

# STATE OF CONNECTICUT 

DEPARTMENT OF CORKEGTION



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## CONNECTICUT CORREOTIONAL INSTITUUION BNFTELD

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

This publication sexves as a mediun of information.
Mailing adaress: NEW VIEW, P.O. BOX G GNFIEHD, CONNECTICITM 06082
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## NOTES...FROM THE LIBRARY

On the 15 th of Jan. we will be showing The CIA's SECRET ARMy starting at 0:15 p.m. in the classroom area. Interesting. trigntening and revealing documentary; traces progression of secret army largely composed of Cubans in exile that was recruited, trained by the C.I.A. to overthrow Fidel Castro into a terrorist movement that operates openly from florida and can no longer be controlled. This is a provocative, important program.

On Monday, Jan. 12th, at approximately $6: 30$ p.m. the library will be hosting a talk by Mr. Alrhea Lavoie from the Astrological Institute of Research in Wethe sfield. His topic this evening will be Astrological Patterns ad Cycles" with the primary focas on growth patterns in our daily lives. The purpose of this lecture will be the same as the overall objective of the science of astrology itself - to offer a new means of insight into ourselves as indıviduals as well parts of a greater whole. In addition, Mr. Lavoie will also talk about the twelve Sur signs and the lessons behind each. I would appreciate it if any of you who are interested would stop by the library and sign up tor this program. This will insure that you are able to attend.

## PAUL CARNES, LIBRARIAN

INCOME TAX TIME
AII CCI - Enfield Inmates wishing to file an income tax statement, see your caseworker.

GLEN TAYLOR, COUNSELOR SUPV.
THINK ABOUT YOUR FUTURE GED CLASSES
The school has openings in the GED program. We are starting a new semester and it is a good time to start studying for the GED test that is given in the 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 estudiar para el axamen de Escuela Superior el cual se le sera ofrecido en el Primavcra. Mr. David Harris, Education Coordinator
COMMISSARY NOTICE COMILS SARY NOTICE
Who goes tirst????? Group \#3, then $0,1,1,2,3$, and \#4.
ALL MONEY TO BE SENT OUT MUST BE IN THE COI MISSARY NO LATER THAM TUESDAY NOON.

MR. GIBEAU, CUMM. SUPV.

Continued...from last week

## AQUARIUS: THE WATER-BEAPER

The ninth House deals with joumeys and religion. It is controlled by Libra and ruled by Venus. This gives a great love for travel and fondness for out-of-theway places. A considerable anount of travel is promised you, which will bxing new opportunities and many benefits. In your religious views you are very sincere and broadminded. You are inclined to be more philosophical than orthodox.
The tenth House deals with professions and ambitions. It is controlled by Scorpio and ruled by Mars. This gives you great adaptability and high ideals. The following lines of occupation are best suited to you: teaching, joumalism, theatre managing acting, floristry, interior decorating, illus-
 trating, nursing, medicine, work of mechanical nature, Astrology, and all of the Occult sciences. You should engage in work with an intellectual and refined atmosphere.

The eleventh House deals with friends and companions. It is controlled by Sagittarius and ruled by Jupiter. You axe attracted to people of intelligence. While you are admired by many, you become intimate with but a few. You choose your friends carefully, but once you have made your choice, you will fight for them if necessary, whether they be right or wrong. Youx best associates will be found in Aries, Gemini, Leo, Libra, and Sagittarius.
The twelfth House deals with your Iimitations and debts to destiny and is controlled by Capricom and ruled by Satum. Your greatest handicap in eaxly life will be your inability to rise to your idea of success as rapidly as you would like. In later life your greatest concem will be lack of time to develop your Spiritual understanding. The first part of your life will be given over to the gainir of material things, the latter half to acquiring Spiritual perfection. You will have an unusual but a very thrilling life.

