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no. 37

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1980

New View

VOL. 20

NO. 37

HARTFORD
CONNECTICUT

SEP 2 1980
CONNECTICUT
STATE LIBRARY



STATE OF CONNECTICUT

DEPARTMENT OF CORRECTION



JOHN R. MANSON
COMMISSIONER



CONNECTICUT CORRECTIONAL INSTITUTION ENFIELD

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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.

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ENFIELD, CONNECTICUT 06082

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NOTICES

NOTES.....FROM THE LIBRARY

On October 3, our library film will be AFRICAN SAFARI; it will be shown at 6:15P.M. The movie gives an interesting look at Africa...colorful shots of a variety of wildlife, many eating each other. This is a good one fellas, come and check it out.

Since I've been here many of you have commented to me "when is the library going to get some new books". Well, at the moment we are in sort of a dry spell as far as new purchases go (but not for long!). Since I know many of you are avid readers I am attempting to increase the number of books we have available for circulation by visiting the Interlibrary Loan Center once a week and picking up about 20 - 30 books on various subjects. I would welcome any suggestions you might have on particular topics you're interested in. I'm not really looking for specific titles but just types of books. These books will be displayed on top of the card catalog next to my desk. They will check out just like our own books, however, we will be somewhat stricter about damages or losses since we will be charged for these. So if you think you've read everything in the library stop by and check again, and give me some input on what else you'd like to see more of.

Paul Carnes - Librarian

C.C.I.E. VOCATIONAL PROGRAM

The Education Department has openings in Carpentry training and soon in Automotive training. If you are interested in any of these vocational areas, send an Inmate Request Form to Mr. Bellinger, Vocational Counselor.

NEW HOURS FOR LAUNDRY PICK-UP and RECEIVING AND RELEASE

Effective October 1, 1980 the Laundry Pick-Up and Receiving and Release will be open from 7:00A.M. to 4:00P.M.

COMMISSARY NOTICE

COMMISSARY NOTICE

All commissary business for the week of September 29, 1980 must be submitted by that Monday..... The commissary will be closed from Tuesday September 30, 1980 to Monday October 6, 1980 due to inventory.

ABSOLUTELY NO BUSINESS WILL BE TRANSACTED AFTER MONDAY SEPTEMBER 29, 1980.

Mr. Gibeau
Commissary Supervisor



"WITH THE NAME ALLAH (GOD) THE BENEFICIENT, THE MERCIFUL"

ISLAM THE RELIGION:

THE CONCEPT OF RIGHTEOUSNESS

Islam always warns against superficial concepts and rituals, against lifeless formalities and non-effective beliefs. In one representative verse, God explains the full meaning of righteousness as follows: It is not righteousness that you turn your faces (in prayer) towards East or West, but it is righteousness to believe in God and the Last Day, and the Angels and the Book, and the Messengers, to spend of your wealth-inspite of your love for it-for your kin, for orphans, for the needy, for the wayfarer, for those who ask, and for the ransom of slaves, to be steadfast in prayer and practice regular charity, to fulfill the contracts which you have made, and to be firm and patient in pain and adversity, and throughout all periods of panic. Such are the people of truth, the God-minded. (Qur'an 2:177). In this verse there is a beautiful and clear description of the righteous man. He should obey all the salutary regulations, and should make his sincere motive the love of God and the love of his fellow man for the sake of God. Here we have four elements:

(1) Our faith should be true and sincere, (2) we must be prepared to show it in our deeds of charity and kindness to our fellow man, (3) we must be good citizens by supporting charitable institutions and social organizations and (4) we must be steadfast and unshakeable in all circumstances. It is clear, therefore, that righteousness is not merely a matter of void utterances. It must be founded on strong faith and constant practice. It must cover the person's thinking and action and extend to his inside and outside life, to his individual and common affairs. When the Islamic principle of righteousness is established, it provides the individual with peace in all circumstances, the society with security on all levels, the nation with solidarity, and the international community with hope and harmony. How peaceful and enjoyable life can be when people implement the Islamic Concept of Righteousness! What can be more reassuring than faith in the Beneficent Creator, and investing in such good worthy causes? What can be more humane than relieving the deep anxieties of the subjugated, alleviating the sufferings of the exploited, and responding to the needs of the helpless? What is more methodical and honest than the fulfillment of commitments, the preservation of clear conscience, and the maintenance of integrity? And what is more spiritually joyful than doing all this regularly, as a matter of course, and for the love of God?

