

D
Co 80enf
new
Vol. 20
no. 25

Vol. 20

No. 25

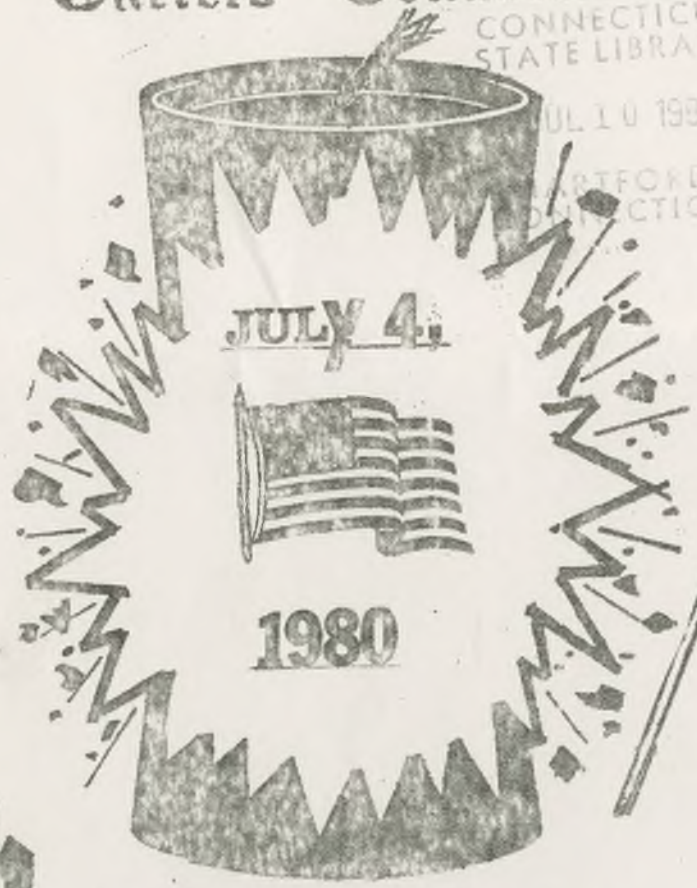
NEW VIEW

Enfield Connecticut

CONNECTICUT
STATE LIBRARY

JUL 10 1980

HARTFORD,
CONNECTICUT



JULY



B.F.

STATE OF CONNECTICUT

DEPARTMENT OF CORRECTION



JOHN R. MANSON
COMMISSIONER



CONNECTICUT CORRECTIONAL INSTITUTION ENFIELD

ADMINISTRATION

RICHARD M. STEINERT
Superintendent

DON DeVEAU
Assistant Superintendent

MAURICE TOZIER
Assistant Superintendent
Treatment & Training

ADVISORY BOARD

WENDEL HULBERT
Chairman

EDWARD A. DOHERTY
ENRIQUE PORTUONDO

THOMAS LUSARDI
Alternate

NEW VIEW STAFF

RAMON FIGUEROA.....EDITOR
WINFRED ASHE.....PRINTER
JAMES DAVIS.....TYPIST
REGGIE HILL.....TYPIST

The NEW VIEW is a weekly publication printed by the inmates of the Conn. Correctional Institution of Enfield, under the supervision of the administration.

Any opinions here-in are the sentiments of the contributors and should not be construed as those of the, Institution Administration.

This publication serves as a medium of information.

Mailing address:NEW VIEW, P.O. BOX G
ENFIELD, CONNECTICUT 06082

Permission to reprint any article is cordially invited, provided of course that this paper and author are credited.

IN THIS ISSUE

- 1...Cover
- 2...****
- 3...Content Page
- 4...Noties
- 5...What we are, is.what re are
- 6...What we are Cont
- 7...Sketches
- 8...Spanish Page
- 9...Vitamins Functions
- 10..Vitamins Functions Cont
- 11..Vitamins Cont
- 12..Vitamins Cont
- 13..Pardon Board
- 14..The Trap Program
- 15..Puzzle Page
- 16..Crossword
- 17..Baseball Schedule
- 18..You Can win \$100
- 19..4 th of July Menu
- 20..*****
- 21..Weskend Movies
- 22..Menu

NOTICES

HELP WANTED!

Two (2) Clerks wanted for Industries office. Typing experience required. Must be good with figures. 20¢ to 50¢ per hour.

Application deadline: July 16. 1980

Mr. Lemp, Industries

COMMISSARY NOTICE

Who goes first?????? Group 1, then, 2-3-4-5-6-7

ALL MONEY TO BE SENT OUT MUST BE IN THE COMMISSARY BY WEDNESDAY NOON.

Mr. Gibeau, Comm. Supv.

NEW VIEW NOTICE:

We are striving to make this Inmate publication an interesting and enjoyable one. However, this is not possible without the help of the population. We encourage those with creative ability and general concern to contribute articles, poems, ect. for publication.

New View Staff

THINK ABOUT YOUR FUTURE GED CLASSES


The school has openings in the GED program. We are starting a new semester and it is a good time to start studing for the GED test that is given in the summer.

EDUCATION IS THE KEY

PIENSE ACERCA DE SU FUTURO (CLASES DEL GED)

En la Escuela existen aperturas en el programa del GED. Nosotros estamos empesando un nuevo semestre y es un buen tiempo para empesar a estudiar para el axamen de Escuela Superior el cual se le sera ofrecido en el Verano.(Educacion es la llave)

David A. Harris
Education Coordinator



WHAT WE ARE, IS WHAT WE ARE?

For many of us, the looks of people, their habit of emphasizing attractive virtues, is an indication that they reflect a sterling character. Our expectations are often so unrealistic that we are inclined to attribute assets to others they do not possess. We often maintain that people are fine people, kind-hearted, decent and wonderful and are greatly disappointed when we learn the hard way that such a view is not justified.

Many of us judge our fellow men only by what they do for us, look at them from a mere selfish standpoint, and condemn those who refuse to cater to our wishes. At the root of these faulty observations is the fact that we do not even know ourselves, are seldom objective in judging our own failings, and are greatly misinformed about others.

We are afraid of revealing our shortcomings for we assume that if others became aware of them, our prestige would decline. Thus, we try to conceal them at any cost, even at the cost of depleting our nervous energy. Instead of courageously admitting our own weaknesses, we are inclined to delude ourselves.

Many of us condemn character traits in others for which we find excuses in ourselves. Many of us try to protect ourselves by not admitting weak points in persons to whom we have taken a liking. We prefer to see them as we would like to see them, without blemish.

