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# THE NEW VIEW

**VOL. 20**

**NO. 45**

*November 21 1980*

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# STATE OF CONNECTICUT

## DEPARTMENT OF CORRECTION



JOHN R. MANSON  
COMMISSIONER



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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.

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

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# NOTICES

## NOTES...FROM THE LIBRARY

A documentary about the first man-powered flight engineered by Dr. Paul MacReady and his sons will be shown on Nov. 27, 1980 at 6:15 pm in the classroom area. The film is entitled THE FLIGHT OF THE GOSSAMER CONDOR. The Gossamer now hangs in the Smithsonian in Washington near Lindberg's plane. This film is both exciting and absorbing, won Oscar in 1978 for best Short.

The library is in the process of ordering new books, magazines, and filmstrips. Since money is limited I want to get items of Quality which will at the same time be popular and useful. Nothing is worse than to purchase a "good" book which sits on the shelf. One of the best ways for me to know what you want to see in the library is for you to tell me. You all know what your interests are far better than I do. To facilitate your input I'm going to put a suggestion box in the library. Just jot down on a piece of paper any specific titles or subjects you'd like to have available here. I can't promise to satisfy everyone but your opinions will definitely be considered. The library will be open on Thanksgiving Day between 1:00 - 3:00 p.m. only. Please plan your schedule accordingly.

Paul Carnes  
Librarian

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## HELP WANTED

One(1) clerk wanted for Industries Office. Typing experience required. Must be good with figures. 20¢ to 50¢ per hour.

REPLY TO: MR. LEMP, INDUSTRIES  
BY: DECEMBER 3, 1980

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## \*\*\* ATTENTION \*\*\*

THERE IS A PENDING VICKS STUDY SCHEDULED FOR THE NEAR FUTURE. SIGN-UP will be held in the hospital area on the following times and dates ONLY: 22 November 1980, following the morning cleared count, and 23 November 1980, also following the morning cleared count. Sign-Up will be held for one hour only on each day. YOU WILL NOT BE ELIGIBLE IF YOU HAVE RECEIVED A DISCIPLINARY REPORT WITHIN THE Last SIX(6) MONTHS. YOU will not be eligible if you have a history of alcoholism, and/or hepatitis. The testing period will last approximately sixteen days; the selected participants will be paid seventy-five dollars.

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## VARSITY BASKETBALL TRY-OUTS

Effective Monday, Nov. 24, 1980., the "Gymnasium" will be utilized for the "Varsity Basketball Try-Outs" on the following nights. MONDAY, WEDNESDAY, FRIDAY, between the hours of 6:00 to 7:00 p.m. Practice starts promptly at 6:00 so bring your own sneakers.

E.A. Doherty

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## COMMISSARY NOTICE

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

ALL MONEY TO BE SENT OUT MUST BE IN THE COMMISSARY BY WEDNESDAY NOON.  
MR. GIBEAU, COMM. SOPV.

## INSTITUCION CORRECCIONAL DE CONNECTICUT, ENFIELD

TODOS LOS RECLUDOS DEBEN ENVIAR ESTE AVISO EN SUS CARTAS A TODAS AQUELLAS PERSONAS QUE ESTEN APROBADAS EN SU LISTA DE VISITAS.

Los paquetes de Navidad pueden ser enviados por correo o entregados en la visitas regulares a los reclusos confinados en C.C.I., Enfield, por los familiares y amigos que esten en su LISTA DE VISITANTES APROBADOS, desde Noviembre 28, 1980, hasta Enero 2, 1981, sujetos a las siguientes regulaciones:

1. Habra el limite de un paquete para cada recluso, de la persona que aprobada en su lista de visitas.
2. Todos los paquetes deben tener la informacion abajo senalada CLARAMENTE escrita, y el nombre y direccion completo de la persona que lo envia.

EJEMPLO: NOMBRE Y NUMERO  
P.O. BOX G  
ENFIELD, CONNECTICUT 06082

3. Todos los paquetes estan sujetos a inspeccion y los articulos que no esten autorizados o cantidades en exceso, seran devueltas a la persona que las envia y el costo del mismo pagado por el recluso o tambien pueden ser donadas a una institucion caritativa.
4. Gallenticas, dulces, biscochos hechos en la casa, asi como otros articulos tambien hechos en la casa, NO SERAN PERMITIDOS.
5. Articulos sellados en latas de metal NO SERAN APROBADOS.
6. Los articulos pueden ser enviados en envases de vidrio. Sin embargo, estos envases no deben exceder la medida "un cuarto" ( $\frac{1}{4}$ ) y deben mostrar la etiqueta comercial del fabricante. (Articulos hechos en la casa y envasados en frascos de cristal, NO SERAN APROBADOS).
7. Los siguientes articulos abajo senalados seran aprobados como paquetes de Christmas o regalos y ningun otro articulo de otra naturaleza sera aceptado.

### A L I M E N T O S

Galletas, rositas de maiz, papitas fritas, maiz frito, quesos variados, terron de azucar, mantequilla de mani, marshmallow, compotas, jaleas, caramelos, galleticas de dulce, queso, pepinillos, encurtidos, frascos de pimientos, salchichas picantes, (excepto salchichas asadas), coctel de camarones (cantidades limitadas), aceitunas, nueces sin cascara, cafe instantaneo, creme de leche (u otro sustituto de creme de leche), todas salsas instantaneas, por ejemplo: Tang, Kool-Aid, Te, cocoa, so pas,

instand breakfast, y biscochos comerciales, biscochos comerciales, Carnes no estan permitidas, excepto Pepperoni (mortadella) Slim Jims (salchichita patitas de cerdo en vinagre, salchiachas en vinagre y arencas en vinagre.

Solamente frutas frescas seran permitidas; frutas secas o azucardas no seran permitidas.

### T A B A C O

Cigarros, cigarrillos y tabaco para pipas en cantidades razonables.

### R O P A S

Sweaters (no sombrero) con zippers o botones al frente, (solamente en colores oscuros o blancas), pijamas, chancletas, guantes, medias, (solamente en colores oscuros o blanco) y zapatos tennis (sneakers), zapatos. (los zapatos deben ser de un solo color, negros o marrones con suela de goma que las hebillas no sean largas). Los zapatos no deben ser de mas de seis pulgadas de altura, medidos de arriba hacia el tacon. Los tacones altos en exceso no seran permitidos.

