

LostVault:

Unlocked

A Quarterly Publication from LostVault.com

CONGRATULATIONS TO OUR SPRING 2008 COVER ART CONTEST WINNER

Ghost of

www.ghostondeathrow.com



We were so touched by Ghost's description of his artwork we wanted to share his words with you.

I see my pen pals as butterflies wrapped in barbwire because that's exactly what they are. Like you Michelle and my girlfriend Shadow, you two are beautiful butterflies just gliding through the air and you come across and old Soul like myself or Bob, then something intrigues about them, so you write. Then you get to know them and before you know it you really have a close friend. You know that they are not the monsters that the media states because you know of all the little stupid things we do to make you smile. Sending jokes, drawing pictures, endless rants that are funny as hell about the stupid crap we do behind these walls. Then one day it happens. BAM! Your friend gets an execution date. A chaos of emotion sweeps you and engulfs you all at once because you don't know what to do. You want to stop this madness, but you can't so you feel like you are stuck in this endless sea of quicksand trying to get your friend out! The voice inside you head is screaming at the top of its lungs while your physical body remains frozen stiff. You scream

IN THIS ISSUE

About Us.....	2
Capital Punishment Talk.....	7
Art Contest.....	3
Featured Pen Pals.....	4
From The Editor's Desk.....	2
Inmate Art and Writing.....	8
Lene's Chit Chat.....	5
Motty's Porch.....	5
Puzzles.....	10
Vault Jokes & Junk.....	9
Vaulter of the Month.....	4
View From the Outside, A.....	6

for help and nobody moves. You're confused because you know all these good things about this person and are shouting then at the top of your lungs but nobody is even stopping. It's as if you are invisible and can not be seen. Tears are now rolling down your cheek because of this morbid chaotic structure they call justice which is really "JUST-US" because you have just witnessed your best friends final breath...stuck on the other side of the glass...you are the butterfly wrapped in the wire designed to keep us in and you out...now you hurt. Your mind races as your heart aches and you want to tell the whole world about the terrible mistake they have just made... But few listen... most know but just stand by and watch...they watch you flap your wings in a futile effort to get out of the wire. You're stuck now. FOREVER. What you witnessed has changed your whole life... Your friend died...but you were reborn...stronger. Because you know deep down that your friend would not give up yet you went through not even half of the torture they subdued. So eventually you pick up the pieces and move on. You get a new pen pal. Maybe start your own newsletter. Start your own support group. Because...you are the butterfly. The beautiful people that are innocently injured for trying to help. So I now welcome you... I welcome you this chaos. Welcome 2 Tha System!!!

ABOUT US

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 penpals@lostvault.com.

You may also have a loved one register at <http://www.lostvault.com/penpals/register.asp> and submit your free pen pal ad. **Please note that we cannot take free ads directly sent to us unless you are on death row. We verify that you are indeed a death row inmate.** The address to send all requests for pen pal application:

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 quarterly publication of LostVault.com, a volunteer-based website offering pen pal ads to inmates incarcerated worldwide.

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When submitting articles, poems, artwork or letters to the editor, please include how you would like your name credited, and also indicate if you wish to have your facility listed. For example: John Doe - Prison Name, City, State. Anything sent to LostVault: Unlocked becomes property of LostVault and you thereby allow us to use it on our website and/or in our newsletter.

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.
- Unfortunately we cannot offer newsletter subscriptions, either free or paid. Therefore, we ask that you share your newsletter with your friends.
- Please note that our columnists or staff cannot personally write new pen pals, nor can we personally find one for you.

FROM THE EDITOR'S DESK

Michelle Goldbeck (Sewergrrl)

Welcome to another issue of *Unlocked*. The staff worked very hard putting this edition together and we hope you enjoy reading it as much as we take pleasure in creating it for you.



I know many of you have ads with us and you must wonder how well your ad stacks up against other ads. Being a free site (or grossly discounted...sounds like we're the Wal-Mart of pen pal sites! haha), of course we have a lot of ads. We currently have 2,200+ ads in our database. I suggest you read Motty's column this month regarding writing a better ad. Motty takes all the mail ads and between she and I, we approve the 175 or so ads we get each week...so she knows what she's talking about when we ask you to please write more than, "I would like a pen pal" as your text. It saddens me when a well-meaning loved one posts an ad like the aforementioned and doesn't even include a photo or something to entice a potential new friend to write. I wish we had the time to email each person who posts a "bad ad", but that is too time consuming for us when life comes first most of the time. Of course we have ad posting tips online for everyone to read, but many choose to ignore our plea.

We do our part to get the ads the coverage they deserve. On the internet, when people search for websites, they use a search engine, Google being the largest and most popular. When one searches for "prison pen pal" we are on the first page (currently #7) and if one seeks "free prison pen pals" we are #1. Sites are ranked in order of popularity, so people are finding us and ultimately, your ads. So we aren't just sitting here hoping our site gets visitors, we actually promote and advertize LostVault all the time for YOU.

So help us help you. Those of you who have free ads posted via your loved ones, if it doesn't have something personal about you in it, ask them if they would post a re-written version. The better the ad, the more likely you'll be to get a pen pal. Don't just link someone to a photo somewhere else, post the picture WITH the ad. Sadly, most people won't even look at an ad without a photo.



