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vol. 1
no. 14

The Scroll is published by and for the population of the
BRIDGEPORT COMMUNITY CORRECTIONAL CENTER
1106 North Ave., Bridgeport, Ct.

CENTER ADMINISTRATION

WARDEN Victor Libardi
DEPUTY WARDEN
(OPERATIONS) .. Bruce Goldman
DEPUTY WARDEN
(TREATMENT) ... Robert Gillis
CAPTAINS Robert Venz
Michael Charnovets

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STAFF SUPERVISOR

Mrs. P. Wilson

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By Milton

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7. Library Announcement
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10. The Ethiopian Woman

* MEMBER OF THE PENNAC
August 19, 1979

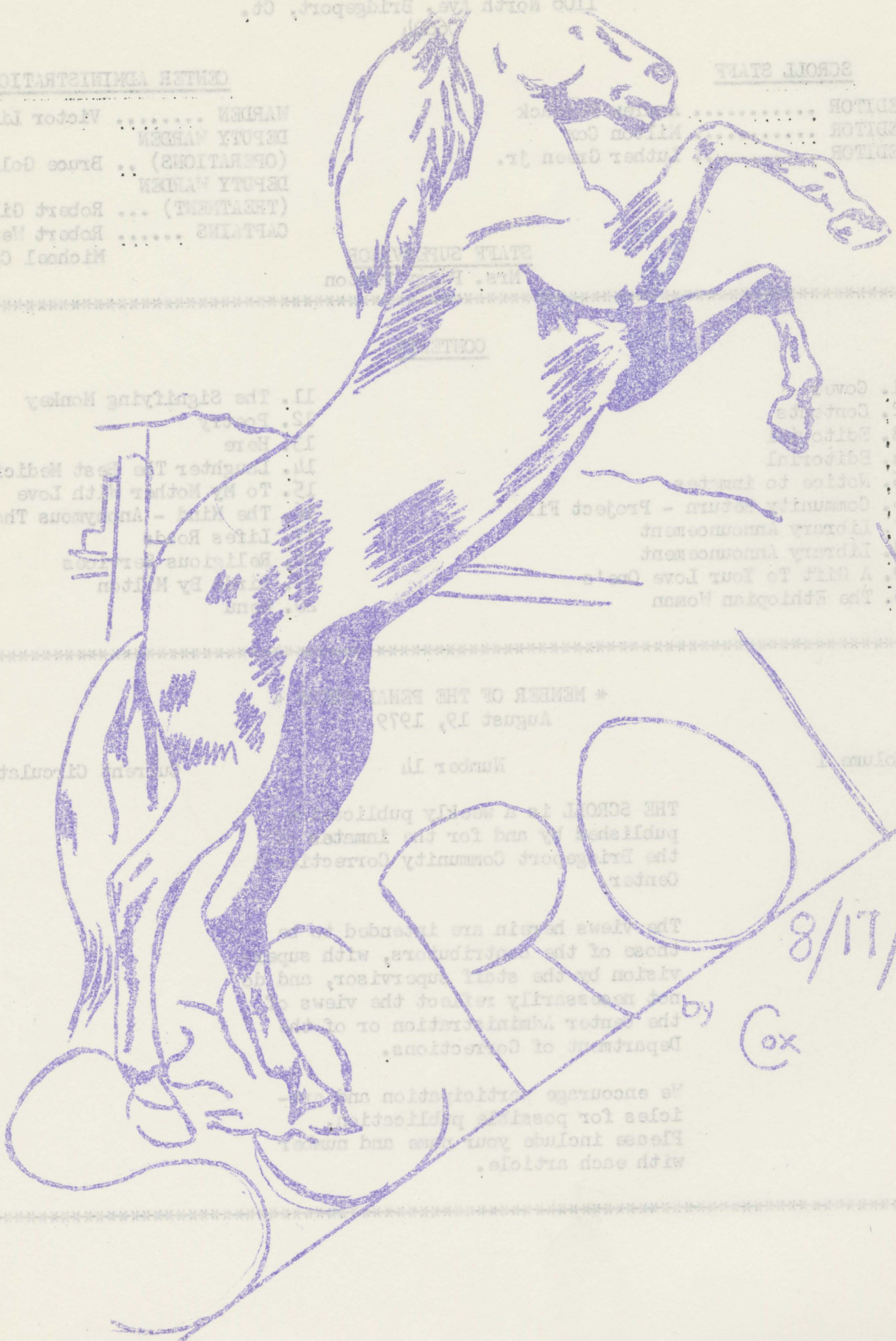
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The views herein are those of the contributors, with supervision by the staff supervisor, and do not necessarily reflect the views of the Center Administration or of the Department of Corrections.

We encourage participation and ideas for possible projects. Please include your name and address with each article.



97/11/8

by Cox

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BRIDGEPORT COMMUNITY CORRECTIONAL CENTER
1106 North Ave. Bridgeport, Ct.
06604

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* MEMBER OF THE PENAL PRESS *
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Editorial

Andrew Posnack
Editor

Courtesy, politeness, good manners - call it what you will, in our hectic society the supply of good manners never seems to equal the demand. Good manners are the proper way of doing things; bad manners can ruin a day or wreck a friendship.

It seems that common courtesy was probably much more common one hundred years ago than it is today. Rudeness is the weak man's imitation of strength. Good manners are a reflection of inner strength and assurance. Indeed, they promote such assurance by eliminating hostility and suspicion.

