

Inmate News

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A quarterly publication that brings Inmates, their family & friends, and interested organizations into one place. Our goal is to help Inmates keep informed about the world, to give Inmates a voice in discussions about the issues that affect them, an opportunity to find out how others deal with the same issues, and to effect positive changes.

Government Assistance

One of the big complaints about those who break the law is the cost of taking care of them. Healthcare for inmates is one part of that cost. Below are some questions to think about...and how they will affect the lives of US inmates, their families, and the future of America.

- ◇ Is government healthcare really free?
- ◇ Will an increased tax base solve the problem?
- ◇ Taxes pay for many different services, so how much of our federal, state, and county taxes will be used for medical expenses?
- ◇ Would every medical need of every citizen be covered? Who will decide what is covered and what is not?
- ◇ Is a voucher that can only be used for approved providers really a choice?
- ◇ Will there be a limit to government healthcare options? If government healthcare is as limiting as regular insurance coverage, why do we need to legislate it into our lives — aren't insurance

companies enough?

- ◇ Has anyone really done the math? If every citizen paid a monthly fee for government healthcare, just like they do to insurance companies, will that income cover every claim? (Example: If everyone pays \$500 a year and claims \$5000 in medical benefits, where will the difference come from?)
- ◇ If the government has not been able to care for the poor and elderly up to now, how will it be able to afford to subsidize them in the future?
- ◇ The government has the ability to change any laws it makes. No matter what they put in place today, it can be altered tomorrow. What does that mean for healthcare?
- ◇ Is Social Security an example of how the government honors its commitments to its elderly citizens?
- ◇ If the government has the ability to use money that is designated for specific programs (like Social Security) on other financial needs/desires, how can we count on them to protect healthcare funds in the future?
- ◇ Should everyone in America be covered by government healthcare? Is this a right of citizenship? A responsibility of government? A human need? A desire?
- ◇ Are there other ways to deal with the healthcare problems we face as a nation?
- ◇ Why would any business purchase their

(Continued on page 2)



Inmate to Inmate

- 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, under 500 words. **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.

Government Assistance

(Continued from page 1)

own healthcare policy if the government has a cheaper alternative?

- ◇ What is a “Death Panel” and why would a “Death Panel” even be created? How will we know one when we see it? Will they be called “Death Panels” or will they enter our lives some other way?
- ◇ What healthcare issues would be decided by a “Death Panel?”
- ◇ Would they be responsible for killing people or depriving them of care?
- ◇ Who might become a victim of a “Death Panel?” How will we fight against/disagree with their opinions?
- ◇ If the government is the only provider of our healthcare, what other options would we have?
- ◇ Are insurance companies the only alternative?
- ◇ What kinds of government assistance already exist? How are they paid for? What are their limits? Do they cover every American citizen?
- ◇ What does the Constitution say about government assistance? Medical assistance? Any other kinds of assistance through tax funds?
- ◇ Why isn’t government healthcare already the same for everyone? If legislators received the same kind of government healthcare that the poor did, would they be so eager to make it universal?
- ◇ How will changes in healthcare laws affect inmates?
- ◇ If they have no voice in government, will they become the first victims of future “Death Panels?”

The effects of legislative decisions about healthcare are never-ending. You need to be aware of them.

It is the hope of every community that the penal system will create a better citizen. Tax dollars are used to create intervention systems for both juveniles and adults. This includes jails, prisons, community service programs, mental health facilities, work camps, and other justice alternatives.

Tax dollars also pay for many other community programs and services, including food stamps, WIC, welfare, and work programs. Shelter programs are part of the tax budget, as are national parks and Medicaid.

The tax burdens created by our government services are using up more and more of the money individuals and families would like to use for themselves. The percentage is near the 50% mark right now. If our tax burdens become too great, we will eventually become a socialistic government — where everyone is working for and being paid by the government, not working for themselves. Socialism is not healthy for people or their government. This is why the budget battles we are seeing now are so very important.

