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DEPARTMRNT OF CORRECTION



JOMR B. KARBOI<br>COMMLBEI ONER





IN THIS ISSUE

The NEW VIEW is a weekly publication printed by the inmates of the Comn. Correctional Institution of mafield. under the supervision of the administwation.

Any opinilons here-in axe the sentiments of the Contributors and should not be construed as those of he, Institution Administration.
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## LIEBRARY NOTICE:



Quiero recordarles que la venta de libraz se llebará a cabo el día 19 y 20 de Marzo del anio 1981. Los siguientes son algunos de los libros en español los c ales se encuentran en la venta Vanidades, Horoscopo 198i. 3oxing Digest en español, Vea, Cuantes, Estrellas, Luz, ellitas. Escuela de Modelos, Fotonovela, Alerta, y le de lágrimas. REMEMBER THE BOOK FAIR IS ONL TWO WEEKS AWAY.

Mr. Paul Carnes Librarian)
 Advertising for open ags on Agriculture \#2:
WANTED: Five men for say detail and other related duties. Starting pay, 20 cer cs an hour to 50 cents an hour.
Send request to Mr. entworth, C/o Agriculture Dept. No later than March 16, 1981.

10 F.R. Wentworth

THINK ABOUT YOUR FUTURE GED CLASSES
The school has openings in the Ged Program. We are starting a new semester and it is a good time to start studing for the GED test that is given in the Spring. EDUCATION IS THE KEY
PIENSE ACERCA DE SU FUTURO
Clases del GED
En la escuela exist aperturas en. el programa del GED. Nosotros estamos em sando un nuevo semestre y es un buen tiompo para empesar estudiar para el examen de Escuela Superior el cual se e será ofecido en la primavera. (EUCACION ES LA LLAVE!

Mr. A. Harris (Education Coordinaton

COMMISSARY NOTICE:
Who goes first??? Group 6 then, $7,1,2,3,4$ d don't forget that all money order to be sent ou ust be in the Commissary by Tuesday noon.

Mr. Gibeau (Comm. Supv)


Continued...from last week

## 

The perpendicular line above the horizon, marking is one quadrant of the circle, represents the zenith ox meridian occupied if the Sun at noon. Now, between these two points, the horizon and the meridian, we have two angular lines which divide the quadrant of 90 degrees into three parts containing 30 degrees each. These are the three southeastern Houses which mark off the angular changes of Solar and Astral influx between sunrise and noon. The horizontal line opposite to and parallel with the line of the horizon shows the point of the Heavens which is occupied by the Sun at sunset. The two angular lines between it and the meridian indicate the changes of terrestrial and celestial conditions between noon and sunset. Thus, the Sun, Stars, and Planets which make the transit of the diumal are of six Houses. During this time every conceivable change of polarity is possible under the Solar influx and may be manifested upon the Earth. The same holds true for the six noctumal Houses. The earth is divided into positive and negative halves which are continually changing from one to the other; the half under the Sun's rays is always positive; that portion under the shades of dark is negative. Day and night then, like the Sun and Moon, axe the polar opposites of each other, and so are the individuals born under the two conditions. From the foregoing it will be seen that any individuals bor during the course of a single day and at different times will differ widely in their physical temperament and mental bias. Also, they will differ wide Dy in their fortunes and destiny. Herein we see the grand basic principleas of this Science which accounts, in a most philosophical manner, for the wonderful diversity of all human beings. Scarcely any two are alike either in Mind, form, or feature, because no two are bor at exactly the same moment of time under exactly the same position of the Heavens. Suppose one hundred children in different parts of tho world were born at the same precise moment in time; the difference in latitude and longitude of their respective birthplaces would render no two alike. The reader has only to bear in mind that it is sunrise, noon, sunset, and midnight every moment at some point on the earth.
The secondary causes which regulate and modify the Astral and planetary influx are the apparent motions of the Sun, Moon, and Planets in their orbits. It is the real motion of a Planet which affects our inhabitants. When our Earth is situated so as to appear to an observer, were he. on the Sun, to be moving through Cancer, the Sun appears, to the inhabitants on Earth, to be passing through the opposite sign, Capricorn. So far as the Earth is concerned, it really is, because the Solar center stands between the Earth and the Sun. The Solar influx is impregnated with the magnetic qualities of Capricom with which it permeates the Earth. When we speak of the influence of the Sun in Capricom or any other Sign, though only an Astronomical appearance, we mean exactly what we say.
Further, when the Earth by its progressive motion moves faster or slower in a different direction from the other Planets, it causes them to become alternately stationary, direct in motion, or retrograde. We know these are purely appearances, so far as the planets themselves are concemed, but their influx is just the same on Earth as if it were a reality. The real movements of our Earth place them in those positions in reference to the apparent position of the Sun. The various angular distances so formed, termed aspects, are so potent in their magnetic effects that sometimes the whole good or evil influx of a given Planet is completely polarized. Always these aspects are found to constitute some very lmportant factors in the native's Horoscope. From the foregoing statement of Astral principles and in order to proper

