

D  
Co80ent  
new  
Vol. 20  
no. 27

# New View

JULY 18, 1980

VOL. 20  
NO. 27

CONNECTICUT  
STATE

HARTFORD  
CONNECTICUT



BF

# 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 ASEH.....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...
- 2\*\*\*
- 3-Content Page
- 4-Notices
- 5-In The Name Of God
- 6-Sketches
- 7-What Is Vitamins
- 8-Vitamin Supplements
- 9-Spanish Page
- 10-Spanish Page Cont.
- 11-Tournament Results
- 12-Tournament Results Cont.
- 13-Pardon Board
- 14-Trap Page
- 15-Puzzle Page
- 16-Baseball Schedule
- 17-Weekend Movies
- 18-Menu

# NOTICES

## NOTES....FROM THE LIBRARY

On July 18, 1980 we'll be showing GEORGIA O'KEEFE at 6:15P.M. in the classroom area. The film presents O'Keefe on home ground in her New Mexico studio where she talks candidly about her life and work. Many of her serene and stunning paintings are shown. The film places the career and work of this remarkable woman into focus.

Jose Ortiz

@@

G.E.D. Examinations are scheduled for mid-August, 1980. All interested parties should contact Mr. Harris, or Mr. Perrverio. The deadline for signing-up to take the G.E.D. Test is Friday, August 1, 1980.

David A. Harris  
Ed. Coordinator

@@

Any inmate who is a veteran of any branch of the armed forces and would like to meet with a representative from the Veterans' Administration should sign-up with Mr. Barber in the school area. Information regarding educational benefits and upgrading of discharges will be made available as well as answers to questions from participants.

Mr. Barber

@@

### COMMISSARY NOTICE

### COMMISSARY NOTICE

### COMMISSARY NOTICE

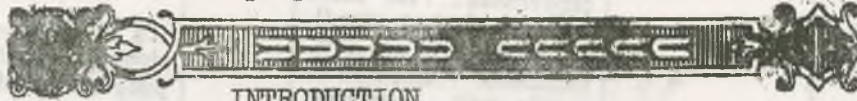
Who goes first??? Group 3, then, 4-5-6-7-1-2.

Anyone going to the commissary window to shop, must have a commissary list ready to read off what you wish to purchase. Commissary list must be handed over with your ID card to the commissary personnel when arriving at the window. Failure to do so, will result in the loss of your place in the line and the next man will be served.

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

Mr. Gibeau  
Comm. Supervisor

"IN THE NAME OF GOD, MOST GRACIOUS, MOST MERCIFUL. Praise be to God, the Lord, Cherisher, Sustainer, and Creator of the universe, and may He bestow Peace and Blessings upon the seal of the prophets and final Messenger, Muhammad, and all his followers".



### INTRODUCTION

This is the first of a series of articles that will introduce those who are concerned with truth, and who seek the guidance of a prosperous and righteous life, to Islam (The religion of Peace) and the Holy Qur'an (A guide for the righteous); in hopes that "We" might be saved from the destruction that is assured for the disbelievers.

This translation of the meanings of the Qur'an, Gods completed message to all humanity, marks a number of firsts in the Glorious history of Islam. Since the advent of Gods final messenger, 14 centuries ago, the Arab Muslim scholars have shied away from rendering the meanings of the Qur'an into other languages. They justifiably realized the awesome responsibility associated with such an undertaking, a single error could lead to the misguidance of untold numbers of people. Hence, no English translation of the Qur'ans meaning was ever done by a Muslim Arab, this is the first such translation.

The events that accomplished this work during the last 10 years were solely responsible for the completion and publication of this rendering. In view of the great responsibility involved, and the fully recognized limitations of my ability. I turned to the Almighty, seeking His guidance and support (Qur'an 1:5).

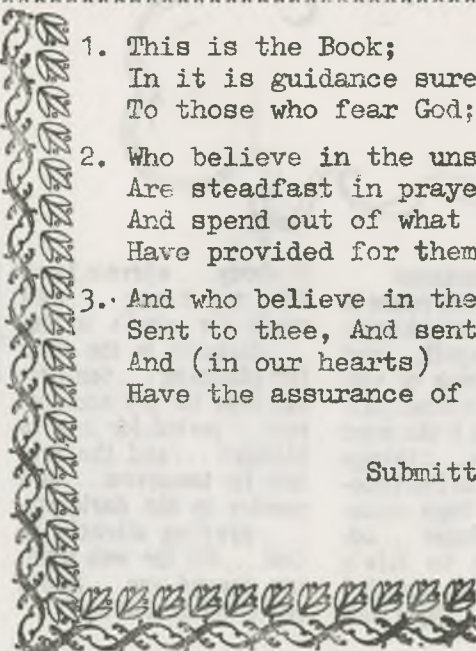
Throughout this work, I actually sought all kinds of excuses to avoid carrying out this awesome task; I constantly dismissed many a profound sign as mere imagination on my part, and I now appreciate the reluctance of the Arab Muslim scholars to translate the meanings of God's message. Undoubtly, the outstanding Muslim scholars who rendered the meanings of the Qur'an into their mother tongues did so out of compelling necessity.

