

C A P T I V E - C O M M E N T S .

Written by Prisoners
For Prisoners
About Prisons, etc.

Iowa State Penitentiary
Box 316 Fort Madison, Iowa 52627
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Copy: Rob Loney

[Notice] The views present in this newsletter are not necessarily the views of the prison staff, the division of corrections, the department of social services, nor some of the prisoners; unless indicated. All articles have been examined by the editor with regards to "good taste." Permission to reprint any part of this newsletter will not be granted without the express permission of Pete Rozelle or Brother Swartz. Prisoners may submit short articles to the Newsletter Office at #222 or #279.

RUMOR OF THE WEEK: Christmas is a Christian Holiday.

QUOTE OF THE WEEK: Overheard Friday on the portable radio systems. "I think the yard is clear."

"Think? We don't think around here. Either the yard is clear or it isn't," came back the reply.

"The yard is clear. Repeat, the yard is clear!"

MOVIE OF THE WEEK: Wednesday, December 5th. "Saint Ives"

Thought for the Week: If most prisoners invested one dollar per month in a "Lawyer's Fund" we could get some needed clarification through court orders about "due process" and general conflicts which affect the majority of us. We wonder whether such a project could be carried out?

LINK CRIME TO FOOD....OR IS IT?....FOOD TO CRIME? San Diego (UPI) --Drinking too much milk while consuming too few fruits and vegetables, may drive some youths to crime, a behavioral researcher says.

Alexander G. Schauss, director of the Institute for Biosocial Research at City College in Tacoma, Wash., said studies of juvenile delinquents and other youths have shown an apparent relationship between heavy milk drinking and anti-social behavior.

"I am not saying milk is bad," Schauss told a convention of the Society of Clinical Ecology in San Diego Sunday. "But like everything else it should be consumed in moderation." Comparing the diets of young criminals with those of adolescents from similar backgrounds, he said, he discovered the delinquents drank up to 10 times the normal amount of milk, while shunning fruits, nuts, and vegetables.

"It's important to note that along with this compulsive intake of milk, there is a compulsive behavior, too," Schauss said.

(Comment: We always learn of these important findings too late in life. My mother began "pushing" milk to us youngsters at an early age. How were we to know the dangers? Even in school they used to make us "up the milk money" so we could partake of the milk that tasted as if it had been kept on the radiator until "milk break." Yet, when I first became involved with crime they blamed my poor environment, the young gang I hung around with, and our drinking booze and skipping school. All the time it was the milk! Hell, I lived in Wisconsin which now has the cloud hanging over it as being the Dairy State. I wonder if I can now explain all of this "new understanding of my behavioral problems" to the parole board and if they would then understand also and release me if I promised not to drink too much milk and eat my share of fruits and vegetables? It's worth a try. Nothing else seems to work with them.

Do you remember....."Some men see things as they are, and ask why. I dream things that never were and say, why not?"

FROM THE BOOK "Crisis in Command; Mismanagement in the Army" lays the blame for a good part of the Army's problems on the officers corps. "In a business, self-interest among employees is considered healthy; a career minded enterprising executive is good for the company. Self-interest, however, can destroy a military unit, the authors contend. A corporate military leader soon realizes it doesn't do his career much good if he is killed in battle.

Members of the Church of the New Song would like to thank all the other prisoners and staff members who participated and helped us prepare for our Celebration of Life. Special thanks go to the Food Service Department for helping us arrange and prepare the food. We wish to thank the outside guests who attended and hope that in the future the obstacles (persons and policies) can be changed to allow more participation by outside guests. The members of the Wisco Community who attended and performed for us are very special people and we appreciated having them here. It was good to see Brother Bob and Sister Melissa again and hope that the future holds a closer relationship between them and us. QUENCH NOT THE SPIRIT THAT WAS OBVIOUS AT THE CELEBRATION!