Continued...
Iy gauge and apply the actual influences in operativ at a person's nativ ity, two primary considerations are necessaxy: the time and place of a person's physical birth. Without these nothing reliable can be scientifically determined. And any system of Astral, planetary, or Solar influen ces which pretends to ctermine the celestial influences upon man and ignores these essential elements is naturally only partially comect. Ancient astrology is not, as so many seem to think, "an exploded science, " and, further, we wish to point out that many superficially leamed individuals think the old geocentric system of Claudius Ptolemy was the only foundation upon which the Ancient Astrology rested. When the present Copernican system ovextumed the Ptolemaic theory of a pximum mobile, the Astrology of the ancients was not buried amid the ruins. Such superficial minds are in sadineed of a little True Light! The observed effects of cer tain positions of the heavens, be they apparent or real, is the only foundation of judicial Astrology.
It was upon the continous observation of ages that the old Chaldean sages formulated their wonderful Science of the Stars. Tie eclipses of the Sun and Moon, conjunctions of the Planets, and the exact length of the Solax year were all correctl computed ages before the days of Abraham. In reality, it makes litt difference to astrology whether the Earth moves about the Sun or the Sw about the Rarth. Astrology rests upon the absom Iute fact that. one of aem does indeed move.
So fax as the physical crganism of man is concerned, the Planet of birth is its center and the focuse of all the celestial influences; hence, the Earth and its motions are the only ones of vital : mportance upon the material plane of man.

Submitted by: J.D. Davis

There are some foods that can be expected to induoe and stimulate the flow of talk at any get-together.
While there are many other means of commanication between people, talksemains the most frequentily employed and is often a wree of great pleasure People get off on talk and when there is good, sat fying conversation, they have a sense of well-being. As psychologists a psychiatrists of our day have discovered, talk itself can have cathartic effects.
But often when people come together in unfamiliar surxoundings with people they do not know well, they feel inhibited and there is a dearth of talk. The silence weighs heavily, and nothing makes a host or hostess feel worse than seeing his or hex guests mute. The central nervous system basis for such inhibition probably relates to some ancient suxvival advantage-a state of vigilance among strangersmwich no longer is as relevant today. In Beyond the Pleasure Principle, Freud wrote of a "protective shield" of the more advanced areas of the brain that serves to limit extraneous stimuli. Such a shield or state of vigilance is a baxrier to relaxation and social intexaction.
The chemical action of foods can help stimulate talk as well as provide the comfort that comes from breaking bread. "There are two majox types of foods that stimulate talk-alight depressants which dull inhibitions (e.g., alcohol); and stimulants (e.g., coffee). If we think of the " shield" as being an outer shell, the shell can be weakened by diminishing it or by ovexriding it from inside.
Start with cheese. Aged cheese contains tyramine, a central nexvous sysm tem stimulant with properties similar to those of amphetamine (knowm to produce garrulous and even nonstop talking) and cocaine. Aged Cheddax, Brie, bleu cheese, and Stilton are all good choices. Avoid processed cheese spreads since they may not be aged at all.
Fickled herring is another good choice, and chicken livers, while less effective, share this talk-inducing property. The effect can be found with any food that has the amino acid tyrosine which changes to tyramine during aging, fermentation, pickling, eto.
Wine has been long known to relax people. Most red uines have greater tranqqilizing effects than white wines. With strong cheese redwines (except Chianti) tend to soften the edges produced $y$ the nervous system stimulation. On the other hand, if aged cheese not served, a wine with some stimulant properties of its own can be effective. Suoh wines as Chianti and sangria are good. Another choice is a good champedge. Beer has mixed effects.
Coca-Cola was pexhaps one of the most effective social drinks. During the late 1800 s and eaxly 1900s, its combination of cocaine, alkaloids of the kola nut (predominantly caffeine), and other flavorings and sugar made it a chemically powerful mixture. A decade or two before the introduction of Coca-Cola, vin mariani was a much praised mixture of wine and cocaine.

