

4th Quarter 2010
October to December

Special points of interest:

- Mid-term elections for many congressional seats will happen on November 2nd. State and local decisions will also be made.
- What are you thankful for? Put your thoughts on paper and send them to us.
- Vitamin C and B-complex vitamins can help you stay healthy this winter.
- Make a holiday gift for someone you will never meet, like kids in foster care, seniors in care centers, or homeless people in your prison's community.

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Inmate News

WELCOME ! A note from the Editor, Deborah Martin.

Hello, Everyone!

Welcome to the first issue of Inmate News! If you have seen our 2-page sample of Inmate News, then some of this issue's reading will be familiar to you. I hope you won't mind, we needed to share this information again, to make sure it reached as many as possible.

As soon as finances permit, this newsletter will be printed on a more recyclable newsprint. A page that resembles a newspaper will hold more information, be more flexible for articles and advertising, and may be both cheaper to produce and lighter to mail.

In order to serve your needs better, we need to know what you want to hear about, what matters to you, how we can help you to deal with the hardships of prison, and what it will take to change your future. No one can create a better life for you and your family, you have to make the right decisions and do the hard work it will take to change your life. Our purpose is to help you reach your best goals.

As Working Together begins to know what you want to hear about, the information we provide you with will change. Inmate News will include limited advertising options for both inmates and those products and programs that are useful to inmates and their families. If there is some-

thing you want to see in this publication, be sure to let us know!

Please remember that the main purpose of this effort is to gather EVERYONE we can (inmates, their family and friends, and organizations that want to help inmates change their future) INTO ONE BIG GROUP so our individual voices will carry more weight when decisions are being made. We can't begin to change the course of America's penal systems until we gather together into this one group.

Working Together is trying to focus on POSITIVE changes in the penal systems of America. As we become a large group, we will begin taking our voice where decisions are being made about Inmates, their families, and their

futures, including sentencing options, criminal records, police and prison investigations, and prison operations. Working Together membership and benefits will be available to you, but we will also create separate programs to benefit Inmates and their families.

As a Christian organization, Working Together wants to make sure our actions are what God would want them to be: without profanity, misdirected sexuality, or a focus on illegal activities. We want to lift up what is good in Man and our world, promote healthy decisions, and increase the value of families. This newsletter is the first step toward achieving this goal for Inmates and their loved ones.

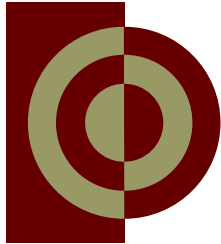
Inmate to Inmate

Inmate to Inmate is a special section where inmates can share their life experiences with others, ask for information, and encourage changes in the corrections system.

We need to know your answers to problems inmates face. You may be able to change the life of another inmate, make their time easier, or help keep them from returning.

- What do you know that can make life better for other inmates?
- What is your solution to a real problem that inmates face?
- What advice or suggestion would you like to share with other inmates?

Send us your stories! Try to keep them short. If we print yours, we will send you a certificate for one year of Inmate News. When we are more established, we will create a cash benefit. We do reserve the right to edit them for spelling, grammar, clarity, and/or the space we have available.



The internet can help you create an unlimited income! If you begin building a sales presence now, you can continue it when you are released.

Income Options

Making money in jail or prison is a big challenge. Most Inmates rely on money sent from family and friends. If there are any work positions available at a prison, they are usually very limited and pay very little.

The Internet offers inmates new options for selling personal crafts, art work, music, writing, jewelry, clothes, books, electronics, collectibles and more. Online buyers pay shipping costs, digital photos allow potential sellers to easily display the items they have available for sale, and processing fees are making a LOT of people rich. There's no reason the Corrections Departments of every state can't get into this market.

Creating a national sales site for all US corrections institutions is the best option. It would allow prison administrations to control the content, and potential buyers to fully understand where their purchase is coming from.

Another option is for a national Christian ministry like Prison Fellowship to establish offices at each institution. This will take the process out of the government's hands and still keep it

accessible to inmates.

Corruption is always a problem when you are dealing with human beings, but we can try to find the best options for making this work.

