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vol. 21
no. 7

New View

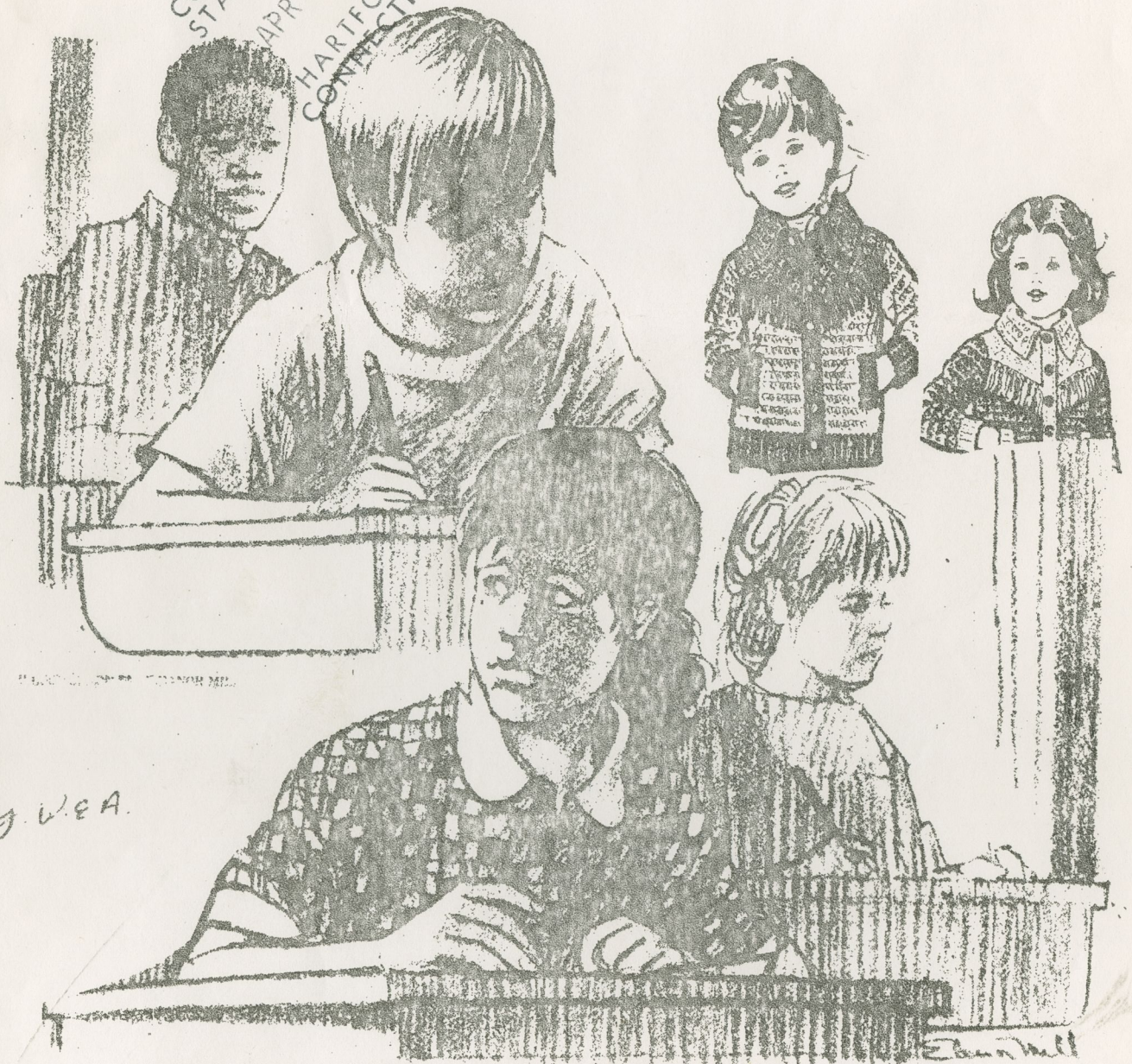
Vol. 21

No. 7

APRIL 24, 1981

SAVE OUR CHILDREN

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by W.E.A.

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The NEW VIEW is a weekly publication printed by the inmates of the Conn. Correctional Institution of Enfield, under the supervision of the administration.

Any opinions here-in are the sentiments of the Contributors and should not be construed as those of the Institution Administration.

This publication serves as a medium of information.

