

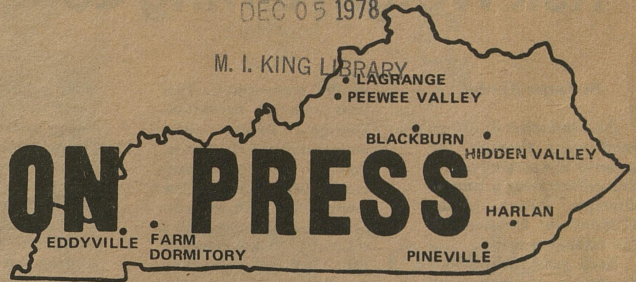
17-087J
8: 978
v. 6
n. 2

GOV'T. PUB. DEPT.

DEC 05 1978

the KENTUCKY

INTER-PRISON PRESS

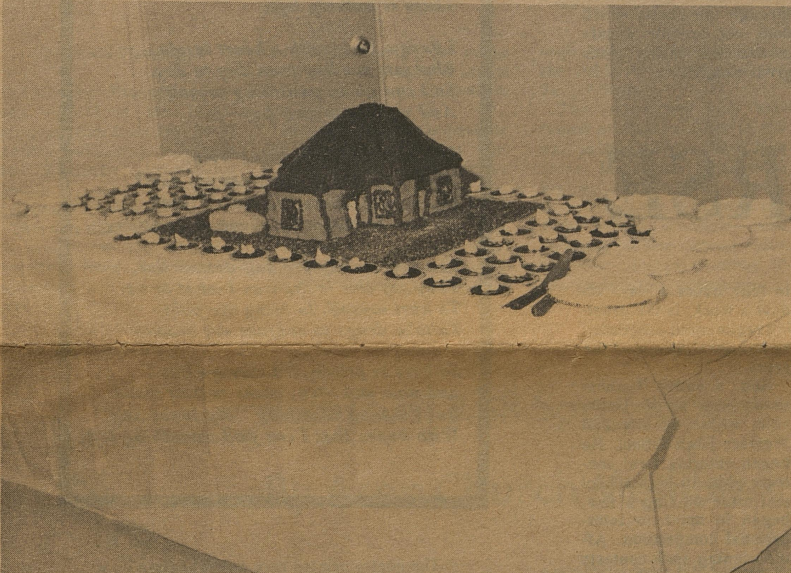


VOLUME VI

JULY 1978

NUMBER 2

KCIW Chapel/Multi-Purpose Building Officially Opens With Special Ceremony



The long-awaited Chapel/Multi-Purpose Building at the Kentucky Correctional Institution for Women at Pewee Valley was officially opened on Monday, October 30.

A special dedication ceremony was held in which both Justice Secretary John L. Smith and Corrections Commissioner David H. Bland spoke. The crowd of more than 200 were entertained with music presented by the Resident Choir and a reception was held in the new building following the ceremony.

Secretary Smith, Commissioner Bland and KCIW Superintendent Betty Kassulke cut the ribbon at the entrance to the building (photo on left).

As part of the refreshments at the reception, a cake, designed in the likeness of the new facility, was prepared (upper left photo).

The Resident Choir led the procession from the "Barn", the recreation center at KCIW, to the new Chapel for the ribbon-cutting ceremony and the reception (above photo).

The one-story brick building will be used for religious, self-motivation and counseling programs.

KSR Weight Lifting Contest

By James Knodel

On September 4, fifteen men went through the process of warming up for the reformatory's annual Olympic Power Lifting Competition, to determine the strongest man.

Each year the officials in charge of sports and recreation at the reformatory hold an olympic power lift to determine the strongest resident in the institution. The contest, which consists of three events (squat, dead lift and bench press), is a grueling, muscle-pulling event, requiring a tenacious mental stability.

As in any competition where the participation is limited to a select few, there is always one individual who stands far ahead

of the competition. This year was no exception. George Jones, who weighed in at 171 pounds, has for his third consecutive year defeated the competition with comparative ease. George, with a total of 1,225 for his three lifts, and an astonishing deadlift of 525 pounds, 100 pounds more than any other lifter, was a delight to watch.

The second place trophy went to a newcomer to the institution, Thea Callahan. Thea, weighing in at 170 pounds, came up with a total of 1,060. The amazing part about Thea's performance is that it comes from an individual over forty. This shows what can be done if one sets his mind on a goal, and has the gump-

tion to keep at it. Third place went to Dale Bethel, with a total of 975 pounds.

The contest this year, although very entertaining, was not received as warmly as in previous years. Participation was down due to the lack of appropriate prizes, and the irregular bars used in the lifts, which necessitated cutting the attempts in the lifts. Both the bench press and the squat were placed at two attempts, and the dead lift at one.