Because many sites on the internet sell items that God would not approve of, Working Together will be developing its own sales process. As we do that, and as we work toward a national site for inmates, we will try to find a way to help inmates sell their crafts online. **The biggest problem is shipping costs for inmates.**

Small products that can be sent in an approved envelope will be affordable to inmates. Artwork, greeting cards, postcards, beadwork and other small jewelry items can be sent to an outside location and processed. As soon as finances permit, WT's Inmate Project will begin offering this option to inmates.

If you can, **begin writing letters to your administrations about starting an online sales process.** Send a copy of your letter to us so we can know who you are trying to convince and we can

begin adding our voice to your request.

Working Together would also like to know if there are any sales options already developed anywhere in the United States. If you know of any, whether they are at a single prison or on the internet, please send the information to Inmate News. We will check on it and add it to our information files.

We want to know any ideas you may have for LEGALLY creating your own income while in prison. We will share the best of them in future issues of Inmate News.

In the News : 10/4/2010

- Compared with traditional textbooks, the iPad and other devices for reading digital books have the potential to save on textbook costs in the long term, to provide students with more and better information faster, and — no small matter — to lighten the typical college student's backpack. USA TODAY 10/4/2010 Mary Beth Marklein, *Can college students learn as well on iPads, e-books?*
- With the country still emerging from a severe recession, this election will be about jobs more than any other in a generation: what the Democratic president and Democrat-controlled Congress have or haven't done to create jobs in the past two years, and on what proposals Democrats and Republicans are proposing now. STATESMAN JOURNAL 10/4/2010 Bill Theobald and Elizabeth Bewley, *Economy, jobs are key issues in races*
- Following the lead of the successful Missouri initiative, which passed with 71 percent of the vote, Arizonans, Coloradans and Oklahomans will decide this fall whether to approve proposed constitutional amendments that would allow them to opt out of key provisions of President Obama's signature national health care law. *** The three initiatives prohibit the government from forcing individuals to buy health care insurance - a "mandate" that critics say violates the U.S. Constitution - and would allow patients and employers to pay providers directly without penalty. The idea is to protect state residents from "the ongoing takeover of health care by government," backers of the Colorado campaign say. WASHINGTON TIMES 10/4/2010 Valerie Richardson, *Voters in 3 states to consider opting out of 'Obamacare'*
- Companies that restrict applicants counter that, due to the lousy economy, they're inundated with resumes, phone calls and emails and eliminating the long-term unemployed helps them keep the applicant pool manageable. Currently employed workers are safer bets, they add, especially as many companies have laid off less valuable workers. ATLANTA JOURNAL-CONSTITUTION 10/4/2010 Dan Chapman, *Some jobs off-limits to long-term unemployed*

Visiting Issues

When someone you care about is in prison, keeping in touch with them becomes an expensive activity, whether you are the one in prison or the one at home. The miles can become a Grand Canyon between you and those you love.

Most of the people in prisons are from poor families and, no matter how close a prison might be, visiting is still a great expense for a low-income family.

In Oregon, if you live on the coastal ranges and your Inmate is in a prison on the eastern side of the state, the cost seems to average \$200-\$300 per visit, whether you drive yourself or ride with a ministry van, camp out or get a motel. That's a huge piece of family income, and too much for a poverty household to bear. That is about half of my current minimum-wage income, and nearly an entire rent payment.

To reach a closer location, the cost is still close to \$100 per visit. That is also difficult to budget.

Using the phone to keep in touch means recorded conversations and added expense. A pre-paid phone card call would cost pennies a minute; a prison conversation can cost dollars a minute. When you choose the phone for visiting, the high charges can get away from you, creating a bill that can't be paid and causing the phone to be shut off. That makes any future

communication impossible.

Writing is another visiting option, but it takes so long...at least a week or more when you consider the time it takes to write, send, and wait for a response. Some prisons are experimenting with email, but the costs and content issues are still a problem. With letters there is no guarantee you will get the answers you may want.

Sending a "CARE" package to prison is another mountain that sometimes cannot be climbed. One state may allow a family to send a package every month, another will not allow any packages to be sent to an inmate.

Some prisons allow items like books to be sent from approved sellers. I have found these to be very expensive for my budget. I would like to find old copies in a used book store or at a yard sale and send them one or two at a time through regular mail. That would only cost a few dollars. I can do that every month.