## AQUARIUS

All Aquarius-born are inclined to take chances between May 22 and June 21. When you speculate in cooperation with others, it would be advisable that your partner is bom undex one of the following Signs: Aquarius, Aries, Gemini, Leo, Libra, or Sagittarius.
Miscellaneous Things to Obsexve:
Those borm between January 21 and January 28 will have better chances in speculation during the new Moon.
Those borm between January 29 and February 6 will have better chances in speculation during the 2nd quarter of the Moon.
Those borm between Febmuary 7 and February 14 will have better chances in speculation during the full Moon.
Those borm between February 15 and February 19 will have better chances in speculation in the 4 th quarter of the Moon.
According to the Science of Numerology, the Celestial Number of Aquarius is 8. Uranus, the ruling planet of this Sigm has the numerical value of 40 Combining these two numbers we have 8 plus 4 which equals 12 . This must be reduced to a single digit, thus 1 plus 2 equals 3. The key number for all pergons borm in Aquarius is 3, the same as Virgo. There are only 9 digits; therefore, some signs must have duplicate numbers, since there are twelve Signs. Bear in mind at all times that 3 is your Celestial Number. When you buy a ticket of any sort, see that the serial numbers have 3 as the predominating number. Room

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Continued...
number 3 in a hotel, a street number containing a 3 or several 3's, horse number 3 in a race, player number 3 in a sport game, cards that total 3 in a card game, a 3 rolled with dice, 3 on a spin wheel, etc., are considered fortunate for you.
Any day of the month that totals 3 is considered fortunate for you thus, 12th, 21st, 30th, because these reduced to the single digit 3. Therefore, the best days for speculation for you are 3 rd , 12th, 21 st , and 30 th. However, you should speculate only in your proper periods as explained below.
The proper hour for speculation is when your ruling Planet is goveming. 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 Sunwise changes.
Sunday: 3xd, 10 th, 17 th, 24 th hour after Sunrise. Monday: Fth, 14th, 21st, hour after Sunrise. Tuesday: 4 th, 11 th, 18 th hour after Sunrise. Wednesday: 5 th, 12 th, 19 th hour after Sunrise. Thursday: 2 nd , 9 th, 16 th, 23 nd hour after Sunrise. Friday: 6th, 13th, 20th hour after Sunrise. Saturday: 1st, 8th, 15 th, 22nd hour after Sunrise.

## How To Deal With Aquarians:

In dealing with folks born between these dates there seems to be no "set rule" to follow. They may appear to agree with you at the moment, but in the end take on entirely different course or view. They act a great deal on impulse, so when talking business you should "close" them as soon as possible-the "next day" likely will be too late. A stall means the door will be closed to further overcures. They are pioneers in thought and deed, so give them something new and different if you'd win. Realize, when talking to them, that more notables are in the Hall of Fame that were bor under this sign than any other in the zodiac. You must be honest and aboveboard in your dealings with them, even to the smallest detail. Live up to your promises no matter how minor or insignificent they may seem and you should obtain good results.

> So fondly we think of our homed in the sky, Joined with the soul for whore presence we sigh; Where Satum nor Mars
> Can embitter our joys mid the beautiful stars.

Next week Pisces will be the sign.................
Subraitted by: J.D. Davis


6-

There is in Nature a great Law-the Lew of Attraction-by the operations of which all things-from atoms to men-are attracted toward each other in the degree of the comon affinity of common use. The reverse of this lavwhich is merely another manifestation of its power-is what is called Repulsion, which is but the other pole of Attraction, and by the operations of which things tend to repel each other in the degree that they are unlike, opposing, and of no use to each other. The Law of Attraction is Universal, on all the planes of life, from the physical to the spiritual. Its operations are uniform and constant, and we may take the phenomena of one plane and thereby study the phenomena of anothex plane, for the same mile applies in each case-the same Law is in operation in the same way.