If courtesy is such an asset, why is it so uncommon? The blunt reason is that we are all born self-centered. Good manners require us to place other people's needs on a level with our own - and learning to do this consistently can be a slow and painful process.

What are the basic ingredients of good manners? Certainly a sense of justice is one; in fact, courtesy very often is nothing more than a highly developed concept of fair play.

Another ingredient of good manners is modesty. Any attempt to claim special credit for ourselves, is a departure from true politeness.

Another component of courtesy is the common touch. This is the capacity to treat all people alike, regardless of status or importance.

There are three important things we can all do to improve our manners:

First we can practice courtesy. One specific way is to concentrate your performance in a specific area for a day or even a week, such as saying please and thank you to the c.o.'s.

(Continued)

(Manners Continued)

The second thing we can do is to think courtesy. If your thoughts are predominantly self-directed, a discourteous and selfish person is what you shall be. If you train yourself to be considerate, if you can acquire the habit of identifying with the problems, hopes, and fears of other people, good manners will follow almost automatically.

It is important to note that if you find your anger getting out of control, force yourself, for the next ten minutes, to treat the individual you are angry with as if he was a guest in your home. The worst of the storm should be over after the ten minutes goes by.

Finally, you can improve your manners by accepting courtesy, receiving it gladly, being happy when it comes your way. It is strange that some people are suspicious of good treatment. They seem uneasy if kindness comes to them with no strings attached.

In the end, it all comes down to how you regard people. Not just people in general, but individuals. Allow yourself to look at all around you, inmates and administration alike, as beautiful people.

***-OFFICIAL NOTICES TO ALL INMATES ***

LEGAL ASSISTANCE TO PRISONERS. Free legal assistance to all inmates is provided throughout the Connecticut Correctional Center by an organization called Legal Assistance to Prisoners. (L.A.P.)

Attorney Randi Mezzy from L.A.P. visits our institution once a week to help the inmates with their civil and legal problems.

L.A.P. Cannot help inmates with any criminal cases. These must go to the public Defenders Office or to private attorneys. You can contact Att. Randi Mezzy by writing to her at the L.A.P. office, Address: 340 Capitol Ave., Hartford, Connecticut 06115.

COOP SERVICES...The Coop Multi-Service Center is an agency that serves Ex-Offenders in the Greater Bridgeport area. The service provides, through staff or referral and job counseling, educational counselling, employment referrals, clothing and housing. The COOP deals with men and women presently incarcerated or recently released from a Correctional Center. They bridge the gap between the offenders immediate needs and the communities resources. The goal of COOP is to help ex-offenders to help themselves. For more information, contact Rev. Smith - submit a counselor request to your counselor.

11 PM - COUNT...This concerns all East Wing inmates, Read This Carefully. Immediately following the 11pm count, all inmates are expected to stay in their cells and to remain there for the entire evening. The only exception will be going to and from the lavatory or to inform an officer of something. Any inmate found out of his cell loitering, talking loudly, etc., will be subject to immediate disciplinary action. This comes directly from Warden Liburdi.

Kathy Richer is the drug counselor for the Regional Narcotics Program. She will be available in the New Building on Fridays from 8:30 a.m. to 3:30 p.m. The Old Building schedule is as follows; Monday, Wednesday and Thursday, from 8:30 am to 3:30 pm. Tuesday, from 1 pm to 3:30 pm. One to one counseling and group counseling opportunities will be available to inmates.

ALL NOTICES HEREIN ARE EFFECTIVE IMMEDIATELY - NOTICE WILL BE GIVEN OF ANY CHANGE THROUGH THE SCROLL NEWSPAPER. BE SURE TO READ THEM WEEKLY.

MAIL FOR THE WARDENS. All mail or messages for Warden Liburdi or Deputy Wardens Gillis and Goldson is to be placed in the mailbox marked "COMMISSIONERS MAIL". These boxes are located where all other boxes for mail and requests are located. This applies to both the Old and New Centers.

FOOD IN CELLS. As per order of the Administration, no food is allowed in cells other than that which was purchased in the commissary. This rule will be strictly enforced by all shift-Supervisors. Violations may result in Disciplinary action. The purpose of this is to cut down on possible health hazards. The exterminators are kept busy enough as it is.

CONTACT VISITS...Pre-trial visiting is extending a privilege to inmates in the pre-trial unit who meet the criteria specified in the New Inmate Handbook for Contact Visits. The visiting list for contact visits shall be renewed and reviewed by your Classification Committee at the time the inmate is initially cleared for contact visits. Any change will be permitted only through counselor-referral to the Classification Committee. The lists will include immediate family and girlfriends only.

I.D. PHOTOS...You are required to have your identification cards on your person at all times during movement throughout the institution; whether going to visits or to employment areas, Counselors offices, Classification committee, Dining hall, etc. Wear your I.D. card on your shirt pocket in plain view. Doing this will prevent any reprisals or disciplinary reports. No inmate will be allowed movement within the institution without his I.D. card. If you do not have an I.D. card - immediately inform your Block C/O, and a card will be issued to you.

WEARING OF I.D. CARDS WILL BE STRICTLY ENFORCED.

ADDICTION SERVICES... Bruce Lallier and Edson Bourn are available for drug and alcohol problems. Anyone desiring individual counseling, referrals to drug programs, or sign-up for A.A. meetings - drop a request in the counselor box.

COMMUNITY RETURN INC.

66 WEST MAIN ST.

STAMFORD, CT 06902

Phone No: 325-0751

PROJECT FIRE

We assist ex-offenders who have or have had drug or alcoholic problems. We help to make the transition into the community a little smoother. If you are such a person we can make a difference in your future.