Visitors are about maintaining a positive focus, keeping our eyes on the future, getting through a hard time, and building stronger families. I read somewhere that isolation is a torture technique. What does that say about our prison systems?

Somehow, we have to find better solutions for these problems. Visiting with those who are impor-

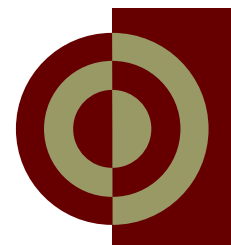


tant in our lives is an essential part of being happy, and a necessary part of building a new life when an Inmate is released.

Keeping Inmates as near their home base as possible is the only way to invite frequent visitors. Nearness allows mentors in the local area to keep in touch with our loved ones and create bridges to employment and housing and crisis support. We already have County Jails. Why don't we make them larger and keep the issues local? It seems like the best solution to almost every problem associated with incarceration, rehabilitation, and returning to society.

How can we change the way our society views crime and punishment? We cannot change the course of every inmate's life, but we can try to save those who want a better life, who need a hand to reach their dreams, and who have not become "institutionalized." If we focus on the causes of crime, and offer non-prison alternatives like work-release for restitution, we won't need to keep building bigger and bigger prisons.

Visiting with those who are important in our lives is an essential part of being happy, and a necessary part of building a new life when an Inmate is released.



Christmas is Coming ! Are you ready for it ?

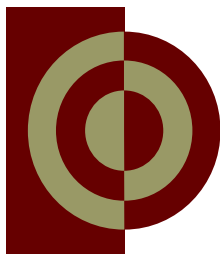
I know that inmates are a little restricted in what they can do for the holidays, but they still can create gifts for those people who matter to them. Christmas is not too far away. There are family members who would like a

gift from you, and there are strangers who need to know that others care.

You can make a difference in the lives of many people. Start now to create special gifts for Christmas and other holiday celebrations. If you want to

share your talents with people inside or outside the prison where you are located, talk to your administrators and case managers about finding opportunities to be involved in the season of giving.

Education is
your key
to a better future.
What can you do
to be ready
for the job
you want?



Education

College tuition is rising, educational grants are being reduced, and scholarships are more competitive and harder to get. Anyone who can better take advantage of prison opportunities to get more education!

When I researched mail order educational options for my sons, the only courses available at that time assumed computer access. These courses include sending an Inmate computer disks. Oregon prisons don't allow hardback books, spiral binding, or computer disks.

People who are involved with inmates will create products that can meet the difficult mailing regulations associated with pris-

ons. This doesn't solve the problem of utilizing prison time for educational purposes. Audio programs via tape or disk, DVD options, laptop access, and other current teaching tools need to be available to inmates.

Many family members will try to meet the need of an imprisoned husband, wife, son, or daughter. **Rebuilding a life after prison in this economy is a double hardship for people who have a criminal history.** Inmates need every advantage they can acquire while in prison.

There is no work for inmates who do not bring their skills up to meet the needs of business in their home area. If prisons do not

want a permanent resident, education is essential to the success of inmates outside prison walls.

I have been interested in home schooling since before my children entered public school. I have watched as my youngest son learned to read before he completed one book devoted to phonics. I know that inmates can overcome the educational handicaps they have to deal with, and go on to reach the dreams they have in their heart. Individual educational options like mail order instruction, prison library computers, laptop computers, and home schooling materials can help Inmates improve their future.

H.A.L.T.

It's human to fail when we are not in our best condition, so it's better not to put ourselves in circumstances we know will hurt our goals. **The acronym H.A.L.T. stands for Hungry, Angry, Lonely, and Tired. These are four of the main reasons we tend to lose our ability to succeed.**

Charles Stanley, and others, have used this acronym to help promote success in overcoming the temptations that could ruin a life. How many inmates would not be in prison if they hadn't given in to these situations? We don't know.

Hunger is a nagging pain that we cannot get away from. While I was looking for information on the internet, I read about an old Mexican

saying: "The belly rules the mind." When we are hungry, it's hard to be patient, to think clearly, to find alternatives. And the more hungry we get, the worse our choices become.

Anger is always bad. If you don't take time to cool down before you react to whatever is bothering you, a single decision can destroy your entire life.

