

STATE OF CONNECTICUT

DEPARTMENT OF CORRECTION



JOHN R. MANSON COMMISSIONER



CONNECTICUT CORRECTIONAL INSTITUTION ENFIELD

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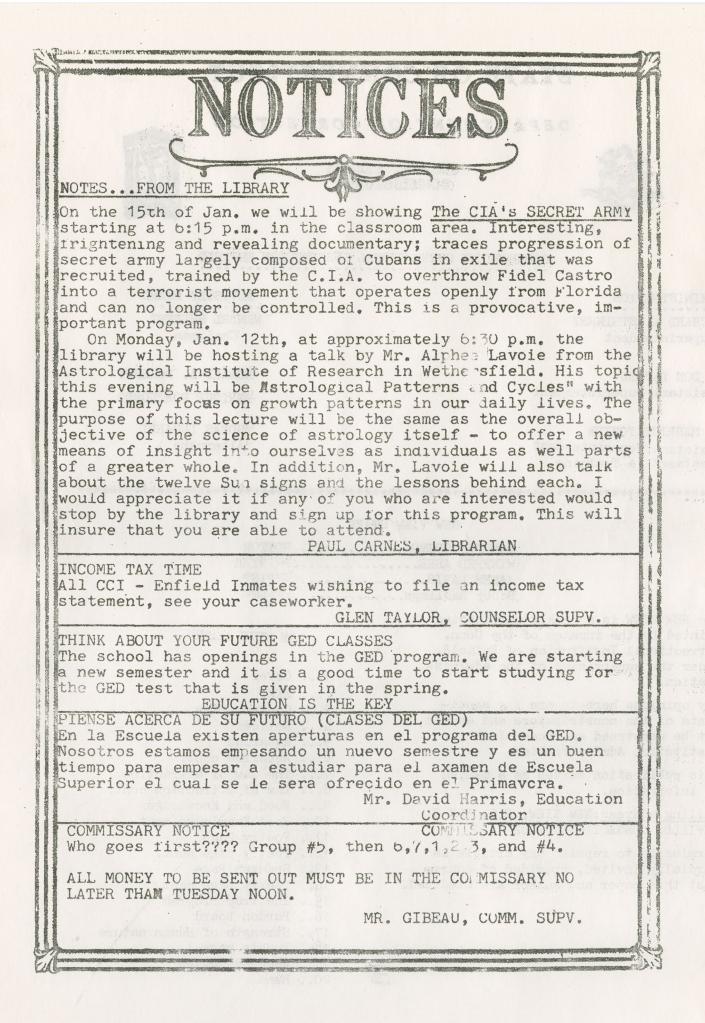
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Continued ... from last week

AQUARIUS: THE WATER-BEARER

The ninth House deals with journeys 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 amount of travel is promised you, which will bring 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, journalism, theatre managing acting, floristry, interior decorating, illustrating, 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 are 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. Your best associates will be found in Aries, Gemini, 'Leo, Libra, and Sagittarius.

The twelfth House deals with your limitations and debts to destiny and is controlled by Capricorn and ruled by Saturn. Your greatest handicap in early life will be your inability to rise to your idea of success as rapidly as you would like. In later life your greatest concern will be lack of time to develop your Spiritual understanding. The first part of your life will be given over to the gaining 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 born under one of the following Signs: Aquarius, Aries, Gemini, Leo, Libra, or Sagittarius.

Miscellaneous Things to Observe:

Those born between January 21 and January 28 will have better chances in speculation during the new Moon. Those born between January 29 and February 6 will have better chances in speculation during the 2nd quarter of the Moon. Those born between February 7 and February 14 will have better chances in speculation during the full Moon. Those born between February 15 and February 19 will have better chances in speculation in the 4th quarter of the Moon. According to the Science of Numerology, the Celestial Number of Aquarius is 8. Uranus, the ruling planet of this Sign has the numerical value of 4. 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 persons born 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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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 3rd, 12th, 21st, and 30th. 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: 3rd, 10th, 17th, 24th hour after Sunrise. Monday: 7th, 14th, 21st, hour after Sunrise. Tuesday: 4th, 11th, 18th hour after Sunrise. Wednesday: 5th, 12th, 19th hour after Sunrise. Thursday: 2nd, 9th, 16th, 23rd hour after Sunrise. Friday: 6th, 13th, 20th hour after Sunrise. Saturday: 1st, 8th, 15th, 22nd hour after Sunrise.