NOTA: Todos los zapatos deben ser enviados por correo per la tienda donde fueron comprados.

### A R T I C U L O S   D E   M I S C E L A N E A S

Papel de escribir (no sobres). Navajas de seguridad y navajas (doble filo) y Wilkinson, navajas solamente. Afeitadoras electricas (operadas por baterias NO SERAN ACETADAS). Relojes seran aceptados si su valor no excede mas de \$50.00. (Relojes con alarma, NO SERAN ACEPTADOS).

### D I N E R O

Personas aprobadas en la lista de visitas, pueden enviar cantidades razonables de dinero en la forma de Money Orders (Giro Postal), Cheques Certificados, Money Orders Comerciales. Cheques personales no seran aceptados.

NOTA: Todos los articulos que puedan danarse deben ser consumidos para Enero 31, 1980. Se sugiere que estos articulos sean enviados en cantidades razonables. Su asistencia y cooperacion en las regulaciones mencionadas, nos permitiran repartir sus regalos sin ninguna tardanza.

M. L. Tozier  
Asst. Superintendent

NOTICE

THANKSGIVING HOLIDAY PHONE CALLS

Starting November 25, 1980, and continuing through November 27, 1980, all inmates at C.C.I., Enfield will be allowed to make one (1) telephone call to one (1) member of their immediate family. All calls will be limited to five (5) minutes or less in order to allow an equal opportunity for each inmate to complete his call. Each inmate must furnish the telephone number of the relative he desires to speak with. Phone calls will be made station-to-station and all calls will be collect calls. All phone calls will be made in the presence of a staff member. Phone calls can be made in the evening of November 25th and 26th, between the hours of 6 p.m. and 8:30 p.m., or you may call on Thanksgiving Day, November 27, 1980, between the hours of 8:30 a.m. and 11:30 a.m. or between 1 p.m. and 3 p.m.

Please fill in the form below and send it to Mr. G. Taylor, Counselor Sup

<u>INMATE NAME</u>		<u>INMATE NUMBER</u>	
<u>RELATIVE'S NAME</u>	<u>RELATIONSHIP</u>	<u>PHONE NUMBER</u>	
<u>STREET ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	
<u>DATE REQUESTED FOR CALL</u>	<u>TIME REQUESTED FOR CALL</u>		
<u>ALTERNATIVE DATE AND TIME REQUESTED FOR CALL</u>			
<u>INMATE SIGNATURE</u>			

THE DEADLINE FOR SUBMITTING YOUR REQUEST IS NOVEMBER 21, 1980

AVISO

AVISO

AVISO

LLAMADAS POR TELEFONO EL DIA DE THANKSGIVING

Empezando en Noviembre 25, 1980, hasta Noviembre 27, 1980, todos los reclusos en C.C.I., Enfield, tendran el privilegio de concederles hacer una (1) llamada por telefono a una (1) persona que sea el familiar mas cercano. Todas las llamadas seran limitadas a cinco (5) minutos o menos, para asi darles la oportunidad a todos los reclusos de hacer sus llamadas. Toda llamada sera hecha en presencia de un miembro del personal de la prision. Cada recluso debe suministrar el numero de telefono de la persona con le cual desea hablar. Todas las llamadas seran directas y pagadas por la persona que la reciba. Las llamadas seran hechas en las noches de Noviembre 25, y 26, 1980 entre las horas de 6 p.m. y 8:30 p.m., o ustedes pueden llamar el dia de Thanksgiving, Noviembre 27, 1980, entre las 8:30 a.m. y 11:30 a.m. o al medio dia entre 1 p.m. y 3 p.m. Favor de llenar este modelo abajo y enviarlo al Sr. G. Taylor, Supervisor de Consejeros.

\_\_\_\_\_  
NOMBRE DEL RECLUSO

\_\_\_\_\_  
NUMERO DEL RECLUSO

\_\_\_\_\_  
NOMBRE DEL FAMILIAR

\_\_\_\_\_  
PARENTESCO

\_\_\_\_\_  
TELF: NO.

\_\_\_\_\_  
DIRECCION

\_\_\_\_\_  
CIUDAD

\_\_\_\_\_  
ESTADO

\_\_\_\_\_  
DIA QUE DESEA HACER LA LLAMADA

\_\_\_\_\_  
TIEMPO DESEA HABLAR

\_\_\_\_\_  
OTRA FECHA Y TIEMPO DE LA LLAMADA

\_\_\_\_\_  
FIRMA DEL RECLUSO

ES ULTIMO DIA PARA ENVIAR SU PETICION ES NOVIEMBRE 21, 1980



### THE POWER OF DESIRE

In the first place, one must think carefully over the tasks that he wishes to accomplish, then, using his judgement carefully, judicially and impartially-impersonally so far as possible-he must take mental stock of himself and see in what points he is deficient, so far as the successful accomplishment of the task is concerned. Then let him analyze the task before him, in detail, separating the matter into as many clear defined divisions as possible, so that he may be able to see the Thing as It Is, in detail as well as its entirety. Then let him take a similar inventory of the things which seem necessary for the accomplishment of the task-not the details that will arise only as the work progresses, day by day-but the general things which must be done in order that the task be brought to a successful conclusion. Then having stock of the task, the nature of the undertaking, and one's own qualifications and short comings-then Begin to Create Desire, according to the following plan:

The first step in the Creation of Desire is that of the forming of a clear, vital Mental Image of the qualities, things and details of the undertaking, as well as of the Completed Whole. By a Mental Image we mean a clear-cut, distinct mental picture in the Imagination of the things just named. Now, do not turn away with an impatient motion at the mention of the word Imagination. That is another word that you have only a mistaken idea of. Imagination means far more than the mere idle, fanciful use of that part of the mind that is believed by people to be "all there is to it." It isn't all, by a long way-in fact, the fanciful part may be said to be merely a shadow of the real Imaginative effort. Imagination is a real thing-it is a faculty of the mind by which it creates a matrix, mould, or pattern of things which the trained Will and Desire afterward materializes into objective reality. There has been nothing created by the hands and mind of man which did not have its first origin in the Imagination of some one. Imagination is the first step in Creation-whether of worlds or trifles. The mental pattern must always precede the material form. And so it is in the Creation of Desire. Before you can Create a Desire you must have a clear Mental Image of what you need to Desire.

