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THE NEW VIEW

DECEMBER 5, 1980

Vol. 20

CONNECTICUT
STATE LIBRARY

No. 47

DEC 1 1980

HARTFORD
CONNECTICUT



CONNECTICUT CORRECTIONAL INSTITUTION - ENFIELD

ALL INMATES SHOULD ENCLOSE THIS CHRISTMAS LIST NOTICE IN OUTGOING LETTERS TO THOSE ON THEIR APPROVED VISITING LIST.

Christmas packages may be mailed or delivered in the course of regular visits to men confined at C.C.I., Enfield by family and friends ON THEIR APPROVED VISITING LIST, from Friday, November 28, 1980, through Friday, January 2, 1981, subject to the following conditions:

1. There will be a limit of one (1) package from each person on the inmate's approved visiting list.
2. All packages must have the following information VERY CLEARLY written on the outside, with complete name and address of sender:

NAME AND NUMBER
P.O. BOX G
ENFIELD, CONNECTICUT 06082

3. All packages are subject to inspection and all unauthorized items or excessive quantities of approved items will be returned to the sender at the inmate's expense, or donated to a charitable organization.
4. Homemade cookies, cakes, candies and other homemade items are not approved.
5. Items sealed in metal cans or tins are not approved.
6. Items may be sent in glass containers. However, these containers must not exceed the size of one quart, and must bear the commercial label. (Homemade items in glass are not approved).
7. The following items are approved for Christmas packages or gifts and no other items of any nature will be accepted.

F O O D I T E M S

Crackers, popcorn, potatoe chips, corn chips, cheese snack items, lump sugar, peanut butter, marshmallow fluff, jams, jellies, candy, cookies, cheese, pickles, pickled vegetables, jar peppers, hot sauces (except barbecue sauces), shrimp cocktail (limited amounts), olives, nuts without shell, instant coffee, cream (or other cream substitutes), all instant drinks; i.e. Tang, Kool-Aid, instant tea, instant cocoa, instant soups, instant breakfasts, and commercial cakes. No meats are permitted except pepperoni, slim jims, pickled pigs feet, pickled sausage, and pickled herring. Only fresh fruit will be permitted; no dried or candied fruit.

(over)

T O B A C C O

Cigars, cigarettes, tobacco, and pipes in reasonable amounts.

C L O T H I N G

(no hoods)

Sweaters (pullover, zippers or button front styles; only in solid dark colors or plain white), pajamas, slippers, gloves, socks (only solid dark colors or plain white), and sneakers, shoes. Shoes must be a single color (black or brown) with rubber heels and no large buckles. Shoes must not exceed six inches in height, measured from top of heel. No stiletto heels are permitted.

NOTE: All shoes must be mailed by the store where they are purchased.

S C E L L A N E O U S I T E M S

Writing paper, (envelopes), safety razors and blades (double edge) and Wilkinson Bonded razors and blades only. Electric shavers (battery operated shavers will NOT be accepted). Watches will be allowed. Value not to exceed \$5.00. (No alarm watches accepted).

M O N E Y

Persons on the approved visiting list may send money in reasonable amount in the form of postal money orders, bank cashier checks, commercial money orders or certified checks. Personal checks are not acceptable.

NOTE: Since all perishable items must be consumed by January 31, 1980, it is respectfully suggested that said items be sent in reasonable amounts. Your assistance and cooperation in following the above indicated regulations will permit us to deliver your gifts without undue delay.

M. L. Tozier
Assistant Superintendent

STATE OF CONNECTICUT

DEPARTMENT OF CORRECTION



JOHN R. MANSON
COMMISSIONER



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JAMES DAVIS.....TYPIST
Bobby Rawlings..... Typist

The NEW VIEW is a weekly publication printed by the inmates of the Conn. Correctional Institution of Enfield, under the supervision of the administration.

Any opinions here-in are the sentiments of the contributors and should not be construed as those of the, Institution Administration.

This publication serves as a medium of information.

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

Permission to reprint any article is cordially invited, provided of course that this paper and author are credited.

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NOTICES

NOTES FROM THE LIBRARY

On December 11, 1980 we will show A PLACE TO LIVE at 6:15 p.m. in the classroom area. The film, through the Shelter Institute in Bath, Maine teaches inexperienced beginners to make their own house. How to orient the dwelling to take advantage of solar benefits, use of wood heat, window placement and design are stressed, as well as the practicality and simplicity of using native materials. It's an extremely interesting film fellas, come check it out.

Paul N. Carnes
Librarian

HOLIDAY FURLOUGH

The Christmast furloughs period for inmate in Department facilities shall be from Wednesday, December 24, 1980 in the A.M. to Friday, December 26, 1980 in the P.M.

The New year's furloughs period for inmate in Department facilities shall be from Wednesday, December 31, 1980, in the A.M. to Friday, January 2, 1981, in the P.M.

Any question, see your caseworker.

Glen Taylor, Counselor Sup.

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 studing for the GED test that is given in the winter.

UDUCATION IS THE KEY

PIENSE ACERCA DE SU FUTURO (CLASES DEL GED)

En la escuela existen aperturas en el programa del GED. Nosotros estamos empesando un nuevo semestre y es un buen tiempo para empesar a estudiar para el examen de Escuela Superior el cual se le sera ofrecido en el invierno. (Educacion es la llave)

David A. Harris, Education Coordinator

COMMISSARY NOTICE

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

ALL MONEY ORDERS TO BE SENT OUT MUST BE IN THE COMMISSARY BY TUESDAY NOON.

Mr. Gibeau, Comm. Sup.

