

INTER-PRISON PRESS



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Tom Campbell has recently been appointed Associate Superintendent for Treatment at the Reformatory. In May 1972, Campbell began his tenure with the Bureau of Corrections as the Recreation Director at KCIW. He held that post until September 1974, when he was promoted to the position of Classification and Treatment Officer at the women's institution at Pewee Valley. Campbell was named Unit Director at Blackburn in October, 1976, the position he held prior to this appointment as Associate at KSR.

Jogging, Exercise And You

By Irvin Clark

LA GRANGE—With the beautiful spring weather coming on and Summer just around the corner, all of us will be heading for the out-of-doors after being cooped-up all winter. Wanting to keep up with the changing seasons and revitalize our sagging bodies, we will turn to dieting, exercise and jogging. Several of us will settle for the out-of-door type exercise in place of dieting. So, for the hearty ones who do, here are a few do's and don'ts.

There is nothing dangerous about jogging or exercising. What is dangerous is suddenly throwing a heavy workload on the body when it has been idle for a long period of time. If it has been a while since you last participated in some type of physical fitness program, if you are a little along in age, if you have had or still have a condition that might be renewed or irritated by jogging or exercising, you should see a doctor before starting your jogging or exercising program. However, it is best to see a doctor before starting any type of strenuous exercise program regardless of what you think your health status is. If at all possible, get some professional advice. Advise

the doctor of your case history (health) and tell him what type of exercise program you intend to embark upon.

Exercise and jogging are like stairsteps and should be approached with a bit of common sense and caution. First a very inactive person does best if he starts out by walking a little and running a little, if jogging, then add on a little each day, week or whatever feels comfortable to him. The same approach is to be taken in all beginning physical exercise—caution and patience.

Keep in mind, just because you feel young, healthy and full of springtime vigor, this does not give you a license to run or exercise at the same pace of those who have been at it for a longer period of time. It is best to set your own pace and goals. Do not turn your training program into a competitive event because no two people will progress at the same rate. This will also help you to keep from becoming discouraged. If you set your own goal, you can also set the pace at which you wish to attain it. In other words, you only have yourself to compete with and that can be the toughest competition one can

imagine. Until you have competed against yourself, you have not competed!

Exercise and jogging should be individually tailored to each person; his physique, his interest, and above all, his medical history and time available. It should be tailored to relax and entertain you, but the primary purpose is to help you obtain and keep a good healthy body to house your good, healthy mind.

Here is a general guideline for starting and maintaining a viable self-motivated jogging or exercise program:

1. Be sure you are in reasonably good health (you can be in good health and not be physically fit).
2. Realize you cannot start off at full steam, so ease into it.
3. Work hard enough and long enough to get the heart rate up and keep it there, this enables the heart to gradually get used to the extra load being placed upon it.
4. Be consistent, if you do some type of exercise everyday, it will help you to develop good exercise and jogging habits.

The bottom line to all this is good mental and physical health.

KSP Jaycees Chapter Hosts Drug Program

On March 26, the Roadrunner Jaycees conducted a program on drug abuse. The skit was very entertaining and everyone seemed to enjoy the program.

It was based on the life of a "junkie," how he lives, survives and struggles. The acting was so good that it was hard to remember it was only a play.

The Roadrunner Jaycees realize that Drugs are a rotten business, especially drug dependence.

Most "junkies" will do anything to get their "high". The program explains that being a "junkie" is basically no one's fault but his own.

The drug abuse program is designed to explain the drug problem and the danger involved for one who uses drugs. The characters in the skit have had experience with drugs and each tells how drugs relate to his incarceration.

"Lucky," one of the char-

acters, was a mainliner, very bold, very outspoken and he influenced others to use drugs. While on drugs, he never knew the value of a true friend.

After he went to prison and discovered that drugs are not "hip," Lucky was found to be a truly likeable person.

Each of the characters in the skit explained that drugs lead to being used, abused and then confined in prison for a long period of time.