CONTACT PERSON: Robert Elliott, Exuc. Dir.

HOURS: Monday thru Friday - 9 to 5 PM.

ELIGIBILITY: 17 Years and older.

TOWNS SERVED: Stamford, Darien, Greenwich

INTAKE PROCEDURES: New clients are taken in individually. Clients do not need financial info- at first meeting. Initial intake takes (1) hour. No appointment necessary, but is suggested.

COST TO CLIENTS: None

SERVICES: Pre-trial & Re-entry counseling for clients & families.

FOLLOW UP: Yes SERVICES

Bilingual Staff: Yes - Spanish. Contact Raul Guerrero

Inter-Agency Sharing of Training Expertis:

Job Development, Contact James Cobb

Counseling: Contact Prue Berry

Any further interest or information need- ed concerning the above programming - con- tact by letter the Exuoutive Director Mr. Robert Elliott.

OUR SERVICES: We offer a network of services to fill the needs of ex-offenders with sub- stance abuse problems. These include:

COUNSELING: We offer abuse counseling and education. Individual, family, and group counseling is available to help our clients cope with everyday problems as they arise.

JOB PLACEMENT AND DEVELOPMENT: We prepare our clients for the world of work and help them find jobs - meaningful, productive jobs then we remain available to follow-up and support.

EDUCATION REFERRAL: We help our clients who want to further and complete their educa- tion to learn about academic & vocational programs available, and how to get fina- cial end.

HOUSING NEEDS: We assist our clients in finding emergency shelter and long term housing.

CRISIS INTERVENTION: Because our client's don't always rise on a 9-5 basis, we offer a 24-Hour Crisis intervention service.

THERAPETUTIC REFERRAL: Some of our clients need services that FIRE does not offer, so we cooperate and work with many other kinds of helping agencies, and refer our clients appropriately.

PROJECT FIRE IS a comprehensive treatment program with the ability to assist in all aspects of an individual's life. There are Five PROJECT FIRE offices covering the en- tire state. Your local office is:

PROJECT FIRE
240 Fairfield Ave
Room 309
Bpt., Ct. 06604

The Bridgeport Correctional Center has Library facilities available for both SENTENCED & PRE-TRIAL areas. If you wish to make use of what the library has to offer, please follow the procedures established to insure easier distribution of books.

The collection of paperbacks available from the library has been donated to the center by Rev. Frank Denton and Rev. Dennis Como. Also, credit should be given to Darien Bookaid, an organization which makes reading materials available to State institutions without cost to the inmate. We here at the Institution are grateful for their unending donations and concern.

If you wish to borrow books, look for the library cart which circulates throughout the institution each weekday morning and afternoon. You may borrow as many paperback books as you wish. We ask your cooperation in returning these books when you have finished them, or giving these books to other inmates so that as many books as possible will be available and in circulation.

If you wish to use the law library - fill out a Counselor Request Form telling your counselor that you wish to use the law library.

When utilizing the law library please bear in mind that these are YOUR law materials, and it is up to all concerned to care for the materials there.

In the past these materials have been torn, mutilated, stolen, etc.

When you use books or other materials from the law library - please return them as you found them - another inmate may need them to assist with his law work on his case. It can not be stressed enough how important these materials are to those who seek legal assistance.

Sentenced men will be called over the loudspeaker to come to the Law Library located in the school area - or a pass will be issued to the person requesting use of the law library. This procedure will apply to those residing in the East Wing.

Pre-trial men will be called to the counseling area where the law library is located.

As far as is possible you will be allowed whatever time you will need within the established Institutional Schedule.

Materials in the Law Library may not be borrowed unless special permission has been given. Anyone found with or having materials that were removed from the Law Library without permission - Is and Will be subject to disciplinary report.

If you wish to borrow reference materials other than Law Library materials, you should make out your request to the Librarian who will sign the materials out to you. The materials MUST be returned within one week to make them available to others. Periodically, a list of reference material maintained in the Library will be published in The Scroll.

INTER-LIBRARY LOAN PRIVILEGES: which enable inmates to have access to publications housed in libraries throughout the state are available under the auspices of the INTER-LIBRARY LOAN SERVICES which is provided by the State of Connecticut Library.

If you wish to subscribe to, or purchase a book, publication, periodical, newspaper, etc., fill out a request slip addressed to the Librarian. On the request slip put your name and title of the publication or book you wish to order. You must follow this step in order for the Librarian to determine whether the publication you wish to order is approved to enter the institution. This step will save you time and effort in ordering and paying for a publication only to find that it has been returned to the publisher.

(CONTINUED)

The rules are that no publication may come into the Center if it concerns or contains plans of escape, instruction for making drugs or poisons, instructions regarding criminal skills, construction of weapons or explosive devices, combat skills, advocates racial, religious, or national hatred, or disruption of the security of the institution. The acceptability of any publication will be subject to a review by the Library Committee.

The following titles are new books which have been donated to the school library.

