


## STATE OF CONNECTICUT

## DGPARTMENT OF CORRECEION



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CONNECTICUT CORRECTIONAT INSTTIUYION ENFITLD

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The NEW VIEW is a weekly publication printed by the inmates of the Conn. Correctional Institution of Enfield, under the supervision of the administration.
Any opinions here-in are the sentiments of the constributors and should not be construed as those 0 . the, Institution Administration.

This publication serves as a medium of information.
Mailing address: NEW VंTEW, P.O. BOX G GNFTEILD, COMNECTICUT 06082
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Assistant Superintendent
Treatment \& Training


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Assistant Superintendent

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MAURICE TOZIER

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LIBRARY NOTICE


In response to numerous letters to various publishing companies the library has recently received donations of many valuable and interestimg books. Goodheart vilcox sent us some new auto mechanics text books which lock very uselul for those wanting to learn more on this stbject. Rodale Press has given us a good cross section their titles including books on natural foods, nutrition, fardening, energy, bicycling, and shelter. Harper and Row has ade us a gift of an assortment of non-fiction and tiction books which should also help to supplement our collection. These books should be on the shelves by now so come by and check them out. PAUL CARNES, LIBRARIAN
LEGAL ASSISTANCE TC PRLSONERS, 340 CAPITOL AVE., ROOM 101 HARTFORD, CONN. Ob115
Attorneys from Legal Asst to Hrisoners will visit CCIE biweekly for the purpose of interviewing inmates who are in need of civil Legai assistance. An interview may be obtained by filling in a "request to see stati member" addressed to LAP briefly stating the nature of your legal problem.
THINK ABOUT YOUR FUYURE 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 spring.

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 axamen de Escuela Superior el cual se le sera ofrecido en el Primavcra DAVID A. HARRIS EDUCA IONAL COORUINATOR

## COMMISSARY NOTICE

COMI SSARY NOTICE
The commissary will reopen on Jan. b, 19\&. The groups will go as follows: Group 4 goes 1irst and then groups 5,6,7.1.2, and group 3.
ALL MONEY TO BE SENT UUI MUS'l BE IN THE CUMMISSARY BY TUES UAY NOON.

Mr. Gibeau
Commissary Supv.

## Y AQUARIUS: THE WATER BEARER

This Sign symbolizes Judgement and forms the starry original of the Um of Minos from which flow wrath and condemation or blessings and reward. The earlier baptismal urns of the primitive Christians and the elaborate stone fonts of the modern churches are relics of this great Astral religion.
The Sign Aquaxius signifies the legs of the
Grand Man and represents the locomotive functions of the human organism. It is the natural emblem of the changeable, movable, and migratory forces of the body. The Water-Bearer, upon the esoteric planisphere, is occupied by Reuben, "The excellency of dignity and the excellency of power. Unstable as water thou shalt not excel."
A simple but magnificient Astrological description of this Sign, symbolized by two wavy lines, are the
 xipples of running water. This Sign signifies consecration, and not only contains the rites and mysteries of consecration, but reveals the potency of all sacrec and dedicated works. The mystical gem is the Amethyst. Aquarius is the third emanation of the Airy Trigon and the constellation of Uranus.
AQUARIUS: (January 21st to February 18th) A masculine, airy sign. The ruling planet is Uranus. They have a quiet, patient, faithful, and perserving nature.Usually philosophical, refined, and ambitious. They can discriminate and concentrate and are both theoretical and practical. They sometimes have quite advanced ideas, have a strong temper, but it is easily controlled. They love liberty and freedom and will not be driven. They may be interested in occult or psychic matters and in the mystical things of life. Are literal success-finders and often too generous for their own good. Therefore, they may be imposed upon. They can bear responsibilities and have high ideals. They tend to be straightforward, artistic, retiring, sincere, ambitious, and magnetic.

SUN IN AQUARIUS: Broad-minded. Deep sympathies, prudence, liberal, and generous. Always helping relatives or friends. May travel much. Occult or mediumistic tendencies.
WOON IN AQUARIUS: Broad minded, thorough, keen imagination, intuitive, lover of luxury, fond of travel, interested in national affairs, good company. Inclined to day-dresming; may have healing or mystical powers. Slight tendency to nervous ailments.
The first House shows your personality. You are electric, magnetic, inspirational, impressionistic, studious, affectionate, and intuitive. You have strong powers of concentration and usually attract attention in whatever circle of society you choose to move. You have deep feelings, a great lovo on beauty, art, music, and Nature. You have a keen appreciation of the Mysticai 0. Occult Sciences.