SAGITTARIUS: THE ARCHER

This constellation, in its symbolic aspect, represents a dual nature, as it symbolizes retribution and all outdoor sports. We find it depicted as a Centaur with the bow and arrow drawn ready for shooting. Hence it was frequently used to designate the autumnal chase. The Centaur is a symbol of authority and worldly wisdom.

The Sign Sagittarius signifies the thighs of the Grand Man. It represents the muscular foundation of the seat of locomotion in humanity. It is the emblem of stability, foundation, and physical power. This Sign also represents the centers of physical, external, authority and command.

Sagittarius, upon the esoteric planisphere, is occupied by Joseph. "His bow abode in strength," says the patriarch, "and the arms of his hands were made strong."

It represents the powers of "Church and State" and the necessity of legalized codes. It indicates to us the organizing powers of humanity and the absolute necessity of "the powers that be." We see in Joseph, the Egyptian ruler and law-giver, a true type of authority. The mystical gem of this influx is the Turquoise, and Sagittarius is the third emanation of the Fiery Trigon and is the constellation of Jove or the planet Jupiter.

SAGITTARIUS: (November 22nd to December 21st) A masculine, fiery sign. The ruling planet is Jupiter. Most people born under this sign have a generous and charitable nature, perhaps too generous for their own good. They are frank and plain spoken, honest, ambitious, persevering, and not easily discouraged. They love harmony and freedom and cannot stand oppression or restrictions. They possess intuition and good judgement, and are sometimes mediumistic or psychic. They usually aim high and generally hit the mark. They are often misunderstood and may be wrongly accused of things they did not say. They dislike idleness and must be doing something all the time. They do best in occupations where they are self-employed, professional or otherwise. They have strong tempers but generally hold no grudge. Inclined to be romantic, affectionate, cheerful, and sometimes rather jealous.

SUN IN SAGITTARIUS: Generous, alert mind, jovial disposition. Will travel land and sea. Honest, cannot tolerate secretiveness. More than one occupation. Rather impatient. Many problems to solve.

MOON IN SAGITTARIUS: Quick to action and decision, restless, unsettled, kind-hearted good-humored, lover of the great outdoors. Fond of travel; inclined to mysticism and the occult. Faithful worker. May have two jobs or change often. A step-parent possible or may be adopted.

SAGITTARIUS

The first House shows your personality. You are a very positive nature, frank, plain-spoken, honest, intelligent, progressive, industrious, magnetic, and forceful. You are a lover of freedom, are of a naturally happy disposition, generous almost to a fault, and a person of discernment and good judgement. But you are inclined to be stubborn and argumentative. You are also somewhat impatient of others who are not as active and energetic as you.

The second House deals with your finances. It is controlled by Capricorn and ruled by Saturn. You are resourceful and have the faculty of knowing how to make money in many ways. You have a strong tendency to speculate and are not always successful.



Continued.....



these ventures. For financial gain you should invest in going enterprises, real estate transportation lines, construction, or financial institutions.

The third House deals with travel and the mind. It is controlled by Aquarius and ruled by Uranus. Because of your restless Nature, you have a longing for the change which comes from travel. You will take many trips from which you will benefit greatly. You are idealistic, romantic, alert, and belong to the realm of Prophecy, as you have a very receptive Mind. You are a go-getter and endowed with forcefulness and originality of thought.

The fourth House deals with your home affairs and is controlled by Pisces and ruled by Neptune. It is likely you will leave home because you are misunderstood. You get much pleasure and comfort from a congenial home environment. You are a charming host or hostess and delight in entertaining in your home.

The fifth House deals with your affections and romantic experiences. It is controlled by Aries and ruled by Mars. You are extremely romantic and affectionate and usually show your affection in many ways. However, your deepest feelings are seldom realized or understood, so you have many heartaches and disappointments. You do not interfere in affairs of others and never betray a confidence.

The sixth House deals with your health and work. It is controlled by Taurus and ruled by Venus. You are likely to suffer from over-exertion because of your inability to relax in your work, from poor indigestion, liver, kidney, and bowel complaints, and injuries to the limbs. By strict daily care, none of these ailments will prove serious. Because of your honesty, talents, and close application, you will be valuable to any business organization. You are usually active and take advantage of every opportunity to advance.

The seventh House deals with marriage. It is controlled by Gemini and ruled by Mercury. Unless careful, you are likely to marry in haste and repent at leisure. You should be careful in choosing your mate, as you require good companionship to make a success of life. Someone born in Gemini will harmonize best with you, provided your individual Horoscopes blend.

The eighth House deals with length of life and Spiritual gifts. It is controlled by Cancer and ruled by the Moon. You are promised a long, eventful life. You possess unusual psychic gifts and an almost uncanny faculty of foretelling events. You are naturally so highly attuned to the Cosmos that, at times, you actually give expression to the thoughts of your friends.



Continued...next week

Submitted by: J.D. Davis



This article will be concluded next week. Capricorn will be the next sign following thereafter.

The beautiful, twinkling, glittering stars,
The rivals in splendor of Venus and Mars,
They come and they go,
Molding the powers of our weal or our woe.

