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Recount

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Vol. IV

No. III

PRE-PAROLE EDITION

IF

If you can keep your head when all about you
Are losing theirs, and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting, too
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
And yet don't look too good, nor talk too wise;

If you can dream and not make dreams your master;
If you can think, and not make thoughts your aim;
If you can meet with triumph and disaster,
And treat those two imposters just the same;
If you can bear to hear the truth you've spoken,
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build them up with worn out tools;

If you can make one heap of all your winnings,
And risk it on one turn of pitch and toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the will which says to them, "HOLD ON,"

If you can walk with crowds and keep your virtue
Or walk with kings—nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much.
If you can fill the unforgiving minute
With sixty seconds worth of distant run
Yours is the earth and everything that's in it,
And—which is more—YOU'LL Be A MAN, MY SON!

..... RUDYARD KIPLING

THIS ISSUE

Some of our readers will wonder at the odd width of the pages in this issue of the Recount.

Having printed a brochure "Facts About the Pre-Parole Release Center," we decided everybody would find it interesting and decided to run the article in this issue of the RECOUNT.

In as much as the type was already set, we figured to run a column beside it and therefore our pages are 3½ picas wider than usual and our inside margin less.

On Oct. 3, 1859, Professor O. J. Goldrick opened the first school in the territory in a small one-room log cabin in Auraria, now West Denver. There were 21 pupils. Goldrick is one of the legendary figures of the state. He came to the Pikes Peak gold region driving an ox-team, and wearing a black broadcloth coat, a stove-pipe hat and white gloves. An Irish gentleman with a good education, he swore at the plodding oxen in classical language. Later, he became noted for his high sounding, poetical and redundant newspaper writing on the early Denver papers.



Hon. S. L. R. McNichols
Governor

Robert L. Knous
Lt. Governor

J. C. Cowperthwaite
Business Manager

Edward Grout
Executive Director of Parole



Harry C. Tinsley
Warden

Fred Wyse
Deputy Warden

J. W. Kinney
Deputy Warden

VOL. IV

CANON CITY, COLORADO

NO. III

Officer William Davis Sr. Editorial Advisor

F. Cunningham Editor

D. Holloway Assoc. Editor

STAFF

INDEX

M. W.	Linotype Wardens Page	2
C. Hanley	Compositor Literary Guild	3
Alex Rel	Compositor Pre-Parole Facts	3
R. Haines	Make Up Fingerprint	4
C. Pote	Make Up Cannery Cleanings	6
R. Montgomery	Press Tailor Shop	7
M. Perez	Press I Am A Prison	8
J. Wert	Printers Devil Protestant Chapel	11
T. J. T.	Printers Devil Governor Considers	12
Engberg	Bookbinder State Historical Fact	12
J. Winkleman	Paper Cutter Hounding Parolees	13
D. Holloway	Shop Foreman Sports	13
	Sports Slants	14
	Music	16
	School	16
	Editorial	17
	Helicopter	18
	Editorial	19
	Pre-Parole Enthusiasm	19
	Liars	20

The Recount is published monthly by the inmates of the Colorado State Penitentiary with the permission of the Warden. Any article herein does not necessarily represent either the views or opinions of the Administration Officials or of the Magazines Editors or other Staff members. Nor is any certain article to be considered as having the special endorsement of any of the above mentioned groups. Permission to reprint articles or excerpts from this magazine is granted, providing a credit note is given. Neither the magazine nor the officials accept any responsibility for any article which may prove to be a plagiarism. Stories and articles are accepted at face value as being original unless specifically stated to be a reprint.

BOO—BOO—Facts About the Pre-Parole Release Center are continued from page 7 to page 13 instead of on the next page as stated on page 7.

Success Indicated For Pre-Parole Release Program

From the desk of Warden Harry C. Tinsley

On Sunday, August 23, 1959 Governor McNichols dedicated the Pre-Parole Release Unit which is located on prison property five miles east of Canon City, South of Highway 50.

..This unit has been in operation since the last of February, 1959 and has released a total of 254 inmates from March 21, 1959 through August 23, 1959. Ten of these released parolees have violated parole and been returned to the institution as parole violators. This represents 3.9% of the total released from the pre-parole unit. At the same time, the Pre-Parole Unit was getting started 380 inmates have been released from the main prison from March 21, 1959 through August 23, 1959. Eightytwo of these parolees have been returned as parole violators for a percentage of 21.6%. While the figures at this early stage in the life of the pre-parole unit cannot be in anyway conclusive it does indicate that during the first six months of the pre-paroles existence that there were 18% more successfull parolees from the pre-parole release unit than there was from the main institution itself. This is, at least indicative that the program does offer something to the parolees in helping them to readjust to civilian life.

RE
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2 ..The Pre-Parole program and expenses connected with this program can be economically carried on even if there is only a 5% increase in successful paroles. The pre-parole release program does not claim that it can or will be able to rehabilitate an individual during the short 30 day stay that the men are in this unit. It is well aware that if the seed is

not implanted for a readjustment to civilian life or for rehabilitation it cannot be done in this short period of time. Rehabilitation must start with the individuals desire to make a change in his past life. It is the responsibility of all correctional institutions to stimulate that desire for a readjustment. This desire can be stimulated in many ways by the various types of programs available in the institution. The educational program, the religious program, the physical and mental health programs, the work programs, the on---the---job construction training programs, even the disciplinary programs within the institution all are factors that aid in stimulating the desire for an individual to make a readjustment in his life.

Now that we do have what appears to be a good, workable release program, it is the responsibility of the institution and the entire personnel of this institution to continually work toward improvement of those programs that will increase the incentive of individuals to make that adjustment back to civilian life while they are here. This is by necessity a constantly changing program and it is all of our jobs to try to find better ways in which this can be done. We must continually attempt to change our thinking from a strictly custodial to one of working out programs that will help those people that are committed to our institutions and return them to society as useful, law-abiding citizens. It is probably too optimistic to ever think that a Utopian situation can be reached wherein all people will make that readjustment, but it is our job ao try to increase the percentages that do make success on parole in every way possible. Let us continually strive to do that job.

LITERARY GUILD

445 New Books Being Catalogued

John Smalley

By the time this goes to press the new books for the library should be in circulation in the cell-houses. These are the books which you selected through your representatives in the Literary Guild. Each of these representatives did a great deal of work searching through innumerable catalogs, books, magazines and the book sections of all the newspapers to say nothing of the canvassing of the other inmates to find out just what kind of books you wanted to read.

The final list, arranged and typed by A. B. Tolley, to whom a great deal of credit should go, amounted to 445 books from several firms at various prices. Of these all were approved but 28 (less than 7%), which speaks well for the members and the inmate body as a whole.

Our next big project is to write a review -about one page- of every book in the library. That in itself is quite a project and we will need a lot of help from new members who feel that they can write, but the biggest project of all will come after the reviews are finished.

We want to cut ditto masters on them and put them in the form of a book to be used in every cellhouse as an adjunct to the regular library catalog or we might incorporate it right into the catalog itself. We all know that the catalog as it is now is very unsatisfactory. We cannot tell what a book is about by the title, we cannot go to the library to see what kind of a book it is, if we are familiar with the author it helps a little but we still don't know anything about the book at hand.

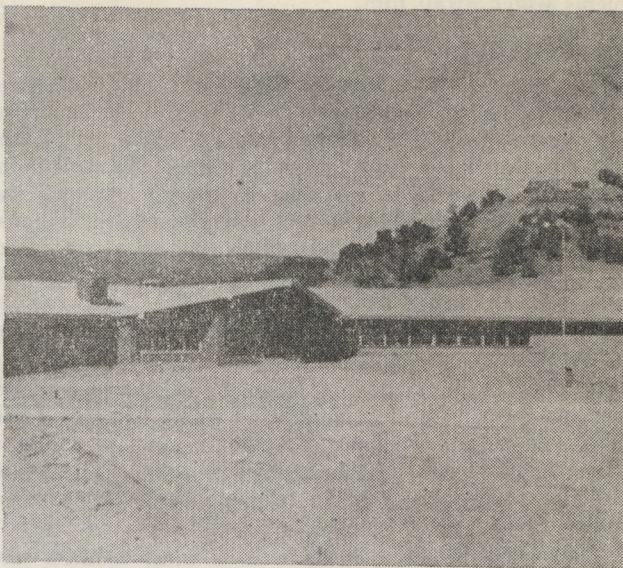
If we had a review of every book -in the library catalog, or in a separate volume- every- one would know what to order to get the type of reading he likes.

As it isn't feasible for 1600 men to be browsing around the library, as is the accepted practice in the free world, the only practical solution is this volume of reviews.

Our Literary Guild is not a closed corporation. It is open to anyone who has any interest in books. If you are a reader, come on over, you will be welcome!

(cont'd on next page)

Facts About The Colorado Pre-Parole Release Center



HISTORY AND THEORY

The theory that men who are drawing near the end of their sentences need some preparation for the transition to the free world is a well known one. It is accepted by all penologists, both practical and theoretical, that a potential parolee has a genuine need for a preliminary period of semi-normalcy under institutional restraint, to serve as a decompression period, prior to actual departure from any prison.

When an inmate is under strict custodial supervision one day, and on the next enters into the unsupervised freedom of the community, we create a situation similar to that of expecting a man with a broken leg to run the hundred yard dash. He can do it, maybe, but it's very difficult and the odds are he won't be successful.

The theory of pre-parole release has had considerable trial and usage in some foreign countries as well as in the United States. Other states, and the Federal system, have various types of pre-parole release programs which are considered to be proven successes. The Colorado Pre-Parole Release Center has combined the best elements of these other programs into one, as a basis of operation and then supplemented and revised until the present twenty-three project program is a workable reality. It is, of course, subject to future addition and revision, as experience dictates.

It is generally recognized that many parole violators come to grief merely because they were not ade-

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quately prepared to face free and normal society. The prison has, of necessity, institutionalized the inmate, therefore he must be de-institutionalized before release. Further, the potential parolee must be oriented to make proper decisions when confronted with the many problems which await him.

PHYSICAL PLANT

The Pre-Parole Release Center edifice was designed expressly for the purpose which it fulfills. The technical style of the building is termed "radial"; this means that the wings of the building all radiate from a central point which contains the main offices, visiting lounge, and main entrance. At present, two dormitories, each housing thirty men in individual rooms, comprise two wings of the four wing structure. The other two wings contain kitchen and dining room facilities, and various offices, guidance rooms, storerooms, and inmate personnel rooms, respectively.

Under the kitchen wing there is a basement which contains heating and refrigerating units, laundry facilities, and a large recreation room. In each of the residence wings, and in the basement, there are shower and lavatory facilities. At present, there are 25,087 square feet in the total structure.

The entire building is done in a most modern and tasteful manner, from the viewpoint of furnishings and architecture, as well as possessing the most efficient of service facilities. Each inmate has his own compact room, and the complete lack of security devices made this unit one of the most economical to construct in the entire penitentiary plant.

Provision has been made, by the type of construction, for enlargement of the building to double its present capacity, in the future, by the foresighted use of radial type architecture.

ADMINISTRATION

The administration of the Pre-Parole Release Center is a joint enterprise conducted by the Colorado Department of Parole and the Colorado State Penitentiary. There exists a planning board, composed of experienced personnel from both departments, which advises in formulating policy and program for the Center. At the Center, a ranking member of the Parole Department heads up the staff, assisted by a Lieutenant of the Correctional force of the penitentiary.

PERSONNEL

The Parole Department utilizes the services of the Pre-Parole Supervisor, two Parole Consultants, and a lady stenographer who is employed in processing inmate records. The Penitentiary furnishes the services of one Correctional Lieutenant and four Correctional Officers. All personnel wear civilian clothes and, in fact, overlap considerably in their functions, as in any successful, coordinated operation.

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Letters Should Be to the Point

Jimmy Burks

Well, here we go again gang. I enjoy "chewing the fat" with you fellows via these articles. I've gained valuable experience thru working in this office, and I would like to share it with all you guys as much as possible. In the last issue of *Recount* for instance, I promised to impart information in regard to writing proper letters when appealing for jail time, clemency, etc. What I am about to tell you guys is based on over 12 years experience as a professional clerk, or jerk — depending on your opinion.

Letters written to a Governor or Judge should be in formal terms. They should be neat, brief and to the point. And if at all possible, they should be typed. This shouldn't be impossible considering the number of typewriters among inmates in here. Lets consider the type of office your letter will arrive at. A letter addressed to the Governor will hardly ever be opened and read by the Governor first. And the same thing generally applies to a Judge, providing the letter is addressed to him thru his court (as it should be). Your letter might pass thru the hands of one or several secretaries or aides before it reaches the desk of the Governor. A busy executive like a Governor receives so many senseless, quack, hard-to-read, and pointless letters that a screening process is necessary before any mail worthy of attention will reach his desk. And in case anyone is interested, only three percent of all mail addressed to the U. S. President gets as far as his Chief Assistant! Lets break things down:

LETTERS TO THE GOVERNOR

From you guys, these will be for clemency. Use common sense. If you have a long bad record with an average sentence for the crime committed, you have as much chance as a snowball in that joint downstairs. If you think you had an unfair trial or bum beef, your chances are better on filing a Writ or such. If you are a lifer, have an unusually long sentence, extreme hardships regarding family, or any justifiable gripe, then state the facts plainly in humble and respectable terms. Don't give a long, drawn-out "hard knocks" history of your life. End your letter with a term something like this: "I am thanking you in advance Sir, for any consideration given, regard-

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less of your decision." You guys having trouble with the wording and arrangement of these type of letters should seek assistance from some "more learned" buddy. A pack of smokes here and there will work wonders.

LETTERS TO A JUDGE

These will be for a sentence cut or credit for time incarcerated prior to sentencing. The legal time a Judge has jurisdiction over a man's sentence or to give him jail time credit has been too controversial for me to expound on in this article. I will just go this far; Ask around, find out whats happening, then shoot the works. Now; never write a Judge at his private residence. I've seen guys come in this office and get a Judge's private address out of a telephone directory. This is wrong. Mr Manley will gladly furnish the Court and District No. of a Judge to any inmate. Like the Governor, letters to a Judge should be written with common sense, neatness and in respectful terms. I have found out that about half the Judges in this State sentence men with the time they have spent in jail taken into consideration. So if you know this in advance, there isn't much point in asking for it. Give reference material in your letters such as Docket Numbers, when sentenced, etc. This will help people in checking the facts of your case and speed any action taken. Reference information should be entered on the upper part of your letter, right or left side in a neat block of figures.

In conclusion, keep your letters brief, neat, and reasonable. A letter reflects the character of the writer. And for God's sake, never write a Judge that you were given a bum beef or too long a sentence, because you will be saying in effect "Judge, you were wrong." It displeases most men to tell them they're wrong. And a displeased man isn't about to do you any favors. I've had my own time cut by writing a good letter and helping a couple of others, so "Ah knows what I'm talking about."

So, until next time guys, if there is a next time, I remain your skinny little friend. Adios.

**Blessed are they who
run around in circles, for
they shall be known as
wheels.**

(cont'd from previous page)

Seven inmates are supplied by the penitentiary as a permanent staff for the Center, and are utilized in clerical work, barbering, store-room services, cooking, and maintenance. These inmates live at the Center, housed in their own wing.

PROGRAM

As this is by far the most important part of the Pre-Parole Release Center, we rightfully devote the majority of the space in this pamphlet to it. We might say that without an effective and realistic program, the plant and personnel are useless. Therefore, on the strength and usage of the program, the Pre-Parole Release Center must stand or fail.

It must be understood, however, that the Pre-Parole Release Center is not a rehabilitation center. If an inmate has not had the seeds of desire for a change in his manner of life implanted in him, prior to his assignment to the Center, we cannot expect to effect this in four weeks, regardless of plant or program. The purpose of the Pre-Parole Release Center is to provide a period of "decompression," a supervised period of comparative freedom, during which the prospective parolee can be instructed in the many things an institutionalized person has forgotten, or in many cases, was never aware of.

Why should an adult have to be taught how to apply for a job, hold a job, write a letter of application for work? These are things that many of these men have forgotten, or *have never known*. These small points are, in some cases, the reasons for the mans incarceration. It is a statistical fact that approximately 50% of all parolees who violate their parole do so in the *first 60 days* after release! This is the critical, transitional period. If it can be bridged, and if the Pre-Parole Release Center is instrumental in this bridging, then it will more than pay for itself on a dollars and cents basis, apart from the humanitarian aspects.

When an inmate goes to the Pre-Parole Release Center, he enters a new world, and so must be oriented as to the general schedule, restrictions and duties. Newcomers to the Center are transferred on Wednesdays, of every week, and the remainder of this week is utilized in intensive general orientation, self-evaluation, and the rudiments of writing a letter of application for work. The apparent haste in initiating the writing of job applications is explained by the time element; correspondence takes time, and many of these men have only thirty days before they leave the Center.

It would be proper to mention at this point the various methods used in presenting the program. These consist of lecture, audio-visual aids, role-playing in simulated situations, guest speakers, and small group therapy sessions. These methods are used separately and in combinations, depending upon the need and the subject. There is also much opportunity for personal, private contact with sympathetic staff members, dur-

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ing which troubled inmates can be interviewed and counseled with a minimum of formality and a maximum of effect.

The week is parceled out so necessary work is done by the inmates in the morning; afternoons, and sometimes evenings are given over to guidance sessions. Saturday is general "clean-up" day, during which the Center is brought to the peak of shining beauty which is one of its outstanding features. Sunday is, literally, a day of rest and meditation. Church services are available for those who wish to attend, but apart from necessary work attendant upon food preparation, there are no tasks, or guidance sessions. An interesting feature is that the inmates are encouraged to wear their "going-home clothes" for dinner each evening and on Sundays. It is believed that this will accustom a man to civilian clothing so he will not be uncomfortable because of a sharp transition from prison uniform to civilian wear.

During the first full week at the Center, the inmate is given guidance sessions with "Parole" as the general subject. This covers: "History and definition of Parole," "Parole Conditions," "Relationship With Your Parole Officer," and "Interstate Parole." A further session is scheduled, this same week, with "PURPOSE and function of the LAW" as the subject.

The second weeks subjects are as follows: "Employment Services and Unions," "The Job Interview," "The Completion of the Job Application Form," "Social Security and Job Benefits," and "Keeping Your Job."

During the third week, the inmate is introduced to the following points: "Contracts," "Budgets," "Borrowing," "Buying New or Used Cars," and "Legal Problems."

The fourth, and final week of the curriculum, is as follows: "The Family," "Social and Recreational Activities," "Assisting Agencies," "Hygiene and Mental Health," and "Common Courtesies."

At the beginning of the program, during the first Orientation Period, the incoming inmate is given an "Evaluation Form," on which all these subjects are listed. He is asked to fill in these sheets, as he takes the lectures, assessing the value of each, to him, as EXCELLENT - GOOD - UNSATISFACTORY - or any other comment he may care to make. This sheet has further space for a paragraph, the heading of which is, "What Do You Think Will Be Important to Your Success After Release?" More room is provided for another paragraph, headed "General Remarks Regarding Program: (What is your opinion of the Pre-Parole program in general?)" The bottom of the form provides a place for signature, and date, but also includes the comment, "You do not need to sign this unless you wish."

Apart from the obvious value of comment on the program from those participating in it, this sheet serves as a catharsis. It provides excellent material for the

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Modern Process Speeds Production

By Vernon H. Miller

At present, there are about 125 men on the day shift; 40 or so on the swing shift. We have just finished canning approximately 30,000 gallons of apricots. Everything is put up in one-gallon cans. The average per day is about 1500 cans; not counting the production of the swing shift. While the day shift was busy with apricots, the swing shift was canning green beans. Also, they put up some 15 tons of cherries.

