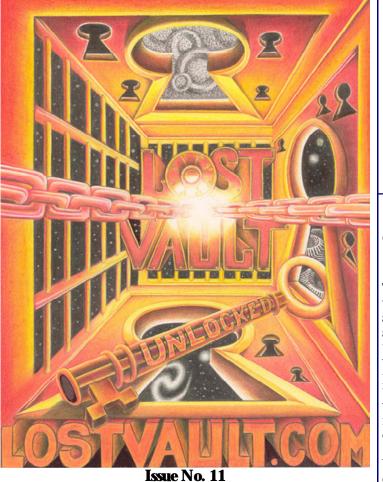
## February 2006 🥣

### LostVault: Unlocked



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#### Choices by Lene Gabrielsen (Cassi)

There are many reasons why people choose to write a prisoner. The most used reason is to bring something positive to people who are locked away from society. A lot of people choose to write those deemed unworthy to live, the prisoners on death row. There are various reasons for why and how people choose their pen pals, but when I have asked people why they chose to write someone on death row, I have been told they wanted to write someone who society wrote off. In many respects, death row must be the loneliest place on earth.

We all know that the men and women on the row will eventually get a date for execution, and knowing that,

what are people in the free world thinking? Why set themselves up for heartache? The questions might seem simple, but answering them isn't so easy. The death penalty in itself is a huge field of debate with people on all sides. What occupies my mind the most at the moment is the emotional aspect for those that choose to write someone on death row. Family members of the DR prisoners have no choice, they cannot escape the sorrow of having a loved one on the row. They are forced to deal with appeals, denials, and limited visitation hours and someday down the road, the execution of their son, daughter, husband, wife, father or mother. Many DR prisoners are abandoned by their family members, and perhaps it is the families' way of escaping? At the end of the day there is no running from it, the end will come whether the family members are there or not – ready or not. However, pen pals choose to be involved and we have the "luxury" in that we can choose to turn and walk away if that is what we want; we don't have to "live" it if we don't want to stay. We may never truly understand the stigma that families have to live with in the society after having a loved one sentenced to death. However, once you grow to love someone, whether that is as a significant other or a close friend, is there really a choice for anyone? I made a choice to write my first letters, but now, years later it isn't about choices anymore. It's about being loyal and sticking to my promises, but more than anything it is about love and mutual friendship.

So, why are we setting ourselves up for heartache? I don't think we consider it as such when we write our first letter. I can speak for myself and say I started out with idealistic thoughts and ideas of how I could bring a ray of light to someone, a portion of curiosity, and a need to know more about the whole machinery that we call the death penalty. As time goes it is natural that the bonds get stronger, and that is when reality often hits. The system will do whatever it takes to break the bonds we formed with our friends. I am sure there are many that start to write someone on death row with a very realistic outlook on things, but I don't believe for a second that anyone of us are prepared to lose what we have.

From all over the world people with pen pals on the row (and general population) gather in various internet support groups such as LostVault. This is yet another way to form different levels of friendships and some of us get to know each

**Continued on page 7** 



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### **LostVault** Who We Are and What We Do

LostVault.com is the biggest and best FREE\* prison pen pal site on the internet. Founded in September of 2003, we are dedicated to creating and maintaining a free/inexpensive place for inmates to find pen pals.

#### Want a Pen Pal Ad on our Site?

Send a SASE to us at the address below for an application. Please note that applications are required to place an ad through LostVault; your ad posted via a family member or friend may be posted without a LostVault application. Should your outside loved one wish to request an application, they may do so by snail mail by sending a SASE to the address below, by downloading it from our website, or by sending an email request to LVMotty@yahoo.com.

You may also have a loved one register at <u>http://www.lostvault.com/</u><u>penpals/register.asp</u> and submit your free pen pal ad. **Please note that** we cannot take free ads directly sent to us. The address to send all requests for pen pal application (required):

LostVault PO Box 261 Washburn, TN 37888

\* Ads posted via the internet by free world people are completely free; we charge a \$5 fee for ads placed through LostVault Staff members.

*LostVault: Unlocked* is a monthly publication of LostVault.com, a volunteerbased website offering free pen pal ads to inmates incarcerated worldwide.