Beginning with the tiny corpuscles, electrons, or ions, of which the atoms are fomed, we find annifested the Law of Attraction-certain electrons attract each other, and repel others still, thereby causing to spring into existing groups, combinations and colonies of electrons which being in agreement and harmony manifest and constitu what are called atoms, which until recently were supposed to be the mal fom of mattex. Passing on the atoras themselves, we find many degres if affinity and attraction existing between them which cause them to ombine and fom into molecules of which are masses of matter consist. Por 1 stance, every drop of water is composed of countiess molecules of water. and each moleoule of water is composed of two atoms of Hydrogen and one atom of Oxygen-the combination always being the same in every molecule of water. Now, why these atoms combine in just that way-the same invariable grouping and proportion? Not by chanc. surely, for there is no such thing in Naturethere is a natural law beck of every phenomenon. And in this case it is the Law of Attraction manifesting in the case of these atoms, And it is so in all chemical combinations-it is called Chemical Affinity. Sometimes an attached atom will come in contact with, or in proximity to, anothex atom, and then bang! goes the explosion of the molecule as the atom flies away from its partners and into the arms of the other atom for whom it has a greater affinity. There are marriages and divorces in the world of atoms, you will notice.
And in the cases of the molecules, it is found that certain molecules are attracted to others of the same kind, under what is called Cohesion, and thus masses of matter are composed. A piece of gold, silver, tin, glass, or other form of matter is composed of countless molocules held together tightly by Cohesion-and this Cohesion is merely another form of the Law of Attraction-the same that draws all things togethex. And, underlying the Law of Attraction is to be found our old Principle of Desire and Will. You may shmug your shoulders at this mention of Desire and Will in connection with electrons, atoms, molecules-all forms of matter, but just wait a bit and see what the leding scientific authorities have to say on the subject.
Prof. Hakel, one of the world's greatest scientists-a materialist who would sneer at the teachings of Mental Science-even this ixn, naturally prejudiced against mentalistic theories, finds himself compelled to say" "The idea of chemical affinity consists in the fact that the var s chemical elements perceive the qualitative differences in other elem at -experience pleasure or revulsion at contact with them, and execute specif movements on this ground." He also positively and distinctly states that in the atoms there must be something corresponding to Desire for contact and association with other atoms, and Will to enable the atom to respond to the Desire. Law is constant throughout Nature, from atom to man-physical, mental and,spiritual.

> Cont... on next page

Continued...
But what has all this to do with the Secret of Success? you may ask. Simply this, that the Law of Attraction is an important part in the Secret of Success, inasmuch as it tends to bring to us the things, persons and circumstances in accordance with our earnest Desire, Demand, and Will, just as it brings together the atoms and other particles of matter. Make yourself an atom of Living Desire and you will attract to yourself the person, things and circumstances fitting in with the accomplishment of your Desire. You will also get into rapport with those who are working along the same lines of thought, and will be attracted to them and they to you, and you will be brought into relations with persons, things and environments likely to work out the problem of your Desires-you will get "next to" the right persons and things. All by the operation of this great natural Law of Attraction. Wo Necromancy or Magic about it all-nothing supernatural or mysterious-just the operations of a great Natural Law.
You can do little by yourself in Life, be you ever so strong and able. Life is 8 complex thing, and incividuals are interdependent upon each other for the doings of things. One individual, segregated from all the other individuals, could accomplish little or nothing along the lines of outer activity. He must form combinations, arrangements, harmonies and agreements with others, and in accordance with environments and things, that ia, he must create and use the proper environments and things, and draw to hi self others with whom he must form combinations, in order to do things. Ar hese persons, things and exvironments come to himmand he to them-by reason chis great Law of Attraction. And the way he sets into operation this greet Law of Attraction is by the operation of his Desire, and along the lines of Mental Tmagery. Do you see the connection now? So be careful to form, cultivate and manifest the right Desires-hold to them firmly, strongly and constantly, and you will set into operation this eroat Law, which forms an important part of the Secret of Success.
Desire-Force is the motive power leading the activities of life. It is the basic vital power which animates the minds of living things and uxges them forth to action. Without strong Desire no one accomplishes anything worthy of the name-and the greater the desire the greater will be the amount of energy generated and manifested, everything else being equal. That is to say, that given a dozen men of equal intellect, physical health and mental activity-equal in everything else except Desire, in short, the ones in whom the greatest Desire resides and is manifested will outstrip the others in attainment-and of these winners the one in who Desire burns like an unquenchable flame will be the one who will Master the thers by the force of his primitive elementary power.

Continued...next weok
Submitted by: Moses Hargrove 3xd


## BOOD AND KNOWLEDGE

The need for food has always been a sharp goad to human intelligence. For untold ages, man has applied his wits to getting things to eat. All his acumen in this field will be demanded by the end of this century, when the world is expected to have 2 billion more mouths to feed.......