SOME LIE SOME DIE - Ruth Rendell
TEN DAYS WONDER - Ellery Queen
DIE LAUGHING - Richard Lockridge
ACTION OF THE TIGER - Thomas Walsh
THE FACE OF THE ENEMY - Thomas Walsh
THE HOUSE GREEN TURF - Ellis Peters
THE SONGS OF CORPUS JURIS - Joe L. Hensley
GYPSY IN AMBER - Martin Smith
OCTOBER MAN - Anthony Price
THE BUTTERFLY FLOOD - John Wyllie
JUST WHAT THE DR. ORDERED - Calvin Watson
THE LAST WOMAN IN HIS LIFE - Ellery Queen
HIDING PLACE - Calvin Wilcox
MURDER ROUNDABOUT - Richard Lockridge
GIDEON LOT - J.J. Marris
THE THREE DAY ALLIANCE - Howard L. Simpson
THE KING IS DEAD - Ellery Queen
GIDEON'S PRESS - J.J. Marris
GIDEON'S BADGE - J.J. Marris
TOO MANY DOCTORS - Hally Roth
A CARIBBEAN MYSTERY - Agatha Christie
CLUTCH OF CONSTABLES - N. Marsh
THE RESSURECTION MAN - Thomas Walsh
TENDER TO DANGER - Eliot Reed
THE SPY WHO SPOKE PORPOISE - Philip Wylie
THE WILL OF THE TRIBE - Arthur Upfield
DEADLY RELATIONS - Rosemary Gateaby
PREACH NO MORE - Richard Lockridge
THE CRACKED LOOKING GLASS - L.M. Schulman
CRUISING - Gerald Walker
MURPHYS GAMES - Martin Tarmey
GIDEON'S RIDE - J.J. Marris
MANY DEADLY RETURNS - Patricia Mayes
EPITAPH FOR A LOBBYIST - R.B. Dominic
STEPPING WESTWARD - Malcolm Bradbury
IT'S A FREE COUNTRY - Leonard Brian
THE FANTASY WORLDS OF PETER STONE - Malcolm Boyd
PARADISE - Patrick Daniels
ODD FISH - Robert Benson
THE FLIGHT OF THE FALCON - Daphnie DuMaurier
THE HUMAN FACTORY - Graham Greene
TROUBLE SHOOTER - David Dodge
THE THRONE OF SATURN - Allen Drury
DON'T GO INTO THE WOODS - Doris Disney
WITH OPTIONS TO DIE - Richard Lockridge
FUNNY, JONAS, YOU DON'T LOOK DEAD - Mary McMullen
PASSENGER TO FRANKFORT - Agatha Christie

A GIFT TO YOUR LOVE
ONE'S

There are many of us that have love ones out there on the street and would like to assure ourselves that all was well, and at times fleeting thoughts race through our minds, concerning the welfare of our love ones. But you can give the gift of peace to any troubled person, you can share of your peace and serenity with those about you. You can give the gift of peace through your prayers, through your peaceful thoughts and words, through your loving and harmonious attitudes and actions.

Is there someone you know who needs to find peace of mind, who needs a feeling of serenity?? Give that one your gift of peace. Pour out your blessing upon them and see them centered and poised in the peace of gods.

You can give the gift of wisdom by knowing the truth that there is but one Mind, one source of light and guidance, and by having the wisdom to bless others and pray for them in this knowledge.

You give others the gift of wisdom as you behold the light of God shining in them. You give others the gift of wisdom as you trust the all wise Spirit in them to be their guide and their light. The greatest gift of wisdom you can give to others is the gift of your wise realization that with-in them is the source of all they need to understand, to grow, to find right and happy direction.

Can you impart courage to another?? Of course you can, even as others have helped you at one time or another, when you were down and depressed, and someone came and offered a smile, or a strong shoulder to rest your burden upon, you might not realize it now, but at the time the consolation was refreshing, and strengthening to know that someone somewhere cared enough to offer that smile or that shoulder, all these are expressions of God through other people, they are merely vessels, are instruments channeling the flow of Gods grace through their acts of love.

And when we as concerned people when we pray for somebody, and offer our blessings as a gift in prayer, we are allowing that force of goodness to move in the way of that person.

you can have the perfect gift to give someone every day: the gift of your faith, the gift of your understanding, and the gift of your prayers, YOU HAVE THE POWER TO BLESS, and the awareness of this awakens the truth, and this very truth that you yourself have activated through your prayer, is the very force that ALMIGHTY GOD USES TO BRING ABOUT A BLESSING,

But there is only one thing that he asks in return, and this is demanded on the part of the one who prays, (he must believe, that all things are possible to those who love GOD) and through patients, and endurance, motivated in faith, what was asked will be granted.....

You might read this article and throw it away, and say to yourself this man is losing his rocker, but all I ask is that you give it a shot, continue to pray for someone else, every day..... and I am sure that after a while you will see your prayer being answered.....

And when it happens, and your joy is fulfilled.....

PLEASE FORWARD YOUR TESTAMONY TO THE SCROLL, we would be more than happy to share the blessing that you received, with the inmates

JOB 22: 28.

(YOU WILL DECIDE ON A MATTER, AND IT WILL BE ESTABLISHED
FOR YOU
AND LIGHT WILL SHINE ON YOUR WAYS!

BY
MILTON COX

THE ETHIOPIAN WOMAN

Once there was a woman who was greatly troubled by her husband. He no longer loved her. He neglected her and seemed to care little whether she was happy or sad. So the woman took her troubles to the local witchdoctor. She told him her story, full of pity for herself and her plight. "Can you give me a charm to make him love me again?" she asked anxiously.

The witch thought for a moment and replied. "I will help you, but first you must bring me three hairs from a lion's neck. These I must have before I can begin to work for you. The woman thanked the witch doctor and went away, and when she came near home she began to think, "How can I get a real lion to stand still long enough in order to take three hairs from the mane of his neck?? Then it came to her, there was this particular lion who would walk through the village every day, but he was a fierce and hungry lion and all the people in the village feared him, So she thought and at last she knew what she would do.