Mailing address: NEW VIEW, P.O. BOX G
ENFIELD, CONNECTICUT 06082

Permission to reprint any article is cordially invited, provided of course that this paper and author are credited.

NOTICES

Due to problems with the Connecticut Film Service deliveries, our films for the Thursday night showing have been arriving irregularly. Therefore, at this time it is impossible to predict which, if any, movie we will be showing. All I can say is that if we receive one it will be announced Thursday evening shortly before the regular 6:15 showing. I apologize for this inconvenience and hope that it will only be temporary. The Film Service has been having budget/staff problems lately and this has affected its normally excellent performance.

On another matter, I would like to ask a favor of all of you. Recently several inmates have left this institution while still having library books checked out to them. Since it is impossible for someone to get out with such books in his possession, I can only assume that they are still on the compound. This library, probably more so than any other thing here is "yours". The books, magazines, etc. are for your use and everyone that disappears, is lost, stolen, or destroyed, is your loss. It makes the selection that much less for others. You all know how frustrating it is to look for a particular book and find it gone. So I am asking all of you to keep an eye out for any library books you happen to see lying around, and please bring them in, no questions asked. You will make everybody happy. Two books in particular that I would like to locate are Country Music by Fred Dellar, and New York Times Country Music's Greatest Songs by Milton Okum. These are both \$18.00 books and were about all we owned on this subject. They are sorely missed. Any help that any of you can provide in tracking down these and other missing library books will be greatly appreciated. Thank you.

Paul Carnes (Librarian)

LEGAL ASSISTANCE TO PRISONERS

Attorneys from Legal Assistance to Prisoners will visit CCIE bi-weekly for the purpose of interviewing inmates who are in need of civil legal assistance. An interview may be obtained by filling in a "request to see staff member" addressed to LAP briefly stating the nature of your legal problem.

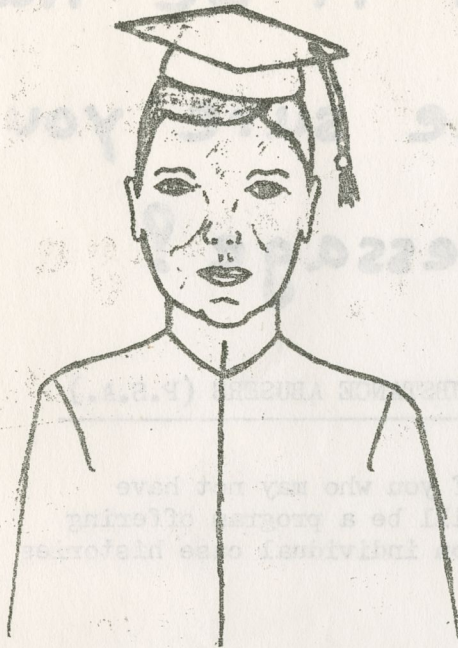
COMMISSARY NOTICE

WHO GOES FIRST??? Group 5, then 6-7-1-2-3-4

All money to be sent out must be in the commissary by Tuesday noon.

COMMISSARY NOTICE

MR. GIBEAU, COMM. SUPV. CONT. LAST PAGE



DONOT FAIL

To take the opportunity to obtain a quality education while you are at CCIE.

THE EDUCATION DEPARTMENT offers several educational programs that you can get involved with and use your time to your advantage.

VOCATIONAL PROGRAMS

AUTO MECHANICS HELD AT CCIS

AUTO BODY HELD AT CCIS

FOOD SERVICE

ACADEMIC PROGRAMS

ADULT BASIC

EDUCATION (ABE)

GED

SPANISH (ESL)

COLLEGE

GED

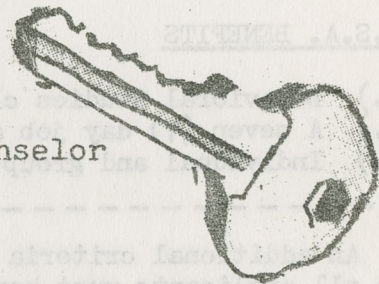
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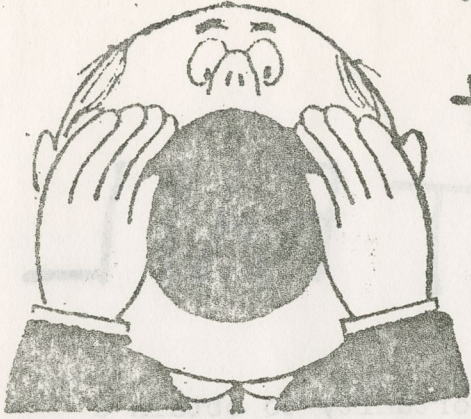
Exams are given in English and Spanish.