By the time this issue is published, we should be in the middle of the peach canning, if not finished already. Then we have pumpkins, tomatoes, apples and several other things before our season will be over. Usually the cannery is done by October, but I understand that it will be well past that date before we are finished this year.

The various operations required in the canning process are very interesting. The apricots, for instance, arrive in crates. They first go to the sorting table where they are dumped slowly on the conveyor belt. There are perhaps some 60 to 80 men working on these preparing tables. The kettles are loaded on a cart and taken to the filling machine. A conveyor carries the empty cans to this machine, which is a revolving turntable type of mechanism. There are holes on the outside edges the size of the can. The produce is emptied on the turntable and the operators scoop it into the cans as they revolve around. Sugar is placed in the cans before they start around the turntable. At the other end, a man inspects the cans to be certain they are full, while another slides them down to the water-man who fills them with scalding hot water.

The cans are shoved on the chain conveyor which carries them into the pre-cooker. This outfit is some 20 feet in length by about 5 feet wide. It is filled with boiling water; the sides are open but it has a canopy to protect one from the steam. It takes about 15 minutes for the can to travel the length of the pre-cooker. It then slides on another conveyor which carries it the few feet to the sealer. This ingenious machine puts on the lid and seals the can shut. If I am not mistaken, I believe it is capable of handling some 3000 cans per hour, although, of course, it seldom is required to operate that steadily.

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TAILOR SHOP

by
M. FORD HATCH

Flash! to the style-conscious denizens of the CSP Squirrel-Cage, we offer the latest info from our Shop; we are all through wearing the light-weight green work pants! This material has finally run out, and the next batch of pants will be similar to the gray herringbone we had worn for many years (some of us, that is).

And, sinister influences have been working on our genial boss, Ken Spurlock, toward having our shorts monogrammed; however, even his geniality must draw the line somewhere, so it doesn't look as if this proposed project will succeed.

Lots of fun and games now that everyone is on a pay status; for the first time, many of our operators are finding out they aren't the Master Tailors they fondly thought they were. The five pay grades are really cutting us down to size, and the Boss is going to Nite Collitch so that he can cope better with his increased book-work! A few statistics for them that like figures, (digits, that is): Last fiscal year we turned out 11,962 pairs of socks; 4,142 work shirts; 5,758 pairs work pants (the laundry must have repaired 4,000 of these!); and 5,758 pairs of duck pants for the kitchen and dining room boys.

Incidentally, suits and slacks (go-in' home clothes, friends!) production has greatly improved lately. We have some very conscientious men in this department, and the parolee can be assured that he will look quite presentable upon his release.

That's it for this time; our next column will deal further with the latest fashion notes, et al. So take it easy - - -

(Cannery cont'd)

The cans roll over on their sides and proceed to the cooker, which is an enormous contraption and looks very complicated, with its many lights, knobs and control panels. To one side of it stands the cooler. From there, the cans roll down an inclined conveyor to where two men attach labels. They are cased and stored at the other end of the building; the final operation performed on our crate of apricots.

There are many machines of various kinds; a cherry seeder, one to strip the kernels from an ear of corn, one to cut the ends off of green beans, another to cut them up into small pieces and many other specialized machines.

small group (usually 2 or 3 inmates) sessions held by the Pre-Parole Supervisor with the inmates leaving in a few days. These sessions are held so the outgoing inmate may bring up final doubts, questions, or ideas he may have. The fact that they last from 2 to 4 hours indicates they occupy a vital part in the program.

The subjects covered in the four week curriculum are presented in a variety of manner. considerable research has gone into the method of presentation of each point. This is constantly modified and strengthened as experience and results demonstrate their needs.

There are many reasons which can be cited for the need of such an institution as the Pre-Parole Center. The humanitarian belief that the saving of one person from a life of crime, and its consequences, justifies any effort, is an important one.

The reason which makes most sense to most people, though, is one which is just plain *dollars and cents*. Does the Pre-Parole Release Center *save money* for the taxpayers of the State of Colorado? The answer must be, "Yes, in every respect."

First, the unit itself. The construction was done at a cost of \$8.40 per square foot, as against the rate of \$15.00 per square foot for current maximum security construction. These figures speak for themselves.

Second, the cost of operation. The first point to be considered here is the salaries of personnel needed to run the institution. This can be better demonstrated by showing the number of persons required for the supervision of inmates in the two different types of facility. In quoting maximum security figures, we include only the Correctional Officers actually used in guarding and supervising the unit, and do not include the great number of personnel whose services are partially used therein. The ratio of the maximum security unit is that of 1 officer to 3 inmates; the Pre-Parole ratio, 1 officer to 15 inmates. Here, when one considers the rate of wages, figures speak louder than words.

Third we come to concrete results. To keep a man in the penitentiary costs the taxpayer \$1700.00 per year. To supervise a man on parole, \$160.00 per year. This is a tremendous difference, one figure being less than 10% of the other. If the Pre-Parole Release Center is successful in reducing the rate of parole violation by just 5%, it will pay for itself in dollars and cents. Apart from these figures, there is a further benefit, impossible to estimate accurately. A man on parole is a taxpayer - - in prison, a tax-user; on parole, the support of a family - - in prison his family is supported by the taxpayer; in prison a parasite, useless to himself, the state, or his family - - on parole a contributor, supporting the state and his family.

The Pre-Parole Release Center does not set 5% improvement as the maximum. We cite this figure for two reasons; first, because it is the "break-even" figure,

(cont'd on next page)

I Am A Prison!

“ I speak with many voices ”

By Werner

Hello.

Nobody likes me. Nobody has a kind word for me. Everyone looks upon me as an imposition, something to be cursed and hated, something to be daily censured, something never understood. Almost everyone will tell you I deny their finer feelings, intelligence and comprehension. Wherever you may go you will hear that I am the worst and most depressive; that I destroy men and women. Some will tell you I coddle and pamper them — that I treat some of them like human beings, beings who have understanding and human values. Some will even tell you that I am brutal, beating them daily.

Sometimes you may think I have a mind and body. Sometimes you may get the impression I have “eyes,” and perceptive depths. But I haven't. I am made of stone and steel, wood and glass. I am a mass which never moves and seldom changes. I know and see nothing. I am just a constructed edifice, pieces here and there; buildings and shops and open spaces being the hallmark of my existence.

The sole reason for my “being” is to confine men and women for certain periods of time and punishments, depending upon the severity of various crimes. Often neither of these make much sense but this doesn't matter. I am the end result of crimes and convictions and sentences. And in the cumulative process, I deny men the opportunity to find fulfillment in social exchange or in the selection of their daily routine or an evening's pleasure or entertainment. I also curtail spontaneous expression. I make of love and friendship and affection a hollow feeling. Of respect and honesty and decency and morality I rob each human being entering my doors. I may not deprive them entirely of any of these but I usually manage to leave a bitter taste, and if some of the inmates wonder at times, I do not tell them anything.

This is one of the main reasons they hate me. I never tell what I know or see. I am a void, a silence, an affront to any thinking person. What they know is merely an impression, an idea, a belief, or a puzzled frown — concerning me. No man seems to know what I really am. Perhaps it is better that none of them do know. Perhaps it is best that I do not know myself. At least I never need probe and find out. This would be silly and useless because, unlike Popeye, the sailor man, I am more than I appear to be and yet I am less. I am something and nothing.

In reading about me you may discover the truth of some of these statements. It is dependent upon you. I am not easy to read or see or know. I am too many things to too many people and no one can separate me into divisions or sections or categories, and say, “this is the truth.” But for all generalities there is one exception. The following is mine.

I deny all men and women any opportunity for normal sexual experience or expression. This underlies most of my ostracism. This also balances the uneven tenor of my days with the disorganized evenings and nights — the derangements, the maladjustments, the approaching hysterias, the violent arguments and the thousands of minor quarrels. Ill humor finds its haven here with me, unchallenged in its supremacy. No one dare take up the cudgel for me, for fear of being kayoed themselves. This is the reason they have an unspoken truce with one another: “You leave me brood and hate a while, and when you feel like it, go ahead, I'll leave you alone.”

“Well, Joe, what is on the line for chow, tomorrow?”

Not interesting? — It is to the men in here. Not only the tomorrows, but today and every day. Every meal. Every discussion about the possibilities and the untasty reality reveals the uncommon interest.

I am a state of mind. Primarily I confuse the thinking of anyone entering my closely guarded grounds. Everyone reacts differently, but usually adversely. I inhibit clear thinking. I am an immobile force, yet able, without a single ounce of energy to transform men into a multitude of facsimiles — contrary to their inherent human development. I do this but I'm not guilty. If I were to be tried before an impartial judge and jury I feel certain I would be judged innocent. But an impartial judge would be the perfect man and the impartial jury would be a perfect organization. Neither of these occur too frequently in our modern world. In fact it never is too evident, even during the medieval days or the golden era of the chivalrous knights and the benign kings or queens.

Take for example the professional observers, critics, analysts and other authoritative experts. They have studied me and my ways. They have delved deep within and dissected all of my parts. They have given me serious pinches and poundings and pats and then they have gone into their offices and written reams of reasons and explanations and descriptions of and for everything. They've even analyzed my sub-conscious and slipped my Id under the microscope, using several thousand long wonderful words, but I remain as I always have been, just a prison.

I don't change much, at least enough for anyone to reveal it. I would like to alter some of my hoary manners and customs — to approximate a few of the advances of the world about me but this would entail too much personal thinking on the part of the men and women who are at present in a position of authority over me. I don't blame them too much because few people like to change their accepted ways, the ones they have become accustomed to. A very few have tried and almost everyone of them has failed. Those who have gone forward, facing obstacles and overcoming some of them, have found me a rewarding experience — not pleasant, but rewarding. I thank these few for their isolated accomplishments. I feel certain that others will follow their footsteps in the future, perhaps finding greater success and progress through their daily endeavors. I hope so, because these men

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and women living here must be seen through intelligent knowledgeable supervision and guardianship; through a learned scholarship of factual, human, educative values. These by the way, are not being used too frequently at present. These are not commodities which can be bought in any of the great Supermarkets in the cities of our great nation. Neither could our educational organizations contribute much to the improvement of any prison. The same holds true for labor unions, the scientific geniuses, the government experts, the religious zealots, the communal arbiters or the self-styled liberals.

I AM A PRISON

This should describe me. It should tell a story. It should explain something about me, but I know that it does not. How could it? What words are able to convey my reality? What photographs could reveal the thoughts and emotions of the men and women here? What music could envelop the cadences and shrill outbursts of anger and frustrations experienced daily by thousands of human beings? What dramatic actor or actress could portray the teeming dreams and hopes of all these sleepless men and women? What movie or play could faithfully reproduce the scenes and actions and human puppetry walking upon the stage daily? ---- Naturally, none. There is a make believe. I am a reality! A bit grim and sad in parts and in many others, simply stupid.

As a stately elm has seen the new blades of grass evolve every spring, year after year, so I have been observant of the small, frightened, unknowing humans passing through my doors — some to stay but a short while and others to die here. Many of them have known anguish, tears and regrets. And some have known nothing at all. Some of them go from day to day never really caring or trying to know anything about themselves or the world about them; never attempting to find the reasons for their own behavior, their ideas, their violent passions, eruptions and unstable natures. And least of all do they know anything about the others ---- anyone.

But all of them know one thing!

They hate me. A hatred that is a squirming unease, an irritation, an unforgetting blight upon their minds. No sooner do they get here than they want to be released, to be free of my tentacles; to be far away from all that has become focused upon themselves and within each man. In this I never change. Each human being I hurt somehow, some way, in some manner. Each person looks upon me with scorn and revulsion, yet they never see me as I really am — as I see them, as they really are. No one wants to be seen this way. Not even I, a prison.

I watch them enter in ones and tens and hundreds and thousands — all kinds and of every description. I wish that some of them would think of this when they first enter here. I wish that some of them could see this endless entering and leaving. I wish that they could understand some of the motivations and momentary impulses. I wish they could realize some of the effects this has upon any human being, for then some of them would not be returning again and again, and

some again. But some of them here will stay here, now, until they die. Some will remain until they are old and decrepit and senile and almost childish. They are forgotten, ignored, useless, the remnant of a futile strife.

The end of life is all which remains. It isn't much.

One of the most important ingredients is seldom observed or suspected, the personal quality within each one of them — the one they must live with during the remainder of their lives. It is one of the most powerful forces, yet one of the least understood, because it is the stream of their mind's image of themselves.

These are some of the things within the circumference of my life. This is part of the isolated reality which few ever understand, not really caring to. Here are the millions of fragments — thoughts, of men and women living here. There are many bits and shreds and unrelated scraps, but few of them are able to recognize any but the most essential details or particulars; and a lesser number care to submit their claim to any ownership of the unsightly mess revealed by mere looking. There are many things which appear one way to one person and just the opposite to others. Then there are many other things which do not appear, yet they are existent — in fact, they are the most important of the millions of happenings.

Always in the foreground of everything in this book is the individual. Never forget this. The individual man or woman is the ingredient which makes everything go around. His actions and thoughts and decisions and accomplishments are the only criteria for my existence and usefulness, if I have any. Seldom do the people here understand themselves or their actions, despite their endless talking about them. It isn't easy, because they must reorganize their thinking to include completely new situations and composite ideas of the men in prison and their way of living — men who are now there daily companions. They have all this in contrast to the free world, with all its normal associations, the accepted checks and balances and the expressed individualism of any person. Often these are in contrast to the usual teachings of the average youth. The newcomer to a prison doesn't know which way to accept the new and strange behavior patterns of the men around him. He has no previous experience and can only fall back on the customary reactions; — just be silent, to watch what goes on around him. It does not teach him much, but meanwhile he stays out of trouble until he gets used to the strange melange, and the intermingled image in his mind. Usually he wonders about it for a short while and then it becomes second nature for him to fall into the identical pattern with the others. It may not be what he thinks is best or the most desirable for him but he is afraid to do otherwise, or to express an opinion, for the simple reason that he soon finds out that in prison, originality and difference are frowned upon. Let us say that either is abused in its infrequent appearance.

Therefore it would be best for you to fall in-
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to my accepted ways right now. Do as I tell you and all will be alright. But, do I hear you protest? Do I hear a muttering exclamation of dissent?

I better not. Once you have become a ward of the state, imprisoned in a prison, looking out at the world through bars, you do as I tell you or you pay the penalty for breaking my rules and regulations. Thus I would advise you to become reconciled to your present position. Be wise, welcome the convenient and expedient, recognize the shallowness of the median stream of humanity in any prison and make an effort to blend yourself into the background: Otherwise you also know the ostrich's handicap, a pain deep in the recesses of your neck.

Do not be too curious. Do not look for reasons and results, just accept the visible and actual. My values are different from the others. My ways are slow, placid and even. My actions are somewhat direct and harsh, yet sometimes you will notice them in action but most of the time you will not observe them in operation. And some of the little things you may catch a glimpse of are not to be mentioned — directly. You are allowed to create a rumor or a tale or an exaggeration of it, but do not speak of it as it actually happened.

You see, I'm tricky, too.

If some things do not make sense do not fret. This is one of the strong points of my existence; it is also one my truthfulness would admit to being a weak point also. Many things are in opposition to each other every day and yet they become the standby of almost every man in here. Often he does not know of its gradual inception. By the time it is full grown he does not know or recognize it, at least not until his release. But if he is fortunate enough to understand it after his release, then the surprise is doubly impressive, for quite often he may return and he is able to utilize this knowledge and finally manage to do some constructive thinking.

Millions of words have been written about me, fictional and factual. Many of them have been written by men who have known my ways but they chose otherwise. Their reasons I do not know, neither do I censure them for their moment of glory or financial reward. They probably earned both. At least I hope they found satisfaction in their writing, be it ever so small. What I do regret is their evasion of the truth. There is no excuse for it. In almost every case it was deliberate and it isn't attributable to literary license or ignorance. I would like to think they merely wrote their impressions of prison life after their release and not after comprehensive study of their experiences or an honest intention to report it accurately. Few men are trained to report what is quite legible and visible, especially not when it touches a man personally while he is in prison. Therefore it can be understood why much of the "literature" about prisons is mainly "literary" and "symbolic" and good "story copy."

Truth is the hardest of all to write about or describe. I shall attempt to adhere to the truth. When I am unable to do so I shall not

lie or evade the issue. I shall say that I cannot express it properly.

Now you may wonder why I brought up truth. Believe me I had a good reason for it. Being a prison gives me the enviable position of anonymity in every respect. No one can pin a name on me and say, "That is the bastard." I have no physical "being," so no one can take a healthy swing at me or insult my family — as I have none — or sue me for defamation of character. I am perversive to the timidity of the professional pundit. I am associated with no professional group or organization or club. I do not have to cater to any group or slant my ideas or descriptions for any political favors. Neither do I have any axe to grind for or against anyone. I am myself and need only place this before you. You decide for yourself. If you dislike me you can walk away and leave me alone. If you find me interesting you can stick around for a while until the end approaches — I say, approaches, because few people like death. But in this I have another advantage, for I seldom die: I may even appear to be dying but it is a good bet that it is only my normal impression — that of age and dirtiness and uselessness and uninterest. And, because I do not have any boss to worry about, you may get to like me as a free agent, with some new and novel ideas about myself.

Again,

I AM JUST A PRISON.

I am the result of many men and women. I am the refuge of the poorer men and women, the least educated and the physical and mental cripples of the world. Many of them will not like this description and neither do I. Being a prison isn't a complimentary word in itself. I don't like it but I am stuck with it because this is what I am. I can't change it one bit, though I would like to.

If a cat meowwed I would probably say "Scat," but personally I would like to stroke old puss. I'm not as terrible as pictured. If you compared me to some of the old and honorable castles in Europe you could barely miss the stone for stone resemblance. I am old and in some instances, decrepit. Few of my buildings are new or modern. Look around the country and you will notice that much of my exterior is dirty and dilapidated. I am really dirty and ugly. Not only ugly but forbidding and unpleasant, a displeasure for any person's glance. Perhaps you have passed me somewhere and wondered if it could be so. Yes, it is so. This is what I am. This is what I have been and what I will remain for many years into the future. In some cases I will fall down from exhaustion, unless some of you take an interest in me and ask some questions and press for changes. I doubt that you will, but I thought you would like to know of my inner feelings. At least I enjoyed expressing them. Seldom am I given the opportunity to speak for myself. Others have from time to time but they didn't have their heart in the matter. I have. This concerns me and I have few if any nation-wide organizations plugging for my improvement. I am not much but I am a prison with some pride — pride in some things and shame for many others.

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Protestant Chapel Rev. Richard Sammon

THE HALL OF HEROES

Have you ever thought how many different kinds of heroes there are in the world? In every land there are names of people who lived long ago that are still kept in loving memory and honor, because those who bore them performed heroic and noble deeds, some of them risked their lives to find out how to conquer disease and to help bring the blessing of health to the world. Some suffered and died for the truth. Some fought against enemies of their country in battle. All these are true heroes, and were glad to give them praise and honor; but there are others who deserve higher honor than any of these. Let me tell you a story that I have read. It was a vision, perhaps, that some unknown author had of a Hall of Heroes. This is the way his story described it:

"Suddenly I found myself standing before a great building. There was a wide entrance, approached by a great long flight of broad steps, at the top of which in the shadow of a great doorway stood a man. When I went up to him and asked, 'Will you please tell me what this building is?' He answered very graciously:

"This is the Hall of Heroes. Would you like to see through it?"