How To Deal With Aquarians:

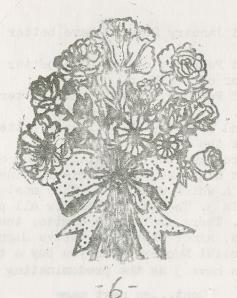
In dealing with folks born between these dates there seems to be no "set rule" to follow. They may appear to agree with you at the moment, but in the end take an entirely different course or view. They act a great deal on impulse, so when talking business you should "close" them as soon as possible-the "next day" likely will be too late. A stall means the door will be closed to further overtures. 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 born 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 insignificant they may seem and you should obtain good results.

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

Next week Pisces will be the sign

Submitted by: J.D. Davis

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THE LAW OF ATTRACTION

There is in Nature a great Law-the Law of Attraction-by the operations of which all things-from atoms to men-are attracted toward each other in the degree of the common affinity of common use. The reverse of this lawwhich 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 another plane, for the same rule 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 formed, we find manifested 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 constitut what are called atoms, which until recently were supposed to be the minal form of matter. Passing on the atoms themselves, we find many degree of affinity and attraction existing between them which cause them to ombine and form into molecules of which are masses of matter consist. For 1 stance, every drop of water is composed of countless molecules of water. and each molecule 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 chance, surely, for there is no such thing in Naturethere is a natural law back 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, another 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 molecules held together tightly by Cohesion-and this Cohesion is merely another form of the Law of Attraction-the same that draws all things together. And, underlying the Law of Attraction is to be found our old Principle of Desire and Will. You may shrug 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 leading scientific authorities have to say on the subject.

Prof. Eakel, one of the world's greatest scientists-a materialist who would sneer at the teachings of Mental Science-even this nen, naturally prejudiced against mentalistic theories, finds himself compelled to say! "The idea of chemical affinity consists in thetfact that the varies chemical elements perceive the qualitative differences in other element -experience pleasure or revulsion at contact with them, and execute specifies 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.

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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. No 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 a complex thing, and individuals 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 is, 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 is ness persons, things and environments come to him-and he to them-by reason of this great Law of Attraction. And the way he sets into operation this great Law of Attraction is by the operation of his Desire, and along the lines of Mental Imagery. 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 great 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 urges 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 others by the force of his primitive elementary power.

Continued...next week



Submitted by: Moses Hargrove 3rd

FOOD 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 all the turkey he will eat is a descendant of a bird of the pheasant family dating back 40 million years and first domesticated by the Aztecs of ancient Mexico, or that he will be consuming a salubrious 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 develope ed world today - is a triumph of human ingenuity. Take the turkey: it is many, many times heavier than its Mexican ancestor thanks to scientific breeding and feeding practices which, we are told, will soon result in a turkey as large as a pig. It reached our typical North America home through a combination of refrigeration and mechanized transport wh a man of a hundred years

ago would have regarded as miraculous. Another new viracle of engineering

was responsible for the electrical or natural gas heat with which it is cooked. To those who will enjoy the meal, it is next to inconceivable that any of its components could ever be unavailable. There is, for instance, no question of not being able to buy potatoes because blight or beetle infestations have wiped out the crop. The supply of potatoes - and of all the other common vegetables of North America - is as reliable as it is plentiful. Modern methods of cultivation and 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 summon up precisely that temperature. The spices she uses in the stuffing arrived on her cupboard shelves in good condition from the far corners of the earth.

In short, that housewife and her family are the beneficiaries 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 rhinoceros or 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 similar results. Or cooking may have been discovered by accident when a piece of meat dropped into the fire and a cave-man becovered it. Either way, the eating of it was an essay in scientific reset in

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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 flour 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 Tannahill in her most informative and readable book Food in History (Stein and Day, New York, 1973), the first known villages were formed around fields of wild grain in the Near and Middle East even before the wheel was invented. To save the toil of hauling the grain back to their distant caves, people had to stay together in one place. The social organism we now call the community then came into being, to be strengthened and refined when the villagers banded together to defend themselves against invaders who coveted their food but were less willing to settle down than they were. Thus hand-in-hand with the genesis of society came the genesis of war.

The villagers had other competitors for food in addition 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 furnished them with meat, skin clothing and cooking vessels, tallow for lamps, dung for fuel, milk, butter and cheese.