EXECUTIVE DIRECTOR: Michelle Bean (Sewergrrl) EDITOR-IN-CHIEF: Lene Gabrielsen (Cassi) LAYOUT AND DESIGN: Michelle Bean (Sewergrrl) COPY EDITOR: Tammy Lynn LaFramboise (RaspberryGal) MONTHLY COLUMNISTS: April Star (Interbiz04) - Death Row Jenn O'Ryan (Bunny) - Vault Jokes & Junk Michelle Bean (Sewergrrl) - A View From The Outside Morrigayn Johnson (MotM) - Motty's Porch Tammy Lynn LaFramboise (RaspberryGal) - LV LadyLove LOGO ART: Steven Alvarado -Gatesville, TX CONTRIBUTING ARTISTS: Thomas Wright - Gatesville, TX

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LostVault: Unlocked mailing address: LostVault: Unlocked P.O. Box 294 Washburn, TN 37888

Please do not mail anything to this address other than items for the newsletter!

# From The Editor's Desk The Editor's Voice



#### **Cassi is the new editor!**

Our dear editor Motty has new obligations in life, and decided to pass the editor torch on to someone else. I volunteered to take over knowing I have (as a staff member so nicely put it) big shoes to fill and I will do my best. By

the way, Motty said – and I will quote her "you only have big shoes to fill because I wear a size 10!" haha

With a hectic life outside of LostVault we asked a friend of mine to take over my death row column. She is a wonderful person with great knowledge about the death penalty. As much as I'd like to do everything, it will increase the quality of our newsletter to bring in a new staff member with new ideas and a fresh perspective.

We appreciate the feedback we have gotten on our last newsletter, and we are always happy to hear from you on what you would like to read. I personally would like to thank Savon from California for his wonderful feedback on my last column and good suggestions for future articles.

My life has been about baking and assignments for school. Baking is because my daughter turned twelve January 13<sup>th</sup> and assignments because it is the end of a semester. I will get caught up on my mail as soon as a new semester starts. It's always a bit slow in the beginning (I hope!!). On LostVault our dear Sewergrrl has been busy working on our pen pal database. She is always looking for improvements to make it better for you guys.

I hope everyone got through the holidays okay. On my end, we all did, and had a great time.

Bye for now, but never forever... Lene





### **Death Row Capital Punishment Talk** *by April Star (Interbiz04)*

#### **Texecutioner Values Human Life?**

From the outside looking in at politics in America, it is hard to get a grasp on where our nation stands politically on the vale of human life.

On my way home from a high school basketball game, I heard a news report giving U.S. President George W. Bush's reaction to the Supreme Court ruling upholding the "right-to-die" law in Oregon.

White House spokesman Scott McClellan said President Bush was disappointed by the decision. "The president remains fully committed to building a culture of life — a culture of life that is built on valuing life at all stages," said the reporter over the airwaves of my car radio.

I thought surly I had heard the commentary wrong, for if President Bush truly valued life at all stages, that would include valuing the lives of offenders convicted of capital murder.

When I got home, I got on-line to find the printed version of Bush's official statement. It stated the same thing, giving my eyes the confirmation they were seeking to affirm what my ears had heard.

As I was scrolling through the other news articles for Tuesday, Jan. 17, I ran across an article about Clarence Ray Allen, the 76 year-old offender who was executed in Calif. that same day.

The CNN report stated, "Having suffered a heart attack back in September, Allen had asked prison authorities to let him die if he went into cardiac arrest before his execution, a request prison officials said they would not honor. 'At no point are we not going to value the sanctity of life,' said prison spokesman Vernell Crittendon. 'We would resuscitate him,' then execute him."

The more I try to understand the political system of the country I call home, the more I realize I never will.

We are caught up in a system of hypocrisy. A system where people say what they think sounds best for the situation, even if those statements do not truly convey how they feel.

Life is life. Why does our political system fight for the execution of one person who does not want to die for a misdeed they are accused of committing, but the same system fights against ending the life of someone terminally ill who wants to leave this earth?

It seems to me that politicians are only pro-life when the life they are saving will win them high esteem in the eye of the public.

President Bush, like many politicians, is for the execution of offenders, but against legally assisting terminally ill patients and allowing women the right to have abortions.

The US Supreme Court Justices, however, seem to not be as confused. At least all of their current legislation supports the three topics on the same plane: (1) it is not constitutionally "cruel and unusual" to execute a prisoner; (2) it is a violation of a woman's constitutional right to forbid her from having an abortion; and (3) most recently, the state of Oregon's rightto-die law is protected because states—not federal authorities have long had the power to regulate the practice of medicine and the licensing of doctors.

