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New View

DECEMBER 26, 1980

Season's Greetings



Vol. 20 State of Connecticut No. 50



DEPARTMENT OF CORRECTION

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COMMISSIONER



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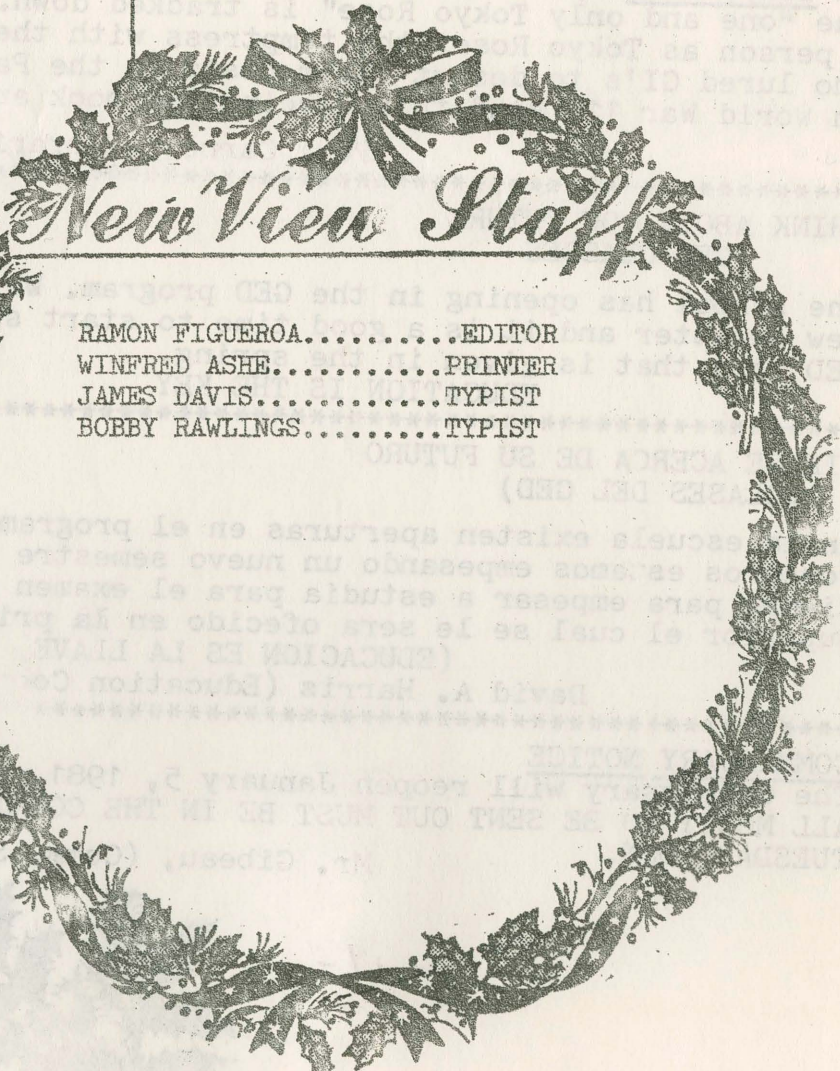
ENRIQUE PORTUONDO

THOMAS LUSARDI
Alternate

Merry
Christmas

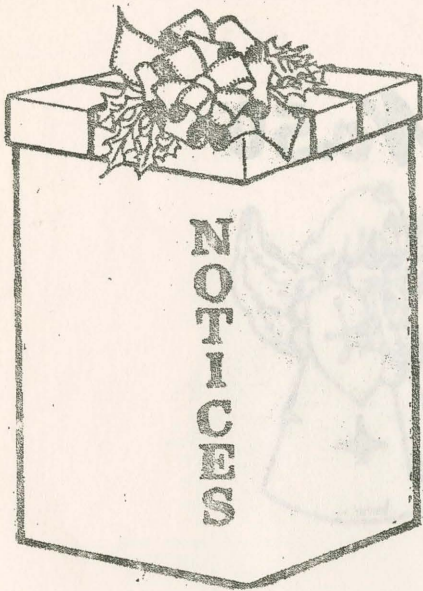
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New View Staff

RAMON FIGUEROA.....EDITOR
 WINFRED ASHE.....PRINTER
 JAMES DAVIS.....TYPIST
 BOBBY RAWLINGS.....TYPIST



NOTES.....FROM THE LIBRARY

More new books at the library! Among current arrivals are the AMA Book of Skin and health care. This book is divide into three sections covering cosmetics, hair, and skin. Within each section is a weaith of detailed up-to-date information about skin- and hair-care problems and the products used to treat them. The History of Atlantis by Lewis Spence is considered one of the best on the subject. Both the current evidence and recent corroboration by geographers, seismologists, archeolists, paleontologists and explorers has been gathered by Spence to make this the most authoritative work ever published establishing the truth of the existence of this ancient continent. First Princíples of Verse by Robert Hillyer, written

in clear and highly practical form, is an indespensible handbook for anyone writing poetry. It treats not only the fundamental elements of verse diction, imagery, the music of words, basic metrical forms and the special ones like the sonnet and the ode- but also the basis of criticism of verse.

In Tokyo Rose by Masayo Duus for the first time the myth of the "one and only Tokyo Rose" is tracked down. Was there such a person as Tokyo Rose, the temptress with the sultry voice who lured GI's to desert their posts on the Pacific battlefront in World War 11? Read this fascinating book and find out.

Paul Carnes (Librarian)

THINK ABOUT YOU FUTURE
GED CLASSES

The school has opening 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 spring.

EDUCATION 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 estudia para el examen de Escuela Superior el cual se le sera ofecido en ña primavera.

(EDUCACION ES LA LLAVE)

David A. Harris (Education Coordinator)

COMMISSARY NOTICE

The Commissary will reopen January 5, 1981. With group 4. ALL MONEY TO BE SENT OUT MUST BE IN THE COMMISSARY BY TUESDAY NOON.

Mr. Gibeau, (Comm. Spv.)

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Continued...from last week

CAPRICORN: THE GOAT

The ninth House deals with journeys and religion. It is controlled by Virgo and ruled by Mercury. Some traveling is denoted, but not as much as you sometimes desire. You are liable to have a rather odd religious belief to which you adhere stubbornly.

The tenth House deals with professions and ambitions. It is controlled by Libra and ruled by Venus. You are capable of making a livelihood in many ways. Among the best lines for you to engage in are clerking, music, the theatre, radio work, employment in the automotive industry, law, brokerage or insurance, agriculture, or work along construction lines. You are shrewd, have a capacity for work and are not easily discouraged, but you feel at times you have to strive twice as hard as is necessary to attain your goal.

The eleventh House deals with friends and companions. It is controlled by Scorpio and ruled by Mars. You will have a large circle of friends but very few with whom you are really intimate. You are loyal to those you really care for, but are inclined to be imposed upon by many because of your good Nature. Your most intimate companions are those who are born in Taurus, Cancer, Virgo, Scorpio, or Pisces.

The twelfth House deals with your limitations and debts to destiny. It is controlled by Sagittarius and ruled by Jupiter. Your greatest handicaps in life will be your tendency to worry and melancholy moods. You must try to control those weaknesses because they will stand in the way of the success you can otherwise attain.

CAPRICORN: All Capricorn-born are inclined to take chances between April 21 to May 21. When you speculate in cooperation with others, it would be advisable that your partner is born under one of the following Signs: Capricorn, Pisces, Taurus, Cancer, Virgo, or Scorpio.

Miscellaneous Things to Observe:

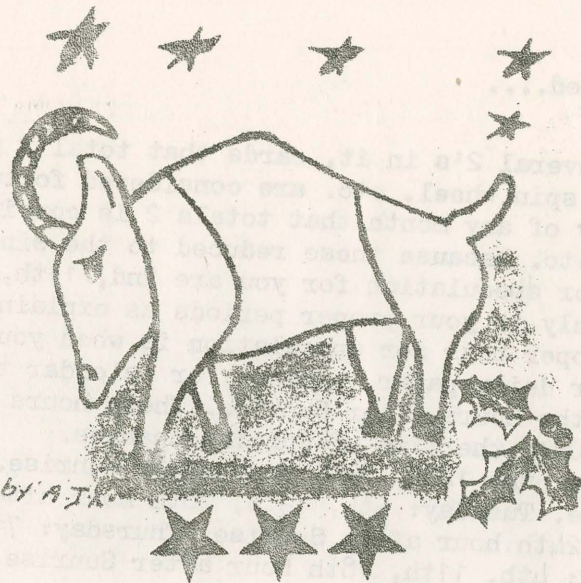
Those born between December 23 and December 30 will have better chances in speculation during the new Moon.