The harnessing of domestic animals can be counted as a signal technological breakthrough. As Dr. Tannahill points out, "The 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 soman 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 . tomatoes, were cleverly turned into domestic crops.

The world's first teacher also may well have originated with the dawn of agriculture. We can imagine a camp fire surrounded by primitive people communicating in grunts and sign language with a stranger who tells them about taming goats or planting grain, per ups handing them a few seeds to try out. Archeological evidence suits that the knowledge of farming spread quickly among the people of 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 ϵ countered on the way.

Continued next week

Submitted by: Moses Hargrove 3rd

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ER RECEILLE CARACTER C

I SHALL HAVE HAD MY DAY

O, 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

New York

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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! level of work home 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

hou mist love me. Set it be for marght - Except for love's only. To not say, "I love her for her sails - her icoks -LOVE'S PHILOSOPHY LOVE'S PHILOSOPHY The fountains mingle with the river, And the rivers with the Ocean,

The winds of Heaven max 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? A CHARLENCE CHARLENCE

PERCY BYSSHE SHELLEY SUBMITTED Y: BOB RAWLINGS Sleepy Minds

The blind man, Is not equal with the seer.

Nor is the darkness, Equal with the light.

And nor are the living, Equal with the dead.

Knowledge awakens all Sleepy Minds!



A Dead Life! Dead indeed is the life, That I live, Because I have not yet, Learned how to live!

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

IF THOU MUST LOVE 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 certes brought a sense of pleasant ease on such a day" -For these things in themselves, Behoved, may be changed, or change for thee - and love, so wrought, May be unwrought so. Neither love me for thine own dear pity's wide g my cheeks dry -A creature might forget to weep, who bore the comfort long, and lose thy love thereby! But love me for love's sake, that evermore The may'st love on, through love's eternity. WRITEN BY: ELIZABERT BARRETT BROWN SUBMITTED BY: BOB RAWLINGS

-12-



(((((CHIQUILLADAS))))

Carlitos, de seis años de edad, miraba a su abuela, interesado, mientras ella cortaba un pedazo de budín de ciruelas y lo colocaba en un plato. - Abuela, es ese pedazote para Ricardo? - le pregunto.

- No, es para ti.

El rostro del nino reflejó su contrariedad. - Quieres decir que ese pedacito es para mi? ()()()()()

Una maestra amiga mía asigno recientemente a su clase una composición sobre este tema: "Si yo fuera gerente". Muy pronto todos los alumnos empezaron a escribir deligentemente, con excepción de uno. Sentado muy tranquilo, con los brazos cruzados, el nino explico: "Estoy esperando a mi secretaria.

> ()()

Cuando Roberto, mi hijo, tenía unos cuatro años, le gustaba que lo llamaramos con el nombre de los personajes de sus cuentos favoritos. Un día, em el hipódromo, se separo 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 por él al puesto de primeros auxilios. Dice llamarse Chapulín Colorado. ()()()()()

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

Al volver de visita a la universidad, algún tiempo despues, 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 la boleta leyó: "Me alegro de ver este coche otra vez por aqui".

> () () ()() () ()

Dona Hiena a su consorte: "Por Dios Juán!! Es que no puedes tomar nada en serio?" ... Mama Coneja a su hija: "A tu edad ya yo me habia casado y tenia 138 chiquitines" ... Un canguro hembra a su amiga: " Que horribles son estos días de luvia!! Los niños no pueden salir a jugar".

> ()()()()

(((((CITAS DITABLES)))))

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

El que no tenga piedad para los demás, no encontrará ninguna para si mismo.

-1.3-

Los buenos consejos valen para pasarselos a otro. A uno mismo nunca le sirven.

Sometido por: Billy i ueroa

JESUS CHRISTO

If J.C. return today, this time he would appear as: A Puerto Rican social worker Drivig around in a used Volkswagon Family owns a Bodega.; Found the closen twelve on an unemployment line; Used the lower east side as is power base and attacked by the Dept. of Welfare because he heped form National Welfare Rights Organization.

Helped to feed thousands at a 101 street block party, Drove out local dope pushers from Schoolyards, and criticized harshly by the police and press for his tactics.

Cousin Juan O.D. at sixteen last week, Became a spokesman for the Younglords, Ran on an Independent primary ticket.

Landlords, dope dealers and police put out a contract on him. One of the chosen dozen ratted him out in Tompkins Square Park. And the C.I.A. took up the option,

WRIGEN BY: JACQUES GOODE

MAMA SAID

ANT -

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! Put it on the bill.