Writing Contest sponsored by "Joint" Conference" magazine: Entries must be marked for contest 1, 2, or 3. All winning entries will be published in future issues. Contests open to any person incarcerated in a U.S. Prison--State or Federal--or Jail. Important: Material will not be returned unless postage is enclosed. Deadline: March 31, 1980

Contest 1) Short-Short Story--Not over 1,500 words, prize \$50.00

Contest 2) Short Story--Up to 4,000 words by a previously unpublished writer. First Prize \$100.00, Second Prize \$50.00

Contest 3) Poem--Not under 15 lines. First Prize \$100.00, Second Prize \$50.00

Mail entries to: King Publications, P.O. Box 19332, Washington, DC 20036

ATTENTION AGAIN, ALL WORLD WAR II VETS -- The article we printed in last week's newsletter about World War II being able to collect on their insurance was untrue. We reprinted it from a copy of a newspaper article but have since learned that it is a hoax that has been circulating for about three years now. Sorry about that. Our intentions were good but our information wasn't so good. If you care for information concerning the whole story you can call the VA Regional Office, free, 1-800-362-2222.

REGISTRATION FOR COLLEGE CREDIT CLASSES SCHEDULED: The First Half Hour Each Class Meets.

Monday	Psyc:104	Social Psyc.	3:45-5:10 pm.	6:30-7:45 pm.
Tuesday	Engl:102	English Comp II	3:45-5:10 pm.	6:30-7:45 pm.
Tuesday	Sci:102	Physics	3:45-5:10 pm.	6:30-7:45 pm.
Wednesday	Hist:113	U.S. History III	3:45-5:10 pm.	6:30-7:45 pm.
Thursday	Math:101	Math for General Ed.	3:45-5:10 pm.	6:30-7:45 pm.
Thursday	Soc:103	Soc. of the Family	1:00-3:00 pm.	

Attendance is mandatory the first week of class, Dec. 2nd. Students who are ill should contact Joe Oppold at 334, as soon as possible to make arrangements for registration.

In the event an insufficient number register for a course, that course will be cancelled and offered at some future date.

[Notice from Business Office] Effective Friday, November 30, canteen order number fourteen will be in effect until further notice. Canteen orders other than number fourteen will be returned to the individual.

[Fort Madison Democrat] -- The furlough program at the minimum security units (farms) of the John Bennett Correctional Center here is set to begin soon. Hal Farrier said the furlough program was implemented Nov. 21 after the rules governing the program were approved by the legislative rules committee.

Many prisoners and staff have asked us to thank Ruby Winston and the entire Food Service staff for the planning and extra work that went into the Thanksgiving Day Dinner. It was excellent!

The "Belly Bender's Award" for humor should be given to the ones responsible for the writing and printing of the "POLICY AND PROCEDURES GUIDELINES: CHRISTMAS PACKAGES FOR ADULT MALE INSTITUTIONS." However, we aren't quite certain who was responsible for this gem of tongue-in-cheek humor.

I almost took the list seriously, it was so well written. The first line though, which stated, "However, it should be kept in mind that a canteen is available to all residents and is well stocked with reasonable priced articles which are allowed on the Christmas list," gave the whole thing away as a gag.

You have to read the rest very closely to appreciate the subtle humorous intent. Consider: "Cigarette lighters are allowed (gas lighters are not allowed)" You can't buy lighter fluid here so the type of lighter they suggest would be useless. That's fabulous!

"Hair brushes are allowed (without handles). Hair brushes without handles are only good for old, military type haircuts of which there aren't so many of them there kind left.

"Shoe shine kits (without polish) are allowed." That's the kind of shinning my shoes get now. When they are dull I rub the tops against the back of my pant legs and I'm ready for any social occasion available around here.

"Sewing kits are allowed." We must assume this means that needles can be included.

So as to avoid confusion, the list informs us, some additional information is printed below the list of items allowed. Consider:

3.c. A maximum of two non-hooded solid color sweatshirt without symbols, pictures, beading, or lettering, machine washable will not be allowed. (Does this mean that machine washable will not be allowed?)

4.a. New shoes without exaggerated heels or soles, maximum height of heel to be 1 1/2" from bottom of heel to the top of the shoe. (One and a half inches to the top of the shoe would call for some very flat feet and flat shoes. Sandals, perhaps?

All-in-all, we really enjoyed reading this humorous material. Still, we hope the real Christmas List can be printed and distributed soon so we can send it out to our family and friends.

Wife to husband in prison visiting room, "If you had any ambition you'd be digging a tunnel!"

