

## Who is AHH?

The Alderson Hospitality House supports the women of the Federal Prison Camp Alderson and their families and friends. We believe in the importance of visitors during incarceration. Our volunteers and staff, through donations, demonstrate this belief by providing temporary lodging, meals, transportation assistance, information and support.

## BOARD OF DIRECTORS

Linda Dameron	Dale McCutcheon
Paul Loos	Gloria Martin
Kim Shrewsberry	William Strange
Maria Madariaga	Richard Lohmeyer
Lynda Neff	Miles Thompson

## AHH STAFF

Kathleen DeRouen, co-director  
Brian DeRouen, co-director  
Anna Robertson, staff

## FLIGHT INFORMATION



**Raleigh County Memorial**  
Beckley, WV  
[www.flybeckley.com](http://www.flybeckley.com)  
**Greenbrier Valley**  
Lewisburg, WV  
[www.gvairport.com](http://www.gvairport.com)

## AMTRAK INFORMATION

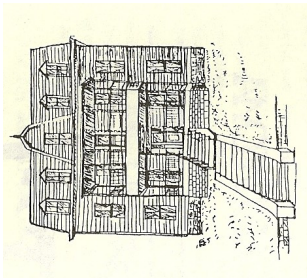


[www.amtrak.com](http://www.amtrak.com)  
Amtrak stops in Alderson, WV  
**ONLY** Sundays, Wednesdays, and Fridays  
**From Chicago, eastbound: Train #50**  
**From New York, westbound: Train #51**

Non-Profit Org.  
Permit No. 579  
Alderson, WV  
24910

If you would like to be added or removed, please contact us!

**Alderson Hospitality House**  
203 High Street  
PO Box 579  
Alderson, WV 24910  
304.445.2980



[www.aldersonhospitalityhouse.org](http://www.aldersonhospitalityhouse.org)  
[aldersonhospitalityhouse@gmail.com](mailto:aldersonhospitalityhouse@gmail.com)

ALDERSON HOSPITALITY HOUSE



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## VOICES, A GUITAR, AND A FRONT PORCH

By Anna

At our house, Brian's the laundry guy, and he has the good fortune of, with predictable regularity, pulling my guitar picks out of the dryer along with your ordinary Saturday morning laundry: brown and orange sheets to Dorothy Day, white and green to Sojourner Truth, blue thin guitar pick to Anna's desk, purple and red sheets to Hillary Benish.... You get the picture. I suppose my negligence is why it's not uncommon that, surrounded by guests on the porch waiting for a song, my guitar case yields no guitar pick.

Luckily, I make do without. My favorite nights are when the guests join in, and before I know it we've got the whole porch singing "Wagon Wheel" or "Take Me Home, Country Roads." That's the thing about music: it brings people together. Even if your only contribution is tapping

your foot to the beat (or off of it, for that matter), you're a part of something. When we make music on the front porch of the Hospitality House, we create something together. It's like having a conversation, where we collectively are one partner and the song is the other. The song affects us - when we clap our hands or belt out a high note, and we affect the song - whether adding our own special touch or unearthing new meaning the song never knew it had before.

The Hospitality House, like music, brings people together of all different backgrounds, creeds, colors, and experiences. One of my most memorable weekends at the house since my arrival back in May was the Fourth of July weekend. The house was teeming with diversity bubbling over in new

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HOUSE NOTES By KATHLEEN

This summer has been both strange and wonderful. In my six and a half years in West Virginia, I've never experienced such a wet and cool summer. We barely got to swim in the river because the boys were always too cold in the water or the rain started coming down before we got our swimsuits on. The park grass often grew extra long because every afternoon Brian planned to mow, the skies would open up yet again.

While the rain can put a damper on swimming and mowing, it did some great things for our garden. Thanks in large part to Catherine Goggins, a student from Virginia Tech who joined us this summer to help with the garden, we have enjoyed some great fresh vegetables and have even had some left over to store for the winter. Tomatoes, herbs, cucumbers, squash, edible flowers, lettuce, peppers, radishes, green beans, and more. I must admit, however, that I am not sad to see the end of the green beans. We were eating them for every meal and still had extra to freeze.

We did some water bath canning this year. Our pantry shelves now hold pickles, canned tomatoes and peaches, apple jelly and applesauce. Picking the apples in our back yard was definitely a highlight from the summer. We borrowed a friend's apple picker

and tried the best we could to get as many apples as possible. The trees have not been trimmed in several years, so they are a bit taller than is optimal, but we overcame the obstacle. We even had some guests help us out one day. It was tasty fun.

