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no. 31

AUGUST 15, 1980

VOL. 20

NO. 31

New View



STATE OF CONNECTICUT

DEPARTMENT OF CORRECTION



JOHN R. MANSON
COMMISSIONER



CONNECTICUT CORRECTIONAL INSTITUTION ENFIELD

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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.

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NOTICES

NOTES.....FROM THE LIBRARY

FANNIE BELL CHAPMAN: GOSPEL SINGER will be the library film for this week. The documentary features strong, intensely religious woman whose whole life is wrapped up in manifestation of her faith, participation in worship. Fannie Bell Chapman is a gospel singer, a faith healer, a mythic character to herself and others. The scenes of healing are spell-binding.....come see this unique film, it will be shown at 6:15P in the classroom area.

Jose Ortiz

WANTED: Five (5) men to work on Agriculture #2. Assignment will include garden work, haying, and other related duties.

Send all requests to Mr. Wentworth, Agriculture #2. Closing Date 8/31

DRAFT REGISTRATION

To inmates incarcerated at CCI-Enfield: If you are 19 and/or 20 years old, see your counselor about registering for the draft.

Glenn Taylor
Counselor Supervisor

INMATE WELFARE FUND

Annual report is available in the library for your information for the fiscal year ending June 30, 1980.

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 studying 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 empezando un nuevo semestre y es un buen tiempo para empezar a estudiar para el examen de Escuela Superior el cual se le será ofrecido en el Verano. (Educación es la llave)

David A. Harris
Education Coordinator

COMMISSARY NOTICE

COMMISSARY NOTICE

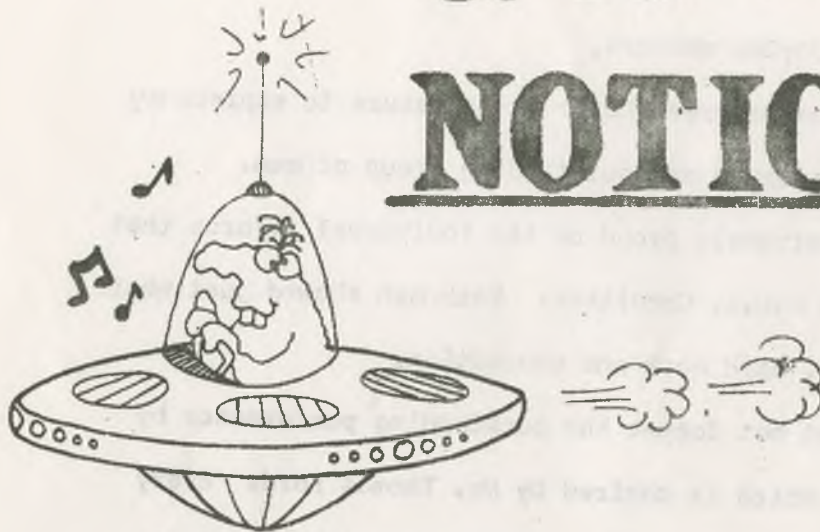
Who goes first??? Group 7, then, 1-2-3-4-5-6.

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

SPECIAL NOTICES



The Connecticut Prison Association is taking a survey for a new program. The program will involve those inmates who have brothers or sons on the outside who they are not in contact with.

The program will entail getting a volunteer from the community who will be responsible for not only bringing the son or brother to the institution to visit on a regular basis, but also getting actively involved in his school and recreational activities.

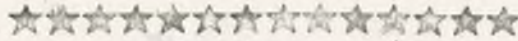
Hopefully, the program will provide an opportunity for the inmate to play a meaningful role in the life of his brother or son.

We are not sure if there is a need for such a program, so we are asking you to respond if you feel there is a need by writing to the Connecticut Prison Association, Sid Pollard, 340 Capitol Avenue, Hartford, Connecticut 06115.

Sincerely,

Sid Pollard

Sid Pollard
VSP Coordinator



☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
MUSCULAR DYSTROPHY CAMPAIGN

To my fellow JayCee members,

It gives me great honor and pleasure to express my gratitude to a well deserved and outstanding group of men.

I am extremely proud of the individual efforts that were displayed by the M.D.A. Committee. Each man showed just what the JayCeess stand for, hard work and dedication.

We must not forget the outstanding performance by the Photo Committee, which is chaired by Mr. Thomas Ford. Every Monday, Thursday and Saturday evening these top-notch volunteers are out there servicing the community with photos.

We are showing the outside world that even though we are not a part of their free society, we are still a part of the human race and a lover of mankind.

To the men who contributed so generously for hope of a miracle cure, which can be given only by the Grace of the Almighty God to the crippled children of the world, all of our heartfelt thanks.