HUNDREDS CONDEMN MARION CONTROL UNIT. An estimated 400 people marched in Chicago this November to protest both the Prison Control Unit at the Marion federal penitentiary and the upcoming trials of 17 inmates facing the death penalty as a result of the 1978 rebellion at the state prison in Pontiac.

Some nine men have committed suicide in the Prison Control Unit since it was set up in 1972 to break an inmate work stoppage. It is the highest suicide rate in the federal prison system.

Marion Federal Prison was built in 1962 to replace Alcatraz as the maximum-security prison in the U.S. Men are held in indefinite solitary confinement in the control unit. They are housed in 9 x 12' cells, 23 1/2 hours a day for as long as four years.

The Prison Control Unit is currently being used as a model for other prisons.

Anyone finding a two-tone orange and green comb in the dining room or near the kitchen last week, please contact David L. Welton, 600408, 19 South, Cell #17, H Range.

The original Christmas List was issued in error, please note the following corrected list:

State of Iowa
DEPARTMENT OF SOCIAL SERVICES
Division of Corrections

POLICY AND PROCEDURES GUIDELINES: Christmas Packages for Adult Institutions

The following are articles which may be sent in Christmas packages. However, it should be kept in mind that a canteen is available to all residents and is well stocked with reasonably priced articles which are allowed on the Christmas list.

We suggest a Christmas gift of money. This would save postage, and yet give the resident an opportunity to purchase the article of his choice. In sending money to residents, use draft or money orders made payable to the Warden. DO NOT SEND CASH OR PERSONAL CHECKS. DO NOT SEND DRAFTS IN THE CHRISTMAS BOXES, USE A SEPERATE LETTER.

Vacuum canned candy	Pencils
Vacuum canned meats	Cigarettes (5 carton limit)
Vacuum canned nut meats	Tobacco pouches
T-shirts (no lettering or symbols)	Cigarette cases
Sweat shirts (no lettering, symbols or hoods)	Cigarette lighters (gas lighters not allowed)
Knit undershorts	Pipes
Socks	Combs
Blue Jeans	Hair brushes (without handles)
Pajamas	Tooth brushes
Handkerchiefs	Shoe shine kits (without polish)
Shoes (New - conventional)	Sewing kits
Belts (buckle not to exceed 9 sq. in.)	Razors (electric or safety)
Newspapers & magazine subscriptions (Direct from Publisher)	Photographs without frames or glass
Gloves and mittens	
Ball point pens	

The packages should not be wrapped in fancy wrappings as all packages are opened for inspection. DO NOT SEND EDIBLES IN GLASS CONTAINERS. The packages must be sent from December 1st through December 15th. The package cannot exceed 20 pounds. It is suggested that friends and relatives combine their gifts in one or two packages, taking the amount of poundage into consideration. Up to five cartons of cigarettes can be sent. DO NOT SEND ANY ITEM WHICH IS NOT SHOWN ON THE ABOVE LIST.

So as to avoid confusion, the following restrictions will apply to the Christmas list.

1. Jeans - Solid blue denim or denim in appearance, with moderate flare and machine washable, flare not to exceed 12 inches.
2. Underwear/socks - Limit of (5) undershorts, socks, and t-shirts, excluding state issue. Underwear will also include "long johns" and thermals.
3. Shirts/sweat shirts - Multi-colored (non-tie dyed) machine washable casual and dress shirts, including tank tops, muscle shirts, etc., without beading, lettering, symbols or pictures are permitted. A limit of five (5) shirts, including state issue, will be permitted. A maximum of two non-hooded solid color sweat shirts, machine washable, without symbols, pictures, beading, or lettering will be allowed.
4. Shoes - New shoes without exaggerated heels or soles, maximum height of heel to be $1\frac{1}{2}$ " maximum of sole $\frac{1}{2}$ ". New shoes are not to exceed $7\frac{1}{2}$ " from bottom of heel to top of the shoe. Shoes will not be permitted which have hollow heels and/or soles. Hiking, mountain, steel toes, or other type of specialty shoes will not be permitted.
5. Books/Magazines - Only new books, magazines and newspapers are to be sent directly from the publisher. All printed materials are subject to divisional policy and limitations.

Why couldn't an informal coordinating committee made up of representatives from each self help group be formed to talk over problems of general concern?