To have met an unforgettable character is a personal evaluation which grows out of memorable experiences with a certain person. It does not necessarily mean that he is angelic. Others may have had most trying experiences with him. We are inclined to overlook the fact that many whom we consider bad can be lovely and devoted to certain people and, in contrast to this, the opposite side of their nature may tell against others. We are inclined to overlook a marked discrepancy in people between appearance and reality. Therefore, it is risky to judge a person according to his outer appearance only because many of us can hide our true nature for a long period of time. How else could it happen that in judging a certain person the estimate may be easily too high or too low. It may raise him to the level of a superman or bring him down to the level of an evil doer, depending on the nature of the person who makes the evaluation and what moral standards he requires from others. As a matter of fact different people make different demands in regard to their fellow men. There are some whose manner of acting to them does not seem unconventional or unprincipled, while others believe that they cannot reconcile certain actions with their own ethical standard.

Why be deceived about ourselves and our fellow men? Why not see ourselves and others realistically to avoid later disappointment and to arrest bitter and desponding thoughts? Why not better assume from the onset that to be human is to have more faults than virtues? Let us not fool ourselves that there are sterling characters on earth. There is only one Creator, and he lives in Heaven. No one of us is perfect, and there is no one who can be called completely good or bad.

Would it not be better to protect ourselves from our own weaknesses and to utilize our strength for our own benefit? To achieve this end in this world of ever changing values knowledge of man is as essential as is technical know-how.

Knowledge of man makes it easier for us to observe the different natures of people, to understand and sympathize with them, to make allowances for their weaknesses. When we notice their shortcomings and take them into stride, others will find it difficult to harm us. In doing so, we will then recognize that we also have weaknesses. This recognition will lead to greater self-control, to self-understanding, and to better management of the complexities of life.

When we know ourselves well, when we learn to accept our own faults as natural,

cont. on next page

do not fear them and make good use of our strong points, only then will we be ready to decide on the course we want to embark on in life. There is no need whatsoever to be afraid of superiors, competitors, rivals, etc., as long as we know their true character and handle them accordingly. Granted that in some instances the only alternative will be to compromise in order to remain on good terms with many. However, we must reconcile ourselves to the fact that we cannot change human nature and, therefore, must accept people as they are. Since nothing in this world is absolute, the evaluation of character traits, too, is relative. Character weaknesses which we often criticize, under certain circumstances can turn into assets. We know quite well that hypocrites, yes-men and opportunists quickly get into the good graces of people and have the advantage over many who cannot tacitly accede to the wishes of others. As a matter of fact those of us who best measure up to certain requirements and by nature are endowed with basic traits and abilities indispensable for certain work, will best meet the demands of certain professions and occupations. There are many which often require harsh, callous, and even ruthless methods in which sentiments cannot play a part. According to the rule of the survival of the fittest, success does not always hinge on moral principles. In many instances, a man climbs to power much easier if he is tough-minded and cannot be swayed from his goal by feelings for humanity. Men of success usually have an inborn knowledge of man. Due to their uncanny knowledge of human nature they can get along better with people and gain their ends with them because they handle them according to their nature. Would not everyone of you like to do the same simply by increasing your knowledge of man and thus, your chances of success?

The title of this article is my own, as it had none. It was written by, Arthur G. Holt...
Submitted by: J.D. Davis

YOU GET WHAT YOU PAY FOR!

People say "that the best things in life are free."
But in this world, that will never be.

For everything you get. You must pay.
In thoughts. In feelings. There's all kinds of ways.

When you receive love. You give love in return.
Because if you don't, then you'll get burned.

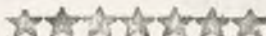
So as you embark on the journey of life it's important
to know. When you expect things to be free, then you'll
always blow.

And remember that the laws of nature say "You'll get only
those things for which you can PAY!"??????????

Written and submitted by: J.D. Davis...



YOU'RE A REAL PAIN



I woke up this morning, and you were still paining me. Why me? Sure, we have been together since I was a kid, but enough is enough. You have been disturbing my sleep, my work, and people are looking at me with those sympathetic, understanding looks. I don't like it, my long time friend. What choice do you leave me, but to have you removed?

Getting rid of you is a very hard thing for me to do, as I have really enjoyed the service you performed on my behalf. Yet, when it comes to the point where you start acting up like this, well, my comfort is more important. So, in the next hour or so, enjoy what little time you have to make me as miserable as you can; as you are going to be yanked out of my life. Forever. And don't think that my "DENTIST" doesn't know how to deal with rotten guys like you...

Written and submitted by: J.J. Jones

SKETCHES

By BEN BURROUGHS

Life With You

By BEN BURROUGHS

When I'm with you I am away ... from all the woes of life ... beyond the reach of worryment ... far from all worldly strife ... adrift in dreams when close to you ... where I delight to be ... you take me on a magic cloud ... traversing land and sea ... with you this great big world is like ... a joyful wonderland ... and for at least a little while ... things turn out as I planned ... you play a tender serenade ... upon my yearning heart ... that echoes softly in my ear ... whenever we're apart ... then when we meet again I hear ... the same sweet love song play ... oh yes, my darling, you alone ... make all my moments gay ... close by your side is paradise ... where all my dreams come true ... that's why I'll always long to share ... the life I live with you.

Human Termites

The termites are a clever lot ... they wreck each place they strike ... with underhanded methods ... they undermine each dike ... the termites are hard to detect ... they labor from within ... in a manner that is sure ... to get beneath the skin ... there are, of course, methods to stop ... this clan of wicked

weavers ... even though we're well aware ... they are master deceivers ... we must be diligent or they ... will strangle us for sure ... remembering the diligent ... are those who will endure ... the termites bore through concrete ... and hollow out the wood ... and human termites are the ones ... who stifle brotherhood.

Go Out Dancing

It's fun to go out dancing ... with someone near and dear ... for dancing is a certain way ... to fill the heart with cheer ... while gliding o'er a slippery floor ... to some melodic tune ... even coldest hearts are captured ... in the spell of June ... worries seem to fly away ... with every tender note ... and when it comes to chasing blues ... dancing's the antidote ... there is no better way to spend ... the weary evening hours ... than dancing to an orchestra ... 'neath papier-mache bowers ... and so I say to everyone ... who dreams of sweet romancing ... you'll find a sweet fulfillment ... if and when you go out dancing.

'My Dearest Wife'

Oh I thank God in heaven ... for a wife like you my dear ... for you fill my life with gladness ... you're so tender and sincere ... from your lips there comes the courage ... that I need to make my way ... and the lovelight in your eyes dear ... brightens up the darkest day ... from your voice I hear sonatas ... full of comfort and real bliss ... and I feel a bit of heaven ... every time I feel your kiss ... and from out your heart my darling ... there comes hope in things to be ... yes, I would be lost without you ... just like driftwood on life's sea ... life is wonderful with you dear ... and I'm equal to all strife ... yes, my God above was gracious ... when he made you be my wife.