If the success of this project is any indication of the Osborn JayCeess future rankings, well, I'm very proud to be an active Director in the next number one chapter in the state. Let's keep striving!

Yours in the true JayCee spirit,

James A. Robinson, Jr.

M.D.A. Chairman, Portfolio Director,

Sgt.-at-Arms

THE PLANE OF FORCE

The Plane of Force, which is the second plane, is where the ultra fine Ethers penetrate from the higher regions of the Physical Plane. This all results in what we detect with our physical senses. The Plane of Force is all around us and is as much a part of our makeup as the previously mentioned plane. Just as the higher ethers, we are not able to detect them, because our senses are not conditioned.

HOLY QUR'AN (NOW) 13:2 ★★★★★★★★★★

"HE ALLAH IS WHO RAISED THE HEAVENS BESIDES ANY COLUMN, THEN YOU SEE IT ON THE THRONE ASCENDED AND THE MOON IS SUBJECT TO THE SUN, THEY ALL RUN TO A FIXED TERM (SET). HE REGULATES THE COMMAND AND MAKES CLEAR THE SIGNS, TO LEARN (TEACH) YOU. SO THEY ARE SURE OF THE MEETING WITH YOUR LORD."

The plane of Force is not different from, or opposed to, the Material Plane. The Plane of Force and the Material Plane work together in perfect harmony. If this were not true, then the cycle of nature would not be completed so perfectly and faithfully each year. The Plane of Force is largely composed of Etheric Duplicates of objects on the Physical Plane.

However, beyond this realm of etheric duplicates is a vast reservoir of forces which very few have knowledge of. These forces control the forces that result in what we know to be Nature. These higher forces can also be held accountable for the many so-called "wonders" and "supernatural" phenomenon of the Material Plane. The Plane of Force, also called the Energy Plane, consists of ordinary forms of energy like heat, light, attraction, electricity, etc., as well as those forms of energy which are finer, that gives man and nature vitality and the ability to grow and reproduce.

This vital force which sets life on the physical into motion and is responsible for growth and reproduction is called "NAFAS", also known as "PRANA." Nafas literally means "BREATH."

GENESIS 2:7

★★★★★★★★★ "AND THE LORD ALLAH FORMED MAN OF THE DUST OF THE GROUND AND BREATHED INTO HIS NOSTRILS THE BREATH OF LIFE: AND MAN BECAME A LIVING SOUL."

Every action and reaction of growth and reproduction is resulted from Nafas, the life force. Nafas harmonizes the entire life processes of man and nature, because Nafas is constant of rhythmic pulsation. In nature, we call this harmonization SEASONS. The Plane of Force is perfectly woven into all matter on the Material Plane. The basis or mother of matter is nature, and nature is resulted from the Plane of Force. On this Plane of Force one is not subject to gravitation, or at least not the same degrees of gravitation. Gravitation, as well as the rest of the forces that control earth, are on a highly refined basis on the force plane. The Plane of Force is governed by a very positive force called "ATTRACTION," not "DESIRE" as the Physical Plane. In order to escape the realm of the Force Plane, one must be able to resist this attraction. If one does not, he may suffer total infatuation with this plane.

The Plane of Force matter is not solid, liquid, or gas as we understand it to be on the Material Plane, but much more refined because it is vibrating at a much higher speed. Even the light of the sun (as well as the sun itself) has its counterpart on the plane of force. As stated before, the Plane of Force is governed by attraction. This is because everything on this plane has positive reality which normally result in attraction; in turn, taking its affect on the Material Plane. On the Force Plane, there is no distance, temperature, season, day, night, or time. All of these are results from the Plane of Force and made manifest on the Physical Plane. The Plane of Force is also divided into seven (7) sub-divisions, which are in turn sub-divided.

Planes have no spatial distinction of degree. Each plane blends into the other, overlapping, therefore having a common area of space. A single point of

space may have manifestations on all of the seven planes of being. The MOODS OF VIBRATION can also be likened to a bike wheel. When spun very fast the spokes seem to disappear, until the wheel begins to slow down; gradually making the spokes more and more visible to the physical eye, until the wheel becomes completely still. You will notice that you are not able to say exactly when the spokes became visible, but you know that they gradually do become visible. You should have also noticed that when the wheel was at high speed, it appeared to be still or as if it had stopped.

Passage through the seven planes is like the snap of seven rubber bands consecutively. Picture in your mind seven rubber bands stretched to different degrees of tightness with some sort of device holding them adjacent (to lie near) to each other. The first band being sort of loose, the rest gradually getting tighter until the last is stretched the tightest. Now pluck each band successively, starting with the loose band and working your way to the tightest. This is a simplified example of the seven "MASTER MOODS OF VIBRATION." You should have noticed each rubber band vibrating longer, louder, and clearer than the preceding band; ending with the tightest band vibrating loudest and clearest of them all, and each stopping one after the other.