"Thank you very much," I said and followed him in.

"When we entered I found myself in the center of a magnificent hall, around the inside of which ran marble staircases leading to the different floors. All was silent, and when my guide spoke to me, his voice was echoed along

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Each in its proper place shall be revealed to you. It is for you to observe them when they come along, but you must be alert.

Now let us find out what I really am by going among the men and women, watching and observing and listening. Let us watch them in various actions and working surroundings. Let us watch them at leisure and in study. Let us be very careful and maybe we can hear some of them plotting and devising new ways to commit other crimes. Let us also be cautious and quiet, for we may intrude upon a man praying and wondering about his family.

Lest curiosity prompt you to react and believe that these people in here are "different" allow me to say one thing:

They are as all people throughout the world - individuals. They awaken and eat and work and talk and gossip and think and play and act the fool; they also hate and love and argue and fight. They are selfish and unreasoning and egoistic and jealous. They do many things and say innumerable things and attempt many things. And then, like all or each of us, they also get tired and must go to sleep.

So, I welcome you to my domain. Please enter and do not be afraid.

I AM JUST A PRISON!

the high walls and balconies like the soft deep notes of a cathedral organ. "Here we enshrine," said he, "the memories of all heroes from the least unto the greatest. Let us go in."

"Turning, I saw opposite me an open door; and over the door was written, 'Heroes of Battle.' I think that you would be able to tell the names of a great many whom I saw there as I walked slowly down the long aisles of that great chamber. Men who had fought and won great victories, men whose defeat had been glorious because they had all their wounds in front. Leonidas, who fell at Thermopylae; Horatius, who kept the bridge; Nelson, with his armless sleeve; and Gordon, without a weapon. There, I saw, too, heroes of the World War, many of whom I had known, and I was overwhelmed with a feeling of sadness as I thought of the sacrifice of so many young lives lost in battle. I saw that the face of my guide was shadowed with sorrow too, as we came to the end of the room and passed out into the great hall.

"Let us go to the next floor," he said, "some day the nations of the world will learn to love each other, and then, 'Men will beat their swords into plowshares and their spears into pruning-hooks, and nation shall not lift up sword against nation, neither shall they learn war any more.'"

"I wish that were true today," I said

"It will surely be true some day," he answered. "And you can help to bring it to pass if you will."

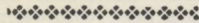
"I will do all that I can," I promised, and my guide's face brightened as he turned to me and smiled.

"When we reached the landing at the top of the stairs, I saw before me a door over which was inscribed 'Heroes of the Lonely Way.' Here were the pioneers - men who had cut their way through the jungles of dark continents, who had scaled unconquered mountains, crossed waterless deserts, discovered the source of rivers, sailed over unknown oceans, and pushed their way along the very rim of the earth. I felt ashamed that I knew so few out of that brave multitude; but I knew Columbus and a few others, and my guide stopped me every now and then, and told me stories of deeds of courage and faith and endurance which have done more for the world than all the conquests of the sword.

"As we ascended the second flight of steps my guide pointed to an open door before us, over which was written 'Heroes of Truth.' Then he spoke as I have never heard man speak before of the glory and beauty of truth; of the conflict that is raging between truth and error, and of the certainty that truth will triumph in the end. With my heart aflame at his words I entered the room, and saw the hosts who had stood bravely for the truth in places where error was powerful and had many followers. Socrates was there, with the cup of hemlock in his hand; and Luther was there

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On Oct. 3, 1859, Col. Thorne brought the first theatrical troop to Denver City, Arriving by mule team from Fort Laramie. He opened with "Cross of Gold" at the old Apollo Theatre, with tallow candles for foot-lights. In gunnel's saloon downstairs, the clink of bottles and glasses; the click of roulette wheels, and the loud voices of three-card monte dealers interferred with the performance. Thorne could stand it only one week, when he pulled up stakes and left. The famous Haydee Sisters, dancers and singers, stayed on, however, and later played at Central City and the gold diggings in South Park and on Blue River.



If at first you don't succeed:

- Baby: Cry---Cry again!
- Nosy neighbor: Pry---pry again!
- Jealous wife: Spy---spy again!
- Guilty husband: Lie---lie again!
- Dissatisfied bleached blonde: Dye---dye again!
- Drunk in tavern: High---high again!
- Me---making another typing mistake: MY! MY! (!/-X%IX!) Again!!....

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who defied the Pope as he nailed his thesis to the door; and all the noble army of martyrs was there from Stephen to Margaret Wilson, who was tied to the stake in Solway Firth and drowned by the rising tide because she refused to deny what she believed to be true.

"I could have stayed a long time in that glorious chamber, but my guide led me on, and we came to the last staircase of all. It was broader than all the others, and was made of something which hushed every footstep into silence. On the steps were written the words, "Greater Love Hath No Man Than This, THAT a Man Lay Down His Life For His Friends." Over the door which opened for us into this gallery was inscribed, "Heroes of Love." My guide did not enter this room in front of me as he had done each time before, but standing at one side, motioned with his hand that I should pass in.

"I found that this room was the great dome crowning the building which I had seen from the outside; but it was bigger and higher than I could have thought. At first I imagined it was empty, but it was the marvelous light that blinded my eyes. Then, in the very center, I saw a cross, with a man crucified upon it. A moan escaped from my lips. "Jesus;" I whispered half to myself. As I grew accustomed to the light, I found that the room was not empty; indeed, it was the fullest of all; for the walls seemed to rise into mist, and all the mighty space was filled. Slowly I began to distinguish faces: I saw David Livingstone, who gave his life for the people of Africa; I saw James Chalmers, who gave his

Governor Considers New Advisory Unit

Governor Steve McNichols indicated Wednesday he might create a special board to advise him on commutations and pardons for inmates of the State Penitentiary at Canon City.

The board would be composed of Warden Harry C. Tinsley of Canon City; Wayne K. Patterson, supervisor of the State Reformatory at Buena Vista; Atty. Gen. Duke Dunbar or a member of his staff; Edward W. Grout, state parole director, and Archie Reeves, a member of the State Parole Board.

In a letter to Warden Tinsley, Governor McNichols said he was interested in establishing the board to make a "systematic evaluation of the prison population" to assist him on commutations and pardons.

He asked Warden Tinsley to contact other prospective members and make arrangements to meet with him for further discussion and planning.

Via the ROCKY MOUNTAIN NEWS

life for the savages of New Guinea; I began to see quite clearly the multitude that cannot be numbered, of the Heroes of the Cross. Then I caught the sound of music. It came up from the bottom of the huge building, as if every kind of hero, from the least to the greatest, was joining in one mighty chorus. It filled the room in which I stood. I heard the words at last, "Blessing, and Glory, and Wisdom, and Thanksgiving, and Honor, and Power, and Might, be unto our God forever and ever. Amen."

"I felt I could endure it no longer; I turned and left the room, and ran down the staircase with the music ringing in my ears and a great throbbing in my heart. In the hall at the foot of the staircase my guide was waiting for me. He walked with me to the great entrance, and said in the kindest voice, "You will be here some day?" I stopped in astonishment.

"I?" I answered, "I, a hero?" "Why not?" he answered, smiling. I looked into his face. He seemed to know the great longing in my heart, and with infinite tenderness read and answered my unspoken question.

"How can you? "Ask, and it shall be given unto you; Seek, and ye shall find; Knock, and it shall be opened unto you; for every one that asketh, receiveth; and he that seeketh, findeth; and to him that knocketh it shall be opened." I am sure you will be with us some day."

"We stood out side the door. He held out his hand to me to say good-by. I thought it had the print of a nail in it. He said, "On which floor would you like a place prepared!"

Hounding Parolees Not Approved

Four prominent police officials of Colorado said Saturday that they will not permit members of their departments to "hound" parolees or probationers.

The four were Chief I. B. Bruce of Colorado Springs, Chief Spencer C. Garrett of Aurora, Sheriff R. M. Roberts of Adams County, and John M. Schooley, manager of safety and excise for the City of Denver.

They were members of a panel on "Law Enforcement and Corrections" at the 1959 training conference of the Colorado Probation, Parole and Correction Association, held Friday and Saturday in the Antlers hotel in Colorado Springs.

Schooley told the conference that he believed most of the instances of "hounding" parolees involved rookie police officers.

"A trained police officer will not ride parolees or probationers just because they are in that category," Schooley said. "I believe the majority of the reports of harassment of parolees involve men who have not had training or experience."

A plea for trained, full-time parole and probation officers in all sections of the state was made by Judge Edward C. Day, associate justice of the Colorado Supreme Court, at the opening of the training session.

"In 25 years we have made little progress in finding the answers as to what to do with a man after he has been convicted," Judge Day said.

Details of Colorado's new Juvenile Parole Board were discussed at the opening training session panel. Leading the discussion was William T. Adams, sociologist at the State Industrial School for Boys at Golden, and a member of the new board.

SPORTS

BY BUD

INTRAMURAL SOFTBALL LEAGUE STANDINGS		WON	LOST	PCT.
HOSPITAL		20	0	1.000
CH 6		11	9	.550
CH I A		11	9	.550
CH I B		9	11	.450
CH 7 A		7	13	.350
CH 7 B		2	18	.200

1959 ROCKBUSTER FOOTBALL SCHEDULE	
Thursday Sept. 10	LaJunta Jr. Coll.
Saturday Sept. 19	Fort Carson
Saturday Sept. 26	School of Mines
Friday Oct. 2	Colorado College
Friday Oct. 10	
Friday Oct. 16	Adams St. Coll.
Saturday Oct. 24	
Saturday Oct. 31	
Friday Nov. 6	Adams St. Coll.
Saturday Nov. 14	

Games with Buena Vista and Western State are to be scheduled at a later date.

The C.S.P. "Rockbusters," led by John Thornbrough, Harold Waits, and Jerry Brigham, displayed a determination of spirit in holding the Otero Junior College football team of La Junta to a 7 to 6 victory. Otero displayed a strong running attack but was hampered during the game because of fumbles and penalties.

Thornbrough, Waits, and Brigham were cited by the Otero coach as being the outstanding players on the field, for the local team. The next game on the agenda for the Rockbusters is with Fort Carson on September 19.

Crawford, Broussard and Long were the standouts in the annual Labor Day Track Meet held at C. S. P. on September 7, 1959. Crawford scored 12 points in winning four events. He won every event in which he was entered. Broussard amassed 12 points with 2 first place finishes and 3 second place finishes in five events while Long also scored 12 points with 1 first, 4 seconds, and 1 third in 6 events.

Thirty-one men placed in the various events which (cont'd on next page)

FACTS ABOUT(cont'd from page 7 from a financial viewpoint; second this figure has been attained, and even surpassed by the State of Michigan in its operation of a Pre-Parole Release Unit. It is hoped, and believed, that the Pre-Parole Release Center of Colorado will surpass this figure of 5% drop in the number of parole violators who are returned to prison.

The citizens of the State of Colorado, under the leadership of Governor McNichols, are to be congratulated on being in the vanguard of penology and in making such a progressive and humanitarian step.

Sport Slants

By Bud

At this time of the year the sports scene is one of many and varied interests. Baseball is receding into the past, Football is rising into the forefront and here at C. S. P. the Intramural Softball League has completed its season. However, there are several sports which seem to be as ageless as time. They are Handball, Horseshoes and weightlifting with its companion, Bodybuilding.

Recently while observing the men who participate in the latter two of the above mentioned sports it was observed that more than 30 men were actively engaged in these endeavors while another 25 or more men were spectators. Certainly these sports have come a long way in the past few years.

Many people do not realize that these men are participating in these sports in an organized manner. The Weightlifting adherents utilize each period of afternoon yard toward improving their form and high weight achievement with several different types of lifts. Among these are the Clean and Jerk, Squats and others. Each evening they work on a different lift and on the first Monday of each month they combine all lifts to determine their total weight a chievement. Jerry Brigham holds the record for the past year with total lifts of 685 pounds.

In the meantime those men who are participating in the Bodybuilding area continue their work toward improvement. This sport is not one where total weight is most important. Rather, these men take a series of varied exercises with weights toward improving and maintaing a healthy appearance.

The Handball and Horseshoe enthusiasts are as keenly interested in their games as any groups to be found on the sporting scene. We are surprised many times over to see a man come through with a near miraculous save of a well placed ball rebounding from the backboard or to see a man continually throw ringers as he exhibits unusual control over the

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were run off during the day. Prizes of over One Hundred Dollars were offered to the winners of the various events and more than two hundred men participated.

Following is a list of the various men who placed during the day, and the number of points they amassed. Points were given as follows; First place - - - 3 points; Second Place - - - 2 points; Third Place - - - 1 point.

LABOR DAY FIELD EVENTS

50 Yard Dash.....	Broussard
100 Yard Dash.....	Crawford
220 Yard Dash.....	Crawford
440 Yard Dash.....	Crawford
Shot Put.....	Scruby
Discus.....	Norris
Javelin.....	McCowan
Mile Run.....	Arthur
Pole Vault.....	Mora
Wheelbarrow Race.....	Long & Williams
Three Legged Race.....	Tie

(Gilliam — Price & McNear — Turner)

Old Mens Race.....	Lowrey
Standing Broad Jump.....	McNear
Running Broad Jump.....	Rochon
High Jump.....	Scruby
Obstacle Race.....	Crosby
Mile Relay.....	Team

(Waits, Rochon, Crawford, Broussard)

EVENT	PLACED			Winner
NAME	1st.	2nd.	3rd.	POINTS
Crawford	4	0	0	12
Broussard	2	3	0	12
Long	1	4	1	12
Rochon	2	0	2	8
Scruby	2	0	1	7
McNear	1	2	0	7
Gilliam	1	2	1	7
Waits	1	1	0	5
Norris	1	0	1	4
Williams	1	0	1	4
Arthur	1	0	1	4
Crosby	1	0	0	3
McCowan	1	0	0	3
Mora	1	0	0	3
Story	0	1	1	3
McClendon	0	1	1	3
Price	1	0	1	3
McNeil	1	0	0	2½
Turner	1	0	0	2½
Brigham	0	1	0	2
Lee	0	1	0	2
Swayzer	0	1	0	2
Thornbrough	0	1	0	2
Hon	0	1	0	2
Mares	0	0	1	1
Ruby	0	0	1	1
Pratt	0	0	1	1
Wert	0	0	1	1
Tyler	0	0	1	1
Bowers	0	0	1	1
Trujillo	0	0	1	1

SPORT SLANTS (cont'd)

Horseshoes.

The past baseball season has been one of mediocre success if one is to consult the won and lost columns of the "Rockbusters." Yet, here again, we find that this sport has provided much enjoyment for the men who play on the team and those who avidly watch the games as they are played. The "Rockbusters" have played a good schedule this year but were hampered all season long by a spotty defense and lack of adequate stick work when men were on the bases. Pratt, Mares and McNeil were the leading hitters on the squad.

The Intramural Softball League completed play with the Hospital Team walking off with the Championship. During the season many fine plays were made by the members of the various teams with Prater, pitcher for the Hospital squad receiving the selection of Most Valuable Player. These games have drawn a large crowd of spectators each evening.

Old Man Football is now ready to march upon the scene. He has been patiently awaiting his time and now promises to add more thrills and chills to the local sports scene. As in the past the recount will conduct a contest to determine the Most Valuable Back and the Outstanding Lineman on the "Rockbusters." These awards will be made after sending ballots to each man at C. S. P. with the men getting the most votes being awarded the scrolls.

In closing, we would like to take this opportunity to say thanks and good luck to one of the best all-around athletes ever to play here. Harold Waits is leaving the institution and as he leaves he will be remembered as an outstanding end on previous editions of the football team and as a fierce competitor on the baseball team. He has actively engaged in Handball and intramural Basketball. The best of luck to you Harold.

BLOT ON THE RECOUNT

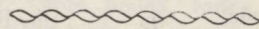
We have had numerous inquiries concerning the paragraph which we blotted out in the last issue.

It is against our policy to accept advertising for publication in this magazine and so in keeping with our policy, we blotted. OK?

SPORTS

1959 Rockbuster Roster

Jersey	Name	Position	Weight
1	Jefferson	QB	155
2	Rochon	HB	150
3	Thornbrough	HB	145
4	Shattuck	FB	160
5	Storey	HB	145
6	Crocket	FB	183
7	French	FB	188
8	Fleming	QB	147
9	Whitney	HB	150
10	Crawford	QB	171
20	Broussard	HB-E	151
23	Larkin	C	163
27	Smith-H	G	160
29	Howell	E	153
30	Smith-R	E	178
32	Plessinger	E	165
33	Waits	E	161
36	Williams	FB	156
37	Jordan	E	177
38	Pratt	C	150
40	Moreno	HB	161
41	Doke	G	195
42	Taylor	G	157
43	Adams	FB	177
44	Lockhart	T	200
45	Thatcher	E	192
46	Zorens	G	175
47	Wammack	G	181
48	Scruby	E	176
49	Prater	T	170
50	Robbins	G	189
51	Brigham	T	209
52	Becksted	T	178
53	Peters	C-T	221
54	Highline	T	205
55	Hones	T	220



The first Sunday School in present Colorado was opened by the Methodist minister, Jacob Adriance, on October 6, 1859 in his little log cabin in Auraria. The Greely Normal, first teachers' college, opened October 6, 1890, in the Unitarian Church in Greely.

Music Department

Bill DeSellier

Not long ago, within the walls of the State Penitentiary at Canon City, Colorado, the idea for a male accapella chorus.

The idea belonged to Prof. Earl R. Gilbert, the Director of State Penitentiary's music department. It was presented to Warden Tinsley, who recognizing its value as a morale builder, gave his consent and backing to the plan.

In its second year, the chorus has already become one of the outstanding efforts of the music department. Employing over thirty men, it meets on Tuesday and Friday mornings, from 9:00 A.M. till 11:00 A.M. for rehearsals, and at those times is considered a regular work assignment. Only those inmates who express a desire to sing are accepted into its ranks, and the waiting list continues to grow - proof enough that men wish to improve their lot, and enjoy one of the finer pleasures of life.

Although all types of music is included in the repertoire of the chorus, the preference is for songs from musical show hits such as "You'll Never Walk Alone," "Stout Hearted Men," "On The Street Where You Live," and "I've Grown Accustomed To Her Face," among others. On the less serious side, such novelty songs as "Sound OFF," "How Much Wood Could A Woodchuck Chuck," "When Yuba Plays The Tuba," and "Sippin Cider" are among its favorites. Too, the Chorus fills the religious bill with a good share of negro spirituals and liturgical music.

Its well rounded repertoire is continously being added to, to meet its ever growing demand. The Chorus is allowed to fill engagements which may come to it

(cont'd on next page)

Back to School

By King

All the teachers had a stunning shock this year. In years past when Mr. Sanger returned from his short vacation he was able to get his teaching staff assigned right back to the school so they could have a little time to prepare for the next on-slough of eager bright eyed students. ALAS, this was not the case this year. Mr. Sanger has had to replace Mr. Levy while he is absent on his vacation. Needless to say, this has left all the teachers really singing the blues. I, for one, can't blame them though; they really need all the extra time they can get if they are to properly prepare for the next school session.

Mr. Sanger informed me, he is really glad to be back. He stated that he needs a rest from the chores of rebuilding the old home-stead.