Jaycees members recommended that the program be taped and made available to schools in order that school-children may not make the same mistakes.

The Roadrunner Jaycees are on the move. We are trying to get permission to take the drug abuse kit outside so that others can see how hip Lucky is and how the phrase, "What is hip?" came about. Being a junkie is not hip—so what is hip?

YOUR STORY

POPULATION FIGURES

Kentucky State Penitentiary	870
Kentucky State Reformatory	1 1792
Kentucky Correctional Institution for Women	87
Blackburn Correctional Complex	236
Bell County Forestry Camp	76
Harlan County Forestry Camp	40
Western Kentucky Farm Center	123
Daniel Boone Career Development Center	30
Roederer Farm Center	1 148
Frankfort Career Development Center	85
Total Resident Population	3487

Parole Board Results For February 1979

	BCC	KSR	KSP	FCDC	DBCDC	HCFC	BCFC	WKFC	RFC	KCIW
Parole Recommended	20	68	13	8	4	3	4	4	9	5
Percentage Recommended	77%	41%	36%	100%	100%	75%	67%	67%	82%	46%
Cases Deferred	5	76	18	0	0	0	2	2	2	4
Average Length of Deferment [in months]	7	9	13	N/A	N/A	N/A	9	3	6	8
Serve Out Sentence	1	21	5	0	0	1	0	0	0	2
Total Cases Considered	26	165	36	8	4	4	6	6	11	11

KSR Basketball Season Closes

By Kenny Hayes

LA GRANGE—After many hard months of physical and mental exertion, the basketball season came to a close at Kentucky State Reformatory.

This past season was composed of three leagues: Special, Honor and Progressive. The special league consisted of the following dorms: One, Two, Three, Four, Five and Six. The club teams were also in this league. These teams played on Monday and Thursday nights. The Honor league consisted of the Dorms Seven, Eight and Nine. These teams played on Tuesday nights. The progressive league, which played on Saturday, was made of teams with a limitation of

two varsity players to each team.

He won the special league. His team players were: Brent Crisp, Freddie Lewis, Bill Matney, James Holloway, Terry Landcaster, Floyd Ward, Chester Vandike and Mundy. This was the only team in the whole program to remain undefeated. Their record was 8-0-0.

The Audio-Visual All-Stars were the winners of the honor league. This team was coached by Nickie Risinger. His players were: Gary Craig, Roger Bailey, Bill Matney, Carl Wayne, Raymond Jenkins, Bill Beemer, David Nash and Coach Risinger. This team contained more pure shooters than any other team

in either league.

The progressive league was won by a team that some would consider as the "Run and Gun Team." Julius Pickney's, "We're Too Much" team, finished with a record of 6-2-0. His team players were William Stevens (Monkey Man), Roger Bailey, Keith Appleton, Leon Drew, Brent Crisp (G. Gervin), Kenny Hayes and Coach Pickney. This was one of the most controlled and balanced teams in the progressive league.

Each team as well as each player, should be commended for their participation, sportsmanship, leadership and efforts. They showed they could "Play with a Purpose."

Recreation Shortchanged?

By James Knodel

With the constant reference to rehabilitation and treatment, it amazes me that one of the most proficient forms of treatment, and definitely the most used by a vast majority of the inmate population at one time or another, lacks from insufficient funds. What I am referring to is the sports and recreation department.

In the two years that I have been at Kentucky State Reformatory, I have seen very little done to improve the conditions at the gym. The roof still leaks in more places than can be counted; the equipment, due to the constant changing of hands, is in need of repair or replacement, and when new equipment is purchased, little or no thought is given to the amount of men that will use it, but a great deal is given to the expense. Buying cheaper products does not necessarily mean that in the long run it will save money.