What does all this mean for the future of capital punishment in America? Who knows. I guess it will depend on who is in office, when they are there and WHO public consensus at that particular moment dictates has a life that deserves to live out its natural course.

#### In Memorium - May They Rest in Peace

12/13/05 - Stanley "Tookie" Williams (CA) 12/14/05 - John B. Nixon Sr. (MS) 01/17/06 - Clarence Ray Allen (CA) 01/20/06 - Perrie Simpson (NC) 01/25/06 - Marion Dudley (TX) 01/27/06 - Marvin Bieghler (IN) 01/31/06 - Jaime Elizalde, Jr. (TX)





We at LostVault extend our sincerest condolences to our dear friend Stinie for the loss of her beloved Jaime.

The State of Texas may have taken his body, but you will eternally have his heart and soul.



*In Loving Memory* Jaime Elizalde, Jr. December 12, 1971 - January 31, 2006



# A View From The Outside A Free World Perspective by Michelle Bean (Sewergrrl)

#### Is This My Calling?

A day or so ago in public forum, someone on LostVault asked in regard to writing to inmates, "Is This Your Calling?" I started a reply to that post, but instead decided to share it with everyone here in Unlocked.

When I first started writing inmates, and especially when we started LostVault, a lot of people asked me the same two questions... "If you want to truly help people, why not someone 'more deserving' like little kids or the sick?" and "Why do you spend your money and waste your time on someone that deserves to be where they are?"

Most who do what we do at LV have heard the exact (or very similar) questions.

My answer to these questions, which normally left the inquirer tongue-tied: Most inmates had horrible a childhood and if someone had helped them when they were children, telling them they were somebody and showing them some sort of love, maybe they wouldn't be where they are today. I don't consider what I do as wasting my time because I refuse to be an agreeable member of a typical society that deems **any** human being as worthless. People aren't born criminals; people are made criminals by that very societal view.

While it is a conscious choice to use drugs, rob a convenience store, or take another's life, it's not something people strive to do. I know when I was in elementary school and we had to talk about what we wanted to be when we grew up, not one single person said they wanted to be an addict, thief, murderer, or anything except that of a noble professional. What happened between 3<sup>rd</sup> grade career day and now?

Behavior is a learned practice and if someone knows nothing except a life of drugs, how do you think they will deal with their problems? By smoking, snorting or shoot them away. If someone has lived a life of poverty and needs food for their family or money to buy the drugs they desire, how do they get them? By stealing from others. If someone is so down and out, strung out on drugs, without money, and with such a hatred of themselves that they may not value life at all, taking another's means nothing to them at that time.

I am in no way condoning or making excuses for this behavior, but when ones knows no alternate way of living their life, then the odds are strongly stacked against them to fail. But now, after the fact, there's no way to take back what has been done, but only to make a difference in the future.

Had these current inmates, as children or adults, been given proper guidance or shown unbiased love in any form, then most would not be incarcerated and viewed as throwaways by the majority of society now!

In most cases, these people who are in prison will eventually be released back into our free society and expected to obey the laws and make a productive life for themselves. Without a reason other than not to return to prison, it is very likely they will again offend to only return to a life behind bars. Such a life is where these men and women have learned to

# ka fi no car h

become *somebody* while in prison. Perhaps they have a special skill inside that makes them admired or feared? Maybe they have no one to go home to or nowhere to go except back to the old neighborhood? Once they leave that life to which they have become accustomed, fear sets in and their old ways often resurface. Or it could be that old habits simply die hard. Outside of the walls, a life of crime is all they know and they feel accepted by their like-minded

peers and find it hard to break free from that lifestyle.

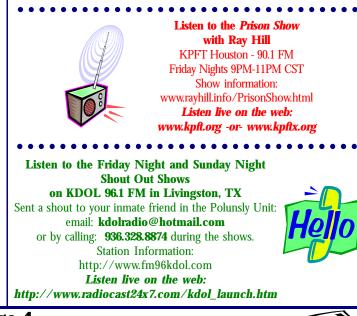
Although I cannot change who they are and what they will do once released (if good fortune allows), I want to help them know they can be somebody other than a lifelong criminal. I'm not sure if I can actually do such a thing, but it's worth a try. If I can help one soul regain self-worth and love through either offering my friendship or the friendships I help create through running LostVault, then I've done more than most people could ever imagine doing.