Loneliness has caused the loss of a loved one, a marriage, a family. It leads us to addictions and infidelity and peer pressures that compromise our integrity. We need to protect ourselves when we are lonely. Drinking too much makes us vulnerable to wrong choices; the moral pressures created by people who don't really love us can lead us to harmful activities; and sex-

ual weakness can lead to a lifetime of consequences.

Tiredness creates another kind of weakness: a physical fog that affects our mind's ability to think, our body's ability to stay healthy, and our spirit's ability to remain true to all that is good and holy.

Remember these four letters and begin to see the effects of Hunger, Anger, Loneliness, and Tiredness on your decisions. When you know what the enemy is, you are more able to fight their attacks on your life. You can control these elements of your life. Don't let them overcome you.

Celebrate Recovery

Addictions don't go away just because people go to prison. They may lie dormant, giving an inmate the illusion that they have conquered their demon, but when an inmate is released, the same old cycle begins to repeat itself. If inmates don't use their time in prison to change these destructive choices, habits that ruin lives, then their future will be another prison cell.

Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Celebrate Recovery (CR) are opportunities for inmates to overcome addictions and/or the desire to self-medicate. They offer inmates a larger set of survival skills for situations they will have to face and overcome if they want to reach their goals.

Prison can be a whole lot of wasted time, or you can use it to build up your inner strength and daily habits so you will be able to stay out of prison forever. The self-knowledge you gain from a recovery group will help you turn your prison time into the foundation of something better.

God has a purpose for your life. It doesn't matter how terrible your

past is, you have the power to change the future. Always remember, addictions only destroy the people they capture. You can be in jail, in prison, or anywhere, it doesn't matter. Fight their hold on your life.

Celebrate Recovery is the new Christian recovery format. Since AA has become "politically correct" and decided to change the power of God into any "higher power," Christians have been struggling to deal with their recovery needs. A man at a southern California church wasn't happy in AA and couldn't find the support he needed in a men's bible study. As he sought God about his needs, Celebrate Recovery was born. CR has brought God back to His position of authority in the process of overcoming all sorts of addictions.

In CR, the familiar 12 Steps of AA have been complimented with biblical references. For example, Step 3 is: *(We) made a decision to turn our will and our lives over to the care of God.* The biblical verse associated with that Step is: *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to*

God—this is your spiritual act of worship. (Romans 12:1 NIV)

Ask your Chaplain to create as many Celebrate Recovery groups as your prison needs. There are training materials available at Saddleback Church in Lake Forest, CA, where the program first started. (www.saddleback.com)

If you can't participate in a CR group, your Chaplain may be able to get you a copy of the special Celebrate Recovery Bible. It includes added lessons, explanations, and testimonies that are directed toward the person in recovery.

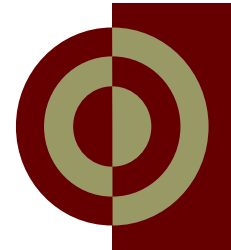
When you are released, find a group in your local area. The CR groups I have seen offer an optional meal before their meeting times, and many churches offer free transportation if you don't have any.

For more information, please contact: Celebrate Recovery at:

Saddleback Church
1 Saddleback Parkway
Lake Forest CA 92630.

if I surrender to Your will, so that I may be reasonably happy in this life; and supremely happy with you forever in the next. Amen.

Taken from a brochure for Celebrate Recovery at Rolling Hills Community Church, Tualatin OR. www.rollinghillscr.org



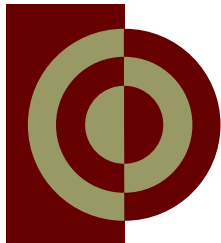
When I was
a child,
I spake as a child,
I understood as a
child, I thought as
a child:
but when I became
a man, I put away
childish things.

1 Corinthians 13 : 11 KJV

Prayer for Serenity

When trouble and temptation seem to overwhelm us, the familiar Serenity Prayer will help us to see our place in the greater battles of this world. This version is new to me, but I assume it must be the author's complete version. I hope you enjoy it and read it daily to help you through your trials.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace, taking, as Jesus did, this sinful world as it is; not as I would have it; trusting that you will make all things right



Voting is a privilege that many cannot exercise. If you cannot vote, your opinions can still be voiced through letters to your elected officials, local newspapers, and other government administrators.