Pay us a visit and sign up for schooling. It is your

KEY TO THE FUTURE

Send a request to Mr. Shia, Vocational Counselor





We'll shout if we ha
to, to make sure you
get the message!

PROGRAM FOR SUBSTANCE ABUSERS (P.S.A.)

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

T.R.A.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 assaultive behavior, escapes or serious psychological problems.

T.R.A.P. BENEFITS

- 1.) A guaranteed parole.
- 2.) A guaranteed community release, where possible.
- 3.) Behavioral Studies classes, which may be applied for college credit.
- 4.) A seven (7) day job assignment and good time 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.S.A. BENEFITS

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

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

All T.R.A.P. and P.S.A. program participants will be housed and function together on the second floor of F-Dormitory. Participants will be required to work a morning institutional job. All programming will take place in the afternoon, early evening and on weekends.

Don't rule yourself out! If you are interested, contact Addiction Services today and see what it's all about. Send a request to Ms. DeWan and tell her that you want more information. SHE WILL CONTACT YOU.

THE DOCTRINE OF MOLES

BY ZOLAR

The order of the planets corresponds to that in Astrology. Saturn is the highest; then follow in turn Jupiter, Mars, the Sun, Venus, Mercury, and the Moon. Having thus established the Planet's spheres of influence, the practicing Metoposcopists will mark the subject's forehead with seven equidistant and parallel strips, with the purpose of recognizing his subject's Planetary zones which are narrow or wide according to the measurements of the forehead.

A wrinkle in the zone of Jupiter is endowed with the characteristics attributed to the planet: magnanimity, nobility, and pride. If the line crosses from one zone to another, it signifies the two Planets are in conjunction; their characteristics act upon and reinforce each other. Metoposcopy is nothing more than the Astrology of the Microcosm.

METHODS OF WINNING: BY ZOLAR

In every human mind is a spark of the gambling instinct or a desire to take chances that afford the thrill of gaining or losing in such a venture. Life itself is a speculation; a child is born-perhaps it will live and perhaps it will not-a merchant opens a business-perhaps he will succeed or perhaps he won't; an aviator takes a long flight-perhaps he will make a safe landing, or perhaps he will not. The sedire to take chances is innate in all kinds of humanity, primitive or civilized.

Emerson said, "Astrology is Astronomy brought to Earth and applied to the affairs of men." Astrology, the oldest Science in the world, has outlined the proper courses for people to follow for many thousands of years. "There is a time and a place for all things," and no more practical Science in the world can be applied to mankind's daily affairs than the sciences of Astrology and Numerology.

Ptolemy, the greatest Astrologer and philosopher of Ancient times, said, "Judgement must be regulated by thysself, as well as by science... it is advantageous to make choice of days and hours at a time constituted by the nativity."

While the author does not recommend nor encourage promiscuous gambling in any form, he is mindful of the fact that so long as human beings are constituted as they are at present they are going to indulge in some form of speculation. If people must speculate, this will show how to combine the laws that rule and regulate the universe with their own judgement. Accurate judgement is also necessary for the success of any enterprise, yet, by combining this with the fundamental laws of cause and effect outlined by the science of the universe, a greater measure of success may be attained.

We present this information for what it may be worth! It may appeal to you as a pastime flavored with the thrill of sport or a test of skill tempered by your judgement.

If we look at the life history of an individual as it stretches out from birth to death, it presents a remarkable record of events that appear to have no logical relationship to each other. In childhood, there may have been either great happiness or great sorrow and suffering regardless of character qualities, and there is nothing in the present life of the child to explain either. The child itself may be gentle and affectionate and yet it may be the recipient of gross abuse and cruel misunderstanding. In maturity we may find still greater mysteries.

Almost invariably there are mingled successes and failures, pleasures and pains, but when we come to analyze them we fail to find a satisfactory reason for them. We see that the successes often arrive when they are not warranted by anything that was done to win them, and for the want of any rational explanation we call it "good luck." We also observe that sometimes failure after failure comes when the man is not only doing his very best but when all of his plans will stand the test of sound business procedure. Baffled again, we throw logic to the winds and call it "bad luck."