To me it's not a calling, it's a choice I've made. I'm not a religious person by any means - so I cannot thank God, Buddha, Allah or whomever you worship for why I do what I do. I believe that we as humans have a responsibility to be the best person we can be by our own accord and spread kindness to anyone who comes into our lives. When we choose to give a part of ourselves to someone, it should be not for a selfish pursuit, but to do so because it's the right way to live our lives. I choose to give the services of LostVault because it's who I am, a giver. I choose to write inmates because I want to share with someone else the love and guidance I was afforded as a child and am still receiving today - by my loved ones and the people I call friends at LostVault. I don't just give and give myself to the guys I write, they entrust themselves right back to me.

Everyone with whom you come in contact affects your life in some way and I'd like to think I can positively affect those around me...and those I've never met.

Can you?

Want my view on something specific? I'm always looking for suggestions for new articles and would love your input. Send me a letter at the address on the bottom of Page 2 - make sure you specify you are writing to Sewergrrl.



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# LV LadyLove

## **Love Advice for Those Locked Up** in Body but Not in Heart

#### by Tammy Lynn LaFramboise (RaspberryGal)

He Loves Me, He Loves Me Not? Long gone are the simpler daisy petal plucking days when asking oneself the age old question, is it love? Nowadays, love has many faces and means various things to different people. Love is nothing more than a strong <u>feeling</u> of affection. Nothing complicated about that right? We love things like cars, animals, food and music without confusion, rules or definitions, so why does love become so seemingly complex when it comes to other people?

Interpersonal love has become like life's greatest prize. We want it, we need it, and so many people do not feel complete without it. It has become our most important emotional need whether we consciously accept it to be true or not. When we have love we feel accepted, understood, appreciated, worthwhile and valuable.

There however needs to be a clear distinction between having love for someone and being "in-love" with them. There are three fundamental aspects to love ... passion, intimacy and commitment. Understanding what each of these components are and how they play a role in a relationship can help you define what kind of love you really have.

*Passion* is ardent affection and is deeply stirring. It's feeling physically aroused and attracted to someone. It rises quickly and strongly influences and biases your judgment.

*Intimacy* is characterizing one's deepest nature. It's feeling close and connected to someone developed through sharing and very good communication over time. It is what makes you want to share and offer emotional and material support to each other. A warm friendship built from a long association.

*Commitment* is a pledge to actively maintain the relationship. It is the choice to be serious and promise to be there for the other person if things get tough.

OK, so you may be curious as to how that all really fits together. Well, it starts with now understanding three degrees of love: Romantic love, Companionate love and True love.

*Romantic Love* is the atypical couple feeling "in-love" fueled primarily by infatuation. When it's romantic love, it is formed from *passion* and *intimacy*. Ultimately though, when the passion diminishes and intimacy declines, the lover's relationship ends.

*Companionate Love* is the bond most commonly found between best friends. It is having trusting and caring feelings for someone who is close to you. It is where *intimacy* and *commitment* are present without any sexual passion.

*True Love* however is a symbiosis of all three components. The next time you hear someone say they've found their "true love", consider what they're really saying is they've found someone with whom they share real *passion, intimacy* and *commitment*.

Which begs to ask the question if in fact a man and a woman can truly share just companionate love? Is it also possible to

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have romantic or companionate love for more than one person at a given time? I encourage and invite our readers to contribute their thoughts on this with their own response to this question.

Regardless of what type of love you have, expressing it is sometimes a challenge. You want the person to know how you feel but don't want to overstep any undefined boundaries, risk looking foolish or worse invite a misunderstanding. Remember those grade school days of passing notes, scribbling hearts on your notebook or sending your best friend in to get the scoop on what the object of your desire thinks about you? As adults, we have a duty to act more responsibly and mature about it. I'm an advocate of being up-front and honest about your feelings and intentions, and that includes expressing your uncertainties. We have to recognize that there are people who are genuinely warmhearted by nature and words of affection flow liberally and may close a letter with "Much Love," or "Hugs & Kisses,"; while other individuals who are more reserved and take the subtle approach will opt for the silently creative way in a non-verbal fashion by utilizing stamp positioning with the familiar "upside-down" stamp on the envelope representing "I Love You". Whether it's an affectionate sign off to a letter, or an upside-down stamp, my advice is, until you feel you really know someone and are aware of their views by having shared thoughts, opinions and beliefs around such topics, never assume anything. They may be sharing their love with you but not that they are necessarily meaning it as "in-love". What those chosen expressions mean to one person may be a completely different message to another. If you're unsure about someone's feelings or intentions, carefully and respectfully broach the subject with the person directly. While we may want to rush to ask others what their interpretation of it may be, no one can answer your questions or satisfy your curiosity about what something means better than the individual in question. This is the opportunity for each of you to examine your progress together deeper, investigate feelings, establish boundaries, discuss expectations but never make promises you knowingly cannot honor. Open, strong and honest communication is the cornerstone in any kind of relationship and should be present from day one particularly if you anticipate it being a lasting connection.