The proof of sports as a form of treatment is in the records. In the summer of 1977, two men, John Luster and Steve Varnem, were given scholarships to colleges in Texas due to their participation in sports, arranged through the Athletic Department. Imagine the many men that have come to the institution with drug problems and have turned themselves into healthy, confident individuals, secure in the knowledge that

they do not need drugs anymore. Take a thought to the introverts that have come out of their shells due to participation in competitive sports. (It does not take a psychiatrist to see the good that sports does for an individual.) Renewed interest in life, development of a competitive nature, esprit de corps, and an inner confidence are just part of the needs supplied by a good Sport and Recreation Department. Lt. Pearson and Officer Carter (the Athletic Department Personnel), have contributed of themselves what is humanly possible. If the department has not the financial stability to maintain a high level of activities and a ready amount of equipment, it fails to achieve the maximum standards it is designed for.

Due to the great use of the gym, individuals responsible for purchase equipment and allocating money should take another look at the needs of the inmates. In filling such a need, you abide by the philosophy of the Bureau of Corrections and the needs of a competitive society by tempering individuals to winning or losing, not only in sports, but in life. When a person develops a good attitude and a desire to push on whether he wins or loses, he finds he can accomplish anything.

(Note: Mr. Knodel was assisted by Normal L. Gordon in the preparation of the above article.)

Resident Appointed To Head Athletics

By Kenny Hayes

LA GRANGE — Dennis Elliot, a resident from Louisville, has been appointed the new Athletic Commissioner at Kentucky State Reformatory. Dennis Elliot replaces Mike Mundy.

The role of an Athletic Commissioner is to take all programs set down by the athletic director and rework them for a creative recreation activity for the inmate population; to have qualified officials for all athletic events; and to make our athletic program the best in the penal circuit.

When asked if there would be any changes, Elliot said that all coaches and players will be informed of rules of each athletic program before each sport event. These rules will govern each athletic activity. He said he will try to help relieve the anxiety of residents through recreation and to create more programs to help

assure Kentucky State Reformatory residents of a number one program.

We now have most of the major athletic events here. The most demanding are basketball, tennis, handball, football, weight-lifting and boxing.

We ask that each resident help protect his fellow players as well as equipment, to create an atmosphere of good sportsmanship and leadership, and to live up to the motto—"PLAY WITH A PURPOSE."

the kentucky

INTER-PRISON PRESS



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"THOUGHTS TO PONDER"

Imprisonment & Punishment

By James Knodel

Almost all changes occurring in prisons prior to the present generation were directed, explicitly or implicitly, by the doctrine that restriction of a criminal's liberty is, by itself, punishment and that this punishment is adequate for meeting the social needs of punishment, deterrence of future crime, and reclamation of the individual back into society. In the early times, society not only deprived criminals of their freedom, but also inflicted punishment, both physical and mental. American prisons have abandoned corporal punishment as a regime for adding to the suffering which imprisonment alone is expected to produce.

Imprisonment as a system for dealing with criminals came about in the eighteenth century. As our democratic society developed, so did our appreciation for life, liberty and the pursuit of happiness increase. Because of these developments imprisonment came to be regarded as a proper system for imposing pain on the criminal. It was in this period that our current system of criminal laws, each law calling for a measured amount of loss of freedom, was initiated.

As more reforms came about in penology, a middle of the road position to confinement was adopted allowing inmates physical mobility within the walls but directing their actions and choices. Nevertheless, incarceration is still intended as punishment. It is this fact that poses a dilemma for contemporary prison workers and social reformists who face having to treat criminals as well as punish them. Only a generation ago it was common to think of incarceration and correction as being synonymous. Now it is assumed, perhaps mistakenly, that any real correctional method be non-punitive in nature.

While there is wide variation in opinion as to what a positive "treatment" or rehabilitative program is, there is a definite consensus on what it is not: a program that involves deliberate infliction of suffering is not a treatment program. Vocational education, the library, counseling, psychotherapy, higher education, etc. . . . are viewed as treatment because they are non-punitive, not because they prove to be effective in rehabilitation.

With the advent of new innovations in the field of penology and the notion that

treatment must be non-punitive to succeed, society has a popular misconception of prison being something other than prison. People are not sentenced to resorts, although many believe that society is too easy on the criminal. Inhuman treatment went out with the dark ages and the Inquisition.