You will find that this task of creating a Mental Image is a little harder than you had expected at the start. You will find it hard to form even a faint mental picture of that which you need. But be not discouraged, and persevere, for in this, as everything else, practice makes perfect. Each time you try to form the Mental Image it will appear a little clearer and more distinct, and the details will come into a little more prominence. Do not tire yourself at first, but lay aside the task until later in the day, or tomorrow. But practice and persevere and you will soon be able to SEE mentally the things you need, just as clearly as a memory picture of something you have already seen. We shall have more to say on this subject of Mental Imagery and Imagination in subsequent lessons.

Then, after having acquired the clear Mental Image of the things you wish to Desire, and thus attain, cultivate the focusing of the Attention upon these things. The word attention is derived from the Latin word "Attendere," meaning "to stretch forth," the original idea being that in Attention the mind was "stretched forth," or "extended" toward the object of attention, and

Continued.....

this is the correct idea for that is the way the mind operates in the matter. Keep the ideas before your attention as much as possible, so that the mind may take a firm grasp upon them, and make them a part of itself-by doing this you firmly impress the ideas upon the wax tablet of the mind.

Thus having fixed the idea clearly in your mind by means of the Imagination and Attention, until, as we have said, it becomes a fixture there, begin to cultivate an ardent DESIRE, LONGING, CRAVING DEMAND for the materialization of the things. Demand that you grow the qualities necessary for the task-Demand that your mental pictures materialize-Demand that the details be manifested as well as the Whole, making allowance for the "something better" which will surely arise to take the place of the original details, as you proceed-the Inner Consciousness will attend to these things for you.

Then Desire firmly, confident, and earnestly. Be not half-hearted in your demands and desires-claim and demand the WHOLE THING, and feel confident that it will work out into material objectivity and reality. Think of it, dream of it, and always LONG for it-you must learn to want it the worst way-learn to "want it hard enough." You can attain and obtain many things by "wanting them hard enough"-the trouble is with most of us that we do not want things hard enough-we mistake vague cravings and wishes for earnest, longing, demanding Desire and Want. Get to Desire and Demand the Thing just as you demand and Desire your daily meals. That is "wanting it the worst way." This is merely a hint-surely you can supply the rest, if you are in earnest, and "want it hard enough."

Submitted by: Moses Hargrove 3rd



Continued from "Death Penalty Resumes", last week

Connecticut's death panalty, while on the books, was declared unconstitutional last year by the Supreme Court which ruled there could be no restriction on the number of mitigating facts when considering a sentence. The new legislation lifts the previous seven mitigating factors allowing more latitude for consideration by a judge and jury.

Multiple killings and rape-murder have been added to the list of crimes punishable by death in Connecticut. These offenses must have occurred after Wednesday to receive the ultimate sentence. Previously listed capital crimes committed prior to Wednesday can be prosecuted with the death penalty as the eventual sentence. These include the 1979 shooting deaths of three Puralator Security guards who were gunned down during a robbery.

The killings fall within the new multiple killing category, but will be tried on the capital offense, killing a law enforcement officer. One of the three slain guards was an off duty Hartford police officer working on an authorized part-time job. Because of the nature of their work, security guard, the deaths of all three men are within the same category.

The three men were ambushed by Wallingford residents, Donald Couture, 26, and his wife, Donna, 23, and Evelyn Vega, 26, and Lawrence Pelletier, 36, both of Waterbury (it is alleged).

"I'm very much in favor of the legislation enacted, the modification of the law," said New London State's Attorney C. Robert Satti, saying the death penalty is justified for many crimes which are committed.

The sale of cocaine, heroin, or methadone to a person who later dies as a result of using the narcotic substance; killing for hire; killing by a person previously convicted of murder; killing a person, in prison, who is already under a life sentence; and killing a kidnapping victim complete the list of crimes punishable by death in Connecticut.

New England states with a death penalty include New Hampshire, Vermont and Connecticut an Massachusetts. Maine, Rhode Island have no death penalty, said Don Parker, research analyst at the office of the Commisioners of Corrections.

This article was taken from The Norwich Bulletin.

Submitted by: Reggie Hill

ENTRY OCTOBER 15

Everyone is sleeping. Nothing wakes. The woods are motionless. The wind is down to a whisper. Sleep hums like current - yes, audibly - through the bright steel night.

The evening star rises like a flaming wick. Hills fit into hills like lovers, their great dark straddling thighs clasping still greater darkness where they meet. A star breaks, arcs down the night - like God striking a match across the cathedral ceiling.

Therefore I wish: see my lips move - making your name. It is so still, so still. I am sure that you must hear me -

Submitted by: Billy Figueroa

( Continued from last week )

**\*\* THE ELK TRAPPERS \*\***

Submitted by: J. Yoo

Wally rammed a pole through the chute behind her to keep her from backing out and Mort slid another pole across the chute above her to keep her from jumping while the various paraphernalia were attached. "Are you sure she can't get out of there?" I yelled at Mort, who was about to attach a bright orange collar to the elk. "No way," Mort shouted back. "These poles are 6 inches through. Take an elephant to break one of them. I told you this was going to be boring." KerrraaCK! The elk had just snapped the pole that crossed the chute above her. Then, like a four-legged mountain climber, she went up the ten foot high wall of the chute, where she bashed another pole in two with her head, making an opening about the size of a basketball. "She's getting out!" I yelled. "No way," Mort said, calmly. "That hole is too small for her to get ..."