The second House deals with your financial affairs. It s controlled by Pisces and ruled by Neptune. This shows that you possess great powers of accumulating wealth but are likely to be too generous and sympathetic so that others force themselves upon you and cause you to lose money. All through life you will be assisting someone financ ally. You are not very fortunate with speculative ventures or get-rich-quick schemes. It is better for you to invest wisely in real estate, land, and large corporations.

Continued..... on next page


The third House deals with travel and the Mind. It is controlled by Aries and ruled by Mars. This gives you an observing Mind and shows you have great facuIties for meditation, investigation, and constructive thought. You are sensitive, alert, ambitious, and aspire to the finer things of life. Love of travel is denoted, and all things point to several important trips.

The fourth House deals with your home affairs. It is controlled by Taumas and ruled by Venus. The men of Aquarius are great home lovers and usually exert great effort to maintain a happy home. The ladies of Aquarius are wonderful housekeepers and companions. You are always endeavoring to improve your domestic affairs and take pride in keeping your home cozy and comfortable. The background of a happy, peaceful home seems necessary to enable you to do your best in life.
The fifth House deals with your affections and romantic experiences. It is controlled by Gemini and ruled by Mercury. You appreciate deep affection more than the average person. However, your affections will likely play over a large keyboard before you find someone who will really appreciate your nature. Not until after middle life does the average Aquarian find the ideal romance. Without love, your life does not seem to amount to much; therefore, you will keep on searching until your desires are realized. With loving companionship you will rise to heights of success and prosperity; without it, you have little ambition.

The sixth House deals with your health and work. It is controlled by Cancer and ruled by the Moon. You are likely to suffer from lervousness, despondency, liver, kidney, or stomach disorders, but with proper care of your health these ailments may be prevented or overcome. Work wherein beauty is expressed is best for you. In anything you do you are very proficient and conscientious.
The seventh House deals with marriage. It is controlled by Leo and ruled by the Sun. For the happiest marriage your mate should be someone born in Leo. Most Aquarians marry more than once and have very peculiar experiences. There are exceptions, of course. To them marriage is not usually as romantic as they expected. If you do not make too great demands, your marriage will prove successful.
The eight House deals with length of life and Spiritual gifts. It is controlled by Virgo and ruled by Mercury. This shows a fairly long and eventually successful life. Your adversities will really be blessings in disguise. You possess mediumistic gifts and could do much with mental telepathy. You will be the recipient of many gifts, and you will enjoy financial independence throughout the latter part of life. Your natural gifts and talents will give you the opportunity to be much before the public.


Continued...next week
Submitted by: J.D. Davis

## 0000000000

Meat eating is becoming more and more dingerous on account of the steady increase in disease among animals. Some tiae ago I had a nice flock of registered Jerseys, and one morning we notiol in the paper that in the adjoining county there were thousands of head of cattle which they were obliged to kill on account of disease, so I decked to sell my drove of stock and keep three of the best milk cows. Aboulsix or eight months later, one morming a neighbor said to me, "Did yot hear that Anderson had sixteen cows die yesterday and could not do anythinfor them?" So I decided to sell two of my three cows and just keep "old Litie," which was a registered Jersey. Her milk tested six and a half per centbutter fat. She never had anything but the very best of feed and the very pst of care possible. A few weeks later she became sick and refused all sod. I told my wife not to use the milk for a day or two, hoping there woid be a change for the better, but there was none. Old Lizzie walked as i she was afraid to step on her feet and made queer movements with her lowe jaw, and all at once she fenl over and was dead. We decided then that we ould never use any more milk. Some time after this we noticed in the aper that there were four or five states in which the chickens as well a the cows were so diseased that for a long time they were not permitted ta hip any eggs or butter or livestock. While we had not eaten any milk for a ing time prior to this, we stopped using milk, meat, or eggs, and have no used them since. We found an abundance of good things which take the plce of these. A few years prior to this I was up in the northern states mex the clear water lakes, and found millions of fish dead on the water. Oriving examined they were found to have a live worm along the spine whichilled them. Not long ago while in San Diego the dead fish were so thick o the water that the steamers had a hard time to run through them. For many years I have spent much money nd time to produce articles of food which most perfectly take the plan of meat, milk, eggs, and butter. These articles taste very palatable, ay easily digester, fumish perfect nourishment, and are very inexpensive, osting only a fraction of the amount paid for animal products. You wil find all of them given in this book: Beck to Eden, by Jethro Kloss