So she got up the next morning and took a young lamb and went to the place that the lion would always walk, and was accustomed to stroll about.

She waited and waited, at last she saw the lion approaching, now was the time,

Quickly she rose and put the lamb in the middle of the road, and went home. And every morning she would rise and perform the same tactic, and soon the lion came to know the woman, because she was always at the same place at the same time, and always with a young tender lamb, which she brought for his pleasure. She was indeed a kind and attentive woman..

It was not long before the lion began to wag his tail each time he saw the woman and in time allowed her to stroke his mane, and each day the lion would allow the woman to caress his mane as he fed on the young and tender lamb, and then one day the woman after the woman knew the lion trusted her, took the three hairs from his mane, and ran happily off to see the witch doctor.....

"SEE!" she said triumphantly as she saw him, "here they are!" and gave him the three hairs of the lion's mane.

"How is it that you've been so clever?" asked the witch doctor in amazement..

So the woman told him the story of how she attained the hairs from a living hungry lion.

A smile went over the doctor's face and leaning forward, he said

(In the same way that you trained and tamed the lion, So may you tame your husband,

BY Milton Cox

(much silence has a mighty noise,)

THE WALKS IN BEAUTY

She walks in beauty, like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Lest in her aspect

THE SIGNIFYING MONKEY

Thus followed to that tender light
Which heaven to gaudy day denies

GATHER AROUND CHILDREN ILL TELL YOU A LINE,
 ABOUT THE SIGNIFYING MONKEY AND THE BAD OLD LION
 THE LION WAS WALKING THROUGH THE JUNGLE ONE BRIGHT AND SUNNY DAY
 KICKING EVERYTHING DOWN THAT GOT THAT PASSED HIS WAY
 HE STOPED FOR A MINUTE AND LOOKED UP THE TREE
 AND SAID GOOD AFTERNOON MR MONKEY, ANY NEWS FOR ME
 THE MONKEY SAID OOOOOOOOOO- BUDDY!!!!!!
 THE ELEPHANT CAME THROUGH THE JUST THE OTHER DAY
 AND TALKED ABOUT YOUR FAMILY IN A HELL OF A WAY
 THE WAY HE TALKED ABOUT YOUR M. M. WAS A DOG GONE SHAME
 NOW I DONT LIKE TO PLACE NO BLAME
 NOW YOU THE KING OF THE JUNGLE YOU SUPPOSED TO BE COOL
 AND THE ELEPHANT GOT YOU LOOKING LIKE A DOG GONE FOOL
 NOW IF I WAS KING OF THE JUNGLE, AND WAS IN YOUR PLACE
 ID PUNCH THE SUCKER IN HIS DOG GONE FACE
 THE LION WENT RUNNING THROUGH THE JUNGLE KNOCKING DOWN TREES
 HE KNOCKED FOUR OR FIVE RINO'S TO THEIR KNEE'S
 WALKED UP TO THE ELEPHANT, AND MADE A PASS
 AND SAID DROP THOSE PEANUTS PUNK IM GONA BEAT YOUR A
 THE ELEPHANT SAID YOU MAY BE THE KING OF THE JUNGLE, BUT IF YOU WANT TO BE FREE
 YOU BETTER GET OUT OF HERE, AND STOP MESSING WITH ME
 THE LION THROUGH A LEFT AND THEN A RIGHT
 I DONT KNOW HOW HE GOT OUT THAT FIGHT
 HE RAN BACK THROUGH THE JUNGLE AND LOOKED UP THE TREE
 AND SAID YOU LIEING LITTLE MONKEY, WHY YOU LIE ON ME
 THE MONKEY SAID BECAUSE EVRYTIME I TRY TO GET A LITTLE BIT
 YOU COME THROUGH THE JUNGLE WITH ALL THAT ROAR ROAR SH
 AND FURTHER MORE DONT YOU ROAR
 OR ILL JUMP DOWN THERE AND WHIP YA SOME SOME DOG GONE MORE
 KING OF THE JUNGLE AINT THAT A BLIP
 THE ELEPHANT GOT YOU LOOKING LIKE THE SEVEN YEAR ITCH
 AND FURTHER MORE GET FROM UNDER MY TREE
 BECAUSE I KNOW DOG GONE WELL, YOU DONT WANT NO PARTS OF ME
 THE MONKEY SWUNG FROM LIMB TO TREE
 HE FELL RIGHT DOWN ON ALL BOTH KNEE'S
 AND BEFORE YOU COULD COUNT TO ONE TO FOUR
 THE LION WAS ON HIM WITH ALL FOUR PAWS
 HE SAID PLEASE MR LION FORGET THE PAST
 HE SAID YOU LIEING LITTLE MONKEY IM GONA WHIP YOUR A
 THE MONKEY SAID IF YOU LET ME GET UP OUT THIS SAND
 ME AND YOU CAN RUMBLE MAN TO MAN
 THE LION ROARED AND STEPPED ASIDE
 OVER THE TREES AND THROUGH THE FENCE
 NOBODDY SEEN THE MONKEY SINCE.....

BY MILTON COX

SHE WALKS IN BEAUTY

She walks in beauty, like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Meet in her aspect and her eye's
Thus mellowed to that tender light
Which heaven to gaudy day denies.