Next week we will examine the third plane, "THE SPIRITUAL PLANE." All presentations are extracted from ALLAH TO MAN", and simply

Submitted by me: J.D. Davis



WIFE: "Harry! Harry! Wake up! I just heard a mouse squeak!"

HUSBAND, drowsily: "What do you want me to do— get up and oil it?"

.....

Entry April 28,

Because hate is legislated.....written into
the primer and the testament,
shot into our blood and brain like vaccine or vitamins

Because our day is of time, or hours—and the clock-hand
turns, closes the circle upon us: and black timeless night
sucks us in like quicksand, receives us totally—without a
raincheck or a papachute, a key to heaven or the last long
look



I need love more than ever now.....I need your love,
I need love more than hope or money, wisdom or a drink

Because slow negative death withers the world—and only yes
can turn the tide

Because love has your face and body.....and your hands are
tender and your mouth is sweet—and God has made no other
eyes like yours.



Entry May 4,

You rise out of sleep like a growing thing rises
out of the garden soil.

Two leaves part to be your mouth, two tender seedleaves—
and your eyes are wonderfully starlike,
your eyes are luminous and soft as the velvet of pansies.

Darling, good morning.



Our arms are empty of each other for a moment only.

How beautifully you turn...your mouth tilts to let my
kisses in. Lie still ... we shall be longer.'

We need so little room, we two...thus on a single pillow—
as we move nearer,


nearer heaven—until I burst inside you like a screaming
rocket.




Then we are quietly apart.....returning to this earth.

Written by: Walter Benton
Submitted By: Reginald Hill



Entry May 11 

Some see you in similes: Helen's rich curves, 
colors autumn has. You please them
as an opium dream pleases, or you smile like the sun is rising—
or you walk proudly like a woman courted.

But I see you best unrelated...with not a metaphor to your name:
your hair not like the silk of corn or spiders but like your hair,
your mouth resembling nothing so wonderfully much as your own mouth.

Why should I say you are like a slender water bird on wing?


This is but a slide of you, a fraction. Or that your thighs are
lilies—lilies are cold,

lilies are neither quick nor scented...they do not stain the night
with velvet musk—they cannot fire love and quench it.

I mean...compliments become you

as tinsel becomes a tall snow covered cedar in a mountain cedar wood.

Entry May 18 

Your words are born, not spoken. 


Dimensional, soft-vowelled words, palpable to the eye or to the
fingertip:

exquisitely curved, as the young that flowers conceive.

Often have I watched your lips shape words...and your tongue
nudge them out like small birds not wholly certain of their wings.

Your sweetest words


are those shaped ovably, like plums or wild birds' eggs.

And the long bright ribbons you laugh—
the multitudes of hyacinth and bluebells. 

When I see words like soft grey catkins I know they are of love—
whatever else my ears register.

And because your mouth is like the flesh of ripe fig, often I take
your words unsaid...as the brown honey-bear slips his red tongue
into the nest of sleeping bees to take out honey.

And the sweet, natural taste,

the pussy-willow feel of your words is lovelier than their shape or
music. 



Written by: Walter Benton
Submitted by: Reggie Hill

MI AMIGO

Amigo mío, NO SOY LO QUE PAREZCO. Mi apariencia no es más que el traje que visto, un traje cuidadosamente tejido que me protege a mí de tu curiosidad, y a ti de mi negligencia.

El YO que hay en mí, amigo mío, habita en la casa del silencio, y en ella vivira para siempre inadvertido, inaccesible.

No quisiera hacerte creer en lo que digo ni que confiaras en lo que hago, por que mis palabras no son sino tus propios pensamientos transformados en tu sonido; y mis acciones, tus propias esperanzas convertidas en acción.

Cuando tú dices: ((El viento sopla hacia el Este)), yo digo:((Sí, sopla hacia el Este)); por que no quisiera hacerte saber que mi mente no medita sobre el viento, sino sobre el mar.

Tú no puedes comprender mis pensamientos marinos, ni yo quisiera hacértelos entender a ti. Preferiría estar solo con el mar.

Cuando es de día para ti, amigo mío, es de noche para mí; sin embargo, incluso así, hablo del mediodía que danza sobre las colinas y de las sombras escarlatas que se abren paso sigilosamente por el valle; por que tú no puedes oír los cantos de mi oscuridad ni ver mis alas gorpear contra los otros. Yo no quisiera dejarte oír ni ver. Preferiría estar asolas con la noche.