*** HANDWRITING ANALYSIS PUT TO "SERIOUS" USES ***

A Texas lawyer and his wife recently came through the U.S. Customs at the Port of Miami. Customs agent Ron Cote took one look at the attorney's declaration card and perked up. The lawyer's handwriting was very large and he was acting too cocky like he was trying to cover something up. Cote ran a complete check, he found marijuana in the wife's tampon package and some unclaimed jewelry on her wrists. "Now I do this on the basis of handwriting alone," says Cote, who is a part-time customs agent and a full-time high school math teacher. "This is a jumping-off spot", if I see a nice, normal person with open a,s, and o's, indicating a liar, "they are more likely to be stopped". Cote is considered a good inspector. About a year ago, the department sent him a letter of commendation for nabbing smugglers. Thousands of Americans study handwriting in search of personality traits. The International Graphoanalysis Society in Chicago claims 10,000 members world-wide. After taking a 18-month correspondence course, (which cost about \$1,000) students receive a degree and can call themselves certified graphoanalysts. But you don't have to go through Chicago to analyze handwriting. Clarence Grant, 70, of Surfside, Fla., has studied handwriting on his own for five decades. He was a member of the Hungarian Graphological Society before World War II, and is most interested in studying writing to identify potential criminals. He has lectured extensively. Phyllis Diamond, a 15-year veteran of graphoanalysis, uses the skill to help her husband choose employees at his Wetco Construction Co. in Southwest Dade County. She looks for sense of humor, reliability and diplomacy in potential employees' handwriting. "There are some things you can't get by just interviewing someone", she says. "If he gets several applicants for the same job, I tell him who will be the best employee". Her husband made the mistake a while back of hiring a sales manager without first consulting his wife. When Mrs Diamond saw the sales manager's writing after the fact, she was shocked "I saw right away he was very neurotic, unstable and that it would be very difficult for others to work with him". She was right, her husband wound up firing the man. She also screens all her children's friends, including her daughter's boyfriends. "I forwarn her", says Mrs. Diamond, "but the decision is still hers". Jorge Carabelli, 22, of North Dade often tried handwriting analysis in his job as a drug counselor, explaining ex-users and kids problems through their writings. Now he is trying to make a full-time living as a graphoanalyst. His wife, a head bank teller, supports him while he works to get established. "I'm putting 100% of my energy into making it work. My wife is very supportive and real excited. She wants me to do what I want to do. He looks at newspapers' ads for companies hiring a lot of people, then asks the employers if they would be interested in employing a graphoanalyst for screening applicants. Two Insurance companies, a travel agency, a security firm and a lawyer have considered Carabelli on a free trial basis though none has agreed to hire him yet. "Once I meet with them and talk with them, they see the beauty of it", says Carabelli.

(continued next page)

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"Travel agents want to know if the people they hire will be socialable. The lawyers want it for jury selection and validation of signatures". The way a job applicant writes each letter tells something about the personality, says Carabelli. The letter (t) is particularly revealing. If you cross it high, says Carabelli, it indicates a person who sets high goals. Low crosses indicates someone with a lack of goals. Very high crosses may mean daydreaming. The Longer and thicker the crossbar on the (t), the more will-power, says Carabelli. If the writer tends to put an extra stroke at the end of his crossbar, it indicates sarcasm. The more looped the vertical t-bar, the more sensitive the person. If not looped at all, however, dignity is indicated. Carabelli charges \$100.00 for a full personality profile, \$50.00 for a shorter trait chart, fairly standard prices within the trade. "This is all science tested, statistically validated and all that", he claims. Carabelli had a chance to inquire about new writing strokes at the Chicago Graphoanalysis Center's annual seminar. He told his fellow analysts in Chicago about an astounding (d) resembling an (e) with a disjointed vertical stem. They discussed that unusual (d) for a long time, finally reaching a consensus that it represented indecisiveness and fear of finality. The Chicago group stresses professionalism, says Carabelli. "We frown on analysts who hang out at carnivals. You wouldn't see a lawyer sitting at a carnival dishing out advice for \$5.00 a shot. People regard this as a party game, but it's not."

TAKEN FROM THE HARTFORD COURANT
 SUBMITTED BY: REGGIE HILL

MISS PEACH



MOMMA



**** THE FIRST DAY ****

I wish I could remember the first day, first hour, first moment of your meeting me; If bright or dim the season, it might be Summer or Winter for aught I can say. So unrecorded did it slip away. So blind was I to see and to foresee. So dull to mark the budding of my tree. That would not blossom yet for many a May. If only I could recollect it! Such a day of days! I let it come and go - As traceless as a thaw of bygone snow. It seemed to mean so much! If only now I could recall that touch, First touch of hand in hand! Did one but know!

WRITEN BY: CHRISTINA ROSSETTI

***** SOMEWHERE I HAVE NEVER TRAVELLED *****

Somewhere I have never travelled, gladly beyond any experience, your eyes have their silence: in your most frail gesture are things which enclose me, or which I cannot touch because they are too near. Your slightest look easily will unclose me, though I have closed myself as fingers, you open always petal by petal - myself as Spring opens (touching skilfully, mysteriously) her first rose, or if you wish be to close me - I and my life will shut very beautifully, suddenly, as when the heart of this flower imagines the snow carefully everywhere descending; Nothing which we are to perceive in this world equals the power of your intense fragility: whose texture compels me with the color of its countries, rendering death and forever with each breathing. (I do not know what it is about you that closes and opens; only something in me understands the voice of your eyes is deeper than all roses) nobody not even the rain, has such small hands.

WRITEN BY: E.E. CUMMINGS

***** A DREAM WITHIN A DREAM *****

Take this kiss upon the brow! And, in parting from you now,
Thus much let me avow -
You are not wrong, who deem that my days have been a dream;
Yet if Hope has flown away in a night, or in a day, in vision,
or in none. Is it therefore the less gone? All that we see or
seem - is but a dream within a dream.
I stand amid the roar, of a surf-tormented shore, and I hold
within my hand - Grains of the golden sand.
How few! Yet how they creep, Through my fingers to the deep,
While I weep - while I weep!
O GOD! can I not grasp, Them with a tighter clasp?
O GOD! can I not save, One from the pitiless wave?
Is all that we see or seem, But a Dream within a Dream?

