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no. 41

New View

Vol. 20

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CONNECTICUT
STATE LIBRARY

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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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NOTICES

NOTES....FROM THE LIBRARY

On Thursday, October 30, 1980 we will show the film entitled ALVIN AILEY: MEMORIES & VISIONS. The movie demonstrates the vision of Ailey as choreographer. Includes selections of major works for which the company is famous. Dance fans will love this. We start at 6:15 pm in the classroom area.

Something that we have here at the library that not many people are aware of is our Vertical File. This is the four drawer green cabinet near the door. It contains many booklets and pamphlets on a variety of subjects. These materials provide an expensive way to supplement our books with the most up to date information available. Many public and private organizations, associations, etc. put out some extremely interesting things in this format. Ask at the desk for a list of the subjects covered.

PAUL CARNES, LIBRARIAN

The schedule for those people approved for furloughs for Thanksgiving will be as follows:

Facility inmates--- Wednesday, November 26, 8:00 A.M. to
Friday, November 28, 6:00 P.M. or

Friday, November 28, 6:00 P.M. to Sunday, November 30, 6:00 pm

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 sera ofrecido en el invierno.

DAVID HARRIS
EDUCATION COORD.

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 with your I.D 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.
MONEY TO BE SENT OUT MUST BE IN COMMISSARY, BY WED. NOON.

THE INDIVIDUAL

In our last lesson we stated that we considered the "Secret of Success" to consist principally of the Free Expression of the individual-the "I". But before you will be able to apply this idea successfully, you must first awaken to a realization of what the individual-the "I" within you-really is. This statement may appear ridiculous at first to many of you, but it will pay you to acquaint yourself fully with the idea behind it, for upon the true realization of the "I" comes Power.

If you will stop and take stock of yourself, you will find that you are a more complex being than you had at first considered yourself to be. In the first place there is the "I," which is the Real Self or the individual, and there is the "Me," which is something attached to and belonging to the "I"-the Personality. For proof of this, let the "I" take stock of the "Me," and it will find that the latter consists of three phases or principles, i. e. (1) the Physical Body; (2) the Vital Energy; and (3) the Mind. Many persons are in the habit of regarding their bodies as the "I" part of them, but a little consideration will show them that the body is but a material covering, or machine through which and by means of which the "I" is able to manifest itself. A little thought will show that one may be vividly conscious of the "I AM" part of himself while totally oblivious of the presence of the physical body. This being so, it follows that the "I" is independent of the body, and that the latter falls into the "Me" classification. The physical body may exist after the "I" has left it-the dead body is not the "I." And the physical body is composed of countless particles which are changing places every moment of our lives-our body of today is entirely different from our body of a year ago.

Then comes the second principle of the "Me"-the Vital Energy, or what many call Life. This is seen to be independent of the body, which it energizes, but it, too, is transitory and changeable, and readily may be seen to be but a something used to animate and energize the body-an instrument of the "I," and therefore a principle of the "Me." What, then, is left of the "I" to examine and determine its nature? The answer that comes naturally to the lips is "The Mind, by which I know the truth of what you have just said." But, stop a moment, you have said, speaking of the mind, "by which I know"-have you not, in saying this, acknowledged the mind to be a something through which the "I" acts? Think a moment-is the mind YOU? You are aware that your mental states change-your emotions vary-your feelings differ from time to time-your very ideas and thoughts are inconstant and are subject to outside influences, or else are moulded and governed by that which you call "I," or your Real Self. Then there must be something back of Mental States, Ideas, Feelings, Thoughts, etc., which is superior to them and which "knows" them just as one knows a thing apart from itself but which it uses. You say "I" feel; "I" think; "I" believe; "I" know; "I" will; etc., etc. Now which is the Real Self, the Mental States just mentioned or the "I" which is the subject or Real Cause of the mental phenomena? It is not the Mind that knows, but the "I" which uses the Mind in order to know. This may seem a little abstruse to you if you have never made a study of the subject, but think it over a little and the idea will clearly define itself in your mind.

We are not telling you these things merely to give you an idea of metaphysics, philosophy, or psychology-there are many books which go into these matters at length and in detail-so it is not for that reason. The real reason is that with a realization of the "I" or Real Self, comes a sense of Power that will manifest through you and make you strong. The awakening to a realization of the "I," in its clearness and vividness, will cause you to feel a sense of Being and Power that you have never before known. Before you can express Individuality, you must realize that you are an individual. And you must be aware of this "I" within you before

Continued.....