My personal life is spectacular as usual! :) I'm now over halfway through my pregnancy and am the proud future mama of a baby girl whom we are going to name Hope! Pregnancy isn't that bad, really, but I still cannot figure out why people do this more than once!!! I suppose I'll understand once I have the baby, huh?

My husband and I recently hired a contractor to completely remodel our kitchen, so I'll soon be living in a construction zone. I'm really excited because this kitchen is going to be gorgeous, complete with new maple cabinets, stainless appliances, ceramic flooring, and the best of all - quartz countertops. I never thought a countertop could excite me as much as it does! The only ones reading this that will understand are those of you who have ever seen Ceasarstone in person. I'm a dork, I know. :)

On that note, I'll let you get on to what you came here for. Until June, take care of yourselves...

Michelle

LostVault: Unlocked COVER ART CONTEST

We are soliciting art from inmates to be used on the cover page of each issue of *LostVault: Unlocked*, LostVault's quarterly newsletter. While we accept art and writing on any topic for all our editions, this is a special contest tailored to LostVault. Because we are a pen pal website dedicated to finding new friends for inmates, **we are seeking art that conveys an inmate's view on pen pals and what they mean to them.**

The staff and members of LostVault will be selecting a different piece of artwork for each quarterly edition (4 issues per year) and awarding a **\$25 prize** to each winner. The Newsletter staff will collect and scan each piece of art we receive and determine 10-12 finalists for each newsletter issue. We will then hold a member vote in our discussion forums to choose a winner. In the event of a tie, we will feature one winning art piece in one issue and the other winner in the following issue. You will not have to split your prize with another artist.

There are no deadlines for the art submissions, as this is an on-going contest. Winners will be notified via mail prior to the publish date of their artwork.

Should you have any questions, please write to us at the address to the right with a self-addressed stamped envelope.

Thank you and good luck!

All submissions become property of LostVault and will not be returned unless return postage is provided. Participation in this or any LostVault sponsored contest does not guarantee you will win. By submitting your artwork to LostVault, you hereby allow us to use your art in our newsletter and/or on our website. LostVault reserves the right to cancel the contest at any time without prior notice.

CONTEST RULES

1. The submission must be no larger than 8½" x 11". Any art exceeding the specified size will be disqualified, as we cannot scan large media;
2. No nudity or overly sexually suggestive pieces;
3. Gang-related art or anything degrading to anyone's gender, race, religion, or sexual preference is prohibited;
4. Medium is not an issue (pen, pencil, watercolor, etc.);
5. Color choices are yours (the art need not be in color);
6. Please inform us with your submission how you would like to be credited if we choose to feature your art on one of our quarterly editions. If you choose to remain anonymous, we assure your privacy; and,
7. The prize money will either be deposited into your inmate account or sent to the recipient of your choice. Please specify to us with your submission how you would like your funds directed and rules for your particular institution should you be chosen as a winner for our contest.

Please submit your artwork to us at:

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

VAULTER OF THE MONTH

One of LostVault's Finest

Well, dear readers, people on Lost Vault have chosen me as Lost Vaulteer for this issue. Wow, me??? Lost Vaulteer is this issue???? Yes, I feel flattered!

Not that I have to say so much and that I am such a good writer, but, well, now you know, you can decide if you keep on reading...or if you skip this article and read the next one. I won't hold it against you! ;-)

I am Karin, a Belgian member of Lost Vault. Not 'the' Belgian member, although my fellow Belgian members seem to disappear after a short while, and I am still here after about 3 years. It looks like Lost Vault just cannot get rid of me! HEHE!

Oh, I have to tell you something more about me...well, thus, Karin (on LostVault forum 'Karin'), nearly 40 years old, but still 39, thus, I'm still riding bus number 3 like they say in this little country. I am a mother to a boy of 11 years who is crazy about basketball. Between working full time, doing whatever is needed to keep my son happy, and some extra hobbies like knitting socks (yes, and I am even not yet a grandma), reading, crafting dolls, I still find some time to write letters. Since I was a kid I was intrigued by pen palling, only my parents were not happy with that in those days. Thus when I became adult, I wrote an organization in order to receive addresses to write real letters to. Between these addresses, I received an address from someone in Thailand. After a while I found out that he was incarcerated, and we became friends and kept on writing until his transfer some years ago.

In the meantime, I got connected to the internet, though; I still love the real snail mail letters. It has a special charm that electronically sent letters

are missing. OK, it takes longer before those letters reach its destination, but I think it is worthwhile.

I must admit, I am really happy that this person gave me the idea that people in the box could be interested in some real letters and cards and I must, I did not regret it for a moment!!!

Talking about cards...do you know the cookie monster??? Well, I am the card monster. So, it was obvious that I would organize the LostVault cards programs like for birthdays, etc. I collect the addresses and distribute them between the volunteers. Many people here tell me they get great responses, and I got also some nice replies myself...thus, this is enough motivation just to continue.

Anyhow, in the meantime, I wish you all a nice Spring season!

Kind regards,
Karin



FEATURED PEN PALS

Inmates in Need of Mail



Joe Champs
Tamms, IL

Joe is looking to discover the essence of friendship, he knows nothing is perfect, but is willing to work towards friendship perfection. He grew up in Chicago and co-owned a men's clothing store. He loves to dance, write poetry, work out, listen to others and read.



Dion Damon
Cañon City, CO

Dion is looking for female companionship with a woman who's open minded, educated and down to earth. He is soon to be released but would still like to find someone that can help brighten the dark days in prison.