## WATER

Water is one of the most abundantly spolied elements of nature for remedial uses. The blood and brain of the uman body are composed of about four-fifths water. The fluid secretion and excretions ar more than ninetenths thei ? weight in water.
The chemical compositions of water is spresented by the chemical formula, H2O, which means that it is composed oltwo gases, hydrogn and oxygen, proportionately, two volumes of the forer and one of the latter. Both are odorless, cololess, tasteless, and tresparent. Oxygen is the greater supporter of combustion in life. Hydroge is one of the lightest gases known.
Use of water. -Water existr in the form o ice when below 32 degrees $F$. When at 212 degrees F, or above, it is change into vapor. Between 32 degrees $F$. and 212 degrees P . it is a liquid. Water ossesses the greatest amount of heat required to elevate temperature to q given number of degrees, of any substance. Water also absorbs more beat 9 elevation than any other substance. When passi.g from the ice to the iquid state, it absorbs a great aymunt of heat from the objects it comes if contact with without, any elevation of tempertture. Water conducts hat much more readily than air, and commicates its heat to bodies with whoh it comes in contact, but
7- Con......on next page

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it also abstracts heat when at a lower temperature.
Rain water. -Rain water comes the nearest to being pure water of any attainable. But it is unwholesome because it gathers many impurities as it falls. Filtered rain water and distilled water are the purest forms.
Hard water, - When water is hard, it will not produce a lather with soap. The hardness is due to salts of lime, gypsum, and chalk, and others, which makes it unfit for use extemally, and especially interrily.
Mineral watex.-These waters contain solutions of salt of magnesia, iron and others, as well as iodine, arsenic, and sulphur, which give them a medicinal taste and they have been much used for cures of chronic ailments. These waters are absolutely unfit for drinking or cooking purposes. They contain no particular value for cleansing. One would naturally know that water which is unfit to cleanse the outside of the body, could not be of much benefit as an internal application.

With the exception of pure air, there is no other element of nature that is as important in sustaining life as pure water, or has as important a relatron to the human system. A person can live longer on water alone than if deprived of it. A large proportion of our food, in variance to the type, contains from fifteen to ninety per cent water.
Water undergoes no change in the body, but is absolutely essential to the performance of the vital functions, as it enables various organs to perform their work so that life is maintained. The circulatory system is one that is especially dependent upon water. Water is the solvent which floats the blood corpuscles, nutritive, and waste elements which the blood is carrying. By the aid of water, nutritions enter the blood and are conveyed to fibers of the intricate human mechanism, where repair and growth are neceded.

There is no other element which is so adapted for this exact purpose as water. It circulates through the most delicate capillaries, without friction, and even passes through membranes into parts that are not accessibile by openings.
Water is continually passing away from the body from some organ of elimination, either skin, kidneys, or lungs. If the kidney becomes obstructed, we all know there is serious trouble. The dry air ordering the lungs all the time absorbs moisture from the pulmonary hemin 3 . Therefore it is necessary to supply the body with plenty of pure water, at all times. The average person eliminates about five pints of water i twenty-four hours, and an equal new supply must be made in order to preserve the fluidity of the blood. People whose work is of laborious nature which necessitates profuse perspiration naturally require more water than others.