you can realize that you are an Individual. The "Me" side of you is what is called Personality, or the outer appearance of yourself. Your personality is made up of countless characteristics, traits, habits of thought, expression, and motion-it is a bunch of peculiarities and personal traits that you have been thinking was the real "I" all this time. But it is not. Do you know what the idea of Personality arose from? Let us tell you. Turn to the pages of any good dictionary, and you will see that the word originated from the Latin word "Persona," meaning, "a mask used by actors in ancient times," and which word in turn was derived from two other words, "sonare," meaning to "sound," and "per," meaning "through," the two words combined meaning "to sound through"-the idea being that the voice of the actor sounded through the mask of assumed personality or character. And Webster gives the following as one of the meanings of "Person," even to this day: "A character or part, as in a play: an assumed character." So that Personality means the part you are playing in the Great Play of Life, on the Stage of the Universe. The real individual concealed behind the mask of Personality is YOU-the Real Self-the "I"-that part of you of which you are conscious when you say "I AM," which is your assertion of existence and latent power. "Individual" means something that cannot be divided, or subtracted from-something that cannot be injured or hurt by outside forces-something REAL. And you are an individual-a Real Self-an "I"-Something endowed with Life, Mind, and Power, to use as you will. A poet named Orr, has said of it:

"Lord of a thousand worlds am I,
And I reign since time began;
And night and day, in cyclic sway,
Shall pass while their deeds I scan.
Yet time shall cease ere I find release,
For I AM the Soul of Man."

Submitted by: Moses Hargrove 3rd.



THE SIGNIFICANCE OF BIRTHDAYS
OR
OUR PLACES IN THE UNIVERSAL ZODIAC

Expansion, not repression, is a theme that needs pursuing. Take a family of from two to six children, or a class of from ten to fifty, and what wide dissimilarity do we discern! No two children or adults are any more alike in desires and felt capacities than different varieties of trees, birds, flowers, animals and fishes are alike, yet all have certain well-defined abilities and necessities. Outside of food, shelter, air, exercise, and other universal necessities how widely divergent are the requirements of a family or group; yet it has long been the custom to force, regardless of any adaptability, the proverbial round child into a square hole, and, vice versa. Caste or class distinctions have had very much to do with this fearfully unnatural state of affairs, and wherever there are sharply defined social classes, it is impossible, without razing the barriers which divide one caste from another, to consult natural disposition.

Only a few score of years ago in Great Britain there were but five avenues of occupation open to a gentleman's son, viz.: the church, medicine, the law, the army and the navy, while all girls were brought up to regard marriage in their own set and genteel dependence the only lawful positions for females to occupy. In Germany and many other lands, occupations were hereditary; the very name of Miller, Baker, and many others proving that from generation to generation, regardless of constitutional aptitude or individual preference, sons followed their fathers trades.

In this more stirring and inquiring day such a condition of society is fast becoming insufferable and impossible; but not yet have parents and educators realized to anything like a sufficient extent the actual requirements of the approaching commonwealth. A new and infinitely higher social and industrial condition is evolving through the recognition of the inalienable right of every man to be himself and every woman herself, an original, not a copy.

The influence of Emerson's essays is being increasingly felt every year, and when the sublime ethics embodied in those masterly pleas for individual liberty shall be universally acknowledged, society will be speedily emancipated and reconstructed on a natural and enduring foundation of uncompromising equity. In the twelve lessons which follow this introductory discourse we shall take up the twelve signs of the Zodiac seriatim. As one by one we present twelve distinct varieties of human nature, and also consider blending types, we trust that many of our readers may be helped to understand themselves and their companions better.

We aim to take a simply philosophic attitude with regard to these manifold types of human character; to pass them in review; to exhibit them at their best; to interpret them to themselves and to others, neither to eulogize nor to condemn. Before introducing these twelve consecutive discourses we will, ere we conclude this introductory essay, give the generally accepted physiological relation of the twelve signs of the Zodiac to the human body.

Aries, the ram, whose period is from the Vernal Equinox, (March 20) to April 20, is considered the head of the Grand Man; therefore the Aries type of person is apt to be heady in the commanding sense, i. e., given to leadership and enterprise. The next sign, Taurus, the bull, April 20 to May 21, corresponds to the neck and throat. Gemini, the twins, May 21 to June 21, signifies arms and shoulders. Cancer, the crab, June 21 to July 21, breast and stomach. Leo, the lion, July 21 to August 22,

Continued....

spine and heart. Virgo, the virgin, August 22 to September 23, solar plexus and internal organs. Libra, the balance, September 23 to October 22, kidneys and lions. Scorpio, the scorpion, October 22 to November 21, organs of reproduction. Sagittarius, the archer, November 21 to December 21, hips and thighs. Capricorn, the goat, December 21 to January 21, the knees. Aquarius, the water bearer, January 21 to February 21, calves and ankles. Pisces, the fishes, February 21 to March 20, the feet.

It is very interesting to test these comparisons by collecting birthday information, as thereby much interesting and important confirmation of the general theory can easily be obtained. It is also instructive and entertaining to watch the blended characteristics of two, often very opposite signs, which is a conspicuous feature of many persons whose birthday occurs between the 20th and 23rd of any month, or, as astrologers say, "on a cusp." These blending of types often endow natives with extraordinary versatility, sometimes with embarrassing eccentricity.