Are you fellows under the impression that all it takes to run a school is a few books and a couple of teachers? Along with several hundred books and about 15 teachers the following articles were used last year: 106,000 sheets of paper, 1356 pencils, staples, ditto masters, ink, chalk, typewriter ribbons, paper clips and many other items needed for the maintenance of the school.

Can someone please clear up a mystery for me? A little over a year ago, (May 1958 to be exact), the first group of students to receive their G. E. D. certificates was graduated. At that time there was a big semi-official rumor going around that the school was going to start extension courses from the University of Colorado. These courses, as I understand it, were to be a group project with each student paying a small fraction of the total cost, with the state paying for the textbooks. Rumor also had it that Mr. Sanger was going to come in, in the evenings and on his own time, to teach these courses. What happened to this project and is there any possibility that it can be revived and brought into actual being? The school has gone as far as it can without these college level courses. They are a definite need and would be taken advantage of immediately. Who was it that said, "Procrastination is the Thief of Time??"

The school recently compiled an "Educational Progress Report," and would like to thank Mr. Manley, and the fellows in the fingerprint Dept., also Sgt. Roche of the Receiving Unit for their help; for without it there would have been no report.

Dr. Graham, who is the Director of Special Educational Services for the State of Colorado, and who is really taking an interest in our school, recently wrote us a letter. In it he said, "I note in the summer issue of

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at any time, from various outside sources, such as P. T. A. meetings and Church socials, to Chamber of Commerce business meeting or an Elks convention, besides the shows put on for the inmates of the institution..

Relatively new, are the uniforms supplied this organization. They consist of tan slacks, white shirts, maroon tie, matching jacket, brown shoes and white socks. Thus attired, the Chorus forms a striking picture.

The Chorus is under the direction of an inmate who is under the tutelage of Prof. Gilbert as a part of the program offered the individual in the music department.

The music department is composed of the following divisions: A Concert Band employing 50; the Chorus; A Hillbilly Dance Band; A Rock & Roll Band for the personal satisfaction of the men playing in it; A Progressive Jazz combo which is definately on the upswing; And last but not least, a Barber-shop Quartet organized especially for Colorado's "Rush To The Rockies" centennial year. It is hoped that this last named group will be employed from time to time as a change of pace from the modern forms of music.

The music department as a whole offers any inmate the opportunity to educate himself musically if he so desires such an education. He will be taught how to read music and play an instrument and ultimately will become a member of the band. From there he is encouraged to join other branches of the department, such as the chorus. He need never stand still for lack of education music wise, as music itself does not stand still. There is always a need of more knowledge when an individual desires to perfect himself musically.

Thus the music department is as important to the inmate who desires working knowledge of music

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Editorial

By F. (Pappy) Cunningham

What do you want or expect in your magazine? Fifty (50) times of as many different men I have asked this question. Forty-eight (48) of those times I got a silly answer. Some want to use it as a club or weapon to injure or defame some person. Others want to use it for their own aggrandizement. Neither of these views appeal to me nor would it ever be allowed. The couple of decent answers that I did get, I have boiled down to this, and it comes nearer to satisfying both the Administration, Supervisors and myself. It's this. A Penal Publication should be for the purpose of good Public Relations, clarification of misunderstandings (Rumors, etc.) between the Public, the Administration, and the Inmates. Now, I am asking you, what do you want in, or expect out of your magazine? If you don't tell me or let me know in some way, what you want, then I can only go ahead with the above stated policy.

You are entitled to be critical of your magazine. You are entitled to voice these criticisms, but before you do; ask yourself this, "What did I contribute toward making it what I wanted?"

What we need are some original, constructive entertaining articles and stories signed with your name. Anonym-

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the "Recount" that the only things which men have to furnish in order to be enrolled in the cell study courses are paper and pencils. I have worked in institutions where these were rather difficult to secure, particularly by men who are without funds. If you have such men and have a need for some source of such materials, please let me know. I am sure that I can find a way of getting paper and pencils for these men." My only comment to Mr. Grahams more than generous offer is that I wish everybody felt that way towards our school. I might add that no man who has told us that he couldn't afford paper and pencils has been refused these necessary articles.

FOOD FOR THOUGHT:

Who can give me a valid reason or reasons for not allowing the school to sell school supplies not furnished by the State, note books, fancy erasers, etc. and putting the small margin of profit in an Educational Assistance fund for inmates to borrow from, to further their education.

See you in the next issue, I hope. In the meantime don't forget, any of you fellows that have an educational problem put in an interview slip and see Mr. Sanger. Chances are that he can help you.

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sic as the other branches of education are to those seeking knowledge. The musician, working at his trade commands a nice salary and a respectable place in his community.

We hope that the music department will continue to grow in stature in the future as it has in the past..

HELICOPTER

Flirtatious female with a dignity

That is as solid as our country free,

You make your curves and circles on through space,

Your flips and dips with a refreshing grace;

You clasp the wounded to your beating breast,

The general, the private, all the rest;

While you transport the elements of death,

A consort with a black and blighting breath;

Yes, your flirtations are for Liberty,

Pretentious beauty - so your loves shall be.

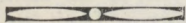
Milford E. Shields

Poet Laureate State of Colorado.

From: Patterns For Patriotism; With special permission.

NEXT ISSUE

We will appreciate having your copy in as early as possible for the Christmas issue.



Warden Harry C. Tinsley has been elected president of the Colorado Probation, Parole and Correction Assn.

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mous articles cannot be printed in this magazine.

I am new at this job of being an Editor, but there have been several in a like circumstance before me that have survived, so maybe I too, will survive, I will be doing my best and if everybody reads at least one article in each issue, I will consider my Editorship a success.

We are between a great many fires in this chair, and we can only hope to satisfy a majority of the people concerned, the Inmates, the Administration and the Public. From all these different groups we would like to hear constructive suggestions for improving this magazine. Through constructive criticism we hope to build this magazine into one of the better ones put out by the penal press.

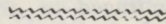
In this issue, you will find a diversity of subjects printed up in a new format, we hope you will like it. We have longer lines, different sizes of type, and more lines of print per page than in previous issues. If this issue seems to meet with general approval, then we will endeavor to repeat the process in future issues.

In the future, as we have done with the Pre-Parole Unit this time, we would like to feature one of the shops and build the rest of the magazine around it. So some of you fellows in the shops should get busy with pen and paper and come up with some articles for us on the different kinds of work being done in your shop.

There must be more good writers in here than we have been hearing from, and we would greatly appreciate getting some articles from you shy fellows. We would be in deep trouble where copy is concerned, if it weren't for some old standbys. We really appreciate your efforts and hope you will continue to give us your support.

Well, we hope you enjoy this issue and find that it is not diffused with too many inconsistencies or extravagant generalities. Give us your support and we will do the best we can to deserve it.

Pappy C.



EVERY MINUTE YOU ARE ANGRY,
You Lose 60 Seconds of Priceless Happiness.



MONEY ISN'T EVERYTHING
But it's away ahead of whatever's in second place.

Our next issue, will mark four years since the birth of your "Recount." The publication of this magazine, is just one of the many gradual changes that have taken place around here in the past few years. New inmates do not see the drastic changes that have been made in recent years, but the old timers can tell you and those who served time here and were released under the old regime and have returned recently are dumb-founded. Nearly ten years ago, when we heard of the long range plans to take place, the inmates scoffed and the public laughed at the very thought of the Notorious Canon City becoming a modern prison. Today, we have an institution with an extreme Maximum Security unit, that serves its purpose in a humane way, a general prison with a controlled population of busy and relaxed inmates. We have a Medium Security unit with a minimum amount of policing and, Now, a unit that you might say, actually has one foot in the free world.

Many men, who a few years ago were without hope, are today members of society with a family and responsibilities. Men, who a few years ago, were said to be animals and hopeless, are not only in the general population today, but leaders in our educational programs and know they have hopes. Surprisingly, to some people, they are found to be above average, intelligent humans.

No more, the strain of uncertainty and long idle hours. Our population seems to be a more courteous and intelligent generation. The majority are studying, reading and trying to improve themselves. They're eager for Knowledge. Boards and committees have replaced the clubs and bullies. Higher salaries have attracted a different type officer and it is surprising, the results that have resulted from courtesy and fairness. Most of the cons have replied in kind with courtesy. In fact, it is astonishing at the number of inmates who are gentlemen and capable of going along their way without a sneer, talking out of the corner of their mouth, folded arms or a guard having to give them orders. Most conversations overheard these days, concern world affairs, politics and about the same subjects you'll hear on the streets.

Does it pay? Yes, it pays in many ways. One good way to measure the benefits of the present modern system, is to compare the frequency of major disciplinary actions

Inmates Inthusiastic About NEW PRE-PAROLE RELEASE CENTER

Rumors of a fantastic experiment to prepare inmates to face some of the more common problems of a person confined for a period of time: a person, for whom time stopped, sometime in the past, while the world outside was changing at the greatest Pace in History. Rumors of a project to cushion the shock of the transition from a world free from the necessity of making decisions, (where your thinking is done for you), to a world of landlords, grocery bills, budgets and sharp talking salesmen, a world full of procedures never heard of prior to his confinement. To a home where he is something of a stranger to his wife and children and feels like a guest and is often times treated as one. Rumors? NO! For it is the truth and I've visited the New Pre-Parole Center and I've talked to the inmates, (some I've known for years), awaiting their release and they've a lot to say and all of it good.

On a Friday morning last month, I hitched a ride with Captain Howard Clifton to the New Pre-Parole Center, located 5 miles Southeast of the Prison.

We left the prison and after driving East along highway 50 for a few minutes, we turned right through a gateway onto a smooth, hard-top roadway, which curved through a few low-lying hills and up to a low, rambling, modernistic building with a neat lawn and side walks to the front and a hard surfaced parking area to the right side.

Through the large picture windows to the left of the entrance, I could view the dining room with small tables (family style) and on each of the tables are attractive little lamps. The whole effect was to remind me of a higher class motel resort.

cont'd on page 22

necessary today, compared to the old days.

Yes, there have been many changes and there are a lot more coming, but there will never be a substitute for freedom.

Therefore, we would like to receive contributions of worthwhile articles from some of you, who we know are capable of writing. If it is beneficial to the institution as a whole or we feel it will be informative to the public and other institutions, we will be happy to print it in the Recount, which goes to every state in the Union and many foreign countries.

Prevaricators are Usually Liars

THE FOLLOWING ARTICLE IS FACTUAL; HOWEVER, TWO OF THE NAMES HAVE BEEN CHANGED TO PROTECT THE GUILTY.

There are liars and then there *LIARS*...

My friend Arthur, better known as (Punkin), was a liar, but he was a likeable one. He never told lies to harm anyone; Punkin's stories either started or ended on Larimer Street or in Frog Hollow, a squalid shack district in the Platte River bottoms of Denver, Colorado. Most people called all the bottoms Frog Hollow but to the inhabitants who recognized Punkin as their Mayor the boundaries were West Alameda on the south, West 13th Avenue on the north, the Platte River on the west, and the big canal just west of Quivas Street on the east. To Punkin this district was the same as the Casbah was to Pepe La Moco or the thief's district of London was to the highwaymen of the sixteenth century. This was his refuge, the place he returned to after his forays into the strange world of those who possessed things of value that could be traded for food, clothing, and wine.

Punkin was a natural comedian, and many of his stories were at his own expense. For example: A few years ago the newspapers referred to him as Arthur, (Punk), Jr. Punkin said, "Looka there, the're not only calling me Punk, but they're saying my Old man is punk too." Punkin's Old man, known as the "Gobbler," was just as big a character around Denver as his son was.

It was inevitable that Punkin should do time--many times. He was an inveterate gambler, even when his life was at stake. He would bet his last dollar on anything. In fact, he told lies and then bet that they were true, furthermore he paid off when he was proved to be wrong. No one ever heard of him welshing on a bet. He paid all his debts big or little. He earned his own way and was pretty much of a man in all his dealings with the rest of us cons, and when he tried to break out of here and was beaten for it he proved to be as much a man as anyone.

Punkin has been dead for quite a while now, but he is still remembered as the Champion liar of the joint and a swell guy.

Then we have another kind of liar in Samuel Joker, known to one and all as Lying Sam. Sam has just violated his parole, and

has returned to plague us all again.

Lying Sam is a graduate of Alcatraz and--what is probably more to the point--the insane asylum at Mendocino, California. He has been examined many times by the bug doctors, but somehow he has always managed to slip by, although all of them agree that he is a pathological liar, a paronoid, and a schizo.

Sam has made an extensive study of the lives and crimes of all criminals who make the nation wide headlines. He has in his head a file on everyone of them and can produce a story about anyone of them you want to mention almost instantly. Lying Sam will, of course, be one of the main characters in the story. He also specializes in stories about how he helped the FBI lick the communists in this country.

Before it was realized that Sam was a pathological liar he was believed by some of the officials here to the extreme detriment of many an innocent con. Once he was recognized for what he is, he was placed in the insane ward where he belongs.

He plays the big time thief role to the hilt on money sent to him by his mother who works for a living. The only thing that he has in common with Punkin is that they both believe their lies.

Lying Sam is a dangerous person to have around, because you never can tell when he will feel the need to lay a story on some official about you. The inmate body as a whole should not be afflicted with his presence. Since he must serve his parole it should be with the rest of the nuts.

Then we come to an expert, He has much in common with Lying Sam, but Sam is a rank amateur alongside this one. I am speaking of one William Looner, the blacksheep son of a wealthy Denver family who squandered his inheritance via the play boy route while flunking out of Regis College in Denver, Colorado. He claims to have graduated from others too, summa cum laude no less, but the grammer school test which he took upon arrival shows ninth grade education. In the school he took a 9 to 14 high school test; on this one he scored eight grade level.

His explanation as to why he is a convict involves the diplomatic corps of three nations: The United States, Great Britain, and Isreal, but he thinks Jerusalem is the capital

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of Isreal. He says that he is a Prussian, that his name was formerly Von Looner, that he is the "black judo" (what is that?) champion, and because of his superior knowledge of "black judo" he was drafted as a major in Darby's Rangers. He was at Dieppe and Anzio; but he does not know anything about the bath house on the beach or the sweet muscat wine (full of flies) from the winery next door, nor the Anzio express that destroyed the winery and wiped out the whole family that ran it. Bathing and de-lousing were compulsory there but not here. Result: *He very seldom bathes.* The truth: He enlisted in the U.S. Navy at 19, before he was 20 he had an undesirable discharge--his relatives whom he later swindled.

His only known legitimate business venture was a battery shop largely owned by one of end of military career.

He has been arrested for every con game in the book and for a few original ones as well. He has one previous conviction for confidence game, but this is the first time he has served time.

His lies are mostly about his various business enterprises (all imaginary). He claims sole ownership of the Western Equipment Company of Boulder, Colorado. This firm actually exists and they do handle heavy equipment just as Lying Bill says; but he does not own any part of it nor does he know the people who do run it. Bill Looner has expanded this firm so that it now has branch offices in the following cities: Chicago, Ill.; Minneapolis, Minnesota; Riverside, California; and Rio de Janeiro in Brazil. It is his intention to expand even farther within the next 18 months.

He also says that he is a civil engineer; that he was in full charge of building the Holland tunnel; disregarding his lack of education, there seems to be a slight discrepancy in his story. He is now 48 years old; the Holland tunnel was opened to traffic in 1927 and it must have taken at least three years to build. This would make him chief engineer at the age of 13.

He is also a fully qualified airline pilot and owns a fleet of modernized DC 3's that are at the disposal of his employees.

He is vague to his exact income, but has vast land holdings in Mexico and Central America and owns a plantation on the Isle of Pines in Cuba which covers more than three-fourths of the island. He also owns outright a large and luxurious gambling casino

in Havana, Cuba, and is the principle stock holder in the Grace Steamship line.

He has traveled extensively throughout all of Latin America as a business man, yet he knows nothing of what a business man would know such as; rates of exchange, tariff rates, the names of the money in each country; etc. If pressed he will give you rates and names of each country's currency, but they are at variance with the World's Almanac.

According to Looner the smallest piece of equipment handled by his concern in Boulder is a ninety-ton crane--price 500 thousand dollars. This is a rather unusual piece of machinery; it is capable of lifting a completely equipped battleship out of the water and placing it in a drydock. *This operation is performed at a distance of 300 yards from the base of the crane!*

Looners method of operation with us common convicts is as follows: His first step is to make an offer of legal and political assistance to get you a pardon or parole. Generally it is made to a long timer, but he will make it to anyone who makes the mistake of speaking to him. His object: He wants you to work for him on the outside in his far flung business empire.

All this is done in the greatest of secrecy. He tells you that he gets a visit every Friday evening after supper. His staff comes down from Boulder, Colorado, along with his attorneys--Anthony Zarlengo and Fred Dickerson. He places your case in their hands. They are to get you out without publicity or there is no deal. Reason: You are notorious and if it is made public he cannot use you in his organization--poor public relations.

Money is no object, he has had his staff set aside a fund for your case--15 thousand dollars to start.

He also says that he receives mail, telegrams and phone calls after supper nearly every night.

A check in the cell house shows that no one has ever received a letter after supper in the memory of any of the clerks, runners or officers working there. One telegram was received and one visit (or at least a man was called to the deputy's Office about 7 o'clock) in the last three years. Needless to say neither of them was for Looner. As far as is known he has not received a visitor of any kind since his arrival here. His only mail seems to come from his mother who works in a bank in Omaha, Nebraska; she is also his sole source of money as he has been dis-

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owned by all his other relatives.

He will ask you for a power of attorney and your fingerprints on a sheet of paper--for the purpose of obtaining your passport and in some cases for your transfer of citizenship to a South or Central American country. This last item is to apply pressure through the state department from his political connections in South America.

You will also sign a long and detailed contract to work for him, generally at 15 thousand dollars per year plus many fringe benefits such as: stock bonuses, insurance and percentage of sales handled through your department.

This is the dream of many a convict who has made a complete mess of his life and wants to go to South America and get a fresh start. Looner apparently knows this and plays it for all its worth.

This employment is generally located in Rio de Janeiro (which he cannot spell) at his branch office--you will be second in command, to move up at an increase in pay 10 thousand dollars per year as soon as he can expand his business--but occasionally you will act in the capacity of a guard on one of his steamship lines which ply between here and South America. That, of course, is a temporary thing and then you will be assigned an assistant managership, perhaps, on his plantation on the Isle of Pines or in his bling casino in Havana.

During the course of this farce, he will come up with a letter every day (which he has written himself) the letters will all deal with his many multimillion dollar contracts, but in them there will always be a line or two which pertains to your case which he interprets for you.

He is not a very brilliant person and eventually he involves things to such an extent that even the dumbest con in the place catches on. With me it was on the seventh day of cloud walking.

He had just told me that I would be given two thousand dollars upon my release to buy clothing, etc. and that I was then to report to his offices in Boulder, Colorado where I would be temporarily assigned to the warehouse where I was to familiarize myself with all the equipment.

It was at this point that I was given the information on his smallest piece of equipment: the ninety-ton crane that lifts a 35,000 ton battleship at 300 yards like it was baby.

That was the end of our conversation; I immediately started checking on him. While

this was going on he sent me a hurry up call to type a letter for him to a firm in Rio de Janeiro which he wanted to send out that night. He not only had the town misspelled but there was another glaring error in the address that only a business man who has done business with Latin-American firms or a person that reads spanish could have known.

In all these many cases (I know of nine) where he has built up the hopes of some long term convict, when the truth comes out at last, he then goes around telling everyone that you are stir crazy or that you tried to pull a con game on him or both. If you have not been here very long he just says you are plain crazy or tried to rob him or both.