## Coffee-The Talk Food of Our Time

Coffee was considered to be a gift of the gods to the Arabs and the Persians. There are as many different tales about its discovery as there are types of coffees.
One tale is that it was found by an Abyssinian goatherd named Kaldi who noticed his flock was friskier after eating the fruit of a glossy tree. He tried some and felt a rush of energy. A passing monk saw him cavorting with his flock, asked the reason, and then brought some beans back to his monastery where they were used by the monks in order to stay awake all night to say prayers.
A Christian story says that the Archangel Gabriel brought the fruit to

Continued...
earth. A Sufi legend has it that a banished dervish named Omar was weak from exhaustion, found the coffee bean, and took it, at which tire his energy returned. Bringing this miracle food back , his people he was once again accepted.
Regardless, it is clear that once coffee was int ed it caught on rapidly. By the sixteenth and seventeenth centur dany coffeehouses for meetings and camaraderie had been established. i Colonial America, the first coffeehouse as opened about 1670 in Bos by one Dorothy Jones, who applied for a license to sell "coffee ana Chuchaletto," It xapidly became a household staple in the seventeenth century in Tuxkey, where a wife could gair a divorce on the grounds that she was denied her fair share of the coffee.
The French historian 1 chelet said in 1789 that the French Revolution could be traced in par to the changes in people's habito and temperaments owing to widespread drinking of coffee. Of further historical interest is that coffee drinking increased after the celebrated dumping of tea in the Boston harbor in 1773. Coffeehouses became the meeting places where the American Revolution was plotted. Growing temperance pressures directed attention toward coffee, and more than one hundred years later prohibition gave coffee a powerful purh into prominence. Like every other drug or food with a strong effect the history of coffee includes its being banned initially. Iven in recca it was banned for a time in the sixteenth century, but the sul $n$ liked the beverage and reinstated it. In the seventeenth century the Thucch tried to ban coffee, but the Pope, the final arbiter, was a colfee drinker. Soon after, cappuccino was nvented as a "remedy" against plague. Through all the contrinsies, coffee power has beon recognized. In 1825, Brillat-Savarin ystallized this recognition when he said, " Coffee is a more powe rl liquor than commonly believed. A man of sound constitution may drink two bottles of wine per day, and live long; the same man would not so long sustain f like quantity of coffee; he would become imbecile or die of consumption." Now coffee is the most populax beverage in the wc Id. Where is active trading of over six billion pounds of it yearly. As with every plant growing from different seeds iffering climatic conditions, there is a multiplicity of coffees c ning varying amounts of caffeine and other alkaloids. For examp. Brazilian coffee usually has a higher coffeine content than Colombi or Central American coffee. Coffee te vers use words that express cumposition differences such 3. " "body" (thickness), "aroma" (amount and type of volatile $^{\text {a }}$ chemicals), and "acidit" (measured by sharpness of bitterness or sourness of taste).
While chocolate has go aed a reputation as a sexual stimulator and tea is promoted as a drink to aid contemplation, coffee seems to be primariIy involved with social gatherings where taik and commnication is much valued. However, temperance organizations sometimes campaigned against coffee as well as alcohol-and included statements about its aphrodisiac qualities in their literature.