Although we have advanced far in the field of penology many social reformists and prison workers feel that it is not enough. A view that is expressed is one that imprisonment and punishment do not present themselves as the proper methods of dealing with the criminal. We have to treat them as physically sick people, which in every respect they are. It is no more reasonable to punish these individuals for behavior over which they have no control than it is to punish an individual for breathing through his mouth because of enlarged adenoids. It is the hope of the progressive criminologist and psychologist that the guard and jailer be replaced by the doctor and nurse and the judge by the psychiatrist, whose sole purpose would be to attempt a cure and treatment of the individual instead of punish him. Then and only then can we hope to lessen, if not to entirely abolish, crime, the most costly burden society has today.

This is logical only if we assume that criminals are not responsible for their actions and are in need of treatment for the source of that irresponsibility. This concept, although maybe not applying to all cases, does apply in enough situations to warrant some attention by correctional resources across the nation.

With the ever increasing amount of paroled individuals returning, either through parole violations or new charges, a serious look at our present system is a must. It is more than obvious that it is grossly inadequate. If a person was placed under medical care, the reasons for his crime ascertained, then treatment provided, then a greater percentage of the crimes committed by ex-cons would be eradicated and the cost to society would drop considerably.

As is known, concepts such as these do not apply in all cases. But would not the helping of one individual to reintegrate himself into society as a useful member warrant re-evaluating our present ineffectual system.

(Note: Mr. Knodel was assisted in the preparation of this article by Norman L. Gordon.)

A DESTINATION WITH THE MIND

By Terry Marquis and Wayne Baker

You are a man with a destination, trying to fulfill your proclamation with the incubation of the mind. The power of learning is strong. It starts from the heart and travels up to the brain. Your attitude constitutes your aptitude in a never-ending prelude of knowledge.

Knowledge is not being an intellect, but instead, it is the

ability to learn. There is nothing impossible if you believe. If your mind can conceive and your heart can believe, there is no doubt it can be achieved.

You should be able to place the world inside your mind and change it to your desires. People call this "fantasizing" but if it is, then all people have worked for and achieved its fantasy.

A fantasy is a dream and a dream is just pieces and fragments of the imagination. It is a jigsaw puzzle. Your mind is you. Your mind can be

the most powerful instrument that you possess.

Decisions must be made with the mind. Decisions will always need to be made and the most important thing is not to make the "right" decision but to make a decision that will allow you to hold your head high.

Let me leave you with this thought: Do not neglect nor correct my decision but always give me the utmost respect. My decisions are not yours and yours are not mine. I got a destination and so do you. I got a mind and so do you. So do your thing and I will do mine.

Your Destiny

By Barry V. Williams

Before people can decide what to do with their lives, they should consider their present and past experiences. They must evaluate their abilities in order to be able to understand what is happening in their lives.

For those like myself, who are physically imprisoned, they must seek an understanding of the causes which have driven them down the wrong avenue of life. Then, they must effectively detour, back up, turn around and head toward the future with the knowledge that they are at last on the right road.

It is impossible for a person to delete those things which cause spiritual, psychological, moral or physical discomfort—those negative aspects of our lives which deprive us from being anything other than what God has created us to be. However, there is hope for the hopeless; a steadfast strength for those who are spiritually weak and a comforter for the discomforted.

In Romans 5:1-12, the Holy Bible says:

"Therefore being justified by faith, we have peace with God through our Lord Jesus Christ. By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God. And not only so, but we glory in tribulation also; knowing that tribulation worketh patience; And patience, experience and hope. And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us. For when we were yet without

strength, in due time Christ died for the ungodly. For scarcely for a righteous man will one die; yet preadventure for a good man some will even dare to die. But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. Much more then, being now justified by his blood, we shall be saved from wrath through him. For if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life. And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the Atonement. Wherefore, as by one man sin entered the world, and death by sin; and so death passed upon all men, for that all have sinned."