Food is so much a part of all existence that, unless they do not have enough of it, people pay little attention to what it is or where it comes from. To the urban North American sitting down to his Chris mas dinner this year, it matters not at a 11 the turkey he will eat is a descendant of a bird of the pheasant family dating back 40 million years and fixst domesticated by the Aztecs of ancient Mexico, or that he will be consuming a aalubrious dose of potassium, phosphorous and iron along with his mashed potatoes. What matters is that there is good food and plenty of it, well-prepared.
But behind the traditional feast - and indeed almost any meal in the developu ed world today - is a triumply of human ingenuity. Take the turkeys it is many, many times heavier than its Mexican ancestor thanks to scientific breeaing and feeding prectices which, we are told, will soon result in a tuxkey as large as a pig. It reached our typical North Anericat home through a combination of refrigexation and mechanized transport wh a man of a hundred years ago would have regarded as miraculous. Another ne $x$ niracle of engineering was responsible for the electrical or natural gas he t with which it is cooked.

To those who will enjoy the meals it is next to inconceivable that any of its components could ever be unavailable. There is, for instance, no quesm tion of not being able to buy potatoes because blight ox beetle infestations have wiped out the crop. The supply of potatoes - and of all the other common vegetables of Noxth Ane ice - is as reliable as it is plentiful. Modera methods of cultivation anc disease and insect control have seen to that. Then there is the cooking. Without giving it a passing thought, the lady of the house has at her command a stock of ingredients, equipment and expertise unknown to any but the premier master chefs of a century ago. The most difficult feats of culinary art in years past are now a matter of routine. By looking no further than the wrapper of the turkey, she can ascertain how long it should be roasted at what temperature, and. with the twist of a dail, she can sumon up precisely that temperature. The spices she uses in the stuffing arrived on her cupbord shelves in good condition from the far comers of the earth.
In short, that housewife and her family are the baveficiaries of a fund of knowledge about how to raise and prepare food that has been accumulating since before history was ever recorded. The need for food - and palatable food at that - has always been a sharp goad to thought. It gave man his first weapons, and thus set him on a different path of development from his fellow creatures. It put him to work at gaining control of his world.
It might be said that science got its start when a cave-man noticed that a chinoceros ox buffalo bone he had used for fuel in his fire yielded a juicy marrow that was easier to extract and tasted better than the raw variety. This probably led him to throw a chunk of meat in the fire to see if he got similax results. Or cooking may have been discovered by accident when a piece of meat dropped into the fire and a cave-man covered it. Either way, the eating of it was an essay in scientific xesez

Certainly it was a considerable scientific achievement when, something like 11,000 years ago, people learned how to extract food from what appeared to be wild grasses. Someone had to conceive the notion that the tiny, hard, starchy grains hidden within the rough seed cases of wheat and barely would be edible if they could be separated from the chaff. Even when the grain was extracted from the husks by toasting, it was too hard and dry to be eaten, so it was then ground into floux and mixed with water to make a kind of porridge. Later, whether by accident or design, it was found that this stuff was transformed into something more appetizing if it was flattened into a cake and laid on a hot stone beside the fire to make it solidify - and so there was bre ad.
According to Reay Tamahill in her most informative and readable book Food in History (Stein and Day, New York, 1973), the cirst known villages were formed around fields of wild grain in t.e Mear and Middle East even before the wheel was invented. To save the oil of hauling the grain back to their distant caves, people had to stay together in one place. The social organism we now call the commuity then came into being, to be strengthened and refined when the villagers banded together to defend themselvos against invaders who coveted their food but were less willing to settle down then they were. Thus hand-in-hand with the genesis of soci ty came the genesis of war.
The villagers had other competitors for food in ddition to hungry human marauders. These were the wild animals that patrolled the fringes of the fields, eating up grain. In a classic exercise of human wits, people tamed these animals, which fumished them with meat, skin clothing and cooking vessels, tallow for lamps, dung for fuel, milk, butter and cheese.
The hamessing of domestic animals can be counted as a signal technological breakthrough. As Dr. Tamahill points out, "IThe goat, sheep and ox could be pressed into service as agricultural labourers, made to sow seeds, pull the plough, and thresh the ripe grain. The barnyard animal became, in effect, man's first power tool."
By then the world's first farmer had arrived on the scene - the man or coman who realized that a crop would be more productive and predictable if it was planted in an orderly fashion. This was probably preceded by the adoption of the essential agriculture practice of weeding - although in some cases weeds themselves, such as rye and tomatioes, were cleverly umed into domestic crops. The world's first teacher also may well have originated with the daw of agriculture. We can imagine a camp fire surrounded by primitive people commuicating in grunts and sign language witl a stranger who tells them about taming goats or planting grain, per ps handing them a few seeds to try out. Archeological evidence su, ts that the knowledge of farming spread quickly among the people followed the cave man. It could have only been carried by farmers and ordsmen seeking new land who passed on their know-how to those they $f$ countered on the way.

