

January 3, 2026
Downeast Correctional Facility
64 Base Road
Machiasport, ME 04655

Dear Legislators,

I am writing to give you the impact prison has had on my life. I've been in since 1995 and will be going home on March 6 of this year. I will be living in the Lewiston Auburn area so I hope to volunteer at MPAC with the rest of the team.

I was fortunate to have some old timers take me under their wing and show me how to have a positive experience. I learned an excellent trade in the wood shop where I worked for 20 years. I attended every program the DOC asked me to do and then some. I even facilitated a program called AVP (Alternatives to Violence Project) for a while. Because of my time in prison, my life, my attitude, my empathy for others, and my respect for others is the forefront of who I am now. Prior to prison I was not a good person and took advantage and used others for my own satisfaction. I really hurt some people, especially my family. The shame and regret of my crime will always be a burden on my heart. Though my family has forgiven me, I cannot forgive myself.

The negative side of prison is a whole new situation. The first thing is losing your loved ones and not being able to say goodbye to them. In the prison infirmary, I was able to go see my friends and have that closure. I have lost my parents, grandparents, sister, and many others, but I was only allowed to attend my grandmother's funeral in 2012. That was the only one. I missed weddings, birthdays, graduations, and other family events as well.

The DOC system could use some major changes, especially for those aging in the system... and for the handicapped like myself, and with the overcrowding of the population in general. **The medical services are below the norm and only getting worse each year.**

I hope parole does go through because I believe everyone should have a second chance if they're trying to turn their lives around and become productive in their community. I know MPAC is making a difference in young people's lives because I've seen it for myself at MBCF.

Thank you for your time and this opportunity to share with you.

Sincerely

Tim Wilcox #4487
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or

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