WEBNESDAY......Mama said she wants a deposit on these soda
bottles, I got 19 small and seven 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.....



WRITEN BY: JACQUES GOODE SUBMITTED BY: BOB RAWLINGS

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. Behavior studies classes (which can be applied for college credits.) 4. 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 1 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. IT'S GOOD TO KEEP MARCIA, GONT PEONLE DO MOST PEOPLE ALWAND BEBARYD IN MIND, HOWEVER, THAT NOBODY KNOWS MARCIA SEEM TO HAVE KNOW WHAT TH MISS PEACH LECTURES WHAT THEY'RE DOING , I CONFIDENCE DOING, WHILE OTHER ON NEVER SEEM TO KNU Y WHAT THEY'RE DOING. MELL LAZMAUS S and () Fleid Enterprises, Inc., 1994 UH, WELL FRANCIS, - IT WAG MAINLY, WELL, UH, YOUNGER NOT EVEN MOMMA, PEOPLE ... THAT IS, YOU KNOW, PEOPLE IF I HAD HOW COME I OF, AH, MY AGE, AND SO, ER, WELL, UH, BROUGHT YOU SEE, UH ... WAGNIT MY YOU WOULDN'T HAVE INVITED TO NO MARA SCYTHE! YOUR NEW UH, FIT M.C. YEAR'S PARTY 029 Le ab c

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 must fill these petitions out completely and return (2) two copies as soon as possible to your Record Office for scheduling of your appearance. Retain (1) one copy for your records.

APPLICATIONS RESULTING 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 is one of these categories is very rarely heard, therefore, by waiting for a regular ression, not only are inmates saved the labor of preparing required letters, but friends, lawyers, prison staff, State's Attorney and 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 inmate must retain his own council.

JUNIA DE PERDON

LA SESION DE PRIMAVERA

PETICIONES: Todo preso que piense presentarse en las proximas sesiones deben someter sus solicitudes al SUPERVISOR DE ARCHIVOS, en sus respectivas instituciones. Debe someter su solicitud inmediatamente, si es posible, y se les recuerda a los presos que el ultimo día para someter las solicitudes es el de 13 Febrero de 1981.

Después de haber sometido su solicitud, usted recibira (3) tres copias de la Petición de Junta de Perden. Tiene que llenar estas peticiones <u>completamente</u> y devolverlas lo mas pronto 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 (*): Bajo 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 prece incluir tiempo de carsel. 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 sesion regular, el preso 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 atención a los solicitantes regulares. Por lo mismo, se sugiere que antes de someter una petición en un caso marcado, el preso debe pedir consejo de algún miembro del personal.

-1.5-

Mi el Departamento de Correccion ni las Junta de Perdon asignara abogados. Cada preso tiene que conseguir su propic abogado.

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

ISLAM THE RELIGION: # 16

The Strength of Human Nature: By Imam Warith Deen Muhammad.

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 in terms of enlightenment or knowledge, the greater this test becomes for us-that test of life, trying to live. It shouldn't be that way-more knowledge should make life easier, more material things in our lives should make life easier. God has not made these things to be a burden and a hinderance in the path of life. No-God has made these things to be benefits, contributions, complements. It is because we stray from our true identity as created beings, contacted by the Almighty Himself, that we run into so many problems.

There is something very 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 burden 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 abnormal 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 levels 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 many 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 original nature.

We believe first of all, that we are Muslims. We don't believe that Prophet Muhammad (PBUH) made the first Muslims, that's against the teachings of Prophet Muhammad. 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.

-17-

Continued...next week Rewritten by: Qa'lam Hujurat Shabazz Submitted by: Lawrence Sistrunk American Muslim Mission Congregation C.C.I. Thfield

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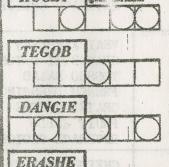
* THE LEGACY

Katharine Ross, Sam Elliott Universal; Directed by Richard Marguand Color; Rated R, B; 100 minutes

CINEMA

An old man is dying and desires to pass on his "legacy" – everlasting life – to whom ever can survive his hospitality in an English mansion. He collects the group of six people, all of whom o we him their success, among them the heroes, Katharine Ross and Sam Elliott, a contemporary couple. In a unique role-reversal, Ross is the architect with Elliott playing the pliable, though macho, live-in boyfrieud. Terror reaches its peak through the gruesome methods of killing (the special effects done by Jan Wingrove are wonderfully outstanding.)