Written By: Qalam Hujurat Shabazz

Submitted by: Lawrence Sistrunk

American Muslim Mission Congregation

C.C.I. Enfield



The following article was taken from the 8/25/80 issue of NEWSWEEK.

A PRISON REFORMER WITH NOWHERE TO GO

BY EILEEN KEERDOJA with PATRICIA J. SETHI

If they ever make a sequel to the current Robert Redford movie, "BRUBAKER," it's bound to be a real tear-jerker. Thomas C. Murton, the warden who exposed abuses in the Arkansas prisons in the late 1960s and whose experiences form the basis of the film, has lost both his family and his career. "I've been black listed by every penal institution in this country," says Murton, 52. "I won a battle, but not the war."

In Arkansas, Murton investigated alleged brutality at the Tucker Prison Farm and the state prison near Cummins. He abolished such grotesque practices as beating inmates with straps, and using an old crank telephone to administer electric shocks to the genitals. But when Murton dug up the mutilated bodies of three convicts murdered on prison grounds — and charged that more than 200 others were buried there — Gov. Winthrop Rockefeller accused him of "creating a side-show" and fired him. To Murton, the exposé was a matter of principle: "I didn't go down there to please the governor or the prison board. I went to achieve reform."

'THREAT': After his dismissal Murton applied for jobs at 50 other correctional facilities and was rejected every time, often without explanation. One prison wouldn't even give him a job as "an ordinary guard." "He who is a threat to a single power structure is apparently viewed as a threat to all others," says Murton.

Un-employed for three years, Murton at one point had to use food stamps to feed his family. The stress proved too much for his wife, who filed for divorce and now lives in Alaska with their children. "She couldn't accept my crusade for prison reform," he says sadly. "She wanted the nice house, the white picket fence, food on the table — perfectly understandable needs and wants."

Murton, who holds a Ph.D. in criminology, finally landed a teaching position at the University of Minnesota in 1971 and remained there until the job got too "boring" last year. Now he lives in a trailer on the 80-acre family farm in Deer Creek, Okla. Although his mother leases most of the land to wheat farmers, Murton tends a vegetable patch and raises some poultry himself. Still a maverick, he ignored the advice of other farmers and housed turkeys and chickens in the same coop. "Legend has it that they're not compatible," says Murton. "Fortunately, turkeys don't read, and thus haven't heard of this theory. They're as happy as clams at high tide." Murton has been able to survive financially on deferred earnings and the \$10,000 he received as a "technical adviser" for "BRUBAKER," and he claims to enjoy the country life. For one thing, he says, there are no meetings or memos.

Nevertheless, Murton dreams of returning to prison work: "I'm just not interested in sitting on the sidelines watching the lions eat the Christians." Still harshly critical of the American penal system, Murton says, "If we're going to treat our prisoners like animals, we'd be better off shooting them right after the trial and saving the taxpayers' money." He advocates the kinds of reforms that he experimented with in Arkansas — arranging coed dances for the convicts, allowing babies born in prison to live with their mothers, even setting up self-governing inmate councils. "You don't take people accustomed to freedom and put them in a dictatorial environment," he says, "just like you don't take your Olympic swimming team to train in the Sahara desert."

Página Latina

De noche cuando me acuesto,
me acuesto en tí pensando
y me levanto llorando
porque no estás a mi lado.
a dios le pido que me ayude
a soportar mi tormento
y a esperar el momento
de volver a tu lado.
Para amarte para siempre
y no vivir desolado.
pues es este mi deseo
y mi unico consuelo
de volver a tenerte
y de amarte con anhelo.
Pues no encuentro que desir,
ni tampoco que pensar
Porque me pongo a llorar
cada vez, que en ti yo pienso.
Pues es tan solo este el comienso
de un amor ya fracasado,
pero no pierdo la esperanza
de que vuelvas a mi lado..
y de amarte para siempre
como yo lo he deseado.