Clarence Coyer
Corcoran, CA

Seeking pen pals 35 to 50 with good hearts and who are real. Clarence enjoys the outdoors, fishing, camping, spending time with friends and riding his Harley.



Curtis Dubose
Granite, OK

Thirty-four year old Curtis is athletically built, he enjoys meeting people, music, outdoor spots and having a good time in life. He's funloving and looking for a



friend to write and get to know well.

Shane Weimer
Boise, ID

Born and raised in the mountains of Idaho, Shane is currently working on an engineering degree from Boise State. He is an articulate person who loves to write and draw.

He's looking for some new friends who are not judgmental and not into drugs.



If you would like to write **Clarence, Curtis, Dion, Joe, or Shane**, please visit the pen pal section of our website at www.lostvault.com/penpals or send an email to penpals@lostvault.com for more information.

MOTTY'S PORCH

Morrigan Johnson (MotM)



Writing your ad - what free world people look for

Howdy all! It's nearly Spring and we just got our second snow! Brr! Outside of that, I'm talking about something important: your ads. Why? We often see ads that only have the name/address and the words "seeking pen pals" in the description. To put this bluntly - your chances of getting a pal with that are slim to none. You are competing with many other inmates out there on many other sites also. I polled the LostVault members to see what they looked for in ads.

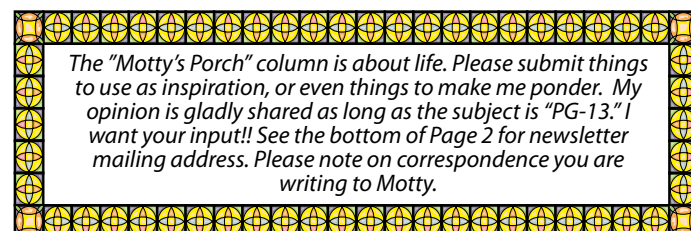
People look for ads mostly that say friends only - or are at least not just seeking romance. While there are prison romances that bloom daily, from what I gathered 99-100% come from people who were only looking for friends. Also, there are a lot of people married or otherwise attached that are only writing to brighten someone's day.

The second biggest factor seems to be age. People seem to feel they would have more in common with people around their age, which is probably true in most cases. However there were a few who looked for people also around their children's age. Not to worry though, there are

people looking in all ages groups, from 18 to 80. Don't worry about your age, but DO include it in your ad!

I know one of the hardest parts in filling in your ad is probably the "convicted of" area. Sure, there are some innocent in prison, but most of ya know just how you got there. We are all human, we all screw up - some just don't get caught. The thing to remember is that people are on LostVault to find a pen pal in prison. Most, if they notice there is no crime listed move on to the next ad or they look up the info on the DOC sites.

The MOST important thing I can say to anyone is to BE YOURSELF. If you want to attract someone to write to that is like yourself, then say so. Such as, if you like sci-fi or are looking to speak with someone of your own religion, if you play chess and would like to play with someone via mail- these are all things that would be very helpful in finding someone like minded. Sure 150 words is little, but all people need to be captivated is a taste of a well written ad.



LENE'S CHIT CHAT

Lene Gabrielsen (Cassi)



In loving memory of Jimmy Mac Haggard

A dear friend passed away February 9th of this year, so I will dedicate my column to him. I got to know Jimmy when he was incarcerated. He was released from prison in June 2007, and he was so excited about finally getting out in the free world. The whole time I knew him he talked about what he wanted to do with his life upon release. He wanted to get out, get a job and eventually open up his own tattoo studio. He was an artist. I don't have any tattoos myself, so I told him that maybe I'd get one from him. We both knew that would probably never happen, because unless I absolutely have to, no one gets to poke me with needles.

Jimmy adored children, and he wanted a family of his own. I am sure he would have made a great father. He hadn't been out long before he baby-sat his sister's children. He loved it, but admitted that it was exhausting too. But it was a good kind of exhausting. He loved his family and his friends. He was loyal, trustworthy and funny. He made up funny and cute nicknames for his friends. One of his best friends he called Daisy - she loved him dearly and even though many miles physically separated them, they were always together in their hearts. Me - he called me "Turkey legs". I don't think he ever told me why. He also insisted on calling me Leen.

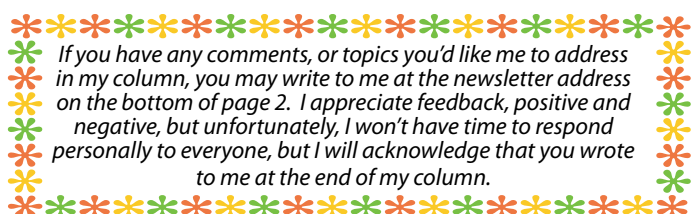
His letters always made me laugh. He once wrote me a letter in circles. I had to turn the letter around and around and around to read it. I got dizzy reading it. I don't think I'll ever get dizzy reading a letter again, because only he could come up with stuff like that. After we had known each other for a while I asked him if he could hold a serious conversation. I was starting to wonder! And he could, and we did have many meaningful debates and conversations. He was opinionated, and we sure didn't see eye to eye on everything, but we were buddies just the same.