Looner exhibits all the symptoms of Lying Sam, but has so far avoided examination by the bug men. He too is a pathological liar that cannot be classified as legally insane, but we can easily do without his company as well.

John Smalley
(These are just two outstanding examples of pathological liars who make it hard for other inmates to do easy time.)

Pre-Parole (cont'd from page 19)

"I would not be standing here now, if this Pre-Parole Release Center had been in operation the last time I was released." This, from a former member of our Print shop crew, awaiting his re-parole release in a few days. He went on to say, "I've been in as many joints as anybody and this is something good."

Another former member of our Print Shop, Juan, awaiting release from the new Pre-Parole Unit, was just as enthusiastic. His reaction was typical of the average inmate upon transfer from the walls, to the new unit.

"For the first two days, I couldn't believe all this," Juan told me, as we sank into an overstuffed settee in the lounge, "and the lectures we attend, have really answered a lot of questions I had on my mind."

At this time an inmate walked up to the coke machine, inserted a coin and after opening the bottle, invited me to have a coke. I declined.

"Where do you get the hard money?" I asked and was told the inmates are permitted to draw two dollars of their money per week. They are also allowed to go shopping in town, accompanied by an officer in civilian clothes. Officers are not permitted to wear uniforms at the new unit.

Clothing of new inmates at the main prison who do not wish to send them home are now cleaned and laundered, to be sent to the new

(cont'd from previous page)

unit to be worn by inmates there. In this way, they become accustomed to wearing civilian clothes.

One sealed, (uncensored) letter per day, is permitted each inmate and personal interviews with prospective employers are permitted during the week.

Visits are informal affairs. An inmate may have his visitors in one of the lounges or his family may bring a picnic lunch and use the picnic area which is equipped with benches and tables.

Two items the boys are most enthusiastic about, are the absence of uniformed officers when they are taken to the bus station for their departure, and the privilege of visiting with their family in an atmosphere that is free.

Previously, a man being released, was rushed and bossed around the prison, getting dressed and signing papers. Then put into a state car and taken to the bus station, where a uniformed officer would purchase his ticket and remain with him until the bus pulled out. By that time a person was the object of curious stares and whispered conversations among the other bus passengers. Results: The man is humiliated and irritated and by the time the bus reaches his destination, is in a rebellious and irate mood. This situation does not exist for inmates released from the new unit.

Permission to visit with his family in a free atmosphere, gives a man a chance to overcome the awkward feeling that has built up between himself and his family during his incarceration. Previously, most parolees arrived home to experience a feeling of being an outsider or a guest. Especially where his children were small and a couple of years have passed. Or where children have reached their teens. The newly released father, often runs into a resentment of his position as head of his family and finds himself more or less up against a "we" barrier, that makes him feel like an outsider. The results can be heart-breaking for everybody. Now it is possible, for a man to get re-acquainted with his family, and his arrival home, be awaited with joy and understanding. A man who has been locked up for any length of time, craves companionship and if he does not find it awaiting him, he will go in search of it. Often, he'll contact a former inmate for a beer or two in a friendly tavern, to relax and let the shock of entering the free world again, wear off. When he contacts the buddy

or enters the tavern to escape the strained atmosphere at home, he has taken his first step back to prison, as it is a known fact, that environment and association determine whether a man makes it or fails, in 95% of all parolees.

Therefore, many prisons today, recognize the fact, that when a man is imprisoned, the thread that holds his family together, is broken or disrupted and that it is important to maintain and strengthen the family ties. In many of our exchanges, received from other institutions, we see photos of prisoners enjoying a picnic lunch with their families and articles appearing with the photos herald the success of this procedure.

Most of the inmates realize the significance of the new Pre-Parole Release Center and are Very optimistic about this, another step forward in bringing our penal Program up to Modern Proven Standards.

I have never been more impressed with anything in my life, as I was, Not by the beautiful Pre-Parole Release Center so much, but at the reaction of the inmates I talked to out there, and as one of the old timers said, "Yep, Dave, it takes a modern system to cope with these modern youngsters that are coming in today."

— Dave Holloway

I stuff the child into her snowsuit,
And zip up the zippers with care,
I tug on her cap and mittens, and then,
She has to go: you know where.

Editors Note: This quatrain was wrongfully attributed to me in the Summer Issue of this magazine. The authors name is unavailable to us at this time. It actually was a reprint from the Saturday Evening Post.

Regretfully Yours

F. Pappy Cunningham

DRAFTING CLASS

As part of the School Program; There will be an afternoon (12:30 to 3:30 P.M.) class in Mechanical Drafting conducted by Lefty Harris. Any inmate that has a sincere interest in learning or advancing his knowledge of Mechanical Drafting: Contact Lefty Harris on the yard, in C.H.-6 or the Engineers office; at the Deps. Office to get your name & number on the list for this class.

CATHOLIC CORNER

FR. Justin Mc Kernan
O. S. B.

CHARACTER

It's natural for a person to want to be thought well of. It is true, also, that most people find it pretty easy to give a good impression when in public. But, no matter how hard one tries to hide it, his true character will begin to reveal itself to the world in due time. If he is proud, selfish, spiteful, thoughtless, dishonest---all of this will show through.

The basic approach is all wrong if one wants merely to *appear* good. He must first *want* to be good. A good moral character will show through just as surely as does an evil one. A healthy spiritual life radiates an intangible "something" that immediately creates a good impression. The person who is loyal to God will have little trouble being loyal to his family and his friends. The person who is kind and thoughtful towards those with whom he lives day-in and day-out, will easily be kind and thoughtful to the people he meets in his business and social life.

If a person can be patient with other members of the family, he will never have any trouble making friends and getting along with people. If a person keeps his speech clean and free of vulgarity, even in unguarded and relaxed moments, he will never have to worry about destroying a good impression by an offensive word.

If you have ever travelled by train through the suburbs of a city you will understand the following parallel. The backyards of the houses frequently are cluttered. Overgrown flower beds, unpainted garden furniture, junk and trash, all of these are often observed in the *back* yards. On the other hand, the *front* yards of these same homes are usually uniformly neat and tidy. The point here is that it is not the *front* one offers to the world which reveals what a person actually is. It's the little, unguarded things---not the rich manners of an evening out, but the

moody silence of a week-day supper at home. It's not the polite friendliness towards the neighbors next door; it's the angry bickering with members of the family. It's these small, rather private moments in life when a person's true character can best be seen.

Actually, it's a lot easier on one's nervous and physical energies to be morally healthy and sound from the inside out, than to try to maintain the appearances of such, over a rotten core. And God, of course, will never help a person build a false impression of a good, decent life; *but*, God is always anxious and willing to help one *live* a good decent life that can't help but make a good impression.

Truly, it's not possible to keep secret for long an unkept back yard.

May God Bless You!

FROM OUR "HYSTERICAL" FILES

True ? Fiction

A number of years ago when we had a steam bath in the hospital, it was routine to give the inmate a cup of iron water at frequent intervals during the period he was in the steam bath.

This iron water was brought in through the west-gate bull pen from our famous soda springs just west of the prison, in clear 5 gallon jugs by the trusties.

It so happened that one day as the jug of iron water was sitting in the bull pen awaiting transfer to the hospital, the Warden arrived at the west gate with the Warden from an Eastern Penitentiary, whom he was personally conducting through our institutor and was making every effort to impress.

Espying the jug containing the clear sparkling fluid, the Warden launched into a speech depicting the wonderful benefits derived from our soda spring water and grabbing up a cup proceeded to fill it from the jug. Handing it to his guest, he said, "Drink it right down and tell me what you think of it. I drink a gallon every day."

Lifting the cup to his lips, the guest turned it up, drinking about two-thirds before coming up for air, coughing and gasping.

An investigation, launched immediately by the Warden, uncovered the startling fact the so called mineral water coming in through the west gate for the hospital, was in fact, pure alky and as the story goes---made a deep impression on the Warden from the Big Eastern Penitentiary.



New Life



HARRY C. TINSLEY

Warden

FRED WYSE

Deputy Warden

IVAN C. ACTON

New Life Sponsor

ROY B. RALL

Assistant Sponsor

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NEW LIFE EDITORJIM M.

INDEX

COMMENTS FROM THE WARDEN'S OFFICE	2
SECRETARY'S REPORT	3
IF LINCOLN HAD BEEN IN AA	4
FROM THE EDITOR	5
AA HAS CHANGED MY LIFE	7
WHAT I HAVE LEARNED FROM AA	8
HOW DOES ALCOHOL AFFECT YOU	9
STEPS FOUR AND FIVE	10
ALCOHOL OR NARCOTICS; AA CAN HELP	12
THIS IS MY LIFE	13
FREEDOM WITHIN CONFINEMENT	14
YOU CAN'T DO IT ALONE	16
SPIRITUAL AWAKENING	18
ONE WHO STILL SUFFERS	19
THE SICK ALCOHOLIC	20
HELP FOR ALCOHOLICS	21
THE MAIL BAG	22
JUST FOR TODAY	24

PLEASE ADDRESS ALL CORRESPONDENCE TO:

EDITOR - NEW LIFE BOX 1010 - CANON CITY, COLORADO



Comments

FROM

The Warden's Office

This issue of the New Life Magazine and the Summer issue have been combined with the Recount magazine in an effort to save on material and printing time of our two institution magazines. I, personally, was not too well satisfied with the Summer edition of the combined

magazines as I did not feel it had the best qualities of workmanship in it. It is hoped that this issue of the combined magazine will be done in a more workmanlike manner. Plans have already been approved to have two separate magazines for the Christmas edition as it is felt these two particular issues should be given an opportunity to display their own individuality in the Christmas edition.


A determination will be made by the administration of this institution as to whether the editions for next years' magazines will be combined or separate magazines. There are many factors to be determined as to whether there will be two separate magazines or a combined New Life and Recount magazine.

Regrettably two of the most important factors have to be the financial consideration and the amount of time that is available in our print shop to work on these issues. All people concerned may rest assured that a great deal of thought has gone into this idea and will continue to go into it in the future as our New Life Magazine has always been a very fine publication and we intend that it will be so in the future.

It is hoped that the New Life Magazine can be a medium by which people that are not alcoholics can better learn about the alcoholic and his program and see that the alcoholic program in an institution or out of an institution does need to be better understood by the general public and needs to have better acceptance. It is hoped that the New Life Publication can and will do just this.

Harry C. Tinsley

SECRETARY'S REPORT



Clarence S. New Life Group

The New Life group is certainly enjoying a large increase in our outside visitors. For this we are happy and sincerely hope that they will continue visiting our group. We would like to feel that this increase is due to more groups being contacted and the creation of our "family night." This is the meeting to which wives of members and couples are invited. But, if we inventory ourselves we may come up with the real reason for more visitors. This is that we have grown up so to speak and have quit asking for material help through the AA group. We now ask for nothing but good AA and we in-turn have nothing to offer but the same kind of AA.

As secretary I am very pleased with the cooperation of the staff of officers that we have to work with. We have more unity as a committee than I have ever seen, since I have been associated with the New Life group. This gives the men the incentive to really want to improve and do the things for the group that will make it grow together. It makes me very proud to hold the office as your secretary. Someone asked about our by-laws that were to govern the group as a whole. When this was brought up, it was pointed out that they were so fouled up that should we follow them, we would be arguing and bickering back and forth among ourselves so much that we wouldn't be able to handle the groups business so effectively as we have been doing in the past. With this thought in mind we decided to work as a unit and try to work out the problems that confront the group, and not as a committee that could and would be detrimental to the common welfare of the group.

Since I was elected the group's secretary, I have observed much progress being made by many of our members attending the meetings regularly. Our attendance has been good these past few months and especially so for the summer months.

We have the administration to thank for the increase in female visitors to our group. This is a privilege and one that we **THE WHOLE GROUP MUST PROTECT**. We must do this through our conduct, and through our working the AA program honestly and sincerely. It is definitely a privilege to have an AA group within this institution, and to have the visitors that we do to our group.

Through our actions as members of AA we will stand to gain and not lose what we already have. It is through our actions that the administration measures our progress. It is up to each and every AA member to work the program to the best of his ability, and if he is honestly and sincerely working and living the twelve steps his conduct within this institution will be above reproach and will surely be an example to the non AA members here. **REMEMBER THEY HAVE GIVEN US THE TOOLS TO WORK WITH AND THE PRIVILEGE TO USE THEM. LET US USE THEM HONESTLY AND SINCERELY AND WITH APPRECIATION. LET US NOT BE CARELESS AND ABUSIVE OF THIS NEW WAY OF LIFE THAT HAS BEEN SHOWN US AND ONE THAT CAN BE HAD BY US THROUGH AA.**

As most of you may have noticed, there hasn't been much "mail reading" in the past few meetings. The reason for this has been, our time for this chore has been given over to the meeting itself. We feel that our visitors are more

interested in our AA than they are our mail. Put, when we do not have so many visitors at our meetings the mail will be read. And anyone anytime may come to the desk during the break and read the weeks mail himself. It is always there and you are welcome to read it. As you may have heard we had a real nice letter from our former secretary, Whitey W. It seems he is as busy as a "cat on a hot tin roof." He had been out nine days, worked six and attended six meetings. We here feel AND BELIEVE THAT YOU WILL MAKE IT WHITEY. WE LIKE TO LOOK UPON YOU AS A PERFECT EXAMPLE OF WHAT WE ARE CAPABLE OF TURNING OUT HERE IN THE NEW LIFE GROUP IF WE PUT OUR MINDS AND THOUGHTS TOGETHER. GOOD LUCK TO YOU, and may all your twenty fours be happy ones.

Was particularly happy to see the big turn out of articles from the Searchers group, for our last issue of New Life. It looks like they out did us as far as articles are and were concerned. We do hope that they will continue the fine work they are doing, because we need this fine help they are giving us and the magazine. Much thanks to the "gals" and to their sponsor for the fine work they are doing.

This past week we lost another of our head school instructors. We sincerely hope that he is as sincere about his drinking problem as he was about the fine school work that he did for us and the group. He did do a fine job and is to be well commended for it. He seemed to have a personal interest IN EACH MAN AS HE PROGRESSED THROUGH THE SCHOOL. MUCH LUCK TO YOU LEROY F. IF YOU SHOULD RUN INTO OUR FORMER SCHOOL INSTRUCTOR MIKE H. START HIM IN SCHOOL AGAIN...HE NEEDS IT...

In July our sponsor made a good will visit on behalf of the New Life group, to the Denver area. His trip was sanctioned by the administration and was heartily approved by the group. WE SINCERELY HOPE THE PROGRESS THAT WAS MADE BY THIS TRIP WILL LE WELL APPRECIATED AND PROTECTED BY EACH AND EVERY MEMBER OF OUR GROUP. HE STRESSED TO THE GROUPS VISITED IN DENVER THAT WE HERE HAD GROWN UP AND ASKED FOR NOTHING BUT UNDILUTED AA AND THIS SAME KIND OF AA IS ALL THAT WE HAVE TO OFFER THOSE WHO COME TO OUR MEETINGS. WE DO NOT ASK FOR MATERIAL HELP, THIS WE CAN DO AND GET FOR OURSELVES IF WE CAN GET THE GOOD AA WE NEED TO KEEP US SOBER ON THE OUTSIDE.

It has been my pleasure to serve the group as secretary and also a pleasure to let you know of some of the happenings in the group within the past couple of months. It gives me much confidence to know that the group is progressing so nicely, and we sincerely hope that it will continue on in this respect.

IF LINCOLN HAD BEEN IN AA

(By Dewey S. of San Mateo, Calif.)

One score and four years ago, our founders brought forth a new plan, conceived in love and service and dedicated to the proposition that an alcoholic can be restored by the Grace of God and the help of his fellow alcoholics. Today, we are engaged in a great, humane effort to make that plan available to all who may be concerned. We cannot dedicate, We cannot consecrate or advance this great cause by mere word of mouth, but rather by assuming our individual privilege and responsibility to carry the message to those who still suffer.

The world will little note, nor long remember, who we are, or what we are, but what we do here will never be forgotten. It is for us, who are willing and able to ever increase our efforts in this great field of endeavor, without hope of gain, reward, or recognition. It is ours to carry the torch and to work with increased devotion to the unfinished task that lies before us. It is for us to highly resolve that our new way of life, granted by God, shall not have been in vain, and that this fellowship of A.A., for A.A. and by A.A., shall not perish from this earth.

From THE EDITOR

Jim M.

There has been much discussion within the New Life Group in the past few months, the topic of these discussions is "EDUCATION FOR THE PUBLIC ON ALCOHOLISM." We here within this institution "the ones who are alcoholics and belong to AA," feel that much money could be saved for the tax paying public, IF THEY KNEW WHAT PUT US HERE AND WHY THEY MUST PAY OUT HARD EARNED DOLLARS TO KEEP US HERE. The alcoholic is a sick individual unable to cope with his problems in a mature way. Outside of this sickness he is the same as the rest of the population with this exception, his I Q is above the average of a like number of non alcoholics. He is smarter than most in one respect. AN ALCOHOLIC CAN UPON WAKING UP AFTER A NIGHTS BOUT WITH THE DEMON RUM, FIND A DRINK OF AICOHOL BEFORE MOST SOBER PEOPLE CAN FIND A DRINK OF WATER, AND HE CAN DO THIS BROKE AND IN A TOWN WHERE HE KNOWS ABSOLUTELY NO ONE. If you do not think you have to be smart to do this then I invite you to try it sometime when your hand is shaking so bad that you cannot get a cigarette to your mouth much less light it.

We who are alcoholics tell our stories before different groups of public welfare departments, we invite people to our open meetings whom we believe to be interested in the problem of the alcoholic, they listen with undivided attention to our experiences. In many cases they will shake their heads in unbelieving bewilderment THEY FEEL SORRY FOR US, THE POOR THINGS THOSE ALCOHOLICS, YOU MAY HEAR THEM SAY. WE, WHO RECOGNIZE OUR FAULTS, RESENTMENTS, JEALOUSLYS, AND TAKE INVENTORIES OF OURSELVES. They feel sorry for us... What a joke this is, We are among the happiest and most contented people on this earth. FOR WE HAVE AND DO RECOGNIZE OUR FAULTS AND ARE TRYING TO DO SOMETHING ABOUT THEM. You Mr. Public and Mrs. Society have the same problems we have, BUT DO YOU KNOW THAT YOU HAVE THEM AND ARE YOU DOING ANYTHING ABOUT THE ONES YOU KNOW THAT YOU HAVE???

It is we who feel sorry for you. Not only that you do nothing to remove your FAULTS, BUT THAT YOU KNOW OF OUR PROBLEMS, AND THE PROBLEMS OF THE ALCOHOLICS STILL FREE AND AMONG YOU, AND YOU ARE STILL IGNORANT OF WHAT TO DO TO HELP HIM. AND YOU MR. PUBLIC LET HIM COME TO AN INSTITUTION SUCH AS THIS AND PAY FOR HIS KEEP WHEN HE SHOULD BE IN A HOSPITAL BEING TREATED. YES, HE IS HERE BECAUSE YOU THE FREE SOCIETY SENT HIM HERE. IF YOU WOULD SPEND HALF THE MONEY IN EDUCATION THAT IS SPENT TO KEEP A MAN IN HERE YOU WOULD NOT ONLY SAVE THE MAN, BUT YOU WOULD MOST LIKELY SAVE HIS FAMILY, AND INSTEAD OF PAYING OUT FOR WELFARE FOR HIS FAMILY AND TO KEEP HIM INCARCERATED, HE WOULD BE A TAXPAYER, SUPPORTING HIS FAMILY AND PAYING TO EDUCATE MORE OF THOSE DIRECTLY OR INDIRECTLY AFFECTED WITH ALCOHOL OR ALCOHOLISM.