In concluding this introduction, I would like to personally leave a thought that was left with me, and you might find as some benefit to yourself:

"The wheel of life,
changes with us on it;
until we learn,
how to soar above it!?"

Next week: we will begin to convey in order the first sign of the Zodiac.

Submitted by: J.D. Davis

"Man's wisdom is in no way subjugated, and is no one's slave; it has not renounced or surrendered its freedom. Therefore the stars must obey man and be subject to him, and not he to the stars. Even if he is a child of Saturn and if Saturn has overshadowed his birth, he can master Saturn and become a child of the sun."

Paracelsus

"There's not a pulse beat in the human frame which
Is not governed by the Heavens above us.
The blood, in all its ebb and flow, Is swayed by them as
certainly as are the restless tides of the salt sea
By the respendent Moon: and at thy birth, Thy Mother's eyes
gazed not more stead-fastly on thee
Than did the Stars that rule thy destiny."

Zolar

Submitted by: J.D. Davis



FRUIT DIET

All fruits contain acids which are necessary for the proper elimination of various toxins, poisonous acids, and other impurities

Natural acids are highly alkaline.

The value of a fruit diet cannot be over-estimated, especially in sickness, ill health, or whenever the body is filled with poisons. Germs cannot grow and live in fruit juices. Typhoid fever and cholera germs cannot resist the action of fruit juices such as lemon, orange, pineapple, strawberry, apple, and grapefruit. A fruit diet will disinfect the stomach and alimentary canal. Fresh fruits are more effective for this purpose than stewed fruits.

Citric, malic, tartaric acids are powerful germicides found in fruits. Malic Acid is found in pineapples, cherries, apples, quinces, pears, apricots, plums, peaches, currants, gooseberries, strawberries, raspberries, blackberries, elderberries, grapes, and tomatoes.

Citric acid is found in strawberries, red raspberries, cherries, red currants, cranberries, lemons, limes, grapefruit, and oranges.

Tartaric Acid is obtained from grapes and pineapples. Tartaric acid is important in treating all diseases of hyperacidity, such as lung diseases, sore throat, indigestion, etc.

Oxalic Acid is found in plums, tomatoes, rhubarb, sorrel, yellow dock, spinach, and is especially good for constipation and an inactive liver.

Lactic acid is found in buttermilk and clabber milk, also soybean buttermilk. It is good in treatment of fermentation, and putrefaction and in treating hardening of the arteries it is especially good.

It is better to use fruits uncooked. Never sweeten them with cane sugar.

A fruit diet is an excellent cure for chronic constipation, also for reducing. Fruit gives the body strength and energy. Fruits are solvents, and should always be abundantly used in an eliminating diet.

Fruit is an ideal food. It develops more slowly than other products, therefore, for a longer time receives the beneficial effects of the sunlight, and air.

Dates, raisins, and figs and many other dried fruits have become staple foods in civilized countries. Dates and raisins are high in natural sugar which is very easily assimilated. Figs both fresh and dried, especially Black Mission Figs, are rich in bone-building elements.

Submitted by: J.D. Davis

DIET

A true diet is not based on calories but on the organic elements that sustain and give life. Our most common and serious diseases are caused by wrong eating and drinking. This has been proven by numerous scientific experiments in recent years. Food is a substance which when absorbed by the blood stream will nourish, repair, and furnish life force and heat to the body, but if in its preparation and refining, the life-giving elements are taken away, it cannot furnish life force, but it will clog the functional activity of the body and will result in many disorders.

Many diseases are nature's effort to free our system from poisons and congestions resulting from wrong eating and drinking. But always when we assist nature to expel impurities and re-establish right conditions in the system, we can overcome diseases.

The whole nation needs more vitamins, better cooks, more care exercised in the preparation of our food, and less spacious hospitals.

Since Eve first surrendered to appetite, man has been growing more and

Continued.....

more self-indulgent, until health is being sacrificed on the altar of appetite. God gave our first parents the food he designed the human race to eat. Only after he had destroyed the world by flood did he give permission to eat of flesh foods as all vegetation was dead, but then only of clean animals as given in the Bible, Lev. 11: but animals foods are not the most healthful for man; recent scientific research and experiments have proven this beyond doubt. The diet given in the beginning did not include flesh meats.

LEARN HOW TO AVOID AND OVERCOME SICKNESS BY CORRECT EATING AND LIVING.

Oatmeal

The common oatmeal, which we can get in every grocery in the land, is a most wonderful food, but is not properly prepared by many and terribly abused by the majority of people. It is one of the finest foods for growing children that we have, but the way the oats are eaten many times spoils the real quality of the oats. When milk and sugar are put on the oats, it causes it to ferment in the stomach and thus you lose the benefit of the oats. There is a great misunderstanding with many of the people about the steel-cut oats and the finely flaked oats. There is not a hair's breadth difference in the steel-cut oats and the finely flaked oats as far as food value is concerned or the life-giving properties.

