



## Behind the wall

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"Oh give thanks to the Lord, for he is good; for his loving kindness is everlasting. Let the redeemed of the Lord say so, whom he has redeemed from the hand of the adversary, and gathered from the lands, from the east and from the west, from the north and from the south. They wandered in the wilderness in a desert region. They did not find a way to an inhabited city. They were hungry and thirsty; their soul fainted within them. Then they cried out to the Lord in their trouble; He delivered them out of their distresses. He led them also by a straight way, to go to an inhabited city. Let them give thanks to the Lord for his loving kindness, and for his wonders to the sons of men! For he has satisfied the thirsty soul, and the hungry soul he has filled with what is good." Psalm 107:1-9 NAS.

Many times prisoners are accused of being a bunch of insane fanatics with no good in us. Well I'm telling you that this accusation is not true. However, I also want you to know that I lost my mind since becoming a resident of this prison. But I lost my mind to Jesus Christ and have been made whole again.

For the greater part of my life I have been a ward of the state. Since my youngest years I have been in some type of custody, beginning with the famous foster homes for trouble children. I have been counseled, therapied by professionals, given chances, punished, coached, locked up and double locked. But until Christ entered my life nothing changed. In Christ I have become a new creature. And would like to share the gift of his miraculous power to change lives with you. It is important that this world finds some power that will unite all mankind together.

You may find out more about this life saving power and the miracles Jesus Christ is working behind these prison walls. Uhuru's Religious Club is presently in the process of sponsoring a praise gathering for all who feel led by the spirit



Gaylord Drew, (second row, 2nd seat) listening to a special religious program at O.S.P.

to learn more about prison ministry. This gathering will be held in Salem, Oregon at a ranch owned by some Christian friends of ours. There will be live gospel music, testimonies from prisoners and free people, and the message will be preached to all that want to know who Jesus Christ is.

Our hope is to bring all people involved in Prison Ministry together and to provide a means for strengthening of the prison ministry so the needs of men will be met as they find the Lord.

If such a gathering interests you -- if you would like to be on the coordinating committee -- if you feel you could be available for two days during the month of August as a speaker, or to serve in some other capacity, please contact me at O.S.P., 2605 State Street, Salem, Oregon 97310. We are expecting this gathering to be spiritually blessed by the Lord but it will take a lot of work to bring this about. Additional information is available.

Our entire organization is looking forward to the success of this event. We feel a tremendous urge to inform the

citizens of this state about the true and sincere concern we have for the welfare of the people of this state. It is my knowledge that crime is the result of lives spent in wandering apart from God.

God bless you all and we will be looking forward to hearing from you. If for no other reason than to get to know you.

What the Education Department has done for me as a Black man in O.S.P. -- I got involved in the Education G.E.D. Department in January of 1977 to work towards my high school diploma. I worked with Mr. Bohles my instructor in reading, dealing with past presidents in history and present presidents in different countries, this course was very interesting.

I also worked with my english teacher, Mrs. Hande in a very interesting course. I'm still working on my diploma -- studying hard. So I can hope to be scheduled for college around September of 1978.

I am getting A grades in my classes and excellent school reports.

## Child stealing: No protection from law

In November, 1975, Diane Ulseth was married, the mother of a 15 1/2-month-old boy and thinking about leaving her husband.

"He found out about it somehow," she said. "One day he took the baby out for a drive and never came back."

Now, two and a half years later with still no sign of her missing son, Mrs. Ulseth has organized a special Illegal Child Seizure Forum to be sponsored by the Portland Downtown YWCA, 1111 S.W. 10th Avenue, on June 13th at 7:30 p.m.

Child snatching is the brutal but official term for the abduction and concealment of a child by the parent without custody from the parent with custody. It sounds like kidnapping, but in the eyes of the law, child snatching is not a crime.

"We want to bring people together who have had similar experiences and to educate the general public about this growing problem," explained the 29-year-old mother.