Sometido y escrito, Por.
Pedro P. Rivera Arroyo.

"MIA"

TU serás mía, aunque tu
vayas por otro camino y
aunque jamás nos ayude el
destino, nunca lo olvides
tu serás mía, Mía.

Mía porque jamas dejarás
de nombrarme, y cuando
duermas habrás de soñar
connigo, y hasta tu misma
dirás que eres mía.

Sometida Por; J. Morales

Quiero brindarles las más
expresivas gracias a todos
los buenos amigos los
cuales con su contribución
se hace posible que esta
su pagina latina continúe
en progreso.

Editor: New View

LA CARTA

Aún espero la carta
que al partir me ofrecistes,
donde dijera te amo,
y sufro porque te fuistes.
pues esa carta la espero
con pasión y desespero,
y si a mis manos no llega
pensando en ella me muero.
llegará hoy llegará mañana
acaso nunca llegue,
pero, he de esperarla
aunque esperando me quede.
pues en ellas estarán,
las promesas que me hisistes,
y aún espero la carta que al partir me ofrecistes.

Sometida y escrita, Por, Pedro P. Rivera Arroyo.

EN UNA SOLITARIA MONTAÑA vivían dos eremitas que adoraban a Dios y se amaban el uno al otro.

Los eremitas tenían una escudilla de barro, única cosa que poseían.

Un día, un mal espíritu entró en el corazón del más viejo, que acercándose al más joven le dijo:

-Hace ya mucho tiempo que vivimos juntos. Ha llegado la hora de separarnos. Dividamos nuestros bienes.

Entonces el menor de los eremitas se entristeció, y dijo:

-Me duele, hermano, que me abandones. Pero si tienes necesidad de partir, así será.

Y trajo la escudilla de barro y se la entregó, diciendo:

-No podemos dividirla, hermano quédate tú con ella. Entonces el ermitaño más viejo replicó:

- No quiero caridad. No me llevaré nada que no sea mío. La escudilla debe ser dividida.

Y el más joven dijo:

- Si partimos la escudilla, de que nos servirá después a ti o a mí? Si estás de acuerdo, podríamos sortearla.

Pero el viejo eremita insistió:

- No quiero sino justicia y lo que me pertenece, y no voy a confiar la justicia y lo que me pertenece a la caprichosa suerte. La escudilla debe ser dividida.

Entonces, el eremita más joven no pudo ya seguir argumentando, y dijo:

- Si es tu voluntad y eso es lo que deseas, quebraremos la escudilla.

El rostro del eremita más viejo se fue oscureciendo cada vez más, y gritó:

- Maldito cobarde, no quieres reñir!

Sometida Por: Billy Figueroa

GUERRA

UNA NOCHE HUBO UNA FIESTA en palacio, y fue un hombre y se prosternó ante el príncipe. todos los invitados lo miraron y vieron que le faltaba uno de los ojos y que la cuenca vacía le sangraba.

El príncipe le preguntó:

- Qué te ha sucedido?

Y el hombre respondió:

- Oh príncipe, soy un ladrón profesional y esta noche, al ver que no había luna, fui a robar a la casa del cambista. Cuando entraba por la ventana, me equivoqué y entré en el taller del tejedor. En la oscuridad tropecé con el telar, que me arrancó el ojo. Y ahora, oh príncipe, vengo a pedir justicia contra el tejedor.

Entonces el príncipe mandó llamar al tejedor, y cuando lo tuvo delante ordenó que le arrancaran uno de sus ojos.