When inmates are freed from prisons, they are expected to become one of America’s taxpaying citizens and help

shoulder the financial burdens of government, including prison costs. Inmates will be required to follow every legal requirement now being decided. It is important for inmates to be aware

of the changes taking place in our world and to voice an opinion, if desired.

◆ *What do you think would be good solutions for the problems America is facing?*

◆ *How much government do you think is necessary to protect the country and its citizens?*

◆ *How can prisons change to lessen the burdens of taxpayers?*

◆ *What would help you to stay out of prison?*

Tell the President, the Governor, the Department of Corrections, or your local governing body, how you feel about healthcare and other issues.

Tell *Inmate News* what matters to you. We will try to share it with others, and see if it can become part of a future publication. Or you can write the story yourself and submit it for publication!

Everyone knows there are problems within our systems, and your thoughts might help change the future and make the world a better place to live in.

Send your thoughts and opinions to:

**Inmate News
Opinions
PO Box 828
Eugene OR 97440**

(Please make sure your return address is clearly written so we can contact you if we need to.)

A heart at peace gives life to the body, but envy rots the bones.

Proverbs 14:30 NIV

Dishonest money dwindles away, but he who gathers money little by little makes it grow.

Proverbs 13:11 NIV

The Editor's View

Welcome to another issue of Inmate News!

Trying to find the best balance for this publication is a big challenge. Every day I read articles that would be important for inmates and their families to know about, but a quarterly publication is quite limiting. I am considering the alternatives and asking God to provide for the best solutions. Newsprint publishing seems to be an important next step, and then we have to reach monthly status. I would like to provide one section for every state and province, and another section for world prison issues. To expand means the costs for subscriptions will rise, unless we can generate enough additional advertising income to cover costs.

How much is this effort worth? How can it be paid for? When will we find enough money to accomplish these goals? All of these problems are the same issues every business faces in some form. **Setting priorities and trying to live within the income that we have creates the decisions we face every single day, whether we are a single individual, a family, or a business.**

Government is also a business. It, however, operates with tax income, not what it earns through its own efforts. While the people who provide the tax income necessary for the

operation of the government must live within a defined budget, the government does not. It has the ability to "make money" without earning it, and to spend money without justifying an expense. It is manipulated by elections and filled with special interests. *Private agendas often overcome the needs of our country.*

When the government wants more money, it can print more or borrow more by raising the debt ceiling. The debt ceiling is like the limit on a credit card. If I can raise my own

limit, is there really a limit? This is not a good way for anyone to operate.

Legislators at all levels are fond of creating a "temporary" tax to meet an "urgent" need. I doubt that any temporary tax or program has ever existed. This seems to be an ongoing political funding strategy. It allows new revenue sources to be established, often using cries of harm to children and the elderly to provoke added income. Once a small tax is in place, the process of raising that tax is established.

The more government is involved in your life,
The less free you are.
Deborah Martin

Few ordinary people can follow the ever-increasing tax needs of the local, county, state, and federal governments. Most Americans are too busy trying to survive their own financial battles to audit the costs of their government.

This is changing. Groups of tax protestors are growing, and they include the Tea Party. Americans do not want to work for the government, they want to create a life that is equal to their dreams. They work hard. They save and spend to provide for their families, their friends, and their favorite charities, not the government. The role of government in our daily lives is being questioned, and the spending habits of our legislators is at the heart of this issue. *Americans do not want to pay for someone's election barter, they want to limit the costs of government to what is truly necessary.*

Everything we do in this world is confined to a budget. For Inmate News the solution is to increase our income through subscriptions and advertising. **Our government needs to establish serious financial priorities and find solutions that are not solely tax based.** Getting rid of our debt and living within an income-based budget is critical to our survival. All the money we pay in interest could be used for truly essential programs.

What amount of money does the US government NEED to do the job we want it to? What amount of money does the State NEED? The County? The City? Which responsibilities can be handled within individual communities and through charitable organizations? What are the boundaries that need to be established for each government entity, including healthcare, the military, and entitlement programs?