Continued......next week
Submitted by: Moses Hargrove 3xd
-00 0 -

In relation to freemasonry, surprising enough there jas no grand lodge in this country. There are only seperate and independent er and lodges for each state; the District of Columbia and Puerto Rico.
The 116000 Blue or symbolic lodges has an enrollment of approximately 4,200 , 000 Masons in the United States while the Prince Hall lo ages for Black Masons claim to have about 312,000. Some lodge activities are curdinated by the Masonic Service Association, there is another group of people e that call them selves the M.S.A. for Muslim Student Association, but it has no power over Grand lodges. About thirty one of the state grand lodges maintain homes for children and the elderly. The Masonic lodges does not provide insurance benefits for its members, wo the Knights of Columbus and the Forresters are. two groups that do. An ind idual lodge may choose to establish sick and death benefits funds, but these funds are very likely to be small. Masonic sid is traditionally given only to Master Masons in good standing such as the Shrine which do offer assistance to non-Masons.
American Masons patronize the higher degrees to a greater percentage than Buropean Masons. There are three basic Masonic degrees: Entered Apprentice, Fol low Craft, and Master Mason. In an appended degree of fun organizations. This means that he only has to keep up payment of his regular dues, but not neecessaxily attend meetings. Master Masons are allowed to join such fun organirations as the Grotto and Tall Cedars of Lebanon. The National Sojoumers is organized for retired and active officers of the armed forces. Deaf Masons may join the Desoms. For those who are interested in Tonic Philalethes. A Master Mason may choose one or both of the two Masonic higher rites: The Sottish or York rites. About one quarter or about 1,000,000 Master Masons have taken the Scottish rites. This rite was organized in the United States in 1801 consisting of thirty two degrees plus the honorary thirty third degre. The Blue or Symbolic Craft Lodge work the first three degrees. I. applying to the Scottish, there is a fee of about one hundred and fifty dollars. Then the applicant usually spends two or three days witnessing the enactment of the degrees in a Scottish rite Cathedral. Because of the time involved, this rite seldom works all twenty nine d cen and therefore, many of the degrees ans simply summarized for the cididubes. This type of communicated degree consists of a short lecture, the. $m$ oath recitation. A candidate may also take his ciegrees in stages rather hi all at one time. Within the Scottish rite, there axe four subordinate od es which confer the degrees. The Lodge of perfection confers the fourth to tl a fourteenth degrees chapter of Rose Croix confers the seventeenth and eighteenth, and the consistory confers the nineteenth to the thirty second. Distinguished Scottish rite Masons may receive the thirty third degree for honorary and distinguished work in Masonry.
There is less than 8,000 m: who hold this in the Northern and Souther juries diction which governs Valley rite, claims more than 500,000 members in thirty five Southern and Wester states, the District of Columbia, and United States territories and possessions. The North jurisdiction which operates in the fifteen other states, have slightly Sewer. There are about 400,000 Masons who belong to the York rite which is closed to Blacks, Jews, and other Masons who are now-Anglo Saxon Christians.

I received a call the other day that blew my mind. The caller, obviously white, jumped down my throat before I could say hello. He called me a racist referring back to our story on the bowl games and how Black Schools are ignored by the selection committees. Well in case you missed what was said, so there can be no mis-understanding. THE SELECTION COMMITTEES OF THE VARIOUS BOWL GAMES ARE OUT AND OUT RACISTS: DID YOU GET THAT?
If telling it like it is brands me a racist, then yean! I oles that what I am. Case in point - Tennessee State University is the only predominate Black university in the nation in division 1-A of the NCAA college football alignment. That the same division as Ohio State, UCLA, Michigan, Use, Notre Dame, and all those people. Only these people refuse to play Tennessee, a school without any conference affiliation. So is Notre Dame. Of the major independents, Tennessee State is 9-1, having lost only to Grambling, who should be playing in division 1-A. But coach Eddie Robinson says, "What for? Those schools refuse to schedule us. Ofcourse they're afraid of us." Anyway, Tennessee State with their 9-1 record will. not go bowling this year. The Rose Bowl, Cotton, Orange and Sugar bowls, wisely tie up their games with conference champs. But what about the Peach Bowl, Independence Bowl, Liberty, Sun, Bluebonnet, and the Hall of Fame Bowl along with the others? What about them? The Holiday Bowl selection committee in San Diego chose Southern Methodist with a $/-3$ record. The Tangerine Bowl picked up Maryland $7-3$ and Florida $/-2$. At the Hall of Fame Bowl those folks selected Arkansas with a 5-4 record to go against Tula ne with a $7-3$ record. The Liberty Bowl ignored the best team in Temassee to go with Purdue $7-3$, and Missouri $7-3$. Virginia Tech with a $8-3$ record has been tabbed by the Peach Bowl committee. Their opponent has not yet been announced. Tennessee State and head coach John Merritt, without a douth, just like South Carolina state and Grambling, deserve bow 1 bids. How many players from Southern Methodist is in the pros? How many from Arkansas, Virginia Tech? No school in the country, including Notre Dame, has as many players in the NFL on current rosters as Grambling, Tennessee State and Jackson State. They each have (25) players in the NFL. That's (69) players from three little black schools in the pros. They must be doing something right. And with all the money allocated to the big schools with mediocre records in the bowl games, someone has the nerve to call me a racist. The Rose Bowl will give Washington and Michigan each well over one million dollars for playing. And that's the bottom line. The pro scouts know where the players are. But the Bow committees don't want to know from nothing. The idea of giving a predominant Black school an opportunity to make some big bucks is against everything they stand for. Forget about George Stienbrenner and the Yanks. The biggest story in sports today is the one that is yet to be told. How the selection committees of the various Bow 1 games and the likes, all combine to keep Black schools out of the big-time sports framework of this nation. Fou cannot argue with facts. They are there for all to scrutinize. Underneath everything is the continuing drama to phase out Black colleges and universities across the nation. Louisiana State would just love to see Grambling merged with a white school. Then they would have the recruiting rights to the Black prep talent in the state. Right now, Eddie Robinson, his staff, former students and players out-hustle the big predominant school for most of the prime Black football talent in the state.
(Continued on page (15)