Those born between December 31 and January 6 will have better chances in speculation during the 2nd quarter of the Moon.

Those born between January 7 and January 14 will have better chances in speculation during the full Moon.

Those born between January 15 and January 20 will have better chances in speculation during the 4th quarter of the Moon.

According to the Science of Numerology, the Celestial Number of Capricorn 8, Saturn, the ruling planet of this Sign has the numerical value of 3. Combining these numbers we have: 8 plus 3 which equals 11. This must be reduced to a single digit, thus, 1 plus 1 equals 2. The key number for all persons born in Capricorn is 2. the same as for those born in Cancer. There are only nine digits; therefore some Signs have duplicate numbers, since there are only twelve Signs. Bear in mind at all times that 2 is your Celestial Number. When you buy a ticket of any sort, see that the serial number has 2 predominating. Room number 2 in a hotel, player number 2 in a sport game, horse number 2 in a race, a street number with



Continued....

2 or several 2's in it, cards that total 2 in a card game, a 2 rolled with dice, 2 on a spin wheel, etc. are considered fortunate for you.

Any day of any month that totals 2 is considered fortunate for you, thus, 11th, 29th, etc. because these reduced to the single digit 2. Therefore, the best days for speculation for you are 2nd, 11th, and 29th. However, you should speculate only in your proper periods as explained below.

The proper hour for speculation is when your ruling Planet is governing. Refer to your daily paper, almanac, or calendar to find the time of Sunrise, then count the hours after Sunrise. These hours are the same every week, month, and year. Only the time of Sunrise changes.

Sunday: 5th, 12th, 19th hour after Sunrise. Monday: 2nd, 9th, 23rd hour after Sunrise. Tuesday: 6th, 13th, 20th hour after Sunrise. Wednesday: 3rd, 10th, 17th, 24th hour after Sunrise. Thursday: 7th, 14th, 21st hour after Sunrise. Friday: 4th, 11th, 18th hour after Sunrise. Saturday: 1st, 10th, 17th, 22nd hour after Sunrise.

How To Deal With Capricorn People

Capricorn: In dealing with folks born between these dates you must proceed slowly and methodically; should be cheerful and buoyant and conservative in your views and expressions, especially if you're in quest of business. Crack a "pun" occasionally, as they'll enjoy it and the impression will be good. These folks are inclined to be quite melancholy or moody so try to pull them out of this rut. Once you are in their good graces, the ties of friendship will be very strong and hard to break, and well worth any effort you've made to create the good feeling. Show them how to make their lives a little more bearable and happy. They are inclined to be miserly and more apt to "open up" on a big proposition than a small one if such an opportunity is a worthy one and will stand the acid test which they often apply to any business venture.

How oft have we dreamed, when gazing above,
That the purified soul—the offspring of love,
When freed from earth's load,
Would find in the stars its peaceful abode.

Submitted by: J.D. Davis

Next week: AQUARIUS.





A Christmas Story

By: Pedro L. Hernandez


Jose opened his eyes, he was staring at the ceiling, looking for something that was not there, feeling disgusted, he looks around at his surroundings. He felt uncomfortable and finally decided to get up.

He washed his face in the tub, dried his face with a dirty towel and went about making a hot cup of coffee, Puerto Rican coffee. He boils water, dumps the coffee into the hot water, pours the water into an old cloth strainer, dark and strong just the way Jose likes it. He drank it slowly, because it is steaming hot.

Thinking out loud, "Tomorrow is Christmas Day". Racing through his life in Brooklyn in the last five months of his short stay in America, he starts to talk to himself, "Five months ago, I was full of ambition and so positive that by this time, I would have my young wife and child with me, here in America." Anger takes over and he accusingly yells at himself furiously, "You have nothing." Uncontrolled tears rolled down his cheeks. He does not bother to wipe them off, instead he lets them fall from his cheeks. He does not bother to clean off the table. Bitterly, he walked over to the cabinets to check his food supply. All he had left were three potatoes and a little bit of cooking oil. In the refrigerator were five eggs. Jose put his hand in his pocket, all he came up with was one quarter, two nickels and two pennies. "Thirty-seven-cents" he mumbles. Afraid to drop the money, he put it back in his pocket.

Jose takes one last look at his furnished room, picking up his cheap winter jacket, he had bought in the second hand store on Columbia Avenue. He puts his jacket on and disappears into the cold crispy dark street. His rooming house was located on State Street. He walked down the street crossing Atlantic Avenue. He is now on Columbia Street and is slapped sharply by the cold icy winds coming from the docks. Not knowing where to go in particular, he kept walking toward Union Street crossing Sackett Street, he noticed people all over the streets carrying packages, happy and speaking in foreign languages that he almost felt as though he were home.

See "CHRISTMAS STORY" on Page 8



"A CHRISTMAS STORY" (Con't.
from Page 7)

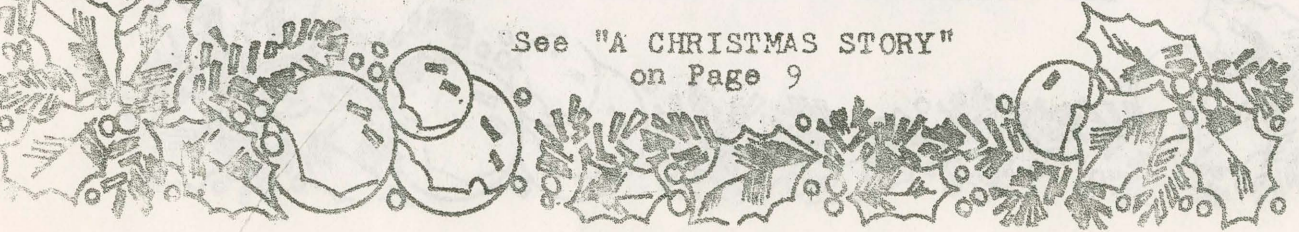
Knowing no one, without friends, or relatives, in this country. He felt very lonesome, watching an Italian family walking happily, in front of him. This little walk, brought back warm memories of his family and life back home.

Not paying attention to where he was walking, he bumps into an old man, knocking him to the ground. Jose, not knowing too much English, manages to mumble, "Sorry, sorry." He helped the old man to his feet and for a few seconds, the old man, and the young Puerto Rican stared into each others' eyes. There is a silence for a few seconds and then, there is no doubt in their minds that they will become to be good friends. Jose, without any thoughts of who this man was or where he came from, asked would you like to come to my apartment, for a hot cup of coffee. The old man consented and started to walk towards the restaurant with a sign, "Ben's Restaurant." Suddenly, Jose started to say no, no come with me to my apartment. Both men walked back toward Jose's furnished room. The old man was silent all through the short walk, wondering where this young man was taking him. They finally reached their destination, Jose, took out his keys, pushed open the door and both men walked in. Once inside, Jose noticed that the old man was very tired, he said "sit, sit down." The old man set on a chair next to the table that needed to be cleaned. Jose in the meantime, started to boil the water for coffee. In a matter of a few minutes, they were drinking strong coffee out of two tin cans that at one time had been full of Quaker Oats. Jose was very comfortable in the old man's presence.