Though I am not apologizing for carrying out this task, I ask the readers indulgence in understanding the motives behind this seemingly bold attempt to present God's message to the English speaking world. After examining the available English translations. I realized that they were full of errors, inaccuracies, inconsistencies, and sometimes deliberate distortions.

\*\*\*\*\*

1. This is the Book;  
In it is guidance sure, without doubt,  
To those who fear God;
2. Who believe in the unseen,  
Are steadfast in prayer,  
And spend out of what We,  
Have provided for them;
3. And who believe in the Revelation  
Sent to thee, And sent before thy time,  
And (in our hearts)  
Have the assurance of the  
Hereafter.

Submitted by: William Milton



# SKETCHES

By BEN BURROUGHS

## 'This Beautiful Night'

The sky is beautiful tonight... white clouds are hanging low... and my heart longs to say the things... that your heart yearns to know... the stars are diamond bright tonight... each one a perfect gem... your eyes are magic mirrors... reflecting all of them... the mellow moon spotlights the world... of which we are a part... just two of God's children... woven heart to heart... stardust and moonbeams interlace... forming a heavenly vale... and I hear the tender song... of a nightingale... around us nature weaves a web... a frame of pure delight... just you and I so much in love... on this beautiful night.



## 'Good Hearts'

Good hearts beat with tenderness... for those who round them dwell... good hearts are compassionate... and wish all people well... steadfast and ever faithful... good hearts are all of this... they can bring the sunshine... into a dark abyss... indeed good hearts are priceless... few and far between... one good heart can shower... beauty on life's scene... it must be remembered... if your heart is good... many times its purpose... is misunderstood... then, too, some take advantage... of the hearts of gold... using them to attain things... they wish to enfold... all good hearts find true happiness... on each road of life... but hateful and jealous hearts... only encounter strife.

## 'It's About Time'

It's about time that we stopped to think... of our purpose in life... why were we put upon this earth... where joys are dimmed by strife... most of us are self-centered... we seldom give a break... to those who have a rocky road... or a goal to make... perhaps we are afraid that we... will lose a little ground... and that to help our fellow men... isn't very sound... yet, what have we accomplished... by reasoning this way... happiness eludes us... as we strive each day... so I write this bit of verse... hoping it will reach... those who have been guilty... in thought or deed or speech... all of us should mend our ways... oh yes it's about time... life is not forever... so I end this rhyme.



## 'A Pleasant Sojourn'

One of the greatest pleasures... for families to share... is a pleasant sojourn... out in the country air... once in a while we venture... to a wooded place... where we can feel the wonder... of nature's embrace... there is a sacred quiet... about a country lane... wherein dreams can blossom... to a brook's refrain... life takes on new meaning... 'neath beautiful trees... worries are forgotten... hearts are put at ease... family ties grow stronger... out in God's abode... new faith and hope are gathered... to shoulder life's great load... so when time allows us... together we proceed... to take a pleasant sojourn... away from the life we lead.

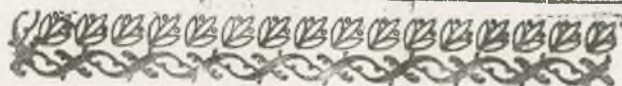
## 'In The Darkness'

In the darkness peace is present... blackness casts a magic spell... and it weaves a web of velvet... that is without parallel... tender is the word for darkness... things seem brighter at this time... faith and hope somehow grow stronger... adding reason to life's rhyme... it's as though I am protected... by a wall

of ebony... wherein I can rest my being... and ready for what's to be... darkness is the time for planning... temperate zone for joy and sorrow... period for love to blossom... and the prelude for tomorrow... so I ponder in the darkness... praying silently to God... till the web tightens around me... and I reach the land of nod.

## 'Something Beautiful'

There's something beautiful about... each day we're blessed to live... an azure sky, a smile that acts... just like a sedative... even when it's raining... there's beauty to be found... when we stop to think of all... the good rain... does the ground... there are two sides to everything... a good side and a bad... we must seek out the brighter side... if we are to be glad... the world abounds with wonderment... life holds more bliss than harm... who can deny the marvel... of Dame Nature's charm... remember as you go along... on your toilsome way... there is something beautiful... about every day.