Before he had finished the sentence, the elk had wriggled through the hole and was plummeting toward us! Even as the shadow of the descending elk expanded around us, I switched the camera to ON. This was my chance! For ten seconds, chaos reigned. First, the elk was on Mort and Wally. Then Mort and Wally were on the elk and the elk was on me. Wally went by with the elk after him and Mort after the elk. I was going up a tree and the elk was coming down. In the billowing dust, I caught glimpses of hands and hooves and haunches and hanks of hair, some of which were my own. There were shouts and bellows and grunts and groans; there were curses that must have stunted the growth of trees. Then the cow got her bearings and set a straight course for the Continental Divide, leaving me on my back in dust, Wally perched on top of the elk trap, and Mort wearing the orange collar. And I had it all on film! "Geez!" Hat said as we previewed my film back at the station. "What was that bit there?"

"That round thing that shot past? I think it was close-up of a dustcoated eyeball. Now this blur here is where I jumped over a log. That odd shape that flashed by was Mort with the elk on his shoulders! This is a great shot of some dust and blue sky. And here ..." I glanced at Hat, who was studying me thoughtfully, probably wondering how he could ever have so misjudged my talent as a television reporter. "You know something?" he said. "What't that?" I said.

"Five years isn't all that long. And besides, I could use the rest." \*\*\*



\*\*\* YESTERDAY'S DREAMS \*\*\*

Being in prison I know what it means-It means I am with  
"Yesterday's Dreams".  
Tomorrow will come I have no fear, but just like today  
I'll still be here.

My parole date is not too far away, but will I make it,  
and what will they say.  
"Come back in six months", I know what that means-  
They're right back at me those "Yesterday Dreams".

I remember yesterday when I was free- To hang in the  
bars till they closed at three.  
But it wasn't enough and I played my game, one that would  
bring me both fortune and fame.

But the fortune and fame wasn't meant for me, and now  
I'm locked up as you can see.  
Now that I look back I know what it means-  
It means I am left with those "Yesterday's Dreams".

MY hopes for tomorrow seems just out of reach, because  
there's a lesson that the law wants to teach-  
That's to be good and keep my nose very clean, or else  
I'll be left with "Yesterdays Dreams".

If I make parole and get out, I will go straight without  
a doubt.  
But until it comes, I'm left with those dreams, of days  
long pass, you know what I mean.



Written by: Wicked Jemal

Submitted by: Bob Rawlings

ENTRY SEPTEMBER 12

When all the poems on the theme have been written and  
all the night and day dreams dreamt, without prophecy or  
fulfilment. When hope sustains us no longer -  
nor being drunk or therapeutically in love keeps us from  
remembering.

When our new interests, our richer lives ... require  
quotes to qualify their meanings: and however hard we  
try, we can exploit our grievances no further to fortify  
our resolutions - what will we do to keep madness sulking  
in the brain?

When we have forgotten even why we parted, if we ever  
knew it at all - remembering, however, when we could  
sleep naked and be warm together, kiss, though with a  
cold - when even baby-talk became you... yes, and  
everything I said was sweet or funny and everything you  
did was beautiful.

Submitted by: Reggie Hill

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.

ENTRY SEPTEMBER 6

I saw autumn today... incipiently, on the sunset and the leaf - in the spontaneous whitecaps shingling the bay and the window-displayed chrysanthemums and asters. I saw its night's water color leavings on the cottonwood and the maple- and heard its voice in the locust's high powered chatter in camouflaged somewhere.

Ah ! Fierce exhilaration flows through me like dry current. Soon we shall walk on the sunny side of the street... hold hands, mingle in bed for warmth. Autumn is our season - yours and mind.

See, I have lain naked and long in the sun to match your body. We shall look beautiful lying side by side.

The stain of the season is rich upon you, only your breasts are white as the winter grouse... you have not shown them to the sun - nor the low of your belly where you are white, soft and dark-feathered.

Submitted by: Bob Rawlings

## CÓMO ESTUDIAR NUESTRA PROPIA VOZ PARA ASEGURARNOS DE QUE EXPRESA LO QUE DESEAMOS DECIR

### REFLEJA LA VOZ NUESTRA VERDADERA PERSONALIDAD?

Cada vez que abrimos la boca para hablar, los oyentes se forman una imagen mental de nuestra personalidad. Ya sea la voz melódica y denote júbilo, ya perezca el mugido de una vaca enojada, nuestros semejantes nos juzgan por ella, y con razón, pues la voz humana refleja admirablemente las emociones.

El problema es que la mayor parte de las personas ha adquirido malos hábitos vocales, imperfecciones que deforman su propia imagen. Dice Frederick Clifton Packard, profesor emérito de oratoria de la Universidad de Harvard: "Es casi un crimen que muchas personas perfectamente normales y felices hablen monotonamente, despojando de vida a su voz en vez de dejarla fluir naturalmente".

Nadie se oye a sí mismo como los demás lo oyen. La amplificación que producen los huesos de la cabeza nos da una idea exagerada de lo bien que resuena nuestra voz. Pero probemos a leer un artículo de una revista al micrófono de una grabadora magnetofónica o poner a funcionar el aparato mientras conversamos con otras personas. Luego escuchemos lo grabado.

Conviene hacer una lista que nos ayude a clasificar la voz: A) Es áspera o suave? B) Estimulante o tediosa? C) Demasiado rápida, demasiado lenta o de velocidad conveniente? D) Es el tono excesivamente agudo o grave, o es agradable?

Seis errores corrientes nos hacen emitir las siguientes clases de voz: RECIA Y ASPERA. Algunas emociones, la ira, por ejemplo endurecen naturalmente las mandíbulas, estrechan la garganta, aprietan los labios y la lengua. Pero algunas personas adoptan esta tensión como estilo normal. Dan la impresión de ser duras, dominantes y difíciles.

NASAL. Cuando los sonidos nasales se emplean debidamente, la nasalidad produce tonos hermosos. Pero si se nasaliza continuamente la voz emitiéndola total o parcialmente por la nariz en vez de hacerlo por la boca, se le da un tono quejumbroso que amenudo parece el gemido de un niño.

DE AUTÓMATA. Mascullar las palabras de manera monótona, sin subir o bajar el tono, ya sea por hastío, depresión o falsa modestia al expresar los propios sentimientos, hace que una persona parezca tonta o fastidiosa.