The volunteers from the prison camp have been a great blessing, as always. This group is excellent at getting the job done. They help us weedwack, mow, pull weeds, clean the porches, and pitch in wherever we need help. There is a lot of property here, so it's nice to have their capable hands and strong backs once a week.

We also had some out-of-town help working on the house this year. The Alderson Ministerial Association has brought over a few work groups to help with repairs on the house. The first group repaired the park fence, which had been in shambles since the derecho last July! The second group is here as I type. They came last year and repaired

the pavilion in the park (also derecho damage). This year they are repairing odd and end issues around the house and painting bedrooms. They did a great job last year, so I'm sure we will be thrilled with the results.

A group from Michigan came down and spent a day with us in August. Half the group painted the laundry room and hung up cabinets that were donated to the House. The other half spent their time in Elizabeth

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## SENTENCING REFORM MOMENTUM GROWS

Attorney General Eric Holder added his voice and the considerable weight of the Justice Department to those calling for sweeping changes to mandatory minimum laws stating that, "Widespread incarceration at the federal, state, and local levels is both ineffective and unsustainable." Holder recognized that, "[Over incarceration] imposes a significant economic burden -- totaling \$80 billion in 2010 alone -- and it comes with human and moral costs that are impossible to calculate."

While speaking at the annual meeting of the American Bar Association, the Attorney General announced that drug treatment and community-service programs would be a better option for low-level drug related offenders. Since the "war on drugs" began in the 1980's, the federal inmate population has grown by over 800%. Much of this in-

crease has been due to mandatory sentencing laws, which do not differentiate between drug kingpins and low level dealers or addicts.

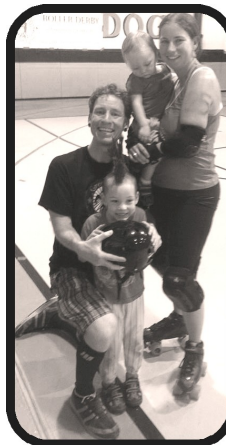
There is still a long and difficult journey ahead for sentencing reform and those it affects in our country; however, the Attorney General instructing federal prosecutors to stop seeking draconian sentences for non-violent drug offenders is an important step along the road. 🌱



## HOUSE NOTES CONTINUED

Fry, one of the bigger rooms in the house, patching and painting the walls. The marks left by these volunteer groups are a wonderful reminder of the love and support bestowed upon us from people near and far.

Finally, many of our current guests know that I joined the local Roller Derby team at the beginning of the year. I've had a blast and am getting into shape (slowly). At the beginning of the month, the Roller Vixens shared the proceeds from a bout with the Hospitality House. I did not join a roller derby team to bring attention and donations into the Hospitality House, but that is exactly what hap-



pened. Society in general gives the impression that they don't care about prisoners, think about them, or want to help them, but when those prisoners become more than statistics, when people realize that inmates are no different than themselves or their mother, daughter, or wife, that changes things. The Hospitality House helps countless people in our local community come to this realization, and we consider that to be an important part of what we do.

We love our jobs, the mission of the House, and the people we serve. We will continue to get our name out there to the community and share our mission with anyone who will listen. It takes all these new friends, as well as the old, to keep this house open and serving the women of FPC Alderson who are the reason we do what we do. 🌱



## Sunflower Song By Anna Robertson

### POETRY CORNER

*Standing in the field, I first saw your face,  
Framed by your wild hair in a yellow embrace.  
Our eyes did not meet - yours were locked above,  
Gazing with desire at the one you love.*