# WHO NEEDS VITAMIN

# SUPPLEMENTS?

## INFANTS AND CHILDREN

Doctors recommend a formula for the artificially fed new-born infant which usually includes 30 mg. of vitamin C and 400 U.S.P. units of vitamin D. It is also accepted practice for breast-fed babies to receive 400 U.S.P. units of Vitamin D. With this amount of vitamin D maximum retention of calcium and phosphorus are obtained. Retentions are no longer greater with larger amounts of vitamin D. Infants receiving unfortified skimmed milk formulas also need 1500 U.S.P. units of Vitamin A. Children continue to need 400 U.S.P. units of vitamin D during the growth period. An adequate units of vitamin D fortified homogenized milk or reconstituted evaporated milk (1- $\frac{1}{2}$  - 2 pts. daily) provides the required vitamin D.

## ADULTS

During pregnancy and lactation, 400 U.S.P. units of vitamin D are often needed if intake of vitamin D fortified milk is low. The doctor should determine whether these additional supplements are needed by the expectant mother. A doctor's evaluation of a patient's dietary habits and physical health can determine for all adults whether a supplement is necessary.

## DANGERS OF TOO MANY VITAMINS

There is a danger when people think, "if a little is good, more is better" and apply it to the use of vitamins concentrates. Children and adults alike have suffered toxicity effects with over dosage of vitamins A and D.

Since vitamins A and D are fat soluble vitamins and therefore are stored in the body, they offer problems not experienced with water soluble vitamins. The body excretes the B-complex vitamins and vitamin C it doesn't need.... whereas vitamins A and D remain in the body if not used.

Excessive use of vitamin A has produced certain toxicity symptoms such as bone and joint pains, hard, tender lumps on arms and legs, fissures of the lips, loss of hair, dry skin, jaundice. Toxicity symptoms were noted when children were given 75,000 I.U. or more of vitamin A daily for 6-15 months. Naturally this was in the form of concentrated capsules or liquids. The amount represents 15 times the Recommended Dietary Allowance.

Toxic effects of excessive vitamin D are noted when 4 to 5 times the Recommended Dietary Allowances are given. Excessive concentrated dosages of as low as 1800 U.S.P. units and particularly at levels of 10,000-30,000 I. U. of vitamin D daily decrease appetite, reduce calcium and phosphorus retention, cause vomiting, diarrhea, headaches and drowsiness in children & adults. Cases of hypercalcemia with these symptoms have been noted in the United States.

Toxic effects from overdosage of vitamins A and D depend on many factors, such as the physical state of the individual; calcium and phosphorus intake and exposure to sunlight in the case of vitamin D overdosages. No one knows the long term effect of overdosages. Limiting vitamin A intakes to the Recommended Dietary Allowance or slightly more is also advised.

# ARE VITAMIN PILLS NECESSARY? ...

Due to modern food science, transportation and distribution systems, we Americans have available to them a wide variety of attractive, wholesome foods from all over the world, and throughout all seasons of the year... Yet with all this variety of available food, the American public is spending some 500 million dollars a year on falsely promoted vitamin pills... and so-called "health foods." The popularity of these products is probably due to the fact that they have been so commercialized and exploited in recent years.

Studies show that most healthy people who eat a varied diet do not need vitamin pills or supplements except perhaps in times of stress, such as pregnancy and lactation or in case of illness when a doctor recommends them to us. Those using self-prescribed pills often do not get the additional vitamins they need most--if, indeed, they need additional vitamins at all. There are dangers that children, and even adults, can suffer ill effects from excessive dosages of vitamins A and D which are.... stored by the body.

## WHAT IS A VITAMIN?

A vitamin occurs naturally in food and, isolated and examined under a microscope, is crystalline in nature. Each vitamin crystal has a characteristic shape, color and taste. Most of them are odorless. Vitamins have no calories themselves.....Vitamins, microscopic in size, are required in very minute amounts by the body, but they are essential for life and are considered body regulators. They are necessary for growth and reproduction, formation of antibodies, coagulation of the blood, resistance to infection, formation of intercellular substances and for health of bones, teeth, skin, blood and nerves. They function also in chemical reactions concerned with the body's use of food. Extreme vitamin deficiency diseases are almost non-existent in the United States today.

Some foods have more of certain vitamins than others. Several vitamins are often found in one food. Where one B-vitamin is found, other B-vitamins are also likely to be present. Nature often provides a team of vitamins and minerals in one food where one helps the other to be used by the body.

To show what small amounts are needed in the body vitamins are measured in milligram, micrograms and International Units. A microgram is 1/1000 of a milligram; a milligram is 1/1000 a gram and a gram is 1/28.4 of an ounce. International Units are concentrations of strengths of vitamins-A and D. For vitamin A the International Unit is .3 microgram of vitamin A or .6 microgram on beta carotenes (which is converted to vitamin A by the body). For vitamin D, the International Unit is .025 microgram. U.S.P. (United States Pharmaceutical) units is a term used interchangeably with I.U. (Note the use of these terms on the chart).

Because of their chemical composition the vitamins are fat soluble and.. some are water soluble. Fat-soluble vitamins are stored in the body and excesses of water-soluble vitamins are excreted.