The general feeling was that to attempt maximum poundage so soon would be to invite serious injury. The bars have become bent, worn, and welded through the years, which does not provide a safe means for lifting such great weights.

THE INNER SELF

*I've been in prison
For a long time now,
And it seems as though for years,
I've been trying to get out of here—*

*For in this place I deserve to be,
For I've searched "The Inner Me"
We all think we know ourselves—
But have we searched without a doubt?
And sit down and tried to figure us out?*

*All my life, I've done wrong,
Following impulse, feeling strong,
I've cheated not only on my neighbor
But more on myself.
For inside me, where it counts
There is nothing left.*

*I have a body with a heart inside,
That lets me live from day to day,
So I can go on punishing myself
And making myself pay—*

*Pay for what? For being born?
With a body and mind not my own?
In self pity, these thoughts I think,
As I try to place the blame on anything—*

*The doctors say I'm self-destructive,
They say this is the way I want to be,
To hurt myself, to bring me pain,
To take drugs to confuse my brain—*

*So here in prison, I'll stay a while,
and now and then, make myself smile,
But I'll keep searching "My Inner Self"
With hopes that I can find something left!*

The poetry printed here was submitted by a resident at the Kentucky Correctional Institution for Women at Pewee Valley. The writer requested that the poem be printed anonymously.

MR. UNIVERSE

By James Knodel

LA GRANGE—Bob Birdsong, winner of the Mr. Universe title for 1975, was invited by Wayne Pierson and Rocky Carter, gym officials, to the reformatory on September 9. He gave the inmates suggestions on posing, nutrition and exercises; then demonstrated the art he has mastered so well himself.

Birdsong came before a crowd of two hundred inmates and guards in the reformatory gym, answering questions and talking in general about body-

building. The questions ranged from subjects dealing with nutrition, body mass, musculature, definition, and symmetrical body development, to why a person enters into the world of massed flesh.

Bob began lifting weights 16 years ago, at the age of 15. When he started, he knew what his ultimate goal would be, and how to attain it. In the first two to three years, he amassed bulk and size. The time after that was spent developing symmetrical musculature, definition and molding and cutting. Working out two

to four hours a day, six days a week, is the grueling regimented schedule he has developed over the years.

Bob, a native Tennessean, grew up in Louisville, where he attended Western High School. He began entering local contests while in high school and after winning a few, began to move to international competition. After winning such contests as Mr. America, Mr. International and Mr. Universe, Bob began touring the country promoting health spas for Golds Gym in California.

the kentucky

INTER-PRISON PRESS



The KENTUCKY INTER-PRISON PRESS, a monthly publication of the Kentucky Bureau of Corrections, Frankfort Kentucky, 40601, is produced by and for residents of the 11 correctional institutions of the Commonwealth of Kentucky. The views expressed in this publication are not necessarily those of the Kentucky Bureau of Corrections. Reprint permission is hereby granted, provided the proper credit is given. All correspondence and Forms 3579 should be directed to the Public Education Services Manager, Bureau of Corrections, Frankfort, Kentucky, 40601. Second Class postage rates paid at Frankfort, Kentucky, 40601.

USPS 011170

STAFF ADVISOR

Gay Dwyer.....Public Education Services Manager

Larry Lenston.....Photo & Art Editor

REPORTING STAFF

Kathy Martin.....KCIW

Rita Dockery.....KCIW

David Fleming.....BCC

Ronald Tipton.....KSP

Walter Harris.....KSR



Jaycees Participate In Bluegrass Fair

By David Fleming

BCC—The Bluegrass Jaycees worked at the Lion's Bluegrass Fair from July 14-22 handing out literature about the Kentucky Corrections System and selling McDonald's balloons.

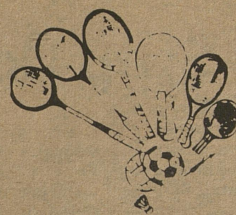
This was part of a community project of the Chapter. Proceeds from the balloon concession and ad sales have gone to various activities on

the complex, plus some home and lawn renovation of senior citizens' homes in downtown Lexington.

Members were stationed in the commercial exhibit tent with literature about various departments within and associated with the corrections system in the State of Kentucky. Volunteers in Corrections assisted the Jaycees at the Fair. Slide presentations on the Jaycees and the Cor-

rections System were shown to the public as they passed the Jaycee booth.

Two-man teams were stationed at each entrance to the Fair selling helium filled balloons. Little kids' eyes were big as saucers with smiles from ear to ear. This was the Fair. People screaming and shouting on the various rides and the constant barking of the game booth attendants.



PROS Conduct Tennis Clinic

By Larry Lenston

La Grange — Saturday, August 26, turned out to be quite a day for the tennis fanatics at the Kentucky State Reformatory, as Chuck Cooper, a tennis pro from Louisville, conducted a clinic here.