Yes, we know that you Mr. Public will say "IT IS NOT OUR FAULT THAT YOU ARE IN AN INSTITUTION, your drinking did this to you, YOU BROKE THE LAW AND YOU MUST PAY." HOW CAN A MAN BREAK THE LAW WHEN HE IS UNCONSCIOUS, "BLACKED OUT ON HIS FEET." IF YOU DO NOT BELIEVE THAT A MAN CAN SUFFER A BLACKOUT, COMMIT A DEED, GOOD OR BAD, AND NOT KNOW WHAT HE HAS DONE OR IS DOING, then this is where YOU NEED TO BE EDUCATED IN THE WAYS ALCOHOL AFFECT THE HUMAN BODY. ANY DOCTOR WHO HAS STUDIED OR DONE ANY RESEARCH ON ALCOHOLISM CAN

EASILY CLARIFY THIS IN YOUR MIND. ANY MEMBER OF AA CAN DO IT CHEAPER.

There are many of you who know some neighbor who before was the town sot, and doing life in the town clink on the installment plan, is now sober and working and living normal because, HE HAS JOINED AA... YES, THIS IS WHAT AA MEANS TO YOU... THATS ALL YOU KNOW ABOUT IT AND HIM, "THE NEIGHBOR." DID IT EVER OCCUR TO YOU TO TALK TO THIS MAN AND FIND OUT WHAT "BIT HIM OR WHAT WAS DROPPED ON HIS HEAD?" SO, THAT YOU MIGHT PASS IT ON TO YOUR BROTHER OR UNCLE WHO IS JUST AS BAD AS HE OR WORSE?? OR, DO YOU KEEP HIM HID DURING THE DAY AND WHEN COMPANY COMES TO VISIT? AND WHEN YOU ARE READY AND HE IS SICK ENOUGH SEND HIM TO AN INSTITUTION SUCH AS THIS??? There are FIVE MILLION of us "alcoholics" known to be on active duty in the U.S. ARE YOU GOING TO BUILD MORE JAILS AND PRISONS OR ARE YOU GOING TO SPREAD A LITTLE GOOD NEWS TO YOUR FELLOW MAN, and try to detour him FROM "the road to ruin."

The hardest thing for you Mr. Public and Mrs. society is TO ACCEPT AND BELIEVE THAT WE, THE ALCOHOLIC'S, DO NOT WANT TO GET DRUNK OR DRINK. WE, DO IT TO LIVE AND TO STAY ALIVE, "after we have had the first drink." It is hard for you to believe this, for you can take a drink and walk away from the party or the bar and continue on about your business. We take one drink, and we are the party and there ceases to be any business but that of continuing to drink... And to this there is no end, DO YOU THINK WE DO NOT WISH TO QUIT THE NEXT DAY??? YES, THIS IS WHEN YOU GET THE IDEA AND COME UP WITH THE REMARK "YOU CAN QUIT IF YOU HAVE ENOUGH WILL POWER." THIS IS THE MOST DETRIMENTAL AND NEGATIVE STATEMENT THAT YOU COULD POSSIBLY SAY TO AN ALCOHOLIC. HE IS SICK, SICK PHYSICALLY, MENTALLY AND ABOVE ALL ELSE SPIRITUALLY. HE UNDERSTANDS NOTHING BUT THE TASTE OF ANOTHER DRINK THAT WILL DISOLVE THE UGLY PICTURE HIS TORTURED BRAIN PRESENTS TO HIM. He needs help, "NOT BABYING" UNDERSTANDING or trying to will do more than all the bars and concrete you can build around him. FOR PHYSICAL ILL'S A DOCTOR CAN HELP, FOR HIS SPIRITUAL ILL'S QUIET MEDITATION IS ADVISED. BUT THE GREATEST AND MOST EFFECTIVE TREATMENT THAT CAN BE GIVEN COST NOTHING. THE HELP OF ANOTHER ALCOHOLIC ONE WHO IS A MEMBER OF AA. THEY ACCEPT THE LOST, THE CAST OUTS, AND THE HOPELESS AND TURN THEIR LIVES INTO THE RICHEST AND THE MOST RESPECTED. They bring families together, they restore faith love and companionship, they cause man to find and to know a life that he never expected to live or to exist upon this planet. AA cost nothing, YET YOU THE PUBLIC COULD NEVER MEASURE ITS RESULTS IN DOLLARS, YOU SIMPLY CANNOT COUNT THAT FAR.

Did you Mr. Public and Mrs. Society ever stop to realize that ninety five percent of us that you have sent to institutions such as this return to the free society IN TIME??? THEN THIS BEING THE CASE, WHY WASTE YOUR HARD EARNED MONEY SENDING US ON THIS USELESS JOURNEY??? I speak now of the true alcoholic. Bars and concrete are no insurance policy that we will not drink again. And drinking is what did the damage. Education will give you an insurance policy with a medium amount of coverage. The AA program is a policy that gives MAXIMUM coverage. THERE ARE FIVE MILLION WHO WILL BE LOOKING TO YOU MR. PUBLIC AND MRS. SOCIETY FOR HELP...WHAT ARE YOU GOING TO DO ABOUT IT??? YES, THIS IS YOUR PROBLEM, WHEN AN ALCOHOLIC IS DRUNK HE HAS NO

Please turn to page 9

A A Has Changed My Life

Eleanor P.

SEARCHERS GROUP

I am not much at expressing myself with words, but I would like to try to express how AA has helped me. When I first started attending the AA meetings of the Searchers Group, I thought to myself; **WHAT AM I DOING HERE?** I'm not an alcoholic or at least I thought so at that time. Why I bothered to keep going to the meetings is something I could not understand. **BUT; I STILL WENT TO EVERY MEETING.** I have no doubt in my mind, that I was only trying to kid myself. And I believe that I was and did do a very convincing job on myself **UNTIL WE GOT TO STEP FOUR.** It was here that I found out just how many faults I really did have and what an egotistical person I had been all my life and what an unhappy person I really was and had been. It was here at this step I learned **I COULD NOT BE HONEST WITH MYSELF AND I FIRMLY DECIDED IT WAS TIME I DID SOMETHING ABOUT SUCH A SITUATION—ME.**

It was time for me to change my way of thinking, but with someone like me who has thought all their life as I had, this was no simple matter. With the help of God; whom I think of and call the Higher Power, I learned many things about myself. With the help God gave me in my desire for a better life, I can now be honest with myself **AND CAN ONCE AGAIN LOOK MYSELF IN THE FACE IN THE MIRROR, AND HAVE BEGAN TO LIKE WHAT I SEE THERE.** All this has come about through my association with the AA program, my belief that a Higher Power will help me to have a better life as long as I am honest and the things that I ask him for are **RIGHT AND GOOD FOR ME.** I have learned to **HELP MY FELLOW MAN; THOSE THAT HAVE HARMED ME IN ANY WAY I HAVE FORGIVEN AND ASKED GOD TO HELP THEM,** that they too may find a peaceful life such as mine.

Words cannot describe the happiness that I enjoy through the AA program. I continue to go to the meetings, and now I go with a definite purpose where as before I had no idea why I went. I thought I was an alright person, how wrong can one be anyway ??? I know and realize that AA is a completely new way of life, that AA will help me in all ways and phases of this life. I know this because AA has helped me in the past, it has proven itself to me, I must now prove to myself through honest actions that I am worthy of the help given by those who live and work the program.

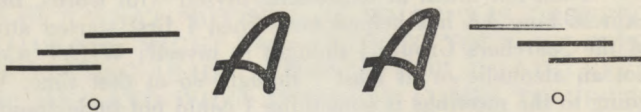
I enjoy each meeting more and more. I sincerely and humbly ask God to help me get rid of my character defects. And in this I find more and more help in each meeting that I attend. I now look forward to each new step and what I can learn from it that will help me in my new way of life. I believe too, that one of the best secrets of AA is in the helping of other people. It has been said many times we can only keep that which we give away. I believe this and I believe that as long as I am trying to help someone who may need help as I needed it, I will be growing with the AA program.

It is hard for me to express my appreciation for the Searchers Group being here in this institution.. I know and believe that it has and will help many who are unfortunate in life and must make a trip through this "Motel." I was a much mixed-up person, and my life now has a definite meaning to it, I now see the right road for me to travel and AA has given me the tools to travel with. It is and has been worth stopping at this "Motel" to learn and to find these things in life. The price for learning and finding could well have been higher...



WHAT I HAVE LEARNED

in



Lucille J. Searchers Group

Before I came to Canon City, I did not know that an AA group existed here. I had heard of AA before, in round-about ways. But, I was the one that knew it all and would listen to no one. How different my life would be this day, had I found AA before I made a trip to this institution. I knew that drinking was a problem to me, long before I got into trouble. But, during the days that I was drinking all that I could think of was getting to the nearest tavern and then my problems and troubles would disappear. The only trouble was that when I would get sober they would all appear again, and along with the old ones I would have acquired some new ones along the way. I knew the meaning of the word "responsibility" and that is all that I knew or wanted to know about it. I would in no way accept those things that were my sole responsibility. I used alcohol to dim the light that illuminated my responsibilities. My life was so dark that I could not even see the sun shine. These are some of the things that I am ashamed of, as I sit and inventory the past years of my life. The only good thing to come out of those bad years is the desire to live a decent and happier life through the AA way of life in the years that lie ahead for me. There is a much used old saying; that, experience is the best teacher. Oh! How true this old saying is.

There are many who come to AA or who have heard of it and they laugh and joke about the program. But, if these people would only take time to put some of the program into honest action, they would soon see their past lives were all wrong. They would also know that the AA meetings are worth a little more of their time. When we were drinking we were the most lonely people in this world. We longed for friends and companionship. There was with-in us a great hunger and vacant spot for these things. To satisfy this hunger for friendship we used the bars, and taverns and the drinks that were sold there. In our fogged up way of thinking we thought we were having a lovely time and everyone was our friend. But, come the next morning with its troubles, remorse, and resentments, we knew we were in trouble but would not admit it to ourselves. Our only sane thought was to get to the nearest tavern and stop these thoughts that were driving us crazy, with another drink and to us it meant another drunk. It is only when we begin to feel that we have lost every thing that we desire in this life do we ever begin to think of changing. And even then it is too late for some that have traveled on this road to ruin. Some of us are fortunate enough to find AA one way or another before getting into a place such as this. And then some who come here believe it is a trip only to be punished. And are very much surprised to learn of AA and the answer to their problem. And this is what happened to me.

It has been proven to me here that prayers can and will be answered, if they are honestly and sincerely said, and if they are said for the right things
(PLEASE turn to page 11)

HOW DOES ALCOHOL AFFECT YOU?!!

John D. New Life Group

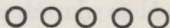
I just finished reading a very scholarly article in the AA mag put out by the Nebraska joint. It was a very good article and made some pertinent points, but the first line is the one that caught my eye and made me read the piece from the beginning to the end. It read: "Drinking is what you make it — or what it makes you." The author pointed out the blessings and benefits of moderate, controlled drinking, but then went on to cite all sorts of statistics as to how many controlled drinkers become alcoholics before its all over. Boy, we sure do have lots of company! Over one-hundred-fifty-thousand active AA members, plus all the millions who either don't know or won't admit that they too, are lushes.

Many are the "controlled" drinkers who sneer at AA and all the members of AA. I was pretty good at this myself, not too many years ago: I wouldsay, while slugging down a double-shot and wondering why I was just fired from my job, "Hell, I only drink because I like it, and I can stop any time I wish-No one HAS to drink, and all these jokers who claim that they are alcoholics are just too weak-kneed to stop drinking." I even had an (ugh!) psychiatrist tell me that, "If you want to stop drinking, all you have to do is stop!" (This man was himself a lush of long standing, and is now chairman of our State Commission on Alcoholism!)

Alcohol, the article points out, has been one of the blessings of mankind since the first dim beginnings of pre-history. It has been and is still widely used in religious rituals, and has been an effective tranquilizer for many millennia before Milaown hit the scene. Still, to us alcoholics it is a curse and carries terrors and horrors that would make hell look like a vacation resort.

Because of alcohol, many of us have lost our homes, our families and even our freedom. I say that we lost these things because of alcohol, but we really lost them because of ourselves and the way that we abused this centuries-old wonder drug. Like narcotics, alcohol when used to great excess over long periods of time destroys. It destroys one's moral fibre; it destroys our bodies and our minds until it becomes a threat to our very existence. What is worst of all, we know that we are destroying ourselves yet we are unable to do anything about it. All we can do is, "take another drink and maybe it'll go away."

The article mentions the fact that there is no cure for alcoholism, and I have tried most of them. Usually, after treatment, I would stay dry for as long as two weeks before I was off on another drunk. The only treatment that has given me sobriety for any length of time is Antabuse and that is effective only so long as one is willing to take the pills. Some regard AA as a treatment or even a cure, and it is neither. We are, most of us, unable to find a way out of our own insanity and AA is the signpost that points the way out. What we get out of AA is no more nor no less than we ourselves put into it. AA WILL NOT DO ANYTHING FOR YOU UNLESS YOU DO SOMETHING FOR AA. It is that simple.



From The Editor (cont'd)

PROBLEMS... You Mr. Public may complain there is no money for education... then WHY NOT TAKE A PERCENTAGE OF THE MONEY SPENT FOR ALCOHOLIC BEVERAGES??? IT COSTS FAR LESS TO SAVE A MAN THAN IT DOES TO PUNISH HIM WHEN HE MAY NOT EVEN REMEMBER WHAT HE DID TO BE PUNISHED FOR... AND WHEN IT IS ALL OVER HE COMES BACK TO THE FREE SOCIETY... TO LIVE... TO DRINK... TO BE A GOOD CITIZEN... YOU NAME IT... WHAT HAVE YOU DONE, THAT HE MIGHT LIVE RIGHT, PUNISHED OR EDUCATED???

STEPS 4^A AND 5^D

Margaret F. Searchers Group

AA is a well organized group of people who have one common problem; "Alcoholism." These people go "all out" to help their members and any other person who is suffering from this disease, who honestly ask for their help. There are twelve suggested steps all AA members go by in their fight against alcoholism. In this article I will dwell on but two of those steps. They are as follows; steps four and five.

Step Four; "Made a searching and fearless moral inventory of ourselves." It is not easy for one, and especially for those in an institution such as this, to sit down and inventory themselves and their past life. AND WHILE THIS IS GOING ON ASK THEM TO BE HONEST WHILE THEY ARE PROBING THE PAST. I do not believe that people who know nothing of the workings of the AA program realize what it is to go into ones past as thorough as we do. We make a list of all the things we consider bad for us and that are dangerous to our sobriety. Some of those things found in our lives and in our past are emotional immaturity, intolerance, conceit, jealousy, dishonesty, and inflated ego and many others that are not mentioned on this list.

You, who know nothing of AA may well look at this list and say, so you took this inventory and this is what you have found; SO WHAT? To them it probably means nothing to take an inventory of themselves, I do not doubt that some people do it every day and they find THE THINGS THEY WANT TO FIND AND NOTHING MORE. But, those who are trying to pattern their lives after or to the Twelve Steps of AA, it means a life or death situation. We must not only find those things that are and were wrong with us, we HAVE TO ELIMINATE THEM ENTIRELY OR REPLACE THEM WITH SOMETHING THAT IS CONSTRUCTIVE IN OUR THINKING AND IN OUR LIVES.

When this "fearless moral inventory" is completed there are few of us who do not possess a few good traits. We call these good things we find our assets and they may well include HONESTY; FOR IF WE WERE NOT HONEST WITH OUR SELVES WE WOULD NOT HAVE TAKEN THE INVENTORY IN THE FIRST PLACE. Tolerance, courtesy, and humility these are a few of the assets we may still possess even after a life of shame and disgrace. It is through the daily use and practice of our assets that we begin to build our life in AA. We begin to think in a POSITIVE AND CONSTRUCTIVE WAY. In our past life with the bottle we thought only in the negative pattern of life. It is through A SINCERE DESIRE FOR THIS BETTER WAY OF LIFE SHOWN US BY AA THAT WE APPLY THESE SUGGESTED STEPS TO OUR EVERY DAY LIFE. It is through this seed called DESIRE that AA and the Twelve Steps begin to work for us.

Step five; "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." In this step we went back to step four to get a helping hand. In this we helped ourselves to a generous portion of HONESTY AND WENT TO GOD IN HUMBLE PRAYER. WE HONESTLY ADMITTED TO HIM THE EXACT NATURE OF ALL OUR TROUBLES IN LIFE, OUR FAULTS AND OUR DEFECTS OF CHARACTER. In our DESIRE for this new way of life, we attempted to remain honest with ourselves and accepted the facts without dressing them up. We sincerely believed in God and in His help for us IF WE WOULD BUT HONESTLY AND SINCERELY wait for Him to show and guide us along lifes way just twenty four hours at a time. Since

God is not one to be hurried, we added another asset to our list, that one being PATIENCE. God will act when he is ready not when you or I happen to be ready or want Him to act. We are the ones that have lived a miserable life, not Him and there is no doubt in my mind that He waits until He is satisfied that we are humble and willing to accept His guidance in our lives. In many cases it is His guidance through life that we meet the OTHER HUMAN BEING TO WHOM WE CONFIDE THE UNBIASED TRUTH ABOUT OUR FAULTS AND SHORT-COMINGS. And of course it is through this that we immediately feel a sense of relief and freedom.

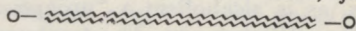
These are the steps that gave me a tough time and were the hardest for me to complete. I feel that I have and continue to grow on the program each day. I am the one who has gained all the good assets. And what more can one in this life ask when they have the Power Higher than man to guide their life, a life that before held only misery and darkness is now filled with light, hope and above all else, HAPPINESS.

WHAT I HAVE LEARNED FROM AA (cont'd)

in life. How many times do I repeat the Serenity Prayer each day??? I do not count them but, I know it is many times each day. I have found the answer to all my troubles in the Higher Power. This is something I not only believe in, but believe He will guide my life in a way that will give me happiness, peace of mind, and serenity. I do believe that through this Higher Power I can remain sober the rest of my life, by living one day at a time and asking for His help each and every day. These to me are not just words on paper, but to me they are something that I BELIEVE IN MY HEART, SOMETHING THAT HAS BEEN PROVEN TO ME TO BE TRUE. IF YOU HAVE FAITH AND BELIEVE IN THE AA PROGRAM, AND IN THE HIGHER POWER YOU CAN ACCOMPLISH ANYTHING YOU SET YOUR MIND TO DO.

I thank God each and every day that I have found the right road. I have no desire to drink, to live the old way of life I left behind. What I have found through the AA way of life promises to be for me all the nice things in life all rolled into one. I have learned all these things and many more from the AA program. Not only does it promise a happy life for me, but I have learned to live with myself and my fellow man. I have learned to let-go-let-God-and live. I believe that in showing true friendship for those with whom I share this world and this life I will in turn be shown friendship and accepted into their hearts. These are the things the twelve steps have taught me, and I believe that if you will study them they will teach you the way of a happy life. Deep in our hearts isn't this what we all desire in life...

past are emotional immaturity, intolerance, conceit, jealousy, dishonesty, and



THE RAINBOW'S END

LOUIS GAGE KARDELL

Is there gold at the end of the rainbow?

Is that story really true?

There may be gold at the rainbow's end,

It lies squarely up to you.