Love in its essence is far easier to experience than explain. So put yourself out there, not only physically but emotionally and experience life and love. Love is life and if you miss love, you miss life. So go on, take a chance and lose your mind for the sake of your heart.

Wishing everyone much LOVE this Valentine's Day!

#### LV LadyLove

Got a love question you'd like answered? A romantic story to share? I welcome your thoughts, feelings & stories to LV LadyLove by visiting <u>www.lostvault.com/forums</u> and private messaging me (username RaspberryGal) or by e-mail at: <u>lvladylove@yahoo.ca</u> or by snail mail at the LostVault address on the bottom of page 2 (please note that you are writing to the LV LadyLove Romance Column).



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# Lene's Chit Chat Norwegian Babbling by Lene Gabrielsen (Cassi)

More than one person told me that it is when you're not looking for love it finds you. I wasn't looking for love and somehow it found me anyway. I wrote a friend of a friend - my friend had tried for quite sometime to get me to write him, but I said no because I had such a busy schedule. Eventually I wrote him after all and I fell in love. \*Smile\* His name is David and as you probably understood he is currently in prison. Hopefully he'll get out soon so he can cook for me as he promised. David told me not long ago that if I asked him to marry me he would say yes. My response to that was "no way am I going to propose!!" He suggested we ask you all what you think who should propose to whom (I bet you think I wouldn't do it, David). He said it as a joke, but I decided to go ahead with it and ask what you think. Should he propose or should I? I need for you to write and let us know. haha



# Vaulter of the Month One of LostVault's Finest



I don't know what my parents were thinking when they named me Tammy Lynn at birth, but if I could choose I'd have rather been called Victoria Marie as it sounds so much more romantic, don't you think?! However, I arrived in this world before the sun even rose early one morning on May 29th thirty-two years ago. I am often identified as a perfectionist & organizational fanatic (true Gemini for real!). I'm a proud Canadian and have lived here in Ontario all my life. Twelve years ago I started working for a medium-sized family-owned custom spring manufacturing company and am presently their production and special projects coordinator. I have no pets, but am a single-mother and a former volunteer minor hockey coach of my son's teams (one day I knew their skills would surpass my own!).

My exposure to inmate pen-palling came by way of a television talk show when the concept of it was being widely criticized towards those that (like myself) have found it to be mutually rewarding. Unaware corresponding with inmates was even conceivable; I promptly took pen to paper and wrote one inmate I found off a prisoner pen-pal site featured on that show. I eventually fell in-love with him but despite that romance having ended, I've since continued on with supporting inmates through friendship and writing several others who I've come to adore.

I joined LostVault in August 2004, and have been a mainstay and staff member here as I believe in its mission to prisoners all over the world. I assumed the LV LadyLove role in December 2005 and am looking forward to providing you with many **future columns.** Most recently, Theve taken on the duties of Copy Editor for Unlocked. Although I enjoy creative writing, watching all genres of movies (OK, not horror) and volunteering with children, LostVault & my pals consume the lion's share of my spare time and I wouldn't dream of giving it up.

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# **Motty's Porch Ramblings from the South** by Morrigayn Johnson (Motty)

At one of my jobs I get the pleasure of meeting people from all different walks of life. Due to the nature of the job. I often learn a lot about these people and get a lot of interesting questions asked about things going on in their lives. This year, I've already met 3 men who were incarcerated for anywhere from 3-14 years. Out of curiosity I asked how they were doing (to which I had to explain about LostVault, and that I was genuinely curious and interested). All 3 of the men opened up to me and told me about their situations, that it was tough at first and still is daily.

I did get to ask each of them what really helped them the most upon release. They each had different, but same answers. "My family," "my girlfriend," and "my kids," were the answers. That was really no surprise to me, as I've read many articles and statistics that said that some form support system is what keeps the revolving door from swinging back around. What was surprising to me, was that then they all paused a bit and changed their minds. The unanimous answer was getting a change of scenery.