Cuando tú asciendes a tu cielo, YO desciendo a mi infierno. Incluso entonces tú me llamas através del infranqueable abismo; ((Compañero, mi camarada)), y yo te respondo:((Camarada, mi compañero)), por que no quisiera que vieses mi infierno. Las llamas quemarian tus ojos, y el humo inflamaria tu nariz. Y amo demasiado mi infierno para que tú lo visites. Preferiría estar solo en el infierno. Tú amas la verdad, la belleza y justicia; y yo por tí digo que es bueno y apropiado amar esas cosas. Pero en mi corazón me río de tu amor. Pero no me gustaria que vieras mi risa. Preferiría reírme solo.

Amigo mío, tú eres bueno, cauto y prudente; más aún, eres perfecto, y yo también ablo contigo sabia y cautelosamente. Y, sin embargo, estoy loco. Pero encubro mi locura.

Amigo mío, tú eres mi amigo, pero cómo hacértelo comprender? Mi camino no es tu camino; sin embargo, caminamos juntos, con las manos unidas.

Sometida Por: BILLY FIGUEROA.

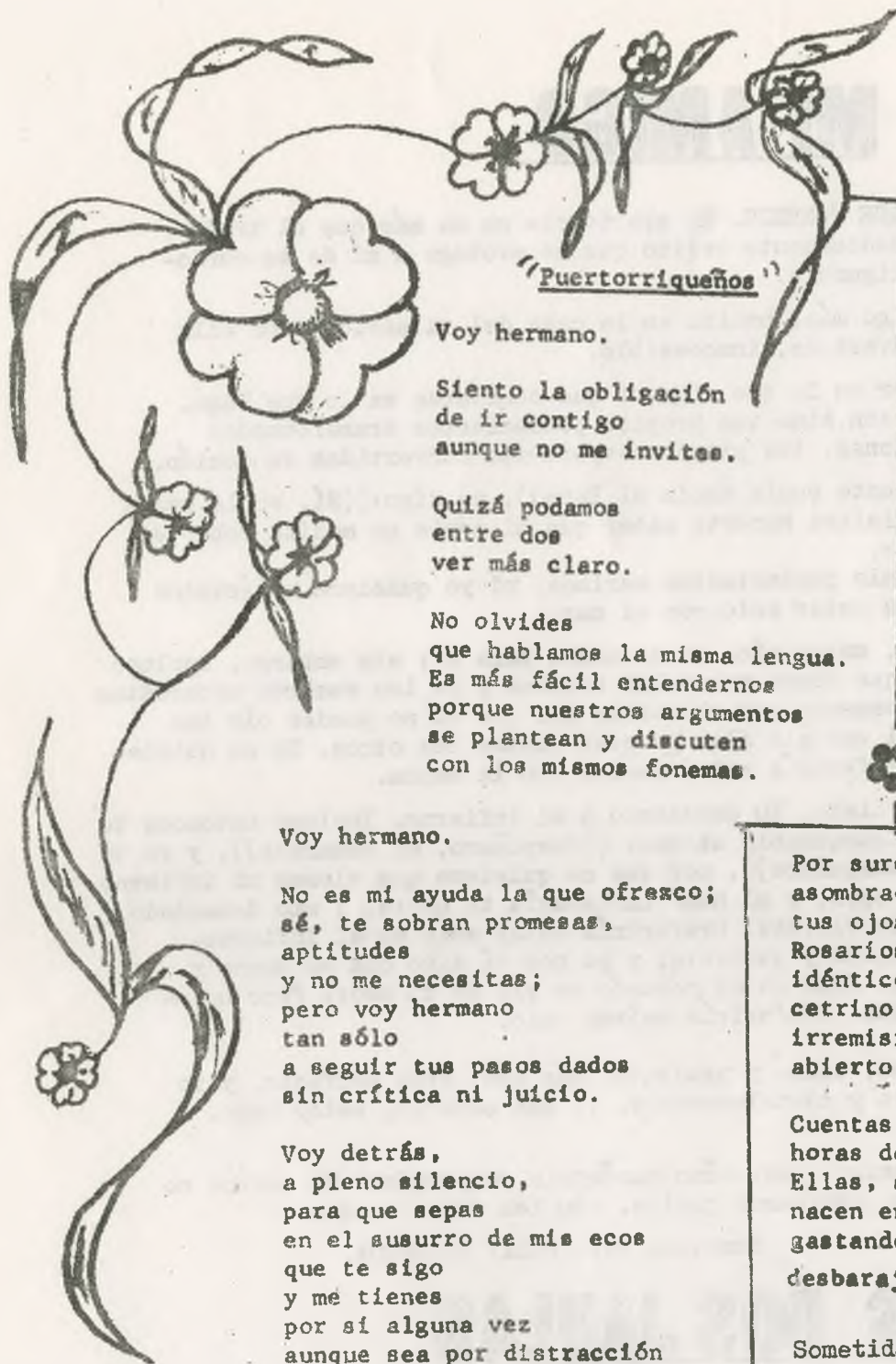
LAS DOS JAULAS

EN EL JARDÍN DE MI PADRE HAY DOS JAULAS. en una vive un león, que los esclavos de mi padre trajeron del desierto de Nínive; en la otra, un gorrión que no canta.