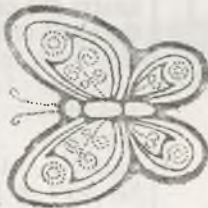
SIEMBRA

Cuando de mi no quede sino un árbol,
cuando mis huesos se hayan esparcido
bajo la tierra madre;
cuando de ti no quede sino una rosa blanca
que se nutrió de aquello que tú fuiste
y haya zarpado ya con mil brisas distintas
el aliento del beso que hoy bebemos;
cuando ya nuestros nombres
sean sonidos sin eco
dormidos en la sombra de un olvido insondable;
tú seguirás viviendo en la belleza de la rosa,
como yo en el follaje del árbol
y nuestro amor en el murmullo de la brisa.

¡Escúchame!

Yo aspiro a que vivamos
en las vibrantes voces de la mañana.
Yo quiero perdurar junto contigo
en la savia profunda de la humanidad:
en la risa del niño,
en la paz de los hombres,
en la amor sin lágrimas.

Por eso,
como habremos de darnos a la rosa y al árbol,
a la tierra y al viento,
te pido que nos demos al futuro del mundo...



Sometido por: Billy Figueroa.

EL ESPEJO DE AGUA"

Mi espejo, corriente por la noches,
se hace arroyo y se aleja de mi cuerpo.

Mi espejo, mas profundo que el orbe
donde todos los cisnes se ahogaron.

Es un estanque verde en la muralla
y en medio duerme tu desnudez anclada.

Sobre sus olas, bajo cielos sonambulos,
mis ensueños se alejan como barcos.

De pie en la popa siempre me vereis cantando.
Una rosa secreta se hincha en mi pecho
y un Ruisenor ebrio aletea en mi dedo.

Sometida Por : Norberto Vazquez.

Página



Latina



"HUIR"

Como me echara a rodar
por este mundo sin forma!
Como me diera a correr
guiando en auto sin sombra.

Por el paisaje sin forma
huidizo... resbalado:
en el huir y el huir
transfundido... deshelado.

Por montañas sin recuerdo,
por mares nulos, insomnes,
de azufre, plata y azoque...
amnesia total, deshielo.

Como me diera a rodar
-noches, 'pistas, mares nombres,
prisas, nubes, torres, mundos-
sin vuelta-liberacion-.
Qué preso-libre-en la fuga!
La prisa atrás, rezagada.
Libre- que preso!- en la fuga.

Como me diera a correr
guiando en auto sin sombra;
ya sin amarras del hoy,
libre de ayer y mañana...
desatado, blanco, eterno!.

SOMETIDA POR: Reinaldo Padilla.

Nutrient
Calcium



Function

Needed to build bones and teeth, keeps the brain and muscles stable. Necessary for transporting impulses along the nerves from one part of the body to another. Necessary for sleeping.

Source

Milk & milk by products. Greens have 150 mgs., egg yolk 130, peas 70, eggs 54, rice 32, Vegetables 30, orange 30, honey 4.7, potatoes 14, eggwhite 9.0. Most is absorbed by your body.

Remarks

RDA=Birth-6 months 360 mgs., 6 months-1yr. Men 540, Women 800, 1-10yrs.-800, 11-14yrs.-1200; 15+800. Pregnant & Lactating women 1200 mgs.. Calcium is a protection against strontium-90 (A radioactive by-product of nuclear reactions) which is widely believed to be the principal cause of Leukemia. Calcium also acts as a general stimulant. Necessary to maintain a good calcium intake particularly in the winter, since sunshine helps the body synthesize vitamin D and aids in the absorption of calcium. Lack of calcium will cause cramps and or convulsions. Our bones are 40% calcium by weight.

Excessive levels of calcium result in great lethargy and hypersomnolence (Sleeping all the time). Foods high in Oxalates, such as spinach, chard, beet tops, rhubarb, act to bind calcium, when milk is taken with them less calcium is available to the body. (Read Phosphorus remarks)

Nutrient
Phosphorus

Function

Needed to build bones and teeth. Helps absorb Calcium

Source

Meat, fish, poultry, egg yolk has 570 mgs., peas 400, tuna 350, chicken 290, corn 270, rice 220, eggs 200, cows milk 93, vegetables 40, fruits 20, honey 3.1, egg-white 16 mgs., and fortified cereals (Most is absorbed)

Remarks

RDA=6 months 240 mgs, 6 months-1yr 400, 1-10yrs. 800, 11-14yrs. 1200, 15+-800 mgs.. Pregnant and lactating women 1200 mgs.. Phosphate is unloaded in the form of calcium phosphate, calcium is lost with each left over phosphate excreted, suggested proper ratio should be three calciums for every two phosphori. There are always plenty of it around, we usually get lots more than the average person needs. Our bones contain 45% phosphate by weight.

Iodine

Function

Needed to help regulate many body functions. Necessary for proper functioning of the thyroid gland. Necessary part of the hormone thyroxin, which controls the rate at which food is broken down into energy, the speed at which our body runs.

Source

Fish, Iodized salt has about 200 mcgs. per teaspoon. Vegetable oils has .024 mgs., potatoes .015, lettuce .010, pig meat .0100, eggs .0090 mgs., spinach .0090,

cont. on next page

chicken .0060, peaches .0060, fruits .0020, honey .0018 mgs., Fortified cereals (Virtually all is absorbed).

Remarks

RDA = Birth 6 months 35 mcgs, 6 months - 1yr 45, 1-3yrs 60, 4-6yrs 80, 7-10yrs 110, 11-14yrs Men 30, and women 115, 19-22yrs Men 140 and women 100, 23-50yrs Men 130 and women 100, 51 + Men 110 and Women 80 mcgs. Pregnant women 125, lactating women 150 mcgs.

Too little iodine in diets, means too little thyroin in bloodstream, victims of this have trouble getting up in the morning, sluggish early part of the day. Such a person is generally lethargic, tends to put on weight and has trouble keeping warm. In recent evidence, dietary iodine deficiency may contribute to breast cancer.

Function

Necessary for a man's sexuality. Helps for removal of particular stresses, normal curing and healing. Zinc is absolutely essential for proper use and storage of Vitamin A.

Source

Eggyolk has 5.5, chicken 4.8, pigmeat 3.4, cowmeat 3.0, bean 2.4, eggs 2.1, rice 1.5, honey 0.90, vegetables .35, milk .40, bananas .28, eggwhite .30, fruits .12, oranges & lettuce .10 mgs. Two highest in zinc are: Oysters 160 mgs, Herring 110 mgs. Fortified cereals (About 40% is absorbed)

Remarks

RDA=Birth - 6 months 3 mgs, 6 months-1yr. 5, 1-10yrs.-10, 11+15 mgs, pregnant women 20, lactating women 25 mgs. Men needs zinc for erections, deficiency has been traced to loss of sexual potency in men. With each ejaculation, zinc is lost. When sexual activity become more vigorous there must be zinc replacement to keep balance. Zinc supplement is prescribed for impotent men, therapy may take 6 months. Zinc is associated closely with histamine (from the amino acid histidine) and histamine has been associated with sexual behaviors. Women who do not achieve orgasm; have low histamine levels (Lower zinc levels since the two seem to travel together). Folic Acid therapy will increase the level of histamine in the tissue. Zinc deficient female may have delayed onset of menstruation or menstrual difficulties. Keeping histidine at a good level may be important. (Enough evidence has been gathered on the role of zinc & histamine in sexual behaviors to be documented enough to certify it's mention, not it's endorsement.)