#### **Continued from page 1**

other very well. When we have friends who write someone on the row, it happens automatically; we care what happens to our friends friend on the row as well. It is very hard to stand on the side line watching as a friend goes through that emotional hell when all appeals are exhausted with the execution as a grim finale of a yearslong relationship. A friend's heart is breaking, and ours are breaking with his or hers. Should they have known it would come to this? When looking at it rationally, maybe we all should, but feelings aren't rational. We have hope and faith that something good will happen and we cling to it until the last minute. "It ain't over until it's over", right? Hope is a very strong feeling, and it motivates most of us to stay strong for ourselves and each other. I know my penfriends have taught me to live for the moment and not to worry about what we can't control. When our friends are so strong, how can we fall apart?

#### **ATTENTION!**

We are always looking for inmate talent! Send us your art and poetry for the "Inmate Art and Writing" Column and stories for the "From the Inside" column (an inmate perspective on whatever!) to the address on the bottom of page 2.

If you want your submission returned to you, include a SASE. Please let us know how you wish to be credited for your submission (full name or alias, initals, location, etc.).

When I questioned them further, each man talked about moving away from where they "got into trouble." One said that he had moved out of the city and it had helped him to stay just far enough away from the things he use to do, that so far it was helping him "stay clean." The other two had moved from across the state, one to be away from they people he

knew had helped to "drag him down" as he said. The other because he felt a fresh start in a fresh place would increase his chances of never seeing a cell again.

So now, I've thought a lot about what these men said to me. I am left wondering about many things, the men and women who are released who are not allowed to build a new support system while incarcerated (as we all know, a lot of people lose their family and often friends while inside). I am thinking about those who do have a support system, but in the same place as before, and so they do not find a "fresh place" to start. Most of all, I'm convinced that "leaving your past behind" is no where near as easily done as one would wish it to be.

The "Motty's Porch" column is about life. Please submit things to use as inspiration, or even things to make me ponder. My opinion is gladly shared as long as the subject is "PG-13." I want your input!! See the bottom of Page 2 for mailing address, please note on correspondence you are writing to Motty.



#### "I Love You" In Different Languages

Mina armastan sind Mina Rakkastan Sinua Thaim In Grabh Leat Ya Lyublyu Tyebya

# **Inmate Art & Writing**



# Featured Pen Pals Inmates Desiring Mail

Alde Williams Susanville, CA



Alde is 30-year-old guy, just looking for that special one to talk to...write to and maybe more...

He's not into games and loves writing, drawing, boating and having fun. Race is not a factor, but he would like to write a lady near his age, (between 25-55). Alde's release date is on Valentines Day in 2009 - could that be a sign? Joseph is a 42-year-old who's an open, honest and sincere individual with an intense passion for life. He has many interests and loves life and wants to make the most of each day. Joseph is searching for true friends and hope to find someone special to share my dreams with. He will answer all that write.



Joseph Swaringer Wrightsville, GA

If you would like to write Alde or Joseph, please visit the pen pal section of our webiste at www.lostvault.com/penpals or send an email to penpals@lostvault.com for more information.



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# Vault Jokes & Junk ... The Fun Side of Life by Jenn O'Ryan (Bunny)

#### ~VALENTINE JOKES~

A young man wanted to purchase a gift for his new sweetie for Valentine's Day. As they had not been dating very long, it was a very difficult decision. After careful consideration he decided a good gift would be a pair of gloves. Accompanied by his sister, he went to the store and bought the gloves. His sister purchased a pair of panties at the same time. The clerk carefully wrapped both items but in the process got them mixed up. The sister was handed the gloves and the young man got the panties.

The young man mailed his Valentine's Day gift with the following note:

"This special Valentines Day gift was chosen because I noticed you are in the habit of not wearing any when we go out in the evenings. If it had not been for my sister, I would have chosen the ones with buttons, but she prefers short ones that are much easier to remove. These are a lovely shade, the lady I bought them from showed me the pair she



had been wearing for the past three weeks and they were hardly soiled. I had her try yours on for me and they looked quite lovely. I wish I was there to put them on you for the first time; no doubt, other hands will come into contact with them before I have a chance to see you again. When you take them off, remember to blow on them lightly before putting them away as they will naturally be a little damp from wearing. Just think how many times I'll be kissing them in the future. I hope you'll wear them Friday night for me. Love, Honey Bear

P.S. The sales lady says the latest style is to wear them folded down with just a little fur showing.