Incignacio por la multa que me querlan immoner por exeso de velocidac, "protesté con enervía ante el Juez:

- El agente me escogió sólo a mi entre toda la fila de Inrractores!
- Es, verdad eso, agente? - preguntó el Juez al patrullero.
- He temo que sí, señor

Juez...

- Por qué Io hizo?
- Pues toqué la sirena, encendl las luces rojas y este señor fue el único que se dotuvo.
:o de los programas do nuestro minario àe Sicologia Cristiana insistía en calificarnos a nosoos mismos, del 1 al 5, sebún a a lista de actitudes y cmocioas. El 5 denotaría "sin Probie", el 1 , "necesito ayuda".
? pidieron que explicara al rupo cómo me había calificacio. - Pues bien - contestéo, aquí use inicialmente un 3: luego o cambié a 2 y por fin a 1 . - En que pregunta? - inquirió

1 sicólogo.

- En la referente a decisiones.

La noche de la fecha límite para. hacer la declaración del irmuesto sobre, la rente las oficinas de rudación suelen convertirse en ver - ********絃 deros manicomios.

A las Il:30 de la noche una cor tribuyente atribulada preguntó po: telefono: "liasta que howa puedo llevar mi declaración para que le pongan el matasellos de este día?' Le respondieron que tenía hasta le 12 en punto de la noche. "Y donde puedo conseguir las formas para llenar?"

Wi Marido, que es a la vez gam nadero, maestro cie escuela y funcionario municipal, se va a veces a la cama con la cabeza llena de problemas. Una noche comenzó a hablar dormido con un amico con quier había estacio disputancio: "Jorge, vamos a aclarar esto de una vez por todas.

Conozco a cierto hombre at negocios que hace poco adquirió por vez primera un automévil RollsVoyce. Durante varias semanas no habld de otrc tema. Un día, al terminar una partida de golf, en el club deportivo, se enteró de que otro de los socios del círeulo necesitaba trasladarse al centro de la ciudad y no traía coche.
Encentado de poder lucir su auto, se ofreció a llevarlo. De amino a la ciudad le dijo con actitud condescendiente:

- Supongo que runca había siajac:o en un Rolls-Royce.

A lo que el invitado respondić Puedo vencerte cuando quiera". Empezó a forcejear y a revolverse en la cama, hasta que al fin humildemente, preçuntó: "Buerio, te parece que sean dos caídas de tres? secemente:
-En el asiento delantero, nunca.


