a new trade. They have been model inmates. They have complied with the rules and done everything they can do to better themselves here. At this point, there is nothing more this place can offer them. They are just sitting here in this facility taking up bed space and the taxpayer's money. In fact, some of these women have completely changed their life and others have come a long way. I feel that if given a chance to apply the tools they have picked up, they could make it.

Isn't the purpose of incarceration is to rehabilitate, change, and make better, not

to place someone in a facility and just forget about the problem. If you were to look into some of these cases, I am positive you would find that some of these women were sentenced too harshly or unjustly. Some of these women were misrepresented or simply railroaded to make a statement or set an example due to an election year or some other prejudice. Nonetheless, here these women sit year after year while prisons become overcrowded. The need to build more prisons grows rapidly as well as the need to hire and train more guards with money the state doesn't have.

In closing I ask that you consider other options such as home detention, work release programs for those with violent offenses or even parole for those who have been rehabilitated. You could clear out some of the prisons rather than try to build new ones. Instead of scraping pennies, you could save some for a better future.

Rochelle Sephus

N Welcomes

50 new members this month
N.I.V. has over 700+ members

The N.I.V. Mission Statement is to better society by assisting to reduce overcrowding of prisons, reduce recidivism and improve societal productivity by strengthening rehabilitation, reforming sentencing and implementing programs to advocate positive change, productivity and restorative justice for the benefit of society as a whole.

Join the mission and help us Support Legislation in line with our goals.

N.I.V. cannot respond to all correspondence
Voting Citizens are the most influential members
Correspondence sent without a signed membership slip does not count as membership

***To end membership, contact any N.I.V. affiliate or send a letter to N.I.V. Unsubscribe, P.O. Box 8546, Chicago, IL 60680**

Creative Corner

WHEN INSPIRATION HITS...POEMS WRITINGS. CONNOTATIONS...

The Green-Eyed Monster

Millie R. Lee

Jealousy is that green-eyed monster that stunts a woman's growth. Why are you so jealous? Women spend more time focusing on other women and their attributes than they do on themselves. Why hate her when you should be focused on you? God has blessed us with our own attributes and gifts. All we