Function

Needed for proper functioning of body cells. Needed for proper sexual functioning. Helps in inducing sleep and acts as a muscle relaxer.

Source

Meats, milk, leafy vegetables, rice has 120 mgs, corn 38, bananas 31, potatoes 27, vegetables 25, pig & cowmeat 23, eggyolk 16, fruits 15, cow's milk 13, eggs 12, oranges 11, honey 5.5. (About 50% is absorbed)

cont. on next page

Zinc

Nutrient
Magnesium



Remarks

RDA=Birth-6months 60 mgs, 6 months-1yr. 70, 1-3yrs. 150, 4-6yrs. 200, 7-10yrs 250, 11-14yrs. Men 350, Women 300 mgs, 15-18yrs. Men 400, Women 300 mgs, 19+ Men 350, Women 300 mgs, Pregnant & lactating women 450 mgs. Magnesium is an enzyme activator, it has the job of turning on most of the enzymes that use B1, B2, B6 as co-enzymes, a magnesium deficiency will have symptoms in common with deficiencies of the three vitamins most notably the conclusions associated with B6 deficiency. Deficiencies also cause muscles twitch and tremor, if it gets bad enough you've got spasms registering on the Richter Scales. Deficiency is relatively frequent in alcoholics, alcoholics may have reduced amounts, contributing to their frequent sleep disorders. Magnesium is also lost through ejaculation. Prolonged fasting and prolonged diarrhea will cause deficiencies, resulting in sleep disorders. Supplements come in dolomite or magnesium oxide tablets. It is widely dispersed in foods, deficiencies are unlikely for the average person. (Our bones are 1% magnesium by weight)

Function

Helps build red blood cells. Helps prevent anemia.

Source

Meat, dried fruits, egg yolk has 7.2 mgs, cowmeat 3.1, spinach 3.1, pigmeat 2.9, eggs 2.2, chicken 1.8, vegetables 1.0, honey 0.75, oranges .028, Fortified cereals. (About 6% is absorbed).

Remarks

RDA=Birth-6 months 10 mgs, 6 months-3yrs 15, 4-10yrs 10, 11-18yrs 18, 19-50yrs Men 10, women 18 mgs, 51+10mgs, Pregnant and lactating women 18 mgs. Iron is at the core of the structure of hemoglobin, which is the body's most important protein, hemoglobin carries the oxygen from the lungs to every other part of the body, without Iron, it can't do it. Iron deficiency is the major cause of anemia. A prolonged Iron deficiency may cause the intrinsic factor-producing tissues in the stomach to atrophy.

Function

Main job is the controlled oxidation of vitamin C. A vital building block of one of the cytochromes. The third duty is tying up the loose ends in the structural proteins collagen and elastin, keeping them strong.

Source

Fortified cereals, honey has 1.7 mgs, cashews 0.76, bananas .51, rice .36, chicken .28, potatoes .16, vegetables .12, tomatoes .11, lettuce & pigmeat .090, egg yolk .030, egg white .020, coffee .020. (Roughly 45% is absorbed)

Remarks

RDA=Adults and children over 4yrs is 2 mgs. If you're going to take a supplement, get one that's chelated. Inorganic copper can be pretty dangerous stuff, the cont. on next page

Nutrient

Iron

Copper

4

symptoms of a mild dose being headache, nausea, and fatigue. To get these, all you have to do is drink hot water that passed through a copper pipe or eat food cooked in a copper pan.

All foods that are listed as sources for each nutrient is available in the following foods served in the dining hall and commissary, additionally there are other foods sources available in the free world which will be listed in future articles.

Next week, will be information dealing with proteins and its various sources. It is my personal wish and desire that something educational as well as beneficial is being derived from this articles. Health is the most important aspect of our lives and future survival. As the old adage goes "We are what we eat???"

"NUTRITION, IT'S A CONFUSION"

Nutrition information comes from different sources. The facts can be technical, the language hard to comprehend. New information comes out all the time. Suspicion and speculation are often interpreted as fact. It's not surprising that many americans have beliefs about nutrition that are based on fiction.

The nutrition articles in the New View are recommended daily allowances (RDA) guidelines for the average person. These articles are not dogma, just facts (unless specified differenttly). What is adequate? One person's adequate or optimal might be another's deficiency atate.

Submitted by: Michael Kozak



PARDON BOARD

FALL SESSION

APPLICATIONS: All inmates who are planning an appearance at the next sessions are encouraged to submit their requests to SUPERVISOR OF RECORDS, at their respective institutions. Your request should be submitted immediately, if possible, and inmates are reminded that the last day for submitting requests is August 8, 1980.

After having submitted your request, you will be sent (3) three copies of the Board of Pardon Petitions. You must fill these petitions out completely and return (2) two copies as soon as possible to your Record Office for scheduling of your appearance. Retain (1) one copy for your records.

APPLICATIONS RESULTING IN A STARRED (*) CASE: Under the established rules of the Pardon Board, cases are rarely heard if the petitioner has: 1) Appeared within the year. 2) Served less than one year. This one year cannot include jail time. 3) Appeared or was eligible for parole. A starred case in one of these categories is very rarely heard, therefore, by waiting for a regular session, not only are inmates saved the labor of preparing required letters, but friends, lawyers, prison staff, State's Attorney and Board members are spared the effort which should be given the regular petitioners. It is suggested that before undertaking the task of a starred petition, an inmate should seek the advice of the prison staff which is readily given.

Neither the Department of Correction nor the Pardon Board will assign Attorneys. Each inmate must retain his own council.

JUNTA DE PERDON

LA SESION DE OTONO

PETICIONES: Todo preso que piense presentarse en las próximas sesiones deben someter sus solicitudes al SUPERVISOR DE ARCHIVOS, en sus respectivas instituciones. Debe someter su solicitud inmediatamente, si es posible, y se les recuerda a los presos que el último día para someter las solicitudes es el de 8 Agosto de 1980.

Después de haber sometido su solicitud, usted recibirá (3) tres copias de la Petición de Junta de Perdon. Tiene que llenar estas peticiones completamente y devolverlas lo mas pronto posible a su Oficina de Archivos para fijar la fecha de su audiencia. Retenga una copia como referencia personal.