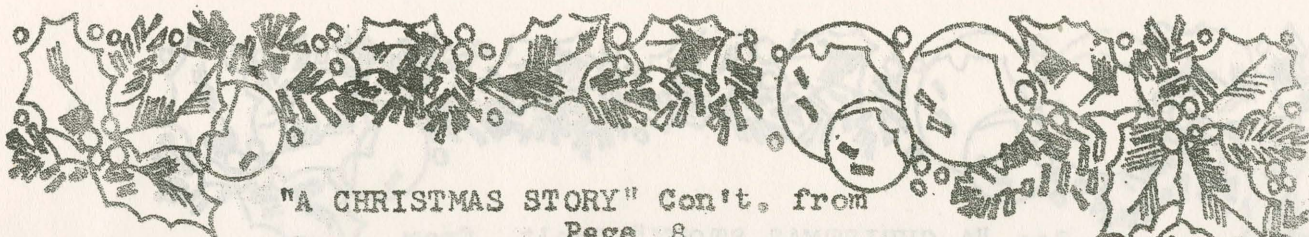
He explained to the old man how he came to this country, leaving his very young wife and his small child back in Puerto Rico, pending that he send them the tickets necessary to come and join him in America. Excited he said, "First, I need a job, second, I need an apartment and third, I need money to send for them. As you can see, my friend, I do not have anything. The old man graciously let Jose know that he agreed that he had no accommodations for his wife and child in that little furnished room.

They finished the coffee and Jose got up and said proudly, "Now I cook and we eat, okay." The old man did not answer him, but Jose knew that the old man could eat some food; he looked very hungry. Jose came back to the table where the old man was sitting and gave the old man a knife and the potatoes for him to peel. He took the knife and began peeling the potatoes, showing on his face a smile of approval.

Jose cooked a potato omelet, which they ate with some bread, putting left over Hunts tomato sauce on top of the omelet, Jose



See "A CHRISTMAS STORY"
on Page 9



"A CHRISTMAS STORY" Con't. from
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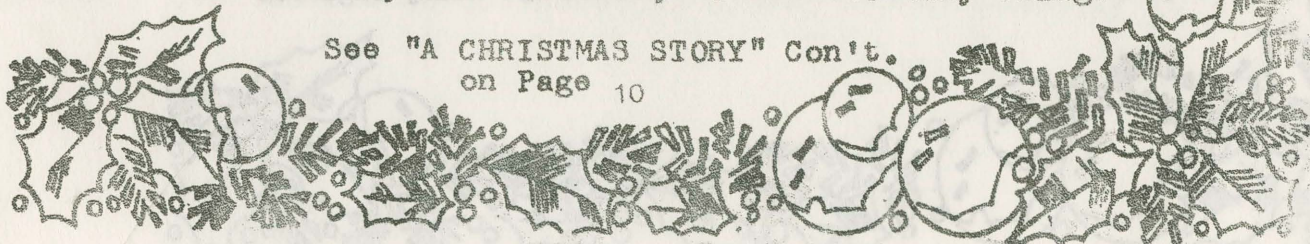
said jokingly, "ketchup," both of them started to laugh. They both had another cup of coffee, and before they knew it the day was over, it was dark, cold and late. Jose saw the old man's face now, he understood that the old man did not want to leave. Not asking, Jose said, "You stay here tonight." The old man did not say a word. Jose in the meantime fixed the only small bed and putting all his clothes on top of a blanket, he said, "I will sleep on the floor, you can sleep on the bed." Jose said, "I do not like the bed anyway, it's too soft." Both men laughed. Soon there was peace and silence in the small room. The old man laid down on the bed, covering himself with the old covers and old clothes, yet you would have thought that he was sleeping on satin sheets in a beautiful bedroom.


Jose woke up very early, to find the old man gone. He did not know if he was dreaming or if it were true. He looked around the room, but there was no trace of the man ever having been there. He was gone, but the question was there in back of his mind; was the old man ever here? Jose felt empty, and sad, if it were a dream, he thought, "why did I have to wake up." Now the loneliness took over and Jose felt worse - than ever. He went back into the room, with nothing to do; he tried to understand why his new friend had left him. Jose decided to make some coffee. When Jose finished making some coffee a knock came to the door and the knock became persistent. Jose finally opened the door and was face to face with a tall gentleman, dressed in an expensive dark business suit. He was wearing a hat and holding his gloves in his hand.

Jose was speechless. There on the other side of the door was a man who was well dressed, but Jose did not know him. "Hurry up, get dressed. It was more a command than an invitation. Jose looked at him trying to figure out who this intruder was. He knows my name, but somehow I know his eyes from somewhere, as he looks so familiar. Where have I met this man?" He is too well dressed to be police. Besides he had not paid his rent in two weeks and the landlord said she would send a man to throw him out, but this man had not come to throw him out or cause him any harm.

Taking his hat, the gentleman said, "Jose, you do not remember me? I slept here last night. I have come to take you to spend Christmas at my house." Ten tons of worries fell from Jose's face. Not believing what he was seeing and bearing, he excitedly cried out, "Yes, yes. . . You are my friend. Why did you leave me?" The elderly man answered, "I had too many things

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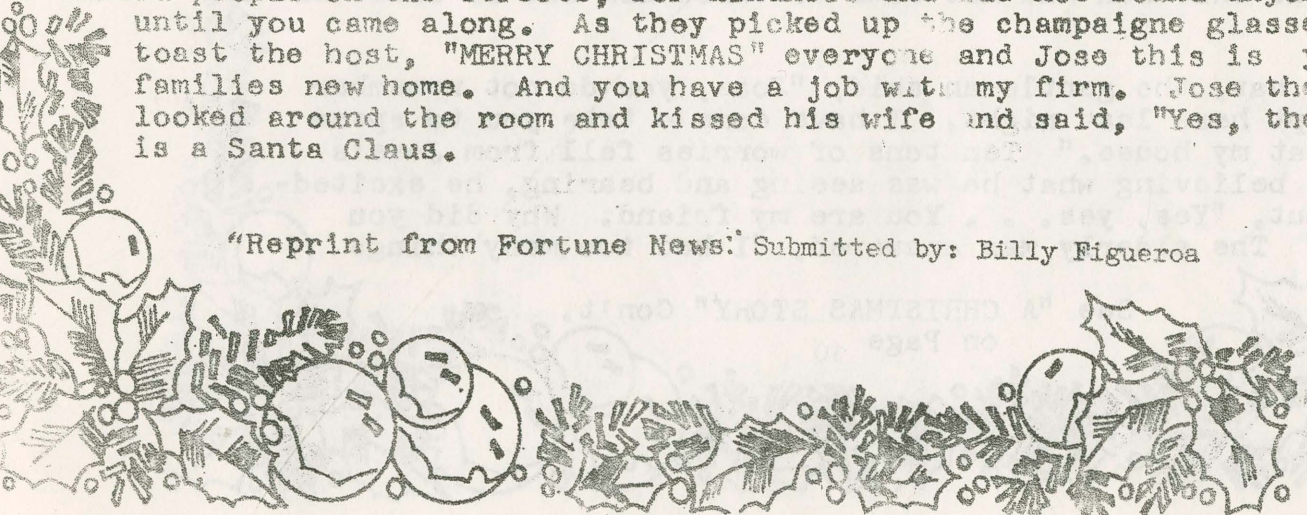
See "A CHRISTMAS STORY" Con't. from
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to do this morning and I did not want to wake you up. Okay, now lets leave." Walking out of the building, Jose noticed a long black new car parked in front of the house. The back door of the car was opened and a uniformed chauffeur was standing by the opened door, waiting for them to get in. Before getting in Jose looked up at all the people that were looking out of their windows, they were all looking at Jose in shock. He wanted all of them to see him getting in the new big black car, driven by the chauffeur. Finally he got in, feeling to good and carefree. The car sped away, crossing Atlantic Avenue thru Columbia Street onto the highway.

The cold air hit Jose's face and for a minute he thought that he was in bed dreaming again. He pinched himself to make sure, feeling his fingernails brush lightly upon his face, he knew then that it was not a dream.

When they arrived at this man's house, Jose could not believe his eyes. An elderly lady and young girl came out to greet the master of the house. Jose watched curiously at what was taking place.