"So many people just sit back and cry when something like this happens," Mrs. Ulseth said. "People in my situation can't figure out why, when you call the police, they say nothing can be done."

One reason for this is that once a child has been taken out of their territories, both city and county officials are helpless.

A recent "60 Minutes" broadcast on CBS noted that, outside the originating state, "a custody decree isn't worth the paper its printed on."

Through persistent letter writing and knocking on the doors of virtually every official she could think of, as well as complex legal maneuvers, Mrs. Ulseth finally began receiving federal help.

"But my situation is unusual," she warned. "The FBI is looking for my son, but I don't think they are looking very hard."

Of course, nothing can be done while the parents are still married. "Divorce is the first step."

At the present time, federal kidnapping has specifically exempt parents of minor children. According to Mrs. Ulseth, there are five bills currently pending in Congress which would include child snatching within federal kidnapping laws. Also, attempts are being made to set up a uniform custody law to discourage potential snatchers from fleeing to states with conflicting laws.

On hand at the YWCA forum to explain

current legislation and offer advice to parents will be representatives from the offices of Senators Bob Packwood and Mark Hatfield, Representative Les AuCoin, District Attorney Harl Haas, as well as a family psychologist and other experts.

Mrs. Ulseth said the Justice Department has objected to child seizure legislation because of worries about increased case load. She pointed out, however, that such laws operate efficiently in Canada.

Currently working as a directory assistance operator and part-time potter, Mrs. Ulseth is writing a book giving step-by-step pointers to parents with abducted children.

While most parents victimized by child snatching are women, an increasing number of men, having gained custody through progressive custody laws, are having their children taken.

"But it is the children who really get hurt," Mrs. Ulseth said.

In fact, according to a publication put out by Children's Rights, Inc., a Washington D.C. reform group, "Child Snatching is not a custody problem, but is actually a form of child abuse and should be treated as a crime against the child."

## Marriage: First step on the road to obesity?

It's been said that marriages are made in heaven. With June being the most celestial month for weddings, all seems in heavenly perfection.

The perfect bride and groom soon find, however, patterns of living developing to challenge that perfection. Habits are taking hold and adjustments are being made around almost everything; from the division of labor to toothpaste cap covering. The kitchen routine, being the least consciously planned, can be a source of some important problems in the young couple's future.

Exotic cooking experiments in a state of euphoria, as well as the frenetic eating that can also occur during the early days of marriage, can lead to accompanying weight gains for the unwary; weight gains that can affect a couple's social life as well as earnings potential.

"The way you begin a marriage," says Jeannine Cowles, President-Director for Weight Watchers of Oregon, Inc., "is often the way you'll go on. The habits begun in the early days will be hard to break. But although this can be considered a hazardous time in a marriage's life, it's only so if the couple lives it thoughtlessly. It can be the perfect time for newlyweds to develop positive habits, planned with forethought. If, at this point, they can know they want control over their life together, they can begin to exercise that control immediately -- be it over the budget, the level of sharing and communication, or who takes out the garbage."

Developing control over the table can be one of the most important sets of habits they will form. An intelligent approach to food, from the beginning, will most likely foreshadow an intelligent approach to feeding the whole family, as it grows.

Weight Watchers International suggests that at the heart of such an approach to control is awareness of what you are eating, when you are eating, and why. The start of marriage is the perfect start for developing this awareness and educating yourself about the foods you eat.

Here are five suggestions for actions which, if developed early in the marriage, will be of aid both to bride and groom throughout their lifetimes in combatting the onset of overweight.

1. Deliberately plan to make a habit of some regular exercise together. It can be a daily walk, or perhaps regular participation in a sport you can both enjoy. Moderate exercise can help burn stored energy reserves, may actually reduce hunger, help you feel better because of physical stimulation and the knowledge that you're doing some good for yourself, and will give you general physical conditioning by developing muscle tone and maintaining proper function of the heart

and its related systems.

2. As in any new situation, there will be the problems of anxiety, of anger and hostility, or of depression that will have to be confronted. Make a conscious effort to turn to solutions instead of food.