## **********************

Someticio: Por:

$$
{ }_{* * * * * * * \text { Dil y Figueroa }}^{* * *}
$$

The supreme achievement for any baseball pitcher b to throw no hitter. MIen below as 40 men who have accomplished this feat




## (Continued from "A Racist") Page (10)

Wouldn't the University of Tennessee love to see Tennessee State done away with. Hey! we are talking about a real thing. Across the nation, at this very moment, folks are gearing up their forces for an all out battle to destroy Black schools. So I'm a racist? In this case, I love it. Tell me one thing. What Black Person in this nation has done anything lately to destroy the predominant white institution? Tell me something else. Why are the southern political leaders where most of our Black schools are located, not doing one damn thing to ensure the future of the financial wanalalls, it becomes more difficult each year to recruit students and athletes to these universities. Attacking the racist practices of the Bowl games is just a small battle in the war. there are other battles to be waged before the system can be defeated. We are going to keep fighting on our front. Hopefully, tolks like Tony Brown will keep th leat burning high on other fronts. Calling me a racist for speaking o t against injustices is a compliment.

> Taken from the N.Y. Amsterdam News Submitted By: Reggie Hill

## SPRING SESSION

APPLICATIONS: All inmates who are planning an appearance at the next sessions are encouraged to submit their requests to SUPERVISOR OF RECORDS, at their respective institutions. Your request should be submitted immediately, if possible, and inmates are reminded that the last day for submitting requests is February 13, 1981.

After having submitted your request, you will be sent (3) three copies of the Board of Pardon Petitions. You Just fill these petitions out completely and return (2) two copies as soon as possible to your Record office for schećlling of your appearance. Retain. (I) one copy for your records.

APPIICATIONS RESUTTING IN A STARRED (*) CASE: Under the established rules of the Pardon Board, cases are rarely heard if the petitioner has: 1) Appeared within the year. 2) Served less than one year. This one year cannot include jail time. 3) Appeared or was eligible for parole. A starred case in one of these categories is very rarely heard, therefore, by waiting for a regular session, not only are inmates saved the labor of preparing required letters, but friends, lawyers, prison staff, State's Attorney ard Board members are spared the effort which should be given the regular petitioners. It is suggested that before undertaking the task of a starred petition, an inmate should seek the advice of the prison staff which is readily given.

Neither the Department of Correction nor the Pardon Board will assign Attorneys. Each in rate must retain his own council.

## JUNTA DE PARDON

## IA SESION DE PRIMAVERA

PETICIONES: Todo pres que piense presentarse en las proximas sesiones deben someter sues solicitude a_ SUPERVISOR DE ARCHIVOS, en gus respectivas instituciones. Debs someter sur solicitude inmediatamente, si es posible, y se les recuerda a los presos que el ultimo cía para someter los solicitudes es el de 13 Febrero de 1981.

Despúes de haber sometido, sh sclicitud, usted recibiŕa (3) tres copias de la Peticion de Junta de Perdon. Tiene que llenar estas peticiones completamente y devolverlas lo mas pronto posible a su Oficina de Archives para fijar la fecha de su audiencia. Retenga una cobia como referencia personal.

SOLICITUDES QUE RESULTAN EN UN CASO MARCADO (*): tajo las reglas establecidas de la Junta de Perdon, sara ven se oven los casos si el solicitante hay: 1) Aparecido dentro del año. 2) Servido menos de un año. Esto no puede incluir tiempo de carrel.
3) Aparecido o, sido legible para libertad jajo palabra. Un caso marcado en, una de estas catergorias my rare vez llega a ser oido, y pore iso, al esperar la sesion regular, el pres evitará el trabajo innecesario de preparar el papeleo; y las amistades, los abogados, personal de la prision, la oficina del fiscal, y los miembros de la Junta podrán dar mejor atencion a los solicitantes regulares. Pori lo mismo, se sugiere que, antes de scmeter una peticion en un cast marcado, el preso debe pedir consejo de algun miembro del personal.

Ni el Departamento de Correction ni las Junta de Perõon asignará abogados. Cada prese tiene que conseguir sup propic abogado.

How did your day begin??? Free??? Falx??? or; not so good???
Do you have family problems ???
How are you dolng financially ???
Are you an Alcoholic???
What kind of state of mind are you in at this precise moment ???
Is their someone very close to you that's not doing so well, or even s friend that muy be sick that you find yourself wanting to help ???
But you can do nothing because you are 1 m itted ???
Do you have a steady job ??? If so, how are you doing on your job ???
Do you get alons with your ellow workers ???
Do you have a great deal on your mind, and find yourself imprisioned With thought ???
Are you depressed ???
What I'm asking you my friend, is are you truly and honestly haypy wich your life??
I mean with all the everyday problems, or situations that we may encounter ???
Do you innd ic pretty hard to be happy when everything is just the opposite of what you expect ???
Well, my friend we know for a fact that the sun doesn't shine every day - huh ??? For we know as a people, that as long as we continue oo walk in the flesh then we are slaves to the world. Yes slaves my frient.