From these passages, we find that Christ is our comforter, if we accept him as such. Our health and happiness depends on how we relate to Christ on an individual basis. It is Christ who will determine our final destiny.

The way we think will determine the way we respond to the circumstances of life. Therefore, we must consider that man is of two minds—one spiritual and the other carnal.

It is true that God created man but we must realize that man makes himself by the way he thinks and reacts to the circumstances of life. Using the proper thought patterns, he can rationally perceive those things which will enable him to construct his life in a manner that will help him detour all manners of discomfort and conform to the laws of

God.

This is the spiritual mind of man and the only way for man to become spiritually-minded is to be one with Christ, wholly trusting in Christ by faith which will, in turn, instill in man knowledge to learn and live by the word of God.

The carnal-minded man, walking by the customs of the world, cannot realize the importance of conformation. The lusts of the world is fools' gold—not worth its weight to those who find it.

We must realize that all in life have a vocation and, therefore, we must find our vocations in life and work toward perfecting these vocations.

We must realize ourselves to be only a tool of God; a handful of clay to be molded and shaped by the hands of Jesus Christ. We must find ourselves aggressive yet submissive; humble yet strong and meek yet unmovable in the word and will of God.

All men are born with an innate desire to please self. It is only through Christ that we can abstain from sinfulness, selfishness and jealousy.

Faith is the key to wisdom and wisdom to knowledge. We must build our futures on a strong foundation so that we will not stray into the path of unrighteousness and self-destruction. Our only hope, our only foundation is Jesus Christ.

In order to come to Christ, you must use faith as the key, prayer as the door and knowledge as the magic carpet to wisdom.

RHYMIC MOODS

LIFE IS LIKE A POKER GAME

*It is for you to choose, win or lose,
Life or death, sickness or health.
God give to all the right to accept or reject,
To live or die.
His will, His word, or destiny,
Depends on how we deal with reality.*

*I will not quote my destiny—for I am not my own,
I will not act of my accord—for my desires are wrong,
I will not rely on emotions—for I am directed by faith,
I will not run ahead in life—but on my Lord I'll wait.*

*A man who boasts of what he intends to do never does
that which is said;
So I intend to do nothing, but of my lord be lead;
That wherever in life I go or be, in Christ I'll find my
destiny.*

By Barry V. Williams, KSR

A PLACE OF ITS OWN

*I came to this place
that I thought I would
never see.
So many men were there
with sin and misery.
I began to realize that
this was not my home, but
I could see it was a place
of its own.
At first I did not know
what time would be,
But as time came by I
knew I couldn't be free.
These people are doing the
same as me.
They are doing time for
society.
They know they have done
something wrong,
So now they're in a place of
its own.*

*I saw that the days and
nights had no end,
And its hard in a place
like this to find a true
Friend.
I pray in the wee hours
of the night,
for God to make everything
right.
When the night is dawn
and I'm all alone,
I know for sure this is
a place of its own
The doors will open someday
for me.
And I will walk out and at
last be free.
It will take time to
adjust to my home,
Because I have served time
in a place of its own.*

By Alphonso Effinger, KSR

YOUTH'S MIRROR

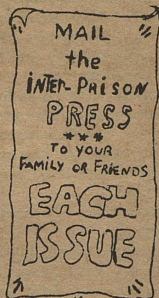
*The seeds of each generation,
Are sown and reaped,
And youth's mirror reflects,
And time is so often frolicked,
Yet tomorrow's rains,
May wash away yesterday's sustenance,
For yesterday's mirror may not reflect into
Tomorrow's needs,
So let us be the prodigy children of
Providence,
For yesterday has made a promise with
Tomorrow,
Only in lure of preparation,
For Yesterday loves you,
But Tomorrow needs you,
For that ominous bird of prey,
Surely plays the unrefined string,
For Yesterday I love you,
But Tomorrow I need you,
So play this game of time, in the light of wisdom,
And be likened unto
A wiseman.*

By Jeffrey Goins, KSR

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