DE TARABILLA. Todos hablamos demasiado aprisa en ciertos momentos, cuando estamos nerviosos o exitados, pero el rápido parloteo que acostumbra el tarabilla de una impresión, a veces falsa, de necesidad.

GRITONA O DEMAYADA. La primera (como la recia y áspera) puede obedecer a que la persona mantiene el aparato de fonación demasiado tenso. La segunda acaso provenga de dejar las cuerdas vocales tan flojas que el aire, aun exhalado en gran cantidad,

Continúa en la página siguiente.....

sólo llega a producir un sonido apagado, una molesta mezcla de murmullo y ronroneo.

**GRAVE O CHILLONA.** El diapasón inapropiado, más agudo o más grave del que es natural en el hablante, puede hacer que el hombre parezca un órgano de cañones, y la mujer una niña tímida. estas voces producen a menudo un efecto de insinceridad.

Si el lector alla que su voz corresponde a algunas de las mencionadas, puede modificarla. Al fin y al cabo, cuando llegó chillando al mundo sólo poseía un equipo de fonación con capacidad preestablecida. Todo lo demás lo aprendió por imitación.

"Casi nadie tiene una voz que no se pueda mejorar", dice una profesora de fonética. "Y casi siempre es factible hablar interesante, si la persona está dispuesta a usar como es debido sus aptitudes vocales".

El aparato de fonación, que va desde el diaphragma hasta la boca, es el instrumento musical más maravilloso del mundo. Como en todo instrumento de viento, la calidad de su sonido depende de tres elementos: un soplo regulado, un dispositivo vibrador y un sistema de resonancia. Los pulmones originan el soplo o columna de aire que hace vibrar las cuerdas vocales, y éstas lo dividen en turbulencias sonoras. Pero este ruido es bronco y discordante. Los resonadores le agregan el tono y refuerzan los armónicos, modulando el ruido natural para transformarlo en sonidos agradables y melodiosos. Los resonadores humanos, como en los tubos extensibles y el pabellón del trombón, o la caja hueca de la madera del violín, son superficies conformadas y cajas de resonancia. y es en esto donde el mecanismo de la voz humana aventaja a otros instrumentos musicales, sean de metal o de madera. Porque los resonadores humanos, que abarcan los espacios huecos del cuello, la boca y la cavidad nasal, así como los músculos vibrantes del pecho, el cuello, el rostro y la cabeza, son, por ser vivos, infinitamente más flexibles y adaptables.

Cuando "tocamos" correctamente todas las partes del aparato de fonación, se produce sin esfuerzo un habla capaz de deleitar a los oyentes tanto como la mejor música. Mas para quien descubre determinadas fallas en los sonidos que emite, indicaremos algunas maneras de remediarlas.

**ASPEREZA.** La causan soplos intermitentes y pequeños, obligados a pasar por la abertura demasiado estrecha de una garganta tensa. El remedio consiste en adiestrar nuestros órganos vocales para que se mantengan relajados, aun cuando sea necesario hablar con voz furte. Para lograrlo se deben dedicar cinco minutos dos veces al día a cada uno de los siguientes ejercicios:

Continuacion de este artículo la proxima semana....

Sometido por: Billy Figueroa



## SCORPIO: THE SCORPION

The Sign of Scorpio symbolizes death and deceit. It is the allegorical serpent mentioned in Genesis as tempting Eve. Hence the so-called fall of man from Libra, the point of equilibrium, to degradation and death by the deceit of Scorpio. No wonder the primitive Mind, when elaborating this symbol, tried to express a spirit of retaliation.

The Sign Scorpio typifies the generative organs of the Grand Man and, consequently, represents the sexual and pro-creative system of all humanity. It is the emblem of generation and life, and the natives of Scorpio excel in fruitfulness of the seminal fluids which creates a corresponding increase in sexual desire. A reference to the fruitfulness of this Sign will be found in Genesis, Chap. XXX: 10-12, where Leah, when she beheld the birth of Zilpah's son, exclaimed, "A troop cometh."

Scorpio, upon the esoteric planisphere, is occupied by Gad, of whom the dying Jacob says, "Gad, a troop shall overcome him, but he shall overcome at the last."

It is symbolic of the fall of man from a state of innocence and purity through the multitude of sensual delights and his final victory over the realms of matter as a Spiritual entity. This sign represents the physical plane of the attributes of procreation. It contains the Mystery of Sex and the secrets of the Ancient phallic rites. The mystical gem of Scorpio is the Topaz, the talisman of those born under its influence. Scorpio is the second emanation of the Water Trigon and is the constellation of Mars.

**SCORPIO:** (October 23rd to Nov. 22nd) A feminine, watery sign with Mars the ruling planet. Keen judgement, shrewd, critical, and often rather skeptical. May be inclined to be suspicious with little cause. Fond of beauty and luxury. Love travel, beautiful natural scenery, harmony, but unintentionally could stir up trouble for others at times. Can be quite sarcastic if angered. Daring, brave, capable, strong-minded, and determined. Unyielding if they think they are right. Forceful character. Strong likes and dislikes. More practical than romantic. Aggressive, progressive, and precise. Quick-tempered and may be inclined to nagging. Sometimes rather unfeeling but just, honest, and honorable. Trustworthy and dependable in business dealings and agreements. Inclined to go to extremes at times.

**SUN IN SCORPIO:** Prideful, firm, strong character. May be jealous or sarcastic at the wrong time. Will assume many obligations. Gain of money by marriage late in life. Love of occult investigations.

**MOON IN SCORPIO:** Self-reliant, abrupt, plain-spoken, fond of natural phenomena. Hard to influence. Can fight own battles. May be extravagant. Incompatibility in marriage sometimes, also trouble over legacy.

### THE HOUSES

The first House deals with your personality. You have great executive ability, are generous, sympathetic, determined, magnetic, progressive and commanding. You are loyal to your friends, but at times are somewhat sarcastic, critical, and harbor an imaginary wrong. You are quick-witted, possess great self-control, and are endowed with Clairvoyant and Other Occult powers.