I called him the day after he was released, and he was overwhelmed by all the attention he got from family and friends. He served most of his prison time in administrative segregation, so no wonder there were a lot of emotions and feelings rushing through him. It didn't take him long to get a job. He worked a lot, he worked too much, but he really wanted that tattoo studio, so he kept pushing himself. It was important to him to get back on his feet as fast as possible. He managed to get a new car, his own apartment and lots of equipment for his shop. He used one of the bedrooms in his apartment as a studio until he could afford moving it somewhere else.

It is almost surreal writing this, because it is hard to come to terms with his death. He was only 35 years old. I thought about calling him February 6th, because I had just learned that a friend of his and mine (the main reason why Jimmy and I got to know each other) was denied parole. Jimmy had asked about him, so I knew he'd like to know the parole board's ruling. But - I didn't call him. Instead I thought "I'll do it later". Last time I did talk to him, he apologized for not calling or e-mailing as much as he would like to, and said, "all you have to do is call, and I'll be there on the other end of the line."

I wish I had called more often. I knew he was busy, and like him, I thought things would slow down in a while. Besides, I'm flying to Texas in June, so we had plans of getting together then. We talked about going to the unit he used to be at together. He wanted to visit his best friend in this world Randy who was even more to Jimmy than a friend - he was a brother and I was going to visit our mutual friend, Billy. We'd probably wind up spending two whole days at the unit visiting with both of them together. A tragedy ripped our beloved Jimbo away from us all - the world has lost a wonderful, warmhearted loyal soul. He will forever be loved and missed.

Fly with the stars, Jimmy. Let me know if you find any UFOs up there!



A VIEW FROM THE OUTSIDE

A Free World Perspective



Prison Food by Silvia, England

I thought for my first article, I would choose a subject that every inmate seems to become obsessed with at some time during their incarceration: prison food.

A medium build man who weighs 160 lb needs around 2500 calories each day to maintain his body weight. This assumed he takes some form of exercise and does not just lay around all day and night on his bunk. Women need slightly less calories per day. In the UK, an average of £1.87 (\$4) is spent per inmate per day on providing food, although some prisons spend less (Chelmsford prison spends £1.68 per inmate per day). Compared to other public catering costs, UK inmates make do on less than hospital patients (£2.50 per day for 3 meals), the armed forces (£2.20 per day), and those held in young offenders institutions who are fed on £3.81 per day (that's \$8!). However, school meals still come in at substantially less than is spent on prison meals, even with the recent drive by schools and the UK government to improve the food quality for children.

Prisons in the UK have seen the food quality improve over recent years. The attitude is now such that inmates are seen as candidates for re-education (or in many cases, basic first time education) on how to eat healthily. Her Majesty's Prison Service understands that feeding offenders a poor diet has a direct impact on the amount of money spent on health care within prisons, and for long term offenders this includes avoiding diabetes, strokes and other obesity-related illnesses. Special diets are catered for, particularly with the rise in foreign nationals imprisoned in the UK, and at Chelmsford prison in Essex in the south of England, omelettes are now the most popular choice for the 550 inmates at supper time. Much of the meat consumed by inmates is Halal, so that it is suitable for Muslim inmates, although Kosher food is still considered a specialty and usually comes in frozen portions to the prison kitchens. The National Audit Office (which monitors public spending in the UK) has voiced concerns about the high levels of salt in inmates food and the reliance on processed meals such as burgers. They state in a recent report that "...Food in prison is a key issue in control, improves prisoners' health and can help in resettlement through training and work opportunities..." and their key recommendation for prison caterers and managers is "...[they] should improve the diet of prisoners, especially those aspects of diet which could adversely affect health, by, for example, reducing the high energy content of some meals taking into account the different requirements of prisoners being catered for (according to age and gender); setting specifications for suppliers to offer healthier products; not offering fried foods too frequently; offering plenty of fruit and vegetables, including more whole grain products; serving fish regularly including oily fish at least once a week; and increasing dietary fibre." Inmates themselves have responded well to the diet and menu changes, particularly as some are employed in the prison kitchens and have the opportunity to gain vocational qualifications while serving their sentences.

By contrast, in the USA inmates are fed on between \$2.38 (Oregon), \$2.71 (Florida), \$2.80 (Mississippi), \$3 (Colorado) and \$3.60 (approx Illinois) per inmate per day. Food has been the reason behind at least 40 American prison riots between 1900 and 1995, although these were commonly to do with commissary restrictions and not the food served in the dining halls. Since the 1970's, when the American Correctional Association created guidelines for the nutritional content of prison diets, prisoner meals have had to stick to strict dietary standards. Contractors like Aramark, which provides food to facilities across Illinois and other states, also have to abide by the rules laid out by the ACA. The content of the meals is under scrutiny from some unusual sources however; PETA recently announced its Top 10 Vegetarian-friendly State Prison Systems, with Idaho coming in at first place, followed by Massachusetts, Georgia, New Hampshire, Hawaii, Utah, Pennsylvania, Tennessee, Kansas, and North Dakota. All offer tofu or texturised

vegetable protein substitutes for meat in their prison menus and plenty of vegetable options.

In Indiana and Illinois, inmates are rarely, if ever, fed pork because of the high numbers of Muslim inmates in the state prisons. Meals there consist mainly of turkey and chicken products, although these rarely come on the bone. Fruit is rarely offered in its raw state.