Both men walked into the big house, full of expensive French furniture. Jose heard some familiar voices and because he was still in a daze he thought he was hearing things. He thought about the whole thing and he still kept asking himself, "If this is not a dream, why me?" He stood there bewildered, looking at someone in a green luxurious and beautiful dress. It was his dear wife Maria. Right alongside of her, he saw his young son watching him curiously. Jose put his arms around his wife, there was no conversation. Then he pulled away from her to pick up his son to give him a hug. After a few minutes, the old man said excitedly, "Now we will drink some champagne and enjoy our Christmas dinner." Jose looked out of the beautiful window with drapes and saw the snow flurries falling down gently.



I tested people on the streets, for kindness and had not found anyone until you came along. As they picked up the champagne glasses to toast the host, "MERRY CHRISTMAS" everyone and Jose this is your families new home. And you have a job with my firm. Jose then looked around the room and kissed his wife and said, "Yes, there is a Santa Claus.

"Reprint from Fortune News" Submitted by: Billy Figueroa

Merry Christmas to all !!



THE HOPE I DREAMED OF

The hope I dreamed of was a dream, was but a dream,
And now I wake Exceeding comfortless, and worn,
and old, For a dream's sake.

I hang my harp upon a tree, A weeping willow in a lake;
I hang my silenced harp there, wrung and snapt,
For a dream's sake.

Lie still, lie still, my breaking heart; My silent
heart, lie still and break.
Life, and the world, and mine own self, are changed
For a dream's sake.

WRITTEN BY: CHRISTINA ROSSETTI

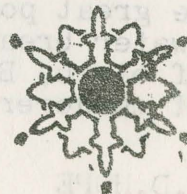
**** REMEMBER ME ****

Remember me when I am gone away, Gone far away into the
silent land;
when you can no more hold me by the hand, Nor I half turn
to go, yet, turning, stay.
Remember me when no more, day by day, You tell me of our
future that you planned.
Only remember me; you understand It will be late to counsel
then or pray.
And no dews blur our eyes
To see the peach-bloom come in evening skies,
Perchance we may,
Where now this night is day,
And even through faith of still averted feet,
Making full circle of our banishment, Amazed meet;
The bitter journey to the bourne so sweet
Seasoning the termless feast of our content
With tears of recognition never dry.

WRITTEN BY: COVENTRY PATMCKE

A comfort and a true companion
Whose tongue with gall and honey drips,
Woman is like a kitchen onion
That makes us weep - and smack our lips.

OLD GERMAN PROVERB
ADAPTED BY: LOUIS UNTERMEYER
SUBMITTED BY: BOB RAWLINGS



Merry Christmas to all !!



** IMPERIAL ADAM **

Imperial Adam, naked in the dew,
Felt his brown flanks and found the rib was gone.
Puzzled he turned and saw where, two and two,
The mighty spoor of Jahweh marked the lawn.
Then he remembered through mysterious sleep
The surgeon fingers probing at the bone,
The voice so far away, so rich and deep:

"It is not good for him to live along."
Turning once more he found Man's counterpart
In tender parody breathing at his side.
He knew her at first sight, he knew by heart
Her allegory of sense unsatisfied.

The pawpaw drooped its golden breasts above, Less generous than
the honey of her flesh;

The innocent sunlight showed the place of love; The dew on its
dark hairs winked crisp and fresh.

This plump gourd severed from his virile root, She promised on
the turf of Paradise

Delicious pulp of the forbidden fruit; Sly as the snake she
loosed her sinuous thighs,

And waking, smiled up at him from the grass; Her breasts rose
softly and he heard her sigh -

From all the beasts whose pleasant task it was In Eden to
increase and multiply.

Adam had learned the jolly deed of kind; He took her in his
arms and there and then,

Like the clean beasts, embracing from behind, Began in joy
to found the breed of men.

Then from the spurt of seed within her broke, Her terrible
and triumphant female cry,

Split upward by the sexual lightning stroke. It was the beasts
now who stood watching by:

The gravid elephant, the calving hind, The breeding bitch,
the she-ape big with young.

Were the first gentle midwives of mankind; The teeming lioness
rasped her with her tongue;

The proud vicuna nuzzled her as she slept, Lax on the grass;
and Adam watching too Saw how her dumb breasts at their ripen-

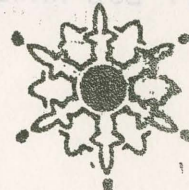
ing wept, The great pod of her belly swelled and grew,

And saw its water break, and saw, in fear, Its quaking muscles
in the act of birth, Between her legs a pigmy face appear,

And the first murderer lay upon the earth.

WRITTEN BY: A.D.HOPE

SUBMITTED BY: BOB RAWLINGS





Very Christmas to all !!



Querido Amigo: 


¿Cómo estás? Te escribo esta carta porque quiero decirte cuánto te amo y me preocupo por tí y cuán grande es mi deseo de ayudarte.


Te ví ayer hablando con tus amigos y a lo mejor querías hablarme también. Esperé todo el día. Al llegar la tarde te dí una hermosa puesta de sol para cerrar tu día y una fresca brisa para tu descanso después de un día tan fatigoso y esperé... Nunca viniste. Sí, claro me dolió, pero aún así te amo y quiero ser tu amigo. 

Te ví dormir anoche y quise tocar tu frente- envié rayos de luna que cubrieran tu almohada y tu cara para ver si te despertabas para hablar contigo- pero no; seguías en tu sueño. Tengo tantos dones que darte!, pero en la mañana era tarde y te fuiste apresurado a trabajar. Mis lágrimas se mezclaron, con la lluvia que caía. 

Hoy te veo triste preocupado, sólo, tan sólo! Mi corazón comprende. También mis amigos me abandonaron y me lastimaron, pero yo te Amo.

¡Oh si tu tan sólo me escucharas! Te Amo! Trato de decirte por medio del cielo azul y de los verdes prados. Te hablo al oído a través de las hojas de los árboles y el olor de las flores. Grito en los riachuelos de las montañas, doy a los pajaritos cantos de amor sólo para tí. Te visto con el calor del sol y te perfumo el aire con el aroma de la naturaleza. Mi Amor por tí es más profundo que el mar, pero mayor y más grande es mi deseo de hablar y caminar contigo.

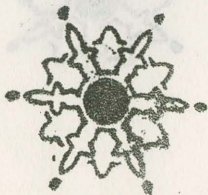
Yo sé cuán duro es vivir en esta tierra. Realmente lo sé y quiero ayudarte si tan sólo tu me dejaras demostrártelo. Quisiera que conocieras a mi padre. El desea ayudarte también. Mi Padre es así, ya tu le conocerás y le amarás igual que yo. 

Lláname a cualquier hora del día o de la noche, pues yo nunca duermo y siempre te responderé; pídele lo que quieras que si es para tu beneficio, yo te lo daré; habla conmigo y desahoga tus angustias ansiedades que yo siempre tengo tiempo para tí. Por favor no te olvides de mí, tengo tanto que compartir contigo. 

Ya no te molesto más. Sé que tienes mucho que hacer. Perdona que te haya tomado tanto tiempo, pero no podía esperar más sin dejarte saber que te Amo y que te espero.....

Tu Amigo Fiel, Jesús de Nazareth

Escrito por: Gilberto Delgado
Sometido por: Ramón Figueroa



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Gilberto Delgado



Merry Christmas to all !!



((A DIOS))

Perlas son tus manos las estrellas,
tu corona los soles, que el vacío,
prendió tu mano y de tu imperio pío
espada y cetro al par son las estrellas.

Por el eter y el mar andas sin huellas,
y cuando el huracán sueita bravío, sus mil
voces de un polo al otro frío, con tu voz
inmortal, sus labios sellas.

En doquier estás, doquier llevan tu nombre cielos, abismo,
el mar de la vida en noche oscura, deja ver sus tormentas
y bravuras.

Aunque estreches la mente y los espácios, te llevan.
Tu afán es solamente desir a los mortales del mundo
los peligros, su engaño y vanidad, mostrandoles en
cambio la gloria verdadera y el único sendero que al
hombre hace inmortal.

En navidad y para ustedes:

Angel Luis Robles

((PORTAL DE BELEN))

Abre el portal de belén,
que mi alma peregrina
viene a contemplar de nuevo
del niño, su faz divina.

Vengo de un mundo lejano,
muy lejos de este portal...
De un mundo sin paz alguna
y de un destino fatal.