But, we don't have to be slaves to the world any longer.
For I have found something very precious and importan to tell you-if you have a listening ear. As a matter of fact - it can change your way of thinbing, as well as give you a new way of life.

Are you at Peace with yourself ???
Are you at face vith COD risht now ???
Well, no matter what you problem is roday - you can be rid of it forever starting right now.

Their is no cost or payment required. It's all been paid in full.
However, their is one thin\% asked of us, and that is, that we as a people believe in him, Christ Jesus, and the reward for our belief is life .-........ everlasting life, with our lord and Savior, "Jesus". Their's just something: about that name.

Our Heavenly father gives us this promise as his children in the Gospel of St. John 3:16.

My fitiend, then you get home, can you re-read this article, and maybe plek up your Bible and see what GOD, our most Prectous and Heavenly Father says.

It is not COD's will $^{\text {w }}$ that whould suffer, but to be set free from bondage.
I ask you now --. don't you want to be set free and have salvation through Jesus Christ Our lord ??? Jesus paid the price in full with his very own life $=$ in order that we could have life.

You see, I too was once heavy laden... And I surxendered it all to Jesus. And now I'm Free - - and you too can be, right now. Ask Jesus to come into your hears.

THANK YOU LORD JESUS FOR THIS FREE, WONDERFUL, NEW LIFE.


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

## ISLAM THE RELIGION <br> \#15 <br> THE CATMIE or (AN 'AM)

11. Say: "Travel through the earth and see what was the end of those who rejected Truth ${ }^{\text {P }}$
12. Say: "Io whom belongeth All that is in the heavens And on earth?" Say: "Mo God. He has inscribed For Himself (the mule of) Mercy. That He will gather you Together for the Day of Judgement, There is no doubt whatever. It is they who have lost Their own souls, that will Not believe.
13. To him belongeth all That dwelleth (or Iurketh) In the Night and the Day. For He is the One. Who heareth and knoweth All things."
14. Say: Shall I take for my protector Any other than God, The Maker of the heavens And the earth? And He it is that Feedeth but is not fed." Say: "Nay! but I am Commanded to be the first of those who bow To God (in Islam), And be not thou of the company of those Who join gods with God."
15. Say: "I would, if I Disobeyed my Lord, Indeed have fear of the Penalty of a Mighty Day.
16. "On that day, if the Penalty Is averted from any. It is due to God's Mercy; And that would be (Salvation) The obv ivs fulfillment of all desire.
17. "If God touch thee With affliction, none Can remove it but He, if He touch thee with happiness, He hath power over al things.
18. "He is the Irresistible, (watching) From above over His worshipers; And He is the Wise, Acquainted with ell things."
19. Say: "What thing is most Weighty in evidence?" Say: "God is witness Between me and you; This Quxian hath been Revealed to me by inspireation, That I may wan you And all whom it reaches. Can ye possibly bear witness That besides God there is another God?" Say: "Nay! I cannot bear witness!" Say: "But in truth He is the One God, And I truly am innocent of (your blasphemy of) joining others with Him.
20. Those to whom We have given the Book know this as they know their own sons. Those who have lost their own souls Refuse therefore to believe.

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



FALL AND WINTER CTCLE $12(1980,1981)$
USE WEEKS OF: 12 Oct. 80,9 Nov. 80,7 Dec. $80,4 \mathrm{Jan} .81,1$ Feb. 21,2 , March 81

