



**JESSICA STROHL**  
OC5436  
SCI Cambridge Springs



Serving Life Without Parole since 1993  
Hometown: Allentown, PA

**Reentry Plan:** I would like to establish a community garden to provide nourishment by promoting healthy eating and create unity. One day I would like to have a greenhouse or farm to bring beauty into the world.

### Completed Groups and Programs

- Anger Management, 4-5-1996
- Self Esteem, 1-29-1996
- Stress Management, 12-18-1996
- Impulse Control, 11-20-2000
- Conflict Resolution, 5-21-2001
- P.P.S. Parenting, 2-6-2002
- Parenting, 4-1-2004
- Violence Prevention, 9-10-2004

### Education

- Century 21 Accounting, Part 1, 6-12 to 8-1-1995
- Sailaway Business Simulation, 7-3 to 8-28-1995
- Numeric Data Entry, 9-11- to 10-24-1995
- Spanish Language and Culture, 1996
- Beginner Microsoft Word 6.0, 2000
- Beginner Microsoft Excel 5.0, 2000
- Beginner Microsoft Access 2.0, 2000
- Intermediate Microsoft Word 6.0, 2001
- Intermediate Microsoft Excel 5.0, 2001
- Intermediate Microsoft Access 2.0, 2001
- Intermediate Microsoft PowerPoint, 2001

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### Education (cont'd)

- Advanced Microsoft Word 6.0, 2001
- Beginner Microsoft Access 2000. 2002
- Beginner Microsoft Word 2000, 2002
- Beginner Microsoft Excel 2000. 2002
- Beginner Microsoft PowerPoint 2000, 2002
- Advanced Microsoft Word 2000, 2003
- Business Basics, 2003
- CADD, 2004
- Housekeep Commercial Apprenticeship, recognized Journeyperson, 2004
- Upholstery Technician, began in 2005 but unable to complete due to retirement of the teacher
- Horticulture, transferred to Cambridge Springs and unable to complete
- Master Gardener's Basic Vegetable Gardening, 2018
- Braille certification and license, Library of Congress, 2019
- Entrepreneurship, 2018

### Employment

- Braille, 2006 to present

### Community Participation

- Cambridge Springs Inmate Organization, 2012 to present
- Athletics: Softball, Volleyball, Dodgeball, Wiffleball, Greenhouse, Lawn Darts, Wii Dance, Scrabble Tournament, Aerobics, Pilates, Corn Hole, Hockey, Weightlifting, Aerobic Walking
- Classes in knitting, painting, cardmaking.
- Urban Gardening, Cambridge Springs 2019
- Conducted knitting classes in my unit from 2014-2017

### The Woman I Am Today:

I am a strong, independent woman who can accomplish goals I set out for myself. I'm open minded, hardworking, caring and want to live life to the fullest. I appreciate life and find joy in even the smallest of things. I have a big heart and want to help others in any way I can. I definitely have a better awareness of who I am today which comes from the maturity of growing up away from everything I knew.

I am a daughter, mother, grandmother and devoted friend who will be a constant and positive presence in their lives.