What is the role of government in America?

Until we have defined our real needs, we cannot establish a true budget, with room for growth and income opportunities. If boundaries are not established, nothing will change. **Our**

(Continued on page 4)

Send for this great FREE RESOURCE

IN TOUCH Magazine

Spiritual inspiration is important to surviving difficult times. This free monthly publication is available in a number of languages, including Spanish. Each monthly magazine has articles on topics that will help you find a better way to deal with problems, and there is a daily devotional at the end. For a basic understanding of biblical issues, Conservative Baptist theology is a great place to search.

To order, write to:

**In Touch Magazine
PO Box 7900
Atlanta GA 30357**

Or you can call:

1-800-789-1473

Or find them on the Internet at:

www.intouch.org

The Editor's View

(Continued from page 3)

government only knows one way to deal with their budget

problems: raise taxes. We need to find better solutions to the problems we face as a nation.

In a previous issue I mentioned the Internet and the sales income it offers both inmates and prisons. This is one change that can alter the need for tax revenues. Every inmate would have the ability to create and sell something to build an income for their needs, their debts, and their families.

Prisons can also use their food purchasing budget to create gardens for fruit and produce, and they can dedicate acreage to raising food sources like chickens/eggs, pork, sheep, cows, dairy/cheese, and other related products like leather, yarn, and feather-filled pillows/comforters. They can look for companies that would buy some of these products from them, especially in the local market. Job training can be created by keeping these processes on-site. Inmates can become customers through their commissary orders. Excess meat and produce can be donated to local food banks. By using current health guidelines, organic and chemical free menus can be created. Savings in that part of the prison budget can be kept for food emergencies like crop failures or loss of animals/stored foods.

Changing the source of our financial resources is part of that process. America needs to find a way to allow government departments to maximize their yearly tax-based budgets and strive to save what they can without fear of losing funding in the next budget cycle. Like any business, that "profit" will allow them to develop better internal operations as each year passes. Auditing practices will help to keep prison officials and staff honest.

This is why deciding what a reasonable and fair budget is for each section of government is essential.

Unfortunately, we know our government will want to keep any income made/saved by prisons and inmates so they can apply it to another project, defeating the purpose of this change.

How can we change the way government operates?

Tell me your ideas!

In Christ,
Deborah Martin, Editor

He who walks with the wise
grows wise,
but a companion of fools
suffers harm.

Proverbs 13:20 NIV

GETTING MORE : HOW TO NEGOTIATE TO ACHIEVE YOUR GOALS IN THE REAL WORLD, by Stuart Diamond. (2010)

This book was highlighted in a March 20th Parade Magazine column called "7-Minute Solution." The title of the article was: *How to Win a Negotiation*.

After reading the article, I went online to find out

Book Review

more. There were sample chapters available at some sites, the whole book was available at another site. I browsed through some of the materials and checked on different pricings, including shipping options.

This book seems to have some great suggestions for how to reach goals. It is more focused toward the college student, especially business students, but the materials are guaranteed to apply to any situation.

Learning how to negotiate is critical to individual and family success. Job hunting is all about negotiating; raising children is an ongoing act of negotiating. **To succeed in many areas of our lives, we need to learn the best way to approach each situation.**

Here are the five points highlighted in this article:

- 1) First, figure out the opposing viewpoint.
- 2) Don't demand everything at once.
- 3) Make an emotional payment.
- 4) Meet each other's needs.
- 5) Ask before pouncing.

You can find out more by looking at online versions of this book. Your local library may have a copy. A college library, especially a business school library, may have a copy to look through. Inmates can ask their friends and family to send a copy of the best chapter.

If you plan to succeed, books like this will help you find the way.

Have you read a great book that you think other inmates need to know about? Send us the title, author, publisher, ISBN or LOC number, page total, and then tell us what the book was about.