After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?" "You'll know tonight." he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it - to find a book entitled "The Meaning of Dreams"

#### Heart Trivia

- \* It beats 4000 times an hour.
  - \* It weighs approximately 11 ounces.
- \* It takes 20 minutes for blood to travel the cardiovascular circuit.
  - \* It's just a little larger than your fist.
  - Each heartbeat pumps a half-cup of blood.
- \* Blood travels through 62,000 miles of veins, arteries, and capillaries.

#### Valentine Record Breakers

Longest Engagement - Octavio Guillen and Adriana Martinez from Mexico finally got married in June 1969, after a 67-year engagement. Both were 82 years old when they wed.



Longest Kiss - Karmit Tzubera and Dror Orpaz kissed for 30 hours 45 minutes, on April 5, 1999, to win a kissing contest held at Rabin Square, Tel-Aviv, Israel. They remained standing and went without rest breaks. They were later treated for exhaustion. For their efforts, the couple won a trip around the world and US \$2,500 in cash.

\*\* Longest Marriage - Cousins Sir Temulji Bhicaji Nariman and Lady Nariman from India were married when they

were both five years old in 1853. Their marriage lasted 86 years, until Sir Temulji's death aged 91 years, 11 months in 1940.

\*\* Most Kissing Couples - The greatest number of couples to have kissed in the same place at the same time was 1,420, at the University of Maine in Orono, Maine, US, on Feb 14, 1996.

\*\* Oldest Bride - At the age of 102, Minnie Munro became the world's oldest known bride when she married Dudley Reid in

Point Clare, Australia, on May 31, 1991. The groom was 83. Oldest Groom - Harry Stevens was 103 years

old when he married 84-year-old Thelma Lucas at the Caravilla Retirement Home, Wisconsin, US, on Dec 3, 1984.

Oldest woman to become a sex symbol - Mae West has been portrayed as one of the very few stars who was "self-made and self-sustaining," owing her success to herself alone, not to a director, scriptwriter, make-up artist, or photographer. What is perhaps most remarkable about her is that she first arrived at Hollywood when she was forty years of age - "grotesquely late to begin a film career".

#### Valentine Quotes



Oh, if it be to choose and call thee mine, Love, thou art every day my Valentine! ~ Thomas Hood

Shall I compare thee to a summer's day? Thou art more lovely and more temperate. ~ William Shakespeare

Love is composed of a single soul inhabiting two bodies. ~ Aristotle

Grow old along with me, the best is yet to be. ~ Robert Browning

How do I love thee? Let me count the ways ... I love thee to the depth and breadth and  ${f C}$ height my soul can reach. - Elizabeth Barrett Browning



Love is missing someone when you are apart, but somehow feeling close inside because you're close in heart. ~Kay Knudsen

#### Wi<u>nter Trivia Quiz</u>

- 1. How many times a year does the sun set and rise in the Arctic?
- a. Zero
- Once b.
- с. Twice d.
- Twelve times What is "hoar"? 2.
- A type of frost formed by flat frozen crystals a. b. The sound ice makes when it is shifting
- A type of icicle с. d.
- An Inuit name for a snowstorm
- Which of the following conditions would help sound travel 3. further and sound clearer?
- a. Just before it snows
- When the snow is fresh and fluffy b.
- When the snow is actually falling c.
- d. When the snow surface becomes smooth and hard from time or strong winds
- 4. What ratio of people buried in avalanches survive the ordeal?
- a. One in two
- b. One in four
- One in twenty с.
- One in seventy d
- Where do icicles most often form? 5.
- The south side of buildings a.
- The north side of buildings b.
- The west side of buildings c.
- The east side of buildings d.
- One of the words Inuit people use for snow
- A small barrel tied to a Saint Bernard dog's neck in the Swiss Alps b.
- The word Canadians use for winter hat с.
- A hot beverage in Norway d.
- 7. What percentage of fresh snow is composed of air?
- a. 30%
- b. 50%
- 80% c.
- d. 90%

8. What was the world record for the most snowfall in a 24-hour period?

- 30 inches in Prince George, British Columbia a.
- 54 inches in Waterville, Maine b.
- c. 76 inches in Silver Lake, Colorado
- d. 110 inches in Rimouski, Quebec
- Who invented the snowmobile? 9.
- Henry Ford of Michigan a.
- b. Robert Francis St.Jean of Switzerland
- Joseph-Armand Bombardier of Quebec c.
- d. David Bushnell of Connecticut
- 10. The largest iceberg ever recorded worldwide was 207 miles long and 62 miles wide. Where was it found?
- a. Off the coast of Greenland
- b. In the Arctic
- c. In the Antarctica
- Off the coast of Baffin Island d.