## OUR VITAMIN NEEDS

In addition to vitamins, our bodies need many other nutrients. These are minerals, proteins, carbohydrates, starches and sugars and fats. Most of these nutrients are present in varying amounts in almost all foods.

Next week, "Vitaminized Food".

Submitted by; Michael Kozak

# 1. ALIMENTOS NUTRITIVOS

El cuerpo convierte en energía parte de los alimentos que se ingieren. Esa energía imprescindible para que el organismo mantenga todas sus funciones, se mide en calorías. Las calorías proceden de estos cinco grupos:

- A- **CARBOHIDRATOS:** Constituyen la principal fuente de energía. Aquí están incluidos los Almidones y azúcares. El pan, los cereales, las harinas y las papas contienen gran cantidad de carbohidratos. Ellos producen el 45 por ciento de las calorías en una dieta.
- B- **GRASAS:** También producen energía. Una dieta balanceada debe incluir grasas ya que proporcionan el 40 por ciento de las calorías que el cuerpo necesita. Desde luego, no debe abusar de ellas por que al aumentar el colesterol, puede causar infartos. Las dietas bajas en grasas ayudan en el tratamiento de ciertas enfermedades de la piel, especialmente el acné.
- C- **PROTEINAS:** Esenciales para el crecimiento. Los huesos, los músculos, la piel y otras partes sólidas del cuerpo están compuesta por proteínas. La mejor fuente de proteínas es la leche y sus derivados (como el queso). También las proporcionan la carne de res, el pescado, el pollo, los huevos, los guisantes, las nueces y algunos vegetales.
- D- **MINERALES:** Son imprescindibles para el crecimiento y para el mantenimiento de la estructura del cuerpo. Los más importantes son: calcio, fósforo, sodio, hierro, cobre, cloro y yodo. En conjunto, Los minerales representan el 5 por ciento del peso total del cuerpo.
- E- **VITAMINAS:** Indispensables para una buena salud. El organismo no las produce y, por lo tanto, se suple de ellas a través de los alimentos o de las tabletas. Sin las vitaminas, el cuerpo no podría producir las enzimas necesarias para convertir la comida en energía. cada una de las vitaminas desempeñan un papel distinto. No obstante, como ellas trabajan juntas, es indispensable mantener un buen balance. En total son 13 vitaminas, y para ayudarlo a conocer para qué sirve cada una de ellas y en qué alimentos se encuentran, hemos preparado un cuadro sumamente explicativo.

## 2. GRUPOS BÁSICOS DE ALIMENTOS

Los dietistas clasifican los alimentos en cuatro grupos básicas:

- A- **LECHE Y SUS DERIVADOS:** Contienen gran cantidad de calcio y de proteínas. Entre los derivados se encuentra el yogurt, alimento fermentado naturalmente que lucha contra los gérmenes de nuestro sistema.
- B- **CARNES:** Aquí entran las carnes de res, pollo, pescado, los huevos, los frijoles (caraotas, habichuelas), los guisantes y las nueces. contienen mucha proteína, vitamina B1, hierro, fósforo y almidones.
- C- **PANES:** Incluye los cereales y las galletas. alimentos ricos en Vitaminas Y minerales.
- D- **VEGETALES Y FRUTAS:** Espárragos, zanahorias, papas, tomates, lechugas... Contienen vitaminas, A, B y C, hierro y calcio. Frutas cítricas: Toronjas, naranjas y limones, que contienen vitaminas A y C. Frutas no cítricas: Manzanas, bananas, uvas. Contienen carbihidratos y minerales.

## 3. AGUA

BEBA MUCHA AGUA Y... ¡Y ELIMINARA LA CELULITIS!

Líquido esencial para la vida, presente en todos los tejidos del cuerpo. Además, la humedad es indispensable para mantener la piel tersa y suave. Constantemente, a través de la transpiración, estamos perdiendo agua del cuerpo. Aproximadamente un litro. Por eso debemos beber mucha agua. Ocho vasos al día constituyen una buena medida. No sólo estará devolviendo a la piel la humedad perdida, sino que podrá eliminar la celulitis..

CONT.



Es también sumamente importante que use humectantes. Sólo así podrá evitar que la piel se agriete y entonces, envejezca más rápidamente.

#### 4. VALORES NUTRITIVOS

##### COMA ALIMENTOS FRESCOS.

Para conservar los valores nutritivos de los alimentos es necesario no recocerlos mucho porque se estarán aminorando sus efectos. Y, de ser posible, debe tratar de comerlos siempre muy frescos. Por supuesto, es imprescindible que no se ingieran productos que contengan sustancias químicas.