WRITEN BY: EDGAR ALLAN POE

SUBMITTED BY: BOB RAWLINGS



DECEMBER 18TH

Swift boomerang, come get!
I am delicate. You've been gone.
The losing has hurt me some, yet I must bend for you.
I'm turned on. My eyes are lawn-colored, my hair brunette.
Kiss the package, Mr. Bind! Yes, would you consider hurling
yourself upon me, rigorous but somehow kind?
I am laid out like paper on your cabin kitchen shelf.
So draw me a breast. I like to be underlined.

Look, lout! Say yes!
Draw me like a child. I shall need merely two round eyes and
a small kiss.
A small o. Two earrings would be nice. Then proceed to the
shoulder. You may pause at this.

Catch me. I'm your disease.
Please go slow all along the torso drawing beads and mouths
and trees and o's, a little graffiti and a small hello for
I grab, I nibbie, I lift, I please.

Draw me good, draw me warm.
Bring me your raw boned wrist and your strange, Mr. Bind,
strange stubborn horn.
Darling, bring with this an hour of undulations, for this
is the music for which I was born.

Lock in! Be alert, my acrobat and I will be self wood and
you the nail and we will make fiery ovens for Jack Sprat
and you will hurl yourself into my tiny jail and we will
take a supper together and that will be that.

Written By: Anne Sexton

THE TIRED WOMAN

O my lover, blind me;
Take your cords and bind me.
Then drive me through a silent land
With the compelling of your open hand.

There is too much of sound, too much for sight,
In thunderous lightnings of this night;
There is too much of freedom for my feet,
Bruised by the stones of this disordered street.

I know that there is sweetest rest for me
In silent fields and in captivity.
O lover, drive me through a stilly land
With the compelling of your open hand.

Written By: Anna Wickham

Submitted By: Bob Rawlings



SAGITARIO, A CELEBRAR SU CUMPLEAÑOS ! CON UNA QUINCENA MUY POSITIVA QUE LE ESPERA EN GENERAL, TIENE MÁS QUE BUENOS MOTIVOS...!

Aries

21 de marzo — 20 de abril



Las relaciones familiares se intensificarán muy positivamente durante toda esta quincena. Disfrútelas a un máximo para llegar a una compenetración todavía mayor con los suyos.



No se fatigue. Tome las cosas con calma y comprobará que ese dicho de: "No por mucho madrugar se amanece más temprano," es cierto. Por su salud, póngalo muy en práctica.



Su espíritu burbujeante nadará estos días como "pez en el agua". ¡Cuidado! Dejándose llevar por este entusiasmo, podría hacer gastos excesivos, de los que luego se arrepentirá.



Todo marchará perfectamente entre usted y su pareja si ya la tiene; si no, hará nuevas amistades muy agradables, de las que surgirá un romance... gracias a su encanto.

Tauro

21 de abril — 20 de mayo



No se desanime por peleas completamente banales en casa; ¿quién no las tiene? Por el contrario, sáqueles provecho tratando de poner los puntos sobre las íes y llegando a un acuerdo.



Después de estas últimas semanas de un recargo de actividades, reduzca sus obligaciones en estos días a un mínimo, para poder descansar y recuperar las energías que ha perdido.



Se encuentra usted en un período muy positivo para consolidar ese proyecto al que le viene dando vueltas desde hace algún tiempo. No lo posponga más. ¡Tome la decisión final!



Su vida sentimental tomará un giro mucho más vivo e intenso gracias a esa actitud, tanto por parte de su pareja como de usted. Cívidense del mundo y ocúpense sólo el uno del otro.

Géminis

21 de mayo — 21 junio



Las relaciones familiares siguen calmadas... pero no quiere esto decir que sean —en efecto— completamente positivas. ¿No se está inmiscuyendo en los problemas ajenos?



Su estado físico no podría ser mejor durante esta quincena. No obstante, no abuse de este hecho. La prudencia, sobre todo a la hora de sentarse a la mesa... no estará de más.



Mida objetivamente sus posibilidades de éxito en esa oferta que le propondrán en estos días. Llegue a una decisión sin dejarse influir por nadie. Su habilidad está en juego.



A pesar de que los planetas harán de usted una persona mucho más abierta y desenvuelta, no todo será "color de rosa" entre usted y su pareja. ¡Controle un poco más sus impulsos!

Libra

22 de septiembre — 22 de octubre



Su relación con todos en casa no podría ser mejor... todo es tranquilidad y armonía. También habrá compenetración en el hogar en esta quincena en curso. ¡Felicidades!



A su naturaleza tan trabajadora le tendrá que poner freno, para no arriesgar su estado físico. Su organismo, por ser susceptible a los trastornos renales, necesita del descanso.



Las perspectivas económicas están en un camino de grandes mejoras; no las entorpezca por un sentido exagerado del amor propio. En vez, facilítelas con su sentido de la justicia.



Sea prudente a la hora de tomar decisiones que afecten las relaciones con su pareja. Sobre todo, no se deje tentar por ciertas aventuras que sólo podrían causarle dolor después.

Escorpión

23 de octubre — 21 de noviembre



No le dé gran importancia a esas riñas que últimamente ha tenido en casa; en vez, trate de controlar su carácter explosivo que es el que muchas veces da lugar a discusiones.



Héga todo lo posible por moderarse a la hora de comer. ¡Este es su ledo día! Y luego, claro está, no le queda más remedio que sufrir las consecuencias de males gástricos.



Sobrepóngase a ese pesimismo por el que ahora atraviesa, dándole a cada cosa la estricta importancia que tiene. Y nada más. Le aguarda una sorpresa muy agradable. ¡Anímesse!