On the other end of the scale, in Texas, pork is the staple meat and the inmates themselves raise most hogs on prison farms. They are not the only American inmates producing food; in Wyoming, women at the Women's Correctional Centre can work at the facility's indoor tropical fish farm, producing fish for restaurants and food stores throughout the country. They mainly rear Tilapia, which are known as 'aquatic chicken' because of their high protein content and are native to the Nile in Egypt. Those outside the prison walls can try tilapia at Denny's or Red Lobster as well as in Wal-mart.

Perhaps some of the best fed prisoners in the world are in Italy. In a small town south of Rome, inmates work to produce organic fruit and vegetables, including olive oil. State-of-the-art food production areas including the latest computerised fertilising systems in the prison orchards, and micro-filtered wine-making equipment mean the inmates gain valuable skills while eating healthily. The work is overseen by a professional agronomist, and the inmates volunteer to work in small groups. All the food is used in the prison menus and inmates even get a small allowance of wine each day - recently proven to help reduce cholesterol levels and may even increase the ability to prevent some forms of cancer.

So what do you need in your diet to keep yourself in as good a shape as possible? There are 3 main nutrients required by the body: carbohydrates, fats and proteins. Carbohydrates are used primarily for energy and each gram of carbohydrate contains 4 calories. Around 60% of your daily food intake should come from carbohydrates, with a little more if you are exercising daily. Fats are important to us because they also provide energy and help us to feel full when we eat. Fats contain 9 calories per gram, and should make up no more than 25% of your daily food intake. Finally, protein contains amino acids which help bodies to grow and stay healthy and should form around 15% of your daily food intake. This is not easy to work out when you are eating prison food though! US inmates are not likely to be given a glass of wine with their supper any time soon, so keeping the cholesterol levels down by other means is a good idea. No one is saying you must not eat sweet foods from the commissary, but fatty processed foods like donuts and meat pies will clog up your arteries faster than anything the DOC feeds you. Be aware of what you eat in the chow hall, and keep the commissary foods to balance out your intake instead.



And finally, a word about the prison essential: Ramen noodles. Although a small amount of sodium is important in a balanced diet, the recommended daily intake is just under 2300 mg or 1 teaspoon. Those who work on hoe squads in the summer heat may actually need to ingest slightly more salt to avoid a condition called hyponatremia or 'water poisoning' where the body loses too many nutrients through a combination of sweat and high water intake. But for anyone with high blood pressure, salt intake should be kept to a minimum. Salt is hidden in almost all processed foods, and often added to kitchen prepared foods too, so you can never be sure how much you are consuming if you don't make the food yourself. A single packet of Ramen Noodle soup contains 1900 mg; that's almost an entire day's salt intake in one packet of soup. If you have a slice of bread that day, then your salt intake is up to its recommended limit. Better save those Saltines and pretzels for tomorrow.

Silvia lives in the UK with her teenage daughter and their 2 pet rats. She loves rock music, art, and Italian food. Her husband is currently serving 40 years in a Texas prison.

CAPITAL PUNISHMENT TALK

Jennie (paleone)



Hello! I was sitting here wondering what I should write for this issue when I remembered that I had written a paper in college against it. I feel that it sums up what I have tried to tell people for years. So I have decided to include my college paper for all of you readers.

The Injustice of Capital Punishment

Supporters of capital punishment have used the statement "an eye for an eye" to justify the death penalty. Society is under the impression that violence can reciprocate violence. That phrase came from the old testament in the bible, and many supporters maintain that capital punishment is God's will. However, Jesus said in the New Testament to men who were about to stone a woman to death "He who is without sin cast the first stone" (John 8:7). Man is imperfect, to impose such a drastic measure as the death penalty, our justice system would need to be flawless. Former Illinois Governor, George Ryan, recognized there are flaws, and overturned all death sentences to life without parole in January 2003. The death penalty is final; there is no room for mistake. Texas recently executed an innocent man, Cameron Todd Willingham (Chicago Tribune 12/09/04). There have been over 100 prisoners exonerated and released from death row since 1973 (www.deathpenaltyinfo.org). Those prisoners could have been executed, imagine how many innocent people have been executed prior to exoneration.

Society has been programmed to believe many misconceptions about the death penalty. The first argument you hear from a supporter is "I do not want my tax dollars to pay for them to live the rest of their lives in prison". However, it costs on average well over 2 million dollars per inmate on death row above the cost of that same inmate to be imprisoned for life without parole (www.deathpenaltyinfo.org). Politicians would have you to believe that capital punishment is a deterrent to crime. Murder rates in states with the death penalty are 48-101% higher than the states without it (New York Times 9/22/00). Supporters of the death penalty often accept the misconceptions as facts, without researching to find the truth.

It is believed that capital punishment is a form of closure for murder victims' loved ones. When people harbor vengeance and hatred in their hearts, it makes the healing process nearly impossible. To receive healing, one must start with forgiveness. Ron Carlson's sister Deborah was murdered by Karla Faye Tucker. In the beginning, he wanted revenge against Tucker. He later learned to forgive her. Prior to her execution, Carlson even petitioned for her sentence to be reduced to life without parole (Don't Kill in our names: Families of Murder Victims Speak out against the death penalty by Rachel King). It is believed that the ultimate punishment for murder is the death penalty. Society in death penalty states is under the impression that the percentage of your love for the victim rises if you seek the death penalty. The loved ones who oppose the death penalty are often ostracized by their families and society. Many of them have become advocates against the death penalty (www.mvfr.org).