Traigo el alma malherida.
Lastimado el corazón...
He recorrido un sendero
de odios y de dolor.

Abran las puertas pastores!
Busco un refugio de amor...
Busco la luz de esa estrella
que anunció a mi redentor.

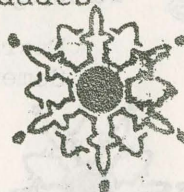
Quiero estar con los corderos
recostarme en el pajar,
y dormirme a los arrulios
del cántico angelical.

Y soñar entre las pajas
del olvidado portal,
un sueño que ante esta cuna
sólo se pueda soñar.

Soñar que en todos los hombres
renace ya la bondad.
Que en todos los corazones
el odio se ha muerto ya.

Sometido por:
Angel Luis Robles

Muchas felicidades!



POTATOES; Gathering and Preserving of HERBS

We hear so much about mashed potatoes not being good to eat. It is true that the ordinary mashed potatoes which are eaten everywhere is a very unwholesome product. When potatoes are peeled, boiled, and then mashed with a large piece of butter, or other fat, they become unwholesome food. When potatoes are peeled, there is practically nothing left but starch. The alkaline part of the potato is cut away, when they are peeled, and the starch is acid forming.

I must not fail to mention that the eyes and the peeling of the Irish potato contains its life-giving properties. When the skin of the potato is not eaten, the best part of it is lost. Also, when the skin is baked too brown, life-giving properties are destroyed.

A baked potato is the ideal way of cooking potatoes, but it must be properly baked. When properly baked the skin should be a little crisp, but not too dark brown, or black. Before putting potatoes in the oven to bake, after they have been thoroughly scrubbed, prick with a fork all over; this causes some of the moisture to evaporate, and helps to make them dry and mealy.

Another excellent way to prepare potatoes is to steam cook or pressure cook them. All vegetables may be excellently prepared in the steam pressure cooker under a low temperature, as the original food flavors are then preserved in an economical way. They can still be improved by placing them in an oven and allowing them to dry out for a few minutes. Many who have found it impossible to eat potatoes, prepared in other ways, are able to eat them prepared in this way.

Mashed Potatoes

Select the dry, mealy variety of potato, such as, Idaho, for instance. Wash them thoroughly and boil or steam until they are thoroughly done. Steaming is best. When done, peel the outer thin skin off, being careful not to remove the eyes. Mash, add rich soybean milk and salt to taste. Bake for twenty minutes in a hot oven.

Gathering and Preserving of Herbs

It must be understood that wide experience and knowledge of herbs is needed to successfully gather and preserve them. It is a study of a lifetime. Lack of knowledge in gathering and preserving herbs may render them of little or no medical value. Knowledge of soil is also necessary. Plants grown in virgin soil will contain far greater medicinal value than those grown on poor soil. The same plant grown in different localities will show a great difference in the amount of curative properties they will yield. There is a difference between cultivated plants and those growing in their natural wild state. For instance, the dandelion growing wild has rare medical properties, which are almost entirely lost when the plant is cultivated. Wild herbs are more effective for use in medicines than those grown in the garden. Gather herbs only in dry weather, preferably when the plant is in full bloom, or the seeds getting ripe.

Barks.-The barks should be taken when the sap is rising in the spring. Shave off the outer rough part, then peel the inner part from the trunk of the tree. To dry, put in the sun for a short time (if desired), then complete the drying in the shade. Be sure they are thoroughly dry. If there is any moisture left in them when they are put away, they will mold.

Roots.-Dig up the roots either in the spring when the sap is rising, or in the late autumn, after the sap has gone down. Slice and dry the roots (in the shade), tie up in small bundles and put in the attic or some place where they are sure to be kept dry.

Flowers, seeds, and leaves should be gathered when they are in their prime,

Continued....

gathering only the perfect ones. These should also be dried in the shade. When thoroughly dry, put in heavy brown paper bags.

Do not preserve herbs in glass, as sometimes the glass sweats, and if any moisture comes in contact with the herbs they will become moldy.

When any barks, roots, or other herbs are thoroughly dried and kept dry, they will retain their medicinal value for years.


The bark, roots, flowers, seeds or leaves may all be dried for a short time in the sun, but always complete the drying process in the shade, as too much exposure to the sun tends to lessen the medicinal value. They may be dried entirely in the shade in an airy place. The only thing gained by putting them in the sun for a short time is hastening the drying process.

Submitted by: Moses Hargrove 3rd

**** BEHOLD, THOU ART FAIR ****

Behold, thou art fair, my love; Behold, thou art fair;
Thou hast doves' eyes within thy locks:
Thy hair is as a flock of goats that appear from mount Gilead.
Thy teeth are like a flock of sheep that are even shorn,
Which came up from the washing; Whereof every one bear twins,
And none is barren among them. Thy lips are like a thread of
scarlet, And thy speech is comely;
Thy temples are like a piece of a pomegranate Within thy locks;
Thy neck is like the tower of David builded for armory, Whereon
there hang a thousand bucklers, All shields of mighty men.
Thy two breasts are like two young roes that are twins, which
feed among the lilies. Until the day break, and the shadows flee
away, I will get me to the mountain of myrrh, And to the hill of
frankincense. Thou art all fair, my love; There is no spot in
thee. Come with me from Lebanon, my spouse, With me from Lebanon:
Look from the top of Amana, From the top of Shenir and Hermon,
From the lion's dens, From the mountains of the leopards.
Thou hast ravished my heart with one of thine eyes, With one chain
of thy neck. How fair is thy love, my sister, my spouse!
How much better is thy love than wine! And the smell of thine
ointments than all spices! Thy lips, O my spouse, drop as the
honeycomb: Honey and milk are under thy tongue; And the smell
of thy garments is like the smell of Lebanon.
A garden inclosed in my sister, my spouse; A spring shut up, a
fountain sealed. Thy plants are an orchard of pomegranates,
with pleasant fruits; camphire, with spikenard, Spikenard and
saffron; Calamus and cinnamon, With all trees of frankincense;
Myrrh and aloes. With all the chief spices: A fountain of gardens,
A well of living waters, And streams from Lebanon.
Awake, O north wind, and come, thou south; Blow upon my garden,
That the spices thereof may flow out.
Let my beloved come into his garden, and eat his pleasant fruits.

THE SONG OF SONGS



In June of 1717, there were four Masonic lodges surviving. These met and formed the Mother lodge, the Grand Lodge of England. The Book of constitutions was published in 1723 and revised in 1738. These Constitutions remain basic to freemasonry. No one has the power to change the fundamental features of freemasonry. There were between fifteen and twenty-five change proposals by various Masonic authorities. These fundamentals include the three-degree system, which includes the Royal Arch, the Hiram legend of the third degree, the methods of recognition, belief in the Great Architect of the Universe and in immortality, the equality of all (Caucasian) Masons in the lodge, the place of the Volume of the Sacred Law on the altar, the right of a Mason to visit every regular lodge in the world (these rights are not extended to Black "Masons"), the necessity of secrecy; and the symbolic method of teaching. When the Grand Orient of France in 1877 took the Holy Scriptures from its altars and no longer demanded their members to have a belief in which the Grand Orient and created a schism which has lasted to this day.

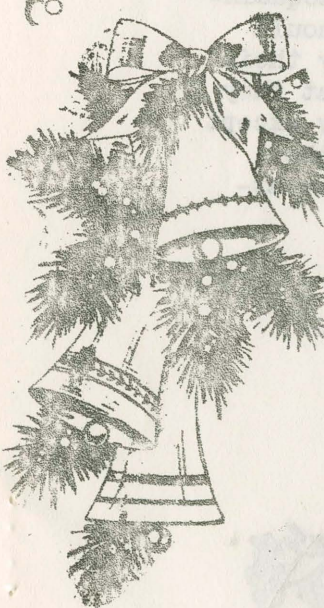

(1) But soon their "fun" turned into pranks, then to murder, hangings and brutal beatings of former Black slaves. With the aid of other hooded Klansmen who found this particular kind of "fun" to their liking. Soon the Klan became one of the staunchest stains of bigotry ever known to America. General Nathan Bedford Forrest became Grand Wizard in 1869; Albert Pike was among the early leaders that were elected as a means of changing the foul air that surrounded the Klan, but to no avail.