Viva estos días a plenitud. Su entendimiento con la persona amada será perfecto en esta quincena, si no se deja llevar por los pensamientos negativos que vendrán a su mente.

Sagitario

22 de noviembre — 21 de diciembre



Su maravillosa relación con todos en casa durante esta quincena hace que usted, gran amante de la vida en familia, se sienta muy feliz, en plena tranquilidad con su propio "yo".



Después de unos días de sentirse bastante decaído físicamente, se encontrará cuesta arriba en cuanto a esos malestares se refiere. Y esta mejoría continuará afirmándose más.



Gracias a sus decisiones pertinentes, su situación general mejorará muchísimo. Y ese deseo que tiene "de quemar las naves" y escapar por unos días en vacaciones se realizará.



Por fin, ¡el optimismo regresa! Y con él también vuelve una nueva forma de enlazar su relación con el ser amado que, poniéndola en práctica, resultará sumamente beneficiosa.

Cáncer

22 de junio — 22 de julio



Con tacto y diplomacia podrá estabilizar el ambiente familiar, que ahora está cargado de tensiones por razones ajenas a usted, pero que, no obstante, afectan a todos en general.



Tenga un poco de cuidado con esas enfermedades pasajeras que, aunque sin importancia, tanto molestan. Sobre todo si viaja, tome medidas para evitar problemas estomacales.



Antes de tomar ningún tipo de decisión económica, ponga orden en su vida profesional; es esencial para triunfar en ese proyecto de inversión que desde tiempo quiere hacer.



Su sensualidad se verá muy marcada en estos días, al igual que su agresividad y su deseo de posesión (en relación con su pareja). Aproveche lo primero y controle lo segundo.

Leo

23 de julio — 22 de agosto



Préstele atención desde ahora a ese proyecto de vacaciones familiares que siempre ha querido llevar a cabo. Con un poco de tiempo para organizarlo, llegará a hacerlo realidad.



Siempre y cuando se ocupe de seguir su régimen de dieta habitual, evitando esos alimentos y bebidas que tanto mal le hacen, todo irá perfectamente bien con respecto a su salud.



Se encuentra usted atravesando una fase de progreso neto, que le coloca en una posición muy ventajosa gracias a su tenacidad. Un ascenso profesional se presenta muy probable.



Le esperan momentos sumamente agradables en su vida sentimental, que, en realidad, representarán experiencias completamente nuevas en su vida. ¡Disfrute de ellas a un máximo!

Virgo

23 de agosto — 21 de septiembre



Por tener una mayor disposición ahora a abrirse y expresarse con los suyos, lo que hasta ahora le ha parecido un problema, dejará de serlo, pues entre todos le encontrarán la solución.



Deje esa manía de tomar medicinas para cada una de esas enfermedades imaginarias. Es de veras algo completamente inútil. Viva naturalmente y se sentirá perfectamente.



Cuidado con esos gastos que últimamente viene haciendo, dejándose llevar por una corriente de mucha esplendor. Haga cuentas y vuelva a ajustarse a su presupuesto habitual.



Al sentirse con mucha más capacidad para abrirse, para expresarse, podrá comunicar toda la riqueza de su afectación y, por lo tanto, sus relaciones sentimentales serán excelentes.

Capricornio

22 de diciembre — 19 de enero



Eso espíritu de contradicción que parece dominar algunas veces su carácter es el que ahora le causa ciertos problemas dentro del hogar. Analice un poco su forma de proceder.



Entremos en plena época de fiestas y de distracción. Aproveche para su propio beneficio, pues lleva tiempo trabajando mucho y podría llegar a extenuarse. Vamos, ¡a divertirse!



No podrá quejarse... esta quincena le traerá sorpresas muy agradables de un sitio lejano con el que usted ha estado en vinculación últimamente a través de alguien especial.



Esfuércese por ser una persona más comunicativa y generosa con su pareja, el desea disfrutar de una buena relación con ella; la paciencia de ésta también podría llegar a su límite.

Acuario

20 de enero — 18 de febrero



Ni mal ni bien. La situación en casa marcha con sus alturas y bajas... más bien dentro de un patrón algo monótono... ¿Por qué no romper éste con una actividad distinta en familia?



No desperdicie sus energías inútilmente queriéndolo hacer todo a última hora, que a fin de cuentas no le da más resultados que un cansancio y tensión insoportables. ¡Organícese!



Nuevos contactos servirán de fuente de entusiasmo y vitalidad anímica. También podrían servir como grandes contactos profesionales. Esfuércese por desarrollar su relación con ellos.



La relación entre usted y su pareja continuará siendo muy satisfactoria para ambos, sin que ninguna experiencia extraordinaria se anticipe precisamente entre ambos en estos días.

Piscis

20 de febrero — 20 de marzo



Tenga un poco más de espíritu de conciliación dentro del grupo familiar, reprimiendo esas reacciones impulsivas y bruscas que, en fin de cuentas, no son más que una fachada.



Gracias a una buena subida anímica, su salud física, que de por sí es buena, se encontrará en excelentes condiciones; bueno, es que en su caso ambos aspectos van muy de la mano.



Se le presentarán muchas posibilidades para llegar a su meta profesional, que usted podrá explotar y aprovechar a condición de dar buenas pruebas de diplomacia y de prudencia.



La tensión se está desapareciendo; su lugar lo ocupará la comprensión y la confianza hacia la persona amada. ¿Qué más pedir? Bueno, saber retener a los dos "nuevos llegados".

HOGAR: La casa es el símbolo de la protección y la unión. Junto a ella hay un breve enfoque del ambiente familiar.