##### CUADRO EXPLICATIVO

	VITAMINAS Funciones	ALIMENTOS
VITAMINA A	Es fabulosa para la piel, la vista y los sistemas digestivo, respiratorio y nervioso.	Papas dulces, leche, hígado, pescado, huevos, mantequilla y vegetales.
B1	Ayuda al corazón y al sistema nervioso. Además, regula el metabolismo.	Carne, cereales, nueces, guisantes, papas, vegetales.
B2	Es indispensable para la buena oxigenación de las células. Por lo tanto, ayuda a tener una piel regia.	Leche, queso, hígado, pescado, pollo, vegetales verdes.
ACIDO PANTOTEMICO	Ayuda al organismo a convertir carbohidratos, grasa y proteínas en energía.	Huevos, carnes, nueces, cereales.
B12	Para incrementar los glóbulos rojos. Fabulosa para el sistema nervioso.	Huevos, carne, leche.
BIOTIN	Es buena para el sistema circulatorio. Ayuda a tener buena piel.	Huevos, nueces, hígado, riñones.
ACIDO FOLICO	Incrementa la producción de glóbulos rojos.	Carnes, pescado, pollo, vegetales verdes.
C	Es buena para los huesos y para los dientes. Ayuda a regular el metabolismo y fortalece los vasos capilares.	Frutas cítricas, pescado, papas, fresas, cerezas.
D	Produce grandes cantidades de calcio y fósforo.	Pescado, leche, huevos.... y el Sol.
E	Es fabulosa para el corazón, los músculos y los órganos reproductores. Esencial para mejorar la piel.	Cereales, lechugas, aceites, vegetales.
K	Para la coagulación de la sangre.	Vegetales verdes.
NIACINA	Para la absorción de los carbohidratos y por consiguiente, esencial para tener una piel saludable.	Hígado, pan, cereales.
B6	Magnífica para los dientes y para los vasos sanguíneos.	Cereales, carnes, pollo, pescado.

Espero sea de buen provecho para todos.  
Sometido por: BILLY FIGUEROA

## BUILDINGS

## YARD TOURNAMENTS

(FINALS - JULY 4

1980

POOL (SINGLE)	PING PONG (SINGLE)	PINOCHLE ( (DOUBLES)	CHESS (SINGLE	CRIBBAGE
1. 70148 Strong 2. 46308 Williams 3. 38717 Bethea	1. 65531 Barksdale 2. 25376 Hicks 3. 25148 Durso	1. Holley Clemente 2. Cobbs 56631 Williams 3. 25777 Johnson 13835 Porter	1. 37279 DeWitt 2. 12180 Davis 3. 25148 Durso	1. 87308 Moon 2. Clemente 3. DeLoma
SINGLE SCRABBLE	SINGLE CHECKERS	SINGLE DOMINOES	(DOUBLES) HANDBALL	(DOUBLES) WALL TENNIS
1. 25777 Johnson 2. 31086 Yoo 3. 91720 Sicignano	1. 25376 Hicks 2. 24943 Hicks 3. 31086 Yoo	1. 68295 Beaufort 2. 24319 Saxton 3. 22363 Jones	1. Dzye Holley 2. Graham Davis 3. Wilson Williams	1. Williams Wilson 2. Holley Drye 3. Clarke Durso
DOUBLES TENNIS	DOUBLES SHUFFLE BOARD	DOUBLES BOCCE BALL	DOUBLES HORSESHOES	SINGLES GOLF
1. 77540 Deloma 75370 Tepper 2. 24728 Drye 25148 Durso 3. 82535 Trent 38098 Ortiz	1. 73401 Brown 25894 Hemby 2. 22807 Wilson 26079 Hill 3. 62592 Daskem 80451 Magoon	1. 25903 Odice 47713 Biancoiwo 2. 25148 Durso 77546 Clarke 3. 25757 Shank 92185 Kuban	1. Drye Robertson 2. Gay Levesque 3. Durso Clarke	1. Brown 2. Drouin 3. Pigeon

JULY FIELD EVENTS (WINNERS)

1980

SHOT PUT	100 YARD DASH	220 YARD DASH	440 YARD DASH	880 yd Run
1.86853 Jackson 2.58837 Riddick 3.24728 Drye	1.86853 Jackson 2.60137 Clinkscale 3.64118 Ealy	1.38098 Ortiz 2.24728 Drye 3.14169 Roseboro	1.82535 Trent 2.25401 Smith 3.38098 Ortiz	1.82535 Trent 2.14169 Roseboro 3.13407 Mora
BROAD JUMP	HIGHJUMP	MILERUN		
1.24728 Drye 2.64118 Ealy 3.43401 Brown	1.13433 Harper 2.58837 Reddick 3.75360 McDuffie	1.82535 Trent 2.38098 Ortiz 3.25401 Smith		

WE WOULD LIKE TO CONGRAGULATE THE FOLLOWING MEN IN THE OVERALL COMPETITION:

24728 DRYE

82535 Trent (RUNNING EVENTS)

WE ALSO CONGRAGULATE THE OTHERS WHO COMPETED

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 Perdón. Tiene que llenar estas peticiones completamente y devolverlas lo más 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 carsel. 3) Aparecido o sido elegible para libertad bajo palabra. Un caso marcado en una de estas categorias my rara vez llega a ser oído, y por eso, al esperar la sesion 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 Perdón 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.