THIS STRANGE LETTER APPEARED IN THE CEDAR RAPIDS GAZETTE....."In response to the letter, "Rehabilitate?" Nov. 16, I, too, was at Fort Madison. I feel the officials could do more, but it is truly up to the individual to rehabilitate himself.

A prison inmate has the opportunity to work, and while confined for five or 10 years one can accumulate a sizable sum in savings from work done. Though pay is only \$20-40 per month, even saving half of that in a 12-month period would net \$120-240 per year over 10 years. That's over a thousand dollars.

Some men, though, choose to spend most of their time in "the hole" or in lockup because of attacks on other residents or staff. The choice is up to the ex-offender, not the state. People put themselves in prison, not the state."

Signed, John Wright, 1015 Old Marion Road NE

(I can't really say that I remember this John Wright but he is obviously wrong. He probably was bumming cigarettes from others and saving his money. He also has a screwed up mind on cause and affect.)

Thanksgiving is over. Now all we have to do is get through Christmas and New Years. Doin' time consists of wishin' your life away!

From time to time, some prisoners will ask me why the newsletter continues to mention Ruby Winston and contain articles of the happenings in the Food Service Department.

With a new supervisor in a department there are bound to be changes which affect our daily lives and we have reported them. That the changes have mostly been favorable is a credit to Ruby and we have given her the credit due, along with the prisoners who are working in the Food Service Department. Because food is important in prison we also print the menu for you every week.

Let's face it, there isn't much happening in here of which we can write about. A ham or steak sandwich can mean the only difference in one day from endless others. If other departments are doing something newsworthy they can let us know and we will write about it.

THE CYCLE OF FAILURE: It is not surprising that "progress" seems so slow in a prison setting. Maybe it is that way in all institutions. When the staff or the staff and prisoners finally work out a solution to a particular problem and a memo or policy is issued to make the needed change, you would think that would be all that is needed and the staff and prisoners could then go on to other problems or go happily on their way. Not so!

Within weeks the same problem will resurface again and again and the process of solving it will take additional time and energy. Some department personnel will always find a way around any policy if their attitudes are the same as they were before. This not only burdens us with the same problem again and again but affectively keeps staff and prisoners from going on toward further progress, whatever that progress is viewed as.

My favorite humorous newspaper column is "The Iron Duke" written by Bill Severin in the Waterloo Courier. Bill Severin pretends to be politically on the right of Regan and William Buckley and can double you up with laughter at his tongue-in-cheek, pseudo-solutions to the nation's problems. I hope his liver holds out so he can write for many more years.

[The Parole Board will be at this institution, December 13th and 14th.]

BLACK HERITAGE will hold its election for officers. It is mandatory that all active members be present. Our roll shows 75 to 125 active members. The election will begin at 4:15 P.M. on December 3, 1979. It should be noted that any person not present at this meeting will no longer be looked upon as an active member. Other business continues as usual. Black Heritage is also monitoring all unconstitutional lockup(s) of its organizational members. Let there be no mistake, Brothers, this is being done. Our organization gives special attention & gratitude to Ms. Ruby Winston, for the soul-thanksgiving dinner; it was delicious.....
 Tony Williams, President, Black Heritage

CATHOLIC SERVICES: Sunday Services will begin with the rosary at approx. 10:15 a.m. Outside guests are expected to attend. The holy season of Advent starts this week. This is a time for special prayers and fast in preparation for the coming Feasts.

CHURCH OF THE NEW SONG: Song Services will be held in the Multi Faith Chapel this Sat. from 8:30 a.m. until about 10:00 a.m. Come worship with us. A church is only as strong as its members. New Maverite Classes will begin next Wednesday. Sign up now. Quench Not the Spirit.

Allah-U-Akbar! There is no God but Allah, and Muhammad (PBUH) is His Universal Messenger and the seal of the Prophets. Come to Prayer, Come to Prayer; Come to Success, Come to Success. The Ummat of ISP (Muslim Community) welcomes all to come and bow down in giving praises to that which is certain (Allah) creator of the Heavens and the Earth and all between. Al-Jum'a (Congregational Prayer) starts from 1:15 p.m. to 2:15 p.m. Contact our community clerk (Bro. Al-Wali) to be submitted to the pass structure list. Holy Quran recitation class is still being held from 6:00 p.m. to 7:00 p.m. every Tuesday (Insha Allah) up within the library, and everyone is welcome to view the Words of Allah. Thurs. Salat (Prayer) Class is still evolving and available for your benefit. As Salaam Alaikum