SALUD: Las serpientes representan la salud; lea un análisis de las circunstancias que afectan su bienestar físico.

SUERTE: El trébol simboliza la suerte. En esta sección le indicaremos cómo actuar ante situaciones inesperadas.

AMOR: Por último, el corazón, símbolo del amor. Averigüe qué le traen los astros en este aspecto tan importante.

THE NUTRITIONAL VALUE OF THE SOYBEAN

Malted Nut Cream

- 1 lb. raw peanut butter
- $\frac{1}{2}$ lbs. malt honey
- 2 oz. Diastase malt powder

Mix the ingredients together and put up in cans. It will keep indefinitely. No cooking is required.

I prefer the malted nut cream to the malted nuts which are sold on the market at a high price.

Malted Nuts

- 1 cup raw peanut meal or raw peanut butter (peanut meal is preferable)
- $\frac{1}{2}$ cup malt honey
- Few grains of salt

Mix well. Place in a slow oven until thoroughly dried out, but do not brown. Then run through a mill, but do not set mill too tight as it must remain in a powder form, and not be as a butter. If iron pans are to be used, lay heavy brown paper in the bottom of them so the nuts do not come in contact with the iron. If the oven is too hot, the nuts will turn too brown. Or, the nuts may be dried in the sun and put in the oven for a while, or just long enough to cook them.

Nut Milk

- 1 cup raw peanut butter
- $\frac{1}{2}$ cup milk sweetening
- 1 cup boiling water
- Few grains salt

Mix the peanut butter and milk sweetening thoroughly together. Use a heaping teaspoonful of this mixture to a cup of boiling water. Thoroughly mix, adding salt. This may be used as any other milk.

Kokofat

This is the pure fat extracted from the cocoanut, and is one of the richest fats on the market. It takes one-fourth less kokofat than any other fat in cooking. For instance: if you need one pound of butter or Crisco in cooking or baking, you only need three-quarters of a pound of Kokofat to get the same results.

You can melt it, add some dandelion butter coloring, salt to taste, harden again, and use in place of cow's butter. It can be used for baking and cooking in any way that you would use butter. Makes very nice pie crust. Is sweet, has no foreign taste and keeps a long time without getting rancid.

Cocoanut Oil and Nut Butter

The ordinary cocoanut oil will melt between 70o and 80o F. When it is below 70o F. it is hard and quite white. When it is hard, melt it and add some salt and common "Dandelion" butter coloring to give it the shade ordinary cow's butter has. When the weather is hot, we put it in the ice box or some cool place and are able to spread it on bread like butter. In the winter, we keep it in the cupboard or any place where it does not melt or get so hard it will not cut.

Cocoanut Oil Butter

- 1 lb cocoanut oil
- $\frac{1}{2}$ lb. peanut oil
- Butter coloring
- Salt to taste

A fine butter is made by mixing these ingredients with an egg beater or an electric beater, beating until they are cold. It is a wholesome butter with a delicious flavor.

To Blanch Peanuts

Buy shelled nuts and heat slightly. Do not heat too much, only until a very light golden brown. Just heat enough so they are slightly dextrinized. Rub between the hands, or place on a table and lightly press with a rolling pin to loosen the skins sufficiently to enable one to blow them away.

Peanut Butter

1 Ib. blanched, raw peanuts
1 Ib. cocoanut oil
Butter coloring
Salt to taste

Boil peanuts until they are done, but not enough to make them fall to pieces. Do not use too much water. Run the peanuts and cocoanut oil through a peanut butter milk, salt, add a very little dandelion butter coloring. This is a very excellent and wholesome butter. Peanut butter made this way can be diluted with water and used like a cream, or spread on bread.

Mock Almond Butter

Take one pound blanched peanuts, cover with water, boil until they just begin to get tender, but not mushy. Drain off the water and dry the peanuts thoroughly. This can be done in the sun, or in a very slow oven if they are stirred frequently, but the nuts must not be browned at all. Grind them fine. This makes an excellent butter which can be used in many ways. Add water until it is of the consistency of milk or cream to eat with vegetables or fruit.

The same butter may be reduced with water, beaten in cocoanut oil with butter coloring added, and salted to taste, making a palatable and nourishing butter which is easy to digest.

Canned Soybeans

Soak the beans overnight in water. In the morning pour the water off, put them in a warm place, and let them sprout about half a inch. Parboil for four or five minutes, pour the water off; then put them in any kind of a vessel and let boil until they are tender. A little tomato and onion added makes a very palatable and wholesome dish.

They are much better if cooked in a steam pressure cooker for about forty five minutes or more. Some beans require more and less cooking, depending on the variety.

Soybeans and Rice

Boil the sprouted soybeans until tender. Boil rice separately. Mix approximately equal parts, add tomato sauce and some cubes of nut-meat. Mix these all together and place in the oven.

If the flavor of the soybeans is too strong, they may first be parboiled in strong salt water for a few minutes.

Submitted by: Moses Hargrove 3rd

Continued.....next week

***** 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.

Holiday Thanks

Nov. 27th ---We remember and we give thanks
For historic traditions Which reflect our heritage ---
For the joys and the bounties that are ours----For
Family and Friends who enrich our days.

Today we launch the holiday seasons. Dec. 25th
is a time of joy and a time of giving. It is the
day we worship the birth of Christ. It is a day
of giving and sharing and to be happy.