The gold is really happiness,

We are building day by day.

Some kindness here, some charity there -

It's a product so they say.

If you show love and helpfulness,

If to a friend you're true.

If your daily deeds reflects God's love,

The gold will be there for you.

ALCOHOL ^O _R NARCOTICS

AA CAN HELP

Nancy F. Searchers Group

In the Searchers Group, there are many of us who are habitue or addicts. Anyone who has been through the degradation of themselves and their homes by alcohol, know how you literally destroy yourself, and those with whom you come in contact with. This is true in the life of an addict. They too have let their lives become unmanageable, this has happened when they became addicted to narcotics. There is and has been, much said and written on the two subjects Alcoholism and Narcotic Addiction. Of the two it is hard to tell which is the most destructive. It is believed by many that Narcotic addiction will destroy the life of a person quicker than alcohol. But, there are many who graduate from alcohol to narcotics. In any event there is help for both of those who suffer from either of these in the AA program.

Out of the "Twelve Steps" in AA we have chosen step one as the first step in the direction of the rehabilitation of an addict, or "Hyp" (more commonly used by the addicts themselves). By admitting to ourselves that we are indeed weak and powerless over narcotics, WE HAVE TAKEN THE FIRST PART OF STEP ONE. Because a person finds himself incarcerated, and not physically addicted even though his sickness is over, HE IS STILL MENTALLY ADDICTED. A HABITUE, IS A PERSON WHO TAKES THE FIRST AND FATAL STEP TOWARDS ADDICTION. For example take the life of a truck driver who finds himself with a coast to coast haul with little or no sleep to be had. THE FIRST THING HE DOES, IS REACH IN THE GLOVE COMPARTMENT FOR A BENZADRINE, BETTER KNOWN AS "BENNY'S." THIS BECOMES A RITUAL, every time he goes out on another trip, and soon he is TAKING THEM BY THE DOZENS.

Some, find themselves taking barbiturates for kicks, SOON THESE KICKS GET OLD AND THEY LOOK FOR LONGER AND STRONGER ONES. THEN COMES THE DANGER OF ADDICTION, AND WITH ADDICTION COMES SELF INFLICTED DESTRUCTION. WHY!! WHO IS TO BLAME?? "WE," ARE TO BLAME AND THUS WE MUST TAKE STEPS WHICH WILL CORRECT OUR WEAKNESS AND OUR LIVES WHICH HAVE BECOME UNMANAGEABLE.

It is only through the understanding of our "habitué" that we can ever hope to help ourselves. This, as is alcoholism a "progressive disease." The doctor of this disease is you, the afflicted one. The treatment or medicine to use is your UNDERSTANDING OF THE TWELVE STEPS USED IN THE AA PROGRAM, IN ITS FIGHT AGAINST ALCOHOL. THE END RESULT IN THIS TREATMENT IS AND CAN EASILY BE A NEW YOU AND A NEW WAY OF LIFE.

It can be an arrestment that will let you live a normal and happy life, for the rest of your life, But this cannot be had without working for it, and the addict often has to work harder at this than anything he will encounter in his life. There is one to whom we can go for strength in applying the "Twelve Steps" to our lives. IF YOU BELIEVE AND HAVE FAITH THERE ARE NO OBSTACLES IN THIS LIFE THAT CANNOT BE CONQUERED. MAY WE FIND THIS POWER AND THIS FAITH BEFORE WE TRAVEL TOO FAR ON THIS ROAD TO RUIN.

The New Life has recently contacted the U. S. Narcotic Hospital at Lexington, Kentucky, for information on narcotic addiction. Their reply was; "We use the AA program and the Twelve Steps in their entirety." Editor

This Is My Life

James C. New Life Group

January 1950:

The prisoner shall be placed in the custody of the sheriff of Winnebago County, to be confined by him within the County Jail for safe keeping, until the first week of February 1950. The said sheriff will then transfer the prisoner to the State Penitentiary, to be committed for a period of not less than three years nor more than seven years. These were the dramatic but tragic words that I heard on that day in January of 1950. The crime I had committed was burglary; a strange ending for a man who knew all the answers. With a pint or two under my belt there was no problem that I could not solve, but here was one "3 to 7," I couldn't solve this one. I just knew they had it in for me, "peasants" (I thought), just getting even with me because I WAS having such a good time. Stinking alcoholic thinking?? Yes, I know this now, but at that time I was too bitter to know anything.

I was taken to an Eastern Penitentiary to start my sentence. I had been there about three months when I first heard AA mentioned. I asked about AA and in due time attended my first meeting. I listened as a member read; we admitted we were powerless over alcohol that our lives had become unmanageable. I thought to myself, THIS GUY IS OFF HIS ROCKER. I know what an alcoholic is, I had seen them on the street mooching nickles and dimes just to get a drink. I NEVER DID THAT, I COULD ALWAYS BORROW MONEY IF I WAS BROKE. THAT WASN'T THE SAME THING. SO, I COULDN'T BE CALLED AN ALCOHOLIC. Oh! I got sick once in awhile but that happened to a lot of people, whether they drank or not, and as for controlling alcohol I always did, I knew there were a FEW TIMES I couldn't remember what I had done or been, BUT THAT WAS BECAUSE I HAD ATE A LIGHT MEAL OR MISSED ONE BEFORE I STARTED TO DRINK. All this I was thinking as the AA member went on to tell HIS STORY AND HOW HE HAD FINALLY ACCEPTED STEP NUMER ONE. At this time I was entertaining the thought THERE MUST BE SOME ANGLE TO THIS AA, THESE GUYS JUST DON'T COME HERE TO TELL STORIES ABOUT DRINKING. The meeting finally ended, and I was glad to leave the room.

The dull routine of prison life went on and on for me. I had few friends here, but I did notice that from time to time one of the fellows who had attended that meeting and had seen me there, would stop to talk with me and to ask if there was anything I needed. This only made me more suspicious, I was now positive there was an angle. As the weeks went by I was approached by the different members of the group. Prisons are a small place and it isn't easy to avoid people. These fellows talked to me about their different views on AA and I finally agreed to GO TO ONE MORE MEETING. I DID AND AGAIN A MEMBER READ, this time step eight; MADE A LIST OF ALL PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL. WHEN THIS MEETING WAS OVER I COULDN'T PUT MY FINGER ON IT, BUT SOMETHING WAS WRONG. I FELT DISTURBED AND THAT NIGHT I THOUGHT OVER ALL I HAD HEARD READ ON STEP EIGHT. About the people that had been involved in my life through the years. As I thought of the things that I had done, I still didn't or couldn't see why they should have been unhappy. I WAS DOING MY OWN TIME, WASN'T I? I'm the guy doing the suffering. . . . but as the days passed I was still restless. So, in the end I became disgusted with myself and decided to find out once and for all just what this AA was. I borrowed some AA books that night and start-

Please turn to page 15

FREEDOM WITHIN CONFINEMENT

AL B. New Life Group

When I entered this institution, I did so with many resentments. I honestly believe that I resented everyone with authority, those that were responsible for my being here were surely at the top of my resentment list. I sometimes now think I even resented myself.

I knew of AA before I came here, in fact I had a few months sobriety in AA outside, but I had not made a go of it. I was in the receiving unit when I first began to think of my life and why AA had not worked for me. I thought of the do or die requirements of AA.. A SINCERE DESIRE TO STOP DRINKING IS THE MOST IMPORTANT REQUIREMENT OF AA. I do not believe there is or ever was a doubt in my mind that I did not want to quit drinking. THEN COMES THE NUMBER TWO "MUST" IN AA IN ORDER TO REMAIN SOBER. ATTEND THE MEETINGS REGULARLY. This last part is the part that I had not done and in not doing this part I had lost all sight of the first requirement. I had wanted to stop drinking, and I had done this for a while. But, perhaps it was too easy for me or I progressed too fast. When I attended my first meeting I had fifteen cents in my pocket. I was in a town that I had been away from for many years and I now knew very few people who lived there. Within a month I was making more than a hundred dollars each week. After five months of contented sobriety and living a new life, I let my job get more important than the meetings I was attending. I eventually stopped going to the meetings altogether and I ended up drunk.

As I lay here in the receiving unit, I figured I had not given AA a fair "shake." I knew there was an AA group here within the institution, I also knew that this group would help me to "do my time" easier, if I could get into it. Because of my long sentence, I was a year convincing people that I was honest and sincere in trying to help myself through the AA program. During this year I really thought of my life and the mess I had made of it. If I gained nothing from the wasted years, I did gain the desire to be honest with myself and it was with this desire that I entered the Twelve Step school.

This year of waiting had taught me one thing that was most important to me upon entering the school. PATIENCE... I had no patience before, I had no control over myself or the progress I made. I wanted everything to happen all at once. I was now ready to take things easy, to try and keep an open mind and absorb all that I could from each step. In the six weeks that I attended school with this attitude I obtained a solid foundation upon which I could work the AA program. We took each step apart and put it back together again, so that we received a full understanding of each step. This is something that I wish I could have found and had an opportunity to do outside. If I could have obtained the knowledge of myself and of the AA program I do not believe that I would ever have come to this institution. During this six weeks of school there were many problems discussed by the pupils, they were problems that any one in life may have. There was always someone in class who could give an answer and if not an answer at least a workable solution.

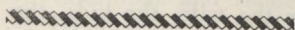
I believe the step that helped me the most was step four. This is the step that suggests we take a moral inventory. When I first started this step, things could never have looked darker for me. It was the first time in my life that I had ever taken a good look at myself. I had been a pretty rotten sort of person, this step and its inventory gave me plenty to work on. Although it was bad,

I felt that I did possess a FEW assets to build on. Over the years I have tried to balance this inventory, I have and am trying to improve those few assets that I had and cut down on the liability page of this inventory.

After I had gone through the school, I returned as an instructor. This work to me was not only interesting but rewarded me in many ways. There was never a class that I attended in which I did not learn something new. I am sure I received more from the new fellows going through the school than I was able to give them.

This took place more than three years ago. During this three years I have held a number of jobs within the group. I find that the more I put into it the more I receive in return. I am still learning and growing and I sincerely hope to keep right on doing just this. For I well know that the day I stop progressing I am headed for trouble. We work this program just one day at a time, yesterday is gone and there is nothing we can do about it. Tomorrow is not here yet, so we will have to wait and take care of it when it gets here. JUST TODAY IS ALL THAT WE CAN LIVE...

I have a number of years yet, before I will return to society. AS LONG AS I PUT THE PRINCIPLES OF AA INTO HONEST PRACTICE AND KEEP WHEN I DO GET BACK TO SOCIETY. I HAVE TO REMEMBER THAT I AM AN ALCOHOLIC AND THAT I CAN NEVER TAKE THAT FIRST DRINK.



THIS IS MY LIFE (cont'd)

ed to read them and to study the Twelve Steps.

There were times I would throw the book on the floor and try to sleep, but sleep would not come for me. Only questions came to my mind and all the answers that I had for these questions seemed flat. I retrieved my book and again I read step six; were entirely ready to have God remove all these defects of character. I HAD NOT THOUGHT OF A POWER HIGHER THAN MYSELF FOR YEARS, NOT SINCE I WAS A KID AND I WENT TO SUNDAY SCHOOL, AND THEN ONLY BECAUSE I HAD TO. I JUST COULDN'T MAKE ANYTHING OUT OF THESE STEPS, THEY WERE CRAZY AND MIXED UP: HOW COULD A GUY TAKE AN INVENTORY OF HIMSELF?? I thought, I don't believe this stuff, but I will go to a couple of more meetings and listen to these guys make chumps of themselves.

My life was my own, you wouldn't catch me getting up there making a fool of myself. There was outside visitors at the next meeting I attended, "NOW" I THOUGHT TO MYSELF, I BET THESE PEOPLE DON'T GET UP AND MAKE FOOLS OF THEMSELVES. When the meeting started I was the most surprised character there, WHY, THEY WERE DOING THE SAME THING INMATES HAD DONE AT OTHER MEETINGS, They were telling the story of their alcoholic lives. Something was wrong; how does a man stop drinking just by listening to someone tell about the binges he has been on??? I was confused and all that week I thought about it, but was still mixed up. Finally in desperation, and for my sanities sake, I spoke to the sponsor of the prison AA group about it. He had been an alcoholic for thirty years before joining AA, and very slowly he took me through the Twelve Steps, explaining how he had worked each one himself. For three months at each meeting he gave me all his time and slowly through him and by the "GRACE OF THE HIGHER POWER" I UNDERSTOOD THAT THROUGH THESE BLESSED TWELVE STEPS AND TWELVE TRADITIONS, EVEN I CAN BE BORN AGAIN.



YOU CAN'T DO IT ALONE!

Clarence S. New Life Group

After six months in AA it wasn't hard for me to admit that I was an alcoholic. For me to be called an alcoholic, sounded pretty good compared to all the other things I had been called in the past years of my drinking career, and those names included just about all there was in the book. In the first step, we have admitted that we were and are powerless over alcohol and that our lives had become unmanageable. It wasn't until I came to AA that I found the answers to why I drank so much and just how sick I actually was. One of the main things wrong with me was that I did not know how to compete with all the problems of myself and life. In AA we start the day off without taking a drink, twenty four hours, that's all. We don't swear off, we don't sign any pledge, we promise nothing. To those of us who are alcoholics promises are laying all along the road that we have traveled and they are all useless because they are broken. We don't do it for the wife, the kids, the boss, or the probation officer, we have to do it for ourselves. Because we are so darn sick, because we cannot stand ourselves any longer, because we want help, we need help, and we accept help. **ONE DAY WITHOUT ONE DRINK, WE DO IT FOR OURSELVES.** This as we all know is a selfish program. We are kind to others because we are selfish, because this helps us. **ONE DAY AT A TIME.** The days add up, we recover physically first. But our screwed up thinking takes much longer. This is why we need to attend the AA meetings, **YOU CAN'T DO IT ALONE. YOU NEED HELP AND THE ONLY ONE THAT CAN HELP A DRUNK IS ANOTHER DRUNK.** No other person will understand your problems so completely and no other person will care so much for your personal welfare.

How do we get help? The second step says, **WE CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.** That's hard to admit, because too many of us were too proud to admit or accept a belief in anything good. **WHAT IS THIS POWER? IT IS SIMPLY WHAT EVER YOU PUT YOUR BELIEF AND YOUR FAITH IN.** The group you belong to may be this power at first, because many of us have lost our religion or given it only lip service. But, sooner or later most of us use the word God as the power greater than ourselves. When I get up in the mornings, I ask God to keep me sober this day, at night I thank Him for the help He has given me during this day and for a sober day. To many this may sound silly. But really aren't we forming a foundation for this program so that we can live out in society as humans instead of behind these gray walls like animals? If I do continue in my present state of mind I know I can work for AA, not AA work for me. Each time I say these little prayers I feel contented, at peace with myself. I know these prayers work for me. I attend the Catholic services here, I am not afraid of their conception of God or that the Church will say that God is this or that, because I have been taught that God is good and understanding. That's all I need to know, and I believe that this knowledge and help will keep me sober. I have turned my will and my life over to the care of God as I understand Him. This is step three and I have worked this step as I understand it. I am accepting what I have, nothing can change this, but this

is only my way, your way may be different. This is the good part of AA, you take that part which will help you, what will keep one person sober may cause another person to go out and get drunk.

Personally I think that too many of us are trying to be intellectuals, they have the hardest time, because the program is so simple for them. Its like looking at Swiss cheese, they see the holes. Most of us see the alcoholic program all mixed up with other factors. Its not that complicated; keep it simple. We are alcoholics, as you admit one drink is all that you have to worry about. Our problem is just one ounce of booze. Staying sober isn't a passport to heaven. Its been said many times that the height of ones courage is dependant on the depths of ones fear. Step eleven states; we sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for the knowledge of His will for us and the power to carry that out. When I first came into AA I had little knowledge of religion. There were so many paths and so many theologies involved that to find a simple guide through study was impossible. I stopped reading about God. The suggested steps seemed a bit contradictory to me, also how did God's will need our power for its accomplishment? And too I was perhaps a little resentful to hear God always referred to as He. Since the world for all practical purposes was divided evenly, male and female. I could see no sensible reason why God should have a gender. So I did not think of the Possessive of God as His, but as God's.

Prayer had disturbed me; also, for no matter what words I had used they always seemed to have various meanings and shades. And the wish in me remained really unexpressed. If I had tried to put deep emotional sincerity into my prayer I found the purity of my intention was sullied by a small self-pity, and then prayer had seemed simply presumptuous. I could not get over the feeling that in prayer I was trying to force destiny and I did not have to try my memory to recall how greatly the forcing of my will and the thwarting of it had contributed to my alcoholism. So I had abandoned verbal prayer except for two short sentences about which there could be no question of meaning or intent. The one in the morning; if it is God's will, let me remain sober this day, and in the evening, I thank God for this days sobriety.

It is still hard for me to understand humility and its meaning. What is humility? At all our AA meetings we hear about humility and we hear about it outside of AA. What most of them mean is that if you don't agree with them, you haven't got humility. It is a gag to keep you in line. If you were working for a company and the boss used the word, he is probably trying to save money. But for us, the alcoholic, it has both a profound and practical meaning. Humility: The quality of being humble; deference, courtesy, kindness; the act of submission, acceptance of what we are, **SUBMISSION TO IT. WE'LL NEVER BE ABLE TO DRINK LIKE OTHERS AND WHEN WE DO DRINK ALL SORTS OF STRANGE THINGS HAPPEN TO US.**

In step three we made a decision to turn our lives and our will over to the care of God as we understand Him. This is an act of humility, a submission, an admission of our incapability. But, there is the practical aspect. Most successful men that I have met in AA are working at good jobs, some below their capabilities. This I think is good for them. To strain for honors beyond would lead to egotism and extremes which have always been the down fall of the alcoholic.

My past is behind me, still I like to look back and see my faults. I am preparing myself now for the outside. The twelve suggested steps provides me with the tools to form a new life for myself. Sobriety I want above all else, for without it I wouldn't have a job, a place to live, love and companionship. My past has done nothing but reap high prison walls, this I do not want. I want peace of mind, peace within **THAT ONLY SOBRIETY CAN GIVE.**

Spiritual Awakening

Tony M. New Life Group

My life, before I came into AA was a complete disgrace, not only to me but to everyone that I came in contact with. There have been many times in which my family and my friends have worried and searched for me. And in most cases they would find me sitting in some bar in a drunken stupor. This, for more years than I now care to remember, was my daily drinking pattern. It led me in only one direction, to a life of dishonesty and eventually to my confinement in this institution.

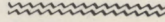
Like many men who have travelled this same road to ruin, I have suffered a great deal. It is not only the physical suffering that I have had to endure myself that hurts the most. It is the knowledge of the hurt that I have inflicted upon my family and my friends. Through my uncontrolled drinking I have lost a wife and four daughters that I love with all my heart. It is needless to say here that I have spent untold hours in worrying for their welfare and safety. The sad part of my story is that I knew all along that I was doing wrong. But, **THROUGH MY CRAVING HABIT FOR ALCOHOL, I COULD NOT HELP MYSELF. FOR I HAD LOST ALL CONTROL OF MYSELF. THE ALCOHOL WAS CONTROLLING ME AND I WAS POWERLESS TO DEFEND MYSELF AGAINST IT. I WAS LOST PHYSICALLY AND MENTALLY.** I had no idea which way to turn or which way to go. I could not escape the constant thought that I had abandoned my wife and family, that they now must look out in life for themselves. My desire for alcohol had me on the verge of insanity.