Submitted by: J.D. Davis
Written by:George Schwartz, M.D.


## THUS SPOKE ZARATHUSTRA

Of Self-overcoming


What urges you on and arouses your ardour, you wisest of men, do you call it "will to truth"?
Will to the conceivability of all being: that is what I call your will!
You first want to make all being conceivable: for, with a healthy mistrust, you doubt whether it is in fact conceivable.
But it must bend and accomodate itself to you! Thus will your will have it. It must become smooth and subject to the mind as the mind's mirror and reflection.
That is your entire will, you wisest men; it is a ill to power; and that is so even when you talk of good and evil and of $t \geqslant$ assessment of values.

Xou want to create the world before which you can kneel: this is your ultimate hope and intoxication.
The ignorant, to be surs, the people-they are like a river down which a boat swims: and in the bat, solemn and disguised, it the assessment of value.
You put your will and your values upon the river of becoming; what the people believe to be good and evil betrays to me an ancient will to power. It was you, wisest men, who put such passengers in this boat and gave them splendour and provd names - you and your ruling will!
Now the river bears your boat along: it has to bea. it. It is of small account if the breaking wave foams and angrily opposes its keel! It is not the river that is your danger and the en your good and evil, you wisest men, it is that will itself, the will wer, the unexhausted, procreating life-will.
But that you may underetand my teaching about good : evil, I shall relate to you my teaching abou life and about the nature of all living creatures.

I have followed the living creature, I have followed the greatest and
the smallest paths, that I might understand its nature.
I caught its glance in a hundredfold mirror when its mouth was closed, that its eye might speak to $n 3$. And its eye did speak to me.
But wherever I found living creatures, there too I heard the language of obedience. All living creatures are obeying creatures.
And this is the second things he who cannot obey himself will be commanded. That is the nature of living creatures.
But this is the third thing I heard: that comanding is more difficult than
obeying. And not only because the commander bears the burden of all who obey, and that this burden can easily crush him.
In all commanding there appeared to me to be an experiment and a risk: and the living creature always risks himself when he cmmands.
Yes, even when he commands himself: then also must he make amends for his commanding. He must become judge and avenger and viotim of his own law. How has this come about? thus I ask myself. What persuades the living creature to obey and to command and to practise obedience even in commanding?
Listen now to my teachil you wisest men! Test in eamest whether I have crept into the heart of ife itself and down to the roots of its heart! Where I found a living reature, there I found will to power; and even in the will of the servant I found the will to be rister.
The will of the weaker resuades it to serve the stronger; its will wants to be master over those weaker still: this delight alone it is unwilling to forgo.
And as the lessex surmenders to the greater, that $*$ 时 have delight and

Continued...
power over the least of all, so the greatest, too, surrenders and for the sake of power stakes-life.
The devotion of the greatest is to encounter xisk and danger and play dice for death.
And where sacrifice and service and loving glances are, there too is will to be master. There the weaker steals by secret paths into the castle and even into the heart of the more powerful - and sterls the power.
And Iife itself told me this secret: "Behold," it sid, "I am that which must overcome itself again and again.
"To be sure, you call it will to procreate or impulse towarde a goal, towards the higher, more distant, more manifold: but all this is one and one secret.
"I would rather perish an renounce this one thing; and truly, where there is perishing and efalling of leaves, behold, there life sacrifices itself - for the sake of power!
"That I have to be struggle and becoming and goal and conflict of goals: ah, he who divines my will surely divines, too, along what crooked paths it has to go!
Whatever I create and however much I love it-soon I 'heve to oppose it and my love: thus will my will have it.
"And you too, enlightened man, axe only a path and . tstep of my will: truly, my will to power walks with the feet of your ill to truth!
"He who shot the doctrine of "will to existence" at sth certainly did not hit the twuth: this will-does not exist!
"Fox what does not exist cannot will; but that which is in existence, how
could it still want to cone into existence?
"Only where life is, the e is also will: not will to life, but-so I teach you-will to power!
"The living creature valves many things higher than life itself; yet out of this evaluation itsell speaks-the will to power!
Thus life once taught me: and with this teaching do I solve the riddle of your hearts, you wisest men.
Truly, I say to you: Unchanging, good and evil does not exist! From out of themselves they must overcome themselves again and again.
You exert power with your values and doctrines of good and evil, you
assessors of values; and this is your hidden love and the glittering, trembling, and overflowing of your souls.
But a mightier power and a new overcoming grow fror out your values: egg and egg-shell break against them.
And he who has to be a creator in good and evil, tilly, has first to be a destroyer and break values.
Thus the greatest evil irlongs with the greatest good: this however, is the creative good.
Let us speak of this, you wisest men, even if it is a bad thing. To be silent is worse; all supp essed truths become poisonous. And let everything that can break upon our trutho - break! There is many a house still to build!