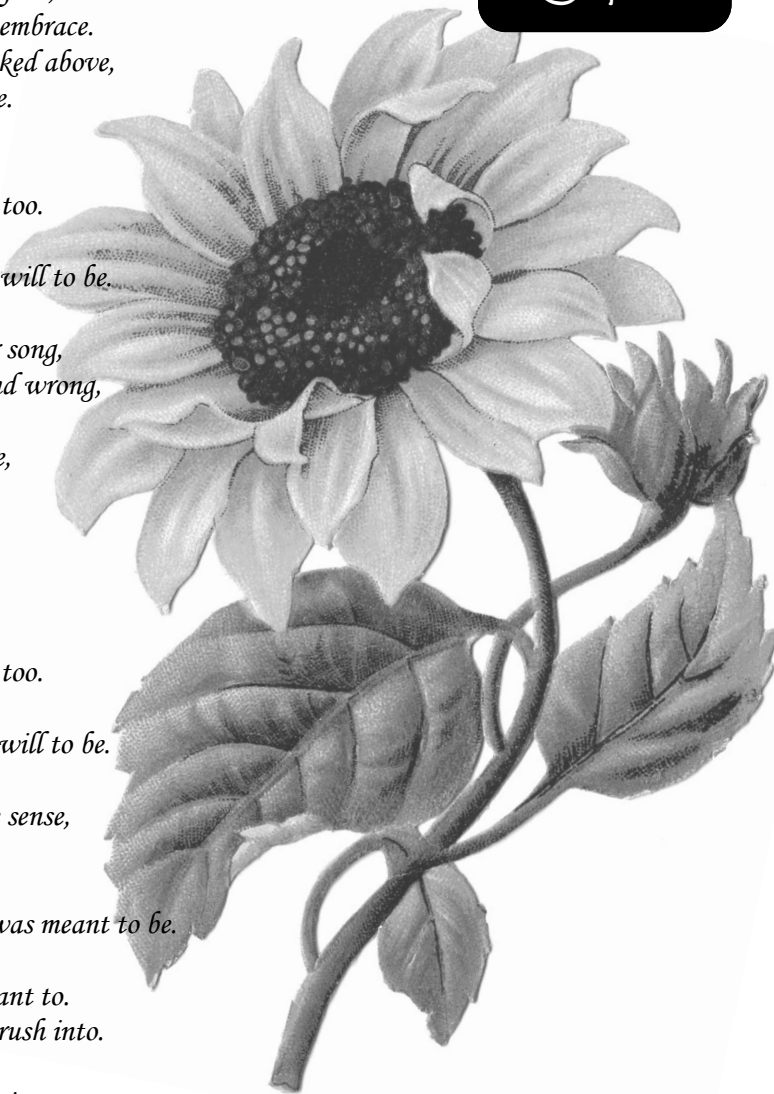
*Teach me how to love the way you do.  
Teach me how to smile with my body, too.  
Teach me to revel in my humanity.  
In my brokenness, my humanness, my will to be.*

*Kneeling in the soil, I first heard your song,  
Teaching me the intricacies of right and wrong,  
Diving in a blur of one million wings,  
Blurring the lines between you and me,  
Between right and wrong,  
Between us and them,  
Between me and all earth's creativity.*

*Teach me how to love the way you do.  
Teach me how to smile with my body, too.  
Teach me to realize my full humanity.  
In my longing lies my humanness, my will to be.*

*Lying beneath your leaves, it all made sense,  
If only for that instant:  
If it's so easy for a tree to be a tree,  
Maybe she can teach me to be who I was meant to be.*

*Teach me how to love the way I'm meant to.  
Teach me how to smile at each life I brush into.  
Teach me to imagine a new humanity,  
Learning and growing in true community.*



Please share your artwork, thoughts and words of anguish, hope and joy. We'll consider any submissions for future publications, so please send us your stuff! 🎨

## ALDERSON HOSPITALITY HOUSE O' HORRORS

The fourth annual Alderson Hospitality House o' Horrors (AHHH) will take place on October 29<sup>th</sup> - 31<sup>st</sup>. All are invited to join us for the fun.

If you live in the area and want to help us out, please do. We need spookers, designers, and spooky guides. If you don't want to haunt the house, there are options for you, also. We need donations and people to scare. Give us a call for more information.

If you don't live around here, but still want to be part of the fun, we need your help, too. We need scary costumes, fake body parts, coffin, spray paint, lumber to build temporary walls, face paint, candy, and more. 🎃

**PLEASE HELP US MAKE THIS YEAR A SUCCESS!**



### MUSIC CONTINUED

friendships and fellowship (at dinner one night, each table was speaking a different language!). One night after dinner, a few of us took up our perch on the porch, guitars and voices tuned, and started at it. One after another, guests trickled out until Catherine

and I found ourselves surrounded by a jovial, singing crowd of men visiting their wives, girlfriends, and mothers at the camp. Eventually someone shouted out that they wanted an original song, and I knew just the one to play.

"Sunflower Song" is ostensibly about - you guessed it - a sunflower, but at its deep-

est level, it's about how connected we all are with one another, despite difference. I worked through the verses and made my way into the bridge leading into the second chorus: "Blurring the lines between you and me, \ Between right and wrong, \ Between us and them, \ Between me and all earth's creativity..."