WHO AM I?? This was my first thought upon awakening sober, but sick and overwhelmed by remorseful thoughts. I was a perfect picture of the defeated man, sick, ragged, and dirty. I had no ambition to live this—one more day of humiliation—I had a premonition that my end in this life was very near. I was certain it would be an end to an existence that had only caused sorrow, disappointment and shame to myself and to those that had known me in this life. A life that I had thrown away for the uncontrolled use of alcohol.

I have no doubt that those of us who have been taught to believe in God and his love for the human race, turn to Him in thought when we think the end of life is near. I am no exception. My thoughts went to God as I understood Him. I knew I was a helpless creature, I did not know what to ask Him for. Everything was wrong with my life, I did not believe I could ask for a new life or a new opportunity to live this one over. I did ask only for His guidance, to salvage what He could of me. To give me a path to follow that would be of His will and not my own. I honestly believe that I surrendered myself to Him and did not realize exactly what I was doing. But, I do believe that I was honest and I believe that I was sincere in my desire to be helped. I know that things unheard of in my life began to happen to me. A peace of mind came to me that I had never known before. The jitters and sickness left me. My remorseful thoughts were gone and in their place were left constructive thoughts for today and only for today. For I had begun to believe that I could live and work this program and this new way of life for only one day at a time. I made up my mind that I would let God show me the way and I would supply the leg work to only as far as He showed me it was safe for me to travel.

Do not jail yourself for a life in a prison of despair, sadness and confusion, worry and pain. Instead search and seek the key which can be used to obtain spiritual freedom, to open the doors of your confinement and set you free, to enjoy this God given life upon earth. Do not fool yourself into believing that you can run your life without help. You and I have all the proof that we should ever need that we can not live our lives without the helping hand of the Higher Power to guide us. Man cannot gain complete

deliverance unless the higher power releases him with the master key —FAITH—
Call upon this power to not only forgive you, but for those that have said or done things to hurt you. It is in the forgiving that we may be forgiven. He will reach down to guide and save you from all things wrong, as long as you are HONEST AND SINCERE WITH YOURSELF AND GOD. I WOULD NOT EXCHANGE WHAT GOD HAS DONE FOR ME FOR ANYTHING UPON THIS EARTH AND I FOR ONE INTEND TO GO ALL THE WAY WITH HIM.



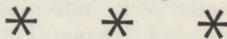
ONE WHO STILL SUFFERS

Dick M. New Life Group
Do we judge slippers? Do we indulge in cynical criticism of a fellow alcoholic because he has failed to grasp our New Life and to practice the principles of our new way of living? Is this person who slips not just a little sicker than we were? For we are truly a victim of a disease. Let us beware of this criticism; are we ourselves, by the very act of being critical, or judging another, or taking his or her inventory, perchance, still a little sicker than we realize? Is such activity itself not symptomatic of some of the causes and conditions by which; but for the Grace of God, we ourselves would still be slipping and drinking and despairing. Is our criticism an escape mechanism we use, rather than face up to the possibility that it is we too who have failed? Because we ourselves did not understand this way of life to such an extent, that we could individually, or collectively as a group present it to this man so that he would not fail. If we are sincere and are actually living this New Life, this possibility is not really important. If we are humble we will accept his failure as a challenge of our ability to teach another sick man how to stay sober. What is failure? It has been said that failure is to learn on. That no failure is utter and complete, SO LONG AS WE LET IT TEACH US SOMETHING.

Failure reveals far more however, than what we don't know. IT SHOWS UP WHAT WE DON'T DO. WAS IT NOT BY FAILING TO KEEP SOBER THAT WE LEARNED TO KEEP SOBER? THE FAILURE OF ALL OTHER DEVICES WE USED TO KEEP SOBER ONLY POINTED MORE VIVIDLY TO US THAT WE COULD NOT KEEP SOBER. Gradually through FAILURE we discarded our various devices of trying to drink and yet stay sober and admitted we were FAILURES, thus learning we must desperately grasp and cling to this new way of life. Can we afford to jeopardize our own sobriety by pointing to the weakness of the man who still suffers? Should we not seek to fulfill our responsibility to him, that of carrying the message, each time that he returns to hear it? FAILURE IS TO LEARN ON, and it is not final, or an emotional tragedy unless it happens to be the last time that we try to do that which we failed at.

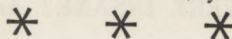
The most important lesson failure can teach us is that there is something in the human spirit which is strengthened by disaster. AND IF THIS WRITER HAS NOT BECOME SINCERE AND HUMBLE ENOUGH TO LIVE THIS NEW LIFE THEN, PLEASE GOD, DON'T LET THIS BE MY LAST CHANCE TO TRY IT...

You might as well keep your mouth shut. If you talk about yourself you're a bore. If you talk about others you're a gossip.



There is so much good in the worst of us and so much bad in the best of us that it behooves none of us to criticize the rest of us.

(by Phoebe Price)





The Sick ALCOHOLIC

Bill D. New Life Group

It is my belief that the alcoholic is a sick individual; that is, while he is drinking. I absolutely agree with the findings of medical authorities that the alcoholic is not merely physically sick, but mentally ill as well.

Alcoholism is an insidious and progressive disease which attacks not only the physical part of us, but also our brain cells. Recall the blackouts, the hallucinations, the horrors? We experienced them after long drinking bouts, and only because alcohol had finally reached our brain cells. We were guilty of many things done while under the influence of old John Barleycorn, but not guilty to the point of being WILFULLY CRIMINAL. We neglected the persons in life who meant the most to us, so we could continue our drinking; was this insane thought? We lied and cheated to those who trusted and prayed for us when we needed it most; was this insane thinking? We called in "sick" to a patient boss who hoped we MIGHT be in tomorrow to finish our job. Insane action? When money began to run out, we pawned, sold or traded anything of material value we possessed to get John Barleycorn in return, that we might stay drunk. What price insanity? When all our own possessions were gone, we began selling the possessions of our dearest friends, relatives and loved ones; until they locked us out of their homes, or put their valuables under lock and key. Failing to get money this way, our physical and mental desires screamed to us to satisfy it with the liquor it must have in any way.

Many of us wanted to abstain from stealing, we hadn't gotten that far yet so we begged on the streets for a paltry nickel or dime, feeling that if we begged several, we might get enough together to purchase the stuff to "keep us going." But soon people came to know us, and began refusing us the nickel or dime which might have gotten us the bottle of "wine" we had by now been forced to drink. Whiskey is a luxury to a beggar. Our FOXY minds became thoughtful; we schemed up ways to get that bottle come hell or high water, and we gave no thought to the results or as to the outcome of our foxy thinkiing. Stealing was all right; rolling was justified, robbery wasn't serious. Crime was no longer crime. We didn't think of our acts as crime, nor did we care SO LONG AS OUR BODIES HAD THE ALCOHOL THEY CRAVED.

Many alcoholics die in such a state. Despised and hated by their fellowman. Others meet their end in mental institutions. (Who is to say of the two, which are the most unfortunate?) Some end up in penal institutions like this one. Naturally, not all alcoholics who find their way into a prison are wise enough to find out what this thing called Alcoholics Anonymous is. A few try it and because of a lack of desire to stop drinking, are faced with a miserable future and nearly certain return to prison after release.

Others of us go to AA and suddenly, quite miraculously, have life restored to them.

SO MUCH FOR THAT!

I said earlier that we were sick individuals when we drank. I implied that we were not merely sick, but insane. Let me point this up...I'm not out to hurt feelings-merely to state the truth.

The second step of the Twelve Steps states, quote: "Come to believe that a Power greater than ourselves could restore US TO SANITY. Doesn't this step in itself IMPLY that WE WERE INSANE? And too, what of the things we

had done while under the influence of alcohol? How about those blackouts? And the hallucinations we experienced on our binges? How about the nameless horror of a dim realization that we had, in our alcoholic rage, done physical damage to some other person; our wives, our children, the boss, some friend? How about waking up in a boxcar, or strange fleabag hotel in a strange city completely broke and at wits' end for what to do next? SANITY? WOULD YOU CALL IT THAT? Of course not!

The sooner we come to the realization that just taking ONE drink is an insane action for us, the sooner do we speed our recovery.

While I believe that the alcoholic is a sick person, I am also of the opinion that he should not be subject to trial by law, (for any infraction thereof) but sent to a specially set-up mental institution and held there for such time as required to restore him to normalcy. Each such institution to have an AA program, to aid him in his own recovery.

Of course, this procedure could not possibly save everyone, and eventually the repeaters would have to be dealt with by the courts. But, the program would be directly responsible for having salvaged more souls than ANY PRISON COULD, or EVER SHALL.

More and more the public is becoming aware of the sick alcoholic; lawmen are being schooled regarding alcoholics, and their problem; LESS AND LESS ARE THEY BEING TREATED AS COMMON DRUNKS, AND MUCH OF THIS IS DIRECTLY TRACEABLE TO AA. SOBER ALCOHOLICS are LIVING, INCONTESTABLE PROOF THAT AA WORKS. IT IS AS SIMPLE AS THAT...!

HELP For Alcoholics!!

To everyone faced with the problem of alcoholism, either his own or someone else's, God gives this assurance. "ALCOHOLISM CAN BE HEALED!"

When we pray for those who seem in bondage to alcoholism, we go beyond the surface appearance and pray for the whole man. To pray only to overcome the habit of drinking is to deal with the end result, not the cause.

The Alcoholic needs help, not for Alcoholism alone; but for all that is behind the cause of alcoholism, which is but the symptom of the real need.

We do not condemn the one who is considered an alcoholic anymore than we condemn the one who asks for help in regaining his health. We know that there is a need of healing in both cases and we have faith that all things are possible to God; that there is nothing too hard for Him. A person who feels that he cannot help himself; that he is in hopeless bondage to the habit of drinking, has something in him that responds to the idea that he is a spiritual being and that he is a child of God who has been given dominion and mastery from the beginning of time.

If you would help someone who seems in bondage to drinking; cease thinking of him as an alcoholic and think of him first and foremost as a child of God. Think of him as possessing a divine spark that can be quickened into a strong fire of courage and faith. What you cannot do for him, what no person in the world can do for him; in him, the spirit of God will do. The spirit of God that is in him can lift him out of the self that has given way to defeat and despair and re-awaken his spiritual nature. What your prayers and faith do is to quicken the spirit of God in him.

If you who read this have considered yourself an alcoholic, begin to change your thoughts about yourself. Say to yourself again and again until the truth of it stays with you, "I am a spiritual being. I am created in the image and likeness of God and through his spirit in me I am able to meet everything in my life. I am strong in the Lord and in the power of His might." Yours in AA, Rex M.

The Mail Bag

The letters printed here are from ex-members, of the New Life Group, who are out in society again and are now living and working the AA program.....

Editor

Denver, Colorado
August 9, 1959

Dear Ivan and Members of New Life:

A few lines to say "Hello" to you all, and to let you know that one of your ex-members is in the free world and doing OK. I arrived here in Denver on July 30th., and out of that time I have worked nine days already, so that isn't too bad for a "wino" like me. I have attended three meetings on York St., and one on East 20th., Ave., since I have arrived. So you see I had a pretty busy schedule. I have seen only two members of our group, one is doing fine on the program, but the other one is not staying with AA. So I don't know just how long he will continue his sobriety. I really hope that he makes it, but as we all know, that as alcoholics we must attend meetings and live AA every minute that we are awake, or we are lost. Fellows, I want to say a few words about faith... If we can say a little prayer every morning when we get out of bed, and every night before we go to sleep, remember to thank Him for our sobriety, and peace of mind that he has made possible for us this day, it will really help. I know because I have had to pray every morning and night, and sometimes during the day. But, this has paid me back a hundred fold. I sincerely thank my God that He has showed me the way out, if I am only smart enough to accept it. Well, this is enough of that. I don't want to sound as though I am preaching a sermon.

How is everybody doing there?? I know this is a foolish question to ask, but just stay with your program and everything will work out. S., I want you to tell Mr. A. in the stewards department that his ex-chef is now working at the Super C., on East Colfax (ha - ha). Also tell Jim M. to stay with his AA because if we stop thinking AA for one minute, we won't make it. All the members on York St. said to tell you "Hello." Did you guys know that Jack P. got married to one of the ladies from 1311?? I haven't seen him or her but, P., was telling me about it.

Well I guess this is all for this time so, S., you sit right down and write and let me know how everybody is. Also tell Jim M. to put me on the mailing list for our New Life magazine and maybe in the next few weeks I may be able to send something for the group. I'll certainly never be able to repay the group for all the good, and peace of mind that I received while I was there from each and every one of you. So thanks a million to you all.

I remain Sincerely Yours In AA
Whitey W.

Golden, Colorado
June 30, 1959

Dear Secretary-New Life:

Sorry I was so long in returning the money loaned to me by the group. It has been hard going, getting situated and keeping at work.

My working hours interfere with My attending AA, but I do attend when possible and I am sober thank God and that is what counts. The weather has been very hot here 95 to 98 degrees every day last week. It did cool off last night.

Give my regards to Ivan. Hope that his injury is ok by now. Also say "Hel-

lo" to Bill H., if he is back in the group. I never did become acquainted with too many of the gang there. I wish them all the very best. Thanks again for your help, I will write again and more later.

Sincerely Your Friend in AA
Joe M.

Meeker, Colorado
June 11, 1959

Dear Ivan:

How is every little thing in Canon City?? Fine I hope, guess it must be real warm there. I haven't been fishing but one time so far, but I will be working right on the river bank this next week and I am going to fish some after work.

I bought a 1955 Chrysler Windsor for \$900.00, I sure got a good deal on it. I got my first pay day last Friday, \$144.86 for my part, after the ducks got their part. Well how are all the fellows in the group doing? Fine I hope... My AA is still working for me, and I intend to keep it working for me. I have been to Craig, Colorado twice. They sure have a nice group there. I sure got some good AA and met some real nice people over there. I do plan on going over to Grand Junction as soon as I can make it. All you guys in the group have got to remember that AA will work for you as long as you are honest and sincere with yourself. As long as you are sincere you will make it. If you aren't you had better stay in Canon City cause just as sure as you were born you will be back without a doubt.

I am short on anything to say or write about, so I will sign off for now. I am sending along a little something to the group just to let them know I haven't forgotten where I got my AA.

As Ever Your Friend
Marion W.

Los Angeles, California
August 1, 1959

I received your wonderful letter and thanks for remembering me during a busy routine and for classing me as a friend of the group.

We arrived home after a very wonderful trip and have settled down to the old familiar routine of working, sleeping, eating, and the good old AA meetings that we have here, We attended meetings all over the country we traveled, and we found that we like this, here at home the best of all places. I guess we are more used to it than any other. I do find that I can be fairly well contented now with my place as long as I am making a good living and keeping up my daily contact with AA. I have also found out that it is not how long I have had something that is important, but what it is worth, and how I use it while I have it that counts.

I had a rather unusual experience in Salt Lake City, Utah. I went to a meeting there and after the meeting remarked to the chairman how close they followed our pattern at their meetings, reading the preamble, steps, and through the a, b, c, etc. He told me to the best of his knowledge that the first AA meeting that was ever held in the state of Utah was held by an ex-con from San Quintin, California. That was where he had started in the program, so you see what can come from the prison groups is remarkable after all.

I did enjoy the meeting with you fellows so much. I got more out of the thought of going back to my mother group than anyone may think. It gives me a lift like nothing else can. And to the New Life group I owe my greatest thanks for putting up with me for so many months that I bored so many of you. But I got the best introduction to AA that is possible for anyone person to get right there in the AA school. AA is surely there if we want it.

I was sorry to see a few of my old friends back for a refresher course after having done so well for quite a while. The big book tells us that alcohol is cunning, baffling, and powerful. I might add that it is very damn patient and

Fall 1959

can lay dormant for a long time only to awake with a louder bang than before, when we take that first drink. AA has taught me a perfect defense against that fifth columnist.

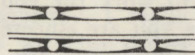
I am speaking at a beginners meeting next Sunday at Santa Monica and you can believe that I will tell them exactly where and how I got my start in the program. There could be someone there that may get off the alcoholic streetcar before they reach the end of the line as so many of us had to do.

I will try and round up some literature that is printed out here. I imagine most of yours comes from the New York office.

By this time the group is beginning to wonder if that character will ever shut up, so you can get on with some good AA and that I will do.

I want to thank everyone for having me at your meeting via a letter, and God willing we will make the Christmas party.

Yours In AA
Bill W.



* * *Just for Today* * *

CONTRIBUTED by 'Bill' W.

Los Angeles, Calif.

Just for to-day I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for to-day I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for to-day I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for to-day I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for to-day I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do two things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but to-day I will not show it.

Just for to-day I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

Just for to-day I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests; hurry and indecision.

Just for to-day I will have a quiet half hour all by myself. and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for to-day I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

INCENTIVE PAY

Inmates of this institution are now drawing incentive pay for each working day.

There are five rates, 10, 15, 20, 25 and 30 cents.

Half of the full amount earned, is put into the inmates general account; While the other half is credited to his savings account.

We are a quarterly Publication instead of a monthly as stated elsewhere in this magazine.

CREDIT

We wish to thank Jim Sterling of The Canon City Daily Record for the Halloween cut appearing on our front cover.

STATISTICS

Male		1564
Female		35
Total		1599
Low Number	(Entered 1898)	4834
High Number		32016

FROM 6/1/59 Inc. 9/25/59

PAROLES

Institution:	137
Recidivists	7
Pre-Parole	157
Recidivists	6

FLA-CO-LO! Congratulations on a fine magazine and on your Birthday. May you prosper.

THE BORDER SENTINEL; We like your definition of a parole, 35605-T. A most touching article and a real example of Humanity and Cooperation.

AGRICOLA; Your September cover really fooled us. Thought at first glance it was about harvest, but on inspection found it was about Love. A really good and consistently well built magazine.

AGENDA; Got a lot of chuckles out of your article, In Retrospect, by Mr. Lawrence. Hope to see more of him in the future.

ENCOURAGER; Mr. Velchek's silk screen job really looms up. And congratulations on the detail and clarity of your pictures. Mr. Jailbreak is really an old acquaintance, since I used to read about him in the past.

SHADOWS; If we started to comment on Centennial Issue, there wouldn't be sufficient space or time for anything else. All we can say is "Par Excellent."

THE HARBINGER; Absolutely one of the best built and printed magazines off the Penal Press.

THE PRESIDIO; One of our member mag's calls it the 5th Estate. You call it the 4th Estate. Who is right? Your Hidden Member of the 4th Estate is tops and is a real professionally written article. More power to whatever Estate it is.

THE MESSENGER; Sorry about the straying from the path of the Pena. Press credo. Will try and stay on the right road. A new editor and lots of new help and a world of inexperience, but maybe we can do something with it.

Governor Asks Plan To Equalize PAROLES

Governor Steve McNichols late Wednesday launched a plan to equalize parole opportunities for inmates of the State Penitentiary and State Reformatory.

He asked the wardens of the two institutions and members of the State Parole Board to begin recommending inmates who would be good candidates for commutation of sentence. The system, said the governor, has been haphazard in past years as far as commutation is concerned.

John C. Fremont visited the site of Canon City during the winter of 1846 and placed a small American Flag on what is now Sky line Drive.

OUR PROOFREADER

We will miss our proofreader who left us to attend Mr. Sangers 3rd grade school classes again this year.

The correct spelling of Inthusiastic is *Enthusiastic*.

THE RECOUNT

BOX 1010

Canon City, Colorado



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