Submitted by: J.D. ovis
Taken from the book: Thus Spoke Zarathustra: by Nieta the


## BEAUTY IS NOT BOUND

Give beauty all her right! She's not to one form tied;
Each shape yields fair delight where her perfections bide:
Helen, I grant, might pleasing be, And Rosamond was as sweet as she.
Some the quick eye commends, Some swelling lips and red;
Pale looks have many friends, Through sacred sweetness bred: Meadows have flowers that pleasures move, Though roses are the flowers of love.

Free beauty is not bound To one unmoved clime
She visits every ground And favors every tim
Let the old loves with mine compare; My over in is as sweet and fair

## THE EFFECT OF LOVE

Other beauties others move; In you I all graces find.
Such is the effect of ave, To make them happy that are kind.
Sweet, afford me then your sight That, surveying all your looks, Endless volumes I may write And fill the world with envied books,

Which, when after-ages view, All shall wonder and despair: Women to find a man so true, or men a woman half so fair.

## THOMAS CAMPION

SUCH SWEET NEGLECT
Still to be neat, still to be drest As you were going to a feast:
Still to be powdered, still perfumed:
Lady, it is to be presumed,
Though art's hid cause are not found,
All is not sweet, all s not sound. Give me a look, give me a face That makes simplicity a grace; Robes loosely flowing, hair as free: Such sweet neglect more taketh me, Than all the adulteries of art,

$\qquad$

That strike mine eyes, but not my heart.
BEN . SN

## SOMEONE CARES

Someone cares for you pore than you will ever. .ow.
Someone wishes the gray days away, and says a pray because you're so dear.
Whether together or miles apart, That someone hopes the Friendship will never part.
And its all because the $t$ someone cares what happens to you, And that someone is me!

NANCY. MARROTTE
SUBMITTED BY: BOB RAWLINGS


## -60.0.0.0.0.0.0.

THE CHLLDREN'S HOUR
Between the dark and the daylight, when the night is beginning to lower,
Comes a pause in the dat's occupations, That is known as the Children's Hour:
I hear in the chamber above me the patter of little feet, The sound of a door that is opened, And voices soft and sweet. From my study I see in the lamplight, Descending the broad hall stair,
Grave Alice, and laughing Allegra, And Edith with golden hair. A whisper, and then silence: Yet $I$ know by their merry eyes They are plotting and planning together to take me by surprise. A sudden rush 1 rom the stairway, A sudden raid from the hall! By three doors left. unguarded They enter my coste wall: They climb up into my turret ${ }^{\prime}$ 'er the arms back of my chair: If I try to escape, they surround me; They som to be everywhere. They almost devour mo with kisses, Their arm about me entwine, Till I think of the Bishop of Binger In his Mouse-Tower on the Rhine!
Do you think, O blue -eyed banditti, Because you have: scaled the wall,
Such an old mustache as I am is not a match for you all!
I have you fast in my fortress, And will not let you depart, But put you down into the dungeon In the round-tower of my heart. And there will I keep you forever, Yes, forever and a day, Till the walls shall crumble to ruin. And moulder in dust away!