What is a "toque"? 6. a.

# February 2006 Sudoku Puzzles

# LostVault: Unlocked

9 6 3 1 7 4 2 5 8 Above is a **row**, 9 cells wide. A filled-in row must have one of each digit. That means that each digit appears only

once in the row. There are 9 rows in the grid, and the same

To the right is a column, 9 cells tall. A

digit. That means that each digit appears only once in the column. There

applies to each of them.

2

6

1

5

3

9

2

8

6

7

2

3

6

filled-in column must have one of each

are 9 columns in the grid, and the same

applies to each of them.

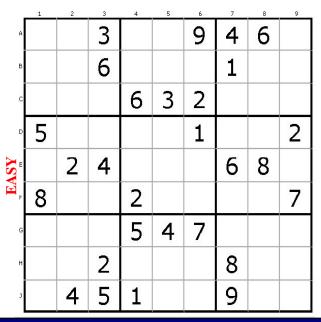
#### RULES

- Fill in the grid so that: every row, every column, and every 3 x 3 box contains the digits 1 through 9
- You can't change the digits already provided in the grid. You have to work around them.
- Every puzzle has just one correct solution.



9	6	3
1	7	8
2	5	4

Sudoku Solutions Next Issue



#### ~WINTER JOKES~

Once upon a time, there was a nonconformist sparrow who decided to not fly south for the winter. However, soon the weather had turned so cold that he reluctantly decided to fly south. In a short time, ice began to form on his wings, and he fell to earth nearly frozen solid, landing in a barnyard. A cow passed by where the sparrow had fallen and crapped on the little bird. The sparrow thought it was the end, but the manure warmed him and defrosted his wings! Warm and happy and able to breath, the sparrow started to sing. Just then, a large cat came by and heard the chirping. The cat cleared away the manure, found the chirping bird, and promptly ate him.

The moral of the story: Everyone who craps on you is not necessarily your enemy; everyone who gets you out of crap is not necessarily your friend; and if you're warm and happy in a pile of crap, you might just want to keep your mouth shut.

Lorenzo Dow, an evangelist of the last century, was on a preaching tour when he came to a small town one cold winter's night. He entered the local general store to get some warmth, and saw the town's lawyers gathered around the pot-bellied stove, discussing the town's business. Not one offered to allow Dow into the circle. Dow told the men who he was, and that he had recently had a vision where he had been given a tour of Hell, much like the traveler in Dante's Inferno. When one of the lawyers asked him what he had seen, he replied, "Very much what I see here: All of the lawyers, gathered in the hottest place."

#### Answers to Winter Trivia Quiz

#### 1. b.; 2. a; 3. d; 4. b; 5. a; 6. c; 7. c; 8. c; 9. c; 10. b

#### CRYPTO-FAMILIES

 TOOL TIME: Hacksaw, Screwdriver, Spanner, Pliers, Hammer, Shovel, Chisel, Level, Spade, Rake.
WITH THE PROGRAM: Curriculum, Schedule, System, Procedure, Method, Master plan, Calendar, Routine, Slate, Roster.
FAMOUS BILLS: Gates, Bradley, Cosby, Clinton, Tilden, Dana, Moyers, Blass, Murray, Cullen.
FORE!: Fairway, Bunker, Spikes, Bogey, Caddie, Round, Green, Birdie, Course, Flag.

5. BANKING TERMS: Interest, Deposit, Investment, Premium, Revenue, Teller, Dividend, Transaction, Capital, Loan.

6. AFTER "HOUSE": Plant, Work, Party, Of Commons, Wares, Rule, Of cards, Keeper, Arrest, Music.

To the left is a **box**, containing 9 cells in a 3x3 layout. A filled-in box must have one of each digit. That means that each digit appears only once in the box. There are 9 boxes in the grid, and the same applies to each of them.

9

5

7

1

8

4

1

2

9

7

Answer to Last Issue's

Puzzle

1

4

6

9

5

MEDIUM

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