Written and Submitted by: Earl Ashe

51 WORD FUN

TRY A TORTE

- | | |
|---------------|------------|
| ALMONDS | FLOUR |
| BAKING POWDER | MILK |
| BEAT | PASTE |
| BUTTER | SALT |
| CAKE PAN | SHORTENING |
| CINNAMON | SPRINKLE |
| COOL | STIR |
| CORNSTARCH | SUGAR |
| CREAM | TABLESPOON |
| CUP | TEASPOON |
| EGGS | VANILLA |
| FILLING | |

Solution on page 64

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

52 WORD FUN

PASTRY SHOP

- | | |
|----------|------------|
| BAKED | PANETTONE |
| BRIOCHE | PASTRY |
| CAKE | RUSK |
| DAINTY | SHORTBREAD |
| DANISH | SWEET roll |
| DELICACY | TART |
| DOUGHNUT | TRIMMINGS |
| ECLAIR | TURNOVER |
| FIXINGS | YUM YUMS |
| FRENCH | |
| GOODIES | |
| OATCAKE | |

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

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

ISLAM THE RELIGION: #11
EDUCATION

American society has emphasized education more than European society. The purpose is to use education to make a break between the occupation of the parents and those of their children. The schools have been the historic routes of social mobility. But when Negroes and others of the underclass, now ask that schools play the same function for them, many within and outside the school system answer that the schools cannot do the job. They would impose on the family the whole task of preparing and leading youngsters into educational advance. And this reluctance to engage with the great issue of our day - the full emancipation and equality of Negroes and the poor - comes at a time when education is more than ever the passport to decent economic positions.

The scattered evidence suggesting that family life is important in educational progress provides only partial support for the rationalizations of educators, for family life explains only a small portion of learning difficulties. The job of the school is to teach so well that family background is no longer an issue. The sad truth is that American schools, by and large, do not know how to teach - nor frequently what to teach.

The ineffectiveness in teaching reading skills to many young people, whether white or black, poor or rich, strongly indicts foundations and government for not spending funds effectively to find out what different kinds of reading experiences are needed by youth with various learning styles at various points in their life. While we aim for the moon, we putter around in academic gardens without even a relief map.

Despite the despair and regret over past educational failures, we have not seriously begun to approach the needs of Negro and poor youngsters. Instead of spending relatively more on the disadvantaged of the big cities, we are spending less - another tragic example of the inversion of priorities which plagues American society. Much more money has to be spent on education of the children of the poor, the rate of increase in expenditures for the poor has to be much greater than for the well-off if the children of the poor are to catch up.

The road to effective education requires helping teachers to teach more effectively. Education is too important today to be left to professional fads and needs. If this does not happen, America will suffer for decades to come.

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

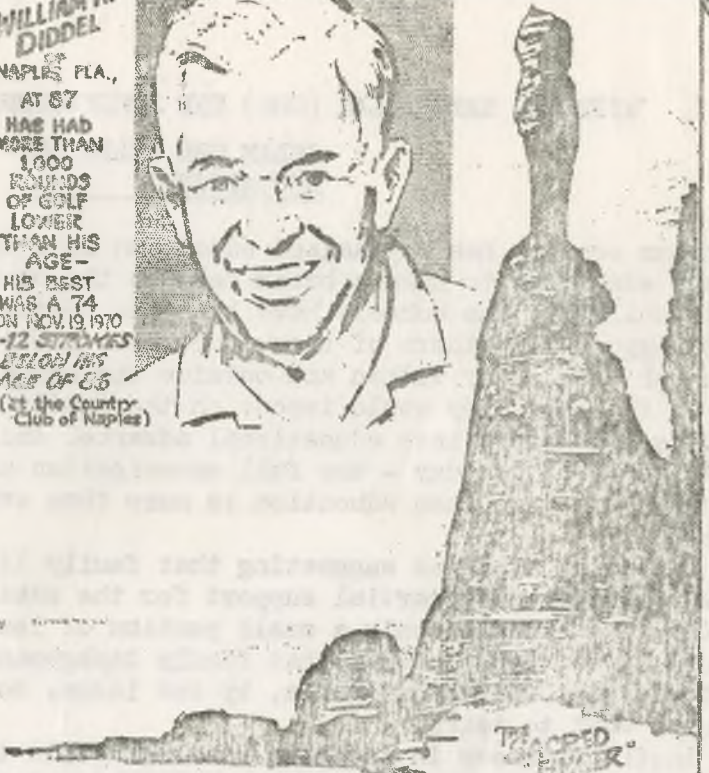
17

Riley's — Believe It or Not!



THE MONARCH WHO COULD NOT ESCAPE HIS DATE!
KING FERDINAND V (1512-1516)
 HUSBAND OF THE SPANISH QUEEN WHO FINANCED COLUMBUS NEVER VISITED MADRID, HIS WIFE'S BIRTHPLACE, BECAUSE A SOOTHSEYER TOLD HIM HE WOULD DIE IN MADRID. HE FELL ILL IN A LITTLE VILLAGE, LEARNED THAT HIS NAME WAS LITTLE WYDDONAL — AND DIED OF IT!

WILLIAM H. DIDDEL
 OF NAPLES, FLA., AT 87 HAS HAD MORE THAN 1,000 ROUNDS OF GOLF LOWER THAN HIS AGE — HIS BEST WAS A 74 ON NOV. 19, 1970 — 12 STRIKES BELOW HIS AGE OF 86 (at the Country Club of Naples)



NATURAL ROCK FORMATION in Puerto de las Nieves, the Canary Islands, IS BELIEVED FOR CENTURIES BY NATIVES TO BE SO SACRED THAT ALL GUNS WERE SHOWN BY POINTING A BARRIL TOWARD THEM IN IMITATION OF THE GREEK HAWK.

Riley's — Believe It or Not!