HENRY WADSWORTH LONGFELLOW

## KISSTN ${ }^{\prime}$

Some say kissin's a $\quad$, But I say not at a": cor it's been in the warld Ever since there were twa. If it were na lawful, Lawyers wad na 'low it: If it were na holy, Ministers wad no do it. If it were na decent, Maidens wad na let it If it were na plenty Poor folk could na get


## " FILOSOFIA DE UN CONFTNADO "

No se el tiempo que paso en esta sepultura, sl lamfuera no la cuxa, el asunto va con pausa; tienen la preza segura y dejan domir la causa - el preso ignora de que Iado se inclina la balanza, pero es tanta la
 tardanza, que 0 les digo por mí, que el hombre que entra aqui, deja afuera a esperanza. No es en grillos ni en cadenas en 10 que usted penará, sino en una soledad y en un silencio profundo, que parece que en el rundo es el único que está. Yierten lágrimas mis ojos, pero mí pena no alivia, $y$ en esta constante vida - sin un momento de vima, contemplo con ojos del alma, felicidades que envidio.

Lo sufro yo y no lo creo, que tal vez en el pulga in , las almas hagan mảs muido, el dia no tiene sol, la noche no tiene estrel ; sin que me valgan querellas, encexrado me puxifican - y mis lágrimas salpican en las paredes aqueIlas, pero imploro a cuantos ignoran el rigor de todas estas penas, yo, que sufro en cadenae del destino $\sin$ clemencia, le aconsejo en experienoia, dele mal on cabeza ajena. Adentro de todo hombre nace una revolución, metido en está prim sión de tanto no mirar nada, le nace y le queda grabada la idea de la perfección. Viene primero el furox y después la melancolía, yo en mí encierro todo el dia, buacando paz y consuelo, voy regendo este suelo con lágrimas del alma mía. De furor el corazón se me quiere reventar, pero no sin aguantiar, aunque el sociego no alcanze, dichozo en $\tan$ duro trance aquel que sabe rezar; que diriga a Dios uina plegaria, el que sabe una oración metido envesta pr sión vive olvidado del raundo, y el dolor es más profundo cuando no haya compre sión.

En mi madre yo pensaba on un triste atardecer, y no pude comprender lo que me pasaba a mi, porque si tcio 10 , tuve y todo lo heche perder, solo espero rehacer mi vida que dichosa ué, y por estúpido tiré por falsas y répidas pasfones, desde hoy en adelan viviré en diatintas condiciones. Ya con esta me despido, todos me han de perdonar, ninguno debe olvidax la historia de un confinado, quien ha vivido encerrado - poco tiene que cont $\%$

WITH THE NAME ALIAH (GOD) THE BENERICTBNT, THE MRRCTFULs
ISTAM THE PRLIGION: H23
THE CONCEPTI OF PEACE

To appreciate how Islam approaches the question of peace, one has only to consider a few elementary facte about Islam. Peace and Islam are dexived from the sarae root and may be considered synonymous. One of cod"s names is Peace. The concluding words of the daily prayers 0 " every Muslim are words of peace. The daily salutations among the Muslims exe expressions of peace The greeting of the Nuslims when they retum to Goci is peace. The adjective "Muslim" means, in a sense, peaceful.
Heavea in Islam is the sbode of peace. This is how fundamental and dominant the theme of peace is In Islasa. The individual who approaches God through Islam oannot fail to be at peace with cod, with himself, and with his fellow men.
Taking all theee values together, putting man in his proper place in the cosmos, and viewing life in the Islamic perspective, men of good faith and principles cannot fail to make our world a better world, to remain in human dignity, to achieve equality, to enjoy univexw I brotherhood, and to build a lasting peace.