"The chemical analysis of rolled oats and steel-cut oats is identically the same, because quick-cooking rolled oats is nothing more than steel-cut oats run through heavy rolls revolving at a great rate of speed. We guarantee a minimum of 15 per cent protein, and a minimum of 7.5 per cent fat, a maximum of 1.9 per cent fiber, 66 per cent nitrogen free extract, and 77 per cent carbohydrate.

"Rolled oats is one of the few-if not the only one-cereal food that carries the germ of the grain, and that is important."

The above is quoted from a letter from G.M. Hidding, General Manager of the Purity Oats Co., of Keokuk, Iowa. May 27, 1936.

This is the analysis of the finely flaked oats: Water 7.8; Protein 16.1; Fat 7.3; Carbohydrates 68; Potassium 13.1; Sodium 3; Calcium 2.8; Magnesium 5.2; Iron .3; Phosphorus 18.2; Sulphur .3; Silicon 24; Chlorine 7; Fluorine; Iodine .01; Ash 2. The flake oats is so much easier handled by most of the people because it digest much quicker, and it takes much less time to cook. The steel-cut oats ought to cook at least four hours in a double boiler, while the finely flaked oats takes only three minutes—a great saving in fuel, and further a great saving to our old weak stomachs.

This article will be continued until next week.....

Submitted by: J.D. Davis



I

Memba' how I usta' catch da' 10:10 into da city,
and you would be dere when I arrive, smiling joyously.
Surela' you rememba'!!

II ★★★★★

Memba' how we stroll threw da' streets of harlem,
watching peeples, and peeples watching us, jealously...
dey seeing love, as we were.
Memba', surela' you do!!

★★★★★ III

We once, went to da' statue of liberty, and you wondered,
how many peepse died fa' her... and ask, if I would die for you.
and I replied, I 'ont know, which brought on a frown.
Rememba'

IV ★★★★★

We went to da' U.N. dat same day, I said, it was a shame;
to get in, we had ta' pay, and you said, nothing of any good in
life is ever free, not even me, it stuned me, but it was a beauti-
ful stunning,

And I rememba' dat real well!!

★★★★★ V

Memba' going to da' apollo, in da' middle of da' day,
da' Fifth Dimension were dere, crowd pleasing, and creating new
loves, for da' old loves, which was us, Mary
talkin' bout her one less bell, and how sad she was,
you den layed your head on my shoulder, asking: when will I move
to da' city, I said, I 'ont know, which brought on a nother frown.
Rememba'!!

VI ★★★★★

Memba' going to your place, and you telling me you had a selfish
dream, which was asking Allah for everything I had, body & soul...
so dat we would be as one, and I said dat wasn't selfish at all,
you said sure it was, cuz you were askin for what all women, of
all times sought. this brought out the meekness in me.
Surela' you rememba' dis, surely you do...

★★★★★ VII

There too, we ate, which was sumthin', left ova' from da' night
before, it was da' best I've ever ate.
which brought a peaceful smile to your face, which I love.
I rememba' dis well too!!

VIII ★★★★★

We made love, as de' ocean makes love to de' earth,
always bring forth rejuvenation, always a sense of unison & tears,
from me and from you, we realize then, why da' blue blue jay flew...
Rememba...

★★★★★ IX

Rememba' lyin dere reminisin about the plesures life had bestowed
upon us... a plesure it was to know it might not never end, and
tho' we lived far apart which is what you said; and I said; we're
closer, than cloae, deep down in our hearts,
and passion ova'whelm us once more.....

Surely you recall

★★★★★ The joy of remembering it all... ★★★★★

Entry August 22

As the world gathers momentum toward nihilation
on all fronts — we walk apart,
each to his own lonely end ... not hand in hand as lovers walk.
Yet I would enter time's infinite pages more happily with you
than in the company of Christs and Dantes — comets and constellations!
Darling ... before the distance widens beyond reach and sight —
look this way, give me your hand — that the stars may say of us:
The last we saw of them was when they kissed,
then beautifully naked walked as if into a sea of bright blue water —
leaving their bodies like old clothes upon the shore.

Entry August 27

The white full moon like a great beautiful whore
solicits over the city, eggs the lovers on —
the haves ... walking in twos to their beds and to their mating.

I walk alone. Slowly. No hurry. Nobody's waiting.
My love who loved me (she said) is gone. My love is gone.

And I walk alone. It's good night time... the haves are everywhere,
in parked cars and passing taxis —
the still, abstracted figures pressed against walls and niched
in dark doorways... each tow arm-hooped into one body rigid with joy.

A lighted window holds me like high voltage. I see...
cupped in the bed's white palm, the haves — O she is beautiful, her
breasts

are white dogwood and her thighs
barked poplars growing out of the dark-matted jungle of her crotch.