By 1873, there was no trace of Klan activity. The first Klan existed for less than a decade and had entrusted only one hundred thousand members; this served as a model for the far more notorious second Klan.

The second Klan top officers were all masons. Not only opposing Blacks, Jews, Orientals, but also Catholics. By 1923, Ku Klux Klan membership numbered two million five hundred thousand.

Their lodges featured an altar with an American Flag, sword and Bible opened to the 12th chapter of Romans of the King James version.

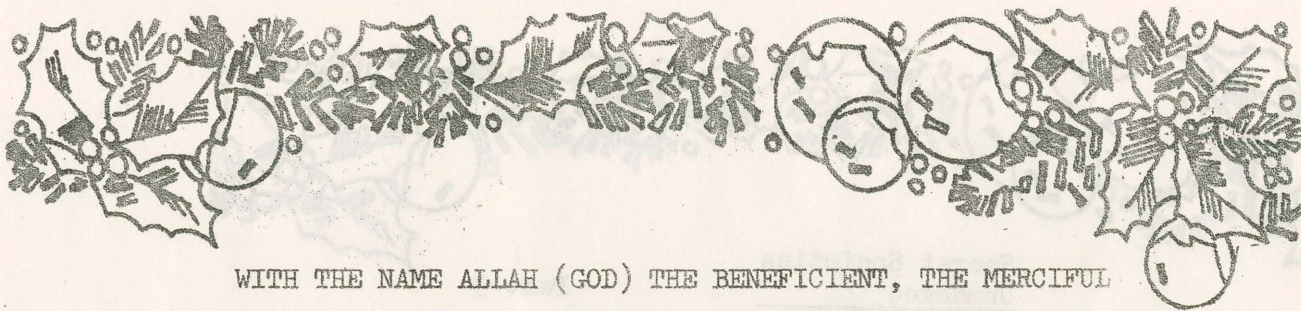
The Klan Oath



"In the presence of God and Man, I do solemnly pledge, promise and swear unconditionally that I will faithfully obey the constitution and laws and will willingly conform to all regulations, and requirements of the Ku Klux Klan which now exists or which may be hereafter enacted, and will render at all times loyal respect. Steadfast support of the Imperial Authority of the same, and will heartily heed to all official mandates, decrees, edicts, rulings and instructions of the Imperial Wizard thereof. I will yield promptly in responding to all summonses."

"I most solemnly swear that I will forever keep sacred and secret the signs, words, grips and any and all matters and knowledge of the Ku Klux Klan in which regard a most rigid secrecy must be maintained, which may at any time be communicated by me and will never reveal to any person in the whole world. I will die rather than reveal the source, SO HELP ME GOD." AMEN.

(1) Refer to Secret Societies Unmasked: by: Inam Isa Muhammad



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

ISLAM THE RELIGION

#14

CLOTHING and ADORNMENT

In man's clothing and adornment, Islam takes into serious consideration the principles of decency, modesty, chastity, and manliness. Anything in clothing or adornment incompatible with the attainment, maintenance and development of these qualities is inhibited by Islam. The clothing material and the dressing manners which may stimulate arrogance or false pride and vanity are strictly prohibited. So are the adornments which may weaken the morality of man or undermine his manliness.

Man should remain loyal to his manly nature, which God has chosen for him, and keep away from all things that are likely to weaken or endanger his character. This is the reason why Islam warns man not to use certain clothing materials, e.g., pure silk, and certain precious stones, e.g., gold, for the purpose of adornment. These are things which suit the feminine nature alone. The handsomeness of man is not in wearing precious stones or flaunting in pure and natural silken clothes but in high morality, sweet nature and sound conduct.

When Islam allows woman to use the things which are forbidden for man and which are suitable for the feminine nature alone, Islam does not let woman go loose or wander unrestricted. It allows her the things which suit her nature and, at the same time, cautions her against anything that might abuse or upset that nature. The manner in which women should dress up, beautify, walk and even look is a very delicate question, and Islam pays special attention to the matter.

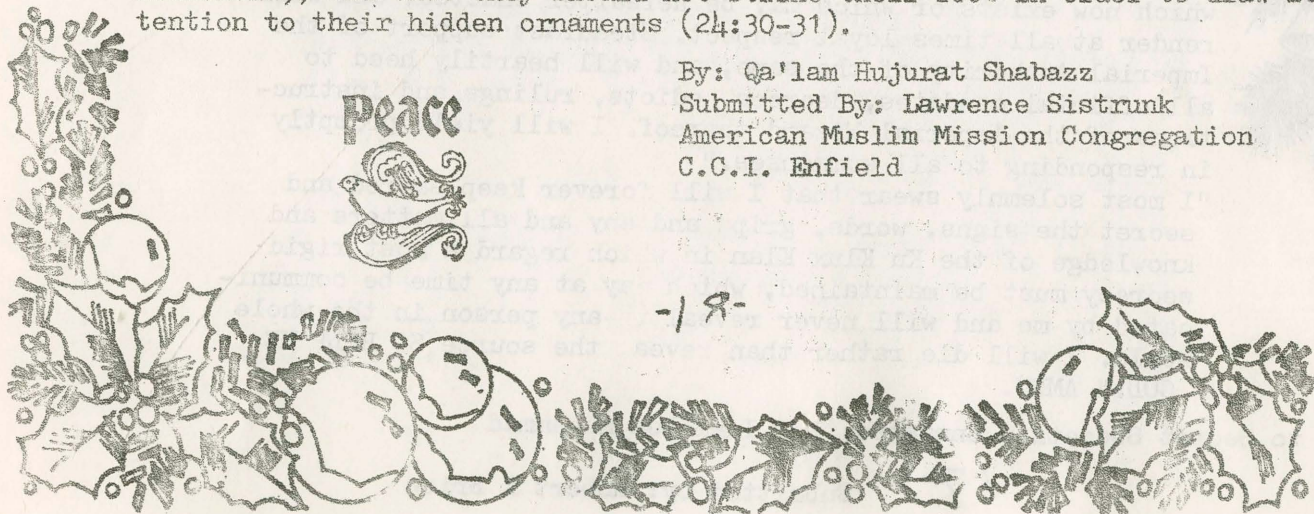
The vision of Islam has served advice to both man and woman to help women in particular to retain and develop their dignity and chastity, safe from being the subject of idle gossip or vicious rumors and suspicious thoughts. The advice is imparted in these Quranic verses:

Say to the believing men that they should lower their gaze and guard their modesty; that will make for greater purity for them. And God is well-acquainted with all that they do. And say to the believing women that they should lower their gaze and guard their modesty; that they should not display their beauty and ornaments except what (must ordinarily) appear thereof, that they should draw their veils over their bosoms and not display their beauty except before their husbands, their fathers... (and certain other members of the household); and that they should not strike their feet in order to draw attention to their hidden ornaments (24:30-31).

Peace



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



Stress Tightening Your Body? Shrug It Away With Exercise

Knight News Wire

You can learn to shake off your stress and shrug away your tensions. All you have to do, says Pam Hitchins, is tune in to your own body and learn "stress management" techniques — mostly simple exercises that can be performed anywhere for a few minutes, even seconds.

"Stress has been identified as a form of energy that people utilize essentially to tie their bodies into knots," says Hitchins, director of physical therapy at South Miami Hospital. Stress management is "a concept of learning how to untie those knots and regenerate that energy into positive action."

Hitchins and her staff of 30 apply their techniques to people who have been ill — usually those suffering from intractable pain, recovering from heart attacks or having severe breathing problems, such as those with emphysema. But much of what they do can also be useful for healthy persons.

"We all think we are experiencing more stress than anyone else," said Hitchins. "But stress is part of life, and there is no way of getting away from it."

Tension is not even harmful, if it is handled correctly, she said. "But if we learn to control our physical reactions to stress, we can deal with life in a much more positive way."