- Oh príncipe - dijo el tejedor-, tu orden ha sido justa. Está bien que me hayas hecho arrancar uno de los ojos pero, desgraciadamente, mis dos ojos me eran necesarios para poder ver la tela que tejo. Tengo un vecino que es zapatero remendón y posee también dos ojos, y para su oficio no necesita los dos ojos.

Entonces el príncipe mandó llamar al zapatero. y cuando se presentó ante él le fue arrancando un ojo.

Y así se hizo su voluntad, justicia.

10 sometida Por Billy Figueroa

"EFFECTS OF DEVITAMINIZED, ADULTERATED
FOODS ON THE BODY"

Our health depends on how nearly we live in harmony with Nature's laws. An all-wise Creator put all the elements in the soil necessary for the building of our bodies. Wrong habits of eating and the use of refined and adulterated foods are largely responsible for the intemperance and crime, and sickness that curse this world. The results of man's trying to improve on nature is deteriorating the human race, especially in America where people are accustomed to so-called luxuries. Although food may be ample in quantity, modern methods of refining remove the most important elements, and in many cases they are adulterated, and preservatives added to conceal their inferior quality.

●●●●● "CALORIES" ●●●●●

Calories are not a sufficient foundation to determine the nutritive value of food. Foods which show a high caloric value, are often deficient in nutritive elements, and organic salts. In order to determine the true nutritive value of foods, it is important to study the composition of foods in regard to the amount of mineral elements they contain. For perfect health we must have perfect digestion, assimilation, and elimination. The ignorance of the average person regarding the laws of his being is appalling.

●●●●● "ADULTERATION OF FOODS" ●●●●●

Many staple foods on the market are according to the present prevailing standards legitimate, and are widely advertised, but are most unhealthful and cannot be recommended from a health standpoint—foods such as, white flour, candies, white sugar, white rice, various canned and preserved foods, sulphured fruits, highly seasoned foods, etc. The majority of these foods are deficient in organic salts, and substances which are detrimental to health have been added to preserve or color them.

●●●●● "DEFICIENCY DISEASES" ●●●●●

You cannot get mineral supply for your body from pills or bottles but out of natural foods the way nature prepares them. God in his infinite wisdom neglected nothing, and if we would eat our food without trying to improve, change, and refine it, thereby destroying its life-giving elements, it would meet all requirements of the body.

"DISEASES CAUSED BY A DEFICIENCY OF MINERALS"

Anemia
Acid conditions
(Auto-intoxication)
Appendicitis
Cancer
Colitis
Constipation
Convulsions
Diabetes
Dysentery
Eczema
Heart Disease
Intestinal Diseases
Malnutrition
Menstruation
(disorders of)

"Nerves"
Neuralgia
Neuritis
Pellagra
Paralysis
Infantile paralysis
Pleurisy
Pneumonia
Rheumatism
Rickets
Sciatica
Scurvy
Tetany
Tuberculosis
Tumors
Skin eruptions



●●●●● "BREAD" ●●●●●

When the miller removes the outer shell from the wheat and the germ from the center
cont. on next page.....

the necessary elements are taken away. White flour is mainly starch. Nerves are nourished by the blood. The blood must be pure and contain all the elements necessary for nourishing the nerves, and every part of the body.

●●●●● "HEALTH-DESTROYING FOODS" ●●●●●

Spices, mustard, pepper, vinegar, salt, condiments, salted meats, canned meats, salted fish, tobasco sauce, worchestershire sauce, gravies, fried or greasy foods, pastries, predigested foods, tobacco, very hot or ice cold foods, coca cola, all soft drinks, chewing gum, coffee, tea, cocoa, white flour and white flour products, can sugar and products. The organs that make our blood cannot convert spices, pickles, etc. into pure blood.

The Irish potato is a very valuable food, but not after it has been peeled, and boiled in a quantity of water, which is drained down the sink, leaving the potato lifeless, and minerally exhausted, and acid producing.