|  | BREAKRAST | DINNER | SUPPER |
| :---: | :---: | :---: | :---: |
| $\begin{aligned} & S \\ & U \\ & \mathrm{~N} \end{aligned}$ | APPLE JUTCE BREAKPAST PASTRY HOT AND COLD CEREAL MLLK AND COFEEE BREAD AND OLEO sucar | BACED CHICREN GRAVI <br> MASHED POTATOES <br> BUTTERED FEAS <br> TCE CREAM <br> BRVERAGE CHOTCE | CHILI CON CARNE STEAMED RICE TOT CORN BREAD ELERX STICKS OLE SLAW LJTTERSOOTCH PUDDING BEVERAGE CHOTGE |
| $\begin{aligned} & \text { n } \\ & 0 \\ & \ldots \end{aligned}$ | ORANG: UIICE PANCAKES MAPLE STRUP COLD CEREAL MILK AND COFFEE BREAD AND OLEO Sucar | SALISEUEY STEAK BROWN GRAVI <br> MASHED POTATOES BLACK EIED PEAS PURPLE PLUMS BEVERACE CHOTCE | WORTIM BD BOLOGNA STEAK BaKED MACARONI AND CHEDSE TOSSED SALAD OIL AND VINEOAR MUSTARD PA STRI -CAKE BEVERAGE CHOTCE |
| $\begin{aligned} & \Psi \\ & U \\ & U \\ & Z \\ & S \end{aligned}$ | CRAFEFHUIT JUICE BREAKRAST PASTRI hot and coid cerral MILK AND COFFEE bread and olko SUOAR | FRIED FISH <br> tartar sauce sous? <br> OVEN BROWN POTATOES HOT EEETS CHIILED PEACHES BEVERA $3 E$ CHOTCE | WRAISED BEE OR BPEF STE MASHED POTATOES <br> BUYTMRED TPEFN BEANS HeTa BEVERAGE CHOICK |
| $\begin{aligned} & W \\ & \text { W } \\ & \text { D } \end{aligned}$ | FRESH FRITT <br> FRIED RGGS TOAST <br> cold cerral MILK AND COFFEE BREAD AND OLEO SUGAR | *PORK CUTLET GRAI BOTLED POTATOES PEAS AND CARROTS ICE CREAM BEVERAGE CHOICR | CHEESE WHOPFER SO\% HIENCH FRTED POTATOES CATsy <br> WAX BEANS <br> PASTRI-CHERRI BETMI beverace chotce |
| $\begin{aligned} & T \\ & H \\ & H \\ & U \\ & R \\ & S \end{aligned}$ | BLENDED JUICE BREAKEAST PASTRY HOT AND COLD CEREAL MILK AND COFFKE BREAD AND OLEO SUGAR | CHTCKEN CHOW METN <br> CHINESE DRIED NOODIES <br> STEAMED RICE <br> COLE SLAW <br> CHIILED PEAR HALVES BEVERAGE CHOICE | COAST BESF <br> MTVRAL BROWN GRAVI <br> 3AKED POTATOES <br> GLazed FFESH CARROTS <br> WIILA PJDDING <br> syERAC CHOTCE |
| $\begin{aligned} & \mathrm{F} \\ & \mathrm{R} \\ & \mathrm{I} \end{aligned}$ | TOMATO JUTCE SCRAMBLKD EGGS TOAST COLD CEREAL MILK AND COFFEE BREAD AND OLEO sucar | BARED LASACNA MIXED CHEESES ANTIPASTO SALAD ITALIAN DRESSDR: PASTRY -CAKE BEVEPIOE CHOICE | FRIED FISH <br> TARTAR SAHCE <br> PARSIED POTATOES <br> FRIEP CABBAK <br> ICE CREAM <br> BEVERACE CHOICE |
| $\begin{aligned} & S \\ & A \\ & T \end{aligned}$ | MRESH FRIIT BREAKFAST PA.STRI HON AND COLD GEREAL MIIK AND COFFEE BREAD AND OLEO SUCAR | *HOT doas SAURKRAUT MUSTARD AND CATSUP HASH BROWN POTATOES FRUIT COCKTAIL BEVERAOE CHOICE | HEEF PATTY $50 \%$ <br> TOMATO GREOIE SAYCE <br> MASHED POTATOES <br> MIESO VEGETABLES <br> catsup <br> JELLO <br> - BEVERAGE CHOTCE |

(*) ASTERKTCK IMDICATES A PORK OR PORIK PRODUCT
MENU IS SUBUEGT TO CHANEE WITHOUT NOTICE
IILK, COFREE, SUGAR, BREAD AND OLEO, WITH EVERY MEAI.