SOLICITUDES QUE RESULTAN EN UN CASO MARCADO (*): Bajo las reglas establecidas de la Junta de Perdon, rara vez se oyen los casos si el solicitante haya: 1) Aparecido dentro del año. 2) Servido menos de un año. Esto no puede incluir tiempo de cárcel. 3) Aparecido o sido elegible para libertad bajo palabra. Un caso marcado en una de estas categorías my rara vez llega a ser oído, y por eso, al esperar la sesión regular, el preso evitará el trabajo innecesario de preparar el papeleo; y las amistades, los abogados, personal de la prision, la oficina del fiscal, y los miembros de la Junta podrán dar mejor atención a los solicitantes regulares. Por lo mismo, se sugiere que antes de someter una petición en un caso marcado, el preso debe pedir consejo de algún miembro del personal.

Ni el Departamento de Corrección ni las Junta de Perdon asignará abogados. Cada preso tiene que conseguir su propio abogado.

***** THE TRAP PROGRAM *****

IF YOU ARE INTERESTED IN:

1. A guaranteed parole release date.
2. A guaranteed Community release, where possible.
3. A seven day job assignment and good time credit.
4. Behavior studies classes(which can be applied for college credits.)

AND YOU:

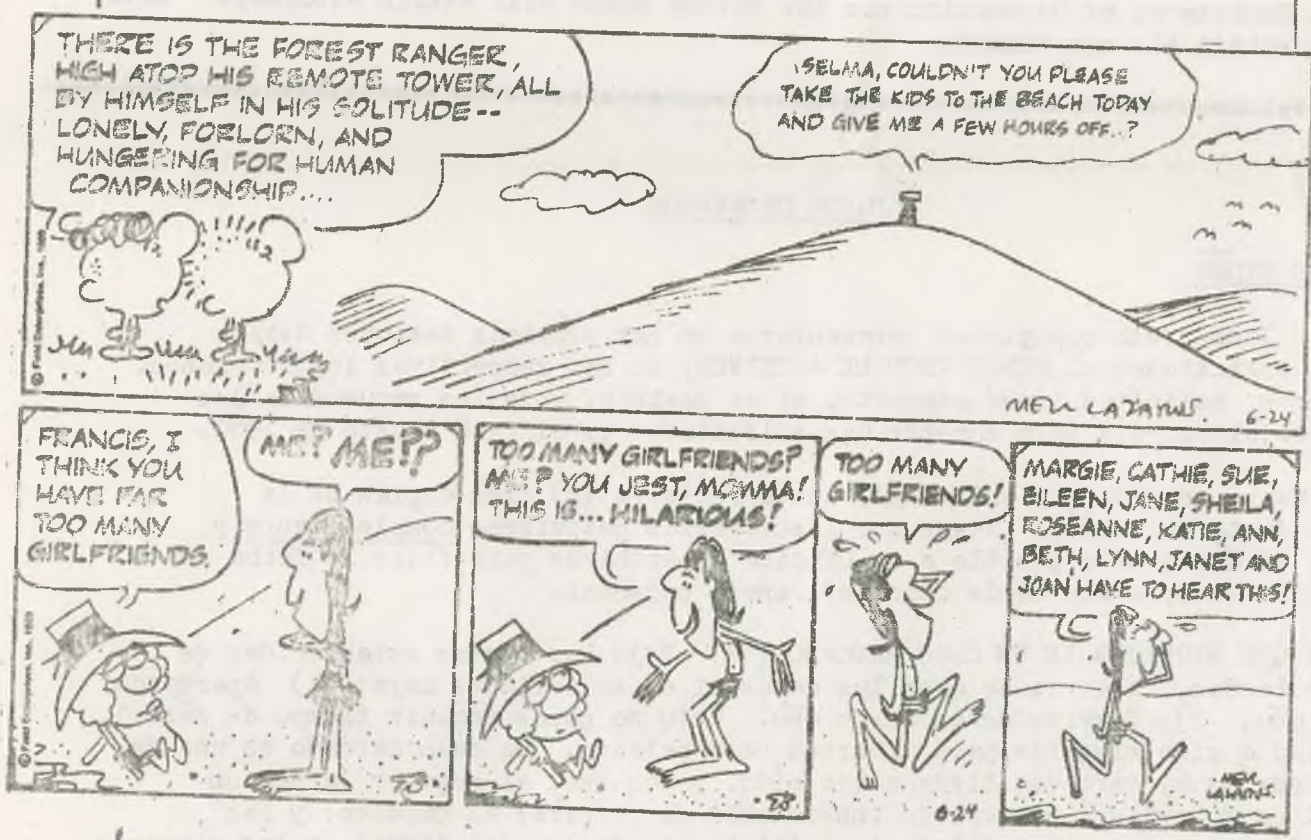
1. Have a drug abuse history
2. Are within 6-18 month of your release date.
3. Do not have (2) parole violations or a felony conviction while on parole.
4. Have no pattern of sexual offenses, violent or assualtive behavior, Escapes or serious psychological problems.

THEN YOU MAY MEET THE TRAP PROGRAM ADMISSION CRITERIOR.

Those inmates that have had misconduct reports or unsatisfactory work reports within the past (4) month will not normally be considered for admission into the trap program, but check and be sure.

Don't rule yourself out. If you are interested, contact addiction services today and find out for sure. Send a request to Guy Prairie and tell him you want more information about the Trap Program.

HE WILL CONTACT YOU.



WORD FUN

BIRDS AND BEES

Bee BALM
 Bee BEETLE
 BeeBREAD
 BUMBLEbee
 Bird CAGE
 CARPENTER bee
 BirdCATCHER
 Bird CHERRY
 Bird DUFFER
 EARLY bird
 Bee EATER
 Bird FANCIER
 Bee FLOWER
 HONEYbee
 BirdHOUSE
 I WAS STUNG BY A bee
 BeeKEEPER
 LEAF-CUTTING bee
 Bird OF PARADISE



Bird OF PREY
 Bird PEPPER
 QUEEN bee
 Bird-WATCHER

G C A T C H E R E P E E K
 N A E S U O H N B A L M W
 I C Y H C F R E G A C A E
 T F M B G H D E R N T H L
 T P A C Q U E E T C L F T
 U R M N F N T R H A Y L E
 C E N F C N U E R E E O E
 F Y E H E I R T L Y N W B
 A R J P K E E B S K O E R
 E N R S A H M R T S H R E
 L A L R Q U E E N M A C A
 C B L G B R E P P E P W D
 N Y E S I D A R A P F O I

WORD FUN

THEY'RE ALL OWLS

ALLOPATRIC	ORBIT
BARN	PELLET
BAY	PYGMY
COLOUR phase	RELICT form
EAR TUFTS	RUFIOUS
ELF	legged owl
FISHING	SCOPS
HAWK	SCREECH
HORNS	SEDENTARY
IRRUPTION	TAPETUM
MANTLE	WING LOAD
	WOOD