●●●●● "FOOD" ●●●●●

The food question should be given its proper place in the medical world. We are made of what we eat, nothing else, and we should eat to increase strength and preserve health and life. All foods do not agree with everyone, but evry-one should eat the natural foods that agree best with him. Disease and illness would be rare if every blood stream were pure, and the body was not full of waste matter and toxins. Poisonous waste matter in the system is the result of more food being taken than the body can assimilate or eliminate. Foods high in protein specifically cause this, such as, meats of all kinds, eggs, etc. You may eat anything for a while, but the results will inevitably follow. The use of starchy foods and tea contribute greatly to intestinal ills, constipation, leucorrhoea, etc. Acid blood is one of the results of excess of sugar and starch. It is not always the amount of food taken that causes trouble, it may be wrong combinations, indigestible foods of all kinds, especially greasy and fried foods.

Submitted by: J.D. Davis

Continued next week....."OVEREATING."



Mirror of Your Mind

by JOHN CONWELL

Does womanly charm really work?



LIKE a charm, naturally. Not only that, but a woman's charm is guaranteed to work every time. All that is required is that a woman sincerely believe her charm will be effective in making a situation turn out precisely the way she wants it. Don't forget, too, that a woman's charm works better than superior force, which can create sore losers. When someone gives in because of a woman's charm, he is delighted to have the privilege of losing.

Why can't kids behave on car trips?

OH, but they do—until they get bored. That they don't get bored faster than they do or express their boredom in more "pesty" ways is usually a tribute to the children's resilience. Also, they probably want to please their parents. Yet, the most even-tempered children will begin to feel confined and start cutting up. After all, unlike their parents, the youngsters were probably taken away from an interesting routine right around home.

Are people anxious to overcome phobias?

ANXIOUS may not be the precise way to describe all those who would be happy to be free of phobic fears. Those who cannot function because of a phobia, of course, can't wait to be rid of it. Yet, some people who have to "maneuver" to defeat a fear of crowds, say, will often regard their phobia as a handicap. The devious ways with which they must deal with such a phobia often make them feel satisfied that they can cope with this fear.

Should newlyweds put off decisions?



SOME should, especially newlyweds who seem to be having trouble adjusting to the great changes they have already made. For them, taking on the additional burden of deciding if they should buy a new home, say, may increase their tensions. In some cases, the newlyweds might even become depressed with a new major problem facing them so soon after they had just made the biggest decision of their lives.

Does a fat teenybooper enjoy eating?

WATCH her guzzle the goodies—the overweight teenaged girl seems to get more pleasure out of food than anything else. At least that is the act she puts on for everyone's benefit, but more particularly to satisfy herself. Perhaps she is afraid she is not being accepted as a person, and to cover up her disappointment, she has convinced herself that she would rather eat than work to win approval from her contemporaries.

Can post-vacation blues be prevented?

YES, despite the fact that some individuals can become so afraid of getting the blues after their vacation that they almost hate to take one. One possible solution is for such a person to get a job he would like better. The other is to cultivate a more positive attitude about his present job. If he tries to find the "challenges" in it, he may be more anxious to get back to his job after he has had a vacation from it.

Is it fun to fall asleep?



YES; being able to drop off peacefully ranks with other physical and mental pleasures for sheer delight and satisfaction. Conversely, not being able to sleep when he is dead tired can make a person feel absolutely rotten. "The simple pleasure of sleep escapes many people," says Dr. Alexander Lowen in "Pleasure" (Coward-McCann). He adds that the inability to sleep may be a "fear of letting go, an anxiety about the loss of consciousness."

Is it noble to be unselfish?

YES, if the generous person disclaims any conscious or unconscious ulterior motives for his unselfishness. Such an individual, of course, would be the last one to consider himself as noble. On the other hand, when an apparently unselfish individual basks in a glow of nobility he should develop a more honest appraisal of himself. He might be unselfish simply to satisfy a far from noble need: the sense of power he derives by helping those who accept his generosity.