Millions of people sitting at desks all day go home with neck and back pains or tension headaches, because they did not realize, along the way, that muscles were knotting up that could be relaxed with brief, learned exercises, says Hitchins.

Two things are especially helpful:

• **Shrugging:** Lift your shoulders, in an exaggerated "I don't care" movement, then bring them down, push them forward and then back. This tightens, then relaxes the muscles in the upper and middle back and breaks the tension that crawls up the neck to the head.

• **Palming:** Rub your hands together, as though you were out on a cold day without gloves. Then, softly cup your closed eyes with your warmed hands. Don't put a crick in your neck by leaning forward. If you rest your elbows on a pile of books, comfortably touching your cheekbones with the heel of your hand, you can make a little, dark cup over each eye. Don't rub your eyes. The

idea is to shut out, not rub out, your tensions.

Hitchins has borrowed broadly from a variety of sources, including the works of Dr. Edmund Jacobson, originator of what is called "progressive relaxation," and Dr. Herbert Benson, whose book, "The Relaxation Response" was a best seller several years ago.

Here's another of Hitchins' suggestions, although it could make your friends and coworkers think you are cracking up under the strain if you do it in the office.

• **Shaking:** Stand up, with your arms hanging loosely at your sides, and wiggle your hands. (You may have seen athletes do this kind of thing prior to competition.) Now let the shake and wiggle vibrate its way up your arms and into your shoulders. Relax. Try the same thing with the legs — one at a time, of course. This is one of the broadest applications of the idea that every muscle action is followed by a counter-action — tension leads to relaxation.

• **Imagery:** That's the current word for what used to be called daydreaming. Take a few minutes and tune out your surroundings, tuning in a mental picture of your favorite place or a dream island of tranquility. Think of a soft piece of music or a calming poem.

Hitchins suggests concentrating on piped-in music if you have it in your work place. Some people, however, can't stand such music. How about tuning in, instead, to your own breathing.

Benson, in "The Relaxation Response," introduced the word, "One," repeated over and over, as an alternative to the Transcendental Meditation practitioner's secret mantra, the meaningless word that, by constant repetition, helps to calm the mind. Hitchins favors another method that suggests counting each breath, in and out, from one to 10 and then repeating the procedure. Don't count backwards — it takes too much concentration and is, perhaps, too much of a reminder of the commands of a doctor putting you under anesthesia. This time you are in control.

Head turning and rolling are included in Hitchins' agenda for relaxation exercises, but if you have arthritis or any really troublesome neck problems following injuries, perhaps you should check with your doctor before you try these.

Hitchins and her staff frequently work with people who have whiplash

injuries following automobile accidents. For them, relaxation exercises are better than pain pills or tranquilizers, which can become dangerously habit-forming, said Hitchins.

Here are those exercises:

• **Head rolling:** Stand or sit with your back straight. Slowly drop your head forward and turn your head, without strain, in a circle to the side, back, side and front again. Make two or three circles to the right and then turn to the left.

• **Head turning:** Make a slow turn of the head, as though looking for someone far off to your right. Try to keep your shoulders relaxed and your eyes level as you turn. Then do the same movement to the left.

Hitchins does not promote all exercises for everyone. Some may work better than others. Some may help people in pain, while others are handy tension-stoppers while trapped in rush hour traffic or waiting for a telephone call.

"These are learned skills," said Hitchins. "Nobody ever comes in here and is a great success right from the start. Some people will say it is impossible for them to learn these techniques." But, with practice, many find they can help themselves, she said.

Stress management is incorporated into the hospital's programs for alcoholics and for persons who are trying to stop smoking. That way, said Hitchins, these people learn to turn on an anti-tension exercise instead of reaching for a cigarette or a drink.

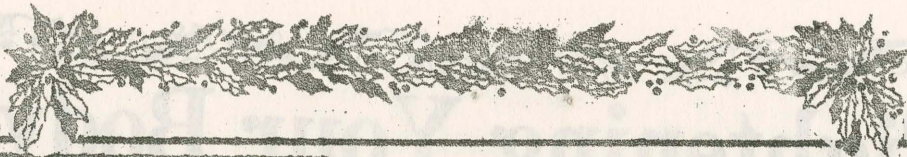
"I use it myself," said Hitchins. "I tend to be a 'hyper' person. I have more than 30 people working here and 15 patients a day. If I don't use these techniques, I wind up with severe tension headaches." She used to have them daily, she said, but stress management had controlled them.

"We can all control stress," she said. "The key is to realize that you can do it; then find what works for you." It is also important to be aware of your tension centers, she says.

While you read this, stop and think. Are you tense in your neck, jaw, stomach, hands, eyes, chest, lower back, hips? Maybe you should be trying to relax those areas, consciously, so that, with practice, they will stay that way.

Utopia to Hitchins will be the time when stress management is as much part of a school curriculum as mathematics and geography.

Submitted By: Bob Newman

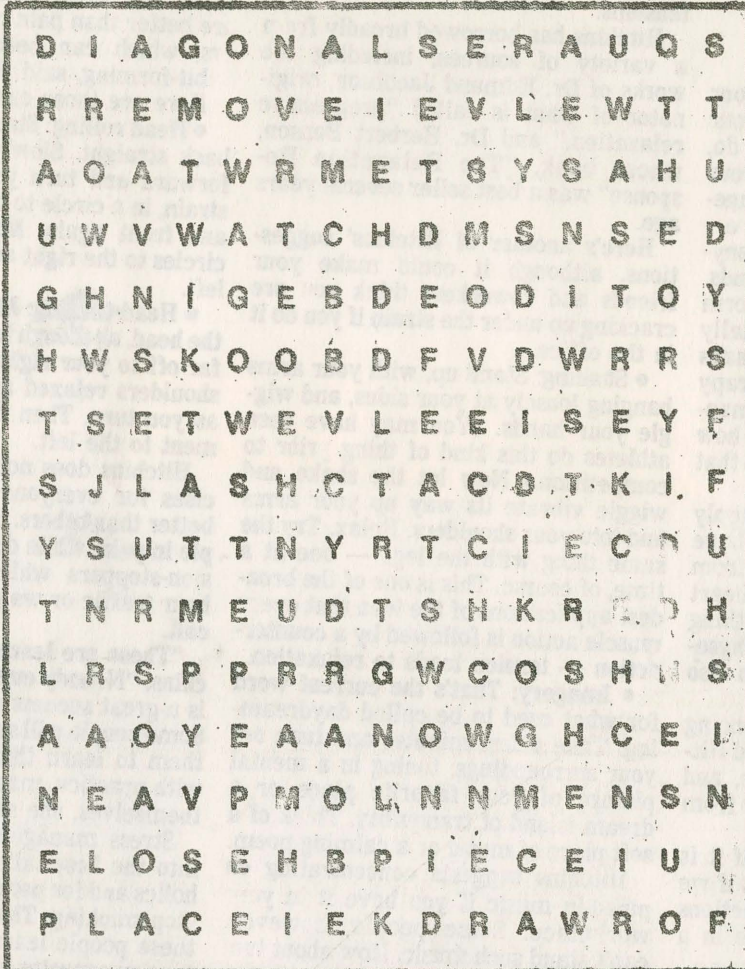


4

WORD FUN

PLAYING CHECKERS

Here's a popular game that's loved by the young and old. Our puzzle explains all!



- | | | | | | |
|---------|----------|-------|---------|---------|--------|
| BEAT | CROWN | GAME | OVER | SET | TURN |
| BEGIN | DEFEAT | HUFF | PENALTY | SIDE | TWELVE |
| BEST | DIAGONAL | JUMP | PIECE | SQUARES | WATCH |
| BLACK | DRAUGHTS | KINGS | PLACE | STAND | WHITE |
| BLOCK | DRAW | LEARN | PLAY | STUDY | WIN |
| BOARD | END | LOSE | RED | SYSTEM | |
| BOOKS | FINISH | MEN | REMOVE | THEORY | |
| CATCH | FORWARD | MOVE | ROW | TRAP | |
| CHECKER | FUN | OPEN | RULES | TRY | |

Solution on page 59



***** 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:

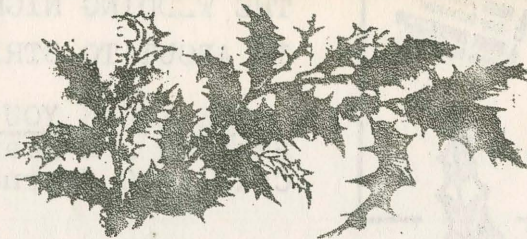
1. Have a drug abuse history
2. Are within 6-18 month of your release date.
3. Do not have (2) parole violations or a felony conviction while on parole.
4. Have no pattern of sexual offenses, violent or assualtive behavior, Escapes or serious psychological problems.