Continued. ...next week
Submitted by: Moses Hargrove 3rd

I SHALL HAVE HAD MY DAY
0, let the solid ground, Not fail beneath my feet-
Before my life has found What some have found so sweet;
Then let come what come may,
What matter if I go mad, I shall have had my day.
Let the sweet heavens endure, Not close and darken above me Before I am quite quite sure, That there is one to love me! Then let come what come may To a life that has been so sad, I shall have had my day.

ALFRED, LORD TENNYSON
A WOMAN'S LAST WORD
Let's contend no more, love Strive nor weep:
All be as before, love, - Only sleep!
What so wild as words are? I and thou In debate, as birds are, Hawk on bough! See the creature stalking While we speak!
Hush and hide the talking, Cheek on cheek!
What so false as truth is, False to thee?
Where the serpent's tooth is, Shun the tree -
Where the apple reddens Never pry -
Lest we lose our Edens, Eve and I!
Be a god and hold me with a charm!
Be a man and fold me with thine arm!
Teach me, only teach, love! As I ought
I will speak thy speech, love, Think thy thought -
Meet, if thou require it, Both demands,


Laying flesh and spirit In thy hands.
That shall be tomorrow, Not tonight;
I must bury sorrow Out of sight.
Must a little weep, love, (Foolish me)
And so fall asleep, Love, Loved by thee.
ROBERT BROWNING

LOVE 'S PHILOSOPHY
The fountains mingle with the river, And the rivers with the Ocean,
The winds of Heaven x forever With a sweet emotion;
Nothing in the world is single: All things by a law divine
In one spirit meet and mingle. Why not I with thine?
See the mountains kiss high Heaven and the waves clasp one another:
No sister flower would be forgiven If it disdained its brother: And the sunlight clasps the earth and the moonbeams kiss the sea; What is all this sweet work worth If thou kiss not me?

PERCY BYSSHE SHELLEY
SUBMITTED Y: BOB RAWLINGS

##  <br> Sleepy Minds

The blind man,
Is not equal with the seer.
Nor is the darkness, Equal with the light.

And nor are the Iiving, Equal with the dead.

Knowledge awakens all Sleepy Vinds!

A Dead Life:
Dead inceed is the life,
That I live,
Beckuse I have not yet,


Jeamed how to live!


Both poems are:
Thoughts of
Imam Abdullah Hajj Shabazz
Submitted by: Michael Sistrunk
American Muslim Mission Congregation
C.C.I. Enfie i


IF THUU MUS'I LUVE ME
If thou must love me, let it be for naught - Except for love's sake only. Do not say, "I love her for her smile - her looks her way of speaking gently - for a trick of thought that falls in well with mine, and centes brought a sense of pleasant ease on such a day" -
For these things in themselves, Beloved, may be changed, or change for thee - and love, so wrought, May be wawrow, tht so. Neither love me for thine own dear pity's wiong my cheeks dry A creature might forget to weep, who bore $t y$ comfort long, and lose thy love thereby!
But love me for love's sake, that evermore The may'st love on, thvough love's eternity.

WRITEN BY: ELIZABERT BARRETT BROWK
SUBMITTED BY: BOB RAWLINGS

## $((($ (CHIQUTLIADAS $))))$

Caritos, de seis años de edad, muraba a su abuela, interesado, mientras ella cortaba un pedazo de budín de ciruelas y ilo colocaba en un plato.

- Abuela, es ese pedazote para Ricardo? - Ie preguntó.
- No, es para ti.

El rostro del niño reflejó su contrariedad.