November Elections

America's survival depends on the kind of people who lead our country.

On November 2nd, we will be choosing new leaders. If they are moral, dedicated, and godly people, we have a small chance of overcoming the problems we face as a nation.

Many in America are abandoning God as the unseen head of our nation. They want prayer out of the schools, God out of government, and Christians out of places of leadership. They have changed the textbooks we use to teach our children, and taken away our right to speak about our faith in schools. Tax-exempt status has silenced our pulpits on many important topics, and government funding of social programs has kept witnessing away from those who need it most.

When we take God out of our decisions, it means that God is no longer required, by His Word, to protect us.

Many of those who cry out against the presence of faith in our decisions are fighting to preserve their own lifestyle choices. The words we hear are "the right to choose" and "sexual freedom," but the effects are the death of an unborn child, euthanasia, sexual diseases

that can kill millions, and predatory lifestyles. The real "spirit" behind these choices is not God.

November 2nd is the date of our mid-term elections, and control of our Congress is at stake. Why is this important? Because **the leaders we choose create the laws we must follow.** There is a cultural war in America. State and federal judiciaries become the battlefield, but the effects of congressional and Supreme Court decisions are long-lasting.

The future of America is at stake. If we don't find God's path through this mess, if we cannot change the direction America is heading toward, our existence as a country will cease and everything we know as great about America will end. We will become another failed experiment in the records of history.

There is no single person that is responsible for where we are today. Presidents and Senators and Congressmen are men that God has allowed to be elected. **Their decisions as a group have created the consequences we all must face together.**

More voters chose Barack Obama than other candidates, so he is our current President. The goals of his political party are the goals they

have set about to achieve. They are not evil people just because they see social services as critical to our existence, but is this the best solution for America. I don't think so.

I have lived through the government's idea of welfare assistance. It is not good, for anyone.

This election is one of many major turning points for America. Who the people of our country elect to office this November will create enormous consequences for all of us.

You may not be able to vote, but you can express your opinion on the topics that matter to you. Find out the address of your local paper and send them a letter. They may not print your letter, but they will know your opinions.

Do you want to write the President? Here is his address:

President Barack Obama
1600 Pennsylvania Avenue NW
Washington DC 20500

Your opinions are as important as any other citizen.

Thanksgiving Day : What are you thankful for?

November 25th is this year's Thanksgiving Day. Tell us what you are thankful for this year.

Here is a copy of the first part of George Washington's October 3, 1789, national Thanksgiving Proclamation. Our leaders sure don't talk like this anymore.

I found it at wallbuilders.com, a

Christian site that has discovered and recorded for us the important facts of our country's birth and progress. There's lots to explore at this website.

Whereas it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor; and whereas both Houses of Congress

have, by their joint committee, requested me "to recommend to the people of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness."

<http://www.wallbuilders.com/LIBissuesArticles.asp?id=3584>

Health Notes

Winter is on the way. Are you ready to meet it? Keeping healthy is very important if you want to enjoy your winter, not lose time at work or school, and avoid medical bills. What can you do to better survive the winter months?

Vitamin supplements will help you to maintain the vitamins and minerals that your body needs. A daily dose of minimum vitamin requirements is a basic addition to one's quest for health.

Two vitamin groups are more important. To boost your immunity to disease, think Vitamin C¹. To protect your health in times of stress, think B-complex vitamins². Both of these vitamins are water-soluble, which means they have to be replaced every day because your body flushes them out with your urine.

Vitamin C, through supplements or real food, **can help your immune system.** Some of the basic forms of vitamin C in a diet would be vegetables like broccoli, potatoes, **sweet red pepper**, tomatoes, fruit sources are **oranges** and grapefruits, and **strawberries**. The highest sources of vitamin C in this grouping are in bold type. Tomatoes and baked potatoes have the least. About two and a half cups of fruits and vegetables will give you about 200 mg of vitamin C.

Vitamin C does not stay in your body, so you have to keep taking it over and over. Having fruit juice,

fresh fruit, or vegetables high in vitamin C at each meal, and as snacks, will help your body keep itself healthy.

There is no definite amount of vitamin C that will guarantee better health. There were several amounts cited at the article I read. Daily vitamins you will find in most stores generally have 60 mg as the daily minimum, but the study's authors suggested 400 mg would be optimum for most healthy people. Older individuals may need more than that.