Todos los días al amanecer, el gorrión saluda al león diciendole: ((que tengas buenos días, Hermano prisionero)).



Sometido por: CARLOS M. RIOS.



"Puertorriqueños"

Voy hermano.

Siento la obligación
de ir contigo
aunque no me invites.

Quizá podamos
entre dos
ver más claro.

No olvides
que hablamos la misma lengua.
Es más fácil entendernos
porque nuestros argumentos
se plantean y discuten
con los mismos fonemas.

Voy hermano.

No es mi ayuda la que ofresco;
sé, te sobran promesas,
aptitudes
y no me necesitas;
pero voy hermano
tan sólo
a seguir tus pasos dados
sin crítica ni juicio.

Voy detrás,
a pleno silencio,
para que sepas
en el susurro de mis ecos
que te sigo
y me tienes
por sí alguna vez
aunque sea por distracción
quieres hablar en tu lengua
y rezar en compañía
de rodillas,
en la tumba de tu historia
que es la mía.

Ven hermano.

No voy a hablarte de otra cosa.
Hablares de Borinquen
mientras tú manejas
cada vez con más maña
tú Chevrolet o Ford de segunda mano
a través de los obstáculos
de New York, Philadelphia o Miami.



Rosarios

Por surco,
asombradamente tiernos
tus ojos se encadenan.
Rosarios son de la esperanza,
idénticos al sol
cetrino del amor
irremisible, selladamente
abierto.

Cuentas,
horas del sueño acribillado.
Ellas, sólo ellas
nacen en mis dedos
gastando a la oración,
desbarajándola.

Sometida por: Billy Figueroa

Escrita por: Alfredo Gomez Gil.

Sometida por: Enrique Portuondo

Ridley's Believe It or Not!



GENE THIBIDEAU of Chicago Heights, Ill., HAS WALKED A NEWSPAPER ROUTE WITHOUT A COMPANION OR SEEING-EYE DOG FOR 24 YEARS--ALTHOUGH HE IS TOTALLY BLIND.



THE HUTS OF THE OTOMI INDIANS OF MEXICO, HAVE WALLS MADE FROM THE ORGAN CACTUS AND A ROOF OF CACTUS LEAVES



NATIVITY SCENE CONSTRUCTED BY JOHN EICHORN, OF ALTON, ILLINOIS, INSIDE A BOTTLE

Ridley's Believe It or Not!



THE **FERRY** AT FORT LAMY, AFRICA, WHICH TRAVERSES THE SHARI RIVER, CONSISTS OF A WOODEN PLATFORM SUPPORTED BY 5 NATIVE DUGOUTS



TEILMANN IDSEN OF AALEORG, DENMARK, WAS THE WORLD'S FIRST UNIFORMED WOMAN POLICE OFFICER-- SHE PATROLLED A BEAT IN AALBORG IN 1911



THE NEST OF THE LEAF CUTTER BEE IS MADE FROM SEMI-CIRCULAR PIECES OF LEAVES WHICH THE BEE CUTS AND ROLLS UNTIL THEY LOOK LIKE SCORES OF THIMBLE



THE **CROOKED FOOT**, A PLOUGH USED IN SCOTLAND, CONSISTED OF A CURVED HANDLE WITH AN IRON TIP, AND THE FARMER TURNED THE SOIL BY PRESSING ON A PROJECTING PEG WITH HIS FOOT AND WALKING BACKWARD



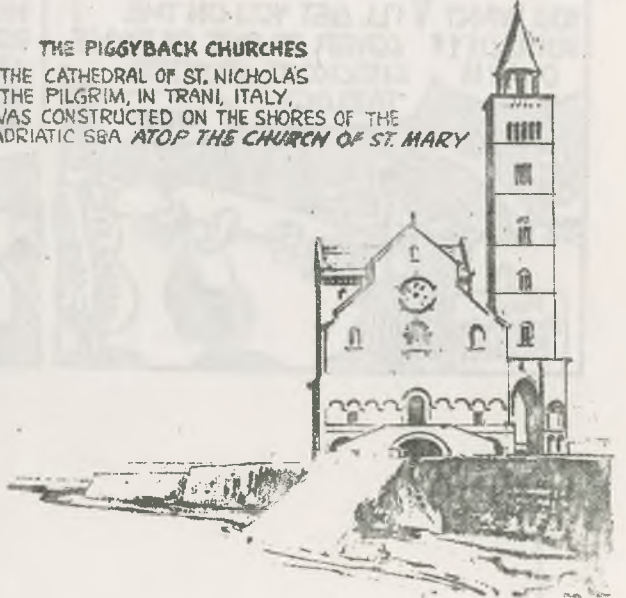
OCOTEA PULLATA CALLED THE TEAKWOOD OF SOUTH AFRICA, IS FOUND ONLY IN ONE PRIVATE GARDEN AND 2 CAVES IN THE CAPE PROVINCE OF SOUTH AFRICA--AND NOWHERE ELSE IN THE WORLD