- Quieres decir que ese pedacitio es para mí?
() ()
() ()
() (

Tha maestra amiga mía asignó recientemente a su clase una composición sobre este tema: "Si yo fuera gerente". Muy pronto todos los alumnos empezaron a escribir deligentemente, con excención de_uno. Sentado muy tranquilo, con los brazos cruzados, el niño explicó: "Estoy esperando a mi secretaria.

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() \quad 0 \quad 0 \quad 0 \quad 0 \quad 0
$$

Cuando Roberto, mi hijo, tenía unos cuatro años, le gustaba que lo llamáramos con el nombre de los personajes de sus cuentos favoritos. Un día, em el hipódromo, se separó de nosotros y se perdió entre la muchedumbre. Lo buscamos por todas partes, sin dar con él. Luego oímos anunciar por el sistema de alta voces:

Los padres de un niño extraviado pueden pasar pon é. al puesto de prim meros auxilios. Dice Ilamarse Chapulín Colorado.
() (
() (
() ()

Una amiga mía que trabajaba en una universidad recibía con frecuencia boletas de infracción por estacionar su auto en sitios reservados o en Iugares prohibidos. Un día, perdío los estribos y dijo al inspector de trafico lo que pensaba del sistema de estacionamiento.

Al volver de visita a ia universidad, algún tiempo después, mi amiga estacionó el automovil en la zona reservada para visitantes, y al salir se enfureció por que encontró una boleta en el parabrisas. Sin embargo, garrapateado en ala boleta leyó: "Me alegro de ver este coche otra vea por aquí".
()
()
()
()
() ()

Doña Hiena a su, consorte: "Por Dios Juánds Es que no puedes tomar nada en serio?"... Mamá Coneja a su hija: "A tu edad ya yo me había casado y tenía 138 chiquitines"... Un canguro hembre a su amiga: "Qué horribles son estos dias de luvia!! los niños no pueden salir a jugar
() () () () () ()
(((((CITAS DItables))))))


Hay que componer la vida como la música: Por cído, sentimiento e instinto; no por reglas.

El que no tenga piedad para los demás, no encontrará ninguna para sí mismo.
Los buenos consejos valen para pasárselos a otro. A unn mismo nunca le sirven.



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*)
    JESUS CHRISTO
If J.C. return today, this time he would appear as:
A Puerto Rican social worker Drivisg around in a used Volkswagon
Family owns a Bodega.; Found the closen twelve on an unemployment
line; Used the lower east side as iis power base and attacked by
the Dept. of Welfare because he haped form National Welfare Rights
Organization.
Helped to feed thousands at a 101 street block party, Drove out
local dope pushers from Schoolyard, and criticized harshly by the
police and press for his tactics.
Cousin Juan O.D. at sixteen last wek, Became a spokesman for the
Younglords, Ran on an Independent rimary ticket.
Landlords, dope dealers and policeput out a contract on him.
One of the chosen dozen ratted himout in Tompkins Square Park.
And the C.I.A. took up the option.
WRIEN BY: JACQUES GOODE
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## MAMA SAID

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MONDAY........Mama said she wants pound of lard, three eggs, a pullman loaf of Tasty bread and a quarter pound of ham bologne. Mama said to put it on the bill.
TUESDAY.........Mama said she wants a bar of soap, two large cans of pork'n beans, a roll of toilet paper and three bottles of soda Pepsi! Pot it on the bill.
WBANESDAY..........Mama said she wants a deposit on these soda bottles, I got 19 small and sever large, and Mama said they're all yours. Well I can't help if there's dead roaches in some, besides they wash them at the soca place, don't they? And give me one pound of cheese, three containers of milk and a big box of Cherrios, two pounds of chopped meat. THE NEXT WEEK...........Mama said before she died...... to watch out you don't cheat us, in your book, Sol. Yeah, my Grandmother moved in to run the house - Granny said............
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WRITE BY: JACQUES GOODE
SUBMITTED BY: BOB RAWLINGS

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AMSS MEACH



## SPRTMG SESSION

APPLICATIORS: All inmates who are planning an appearance at the next sessions are encouraged to submit their requests to SUPERVISOR OF RECOMD, 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 zust fill these petitions out completely and return (2) two coples as soon as possible to your Record Office for scheduling of your appearance. Retain (1) one copy for your records.