This study suggested that very high amounts of vitamin C may cause kidney stones. It was stated that most adults can safely take up to 2000 mg, unless your family has a history of kidney stones.

Right after I had my second child I discovered a B-complex vitamin supplement called "Stress Tabs." After about a month of taking these, I felt better than I ever felt in my entire life! The effects of stress rob our bodies of these important vitamins.³

According to the information I read, B-complex vitamins "function as coenzymes that help the body obtain energy from food. They also **are important for normal appetite, good vision, healthy skin, healthy nervous system and red blood cell formation.**"

You can find the B-complex group in foods like cereal grains, meat, poultry, eggs, fish, milk, legumes

and fresh vegetables.

http://www.helpguide.org/life/healthy_eating_on_budget.htm is a webpage that talks about eating healthy on a budget. It also has links to other pages that will help you plan meals.

They suggest whole grain breads (whole wheat), cereals (granola), and cookies (oatmeal) as ways to make healthier food choices. You can also add fresh fruit to yogurt, eat more fish, and enjoy beans in a burrito using whole wheat tortillas. There are lots of healthier choices, no matter what your situation is.

Keeping your body hydrated is always key to keeping healthy. Clear, clean water being the best source of fluids. Drink caffeine in moderation, or not at all. Limit the amount of juice you include as part of your diet. (Fresh fruits and veggies are always better.)

And don't forget to get lots of sleep, a reasonable amount of exercise for your situation, and wear the right clothing for the weather. **These habits will help you to become healthier**, and may keep you from getting ill this winter.

¹<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminC/>

²<http://www.ext.colostate.edu/pubs/foodnut/09312.html>

³<http://www.healthy-vitamin-choice.com/vitamins-for-stress.html>

Daylight Savings

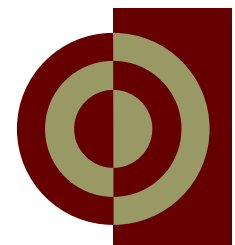
Time ends at 2am

on Sunday,

November 7th.

*Don't forget to
move your clock*

back one hour!



Looking Ahead

JANUARY

- Pro-life activities are abundant because of the anniversary of Roe vs. Wade, the court decision legalizing abortion.

FEBRUARY

- Valentine's Day, a day to remember those you love. Think of the millions who have no one to care. Reach out to them.

MARCH

- Lenten season begins.
- Daylight Savings returns. Clocks move forward.

Protecting Human Rights

WORKING TOGETHER

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Working Together is a business dedicated to Christian principles and theology. Its purpose is to build and preserve resources to help the Body of Christ survive the years leading up to the Biblical End Times. Prisons will be part of that End Time process, but they are not the main focus of Working Together efforts. **Food, water, shelter, employment, education, financial assistance, transportation, worship, fellowship, and other basic needs are the main directions of Working Together.** Most of these activities will be connected to membership status. Find out more by exploring our website at www.work2gather.us and **think about joining us.** Thank you.

Subscription Information



Computers are going to take over much of the workplace. Are you ready to face that challenge?

Inmate News is a quarterly publication of Inmate Project, a program of Working Together Inc, PO Box 828, Eugene, OR 97440, USA.

The current subscription rate is \$5/year for Inmates; \$7.50/year for Inmate Family or Friends and Non-profit Organizations; and \$10/year for Other Individuals and Business.

Inmates paying with a state issued check can send their mailing information to the address above with a note telling us their payment is on its way. We will wait to

process their order until the check arrives and is deposited.

All other subscribers are asked to send their mailing information with payment by US Postal Service Money Order. Those with access to the internet can also go to our webpage and order by credit card or PayPal through a PayPal link. After payment is processed, the next available issue will be sent.

Your orders are important to us. **Please be sure that your mailing address is clearly written.**

WE NEED YOUR INPUT !!!

To encourage your participation, we offer the following options. We reserve the right to edit for space needs, and will pay you with a one year subscription.

INMATE to INMATE: send us your best suggestions on how to improve prison life.

ONE PAGE ARTICLE on any topic that concerns inmates and their families.

FYI : let us know what's happening in your state's prison system.