BEGGARS IN Aberdeen, Scotland, IN THE 18th CENTURY, WERE REQUIRED TO WEAR A BADGE MADE OF LEAD

A **WHITE LADY AMULET** BELIEVED TO ASSURE ITS WEARER IMMUNITY FROM POISONOUS TOADS, LIZARDS, SNAKES, SPIDERS AND CENTIPEDES

THE **PIGGYBACK CHURCHES** THE CATHEDRAL OF ST. NICHOLAS THE PILGRIM, IN TRANI, ITALY, WAS CONSTRUCTED ON THE SHORES OF THE ADRIATIC SEA ATOP THE CHURCH OF ST. MARY



***** 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 assaultive 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

**DIRECTED BY
OTTO PREMINGER**

ADVISE And Consent
Forever AMBER
The ANATOMY Of A Murder
The CARDINAL
THE COURT MARTIAL OF
Billy Mitchell
EXODUS
Angel FACE
Such Good FRIENDS
Saint JOAN
Carmon JONES
LAURA
The MAN With The Golden Arm
The MOON Is Blue
PORGY And Bess
RIVER Of No Return
ROSEBUD
Royal SCANDAL
SKIDOO
Hurry SUNDOWN
WHIRLPOOL

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

WORD FUN

**ROOTS: THE NEXT
GENERATIONS**

Merlon BRANDO
Georg Stanford BROWN
Irene CABA
Diahann CARROLL
Robert CULP
Ossie DAVIS Roger MOSLEY
James DALY Boah RICHARDS
Ruby DEE Stan SHAW
Gilvie DE Marc SINGER
 HAVILLAND Richard THOMAS
Damon EVANS Paul WINFIELD
Henry FONDA
Andy GRIFFITH
Dorian HAREWOOD
Fay HAUSER
James Earl JONES
Dina MERRILL
Lyan MOODY
Debbie MORGAN
Greg MORRIS

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



BASEBALL SCHEDULE
AMERICAN LEAGUE

Friday, August 15
 Milwaukee at Detroit (n)
 Toronto at Kansas City (n)
 Oakland at Seattle (n)
 California at Minnesota (n)
 Texas at Detroit (n)
 New York at Baltimore (n)
 Boston at Chicago (n)
 Saturday, August 16
 Milwaukee at Detroit
 Toronto at Kansas City (n)
 Oakland at Seattle (n)
 California at Minnesota
 Texas at Detroit
 New York at Baltimore (n)
 Boston at Chicago (n)
 Sunday August 17
 New York at Baltimore
 Boston at Chicago
 Oakland at Seattle (n)
 California at Minnesota (2)
 Texas at Detroit (2)
 Milwaukee at Detroit (2)
 Toronto at Kansas City
 Monday, August 18
 Kansas City at Texas (n)
 Detroit at Milwaukee (n)
 Cleveland at Chicago (n)
 (Only games scheduled)
 Tuesday, August 19
 Detroit at Milwaukee (n)
 Cleveland at Chicago (n)
 Toronto at Minnesota (n)
 Baltimore at California (n)
 New York at Seattle (n)
 Boston at Oakland (n)
 Kansas City at Texas (n)
 Wednesday, August 20
 Detroit at Milwaukee (n)
 Cleveland at Chicago (n)
 Toronto at Minnesota (n)
 Baltimore at California (n)
 New York at Seattle (n)

Boston at Oakland (n)
 Kansas City at Texas (n)
 Thursday, August 21
 Detroit at Minnesota (n)
 Cleveland at Kansas City (n)
 Toronto at Chicago (n)
 Baltimore at California (n)
 New York at Seattle (n)
 Boston at Oakland