Capital punishment is not the solution to crime. Instead of focusing on vengeance for the murderer, we must begin by educating children at a young age to abstain from violence. We also need to create programs for victims' loved ones to help their healing process. Capital punishment also creates more victims. Families of murderers are shunned by society, and once the execution is carried out, they in turn lose their own loved one. Capital punishment does not stop murder, "For capital punishment to be really intimidating, human nature would have to be different; it would have to be as stable and serene as the law itself. But then human nature would be dead" (Albert Camus). We must be part of the solution, not part of the problem.



Study Reveals Maryland Pays \$37 Million Per Execution

A study released on March 6, 2008 found that Maryland taxpayers have paid at least \$37.2 million for each of the state's five executions since 1978, when the state reenacted the death penalty. The study, prepared by the Urban Institute, estimates that the average cost to Maryland taxpayers for reaching a single death sentence is \$3 million - \$1.9 million more than the cost of a non-death penalty case. The study examined 162 capital cases that were prosecuted between 1978 and 1999 and found that seeking the death penalty in those cases cost \$186 million more than what those cases would have cost had the death penalty not been sought. At every phase of a case, according to the study, capital murder cases cost more than non-capital murder cases.

The 106 cases in which a death sentence was sought but not handed down in Maryland cost the state an additional \$71 million. Those costs were incurred simply to seek the death penalty where the ultimate outcome was a life or long-term prison sentence.

Rick Abbruzzese, a spokesman for Gov. Martin O'Malley, noted, "This is a compelling argument against the death penalty - the enormous costs to the state's taxpayers." The costs report comes as Maryland lawmakers are debating whether to repeal the death penalty and holding hearings in Annapolis.

What the study found:

- The death penalty has cost Maryland at least \$186 million. This is state spending over and above what Maryland would have spent had there been no death penalty.
- The cost of a single death sentence in Maryland is approximately three times higher - or \$1.9 million more - than the costs of a comparable non-death penalty case, even taking into account the costs of long-term incarceration.
- The cost for prosecutors to seek but not get a death sentence is \$670,000 more (\$1.8 million total) for a single case than for a comparable non-death case - for the same outcome of a life or long-term prison sentence.
- When the death penalty is imposed, the court costs alone jump to almost seven times higher (\$1.7 million compared to \$250,000).

California Judge Says Death Penalty is "Waste of Taxpayers' Money"

During his 15-year tenure on the court, Orange County Superior Court Judge Donald McCartin sentenced nine men to death. Now retired, Judge McCartin no longer believes in the death penalty. "It's a waste of time and taxpayers' money," Judge McCartin said. "It cost 10 times more to kill these guys than to keep them alive in prison. It's absurd. And imagine the poor victims' families having to go through this again and again."

All but one of the nine men Judge McCartin sentenced to death still remain on California's death row. One man died of a heart attack. Although California has the largest death row population in the country, the state has executed relatively few inmates: 13 in the past 30 years. The lengthy time inmates spend on death row while their cases are appealed, as well as the number of convictions reversed, have played a large role in McCartin's present opposition of the death penalty.

There are currently 18 death penalty cases awaiting trial in Orange County.

In Memoriam - May They Rest In Peace

**THERE HAVE BEEN NO
EXECUTIONS SINCE OUR LAST
NEWSLETTER!**



November 2007, the US Supreme Court halted executions. This ruling allowed no more prisoners to be put to death until it reviews the legality of lethal injection. A ruling on this informal moratorium is expected to be issued this summer.

INMATE ART AND WRITING

Showcasing Hidden Talent

Black Flower

by Joseph Lawrence - Tamms, IL

We glorify pimping to the highest degree,
I don't need a woman to sell her body to enhance my greed,
I believe in self independence so I depend on me.
This is a story that happens every hour,
An it's about a 12 year old girl named Black Flower.
12 years old, walking the Chicago streets her name is Black Flower,
Name give from a tragedy,
Her mother an father died when she was just a baby,
She was raised by foster parents who repeatedly raped her.
So she left this environment in search for a better one,
But found herself on the street pregnant with baby she didn't want.
She had no hope,
Her life had become the streets,
So she aborted the baby at 13 to save it a life of misery.
That was 3 years ago,
Black Flower is now a dope fiend,
Selling her body for a pimp at age 16,
At age 18 her beauty is steady fading,
She is a professional prostitute an no longer a baby.
Could this be your sister who walks the streets at night?
The one you are supposed to protect,
Instead you call a "hype".
Can you picture your sister being Black Flower,
Dreams killed at 12, an turning tricks in an alley?
Lonely and scared she counted her steps as she bravely put on a front,
But secretly wept.
No one feels her pain,
But the earth beneath her feet,
She long ago gave up Fait in a God she couldn't see.
She at the end of her rope an there's no where to turn,
Her only escape from reality is a needle in her arm,
The streets for a 12 year old will easily devour,
She died from AIDS at the age of 23
And her name was Black Flower.