The second House deals with your financial affairs. It is controlled by Sagittarius and ruled by Jupiter. During the first half of your life you will have financial

Cont.....on next page ★★

Continued.... ★★☆☆



difficulties and the headway you make will be by diligent application and earnest conscientious effort. The latter half of your life promises better financial conditions. Investment in mines, shipping industries, corporations, and municipalities are best for you.

The third House deals with travel and the Mind. It is controlled by Capricorn and ruled by Saturn. This shows great love for travel and you will have occasion to take many trips which will be advantageous and pleasant. You have a very receptive and inventive Mind, are quick of thought and action, but are somewhat suspicious, exacting, and inclined to nag. If you strive to retain mental poise and even temper, it will bring you greater happiness in life.

The fourth House deals with your home affairs. It is controlled by Aquarius and ruled by Uranus. You are a real homemaker and will spare no effort to transform any abode into a homelike atmosphere. The men of Scorpio are usually willing to help in every way to make the home more attractive. The ladies of Scorpio are immaculate housekeepers. Your domestic life, however, is likely to be upset frequently because of interference of relatives and friends.

The fifth House deals with your affections and romantic experiences. It is controlled by Pisces and ruled by Neptune. You are very emotional, and once you have accepted a person as your friend you will stick to him through thick and thin. While you have great persuasive power, because you are at times sarcastic and harsh, you are misunderstood and so do not always attract people to you. You are romantically inclined but are not destined to find the kind of romance of which you have always dreamed. Many ups and downs mark your experiences in matters of friendship, love, and courtship.

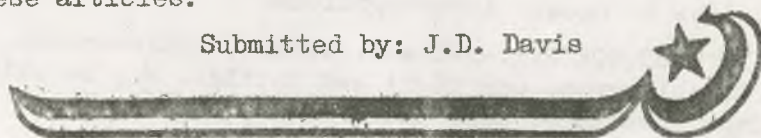
The sixth House deals with your health and work. It is controlled by Aries and ruled by Mars. You will need to take Guard particularly against headaches, stomach and liver disorders, rheumatism, poor circulation, and inflammatory complaints. In your work, you are capable and very thorough. Nothing is ever too hard for you to attempt.

The seventh House deals with marriage. It is controlled by Taurus and ruled by Venus. Here is where most Scorpio people make their mistakes. They must choose their mates with utmost care, for they are usually attracted to the type they should not marry. They should be guided by intellect rather than physical appearance. Those born in Taurus will harmonize best with you if your individual Horoscopes blend.

The eighth House deals with length of life and Spiritual gifts. It is controlled by Gemini and ruled by Mercury. A changeable but long and prosperous life is denoted. You have great Psychic magnetism, are intuitive, and usually have prophetic dreams. You have great persuasive powers and should learn to project your magnetic personality in your social as well as your business activities.

The remaining four Houses will be concluded next....week along with other Zodial information concerning the Scorpio individuals. We all have our own personal suspicions and beliefs as to the accuracy and inaccuracy of Horoscopes. But reardless, it is our sincere hope (The New View Staff) that you are able to find at least some beneficial enjoyment in these articles.

Submitted by: J.D. Davis



\*\*\*\*\* 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.

\*\*\*\*\*

How a Married Woman's Signature Reveals Her Personality

The different ways a married woman chooses to sign her name—for example, "Mrs. John Smith" or plain "Susan Smith" - reveal a lot about her personality, says a top psychiatrist.

"The style they select tells much about how they feel about themselves, their marriage, their values and their general outlook," says Dr. Sheldon Zigelbaum, medical director of the New Center for Psychotherapies in Boston.

He described some of the ways and explained what they reveal:

. Mrs. John Smith. This is the traditional married woman who is content to let her husband represent her in public while she assumes a more retiring role. She's self-sacrificing and happy to put family interests above her own.

. Mrs. Susan Smith. This reveals a woman who's happy to be married, but still wants to be an individual.

. Mrs. Susan White Smith. This lady wants people to know that even though she's married, she's not hesitant about being in the spotlight.

. Mrs. J. Smith or Mrs. S. Smith. Here is a lady who wants to appear more independent than she actually feels. Since she's not quite sure of herself, she uses an anonymous initial in order to keep people guessing.

. Mrs. Susan White-Smith. This lady likes being married but she wants to be free to do her own thing.

. Mrs. J.W. Smith. The woman who signs her husband's initials takes great pride in his social standing. She's eager to impress people with her good taste and cultural interests.

. Ms. Susan Smith. This signature reveals a rebel at heart. She doesn't want anyone to know that she's married and she does not like being accountable to anyone.

. Susan White Smith. This lady does not say whether she's married or single because she likes informality—she wants to be on a first name basis with everyone.

Some women sign their name different ways, depending on the situation. They may use "Mrs. John Smith" for legal documents, Mrs. Susan Smith" for a letter ordering merchandise, and a simple "Susan Smith" for notes to friends.

"Such a woman reveals herself to be totally comfortable in today's complex society, where she often finds it necessary to fulfill many challenging roles," said Dr. Zigelbaum.

Submitted by: J.D. Davis

15

LET'S TAKE A TRIP

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

BARNSTORM

CARAVAN

CIRCUIT

COMMUTE

CROSS

CRUISE

JAUNT

JOURNEY

JUNKET

MIGRATE

NAVIGATE

PEREGRINATE

PLY

SAFARI

SALLY FORTH

STUMP

TOUR

TRAMP

TRANSMIGRATE

TREK

VOYAGE

FOLLOW THAT ROAD

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

ALLEY

AVENUE

BOULEVARD

BYWAY

CROSSROAD

DRIVE

FREEWAY

HIGHWAY

INTERSTATE

LANE

MAIN DRAG

PARKWAY

STREET

SUBWAY

TERRACE

THOROUGHFARE

TOWPATH

TRAIL

TURNPIKE

VIADUCT

THE PURPOSE OF PRAYER

Prayer constitutes one pillar of Islam and is considered the foundation of Religion. Any Muslim who fails to observe his prayers and has no reasonable excuse, is committing a grave offense, and a heinous sin. This offense is so grave because it is not only against God, which is bad enough, but is also against the very nature of man. It is an instinct of man to be inclined to adore the great beings, and to aspire to lofty goals. The greatest being, and the loftiest goal of all, is God. The best way to cultivate in man a sound personality and actualize his aspirations in a mature course of development, is the Islamic Prayer. To neglect prayer is to oppress the good qualities in human nature and unjustifiably deny it the right to adore and love; the right to aspire and ascend; the right to excel in goodness and achieve noble aims. Such oppression and denial constitutes a very serious and destructive offense.