One shade the more, one ray the less,
Had half impaired the nameless grace
Which waves in every raven trees,
Or softly lightens o'er her face;
Where thoughts serenely sweet express
How pure, how dear their dwelling place

And on the cheek, and o'er that brow
So soft, so calm, yet eloquent,
The smiles that win, the tints that glow,
But tell the days that goodness spent,
A mind at peace with all below,
A heart whose love is innocent!

5

SEE WHAT A LOVLY SHELL

See what a lovely shell
small and pure as a pearl,
Lying close to my foot,
Frail, but a work divine,
Made so fairly well
With delicate spire and whorl,
How exquisitely minute,
A miracle of design!

BE LIKE THE BIRD

Be like the bird, who
Halting in his flight
On a limb so slight
Feels it give way beneath him,
Yet sings
Knowing it has wings...

TO SEE A WORLD

To see a world in a grain of sand
and a heaven in a wild flower,
Hold infinity in the palm of your hand
And Eternity in an hour

There was a old man with a beard

There was a old man with a beard
Who said, Its just as I feared
Two owls and a hen
Four larks and a wren
Have all built their nest in my
beard..

I HAD A LITTLE NUT TREE

I had a little nut tree
Nothing would it bear
But a silver nutmeg
and a golden pear
The king of Spain's daughter
Came to visit me
And all was because of
My little nut tree
I skipped over water
I danced over sea
And all the birds in the air
Could not catch me.....

LAUGHTER THE BEST MEDICINE

By: Carl McKelvy
(Johnson)

..... HERE

I will be me
 Will you be you?
 I will give you me,
 Will you give me you?
 I will try to understand you,
 Will you try to understand me?
 I will try to fulfill all your needs and desires,
 Will you try to fill all my needs and desires?
 When you need someone to talk to, I'll be there.
 When you need a hand to hold, I'll give you mine.
 When you need a shoulder to lean on, I'll give you mine.
 When you feel the desire for human touch, I'll touch you.
 When you are lonely, I'll try to comfort you.
 When you find the need to listen, I'll talk to you.
 When you need to be understood, I'll listen with an open
 mind and heart.
 I'll always allow you to be yourself, never judging you by
 any standard other than those you set for yourself.
 I say all these things in order to say that I care about you
 and want to be a part of you finding all that you seek.

SUB BY

WILSON COE

LAUGHTER THE BEST MEDICINE

Overheard: "I've been feeding my dog garlic-- Now his bark is worst than his bite.

Did you hear about the woman who left the diet farm, looked back and turned into a pillar of salt substance??

Three animals in the forest were arguing among themselves as to which of them were the most feared.

The first, the hawk, claimed that he had the ability to fly, and could attack anything he wanted to from above, and his prey didn't have a chance.

Second was the lion, based his claim on his strength--- none in the forest would dare challenge him.

Third was the skunk, he said he need'nt fly or have strength to frighten off any creature.

As the trio debated the issue, a grizzly bear came along and swallowed them all--- Hawk, lion and stinker.

Remember last year when I was broke, and you helped me out, and I said Id never forget you?

"YES."
"I'm broke again."

A woman went to see her lawyer, taking with her a baby and four other children under the age of five, "I want a divorce she said...

"on what grounds?"
"Desertion, sir."
"Desertion, madam?" he asked, looking around at the five children.
"Well," she confided, every now and then my husband does come home and apologize."

When a bear walked into the bar and ordered a drink, a drunk put his arms around the bear and gave it a hug.

the bear picked up the man and tossed him into the street, "give some woman a fur coat muttered the drunk, "and they think they own the world."

Today millions of americans who are suffering from respiratory problems. It comes from standing in front of the supermarket check out counter holding your breath..

A man sent a \$100 check to a school for a course on mental telepathy and didnt get anything in the mail, so he called the school and registered a complaint.

"we dont send that course by mail," explained the woman on the other end of the phone.....

"we send it by telepathy,"
Yeah,, but I havnt recieved anything yet,"
"I know," she said. "your flunking the course."

While traveling in europe, a man told the customs inspector that his luggage had nothing in it but clothes.

the inspector opened the luggage and found a bottle of bourbon inside.

"I thought you said there were only clothes in here," The customs man said.

"I did," the man said, "your looking at my night cap!"

He fell so hard for her he even lost balance at the bank

You really find out who your friends are when your cat has kittens.....

SUB.. BY
MILTON COX

TO MY MOTHER WITH LOVE

By: Luther Green jr.

As I sit here looking out the window, watching the houses as the trees descend behind them to the sky; Why are the times I miss you, as the sails of a sail boat miss the wind when it knows the wind is there; Or times I try to impress you because you mean that much to me.

As I struggle for words that I know are there to express how I feel, and what I want to say, Promises have come and gone like the wind.

Can you love me as I do you? I will carry my love for you wherever I go, because of you I know what I can do in life.

THOUGHTS

By: Luther Green jr.

People can be judgmental and a lot of times they are in flesh and not in spirit when they put judgement on a person.

Compassion is something that makes you feel with the person in his situation, to want to respond and help him.

TO MY MOTHER WITH LOVE

THE MIND

By: Brother Perry

The mind holds the ideas of knowledge.
How can we acknowledge that which we will
not let into our mind?
Some of us walk around blind to knowledge.
We live like big shots in a fantasy world.
Our minds control our thoughts.
It is up to us to open our minds to know-
ledge, and not shut this knowledge out.

Submitted Anonymously

Most of our minds are always on crime,
and all we'll get for it is just some more
time.

The law may upset reason,

But reason may never upset the law.

If you want more out of life you must come
to school.