He is kissing her, interminably her mouth... and one by one each breast
is carried to the lips with tender violence.

Now he lays his hand to her secret body. Her frantic thighs invite
invasion. He covers her, enters... turns god — and my eyelids falls.

Entry August 29

It was like something done in fever, when nothing fits,
mind into mind nor body into body... when nothing
meets or equals — when dimensions lie and perceptions go haywire.

With what an alien sense my fingers curved about her breasts
and searched the tangled dark where love lay hiding!

I closed my eyes better to imagine you —
but the rehearsed body would not ratify the mind's deception.

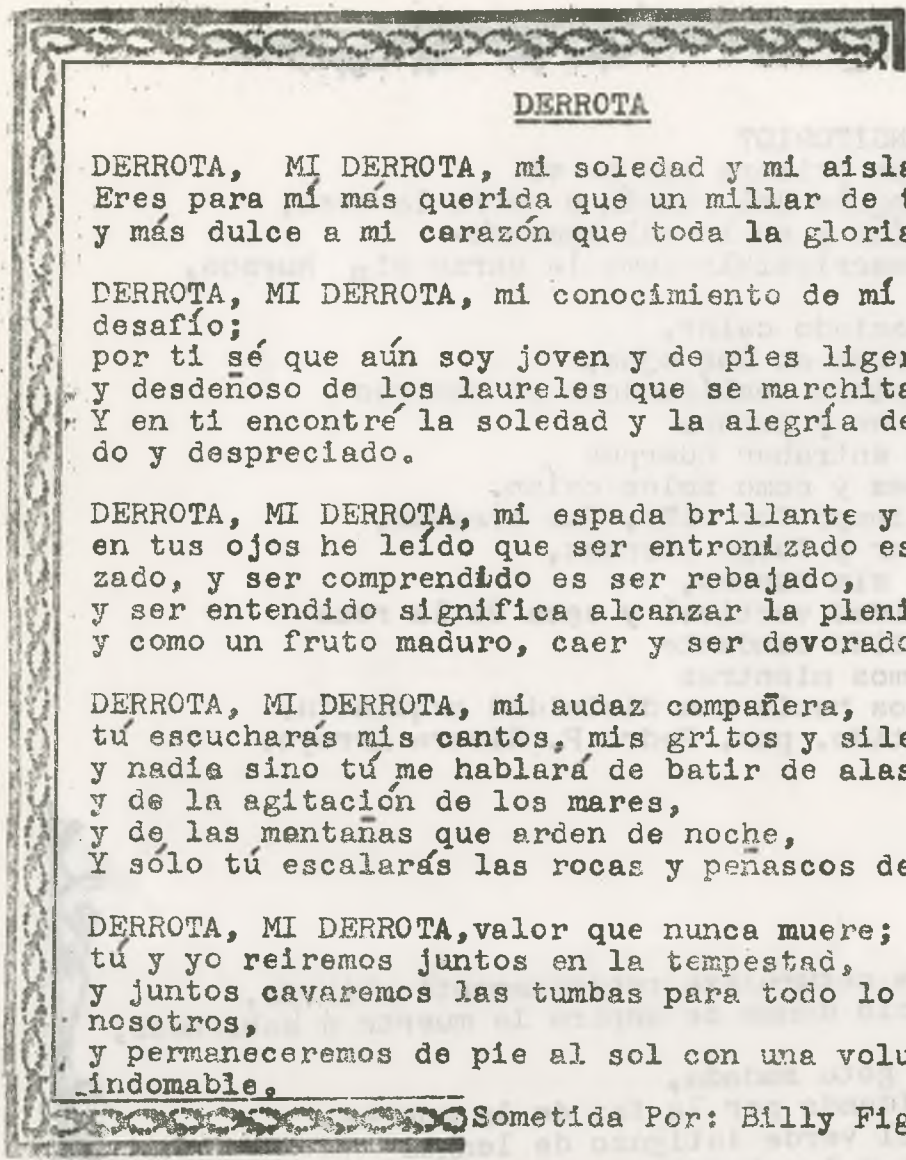
The kisses of her mouth, the rhythm natural to love — and the exciting
musk with which love haloes itself... these thwarted my imagination.
Her love, too, was centered and intent,

it did not reach her eyes and forehead, or light her throat
as your love did —

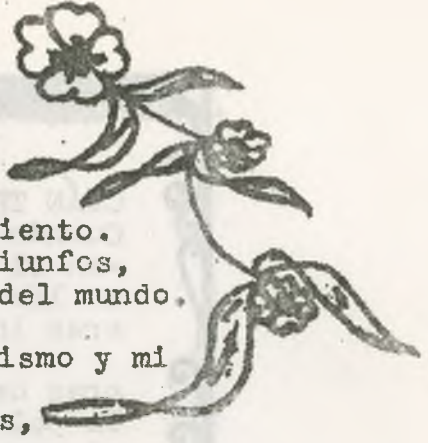
it did not fill the room... or spread all over the ceiling of the sky.
It did not span the years and miles and hold hands with beast and God.