Here lies the significance and vitality of prayer in the life of man. It should always be borne in mind that God does not need man's prayer, because He is free of all needs. He is only interested in our prosperity and well-being in every sense. When He emphasizes the necessity of prayer and charges us with any duty. He means to help us, because whatever good we do is for our own benefit, and whatever offense we commit is against our own souls. Here, too, man is the center of gravity, and his common interest is the main concern. The benefit which man can derive from the Islamic Prayer is immeasurable, and the blessing of prayer is beyond imagination. This is not just a "theory" or conventional assumption; it is a fascinating fact and a spiritual experience.

Here is an explanation of the effectiveness of the Islamic Prayer:

1. It strengthens the belief in the Existence and Goodness of God and transmits this belief into the innermost recesses of man's heart;
2. It enlivens this belief and makes it constructive in the practical course of life;
3. It helps man to realize his natural and instinctive aspirations to greatness and high morality, to excellence and virtuous growth;
4. It purifies the heart and develops the mind, cultivates the conscience and comforts the soul;
5. It fosters the good and decent elements in man, and suppresses the evil and indecent inclinations;

When we analyze the Islamic Prayer, and study its unique nature, it will reveal to us that it is not merely a physical motion or a void recital of the Holy Book. It is a matchless and unprecedented formula of intellectual meditation and spiritual devotion, of moral elevation and physical exercise, all combined. It is an exclusively Islamic experience where every muscle of the body joins the soul and mind in the worship and glory of God. It is difficult for anyone to impart in words the full meaning of the Islamic Prayer, yet it can be said that it is: 1. A lesson in discipline and will power; 2. A practice in devotion to God and all worthy objectives; 3. A vigilant reminder of God and constant revelation of His Goodness; 4. A seed of spiritual cultivation and moral soundness; 5. A guide to the most upright way of life; 6. A safeguard against indecency and evil, against wrong deviation and stray; 7. A demonstration of true equality, solid unity, and brotherhood; 8. An expression of thankfulness to God and appreciation of Him; 9. A course of inner peace and stability; 10. An abundant source of patience and courage, of hope and confidence. This is the Islamic Prayer, and that is what it can do for man. The best testimony of this statement is to experience the prayer and avail oneself of its spiritual joys. Then one will know what it really means.

By: Qa'lam Hujurat Shabazz

Submitted by: Lawrence Sistrunk

American Muslim Mission Congregation

C.C.I. Enfield

**Roys Believe It or Not!**



**THE SERRAVALLO PALACE**  
in Rome, Italy,  
WAS CONSTRUCTED IN THE 16TH CENTURY,  
USING AS ITS FOUNDATION THE  
RUINS OF A ROMAN THEATRE  
-- A FACT THAT WAS REVEALED  
ONLY BY EXCAVATIONS  
CENTURIES LATER

9-20

**BICEPHALUS**

THE  
HORSE OF  
ALEXANDER  
THE GREAT,  
WHO NAMED A  
CITY IN ITS  
HONOR, WAS  
ORIGINALLY  
PURCHASED BY  
ALEXANDER'S FATHER  
FOR A SUM EQUIVALENT  
TODAY TO \$1,500,000



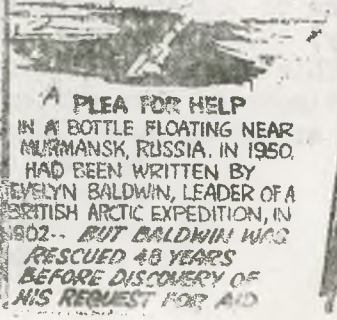
THE  
PURPLE  
BLOOMS  
OF THE  
GREATER  
FLEABANE--  
EACH BLOOM  
CONSISTS  
OF AS MANY  
AS 700  
COMPLETE  
FLOWERS



**ELIZABETH  
STONE**  
(1801-1895)  
BUILT THE FIRST HOUSE IN  
FORT COLLINS, COLORADO,  
OPERATED ITS FIRST HOTEL,  
CONSTRUCTED ITS FIRST FLOUR MILL  
AND BUILT ITS FIRST BRICK KILN  
SHE CAST HER FIRST VOTE  
AT THE AGE OF 93



A  
SPRING NEAR Olbia, Italy,  
REGULARLY VISITED BY PILGRIMS,  
WAS BURIED FOR 300 YEARS  
BY AN EARTHQUAKE--THEN  
RESTORED TO USE BY  
ANOTHER EARTHQUAKE



A  
PLEA FOR HELP  
IN A BOTTLE FLOATING NEAR  
MURMANSK, RUSSIA, IN 1950,  
HAD BEEN WRITTEN BY  
EVELYN BALDWIN, LEADER OF A  
BRITISH ARCTIC EXPEDITION, IN  
1902-- BUT BALDWIN WAS  
RESCUED 48 YEARS  
BEFORE DISCOVERY OF  
HIS REQUEST FOR AID



**SULTAN  
MAHMUD  
II**  
(1210-1266)  
OF INDIA,  
RULED  
FROM  
1246 TO  
1266  
WITHOUT  
PAY  
-- PROUD  
OF THE  
FACT  
THAT HE  
COULD  
EARN A  
COMFORT-  
ABLE  
LIVING  
AS AN  
AUTHOR

# CINEMA



# JUMBLE

## WEEKEND MOVIES

**TOM HORN (R) 98 MINS**

Steve McQueen plays a gunfighter who lives by his own code of honor, then is turned against the people. Based on the true story. "TOM HORN is part of an honorable tradition of classic wewtern films. IT IS A MOVIE TO SEE!" STARING: Steve McQueen & Linda Evans

## TIME AFTER TIME

Malcolm McDowell, David Warner, Mary Steenburgen  
 Warner Brothers; Directed by Nicholas Meyer  
 Color; Rated PG, A-3; 112 minutes

This thrilling, macabre story begins in Victorian England, just before the turn of the century. Following the interaction of H. G. Wells (Malcolm McDowell) and Dr. John Stevenson (David Warner), Wells discovers that Dr. Stevenson is JACK THE RIPPER! - Dr. Stevenson escapes the police in a innovative time machine just unveiled by Wells. Wells follows Dr. Stevenson to the year 1979 in a terrifying and visually jazzling journey in the time machine and pursues Dr. Stevenson through modern-day San Francisco.