BASEBALL SCHEDULE

AMERICAN LEAGUE

Friday, September 26
 Texas at Seattle (n)
 Kansas City at Minnesota (n)
 Chicago at California (n)
 Milwaukee at Oakland (n)
 Baltimore at Cleveland (n)
 New York at Detroit (n)
 Boston at Toronto (n)
 Saturday, September 27
 Baltimore at Cleveland
 New York at Detroit
 Boston at Toronto
 Texas at Seattle (n)
 Kansas City at Minnesota (10:30 AM)
 Chicago at California
 Milwaukee at Oakland
 Sunday, September 28
 Texas at Seattle
 Kansas City at Minnesota
 Baltimore at Cleveland
 New York at Detroit
 Boston at Toronto
 Chicago at California
 Milwaukee at Oakland
 Monday, September 29
 Baltimore at Boston (n)
 Milwaukee at California (n)
 Detroit at Toronto (n)
 (Only games scheduled)
 Tuesday, September 30
 Baltimore at Boston (n)
 New York at Cleveland (n)
 Seattle at Kansas City (n)
 Oakland at Chicago
 Minnesota at Texas (n)
 Milwaukee at California (n)
 Detroit at Toronto (n)
 Wednesday, September October 1
 Seattle at Kansas City (n)
 Oakland at Chicago
 Minnesota at Texas (n)
 Milwaukee at California (n)
 Detroit at Toronto (n)

Baltimore at Boston (n)
 New York at Cleveland (n)
 Thursday, October 2
 Seattle at Kansas City (n)
 Oakland at Chicago
 Minnesota at Texas
 Detroit at New York (n)
 Toronto at Boston (n)
 @@@

NATIONAL LEAGUE

Friday, September 26
 Montreal at Philadelphia (n)
 Pittsburgh at Chicago
 St. Louis at New York (n)
 Cincinnati at Houston (n)
 Los Angeles at San Diego (n)
 San Francisco at Los Angeles (n)
 Saturday, September 27
 Montreal at Philadelphia
 Pittsburgh at Chicago
 St. Louis at New York
 Cincinnati at Houston
 Los Angeles at San Diego (n)
 San Francisco at Atlanta (n)
 Sunday, September 28
 Montreal at Philadelphia
 Pittsburgh at Chicago
 St. Louis at New York
 Cincinnati at Houston
 Los Angeles at San Diego
 San Francisco at Los Angeles
 Monday, September 29
 Chicago at Philadelphia (n)
 Pittsburgh at New York
 St. Louis at Montreal (n)
 Tuesday, September 30
 Chicago at Philadelphia (n)
 Pittsburgh at New York
 St. Louis at Montreal (n)
 Atlanta at Houston (n)
 Los Angeles at San Francisco (n)
 San Diego at Cincinnati (n)
 Wednesday, October 1
 Chicago at Philadelphia (n)
 Pittsburgh at New York
 St. Louis at Montreal (n)
 Atlanta at Houston (n)
 Los Angeles at San Francisco (n)
 San Diego at Cincinnati (n)
 Thursday, October 2
 Chicago at Philadelphia (n)
 Atlanta at Houston (n)
 Los Angeles at San Francisco (n)

***** 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.

COMMISSARY NOTICE

All commissary business for the week of September 29, 1980 must be submitted by that Monday. The commissary will be closed from Tuesday September 30, to Monday October 6, 1980 due to inventory. Absolutely no business will be transacted after Monday September 29, 1980.

The commissary hours of operation are published in the Inmate rule book. An announcement will be made daily informing the inmate population when the commissary is open for thier particular group. Any individual found in this area prior to this announcement will be in violation of Institutional rules and subject to disciplinary action. All questions concerning your account, or commissary procedures will be handled by Inmate request forms only.

Due to difficulties in obtaining Dial shampoo from our suppliers this product will no longer be sold after our present inventory has been depleted.