Cooper brought with him two one-thousand-dollar ball machines, several hundred tennis balls, and enough tennis rackets so that there were rackets for everyone who wanted to try the game. A part owner and tennis pro at the Louisville Tennis Club, Cooper was accompanied by John

Fritts, an assistant, and John O'Brien, a member of the University of Louisville Tennis Team.

The clinic was divided into two classes for beginners and more advanced players. The beginners were taught the basic strokes, and the proper way to hold a tennis racket. Advanced players were offered the chance to work on particular parts of their game. By using the ball machine to lob the ball at himself, a player could work on any part of his game.

Cooper plans to hold another clinic at the reformatory in September.

BINGO

By Tea Asceere

LA GRANGE—On Saturday, August 25, the residents at KSR heard strange shouts coming from the gym. Upon further investigation, the shouts proved to be the word "BINGO!" Curious residents entering the gym found an atmosphere of tension and excitement, as approximately 150 residents were gathered for the bi-monthly BINGO tournament sponsored by the SPADE Club.

The tournament consisted of five games, with the first three being single column games, the fourth a coverall, and the last a four corner game. By the time the last number had been called, the crowd had grown to 250 due to spectators and friends of the players.

The SPADE Club has plans for future Bingos and other tournaments, with the proceeds going to the club. The SPADE Club is one of the business organizations at the reformatory, designed to offer each member an opportunity to better himself.

Picnic At KSR Sponsored By Area Church Members

By Ralph Husband

LA GRANGE — The Audio-Visual Centre at KSR held their annual picnic on August 8, in the Honor Unit Lawn Visit area. Food and fellowship were provided by members of the First Baptist Church, and Woodland Baptist Church.

The tables were spread with

everything from fried chicken to peach cobbler. Anticipating a rush on the fried chicken and homemade desserts, it was decided that the guest church members should pass through the line first. Immediately following the church members were the hungry (some even fasted prior to the picnic) members of the Audio Visual Centre. Everything was "gobbled up."

SPADE Club Hosts For Tournament

By Kenneth Hayes

LA GRANGE— The Varsity Club at the Kentucky State Reformatory presented the Tournament of Sports in August. This tournament consisted of a ping pong, two-on-two basketball and horseshoes. Trophies were awarded to first place winners in each event.

Jin Rickerts proved to be the best ping pong player of the day, while Michael Mundy and Tom Payne combined forces to win the two-on-two basketball event. William Miller was the victor in the horseshoe tournament, defeating many other players for this honor.

KCIW Women Experience New Form Of Rehabilitation

By Kathy G. Martin

K.C.I.W. has a new branch to add to their rehabilitation program.

Upon arrival at K.C.I.W., each new admission will receive a course in "Rational Behavior Therapy," classified as behavior therapy.

"Rational Behavior Therapy," widely known and used, can be a rewarding experience to those who wish to understand themselves and others. R.B.T. deals with learning how to control your emotions; learning to accept yourself; facing the truth about yourself and wondering, "Was I really like that?" Accepting your faults and learning how to correct them is an important factor of R.B.T. Through R.B.T., we can face life realistically and solve our problems by learning how to understand ourselves and others.

Some inmates at K.C.I.W. are now applying R.B.T., to others and the effects are showing.

R.B.T. is a step closer to Freedom; Freedom to control your emotions.

Summer Basketball At KSP

By John V. Looper, III

EDDYVILLE— Summer basketball at KSP has been a major event at the 91-year-old maximum security institution. This year, under the athletic leadership of Carlisle Towery, the athletic department is trying to put together a more solid athletic program, so that more men at the penitentiary will become involved in organized athletic events.

Five teams made up the summer league, with Don Mason and Earl Stover's teams holding the number one positions respectively. The other three teams are contenders, so there's no prediction at this time of what team might be the Summer League Champion.

The league is lead in scoring by Chancey Baldwin, Eugene Strong, Warren Caldwell, Earl Stover and Don Mason.

First year Athletic Director Carlisle Towery, a basketball Hall of Famer himself, is already looking ahead to a very promising varsity basketball season. Six of his basketballers are using the summer league to condition themselves for the upcoming season. This may be the best year of basketball at the penitentiary since the departure of Roger Baily and Milton Ray.

7th Step Holds Annual Banquet At KSR

The New Life Program of the 7th Step Foundation of Kentucky conducted their Fourth Annual Banquet and Awards Presentation on October 5, inside the Kentucky State Reformatory at La Grange.

Acting as Master of Ceremonies was Alan Whiting, 7th Step Louisville Area Director.

Guests present at the festivities included the Program membership, their families, 7th Step staff and Board of Directors, officials of the Bureau of Corrections and Department of Justice, Reformatory staff, ex-members, and other people who have supported the Program during

their four years of existence.