Nor did her thighs rise with that splendid grade I stroked from memory.

Her body met me unlike your body
and I entered the heaven of her uneasily... and could not stay —
for my heart being yours released no blood to make ready for love.



DERROTA



DERROTA, MI DERROTA, mi soledad y mi aislamiento.
Eres para mí más querida que un millar de triunfos,
y más dulce a mi corazón que toda la gloria del mundo.

DERROTA, MI DERROTA, mi conocimiento de mí mismo y mi desafío;
por tí sé que aún soy joven y de pies ligeros,
y desdenoso de los laureles que se marchitan.
Y en tí encontré la soledad y la alegría de ser ignorado y despreciado.

DERROTA, MI DERROTA, mi espada brillante y mi escudo;
en tus ojos he leído que ser entronizado es ser esclavizado,
y ser comprendido es ser rebajado,
y ser entendido significa alcanzar la plenitud,
y como un fruto maduro, caer y ser devorado.

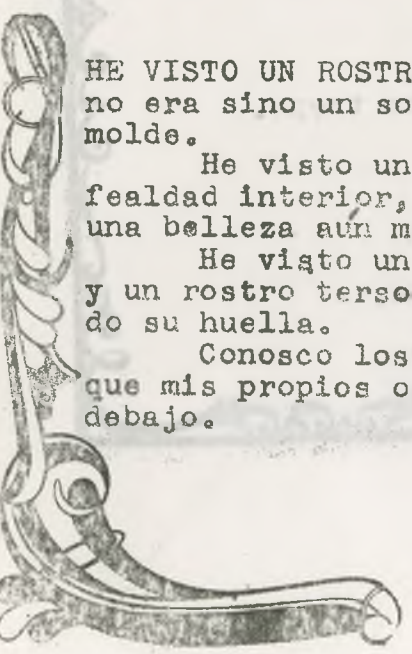
DERROTA, MI DERROTA, mi audaz compañera,
tú escucharás mis cantos, mis gritos y silencios,
y nadie sino tú me hablará de batir de alas,
y de la agitación de los mares,
y de las montañas que arden de noche,
Y sólo tú escalarás las rocas y peñascos de mi alma.

DERROTA, MI DERROTA, valor que nunca muere;
tú y yo reiremos juntos en la tempestad,
y juntos cavaremos las tumbas para todo lo que muere en nosotros,
y permaneceremos de pie al sol con una voluntad indomable.

Sometida Por: Billy Figueroa



ROSTROS



HE VISTO UN ROSTRO con mil semblantes, y un rostro que no era sino un solo semblante, como si estuviera en un molde.

He visto un rostro cuyo resplandor no oculta su fealdad interior, y un rostro cuyo resplandor escondía una belleza aún más espléndida.

He visto un rostro viejo con arrugas inexpresivas, y un rostro terso en el que todas las cosas habían dejado su huella.

Conosco los rostros porque miro a través de la tela que mis propios ojos tejen, y busco la realidad que hay debajo.

Sometida Por: Billy Figueroa



CUÁN TRANSITORIO?

Cuando por primera vez te vi
-en el ángulo del rincón o sobre la mesa,
en los ríos y en la sal inmensa-
eras indescriptible como la carne sin huesos,

eras demasiado calor,
la polvareda en los ojos,
el precipicio deslizándose en sombras
entre pecho y pecho.
Hacia ti entraban cuerpos
como soles y como soles caían.
Mas el tiempo fue niño, fue creador.
Creó calor y fuego eternos,
la carne sin huesos,
la eternidad vertical y seca de la roca
en el latido candente
que pisamos mientras
montábamos hacia una divinidad exquisita.

Sometido. por, Pedro P. Rivera Arroyo.

Materia.

Encontramos la naturaleza recientemente abierta,
adentramos hacia donde se aspira la muerte a sabiendas,
pactamos.

Escuchamos la gota sudada,
plomosa, trepidando por la faz de la muerte
muerta, como el verde latigazo de lengua
sobre la carne y los huesos.

Sabemos que, a sangre fría,
con la carne de puntas.

la muerte es un susto en la encrucijada.

La verticalidad filosa, delgada de tu ser trepa.

Progresión del tiempo son los latidos.

Eres risa acuosa, esparcida,
substancia estable,

donde converge la fuerza

como brechas de la frente

que se alargan y espesan como la escarcha.

El tiempo pasa. El tiempo pasa.

Sometido, POR, Pedro P. Rivera Arroyo.

***** 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.



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

WORD FUN
WHAT KIND OF FRIEND?