PROTESTANT WORSHIP SERVICES: Sunday, Dec. 2nd, the Protestant Worship Service will be held at 8:30 a.m. with the Rev. Ray giving the sermon. It will be a Service of Communion. Next Sunday, Dec. 9th, Rev. Bruce Pullen will be here from the First Baptist Church in Burlington, Iowa

N.A.A.C.P.: The general meeting for the N.A.A.C.P. will be postponed until further notice. Any changes in the above statement will appear in one of the upcoming issues of Captive Comments.

Counselor Assignments (Effective 11/28/79)

Case/Load#:	Counselor:	Phone:
1	David Babcock	323
2	Mona Quint	300
3	Richard McColloch	321
4	Frank Roffe	324
5	Robert Krieger	322
6	Harlan Brady	277
7	Louis Galloway	322
8	Louis Gustilo	332
9	Marty Rung	277
10	Rick Barry	323
-11	Syed Ahmed	332
-12	Mohammed Amjed	324
Ch. 17W	Don Aschbrenner	390
TASC	Barry Coates	344
TASC	Marie Brady	344
Sub. Abuse	John Lewis	344
Asst. Supt. Co.	Charles Higgins	311
Counseling Supervisor:	George Potts	329

Winners of Recreational Events held on

- Thanksgiving Day Weekend:
 Volleyball: J. Butler's Team
 Basketball: D. Williams' Team
 Spades: Gardner-Pace
 Pinochle: Eggman-Allen
 Foosball: Kass-Thompkins (Doubles)
 Thompkins (Singles)
 Table Tennis: English
 Shuffleboard: Malnar-Morgan (Doubles)
 Dee (Singles)

NOTE: We had more material for this issue but ran short of space in printing the Christmas List.

Maybe by next week the Christmas Spirit may be having it's affect and everyone will be in a better mood.....Bah!...Humbug!

A NOTE WE RECEIVED ON TUESDAY READ: I've seen some strange things since being in prison but last Saturday morning takes the cake. I was sleeping through breakfast as I usually do and someone ran in on me and beat me with a clump of wood. One hell of a wake up, let me tell you. But as he ran out of the door I thought I heard him say, "Tag, You're It."
Signed.....666

To aid you in your Christmas Card Selection, Captive Comments provides the below information

[Notice from Business Office] The following boxed Christmas cards are available from the Newstand, 807 Ave G: 36 cards @ \$1.98; 25 cards @ \$3.00, 3.25, 3.75, 5.00, 5.50, 6.00, 6.25; 20 cards @ \$1.89, 2.49, 2.98; 24 cards @ \$2.50. None of the above prices include tax.

The Freedom Greeting Card Co. Box 715, Bristol Penn. 19007, has the following Christmas cards available for purchase: Solid boxed 20 cards/box @ \$2.69; 18 assorted cards @ \$2.69; Daughter C-504 @ \$1.00; Daughter C-476 @ \$1.00; Mother C-483 @ \$2.50; Sweetheart C-484 @ \$2.50; Mother C-508 @ \$1.00; Sister C-475 @ \$1.00; Sister C-4651 @ \$1.00; General C-486 @ \$.50; General C-487 @ \$.50; Thinking of You 472-1A @ \$1.00

The ISP Canteen has a limited amount of Christmas cards available. It will be first come first served until the supply is exhausted. Cards available for sale by canteen are: 36 assorted cards @ \$1.98; 25 regular cards @ \$2.39. Send store order to the Business Office for purchase of canteen cards. All other cards must be mail through the mail, through check list.

TRUE FAX: William Buckley resembles Robert Redford.

DREAM: I got out of bed the other night and right away decided to write down this dream I awoke from. I was dreaming that I was keeping a journal of all of my dreams. With a notebook and pencil by my bed, I was fully prepared to jot each and every dream memory in its most minute detail.

As dream-memories are wont to do, as I applied pen to paper the dream began to slip away from me. I sat there a few moments attempting to reconstruct my dream, but to no avail. Finally I slipped back between the sheets and drifted off to sleep....

....dreaming of trying to reconstruct a dream....