The law may be used to confound reason,

We all have a brain, it's our greatest tool.

Reason must never be used to confound the
law.

The mind must be fed like a hungry stomach,
school is the restaurant.

The countless paths one traverses in ones
life are all equal oppressors, and the
oppressed meet in the end, and the only
thing that prevails is that life is all
together too short for both.

How can we reach our people if we act like
childish fools?

To hide our mind is a sin, as stupid as
drinking a bottle of gin.

So lets use our heads and the minds that we
got, instead of walking around all tied
up in knots.

RELIGIOUS SERVICES

Rev. Dennis Gorman
Rev. William Sangiovanni

East Building Sunday 8:30 a.m.
New Center Sunday 9:30 a.m.
Pre-release Wednesday 8:00 a.m.

New Center Saturday 7:00 p.m.

LIFES ROADS

By: Carl McKelvy
(Johnson)

Life has many roads, all going somewhere.
But let the road I choose today lead me in the proper way.
For there will be times when it's going to be tough to
keep your attitude up, and to keep on moving forward.
During these times there will be only one person who can
effectively pick me up and get me started again...
That person is myself.
As you are responsible for getting yourself started again
to travel lifes roads.
Some may put on false faces and be everything but themselves.
How can they love someone if they put on a face other than
their own?
How can they be happy if they don't show what makes them
happy or sad?
How can they know you or understand you if your not yourself?
For those who are not themselves, life for them is lost be-
fore it has started.
For they are only living as an image rather than themselves.
But there are those who, no matter how things go, they con-
tinue to be themselves.
Seeking to overcome lifes many obstacles, and to find peace,
love, and understanding.
Life is a learning experience.
This I know, but help comes to those who seek it.
And it sometimes comes in the strangest places.
So be yourself at all times, and what you seek may be just
around the next bend in the road.

Peace!

Recorded by: Omwala Kiamary
AKA: Larry Ruffin

RELIGIOUS SERVICES

Chaplains:

Rev. Denis Como
Rev. William Sangiovanni

Mass in English:

East Building -----Sunday 8:30 a.m.
New Center -----Sunday 9:30 a.m.
Pre-release -----Wednesday 8:00 p.m.

Mass in Spanish:

New Center -----Saturday 7:00 p.m.

Bible Study:

East Building -----Tuesday 7:30 p.m.

The Catholic chaplains are available every day for private consultation, spiritual direction, and/or confession.

Protestant

New Center -----Sunday 8:30 a.m.

East Building -----Sunday 9:30 a.m.

Islamic Services

Saturday 7:30 p.m.

East Building

In the name of God, most gracious, most merciful, I greet you, As-Salamu 'Alai-kum wa Rahmatu-ullah.

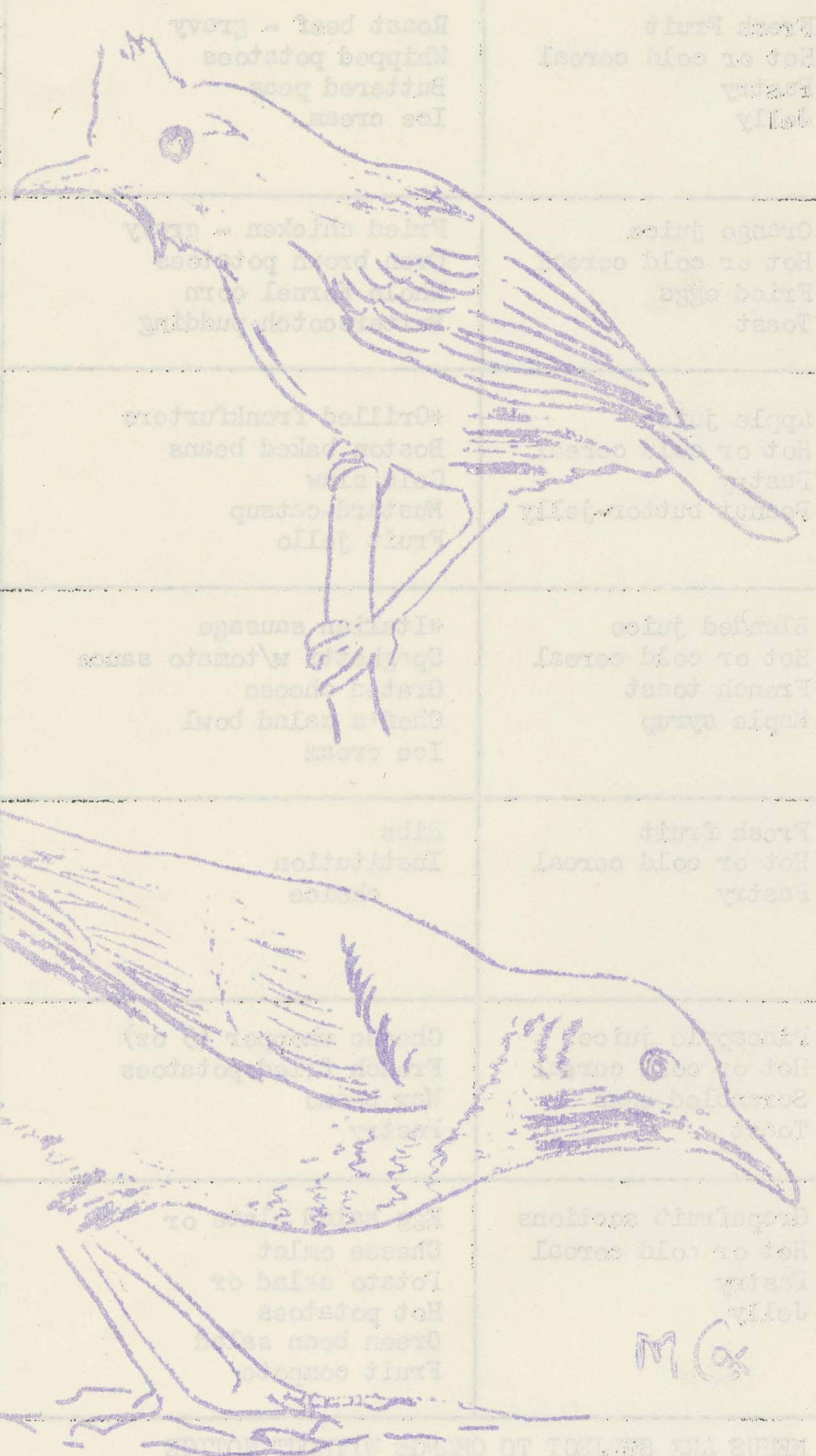
Islam, the religion or way of life, was sent down to Prophet Muhammad (P.B.O.H.) the messenger of Allah in a cave at the foot of Mount Hira near Mecca, where he had spent six months in solitary meditation, the vision came to Muhammad. The Angel Gabriel roused him from his bed with the stern command: "Proclaim!" Rubbing his eyes, the startled Muhammad gasped, "But what shall I proclaim?" Suddenly his throat tightened as though an angel was choking him. Again came the command: "Proclaim!" And again the terrified Muhammad felt the choking grip. "Proclaim!" ordered the angel for the third time. "Proclaim in the name of the Lord, the creator who created man from a clot of blood! Proclaim! Your Lord is most gracious. It is he who taught man by the pen that which he does not know. (Continued next week)