Mr. Gibeau
Commissary Supervisor

WORD FUN

CHECK IT OVER

- ANALYZE
- AUDIT
- CHECK
- CONSIDER
- CRITICIZE
- DELVE INTO
- EXAMINE
- EXPLORE
- INQUIRE
- INSPECT
- INVESTIGATE
- PROBE
- PRY INTO
- QUERY
- QUESTION
- RANSACK
- REVIEW
- SCAN
- SCRUTINIZE
- SEARCH OUT
- SIFT
- SIZE UP

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

WORD FUN

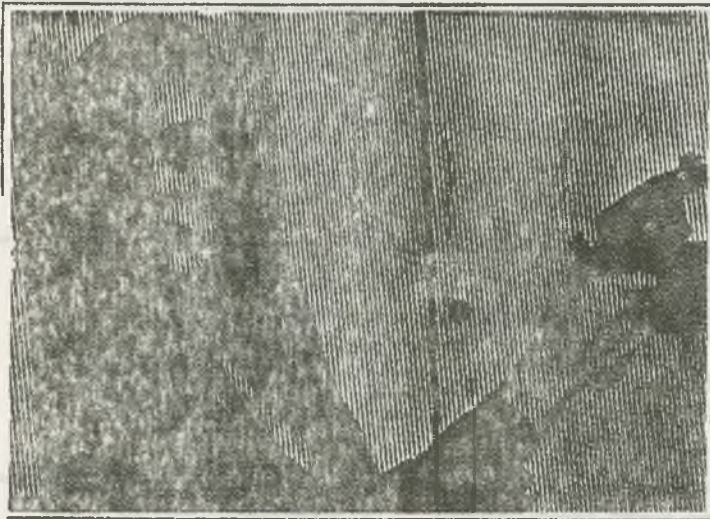
IN DETAIL

- ACCOUNT for
- CHANT
- COMMUNICATE
- CONVEY
- DESCRIBE
- DETAIL
- ENLARGE
- ENUMERATE
- EXPATiate
- EXPLAIN
- IMPART
- MENTION
- NARRATE
- PICTURE
- QUOTE
- RECOUNT
- RELATE
- REPORT
- RETELL
- STATE
- UTTER

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

MOVIES

CAGED HEAT



CAGED HEAT (1974)

Producer: Evelyn Purcell

Director: Jonathan Demme

Cast: Juanita Brown, Barbara Steele, Roberta Collins, Erica Gavin

80 min: (C) \$100 R

"A delicious sendup of the women's prison picture... a gem that manages to transcend the requirements of the budget and sensation-filled form of the B picture production."

— Kevin Thomas
Los Angeles Times

Filmed in Women's Prison, U.S.A. where rape, riot and revenge are prime ingredients of this indefatigable melodrama about several women inmates who successfully revolt against the inhuman prison system. Result: The corrupt, frustrated figures of authority wind up dead and the rough-talking, hard-acting renegade women get their way.



THE HUMAN FACTOR



Action Drama

Bryanston ()

96 Minutes

Rel. Oct. '75

Tracking down killers by computer is the plot device in the screenplay by Tom Hunter and Peter Powell for the Anglo-Italian production of a Bryanston release. Filmed in Naples and Rome, with interiors shot at London's Pinewood Studios, the thriller methodically relates how the human factor—a man avenging the death of his family at the hands of terrorists—must be considered in bringing about justice. George Kennedy becomes a one-man army as he successfully eliminates a small band of militants in violent fashion. With a good cast and an interesting plot, not to mention the locations, director Edward Dmytryk maintains a slow pace until the last third of the footage. Murder of Kennedy's family isn't shown, although his wiping out of the gang is accomplished with a maximum of blood. Surprisingly, the R is solely for the not overly explicit violence, there being no sex or nudity and the language roughly on a par with the average PG feature. Oscar winner John Mills and Barry Sullivan do good work above and beyond their assignments, while Rita Tushingham has little to occupy her time as the nominal heroine. Producer Frank Avianca and Hunter also play two of the terrorists. Technicolor processing with music by Ennio Morricone.

George Kennedy, John Mills, Raf Vallone, Rita Tushingham, Barry Sullivan, Arthur Franz.

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 CHILLED PEACHES 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 WITHOUT NOTICE.
BREAD, OLEO, SUGAR, MILK, COFFEE OR TEA WITH EVERY MEAL.