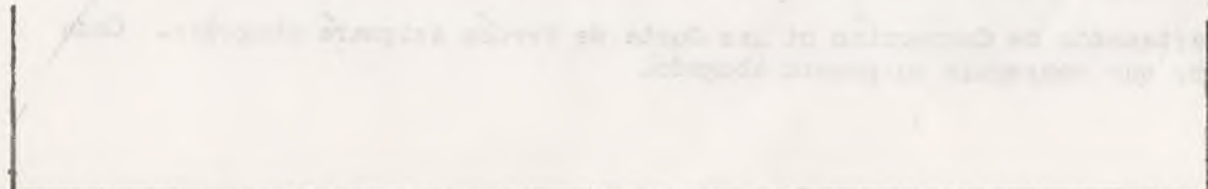
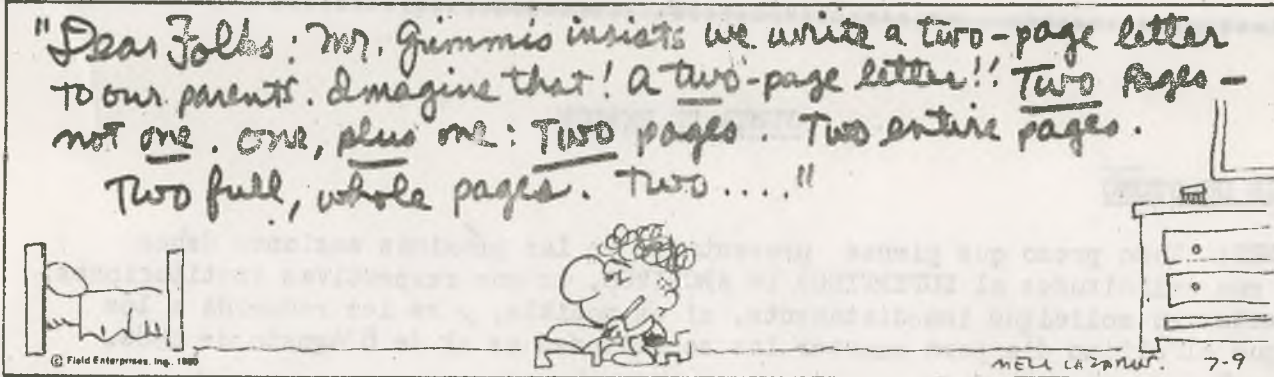
THEN YOU MAY MEET THE TRAP PROGRAM ADMISSION CRITERIOR.

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**

**MOTORCYCLE  
GANG**

- |                    |               |
|--------------------|---------------|
| BMW                |               |
| BSA                | KAWASAKI      |
| BULTACO            | LAMBRETTA     |
| CIMATTI            | MAICO         |
| DUCATI             | MATCHLESS     |
| GARELLI            | NORTON        |
| GREEVES            | ROYAL Enfield |
| HARLEY<br>Davidson | SUZUKI        |
| HODAKA             | TRIUMPH       |
| INDIAN             | VESPA         |
| JAWA               | VOLOCETTE     |
|                    | YAMAHA        |

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

**WORD FUN**

**HORSE-DRAWN  
CARRIAGE**

- |              |            |
|--------------|------------|
| BAROUCHE     | GIG        |
| BROUGHAM     | HACKNEY    |
| EUGGY        | HANSOM     |
| CAB          | LANDAU     |
| CABRIOLET    | LANDAULET  |
| CART         | PHAETON    |
| CHARIOT      | STAGECOACH |
| CLARENCE     | SULKY      |
| COACH        | SURREY     |
| DILIGENCE    | TANDEM     |
| FOUR-IN-HAND | VICTORIA   |

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



BASEBALL SCHEDULE  
AMERICAN LEAGUE

Friday, July 18  
 Texas at Baltimore (n)  
 Kansas City at New York (n)  
 Minnesota at Boston (n)  
 Chicago at Milwaukee (n)  
 Detroit at Seattle (n)  
 Cleveland at Oakland (n)  
 Toronto at California (n)  
 Saturday, July 19  
 Texas at Baltimore (n)  
 Kansas City at New York (n)  
 Minnesota at Boston  
 Chicago at Milwaukee (n)  
 Detroit at Seattle (n)  
 Cleveland at Oakland  
 Toronto at California (n)  
 Sunday, July 20  
 Texas at Baltimore  
 Kansas City at New York  
 Minnesota at Boston  
 Chicago at Milwaukee  
 Detroit at Seattle (n)  
 Cleveland at Oakland  
 Toronto at California  
 Monday, July 21  
 Texas at Boston (n)  
 Chicago at Kansas City (n)  
 Milwaukee at New York (n)  
 Detroit at California (n)  
 Cleveland at Seattle (n)  
 Toronto at Oakland (n)  
 Baltimore at Minnesota (n)  
 Tuesday, July 22  
 Texas at Boston (n)  
 Chicago at Kansas City (n)  
 Milwaukee at New York (TN)  
 Detroit at California (n)  
 Cleveland at Seattle (n)  
 Toronto at Oakland (n)  
 Baltimore at Minnesota (n)  
 Wednesday, July 23  
 Texas at Boston (n)  
 Chicago at Kansas City (n)