As I looked around me at all the faces, so very different but with the common joy in their hearts, I had one of those moments where I knew that our conversation with the song was going really well. Sometimes when I write a lyric, it just comes out. It fits but doesn't refer to any particular experience, but then when I perform it, if I'm lucky, the song illuminates the experience before my eyes. As I looked around at all of the nodding heads and smiles and reflected on all of the fellowship I had witnessed that weekend, I had a distinct picture of what it meant for the lines to be blurred "between you and me" and "between us and them": it looks like the faces of the people who come through these doors and the hospitality they show *me* when they let me into their lives. 🎤



## RECIPES FROM THE KITCHEN

## Rainbow Chili

- |   |   |
|---|---|
| 3 tbsp olive oil                            | 1 lb. ground beef, browned                              |
| 1 red onion, chopped                        | 3 cups diced tomatoes with juice (28-oz. can)           |
| 2 cloves garlic, minced                     | 2 cups cooked pinto beans with liquid (15-oz. can)      |
| 1 tbsp ground cumin                         | 2 cups cooked red kidney beans with liquid (15-oz. can) |
| 1 tbsp ground coriander                     | $\frac{2}{3}$ cup tomato paste (6-oz. can)              |
| 1-2 tsp chili powder                        |   |
| 1 small zucchini                            |   |
| 1 small butternut squash, peeled and seeded |   |
| 1 small red bell pepper                     |   |
| 1 small green bell pepper                   |   |

1. Heat oil in a large nonstick skillet on medium-high heat. Add the onions and garlic and sauté on medium-high heat until soft.
2. Add cumin, coriander, and chili powder, stirring well. Mix in diced squash and peppers, cover, and continue to cook for about 3 minutes.
3. Stir in ground beef and cook for several more minutes until heated through.
4. Meanwhile, in a soup pot, heat tomatoes and beans on medium heat. Stir in tomato paste.
5. Transfer hot skillet ingredients to pot and stir well.
6. Add parsley and season with salsa or hot sauce and salt.

Adapted from "Chili with Tofu or TVP,"  
Moosewood Restaurant: New Classics by  
The Moosewood Collective

## WISH LIST

## Everyday Items

Postage Stamps  
Dish Soap  
Paper Towels  
Toilet Paper  
Laundry Detergent (for HE)  
Light Bulbs  
Fresh Produce  
Pasta  
Pasta Sauce  
Dry Beans  
Lemonade/Iced Tea Mix  
Kroger/IGA/Kmart Gift Cards

## Willing to spend a bit more?

Landscaping shrubs  
Standard size pillows  
Quality wash cloths

## For the big spenders out there:

Weed Wacker  
Windows for the Little House  
Push Lawn Mower  
Power Washer  
Economy Car



## 10 in 10 Challenge

For the first 10 days of October, we will be having the 10 in 10 Challenge. All you have to do is find 10 people to give \$10 before October 10th.

Will you ACCEPT THE CHALLENGE?

<http://www.razoo.com/story/10-In-10>

## And the REALLY generous:

**These are items we use daily and really need to replace.**  
Kitchen Aid Professional 6-Quart Stand Mixer, priced \$450  
Commercial Washer and Dryer, priced approx. \$1,500 each  
Commercial Grade Dishwasher, priced \$2,975

## HELP FAMILIES GO THE DISTANCE - THE ANNUAL FUND

It is sad for us to report that it has been a horrible fundraising year for us. For whatever reason...hard times, distance from the house, giving last year...we are not receiving the sort of support we had hoped to get this year. It is already October, and we haven't even made it to our half way point. As a result, we have been forced to reevaluate our budget.

This year we had hoped to make some improvements to the house. We wanted to get a new commercial washer and dryer to help us keep up with the amount of laundry we do every week, and purchase and install a new dishwasher to comply with health codes. Those improvements are put on hold for now.

At this point, we are simply striving to keep the doors open. I'm leaving the goal at \$95,000 because miracles can happen, but our operating budget is \$80,000. That is what we need to raise this year in order to stay in the black.

We are also watching our spending, working on new ways to get donations and determining what we can do without. With your help, we will continue to provide a comfortable bed, food, and loving support for anyone who wants to have a place to stay while visiting their loved one at FPC Alderson.

Please make all checks payable to  
**Alderson Hospitality House**  
or donate online at  
[www.aldersonhospitalityhouse.org](http://www.aldersonhospitalityhouse.org)

THANK YOU FOR YOUR SUPPORT!