APPLICATIONS RESULIING 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 nelude jail time. 3) Appeared or was eligible for parole. A starred case tione of these categories is very rarely heard, therefore, by waiting for a reguler ession, not only are inmates saved the labor of preparing required letters, but iriends, lawyers, prison staff, State's Attorney and Board members are spared the effort which should be given the regular petitiorers. 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.

Weither the Department of Correction nor the Pardon Board will assign Attorneys. Each inmate must retain his owr council.

## JUNTA DE PERDON

## IA SESION DE PRTMAVERA

PETTCIONES: Todo preso ove piense presentarse en las proximas sesiones deben someter sus solicitudes ai SUPERVISOR DE ARCHIVOS, en sus respectivas instituciones. Debe someter su solicituá inmediatamente, si es posible, y se les recuerda a los presos que el ultimo ćía rara someter las solicitudes es el de 13 Febrero de 1981.

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

SOLICITUDES QUE RESULTAN EN UN CASO MARCADO (*): Eajo las reglas establecidas de la. Junta de Perdon, rara vez se oyen los casos si el solicitante haya: 1) Aparecido dentro del año. 2) Servido menos de un año. Esto no frere incluir tiempo de cársel. 3) Aparecido o, sido elegible para libertad bajo palabra. Un caso marcado en, una de estas catergorias my rara vez llega a ser oido, y por eso, al esperar la sesíon regular, el preso evitará el trabajo innecesario de preparar el papeleo; y las amistades, los abogados, persoral de la prision, la oficina del fiscal, y los miembros de la Junta podran dar mejor atencion a los solicitantes regulaxes. Por 10 mismo , se sugiere que, antes de someter una peticion en un caso marcado, el preso debe pedir consejo de algún miembro cel prrsonal.
"I. Departamento de Correccíon ni las Junta de Peráón asignaráa abogados. Cada
veso tiene que conseguir su propic abogado.

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\begin{aligned}
& \text { WIM THE NAME ALLAH (GOD) THE BENEFICIBNP, THE MERCIFUL } \\
& \text { ISLAM THE RELIGION: \# } 16 \\
& \text { The Strength of Human Nature: Ey Imam Warith Deen Muhammad. }
\end{aligned}
$$

Living should be very easy for us, but most of us find life too much of a challenge. The richer we become in terms of a challenge. The richer we become in terms of material things, and even terms of enlightenment or knowledge, the greater this test becomes in us-that test of life, trying to live. It shouldn't be that way-mox: knowledge should make life easier, more material things in our lives should make life easier. God has not made these things to be a buxden and a hinderance in the path of life. No-God has made these things to be benefits, contributions, complemer: It is because we stray from our true identity as created beings, c ated by the Almighty Himself, that we run into so many problems.
There is something vexy special about human beings. No matter how bad things get, the human being can always bounce back, the human being can always recover and get back into the race for progress, for health. If we carry the burdea on our minds that human nature is from Satan, we're going to be in trouble, we are never going to get out of the problems we are in. We get ignorance, we get disobedience, we get abnomal social behavior from the influences of Satan. Allah has made the human nature so powerful that it speaks to us in our quiet thoughts, and we call that conscience That's one level of conscience. Faith comes to us on different levess of conscience, the deepest level of conscience is your original nature, the nature that God created. Sometimes things come into our conscience from that deepest of all levels of conscience and it's so powerful that it can bring about changes in our lives if we will only listen to it. Don't. confuse that with the conscience you have learned in society. Society has told us meny things, and those things are in our conscience too. Many times, our behavior is a response or a reflection of what has been put into our conscience by the society. But there is something with all of us that was there before the society of man, before the language environment of man-our oxiginal nature.
We believe first of all, that we are Mualims. We con't believe that Prophet Muharmad (PBUH) made the first Muslime, that's against the teachings of Prophet Muhamad. We believe that th first man-the first human being, male and female, created by Allah-was Muslim, and we believe that Muslim nature is still in every person. Every person has that original nature.