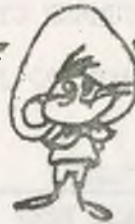
Milwaukee at New York (n)  
 Detroit at California (n)  
 Cleveland at Seattle (n)  
 Toronto at Oakland  
 Baltimore at Minnesota (n)  
 Thursday, July 24  
 Chicago at Kansas City (n)  
 (Only game scheduled)  
 @@@

NATIONAL LEAGUE  
 Friday, July 18  
 Montreal at Houston (n)  
 New York at Cincinnati (n)  
 Philadelphia at Atlanta (n)  
 Los Angeles at Pittsburgh (n)  
 San Diego at Chicago  
 San Francisco at St. Louis (n)  
 Saturday, July 19  
 Montreal at Houston (n)  
 New York at Cincinnati (n)  
 Philadelphia at Atlanta (n)  
 Los Angeles at Pittsburgh  
 San Diego at Chicago  
 San Francisco at St. Louis (n)  
 Sunday, July 20  
 Montreal at Houston (n)  
 New York at Cincinnati  
 Philadelphia at Atlanta (n)  
 Los Angeles at Pittsburgh (dh)  
 San Diego at Chicago  
 San Francisco at St. Louis  
 Monday, July 21  
 Montreal at Atlanta (n)  
 New York at Houston (n)  
 Philadelphia at Cincinnati (n)  
 Los Angeles at St. Louis (n)  
 San Francisco at Chicago  
 Tuesday, July 22  
 Montreal at Atlanta (n)  
 New York at Houston (n)  
 Philadelphia at Cincinnati (n)  
 Pittsburgh at San Diego (n)  
 Los Angeles at St. Louis (n)  
 San Francisco at Chicago  
 Wednesday, July 23  
 Montreal at Atlanta (n)  
 New York at Houston (n)  
 Philadelphia at Cincinnati (n)  
 Pittsburgh at San Diego (n)  
 San Francisco at Chicago  
 Thursday, July 24  
 Pittsburgh at San Diego (n)



# CINEMA

# PUZZLE



## UP FROM THE DEPTHS

(75).....R.....June '79

**Horror-Suspense:** The calm atmosphere at a Hawaiian resort turns to terror when a giant sea beast is discovered on the loose. A beach bum, also an expert scuba diver, tries to find a way to combat the giant killer fish. He teams up with a hotel's public relations woman to kill the beast. Sam Bottoms, Kedric Wolfe, Virgil Frye. Producer: Cirio H. Santiago. Director: Charles B. Griffith.