I Am Just

by Ray Sanchez, Jr. - Coalinga, CA

I am just a man
Ugly and flawed
Aware of the pain I caused
New to the world
Reborn
No longer focused on colors
No longer demand respect from others
No longer force my sense of propriety
On all within view of my eye
I changed my life
No, I want to change the world
Instead
Of have the world revolve
Around me
I love
I heal
I am spiritual
I am locked in a concrete land
I am just a man
Ugly and flawed

Do not build me up
To be a savior in your mind
I am just like you
We are family, we are tied
I am strong
I am weak
I live my life in extremes
And am not what you think
And unfortunately,
Not always what I speak
I write to unite the lost
And soothe the wounded
At any cost
But...
Up close and personal, I am just
Another Convict
I can't do much
But still do all I can
I am your friend,
Your brother,
Son,
I am just a man.

Just a Friend

by Timothy Baker - Gatesville, TX

Sometimes as we walk along in This Life
We all must deal with pain and strife
All we can do is hold our heads up high
And wait for our troubles to pass us by
And every once in a while
There are days when we love to smile
When the sun shines down on our laughter
And we think we'll all live happily ever after
Nothing makes these times feel a whole lot better
Than sharing them with a friend in a letter
The pain you share with your friend
Helps you make it through to the end
The smile you get on your face
The feeling inside that you can't replace
And it's all because every now and then
You hear from someone who is a friend
One letter at a time and you never know
Our friendship may continue to grow
And before you know it in the end
We've become the best of friends.

Are you a writer or artist? We are always accepting inmate submissions for this column. Submit your writing and art to the address on the bottom of page 2. Please include how you would like your name credited and also indicate if you wish to have your facility listed. For example: John Doe - Prison Name, City, State. Anything sent to LostVault becomes property of LostVault and you thereby allow us to use it on our website or newsletter.



Michael Velasquez
Tamms, IL

VAULT JOKES AND JUNK

Jenn O'Ryan (Bunny)



Signs it's time to start on spring cleaning:

1. The dust mites are having an anniversary party under your bed.
2. You are wearing clothes from the floor of the closet - inside out
3. You need a gas mask when you open the refrigerator.
4. You can't turn on the ceiling fan without creating a dust storm.
5. There is something solid and black in the bottom of the coffeepot.
6. You can't decide whether to clean the windows or just buy mini blinds.
7. The dog has offered to loan you his doghouse.
8. The piles of magazines may fall over and bury you.
9. You can't go outside because fresh air makes you dizzy.
10. It seems easier to move than to clean the house.

People are like Potatoes!

- * Some people never seem motivated to participate, but are content to watch others ...They are called "Speck Tators."
- * Some are always looking to cause problems and really get under your skin ...They are called "Aggie Tators."
- * Some are always saying they will, but somehow, they never get around to doing ...We call them "Hezzie Tators."
- * Some folks spent a lot of time sitting and peering into their garden ...They are called "Medi Tators."
- * There are those that try to maximize their crop yields while reducing expenses ...We call them "Compu Tators."

You Might be a Redneck Gardener If:

- * You mow your lawn and find a wheelbarrow.
- * A half moon reminds you of your fat husband pulling weeds.
- * You think a chain saw is a musical instrument.
- * You move your refrigerator and the grass underneath it is yellow.
- * Kudzu covers your arbor.
- * You don't water your front yard rather than mow it.
- * You know how many bags of fertilizer your car can hold.
- * You've ever cleaned your house with a leaf blower.
- * You empty the trash when you have enough to fill up the pickup.
- * You can amuse yourself for more than an hour with a hose.
- * You've been cited for reckless driving on a riding lawn mower.
- * You move your weed-eater to take a bath.



Spring Quotes

Spring is nature's way of saying, "Let's party!"
~Robin Williams/Actor

April showers bring May flowers.
~ Proverb

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.
~ Anne Bradstreet, Poet, 1612-1672

In the spring, a young man's fancy turns to thoughts of love.
~ Alfred Lord Tennyson, Poet, 1809-1892



Spring Facts

- * The average life span of America's lawnmowers and other yard machines is no more than three years.
~ "House Smart"
- * One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people.
~ US Dept of Agriculture
- * Parts of Indiana, Hawaii, and Arizona do not observe Daylight Savings Time like the rest of the US and about 70 other nations.

Spring Bumper Stickers

- * God made rainy days, so gardeners could get their housework done.
- * I'm not aging; I just need re-potting.
- * Try the garlic diet. You don't lose much weight, but from a distance your friends think you look thinner.

SPRING

US Holidays and Observances

- March 2 - Mothering Sunday (England's Mother's Day)
- March 2 - Texas Independence Day - Texas declared its independence from Mexico and became the Republic of Texas, 1836
- March 3 - National Anthem Day - Star Spangled Banner (written by Francis Scott Key) was made the U. S. National Anthem in 1931.
- March 7 - Babe Ruth hit his first professional home run in Fayetteville, NC, 1914
- March 8 - Daylight Saving Time Begins - "Spring forward - Fall back"
- March 9 - Cabin Fever Day
- March 16 - Palm Sunday (Christian)
- March 17 - St Patrick's Day
- March 20 - Earth Day
- March 20 - Spring Equinox - First Day of Spring
- March 21 - Good Friday (Christian)
- March 21 - Purim (Jewish) - "Holiday of Joy" through March 22
- March 23 - Easter (Christian)
- March 31 - US ordered the first combat troops to Vietnam, 1965

- April 1 - April Fool's Day
- April 2 - National Peanut Butter and Jelly Day
- April 4 - Hank Aaron tied Babe Ruth's home-run record, 1974
- April 5 - Passover (Jewish) through April 10
- April 6 - Hostess Twinkie was sold for the first time in the US, 1931
- April 6 - Official end of World War I.
- April 11 - Persian Gulf War Official Cease Fire, 1991
- April 15 - Income Tax Day
- April 20 - Passover (Jewish) through April 26
- April 25 - Arbor Day