F W I S M U T E P A T P S
 Y I R T R F M A N T L E H
 M N U I L T L E P K D L I
 G G O E P C L U W E A L C
 Y L L O E I E A N L S E I
 P O O S I L H T D L N T R
 G A C L C E A A P O R M T
 N D E I R R U P T I O N A
 I R S T Y A E I E B H W P
 H C P M A N B E A B O W O
 S U O F U R A R C O A R L
 I T C L O E N R C H C Y L
 F G S N S T F U T R A E A

ACROSS

- 1 Cuisinier
- 5 Tribal symbol
- 10 Insect
- 14 Rime
- 15 Scene of gladiatorial combat
- 16 Woodwind
- 17 Choir member
- 18 Clementine's father
- 19 Swiss hero
- 20 Ended in
- 22 Expression of pleasurable satisfaction for food
- 24 Young horse
- 25 Explosive military items, for short
- 26 Bottom of the spine
- 29 Prententious nonsense
- 33 Body of cavalry
- 34 Animal couches
- 35 Netherlands town
- 36 Hawaiian island
- 37 Old-fashioned
- 38 Phratry
- 39 Harem room
- 40 Nuance
- 41 Hold on tenaciously
- 42 2,240-pound weights
- 44 Beyond the bounds of convention
- 45 Propels a skiff
- 46 Cut short
- 47 Lunatic
- 50 Dish popular in Africa
- 54 Full of anticipation
- 55 Learns of
- 57 Italian coins
- 58 Row of guns
- 59 Musical group

- 60 Mountain in Thessaly
- 61 Having one instrument (mus.)
- 62 Xylold
- 63 Turf used for fuel

DOWN

- 1 Burn
- 2 Hollow
- 3 Diner sign
- 4 Rustling of material
- 5 Chinese gong
- 6 Bay window
- 7 Takes care of
- 8 Chemical suffix
- 9 First words of a nursery rhyme
- 10 Tropical bird resembling the jay
- 11 Follow orders
- 12 Balsam
- 13 Position of control
- 21 Wolf (Fr.)
- 23 Referees, for short
- 25 Array on the side of
- 26 Hassock
- 27 Plowed land
- 28 George M.
- 29 Twos and threes
- 30 Relume
- 31 "A Bell for —"
- 32 Coin of Hungary
- 34 Bank transactions
- 37 Hodgepodge
- 38 Sound of hoofs
- 40 Porch of antiquity
- 41 Dove calls
- 43 African voodoo charm
- 44 Deserving confidence
- 46 Prepared an apple for baking
- 47 Trampolines
- 48 Exchange premium
- 49 Christmas song
- 50 Roman patriot
- 51 River to the Seine
- 52 Constellatory Bear
- 53 Chair
- 56 College course, for short

Interesting words from all over will keep you thinking.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21				22	23				
			24					25						
26	27	28					29				30	31	32	
33							34					35		
36							37					38		
39							40					41		
42					43						44			
					45						46			
47	48	49							50			51	52	53
54							55	56				57		
58							59					60		
61							62							63

INFORMATION ON RAMADAN

PART 1:

To give you a little information as to how important the Ramadan fast is to Muslims; the following is taken from the Glorious Qur'an. Yusuf Ali (Trans). Sura's (chapters) II, verses 183, 184 & 185.

183: "O ye who believe! Fasting is prescribed for you, even as it was prescribed for those before you, that ye may (learn) self-restraint..."

184: "Fasting for a fixed number of days; but if any of you is ill, or on a journey, the prescribed number (should be made up) from days later. For those who can do it (with hardship), is a ramson, the feeding of one is indigent. But he that will give more of his own free will. It is better for you that ye fast if ye only knew.

185: "Ramadan is the (month) in which was sent down the Qur'an as a guide to mankind, also clear (signs) for guidance and judgement (between right and wrong). So every one of you who is present (at his home) during that month should spend it in fasting, but if any one is ill, or on a journey the prescribed period (should be made up) from days later. God intends every facility for you; He does not want to put you to difficulties. (He wants you) to complete the prescribed period, and to glorify Him in that He has guided you; and perchance ye shall be grateful.

- (1) The Ramadan teaches man the principle of sincere love, because when he observes the fast he does it out of deep love for God. And the man who loves God truly is a man who really knows what love is.
- (2) It equips man with a creative sense of hope and a optimistic outlook on life, because when he fasts he is hoping to please God and is seeking His grace.
- (3) It imbues man with a genuine virtue of effective devotion, honest dedication & closeness to God; because when he fasts he does so for God and for his sake alone.

These are a few explanations of the spiritual meaning of the Islamic fast.

PART II:

The Ramadan fast will be observed from July 13, 1980 through and inclusive of August 11, 1980. Date may change depending on the sighting of the moon.

1. All muslims and non-muslims in the general population wishing to participate in this years Ramadan may do so.
2. A participant list will be drawn up by the members of the American Muslim Mission (formerly The World Community of Al-Islam in the West). Those wishing to participate may do so BEFORE July 1, 1980.
- 2b. At Islamic Services, Sunday afternoon at 1:15 PM, names will be taken.

Cont. on next page

3. New admissions to the institution who request to participate in the fast of Ramadan will first be interviewed by Imam Hasan, or his designate prior to being approved for attendance. Those men who violate the schedule of the fast by attending regular institutional meals will be dismissed from the evening meal of Ramadan by the Captain and reported to the Imam or his designate.
4. The evening meal will begin at approximately 8:00 PM and will be completed by approximately 9:00 PM. The meal will begin with a short prayer service lead by IMAM HASAN OR HIS DESIGNATE, and will end with the necessary clean up.
5. The breaking of the fast will be August 11, 1980, an evening meal on day call Eid Al-Fitr, a communal meal for those who have successfully completed the fast.
6. The NORMAL FOOD portion system will be in effect and all meals will be pork free.
7. Arrangements for a breakfast meal to include dry cereal, milk, sugar, and fruit (when available), will be again made this year. The men participating in the fast will be provided with breakfast items in a brown bag at the conclusion of the evening meal. Each person will maintain the responsibility for wake-up to consume the meal prior to sunrise.
8. From time to time lectures will be given on Sunday services to give insight on Ramadan.

REMEMBER RAMADAN IS DONE OUT OF STRICT DEDICATION AND LOVE FOR GOD AND HIM ALONE. FOR THEM THAT OBSERVE THE FAST GOD TELLS US THERE IS A GREAT REWARD.