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





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

I int the SURPRISE ANSWER here

JUMBLE

MAKE IT COULD BY A COULD

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ANSWER TO THE LAST WEEK JUMBLE

jumbles: Proxy Siege needle Orchid.

THE ISLAND ---- (R)---- 114 MINS

BLACK WINDMILL ---- (PG)--106 MINS

USED CARS----(R)-----111 MINS

FAIL AND WINTER CYCLE #3 (1980, 1981)

USE WEEKS OF: 19 Oct. 80, 16 Nov. 80, 14 Dec. 80, 11 Jan. 81, 8 Feb. 81, 8 March 81

| - | BREAKFAST | DINNER | SUPPER | | | |
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| A REAL POINT A PROPERTY OF THE PARTY OF THE | PINEAPPLE JUICE BREAKFAST PASTRY-MUFFINS HOT AND COLD CEREAL JELLY MILK AND COFFEE BREAD AND OLEO SUGAR | *GRIILED HAM STEAK CANDIED SWEET POTATOES BUTTERED LIMA BEANS MUSTARD ICE CREAM BEVERAGE CHOICE | TUNA SALAD PLATE SOUP POTATO SALAD GREEN BEAN SALAD PICKLES PEAR HALVES BEVERAGE CHOICE | | | |
| A REAL PROPERTY OF A REAL PROPER | TOMATO JUICE FRIED EGGS TOAST COLD CEREAL MIIK AND COFFEE BREAD AND OLEO SUGAR | VEAL PARMESAN SPAGHETTI W/TOMATO SAUCE TOSSED SAIAD FRENCH DRESSING GRATED CHEESE FRUIT JELLO BEVERAGE CHOICE | OVEN BAKED CHICKEN STEAMED RICE GRAVY CORN O'BRIEN BUTTERSCOTCH PUDDING- BEVERAGE CHOICE | | | |
| 「「「「「」」」」」」」」」」」」」」」」」」」」」」」」」」」」」」」」」 | GRAPEFRUIT SECTIONS BREAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR | CHEESE WHOPPER 502 FRENCH FRIED POTATOES CATSUP MIX ED VEGETABLES CHILLED FRUIT COCKTAIL BEVERAGE CHOICE | FRIED FISH TARTAR SAUCE HASH BROWN POTATOES LIMA BEANS PASTRY-CAKE BEVERAGE CHOICE | | | |
| A STATE A STAT | FRESH FRUIT FRENCH TOAST MAPLE SYRUP COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR | ROAST BEEF NATURAL BROWN GRAVY MASHED POTATOES BUTTERED FRESH CARROTS ICE CREAM BEVERAGE CHOICE | *HOT DOGS SOUP MUSTARD AND CATSUP OVEN BAKED BEANS SAUERKRAUT PASTRY - APPLE PIE BEVERAGE CHOICE | | | |
| | BLENDED JUICE B EAKFAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR | FRIED RICE BROWN GRAVY | BEEF PATTY 502 ONION BROWN GRAVY MASHED POTATOES SPANISH KIDNEY REANS PASTRY-CAKE BEVERAGE CHOICE | | | |
| The sunday with a full and the state of the sunday of the | ORANGE JUICE BOILED EGGS TOAST COLD CEREAL MIIK AND COFFEE BREAD AND OLEO SUGAR | FRIED FISH W/TARTAR SAUCE SOUP BOILED POTATOES FRIED CABBAGE BEET AND ONION SALAD ICE CREAM BEVERAGE CHOICE | RIGATONI BEEF TOMATO SAUCE GRATED CHEESE ANTIPASTO SALAD OIL AND VINE TAR PURPLE PLUMS BEV TRAGE CHOICE | | | |
| Assistant and and a support of the and the and the assistant of the assist | FRESH FRUIT BREAK FAST PASTRY HOT AND COLD CEREAL MILK AND COFFEE BREAD AND OLEO SUGAR | IRISH BEEF STÊW CUT FRESH VEGETABLES BUTTERED NOODLES COLE SIAW BREAD PUDDING BEVERAGE CHOICE | CHEESE OMELETTE SOUP CATSUP HASH BROWN POTATOES BUTTERED GREEN BEANS PASTRY-CAKE 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

-20-