By: Qu'Iam Hujurat Shabazz Submitted by: Lawrence Sistru. fuexican Maslim Mission Congre, tion O.C.I. Finfield

WITH THEE NAME AT SH (GOD) THE BBNEFICIEND, THE MERCIFUL
ISLAM THE RELIGTON: $\# 24$
T I CONCEPT OR MORALTTY
The concept of morality in Tslam centers axound certain basic beliefs and principles, Among these axe the following: (1) God is the Creator and Source of all goodness, truth and beauty. (2) Man is a responsible, dignified, and honorable agent of his Creator. (3) God has put everything in the heavens and the earth in the sexvice of mankind. (4) By His Mercy and Wisdom, God does not expect the impossible from man or hold him accountable for anything beyond his power. Nor does God forbi man to enfoy the good things of life. (5) Moderation, practicality, and balance are the guarantees of high integrity and sound morality. (6) All things axe permissible in principle except what is singled out as obligatory, which must be obsemved, and what is si led out as forbidden, which must be avoided. (7) Man's ultimate responslbility is to God and his hichest goal is the pleam sure of his Creator. Ire dimensions of morality in Islam are mumerous, far-reaching, and comp hensive. The Islamic mowala deal with the relationship between man and God, man and his fellow men, man and the other element s and creatures of the vaiverse, man and his innermost self.
The Muslim has to guaic his extemal behavior and his manifest deeds, his words and his thoughts, his feelings and intertion. In a general sense, his role is to champion what is right and fight wh is wrong, seek what is true and abandon what is false, cherish what is $h \quad$ ful and wholesome and avoid what is indecent. Truth and virtue are his simplicity, courtesy and compassion, are his secon. - Humbleness and ature, to hini, arrogance and vanity, hars less and indifference, are 4 ssteful, offensive, and displeasing to Gou.


The T.R.A.P. Program is changing to include those of you who may not have been eligible under the existing criteria. The result will be a program offering benefits to its participants, which will be dependent upon individual case histories

## M. RAM. P. CRITERIA

1.) Have a documented drug use history.
2. Are within $6-18$ months of your release date.
3. $)$ Do not have (2) two parole violations or a felony conviction while on parole.
4.) Have no pattern of sexual offenses, violent or ascend five behavior, escapes or serious psychological problems.

## Tr RA. A. BENEFPTTS

1.) A guaranteed parole.
2.) A guaranteed community release, where possible.
3. Behavioral Studies class es, which may be applied for college credit.
4. A seven (7) day job as gnment and good tine credit.
5.) Individual and group counseling, along with other special treatment activities.

## P.S.A. CRITERIA

1.) Have a history of substance abuse.
2.) Be able to complete six (6) months in the program.

## P. SsA. BENEFITS


1.) Behavioral Studies classes, which may be applied f oc college credit.
2.) A seven (7) day job assignment and good time credi.
3.) Individual and group counseling, along with other special treatment activities.

An additional criteria who ch applies to both T.R.A.P. and F.S.A. candidates is that all applicants must have satisfactory record of institutional performance, usually to include no misconducts or unsatisfactory work reports within the four (4) mort the prior to application.

AII T.R.A.P. and P.S.A. program participants will be roused and function together on the second floor of F-Domitory. Participar $\quad 11$ be required to THE a mowing institutional job. All programming will place in the after nom, early evening and on weekends.

Don't mule yourself out If you are interested, convent Addiction Services av and see what it's all about. Send a request to Ms. DeWan and tell her that
7 want more information. ST WILL CONDACT YOU. -15



Prim the SURPRISE ANSWRE MER

## 00100000000 <br> SEDOMNSWER NEH M May

Answer to last week Jumble Jumbles: CUBIC PASSE INDICT GTOLEN
Answer: T ese often serve as
s. ip covers-ALIBIS


## COMTVE ATPRACTIONS

Mountain Men----(R)- -100 MINS
Tigress...m-m (R)--- 85 MINS


MLI ANO WTNTER CYCLE 3 (1980, 1981)
USE WEEKS OF: 19 Oct. 80,16 Nov. 80,14 Dec. 80,11 Jar. 81,8 Feb, 81,8 March 81