- | | |
|-------------|--------------|
| BOSOM | LOYAL |
| DEAR | MERRY |
| DEVOTED | OBLIGING |
| DISTANT | POWERFUL |
| FAMILY | SOLID |
| FIRM | STAUNCH |
| GOOD | SWEET |
| INFLUENTIAL | TRUE |
| INTIMATE | VALUED |
| LASTING | WARM |
| LIFE-LONG | WELL-MEANING |
| LOVING | WONDERFUL |

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

WORD FUN
FRIENDLY PERSUASION

- | | |
|--------------|-----------|
| ALLURE | INVEIGLE |
| ASSURE | LEAD |
| BRING AROUND | MOVE |
| CAJOLE | PERSUADE |
| CONVINCE | PREVAIL |
| ENTICE | UPON |
| HEEL | SATISFY |
| IMPEL | SEDUCTIVE |
| INCLINE | TALK TO |
| INFLUENCE | WHEELLE |
| | WIN OVER |

When a man has died as a human being he becomes just like a snake biting the dust. He does not require physical life anymore for his body. He does not go looking for eggs, vegetables, or meat when he wants food, he goes looking for dry dust. This is the condition that materialistic people fall into. They get so far away from human understanding, that they do not identify human beings with the wealth that they are going after. That kind of snake-life (that kind of mind) in the world ends up going from one curse to another curse.

The snake (the subtle part of the mind of man) will deviate, skate around the truth, sidewind and it will speak with two tongues-telling a lie out of one side of its mouth, and the truth out of the other side. It will just speak the truth to attract you to accept a lie. That kind of mind brings more and more curses upon itself.

Jesus fasted for a long time but the biggest test of his fast was Satan's test. It was the same kind of test that the disbelievers put to Moses. The disbelieving people, symbolized in the Book (Bible) as Satan, told Jesus if he really trusted in a God that could bring about anything He desired, that he (Jesus) should throw himself off of the pinnacle of the temple. What would that have proven? Even if Jesus had thrown his physical body off the top of the building, what force did his physical have but that force that He gave to it. The miracle is not in the physical. If Jesus had thrown his physical body off the rooftop, it would have been just like throwing a lifeless body off the building. It could not have brought itself back up. The physical body has to obey the mind because the mind is superior to the body. The prophet Jesus was tempted by Satan to destroy the body that he needed as a medium. He needed the physical body as a medium for conveying his mind to other physical bodies so that their bodies could also be used as mediums and so that their minds could also be reached.

He would not throw away the only medium through which he could speak to the world. The physical body was his home (the home of his inner being) and he knew it.

No matter how much power God has. He is not going to use that power to come to the rescue of a person who commits a foolish act with his eyes open. Jesus eyes were open and he knew where the presence of God's power was located. He knew that the body did not have any power to bring itself back up against gravity before hitting the ground, so he would not let the disbelievers (described as Satan) deceive him. The symbolic person (Satan) who tempted Jesus was not a spook or a spirit, but the spirit in that person or persons was the spirit of a rebellious devil.

Written by: Qa'lam Hujurat Shabazz
Submitted by: Lawrence Sistrunk
American Muslim Mission Congregation
C.C.I. Ebfield

Mirror of Your Mind

by JOHN CONWELL

Do good drivers ignore close calls?



NO; they say a little prayer of thanks as they vow to be a little more alert. In addition, the concerned driver, when he has a near accident, will review the case to see if he was at fault, of course. But more than that, he will go back over his recent experience cases if he has had any other close calls. Perhaps there is a pattern of near-accidents that indicates he is not the driver he thinks he is.

Can retirement improve one's looks?



YES. Almost every person who retires hears his ex-fellow workers remark how wonderful "you look since you left this salt mine." It is not just the relaxation of stress and tension that does it, either. Frequently a person may have an unconscious dislike for his job, even though he may have himself convinced he enjoys it. Once he has retired, though, he may look better because he no longer has a dislike that must be kept suppressed.

NO; although all married couples will have their moments of wondering if they are becoming too settled in their ways. Wait till they come back from a vacation, though. No matter how enjoyable the trip, no matter how they dread the idea of getting back into their routine, most average couples will swing open the door of their house, apartment, or whatever, and say: "Ah, it's good to be back home."

Do all old people need nursing homes?



NO. Unfortunately, however, old people who are isolated from relatives and helpful neighbors have no choice, said Robert Huber, of the Institute of Gerontology, a joint unit of Wayne University and the University of Michigan. Most old people prefer to stay in their own homes, especially if they have stable heart conditions or other disabilities which don't require hospitalization. But then, it would be up to one to look after them.

Is an egotist just kidding himself?



YES to say as he is concerned. Those who know the egotist may think he is deluding himself in believing he is No. 1, but he has sold himself on that idea. He may have had doubts in the beginning when he first started to think he was "the greatest"—perhaps he needed to build himself up to offset a fear of being hurt. Now, though, he is completely sold on the idea and enjoys his supreme self-confidence.

Does routine scare happy couples?