@@

NATIONAL LEAGUE

Friday, August 15
 Chicago at St. Louis (n)
 Montreal at Pittsburgh (n)
 Philadelphia at New York (n)
 Cincinnati at Los Angeles (n)
 Houston at San Diego (n)
 Atlanta at San Francisco (n)
 Saturday, August 16
 Chicago at St. Louis (n)
 Montreal at Pittsburgh (n)
 Philadelphia at New York
 Cincinnati at Los Angeles
 Atlanta at San Francisco
 Sunday, August 17
 Chicago at St. Louis
 Montreal at Pittsburgh (dh)
 Philadelphia at New York
 Cincinnati at Los Angeles
 Houston at San Diego (dh)
 Atlanta at San Francisco
 Monday, August 18
 St. Louis at Cincinnati (n)
 Tuesday, August 19
 Chicago at Atlanta (n)
 Pittsburgh at Houston (n)
 St. Louis at Cincinnati (n)
 Los Angeles at Montreal (n)
 San Diego at Philadelphia (n)
 San Francisco at New York (n)
 Wednesday, August 20
 Chicago at Atlanta (n)
 Pittsburgh at Houston (n)
 St. Louis at Cincinnati (n)
 Los Angeles at Montreal (n)
 San Diego at Philadelphia (n)
 San Francisco at New York (n)
 Thursday, August 21
 Chicago at Atlanta (n)
 Pittsburgh at Houston (n)
 Los Angeles at Montreal (n)
 San Diego at Philadelphia
 San Francisco at New York

"FATS"

Function: Most concentrated source of energy - carries vitamins A,D, E, and K.

Source: Butter, margarine, vegetable oils, salad dressing, meat, lard, nuts, dairy fats.

Remarks:

Fats are chemical compounds composed of the same elements as carbohydrates, but in different proportions. Some fats contain phosphorus in addition to carbon, hydrogen, and oxygen. Oils are fats that are liquid at room temperature. We obtain most of our fats from plant and animal products.

Fats yield about twice as much energy as do carbohydrates. Since the digestion of fats require more than that of carbohydrates, the energy in a fat-rich meal is not as readily available to the body as the energy in a carbohydrate-rich meal. Normally, less fats than carbohydrates need be ingested for proper body function.

Excess fats are stored in adipose (fatty) tissue below the surface of the skin and around the internal organs. Fat tissue protects delicate organs and is a storehouse of energy. Fat tissue can also accumulate excessively and become harmful to your health.

Our consumption of fat is relatively high, having increased dramatically over the years. This is mainly due to an increased consumption of meat. Fat is not needed in large amounts. Americans are getting about 1/3 more of their calories from fat than they need to and most health experts encourage eating less of it.

Fats are just strings of methyl (H₃C) groups attached to one acetate molecule, if they're saturated. Unsaturated fats have some carbon (C) and CH groups thrown in. Liquid fats (oils) are less saturated than solid ones (butter, grease, lard, etc.). A saturated fat is one that has all single bonds between the atoms; an unsaturated fat has some doubles and triples; the more doubles and triples there are, the more unsaturated it is.

Biochemically speaking, fats are very useful things. And so are acids. A fatty acid that holds as much energy as it possibly can is saturated. The most unsaturated fats feel very light, almost ethereal, to the touch. Saturated fats are greasy, heavy and often solid at room temperature (lard, bacon fat, butter). Since this kind of fat fulfills most of the body's fat functions, it's the kind of fat we make most of. Example, we can make an eighteen-carbon, fully-saturated fatty acid called stearic acid from scratch, simply by stringing acetates (nine of them) together. Once we've got that we can even convert one of the bonds to a double bond with a special process, and that makes stearic into oleic acid. Oleic acid is as far as we can go by ourselves.

cont. on next page

Oleic acid is fine for energy purposes, but we also need oil to lubricate our skin and hair (grease doesn't seem like the best thing to do it with. Something lighter is needed, but the body lacks the equipment for making anything lighter, so we turn to the plants, which we find linoleic acid, linolenic, and arachidonic acids. Skin oils are comprised almost entirely of these three acids and food is the only way to provide them. If the food you're eating does that in sufficiently your skin will soon lubricate insufficiently, causing eczema-dry, rough, itching, scaling skin. If that was the worst that could happen, there wouldn't be much to worry about.

Hydrogenation: Is simply saturating the unsaturated fats, filling them up with hydrogens. It's done to give that thick spread-ability to things like margarine and peanut butter (Some of the things we sacrifice our health for....). Every additional hydrogen means more energy value in the fat. If you are starving, than that is important, if you're not, its just that much more exerchise you need to burn up the fat you're storing.

If you're looking for polyunsaturates in processed food, you're looking in the wrong place, no matter what it says on the label. Lecithin and freash, cold-pressed vegetable oils are the most concentrated sources, but un-or lightly-cooked plant foods are more than adequate. So are fish.