Inmate News
Book Reviews
PO Box 828
Eugene OR 97440

Selling yourself to an employer is much the same as selling a product to a customer. You have to have the skills and attitude that allow you to overcome any obstacles you will be confronted with. Preparing for those difficult moments is something every inmate can do *before* they are ever released.

If you read the short item on negotiating skills on page 4, and explored the book for more information, you will see that every goal requires the ability to sell yourself in a negotiating process.

Brian Tracy (www.briantracy.com) is a salesman I have explored for information and resources that will help me and others to change the future. I tried to have some of his materials sent to one of my sons, but they weren't soft cover publications so they were returned. I kept them and tried to share the information with my son.

When I was receiving his newsletter/s, I printed the 21 December 2010 article with the title, "**Nine Objections You Must Answer.**" Some of this information is just as important for job searching or discovering other employment options. Consider these when you prepare for a better future.

UNSPOKEN OBJECTIONS

This is when the other person will not tell you what their objections are. The solution is to let them talk more, to listen intently, to lean forward, and to ask more open-ended questions (questions that require more than a yes or no answer).

EXCUSES, EXCUSES

These are normal reactions to sales presentations and are not considered serious. The solution is to "nod, smile, agree, and then ask a question to take control of the conversation."

MALICIOUS OBJECTIONS

Mr. Tracy says these usually come from people who are unhappy with their current situation and are taking it out on you. He suggest not taking it personally and always remembering that your job

is to remain calm, confident, positive, and polite while you are involved with this kind of person.

REQUEST FOR INFORMATION

This is said to be the best type of objection you can hear because it gives you the opportunity to describe the benefits of your product, whether that is you or something you are selling.

SHOW-OFF OBJECTIONS

This comes from someone who is trying to show you how much they already know. He suggests that you be impressed and acknowledge the information sincerely, to make them feel important.

SUBJECTIVE OBJECTIONS

These objections are focused on you as a person and are often caused by talking too much about yourself. Make the customer/employer the object of your attention to make this go away.

OBJECTIVE OBJECTIONS

These are about the product, about your claims about the product. Brian Tracy says that if you can overcome these objections, you will often have a sale.

GENERAL SALES RESISTANCE

This objection is about just not wanting to be sold anything, and it usually happens at the start of a presentation. He suggest that you must overcome this objection or the other person will not hear anything you say. Once the customer is asking you questions, you can begin the selling process.

LAST DITCH OBJECTIONS

These are the final efforts of a customer that wants to buy your product to avoid the purchase. If you can reassure the customer that the choice is a good one, you will most likely have the sale.

Another interesting book title I have come across is "**Live Your Calling,**" by Kevin and Kay Marie Brennfleck, National

Certified Career Counselors at www.ChristianCareerCenter.com. This is a 2005 book, but the free newsletter article I have offers three tips to accomplish your goals:

BANISH MAGICAL THINKING

SET GOALS THAT ENERGIZE YOU

TAKE ACTION. DON'T LET WHAT YOU CAN'T DO GET IN THE WAY OF WHAT YOU CAN DO.

This book is available in paperback format, so it can be sent into prisons. The price is reasonable, so it would be a great gift for any inmate. Live Your Calling does offer a Christian perspective, but that also means the information should be moral, upright, and not compromising any personal or corporate ethics.

Brian Tracy has a background that includes making some bad decisions in the early part of his life, which means his advice is pertinent to those inmates who want to change their futures, but he is not coming from a Christian foundation.

You will have to explore and compare the differences in these two perspectives for yourself.



Finding Employment

Creating income is not always an hourly job. At one point in my life, when I was stranded in a strange city, I went door to door painting address numbers on the curb for \$5 each. I made about as much doing this as I would have working full-time at minimum wage.

I learned this income option from a woman who lived in a bus with her daughters and a man. I met her at a food kitchen in Eugene (OR). This same family went to the Oregon forests to collect expensive mushrooms, when they were in season, so they could sell them to local markets.