The keynote address was presented by Donald Howard, a New Life member. Howard began his speech by explaining some of the purposes and goals of the organization. He credited the success of the Program's activities to the fact that each man involved has made a total commitment to making a positive change in his life.

Another member of the Program, Mike Sosh, informed the guests of the challenges still ahead, and the desires of the membership to assist other inmates in the re-direction of their lives.

Bill West, State Director of the Louisville-based treatment program, related the support that 7th Step has had throughout the years and the changes and growth of the Foundation.

He also explained the first two of the seven Steps to Freedom and the impact they have on each person who becomes a member of the program.

The newly-elected International President of the 7th Step Foundation, Ray White, recalled his days as an inmate at the Reformatory and the changes that he has seen

in Kentucky's penal institutions.

White also spoke of the suggestions the Foundation is making to prison administrators throughout the country to further improve the methods being employed in preventing crime in the community.

The guest speaker for the evening was Dr. David Bland, Commissioner of Corrections. Dr. Bland reaffirmed his support for organizations such as 7th Step and the commitment that the Bureau of Corrections has made to the Foundation.

He spoke of how he became involved with 7th Step during his first days in charge of Kentucky's correctional system and the impressions that he formed of the program.

Bland also spoke of his concern for the future of America and the heavy burdens being placed on the taxpaying citizen by welfare and institutional costs. He commented on the disasters ahead unless steps are taken soon to correct the problem. He stressed that his goal was to assist in diverting these potential drains on society.

Commissioner Bland further reminded all pre-

sent that no matter what they have become, to never forget where they have come from. This, he said, makes all things easier for the future.

The Stepper of the Year Award is presented to the inmate, who in the opinion of his fellow members, has undergone the most change in the year and has contributed significantly to the Program.

The Award for 1978 was presented to Larry Dorsey.

The other award is presented annually to a non-offender who has aided or supported the Foundation through a variety of efforts. The I Care Award for the year was awarded to Fred Kunz.

Mr. Kunz, a Louisville restaurant owner, serves on the 7th Step State Board of Directors and on the Boards of other charitable organizations. He has aided in fundraising and public relations for the Foundation and in the support of ex-offenders in other areas.

The dinner closed with a Benediction by Robert White, also a Board member.

The meal was catered by Tommy Lancaster of New Albany, Indiana.

KCIW Residents Learn More Than Cooking And Sewing

The Consumer and Family Life Skills program at KCIW is designed to provide instruction and experiences to residents which will increase their knowledge, understanding and skills in all facets of personal and family life.

According to Sherry Buda, the vocational education instructor who teaches the program at KCIW, the Consumer and Family Life Skills program serves as a "complement and supplement" to the other programs offered at the institution.

"The entire program is geared toward consumer management. When we are involved in the Food and Nutrition segment, the women learn much more than food preparation," she explained.

"The program is oriented toward providing an atmosphere where personal development can take place and serves as a complement to correctional programs and occupational training provided in wage-earning programs," she added.

According to Jim White, former Vocational Programs Manager for the bureau, the Consumer and Family Life Skills program differs from other vocational programs being offered at KCIW.

"We basically view our vocational programs as job preparedness programs. This particular program is actually a preparation for living with its aim being to prepare people to live productive lives and to manage their lives in a consumer-oriented society," White said.

"The program allows the flexibility for involvement in other programs. It is not an either/or situation," he added.

According to Ms. Buda, the program consists of six study areas—Consumer Education; Housing and Home Management; Textiles and Clothing; Foods and Nutrition; Child Development and Personal and Family Development.

She explained that special interest courses are taught in each area. For example, KCIW residents have, in the past, focused on home furnishing as a special interest topic, using their learned skills to make improvements in the dormitories.

Another recent topic has been "The Single Parent," focusing on particular problems encountered by a single parent and ways to deal with these problems.

In addition to the special interest classes, the program also offers Living Skills Training I and a special unit on Personal and Family Development which is offered in the Assessment and Orientation Unit (A & O).

According to Ms. Buda, the unit includes segments concerning diet and weight control; dealing with family separation and family planning.

She also pointed out that independent work times, set up for one hour each day, have been established, allowing the women to work on special projects.

"The women have been very receptive to the program and appear very interesting in the training. Since the training tends to maximize their skills in areas in which they have some previous knowledge, they enjoy a greater degree of success," she said.

"And, the taste of success generally leads to success in other areas," she added.

If you want to send your copy of The Kentucky Inter-Prison Press to someone by mail, please place their address and yours in the space provided below. Fold vertically and staple one time in the center where the two open edges meet, leaving both the return and receiver's address visible. The Kentucky Inter-Prison Press requires one 15 cent stamp.

FROM: _____

MAIL the INTER-PRISON PRESS TO YOUR FAMILY OR FRIENDS EACH ISSUE

TO: _____

PLACE STAMP HERE