|  | DINPER |  | SUPPER |
| :---: | :---: | :---: | :---: |
| S U N | PINEAPPLE JUICE BREAKRAST PASTRY - MJ FFINS HOT AND COLD CEREAL. JELLI MILK AND COFFEE BREAD AND OLEO sucar | *gRIILED HAM STEAK <br> CANDIED SWEET POTATOES <br> BUTTERED LITA BEANS <br> MUSTARD <br> ICE CREA解 <br> BEVGRAOE CHOICE | TUNA SALAD PLATE Soup <br> PORATO SALAD <br> GREFN REAN SALAD <br> PICKIES <br> PRAR HALVES <br> BEVTRACE CHOTCE |
| $M$ <br> 0 | TOMATO JUICE FKIED EGGS TOAST COLD CEREAL MIIK AN COFFEE BREAD AND OLEO SUCAR | VEAL PARMESAN SPAGHETEI W/TOMATO SAUCE roSSED SAIAD FFENCH DRESSING GRATED CHEBSE FFUIIT JELLO BEVERA $2 E$ CHOTCE | OVEN BAKED CHICKEN STEAMED RUCE GRAVY CORN O RRIEN BUTTERSCOTCH PUDDTNG EEVERATE CHOICE |
| U E S | GRAPE FMMIT SECTIONS BREAKFAST PASTKI HOT AND COLD CEREAL MIL A AND COFMEE BYEAD ADD OLEO sucar | CHEESE WHOPPER 50\% <br> FRiSNCH FRIED POTATOES CATSUP <br> MDX ED VECETABLES <br> CHILIED RRUTT COCKTAII. <br> BEVERAGE CHOICE | FRIED FISH <br> tartar sayce <br> HASH BROWN POTATGES <br> LTMA REANS <br> PASTRT -CAKE <br> REVGRAC CHOIGE |
| E | FRESH FRUIT FRENCH TOAST MAPLE SYRUP COLD CRREAL MILK AND COFFEE BREAD AND ULEO SUCAR | ROAST BEEF <br> NATYRAL BROWN GRAVY <br> MASHED POTATOES <br> BUTTERED PRESH CARRORS <br> ICE CREAM <br> BEVERAGE CHOICE | HHOT DOCS sous <br> MUSTARD AND Catsup OVEN BAKPD BEANS SAJERKRAUT PASTRI -APPIE PIE BEVERA AE CHOICE |
| H U R S | BE RNDED JUICE BLEAKRAST PASTRY hot Anl cold derual MLK AND COFFEE BREAD AND OLEO SUGaR | HITALIAN SAUSAcg FRIED RICE BROWN GRAVY BITTEIED PEAS CHILLED PEAGHES BISTERAEE CHOTCE | BEEF PATMT 502 ONION BROWTY GRAVY MASHED POTATOES SPANISH KIDNET REANS PASTRT-GAKE bFVERACE CHOTCE |
| F $\square$ $\square$ | ORANIE JUICE <br> BOILED EGGS <br> TOAST <br> COLD CEREAL <br> MIIK AND COFFE <br> BREAD AND OLEO <br> SUMAR | FRTED FISH w/TARTAR SAUCE soup <br> BOIIED POTATOFS <br> FRIED CABBAGE <br> beET AND OUION SALAD <br> ICE CREAM <br> BIVWHATE CHOICE | RICATONI <br> BHEF TOMATO SAUICE <br> GRA TED CHEESE <br> ANTIPASTO SALAD <br> OIL AND VINE ARR <br> PIRPLTE PLUMS <br> BEVRACE CHOICE |
| S A T | FRESH FPUIT BREAKFAST PASTKX HOT AND COLD CEREAL MIIX AND COFEES BREAD AND OLEO SUGAR | IRTSH REEF STEW CUT FRESH VEGETABLES BITTERED NOODES COLE SIAW BREAD PUDDING HEVERACE CHOICE | CHEESF: OMGLFTTTE SOUP <br> CATSTP <br> HA SH 'BROWAN POTATCES <br> BUTTERED GREFN PEANS <br> PASTRY - CAKE <br> BEVERAGE CHOTCE |

(*) ASTERTCK. INDICATES A PORK OR HORK PRODUCT
MENU IS SUBIECT TO GHANGE WTHOUT NOTTCE
MTK, CORTEE, SUCAR, BREAD AND OLEO WTMY EVERL MEAL