DREAM ANALYSIS: After years and years of analyzing dreams I often dream of analyzing dreams. I'm not sure whether I already analyzed this dream or if I just dreamt that I analyzed the dream. It all has a dreamlike quality about it. This man is definitely a dreamer and can't differentiate between dreams and reality.

Did I just write this or did I dream I wrote it? Am I a butterfly dreaming I'm a man or a man dreaming I'm a butterfly. I know I can fly....

IF TRUE FAX... Did Robert Redford have an awful accident recently? Who's William Buckley?

New York, N.Y. (AP) -- A 27-year-old self-styled artist chopped off two of his fingers Monday after the art editor of the Soho Weekly News said he couldn't talk to him until after deadline.

"I told him I was on deadline and if he left his name and number I would call him back after 6 p.m.," art editor Marzorati said.

"I'll leave a message," Benvenuti, the artist then told the receptionist, pulling a small ax from his briefcase and chopping off his fingers before walking from the office.

MENU FOR THE WEEK OF Dec 3rd through Dec. 9th. MENU SUBJECT TO CHANGE

Monday 3rd	Assorted Dry Cereal Stewed Prunes Creamed Beef Hot Biscuits Toast/Butter/Jelly Orange Drink/Fresh Milk	Beef Hot Dogs Hashbrown Potatoes Buttered Green Peas Salad Bar Jello Bread/Butter	Meat Loaf Tomato Gravy Mashed Potatoes Whole Kernal Corn Butterscotch Pudding Salad Bar Bread/Butter
Tuesday 4th	Assorted Dry Cereal Hot Cereal Hot Cakes Maple Syrup Toast/Butter/Jelly Orange Drink/Fresh Milk	Corned Beef Boiled Potatoes Steamed Cabbage Horseradish Mustard Salad Bar Chilled Applesauce Rye Bread/Butter	Italian Spaghetti Parmesan Cheese Crushed Red Pepper Buttered Green Beans Salad Bar Fresh Pears Toasted Garlic Bread Butter
Wednesday 5th	Assorted Dry Cereal Fried Eggs Sliced Bacon Toast/Butter/Jelly Orange Drink/Fresh Milk	Beef Stew Steamed Rice Salad Bar Ice Cream Hot Biscuits/Bread/Butter	Pork Steak Cream Gravy Mashed Potatoes Buttered Carrots Salad Bar Blueberry Cake Bread/Butter
Thursday 6th	Assorted Dry Cereal Hot Cereal Waffles Maple Syrup Toast/Butter/Jelly Orange Drink/Fresh Milk	Hamburgers Dill Pickles/Onions Mayonnaise/Lettuce French Fries Buttered Beets Fruit Pudding Bread/Butter	Hot Poor Boys Potato Salad Chilled Pork & Beans Salad Bar Jello Bread/Butter
Friday 7th	Assorted Dry Cereal Hot Cereal Fresh Grapefruit Sweet Rolls/Rspberry Peanut Butter Orange Drink/Fresh Milk	Tuna Salad Chicken Rice Soup Soda Crackers Peas & Carrots Salad Bar Bread/Butter	Baked Ham/Pinapple Baked Sweet Potatoes Pinto Beans Salad Bar Fresh Apples
Saturday 8th	Assorted Dry Cereal Scrambled Eggs Gritts Toast/Butter/Jelly Orange Drink/Fresh Milk	Fried Chicken Cream Gravy Mashed Potatoes Turnip Greens Salad Bar Chocolate Chip Cake Bread/Butter	Tacos/Hot Sauce Crushed Red Pepper Spanish Rice Whole Kernal Corn Salad Bar Fruit Cocktail Bread/Butter
Sunday 9th	Assorted Dry Cereal Hot Cereal Fresh Oranges Coffee Cake Toast/Butter/Jelly Orange Drink/Fresh Milk	Roast Beef Brown Gravy Baked Potatoes Sour Cream W/Chives Mixed Vegetables Salad Bar Ice Cream Bread/Butter	Polish Sausage Steamed Sauerkraut Horseradish Mustard Potato Soup/Crackers Baked Beans Salad Bar Jello Bread/Butter

Juice at Beverage Bar - Koolade with all meals, Hot Coffee & Tea with all meals
 Chief of Food Services: E. Ruby Winston