Contimued...next week
Hewritten by: Qa'lam Hujurat Shabazz
Submitted by: Lawrence Sistrunk
American Muslim Mission Congregation
C.C.I. hfield

## WIN AN OLYMPIC GOLD MEDAL




FALL ANU WINIER CYCLE $/ 3$ ( 19802 1981)
USE WEEKS OF: 19 oct. 80,16 Nov. 80,24 Dec. 80,11 Jan. 81,8 Feb. 81,8 March 81

|  | BPEAKEKST | DINIER | SUPPER |
| :---: | :---: | :---: | :---: |
| S U N | PINEAPPLE JUICE BREAKPAST PASTRY-MUFFINS HOT AND COLD CEREAL JELIK MILK AND COFFEE BREAD AND OLEO sucar | *GRIILED HAM STEAK <br> CANDIED SWEET POTATOES <br> BUTTERED LIMA BEANS <br> MUSTARD <br> IOE CREAM <br> REVERACE CHOICE | TUNA SALAD PLATE SOUP <br> POTATO SALAD GREFN BEAN SALAD PICKIES prar halves BEVERAGE CHOICE |
| M 0 H | TUMATO JUICE FHIED EGGS ToAst <br> COLD CEHEAL MIIX AND COFFEE bREAD AND OLEO sucar | VEAL PARMESAN SPAGHETTI W/TOMATO SAVCE TOSSED SAIAD <br> FRENCH DRFSSING <br> GRATED CHEESE <br> FPIIT JELLO <br> BEVERAGE CHOICE | OVEN BAKED CHICKEN STEAMED RTCE GRAVY <br> COFN O' BRIEN BUTTERSCOTCH PUDDING. BEVERACE CHOTCE |
| $T$ U E S | GRAPE FHOIT SECTIONS BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE bread aid oleo SUGAR | CHEESE WHOPPER 5OZ FRINCH FRTED POTATOES CATSUP <br> MDX ED VECETABIES CHILIED FRUIT COCKmAIL BEVERAGE CHOICE | FRIED FISH <br> tartar sauce <br> HASH BROWN POTATOES <br> LIMA BEANS <br> PASTRY -CAKE <br> BEVTRACE CHOIGE |
| W | FRESH FRIITT FRENCH TOAST MAPLE SY RUP COLD CEREAL MILK AND COFFEE BRLAD AND OLEO sugar | ROAST BEEF <br> NATURAL BROWN GRAVY MASHED POTATOES BJTTERED FRESH CARROT: ICE CPEAM BEVERAGE CHOICE | 3HOT DOAS SOUP <br> MUSTARD AND CATSUP OVEN BAKCD BRANS SAUERKRATITT PASTRY -APPIE PIE BEVERA TE CHOICE |
| $H$ $U$ $R$ $S$ | BLENDED JUICE BEAKPAST PASTRY HOT AND COLD OEREAL MILK AND COFFEE BREAD AND OLEO SUCAR | * ITALIAN SAUSAGE FRIED RICE BROWN GRAVY BUTTERED PEAS CHIIIED PEACHES BIEVERAGE CHOICE | BEEF PATTI 50Z ONION BROWN GRAVY MASHED POTATOES SPANISH KIDNEY RRANS PASTRY -CAKE bFyERAGE CHOICE |
| R | ORANIE JUICE BOTLED BGGS TOAST <br> COLD CEREAL MIIK aND COFFEE bread and oleo SUCAR | FRIED FISH W/TARTAR SAHCE scup <br> BOIIED POTATOFS <br> FRIED CABRAGE <br> beet and oiron salad <br> ICE CREAM <br> RiviviRAGE CHOICE | RIGATONI <br> BIGEF TOMATO SAJJCE GRATED CHEESE ANTIPASTO SALAD OIL AND VINE TAR PIRPLES PLUMS BEV RACE CHOICE |
| T | FRESH PRUIT BREAKFAST PASTRY hot and cold cereal MILK AND COFFEE bREAD AND OLEO SUGAR | IRISH BEEF STEW CUT FRESH VEGETABLES BUTTERED NOODIES COLE SIAW BREAD PUDDING REVERACE CHOICE | CHEESF OMELFITE SOUP <br> CATSTP <br> HASH 'BROWN POTATOES BUTTERED GREFN REANS PASTKY -CAKE BEVERACE CHOTCE |

(*) ASTERICK INDICATES A PORK OR PORK PRODUCT
MENU IS SUBJECT TO CHANCE WI THOUT NOTICE
MILK, COFFEE, SUCAR, BREAD AND OLEO WITH EVERY MEAI