The whole trick is to break down the tissues of our food-be it wheat, watermelon, lamb, or grass hopper, whatever-and build human tissue out of the parts. In other words, you eat what you are.

Can excess consumption of fat cause heart disease? Not by itself, but it may contribute to it. The content of total calories, total and saturated fat and cholesterol in the diet may relate to the health of the heart. Some evidence suggest that decreasing consumption of these dietary components may delay or prevent the incidence of coronary heart disease.

Submitted by: Michael Kozak

Next week, "The Role of Fat in Sports."



Connecticut Correctional Institution

August 1, 1980

From: E.A. Doherty, Rec. Supervisor

To: Mr. R.M. Steinert, Supt.

Subject: Labor Day Schedule (September 1, 1980)

Recreation Yard Tournaments

"Deadline For Signing Up Is Sunday, August 17, 1980"

See The Men In Charge Of The Listed Yard Tournaments To Sign Up

Paddle Ball-----	Doubles-----	(#83511 Noel
Hand Ball -----	Doubles-----	(
Tennis -----	Doubles-----	(#36629 Holley
Shuffleboard-----	Doubles-----	(
Horseshoss-----	Doubles-----	(#85615 Canapari
Bocce-Ball-----	Doubles-----	(
Miniature Golf-----	Singles-----	(#22645 Cobbs

Field Events

- 1- Shot Put
- 2- Egg Race
- 3- Three Legged Race
- 4- Sack Race

Field Events

- 5- Human Wheelbarrow Race
- 6- Shoulder Carry Race
- 7- 100 Yard Dash
- 8- Softball Throw

Prizes for the winners of the yard tournaments and field events will be:

- 1st. Place----- 2 Cartons of cigarettes
- 2nd. Place----- 1 Carton of cigarettes
- 3rd. Place----- 5 Packs of cigarettes

EAD/
cc: Ass't. Supt. DeVeau
Ass't. Supt. Tozier
Duty Captain, 8-4 Shift
Duty Captain, 4-12 Shift
Control Center 8-4 Shift
Bulletin Board
All Cottages, C-D-E-F-G
New View
File:

E.A. Doherty
E.A. Doherty
Rec. Supervisor

PRISON STORE FACT SHEET

SUMMARY OF ACTIVITY AS OF 6-30-80

The store opened 11-9-74, and the amount returned to inmates is displayed below. More than 250 men and women have sold items in the store.

<u>INSTITUTION</u>	<u>AMOUNT RETURNED</u>
Somers	\$ 47,372.80
Enfield	14,520.60
Cheshire	294.30
Litchfield	90.00
Niantic	752.97
Hartford	168.10
Whiting	174.98
Montville	252.00
Bridgeport	264.03
Parole	342.45
Maverick	2,958.83
Federal Prison	5.40

This is a total of \$67,196.46 that has been returned to the institutions and represents 3,229 different sales transactions.. The above figure excludes \$4,453.94 realized from the inmates' 10% contribution.

Donations

A total of \$657.65 has been received via people who come to the store. Our total contributions to date are \$41,734.95.

Volunteers

The store has been staffed and made possible by the efforts of more than 150 volunteers of all ages and walks of life.

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, Vigil Frye. **Producer:** Cirio H. Santiago. **Director:** Charles R. Griffin.

THE DOMINO PRINCIPLE



Gene Hackman, Candice Bergen, Richard Widmark
Avco Embassy; Directed by Stanley Kramer
Color; Rated R, A-3; 100 minutes

Academy Award winner Gene Hackman stars in this action thriller steeped with the intrigue of political assassination. Convicted killer Roy Tucker is "invited" to escape from prison . . . provided with a new identity . . . and flown to a tropical paradise where his wife awaits him. Now his mysterious benefactors — the National Intelligence Agency — would like him to perform one "small favor." "The film is excellent . . ." **THE HOLLYWOOD REPORTER.** "Mysterious . . . powerful . . ." **BOXOFFICE.**

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

ABOUT
ANNOY
BERRY
CAPS
CRAM
DELIVER
DRAB
EXCUSE
FOOL
GLIDER
HITCH

INFORM
MISS
O'CLOCK
PEPPER
QUIVER
REMAIN
SHELVES
STUBBORN
TEARS
VEER



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	PIEAPPLE 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/VIC 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.	FRIED FISH TARTAR SAUCE BOILED POTATOES PEAS AND CARROTS ICE CREAM 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	1 BANANA HOT AND COLD CEREAL COFFEE CAKE MILK AND COFFEE B.O.S.	*SAUSAGE/SPAGHETTI TOMATO SAUCE/GRAPED 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.	CHEESE WHOPPER 5oz FRENCH FRIED POTATOES HOT BUTTERED PEAS CATSUP FRUIT COCKTAIL 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