3. Make meals with your husband/wife a pleasant experience. Schedule them for regular, consistent times. Turn off the TV or radio, and spend the time at the table with each other. Make mealtime relaxed, and eat slowly. It takes 20 minutes from your first bite for your body to know it's no longer hungry.

4. Begin at the beginning. Educate yourself to nutritional guidelines. Don't stock the common snack foods that lead to the common complaint of overweight, like potato chips, cookies and candy. Keep all food in the kitchen and out of the living room, bedroom and den, or you may wind up eating without even realizing it. Food that is out of sight, is often out of mind.

5. As a new bride or groom, you won't have developed a routine yet. There may

be times when you'll be bored. There won't be enough to do, or perhaps too much to do that you find dull. Be aware that people often eat as an inappropriate response to boredom. Look for alternative actions to take. Turn the TV or radio on while doing housework you hate. If you have extra time on your hands, fill it with activities you like. Reading, crafts, sewing, getting together with friends, involvement in community service are all profitable and pleasant ways to keep yourself busy and happy.

Finally, as a last note, Weight Watchers International would like to offer one more service by offering a free copy of its award-winning pamphlet, "Nutrition, Weight Control and You!" to every new bride and bridegroom.

It's an excellent background in the basics of nutrition, written in an easy-to-read style. For a copy, just write Jeannine Cowles, President-Director, Weight Watchers of Oregon, Inc., 9200 S.W. Barnes Road, Portland, Oregon 97225.



President Carter gives a White House tour to visiting Dr. Kenneth D. Kaunda, President of the Republic of Zambia, during a state visit by the African leader. The two leaders held intensive talks during President Kaunda's visit to Washington. President Carter hailed President Kaunda as "a man whose integrity has never been challenged, never been doubted."

## United Farm Workers Union

(Continued from Page 1 Column 6)

orange dry, you throw it away. But what will we do once we've been thrown away? Where can we go?"

There are rumblings within the UFW that Chavez and other union leaders have not done enough in the battle over mechanization. Some workers openly question union policy and tactics.

A young strawberry worker from Watsonville said, "The union leadership is not facing up to the threat of mechanization. I went to a union meeting in San Jose and I got no answers when I stood up to ask, 'What are we going to do to save these jobs?'"

Another Salinas worker, an early supporter of Cesar Chavez, said, "Don't count on me to be non-violent if they bring the machines in to replace us in Salinas. . . . The day they try to bring a machine in to replace me, there'll be no holding me back. And I'm not the only one."

"We have a large number of farm

worker families stranded in our communities by the tomato harvester," admitted Richard Johnson, a social worker at the Farm Worker Service in Woodland. Many of these families have had to turn to welfare, a prospect unwelcome in Salinas.

Stranded families have checkered the map of farming communities across the United States this harvest season. But growers, given a choice, have been using single male farm workers, and that has exacerbated the pressure of mechanization on farm workers. Single male illegals are generally younger, more adventurous and easier to get rid of when the picking is over. The UFW also has had less success in organizing single migrants than those with families who dream of settling down.

Many observers see union expansion as the only way out of the squeeze. "The union has to spread," a celery worker from Watsonville insisted. "Salinas is the French Riviera of farm work, and unless the rest of the country is organized, we're

sitting ducks. The growers here aren't going to be able to compete without mechanizing if rates across the country continue to be so far below what we get here."

Manuel Chavez, Chavez's cousin, has been sent to reassert a UFW presence in Texas, a move certain to heat up the union's fight with Antonio Orendain's Texas Farm Workers. The UFW Executive Board has also been discussing moving into Florida again.

The most promising recruitment effort, however, may be taking place inside Mexico. The union may soon begin a campaign to educate and recruit Mexican farm workers before they enter the United States.

"Of course, we're negotiating with the Mexican government to be able to do work on the Mexican side," said Grossman. "We don't have permission yet, but we're hopeful to have it soon."

[Doug Foster is a reporter for the "Salinas Californian."]

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