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.



Christmas: means many different things, to many different people. But to old and young alike, there are memories and exchanges that lead us all to recognize in our own special ways, that Christmas spirit.

To many of us here; maybe Christmas will be just another day, taking us that much closer to the freedom of which we dream? To some, Merry Christmas will be just an empty utterance? or maybe we'll think of home and the festivities there? But whatever this day might mean to anyone or all of us.

It is the sincere wish of the New View staff, that we all have as MERRY A CHRISTMAS as we can. MERRY CHRISTMAS TO YOU ALL!

From the New View Workers

and we'd like to Thank-You All for the valueable and concerned articles that you have contributed to making our inmate publication a workable and readable one.



Feliz Navidad y que el Año Nuevo sea de grandes bendiciones!!
y les acerque más a sus seres queridos...

Billy Figueroa
NEW VIEW - EDITOR

ENFIELD Cinema

Three Weeks Movies

HOLIDAY MOVIES



ROY SCHEIDER
A THAT JAZZ

Prepare yourself for all that acclaim.

9 ACADEMY AWARD NOMINATIONS
BEST PICTURE
BEST ACTOR Roy Scheider
BEST DIRECTOR Rob Marshall

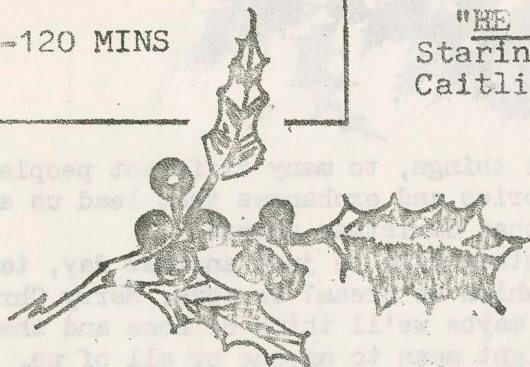
1st attraction
(R)-----120 MINS



2nd attraction

**THE WEDDING NIGHT KILLER
IS ABOUT TO STRIKE AGAIN!!!**

"HE KNOWS YOU'RE ALONE"
Starring Tom Scardino & Caitlin O'Hearney (R)



WHEN A STRANGER CALLS

(Columbia)

MPAA: R/97 min./Ho-Sus

Review date: 10-22-79 Boxoffice rating: Excellent

Jill Johnson (Carol Kane) arrives to baby-sit for Dr. Mandrakis (Carmen Argenziano). She receives terrifying phone calls from someone who asks, "Have you checked the children lately?" She calls the police, who at first attribute the calls to pranksters. Later the police put a tracer on the calls and discover that they are coming from within the house. As a sinister figure, Curt Duncan (Tony Beckley), appears at the top of the stairs, policeman John Clifford (Charles Durning) arrives. The children have been killed and mutilated by the psychotic Duncan, who is sent to an asylum. Seven years later Duncan escapes. Mandrakis hires Clifford to track him down. The killer stalks Tracy (Colleen Dewhurst), whom he meets in a bar. Clifford tells police Lt. Charlie Garber (Ron O'Neal) that he'll kill Duncan if he finds him. Duncan is about to kill Tracy when Clifford arrives and chases him, but he escapes. Johnson is now married and has two children. While she and her husband are eating at a fashionable restaurant, she receives a phone call and becomes hysterical when the voice says, "Have you checked the children lately?" They rush home and find everything safe. However, Duncan is hiding there. He overcomes Johnson's husband and ties him up in a closet. He waits under the bedcovers for Johnson. Again, Clifford arrives in time to save the day and kills Duncan.



3rd Attraction

JANUARY 1, 1981.

-22-



NEW YEAR'S
DAY
MENU
1981

BREAKFAST

Pineapple Juice
Grilled Bacon & Fried Eggs
Dry Cereal
Buttered Toast
Coffee - Milk



DINNER

Baked Virginia Ham - Pineapple Sauce
Candied Sweet Potatoes
Green Beans - Hot Rolls
Tossed Green Salad
Ice Cream w/Chocolate Topping
Coffee - Milk



SUPPER

Vegetable Soup w/Crackers
Cheese Omelette
Home Fried Potatoes
Hot Beets
Chilled Peaches
Coffee- Milk



FALL AND WINTER CYCLE #1 (1980, 1981)

USE WEEKS OF: 5 Oct. 80, 2 Nov. 80, 30 Nov. 80, 28 Dec. 80, 25 Jan. 81, 22 Feb. 81

	BREAKFAST	DINNER	SUPPER
S U N	PINEAPPLE JUICE HOT AND COLD CEREAL MUFFINS JELLY MILK AND COFFEE BREAD AND OLEO SUGAR	ROAST BEEF NATURAL BROWN GRAVY MASHED POTATOES BUTTERED CORN ICE CREAM BEVERAGE CHOICE	AMERICAN CHOP SUEY GRATED CHEESE TOSSED SALAD OIL AND VINEGAR BREAD PUDDING BEVERAGE CHOICE
M O N	TOMATO JUICE FRIED EGGS TOAST COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	*BAKED HAM SOUP BOILED POTATOES LIMA BEANS MUSTARD PASTRY-CAKE BEVERAGE CHOICE	CHEESE WHOPPER 5oz FRENCH FRIED POTATOES CATSUP MIXED VEGETABLES FRUIT COCKTAIL BEVERAGE CHOICE
T U E S	BLENDED JUICE BREAKFAST PASTRY HOT CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	VEAL PARMESAN SHELLS w/ TOMATO SAUCE TOSSED SALAD FRENCH DRESSING GRATED PARMESAN CHEESE CHOCOLATE PUDDING BEVERAGE CHOICE	CHEESE OMELETTE HOME FRIED POTATOES CATSUP BUTTERED GREEN BEANS PURPLE PLUMS BEVERAGE CHOICE
W E D	FRESH FRUIT FRENCH TOAST MAPLE SYRUP COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	*FRIED PORK CUTLET PEPPER AND ONION GRAVY FRIED RICE APPLESAUCE BUTTERED PEAS PASTRY-APPLE PIE BEVERAGE CHOICE	BAR-B-Q CHICKEN MASHED POTATOES GRAVY YELLOW WAX BEANS ICE CREAM BEVERAGE CHOICE
T H U R S	GRAPEFRUIT SECTIONS BREAKFAST PASTRY HOT AND COLD CEREAL COFFEE AND MILK BREAD AND OLEO SUGAR	HOT DOGS BEEF SOUP BAKED BEANS SAUERKRAUT MUSTARD AND CATSUP PASTRY-CAKE BEVERAGE CHOICE	STUFFED HUI PEPPERS TANY CREOLE SAUCE NOODLES ROMANOFF FRESH BUTTERED CARROTS CHILLED PEACHES BEVERAGE CHOICE
F R I	ORANGE JUICE SCRAMBLED EGGS TOAST COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	FRIED FISH/TARTAR SAUCE SOUP HASH BROWN POTATOES CREAMED CORN COLE SLAW ICE CREAM BEVERAGE CHOICE	TURKEY A LA KING BOILED RICE TOSSED SALAD OIL AND VINEGAR PINEAPPLE CHUNKS BEVERAGE CHOICE
S A T	FRESH FRUIT BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR	*BAKED POLISH KIELBASA BOILED POTATOES BOILED CABBAGE MUSTARD PASTRY-CAKE BEVERAGE CHOICE	BEEF PATTY 5oz BROWN GRAVY MASHED POTATOES MIXED VEGETABLES CHERRY JELLO 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