Yard sales are a great emergency funding source, but you have to have a yard to sell in, and enough possessions to sell. It can't be counted on. Building a small business on the side, as you look for more stable employment or to supplement your low wages, can be a great income option.

I have met people who washed windows as a means to earn income, control their schedule, make ends meet. I read in a recent local news article that one unemployed man found work washing the windows of a local business, and he charged them \$100 to do the job.

I don't know what the going rate is, but I think that's a good way to buy food or pay the bills, and you can build a permanent income if you stick with it. No one wants to hire a new person every week, they want to find someone they can trust to do a good job.

Getting started is the big hurdle. Finding one window to wash, one house to paint address numbers on their curb, one yard to sell in, can be the hardest part. Having the right attitude can be even harder. Some people think manual labor, or creative employment strategies, are not worth their efforts. The higher priority is taking care of yourself and your family without resorting to criminal behaviors.

I went to the library at one point and found a book in the business section about things you could do to make money without having much money to start

with. Some of the ideas were dated, and the costs were not realistic because the book was old, but they provided a source of inspiration about jobs that might work in my particular situation.

Other income options can be more of a long-term investment, and may require money to be-

come involved in. One I wish I could take part in is the annual baking competition that Pillsbury hosts. Every year they decide which of their products they want to find new recipe ideas for and then make those products the topic of a \$1,000,000 prize. This year's competition ends April 18th, but you can find out more about it (for next year's contest) at www.pillsbury.com by linking to the Bake-Off information.

In the past, many family food products got their start at the County Fair. It's a great way to test your food creations on someone other than your family.

Be careful of revealing your recipe to Fair judges and audiences. If you do start to sell it, it won't be a company secret anymore! They may only need to know the allergens that are part of your recipe.

Inmates have the

opportunity to build up their skills in writing and art while they are in prison. If we can get them on the Internet before they are released, they will already have an income potential and "employment" to go home to.

Working Together is trying to develop sales opportunities for inmates. We want to see the burden of restitution lifted, and the attitude of poverty in prisons changed. If we want inmates to succeed when they are released, we need to help them find honest and fulfilling work that will help them to provide for themselves and their families.

Income Options

CAN YOU FILL THIS 3" X 3" SPACE WITH A BLACK AND WHITE ORIGINAL COMIC/CARTOON THAT RELATES TO PRISON ISSUES?

If you can, and we print it in a future issue, we will pay you \$15.

Make sure you send your complete mailing address on the page with your drawing. If you are an inmate, make sure you tell us any important payment information we need to know to send payment to your institution.

PARADE Magazine had its annual **“What People Earn”** issue on March 13th of this year. Here is a sample of the incomes they presented for various jobs.

Paralegal in Michigan: \$25,100

Blogger in WA: \$24,600

Glassblower in VT: \$59,700

Truck Driver in NC: \$61,000

Ocean Lifeguard in NJ: \$7,000

Real Estate Agent in CA: \$1,605,262

Deejay in FL: \$30,000

What kind of work do you want to do to make enough money to create the life you want for yourself and your family?

Think about it, find out what you need to do to reach that goal, and start moving in that direction today!

Before you can achieve a dream, you have to know what you want.

Money Matters

eBay Seller in CA: \$110,000

Food Truck Owner in UT: \$43,000

Ballet Dancer in NY: \$16,800

Social-Media Manager in IA: \$42,000

Obituary Writer in FL: \$75,713

Personal Chef in PA: \$55,000

Ski Patroller in WY: \$23,000

Furniture Maker in RI: \$39,000

Barista in CO: \$17,500

NATIONAL DAY OF PRAYER MAY 5, 2011

The first Thursday in May is our nation's day of prayer. Use this time to join with millions of people all over the world who will be praying for America, for its leaders, for its military, its safety, its future.