## COMING ATTRACTIONS

**FATSO (PG)----- 93 MINS**

**THE ROSE (R)-----134 MINS**

**BRUBAKER (R)---- 124 MINS**

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

**LERBY**  
 [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**IMANC**  
 [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**BLIDIO**  
 [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**VALCOE**  
 [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]



HOW THE NECKWEAR SALES LADY LANDED A HUSBAND

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print the SURPRISE ANSWER here

SHE [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] HIM



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 COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	BAKED CHICKEN GRAVY MASHED POTATOES 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 STICKS 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 COLD 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	SALISBURY 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



# THANKSGIVING

## D A Y M E N U

### BREAKFAST

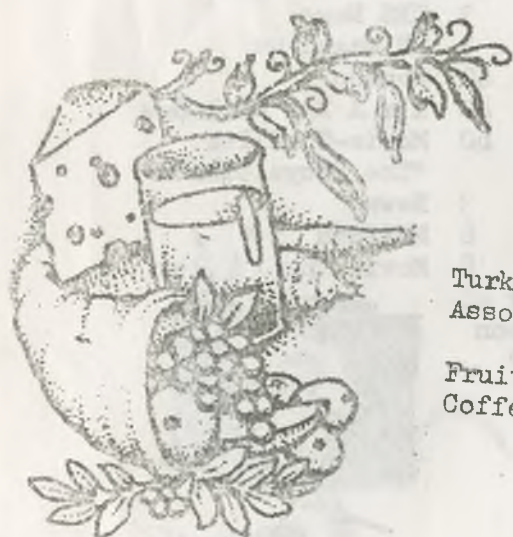
Apple Juice  
Scrambled Eggs & Sausage  
Dry Cereal - Toast  
Coffee - Mild



### DINNER

Roast Tom Turkey  
w/Sage Dressing & Giblet Gravy  
Mashed Potatoes - Sweet Potatoes  
Olives  
Buttered Peas - Cranberry Sauce  
Hot Rolls -  
Pumpkin Pie - Coffee - Milk

1980



### SUPPER

Turkey Soup w/Crackers  
Assorted Cold Cuts & Cheese  
Poteto Salad  
Fruit cocktail  
Coffee- Milk



**FOR WEEK OF:**  
 Nov. 22-28, 1980

**Saturday**  
 10:00 24 Mundo Real  
 10:30 3 Popeye  
 11:30 24 Nova  
 12:25 40 College Football  
 4:00 24 From Jumpstreet-Music  
 4:30 3 Sports Spectacular  
 "Aaron Pryor vs. Gaetan Hart"  
 6:00 3 News  
 6:30 22 NBC News  
 7:00 40 News  
 7:30 22 As Schools Match Wits  
 8:00 22 Movie-Thriller  
 "The Car"  
 10:00 22 Movie-Speculation  
 "The Bermuda Triangle"  
 11:00 3 News  
 11:30 22 Saturday Night Live  
**Sunday**  
 10:00 8 My Three Sons  
 10:30 40 Kids Are People Too  
 11:30 30 Adelante-In Spanish  
 12:00 22 Meet The Press  
 12:30 3 NFL Today  
 1:00 22 NFL Football  
 "Colts vs. Patriots"  
 4:00 3 NFL Football  
 "Giants vs. 49ers"  
 7:00 3 60 Minutes  
 8:00 40 Raquel Welch Special  
 9:00 40 Movie-Crime Drama  
 "The Enforcer"

**Monday**  
 4:30 22 Bewitched  
 5:00 22 Happy Days Again  
 5:30 8 M\*A\*S\*H  
 6:00 40 Rockford Files  
 7:00 3 CBS News  
 7:30 30 Benny Hill  
 8:00 3 FLO  
 9:00 22 Movie-Drama  
 "Children of Divorce"

**Tuesday**  
 4:30 22 Bewitched  
 5:00 22 Happy Days Again  
 5:30 8 M\*A\*S\*H  
 6:00 40 Rockford Files  
 7:00 3 CBS News  
 7:30 30 Benny Hill  
 8:00 22 30 Years of TV Comedy's  
 Greatest Hits  
 10:00 22 Alan King Special

**Wednesday**  
 4:30 22 Bewitched  
 5:00 22 Happy Days Again  
 5:30 8 M\*A\*S\*H  
 6:00 40 Rockford Files  
 7:00 3 CBS News  
 7:30 3 PM Magazine  
 8:00 3 Enos-Comedy  
 9:00 3 Movie-Comedy-Drama  
 "The Wild and the Free"  
 11:00 3 News  
 11:30 3 All In The Family  
 12:00 3 Movie-Drama  
 "Hell In The Pacific"

**Thursday**  
 10:00 8 Mike Douglas  
 11:00 40 Love Boat  
 12:00 3 NFL Today  
 12:30 3 NFL Football  
 "Bears vs. Lions"  
 4:00 22 NFL Football  
 "Seahawks vs. Cowboys"  
 7:00 3 CBS News  
 7:30 22 M\*A\*S\*H  
 8:00 30 Movie-Musical  
 "The Sound of Music"

**Friday**  
 4:30 22 Bewitched  
 5:00 22 Happy Days Again  
 5:30 8 M\*A\*S\*H  
 6:00 40 Rockford Files  
 7:00 3 CBS News  
 7:30 3 PM Magazine  
 8:00 40 Benson  
 8:30 40 I'm A Big Girl Now  
 9:00 40 Movie-Thriller  
 "The Babysitter"  
 11:00 3 News  
 11:35 8 M\*A\*S\*H  
 12:05 8 Movie-thriller  
 "Track of the Moon  
 Beast"