### NEXT ATTRACTION

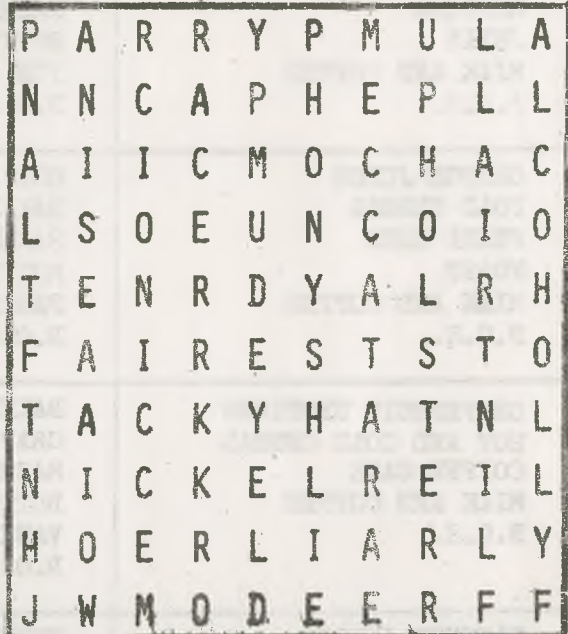
SIMON---(PG) 100 MINS

Sorry no information available

### COMING ATTRACTIONS

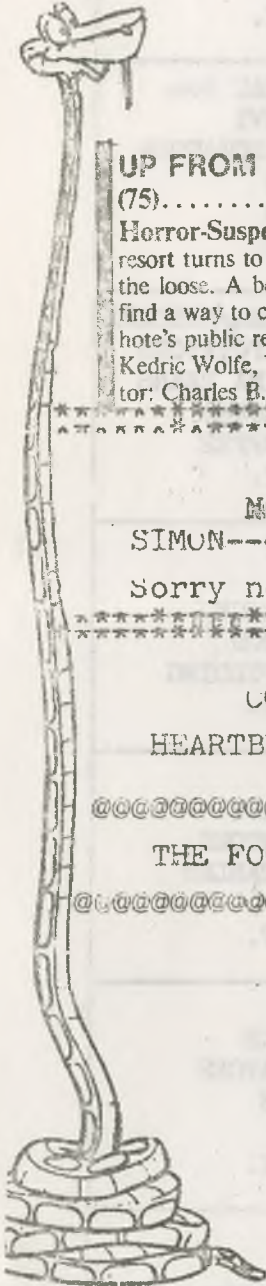
HEARTBEAT---- (PG) 110 MINS

THE FOG----(R) 91 MINS



ALCOHOL  
ANISE  
DIRT  
DUMPY  
FAIREST  
FLEAS  
FLINT  
FREEDOM  
HEROIN  
HOLLY  
IONIC  
JOCKEY  
LIAR  
LUMPY

MECCA  
MOCHA  
NICKEL  
PARRY  
PHONY  
RACER  
TACKLE  
TACKY  
THERM  
TRIAL  
UPHOLSTER  
YUCCA





SPRING AND SUMMER CYCLE #3 (1980)

USE WEEKS OF: 30 MARCH, 27 APRIL, 25 MAY, 22 JUNE, 20 JULY, 17 AUGUST, 1980

	BREAKFAST	DINNER	SUPPER
S U N	PINEAPPLE JUICE HOT AND COLD CEREAL MUFFINS JELLY MILK AND COFFEE B.O.S.	ROAST BEEF NATURAL BROWN GRAVY MASHED POTATOES BUTTERED PEAS ICE CREAM B.O.S.M.C.T.	CHILI CON CARNE BOILED RICE TOSSED SALAD/OIL/VIG. CORN BREAD PEAR HALVES B.O.S.M.C.T.
M O N	ORANGE JUICE COLD CEREAL FRIED EGGS TOAST MILK AND COFFEE B.O.S.	HOT DOGS BAKED BEANS SAUERKRAUT MUSTARD AND CATSUP PASTRY/CAKE B.O.S.M.C.T.	HAMBURG STEAK 5oz. NATURAL GRAVY OVEN BROWN POTATOES GREEN BEANS FRUIT JELLO B.O.S.M.C.T.
T U E S	GRAPEFRUIT SECTIONS HOT AND COLD CEREAL COFFEE CAKE MILK AND COFFEE B.O.S.	BAKED CHICKEN GRAVY MASHED POTATOES BUTTERED CORN VANILLA PUDDING B.O.S.M.C.T.	*BAKED BOLOGNA/MUSTARD HASH BROWN POTATOES BUTTERED LIMA BEANS CHILLED PEACHES MILK AND COFFEE B.O.S.M.C.T.
W E D	BLENDED JUICE COLD CEREAL PANCAKES MAPLE SYRUP MILK AND COFFEE B.O.S.	CHEESE WHOPPER 5oz FRENCH FRIED POTATOES HOT BUTTERED PEAS CATSUP FRUIT COCKTAIL B.O.S.M.C.T.	VEAL CUTLET GRAVY MASHED POTATOES FRESH CARROTS CHOCOLATE PUDDING B.O.S.M.C.T.
T H U R S	A BANANA HOT AND COLD CEREAL COFFEE CAKE MILK AND COFFEE B.O.S.	*SAUSAGE/SPAGHETTI TOMATO SAUCE/GRATED CH. LETTUCE AND TOMATO SALAD OIL AND VINEGAR ICE CREAM B.O.S.M.C.T.	MEATLOAF NATURAL GRAVY MASHED POTATOES MIXED VEGETABLES APPLE PIE B.O.S.M.C.T.
F R I	TOMATO JUICE COLD CEREAL SCRAMBLED EGGS TOAST MILK AND COFFEE B.O.S.	BEEF CHOW MEIN STEAMED RICE COLE SLAW SOY SAUCE PASTRY/CAKE B.O.S.M.C.T.	FRIED FISH TARTAR SAUCE BOILED POTATOES WAXED BEANS ICE CREAM B.O.S.M.C.T.
S A T	FRESH FRUIT HOT AND COLD CEREAL MUFFINS JELLY MILK AND COFFEE B.O.S.	EGG SALAD OR OMELETTE POTATOE SALAD GREEN BEAN SALAD PINEAPPLE CHUNKS MILK AND COFFEE B.O.S.T.	*KIELBASA GRAVY MASHED POTATOES BOILED CABBAGE JELLO B.O.S.M.C.T.

(\* ) ASTERICK INDICATES A PORK OR PORK PRODUCT.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

BREAD, OLEO, SUGAR, MILK, COFFEE OR TEA WITH EVERY MEAL