SUBMITTED BY: THE AMERICAN MUSLIM MISSION
C.C.I Enfield

Imam Hasan





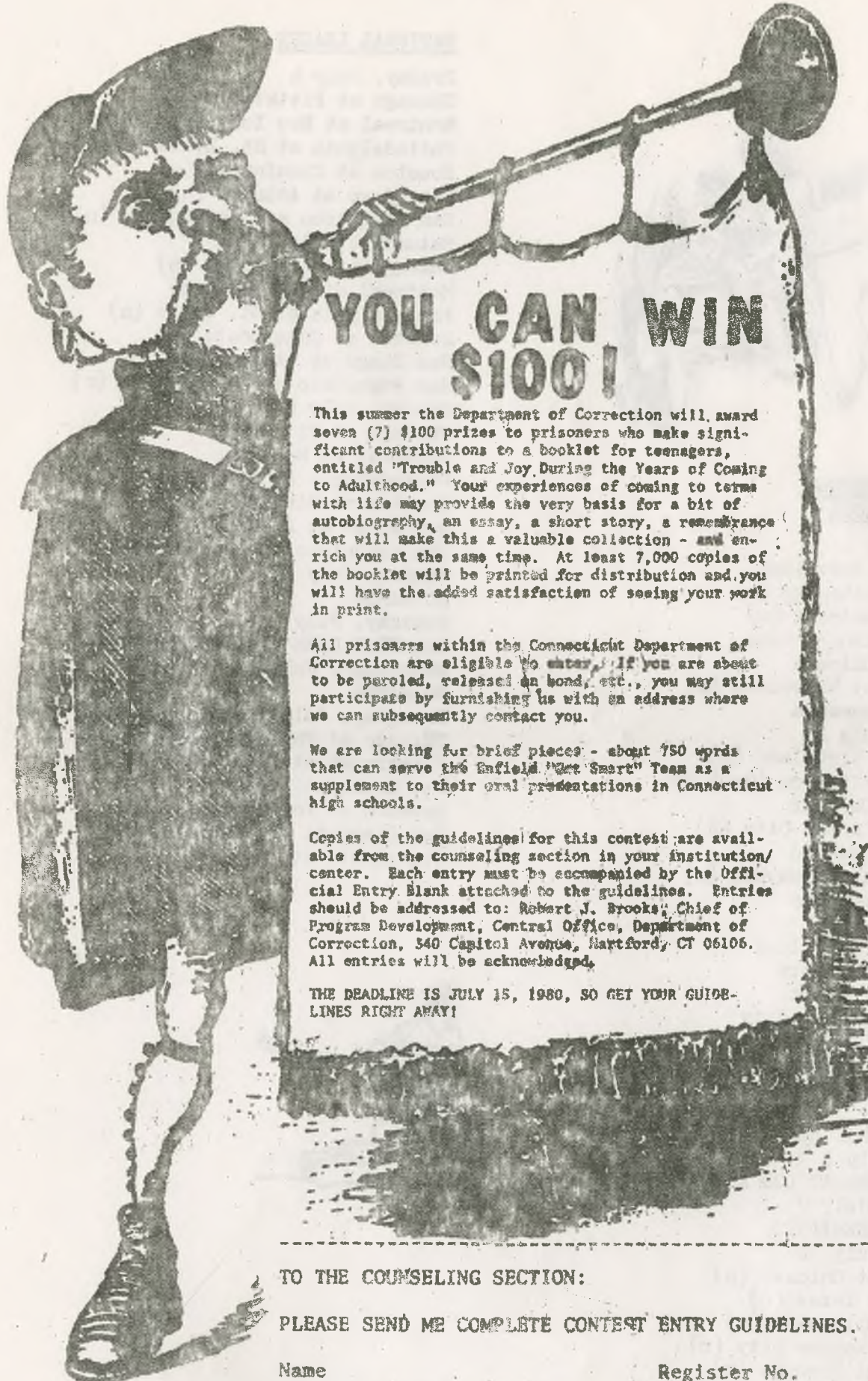
BASEBALL SCHEDULE
AMERICAN LEAGUE

Friday, July 4
 New York at Cleveland
 Boston at Baltimore (n)
 Toronto at Detroit (n)
 Seattle at Kansas City
 Oakland at Chicago
 California at Milwaukee (n)
 Texas at Minnesota
 Saturday, July 5
 New York at Cleveland (n)
 Boston at Baltimore (3:05 PM)
 Toronto at Detroit
 Seattle at Kansas City (N)
 Oakland at Chicago
 California at Milwaukee (n)
 Texas at Minnesota
 Sunday, July 6
 New York at Cleveland
 Boston at Baltimore
 Toronto at Detroit
 Seattle at Kansas City
 Oakland at Chicago (2)
 California at Milwaukee
 Texas at Minnesota
 Monday, July 7
 NO GAMES SCHEDULED
 Tuesday, July 8
 ALL STAR GAME AT LOS ANGELES, CA
 Wednesday, July 9
 NO GAMES SCHEDULED
 Thursday, July 10
 Baltimore at Chicago (n)
 New York at Texas (n)
 Boston at Milwaukee (n)
 Detroit at Kansas City (n)
 Cleveland at Toronto (n)
 California at Oakland (TN)
 Minnesota at Seattle (n)

NATIONAL LEAGUE

Friday, July 4
 Chicago at Pittsburgh (dh)
 Montreal at New York (n)
 Philadelphia at St. Louis
 Houston at Cincinnati (n)
 San Diego at Atlanta (n)
 San Francisco at Los Angeles (n)
 Saturday, July 5
 Chicago at Pittsburgh (n)
 Montreal at New York (n)
 Philadelphia at St. Louis (n)
 Houston at Cincinnati (n)
 San Diego at Atlanta (n)
 San Francisco at Los Angeles (n)
 Sunday, July 6
 Chicago at Pittsburgh
 Montreal at New York
 Philadelphia at St. Louis
 Houston at Cincinnati
 San Diego at Atlanta (n)
 San Francisco at Los Angeles
 Monday, July 7
 NO GAMES
 Tuesday, July 8
 ALL STAR GAME AT LOS ANGELES, CA
 Wednesday, July 9
 NO GAMES
 Thursday, July 10
 Chicago at Philadelphia (n)
 Pittsburgh at New York
 St. Louis at Montreal (n)
 Houston at Los Angeles (n)
 San Diego at San Francisco (n)
 Cincinnati at Atlanta (n)





YOU CAN WIN \$100!

This summer the Department of Correction will award seven (7) \$100 prizes to prisoners who make significant contributions to a booklet for teenagers, entitled "Trouble and Joy During the Years of Coming to Adulthood." Your experiences of coming to terms with life may provide the very basis for a bit of autobiography, an essay, a short story, a remembrance that will make this a valuable collection - and enrich you at the same time. At least 7,000 copies of the booklet will be printed for distribution and you will have the added satisfaction of seeing your work in print.

All prisoners within the Connecticut Department of Correction are eligible to enter. If you are about to be paroled, released on bond, etc., you may still participate by furnishing us with an address where we can subsequently contact you.

We are looking for brief pieces - about 750 words that can serve the Enfield "Get Smart" Team as a supplement to their oral presentations in Connecticut high schools.

Copies of the guidelines for this contest are available from the counseling section in your institution/center. Each entry must be accompanied by the Official Entry Blank attached to the guidelines. Entries should be addressed to: Robert J. Brooks, Chief of Program Development, Central Office, Department of Correction, 540 Capitol Avenue, Hartford, CT 06106. All entries will be acknowledged.