MOVIES FOR THIS WEEK

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"First Attraction"

BLONDES IN BLACK LEATHER
(R)-----93 MINS

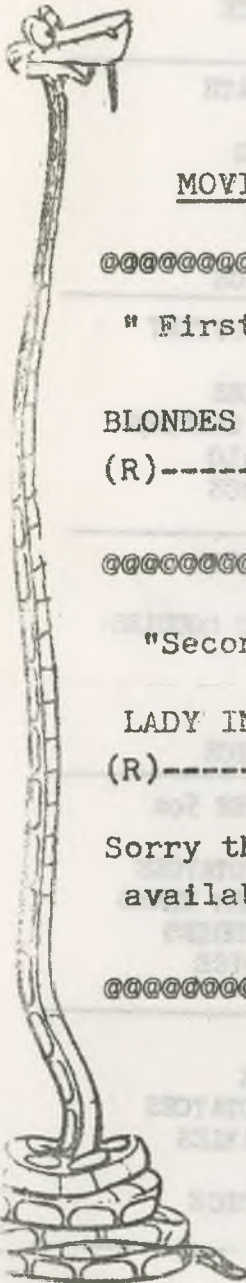
oo

"Second ATTRACTION"

LADY IN RED
(R)-----93 MINS

Sorry there was no information available.

oo



DIVIDE AND COUNT

Two diagonal lines divide this square into four equilateral triangles, each containing a number of various sized sections. Can you see which triangle contains the most sections and which one contains the least?



FALL AND WINTER CYCLE #4 (1980, 1981)

USE WEEKS OF: 26 Oct. 80, 23 Nov. 80, 21 Dec. 80, 18 Jan. 81, 15 Feb. 81, 15 March

	BREAKFAST	DINNER	SUPPER
S U N	BLENDED JUICE BREAKFAST PASTRY HOT AND GOLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	BAKED CHICKEN GRAVY MASHED POTATCES BUTTERED PEAS CRANBERRY SAUCE ICE CREAM BEVERAGE CHOICE	*BREADED PORK CUTLET BROWN GRAVY POTATOES, O'BRIEN BEET AND ONION SALAD PEACH BETTY BEVERAGE CHOICE
M O N	TOMATO JUICE FRENCH TOAST MAPLE SYRUP COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	BEEF PATTY 5oz FRENCH FRIED POTATOES MIXED VEGETABLES CATSUP CHILLED FRUIT COCKTAIL BEVERAGE CHOICE	TUNA SALAD PLATE SOUP MACARONI SALAD COLE SLAW CELERY STIGHS PASTRY-CAKE BEVERAGE CHOICE
T U E S	GRAPEFRUIT SECTIONS BREAKFAST PASTRY HOT AND COLD CEREAL COFFEE AND MILK BREAD AND OLEO SUGAR	*ITALIAN SAUSAGE SHELLS w/TOMATO SAUCE GRATED PARMESAN CHEESE ANTIPASTO SALAD FRENCH DRESSING PASTRY-CAKE BEVERAGE CHOICE	BREADED VEAL CUTLET BROWN GRAVY MASHED POTATOES GLAZED FRESH CARROTS RASPBERRY JELLO BEVERAGE CHOICE
W E D	FRESH FRUIT FRIED EGGS TOAST GOLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	BAKED CHICKEN WHITE GRAVY BOILED POTATOES CORN O'BRIEN ICE CREAM BEVERAGE CHOICE	SHRIMP CHOW MEIN SOY/SAUCE CHINESE DRIED NOODLES STEAMED RICE WAX BEANS PASTRY-CAKE BEVERAGE CHOICE
T H U R S	ORANGE JUICE BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	*COLD HAM GRINDERS MUSTARD POTATO SALAD COTTAGE CHEESE TOSSED SALAD CHILLED PEACHES BEVERAGE CHOICE	*CHEESE WHOPPER 5oz CATSUP HASH BROWN POTATOES BUTTERED GREEN BEANS CHOCOLATE PUDDING BEVERAGE CHOICE
F R I	GRAPEFRUIT JUICE PANCAKES MAPLE SYRUP COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	CHILI CON CARNE SOUP STEAMED RICE HOT CORN BREAD COLE SLAW ICE CREAM BEVERAGE CHOICE	FRIED FISH TARTAR SAUCE PAN FRIED POTATOES MIXED VEGETABLES PASTRY-CAKE BEVERAGE CHOICE
S A T	FRESH FRUIT BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	SALTSURY STEAK GRAVY POTATOES O'BRIEN BUTTERED PEAS CATSUP FRUIT JELLO BEVERAGE CHOICE	*HOT DOGS SOUP OVEN BAKED BEANS FRIED CABBAGE MUSTARD AND CATSUP CHILLED PEACHES BEVERAGE CHOICE

(*) ASTERICK INDICATES A PORK OR PORK PRODUCT
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
MILK, COFFEE, SUGAR, BREAD AND OLEO WITH EVERY MEAL