Kila-Katu

Recorded by; Omowale Kismayu
AKA; Larry Ruffin

MEMO FOR THE WEEK OF AUGUST 12
Summer Cycle Number Three

DATE	BREAKFAST	DINNER	SUPPER
SUN	French Fruit Hot or cold cereal Fruity Jelly	Roast beef - gravy Whipped potatoes Buttered peas Ice cream	Chili con carne Steamed rice Corn bread Tossed salad - dressing Tea
MON	Orange juice Hot or cold cereal Fried eggs Toast	Fried chicken - gravy Fried potatoes Fried corn Custard	Grilled cube steak - gravy Fried potatoes Green beans Fruity
TUE	Apple juice Hot or cold cereal Fruity Fruit and butter-jelly	Grilled pork chops Buttered beans Custard Fruit jelly	Veal parmesan Hash brown potatoes Lima beans Chilled peaches
WED	Blended juice Hot or cold cereal French toast Apple syrup	Roast sausage Spaghetti w/ tomato sauce Grilled cheese Chilled bowl Ice cream	Meatloaf - gravy Whipped potatoes Mixed vegetables Fruit pie
THUR	Fresh fruit Hot or cold cereal Fruity	Apple Instant Ice	Beef stew Steamed rice - soy sauce Fried noodles Cold drink Chocolate pudding
FRI	Fresh fruit Hot or cold cereal Fruity Jelly	Grilled fish Fried potatoes Fruity Ice cream	Fried fish - tartar sauce Fried potato Fresh corn in season Ice cream
SAT	Georgian's sections Hot or cold cereal Fruity Jelly	Hot or cold cereal Cheese omelet Potato salad or Hot potatoes Green bean salad Fruit compote	Spork omelet - gravy Hashed potatoes Beans Jello w/ topping



M G

* Indicates pork or contains pork.

MENU FOR THE WEEK OF AUGUST 19
Summer Cycle Number Three

	BREAKFAST	DINNER	SUPPER
S U N	Fresh Fruit Hot or cold cereal Pastry Jelly	Roast beef - gravy Whipped potatoes Buttered peas Ice cream	Chili con carne Steamed rice Corn bread Tossed salad - dressing Pears
M O N	Orange juice Hot or cold cereal Fried eggs Toast	Fried chicken - gravy Oven brown potatoes Whole Kernel corn Butterscotch pudding	Grilled cube steak - gravy Lyonnais potatoes Green beans Pastry
T U E S	Apple juice Hot or cold cereal Pastry Peanut butter-jelly	*Grilled frankfurters Boston baked beans Cole slaw Mustard-catsup Fruit jello	Veal parmesan Hash brown potatoes Lima beans Chilled peaches
W E D	Blended juice Hot or cold cereal French toast Maple syrup	*Italian sausage Spaghetti w/tomato sauce Grated cheese Chef's salad bowl Ice cream	Meatloaf - gravy Whipped potatoes Mixed vegetables Fruit pie
T H U R S	Fresh fruit Hot or cold cereal Pastry	Ribs Institution choice	Beef chow mein Buttered rice - soy sauce Oriental noodles Cole slaw Chocolate pudding
F R I	Pineapple juice Hot or cold cereal Scrambled eggs Toast	Cheese whopper (5 oz) French fried potatoes Wax beans Pastry	Fried fish - tartar sauce Baked potato Fresh squash in season Ice cream
S A T	Grapefruit sections Hot or cold cereal Pastry Jelly	Egg salad plate or Cheese omlet Potato salad or Hot potatoes Green bean salad Fruit compote	*Pork cutlet - gravy Mashed potatoes Spinach Jello w/ topping

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

* Indicates pork or contains pork.