THE DEADLINE IS JULY 15, 1960, SO GET YOUR GUIDELINES RIGHT AWAY!

TO THE COUNSELING SECTION:

PLEASE SEND ME COMPLETE CONTEST ENTRY GUIDELINES.

Name _____ Register No. _____

Institution/Center _____ Unit No. _____

4 TH OF JULY

MENU

BREAKFAST

JUICE
CORN FLAKES
MUFFINS
JELLY
COFFEE
MILK
OLEO

PICNIC LUNCH

Hot dogs & Hamber's
on rolls, Potato sa-
lad, Texas Sauce
Chopped onions, Dill
pickles, Catsup, Re-
lish, Mustard, Sauer-
kraut, Tossed salad
Cold Watermelon



TIME: 10:00 A.M.- 11:50 A.M.

NO JARS ALLOWED 1 - BAG CORN TWISTERS
1 - PINT ICE CREAM
COLD DRINKS WILL BE SERVED
IN THE YARD,



SUPPER

AMERICAN CHOP SUEY
GRATED CHEESE
COLE SLAW
CAKE

M O V I E S



CROSS OF IRON (R)-----119 MINS
 SORY NO INFORMATION AVAILABLE ON
 THIS MOVIE.

SHAFT'S BIG SCORE



Debonair detective Shaft who divides his time equally between brawls and bedrooms, investigates a robbery-bombing-murder and finds himself in the middle of a feud between black and white racketeers.

Director: Gordon Parks
Cast: Richard Roundtree, Moses Gunn, Rosalind Miles, Drew Brown
Studio: M-G-M 1972
Price: \$150 R
105 min: (C) CS-R

OVER THE EDGE

PG Action Drama

Orion-Warner Bros. (79802) 95 Minutes Rel. May 79

"Over the Edge" has all the elements necessary for a perceptive, thought-provoking film. It has a timely theme, above-par production values and a darned good cast of promising newcomers. It's a shame producer George Litto and director Jonathan Kaplan chose to downplay the picture's innate good values and capitalize on the latest (and seemingly never-ending) Hollywood fad: gang movies. Granted, "Edge" is not a gang movie in the strictest sense of the word, for it has an underlying theme. This theme—concerning a teenager who is "on the edge" and who can't decide between parental rule and juvenile delinquency—is hopelessly buried in the Charlie Haas-Tim Hunter script, primarily as a build-up to the final scene of youths on a rampage of destruction. That frightening scene shows angry young teenagers burning and looting a school—all while their parents are locked inside. The picture's muddled ending has the perplexed young star on his way to a few weeks of reform school—hardly a terrifying sentence for a night of violence. Regardless of how young audiences interpret this picture, they will probably never understand how sad the kids depicted here are. Unfortunately, the tragic problems confronting these youngsters are never effectively explored.—Stu Goldstein.

Michael Kramer, Pamela Ludwig, Matt Dillon, Vincent Spano, Tom Fergus, Harry Northrup, Andy Romano.

COMING ATTRACTION*

HIDE IN PLAIN SIGHT
 (PG) _____ 98 MINS

@@@@@@@@@@@@@@@@@@@@

PIPE DREAMS
 (PG) _____ 100 MINS



SPRING AND SUMMER CYCLE #1 (1980)

Use Weeks of: 16 March, 13 April, 11 May, 8 June, 6 July, 3 August, 31 Aug. 1980

	BREAKFAST	DINNER	SUPPER
S U N	PINEAPPLE JUICE HOT AND COLD CEREAL MUFFINS JELLY MILK AND COFFEE B.O.S.	*HAM WITH GRAVY SWEET POTATOES BLACKEYED PEAS ICE CREAM APPLE SAUCE B.O.S.M.C. OR T.	SHRIMP CHOW MEIN STEAMED RICE/SOY SAUCE HOT BUTTERED BEETS PINEAPPLE CHUNKS MILK AND COFFEE B.O. S.T.
M O N	BLENDED JUICE COLD CEREAL FRIED EGGS TOAST MILK AND COFFEE B.O.S.	VEAL LOAF AND CHEESE MACARONI SALAD LETTUCE AND TOMATO SALAD OIL AND VINEGAR PASYRY/CAKE B.O.S.M.C. OR T.	CHICKEN GRAVY MASHED POTATOES SWEET PEAS JELLO B.O.S.M.C.T.
T U E S	ORANGE JUICE HOT AND COLD CEREAL COFFEE CAKE MILK AND COFFEE B.O.S.	CHEESE WHOPPER 5oz. FRENCH FRIED POTATOES CUT GREEN BEANS CATSUP VANILLA PUDDING B.O.S.M.C. OR T.	HOT DOGS BAKED BEANS SAUERKRAUT MUSTARD AND CATSUP FRUIT COCKTAIL B.O.S.M.C.T.
W E D	TOMATO JUICE COLD CEREAL PANKAKE WITH SYRUP COFFEE AND MILK B.O.S.	ROAST BEEF WITH GRAVY BAKED POTATOES CARROTS ICE CREAM MILK AND COFFEE B.O.S.T.	SPAGHETTI/MEAT SAUCE GRATED CHEESE ANTIPASTO FRENCH DRESSING APPLE PIE B.O.S.M.C.T.
T H U R S	A BANANA HOT AND COLD CEREAL COFFEE CAKE MILK COFFEE B.O.S.	VEAL CUTLET RICE/GRAVY BOILED CABBAGE CHOCOLATE PUDDING MILK AND COFFEE B.O.S.T.	TURKEY A LA KING MASHED POTATOES WAX BEANS PEACKES MILK AND COFFEE B.S.O.M.C.T.
F R I	GRAPEFRUIT SECTIONS COLD CEREAL SCRAMBLED EGGS TOAST MILK AND COFFEE B.O.S.	LASAGNA ANTIPASTO OIL AND VINEGAR PURPLE PLUMS MILK AND COFFEE B.O.S.T.	FRIED FISH TARTAR SAUCE BOILED POTATOES WHOLE KERNAL CORN ICE CREAM B.O.S.M.C.T.
S A T	FRESH FRUIT HOT AND COLD CEREAL WAFFLES WITH SYRUP MILK COFFEE B.O.S.	*HAM AND CHEESE PLATE POTATO SALAD PICKLES HAWAIIAN COLE SLAW CHILLED PEARS B.O.S.C.M.T.	HAMBURG STEAK 5oz. GRAVY HASH BROWN POTATOES PEAS AND CARROTS PASTRY/CAKE B.O.S.C.M.T.

(*) ASTERICK INDICATES A PORK OR PORK PRODUCT
MENU IS SUBJECT TO CHANGE WIPHOOT NOTICE.
BREAD, OLEO, SUGAR, MILK, COFFEE OR TEA WITH EVERY MEAL.