**JOIN IN THIS EFFORT TO ASK FOR
GOD'S BLESSINGS AND MERCY.**

In the News

- ◆ Associated Press item seen in The Register-Guard, 24 March 2011 — A faulty breathalyzer machine was improperly calibrated and compromised the evidence in 1147 cases, possibly leading to the dismissal of related drunk driving charges.
- ◆ Sue Flint, The Register Guard, Letters to the Editor on 26 January 2011 — “A college degree may not land you a job, but critical thinking skills may help you survive the economy.”
- ◆ Shanley Skillern, The Register Guard, Guest Viewpoint on 14 April 2011 — “I began to care about my own success in life, because I saw that others were on my side. It made it easier for me to stay clean and sober...”
- ◆ Grover Norquist, president of Americans for Tax Reform, in an Associated Press article by Jesse Washington at boston.com on 7 April 2011 — “...we are spending a great deal of money keeping people in prison, and for many of them it doesn't make sense to keep them there year after year. Some do better with things like home confinement, probation, ankle bracelets, rehabilitation, all of which are much less expensive. We can do this [reduce the number of state and federal prisoners] in a serious way and still keep the crime rate down.”
- ◆ David G Savage, from an online article in The Seattle Times, originally published on 18 April 2011 — “The U.S. Supreme Court took up her case Monday to decide whether federal judges can sentence prisoners to more time behind bars if it's deemed to be for their own good. The outcome could have a broad impact, since more than 80,000 convicted criminals are sentenced each year, and the lower federal courts are split over whether judges may consider “rehabilitation” when setting a prison term.”
- ◆ USA TODAY, from an online link to the Comics section, 19 April 2011 — “Marvel Comics said Monday that Parker is taking off the Spidey costume for good as part of its “Death of Spider-Man” story in its Ultimate Comics imprint, but it has offered scant clues as to what ultimate fate may befall the high schooler who was bitten by a radioactive spider.”
- ◆ Headline and statement for online article by Jack Dolan in the Los Angeles Times, published on 5 April 2011 — “Gov. Brown signs bill to transfer thousands of nonviolent felons to county jails. The measure is designed to reduce the number of inmates in California's chronically overcrowded state lockups and keep relatively low-level offenders closer to their homes, where drug treatment and mental health services are believed to be more effective.”
- ◆ 19 April 2011 : From the online site *healthnews.com*, a column article by Melanie Grimes on treating depression, last updated on 23 February 2011 — “In a study comparing St. John's Wort to the popular antidepressant, Zoloft, St. John's Wort cured 24 percent of the people who received it and Zoloft cured 25 percent. Those taking a sugar pill placebo reported even higher numbers—over 30 percent cure. “(sic)

Working Together Inc

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*Discover the
difference that
Jesus makes
in every life.*



Ask us how.

“Safety is of the Lord.”
May God help us to trust in Him.
May He guide our thoughts, our words,
and our actions as we meet
the challenges of each day.

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 requesting a brochure or by exploring our website at www.work2gather.us — and think about joining us. Thank you.

Inmate News is a quarterly publication of Inmate Project, a program of Working Together Inc. It is produced and mailed from PO Box 828, Eugene, OR 97440, United States.

Current 1-year rates are:
\$5/year for Inmates
\$7.50/year for Inmate Family or Friends and Non-profit Organizations
\$10/year for Individuals and Businesses

Inmates paying with a state issued check need to make sure their name and mailing information is included, or a separate letter is sent with identifying information to connect the payment with their inmate account. We will process your order after the check has cleared.

All other US 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 PayPal and the credit card options it allows. After your 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 paid opportunities to contribute to INMATE NEWS. Because our space is limited, we reserve the right to edit for clarity and space needs.

INMATE to INMATE : Share your best advice with other inmates.
Payment : 1 year subscription

ONE PAGE ARTICLE on any topic you feel is important to inmates, their families, or society. Anyone can contribute to this column.
Payment: \$25

FYI : let us know what is happening in your state's prison system — good, bad, or just for our information.
Payment : 1 year subscription

COMIC : Send us a 3" x 3" line drawing on a topic that inmates care about.
Payment : \$15