- May 1 - May Day
- May 1 - Holocaust Remembrance Day
- May 3 - Kentucky Derby
- May 4 - World Laughter Day
- May 11 - Mother's Day
- May 17 - Armed Forces Day
- May 18 - I Am An American Day, 1940
- May 19 - Victoria Day (Canada) - Official celebration of the birthdays of Queen Victoria and Queen Elizabeth II
- May 20 - Mawlid al-Nabi (Islamic) - Muhammad's Birthday
- May 22 - Australia Flag Day, 1909
- May 26 - Memorial Day (US Federal Holiday)



Famous Rabbits of Stage, Screen, and Literature Quiz

1. What famous bunny says "What's up, Doc?"
2. Who comes hopping down the bunny trail?
3. Which bunny advertises breakfast cereal?
4. Who is Bugs Bunny's girlfriend?
5. Which bunny hides eggs and treats for children?
6. Which character from the Winnie the Pooh series likes to garden?
7. What is the name of the rabbit in the movie Bambi?
8. Which rabbit was framed in Toon Town?
9. Which character carries a pocket watch in Alice in Wonderland?
10. Which rabbit had encounters with field mice and a fairy?
11. What mythical creature is a cross between a dwarf deer and a rabbit?
12. Which bunny stars in commercials for a milk flavoring product?
13. Which arrogant rabbit lost a race to a slower animal?
14. Which 6ft tall white rabbit appeared only to Elwood P Dowd?
15. Which literary rabbit trespassed in Farmer McGregor's garden?
16. What rabbit keeps going and going and going in North American commercials?
17. Which rabbits predate #16 and are only seen outside North America?
18. Which bunny learned that a toy becomes real if its owner truly loves it?
19. Which rabbit was made famous by Hugh Hefner?
20. Which rabbit clucks like a chicken in its candy commercial?



Solution

1. Bugs Bunny
2. Peter Cottontail
3. Trix Rabbit
4. Honey Bunny
5. Easter Bunny
6. Rabbit 7. Thumper
8. Roger Rabbit
9. White Rabbit
10. Little Bunny Foo Foo
11. Jack-a-lope
12. Nesquik Bunny
13. The Hare
14. Harvey
15. Peter Rabbit
16. Energizer Bunny
17. Duracell Bunnies
18. Velveteen Rabbit
19. Playboy Bunny
20. Cadbury Bunny

PUZZLE - KAKURO

Kakuro puzzles are like a cross between a crossword and a Sudoku puzzle. Instead of letters, each block contains the digits 1 through 9. The same digit will never repeat within a word. If you add the digits in a word, the sum will be the number shown in the clue. Clues are shown on the left and right sides of "across" words, and on the top and bottom sides of "down" words.

EXAMPLE

		30	16		
	13	6	7	30	
25	1	7	9	8	3
11	3	8	10	9	1
	20	9	3	6	2
		8	1	7	

		29	17		
	13			11	17
	26				
11	5				
	15		12		
			12		
			14		

	19	39	9		4	37	
7				12			4
41			3	16			
12			10		7		
	14		10		4		
	8			11	8		
3			4			16	
42						9	
	11				7		

SOLUTION



What do you get if you cross a four leaf clover with poison ivy?
~A rash of good luck!

Why do so many people live in Ireland?
~Because the capital is always Dublin?

Why do people wear shamrocks on St Patrick's Day?
~Because regular rocks are too heavy!



	5	9	14		
	1	3	9	2	15
9	3	12	8	3	11
8	2	6	7	5	26
17	8	5	13		
		17	29		

2	4	1	7	3	8	11	
6	5	2	7	8	1	9	42
9	7	9	3	1	3	2	3
	4	3	4	3	1	7	11
	3	1	3	9	5	14	
1	6	1	9	1	3	9	12
3	5	3	2	7	8	6	41
	9	3	2	1	4	7	
	37						



Prison Recipe

The Spread... from the Official Ramen Website

Ingredients

- * Packs Ramen Noodles (spicy chicken is the best)
- * 1 package of cheetos or chips
- * 1 package of spicy cheetos or chips
- * 1 Meat Log or 4 small meat sticks
- * Mayonnaise and tortillas
- * Boiling or very hot water
- * Microwave (meat is already cooked if this isn't available)



Step 1: The noodles: Smash the packages of noodles into small noodle bits. Take a large garbage bag (a new one) and put the smashed noodle bits inside of it. Pour boiling water into the bag and tie the bag closed. Let the noodles cook for 10 minutes.

Step 2: The Meat: Tear or cut the meat into small pieces, place all the meat into a bowl, add about a half inch of water and dump all the soup flavoring packets into the bowl. Cook the meat for 3-4 minutes in the microwave.

Step 3: The chips: Smash the bags of chips into dust. You can adjust the ratio of cheesy chips to spicy chips to whatever you like.

Step 4: The Mix: Dump the meat and any juice that is in the bowl into the garbage bag of noodles, Dump the chip dust in as well. Tie the bag back up and mix.

Step 5: Plating: This dish feeds 5 people. Top each bowl with a few squirts of mayo and give each person a tortilla. Makes a good burrito filling.



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