A PREHISTORIC VILLAGE
 COMPRISING 6 WELL-FURNISHED HOMES, 2 BARNs AND A CISTERN FOUND IN WATTENS, IN THE AUSTRIAN TYROL, HAD BEEN BURIED BENEATH 7 INCHES OF HUMUS 2,000 YEARS

JAMES HILLHOUSE
 (1754-1832)
 SERVED AS TREASURER OF YALE UNIVERSITY FROM 1782 UNTIL 1832 — A PERIOD OF 50 YEARS — DURING WHICH HIS SALARY NEVER WAS MORE THAN \$60 A YEAR



ASCIDIANS ARE ANIMALS — YET THEY PRODUCE CELLULOSE LIKE A PLANT

Believe It or Not!



GILES, Countess of Donville, Ireland.
 AFTER SEEING HER HUSBAND HANGED BY CROMWELL'S TROOPS, WAS TOLD SHE COULD RETAIN HER POSSESSIONS ONLY BY MARRYING ONE OF THE ENGLISH OFFICERS — TO SHOW HER CONTEMPT, SHE WALKED DOWN A LINE OF OFFICERS' WIVES BACKS WERE TURNED TO HER — AND PICKED ONE WITHOUT SEEING HIS FACE (1650)

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CINEMA



THIS WEEKEND MOVIES

"CADDYSHACK"

(R)-----99 MINS

No information available

BURYPE AN ANGEL,,

(R)----- 86 MINS

No information available

COMING ATTRACTIONS

"PROM NIGHT"

(R)----- 90 MINS

"THE PIG RED ONE"

(PG)----- 113 MINS



JUMBLE

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

T A F O O

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S H U B Y

--	--	--	--	--

K E R U B E

--	--	--	--	--

T R Y D A W

--	--	--	--	--

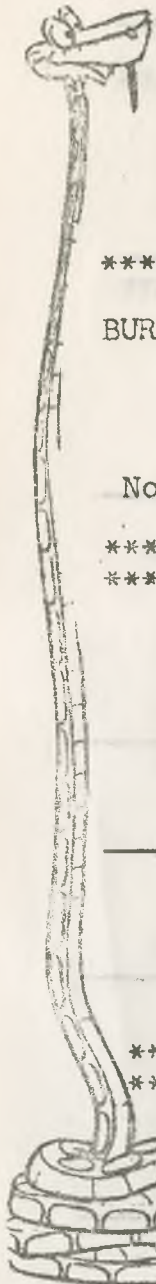


WHAT THE CUSTOMS AGENT LIKED BEST ABOUT HIS VACATION.

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

Print the SURPRISE ANSWER here

IT WAS " [] [] [] [] [] [] [] [] [] [] "



FALL AND WINTER CYCLE #2 (1980, 1981)

USE WEEKS OF: 12 Oct. 80, 9 Nov. 80, 7 Dec. 80, 4 Jan. 81, 1 Feb. 81, 1 March 81

	BREAKFAST	DINNER	SUPPER
S U N	APPLE JUICE BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	BAKED CHICKEN GRAVY MASHED POTATOES BUTTERED PEAS ICE CREAM BEVERAGE CHOICE	CHILI CON CARNE STEAMED RICE HOT CORN BREAD CELERY STICKS COLE SLAW BUTTERSOTCH PUDDING BEVERAGE CHOICE
M O N	ORANGE JUICE PANCAKES MAPLE SYRUP COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	SALISEURY STEAK BROWN GRAVY MASHED POTATOES BLACK EYED PEAS PURPLE PLUMS BEVERAGE CHOICE	*GRILLED BOLOONA STEAK BAKED MACARONI AND CHEESE TOSSED SALAD OIL AND VINEGAR MUSTARD PASTRY-CAKE BEVERAGE CHOICE
T U E S	GRAPEFRUIT JUICE BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	FRIED FISH TARTAR SAUCE SOUP OVEN BROWN POTATOES HOT BEETS CHILLED PEACHES BEVERAGE CHOICE	BRAISED BEEF OR BEEF STE MASHED POTATOES BUTTERED GREEN BEANS BREAD PUDDING BEVERAGE CHOICE
W E D	FRESH FRUIT FRIED EGGS TOAST COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	*PORK CUTLET GRAY BOILED POTATOES PEAS AND CARROTS ICE CREAM BEVERAGE CHOICE	CHEESE WHOPPER 5oz FRENCH FRIED POTATOES CATSUP WAX BEANS PASTRY-CHERRY BETTY BEVERAGE CHOICE
T H U R S	BLENDED JUICE BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	CHICKEN CHOW MEIN CHINESE DRIED NOODLES STEAMED RICE COLE SLAW CHILLED PEAR HALVES BEVERAGE CHOICE	ROAST BEEF NATURAL BROWN GRAVY BAKED POTATOES GLAZED FRESH CARROTS VANILLA PUDDING BEVERAGE CHOICE
F R I	TOMATO JUICE SCRAMBLED EGGS TOAST COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	BAKED LASAGNA MIXED CHEESES ANTIPASTO SALAD ITALIAN DRESSING PASTRY-CAKE BEVERAGE CHOICE	FRIED FISH TARTAR SAUCE PARSLIED POTATOES FRIED CABBAGE ICE CREAM BEVERAGE CHOICE
S A T	FRESH FRUIT BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	*HOT DOGS SAURKRAUT MUSTARD AND CATSUP HASH BROWN POTATCES FRUIT COCKTAIL BEVERAGE CHOICE	BEEF PATTY 5oz TOMATO CREOLE SAUCE MASHED POTATCES MIXED VEGETABLES CATSUP JELLO BEVERAGE CHOICE

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