Continued...

"Luck" is a word we use to conceal our ignorance and our inability to trace the working of the Law. Suppose we were to ask a savage to explain how it is that a few minutes time with the morning paper enables one to know what happened yesterday in a city on the opposite side of the earth. He knows nothing of reports and cables and presses. He cannot explain it. He cannot even comprehend it. But if he is a vain savage and does not wish to admit his ignorance, he might solemnly assert that the reason we know is because we are lucky, and he would be using the word just as sensibly as we use it.

If by luck we mean chance, there is no such thing in this world. Chance necessarily means chaos and the absence of Law. From the magnificent, orderly procession of hundreds of millions of Suns and their world systems that wheel majestically through space down to the very atom with its mysterious electrons, the universe is a stupendous proclamation of the all-pervading presence of Law. It is a mighty panorama of cause and effect. There is no such thing as chance.

What, then, is good luck? We know people do receive benefits which they apparently have not earned, yet there cannot be result without a cause. They have earned it in other lives when the conditions did not permit immediate harvesting of the results of the good forces generated and Nature is paying the debt and making the balance of her books at this period. They have put themselves in harmony with evolutionary law-with the Divine Plan, and nothing which they need is withheld. With the insight of genius, Ella Wheeler Wilcox stated the Law:

Luck is the tuning of our inmost thought
To chord with God's great plan. That done, ah know
Thy silent wishes to results shall grow,
And day by day shall miracles be wrought!
Once let thy inner being selflessly be brought
To chime with universal good, and lo!
What music from the spheres shall through thee flow,
What benefits shall come to thee unsought!

When we eliminate chance, we are forced to seek the cause of unexplained good or bad fortune beyond the boundaries of this Life because there is nothing else we can do. We have results to explain and we know they do not come from causes that belong to this incarnation. They must, of necessity, arise from causes belonging to a past Life.

This broader outlook on the life journey, extending over a very long series of incarnations, gives us a wholly different view of the difficulties with which we have to contend and of the limitations which afflict us. It at once shows us that in the midst of apparent injustice there is, in the long run, really nothing but Perfect Justice for everybody. All good fortune has been earned. All bad fortune is deserved, and each of us is, mentally and morally, what he has made himself. Masfield put it well when he wrote:

All that I rightly think or do,
Or make or spoil or bless or blast,
Is curse or blessing justly due
For sloth or effort in the past.

Continued...next week.....

Submitted by: J.D. Davis



AGE DOESN'T AFFECT BODY'S NEED
FOR GOOD NUTRITION, GOOD FOOD

By LINDA GUZZO

Food and good nutrition are two things we need throughout our lives whether we are nine or ninety-nine. Some nutritional requirements change as we grow older, but the basic nutritional needs remain the same. As we become older, our calorie requirements decrease due to decreasing physical activity.

However, the needs for protein, vitamins and minerals do not change. These nutrients are the key factors in maintaining good health and normal weight. Poor nutrition not only affects health but also causes a number of other related problems such as chronic tiredness, a gloomy outlook on life, anxiety over small things, loss of sleep or excessive weight gain.

Good nutrition is especially important during later years. Some older Americans tend to push aside the activity of eating for many reasons: loneliness, limited incomes, lack of nutrition information or the inability to prepare foods. They become dependent on the "tea and toast" diet which supplies them with practically none of the necessary nutrients for daily life.

Older individuals have very set eating habits and may find the thought of change very difficult. However, it is not always a case of complete change which must take place. It is often a matter of just improving basic established eating habits.

Two facts are important: eat regularly and eat a wide variety of foods to receive the needed nutrients. The questions then arise: "How much of these nutrients does a person over 60 need?" and "What foods contain these necessary nutrients?"

First of all, the basic diet is made up of six nutrients which are proteins, carbohydrates, fats, vitamins, minerals and water. These nutrients provide the body with energy, help to build and repair body tissues and help to regulate body function.

Each nutrient serves a specific function in the body. Protein is very important for the maintenance and repair of tissue and formation of antibodies to fight infections. Carbohydrate is essential for energy and for fiber to prevent constipation. Fat is also needed for energy and to maintain a healthy body and skin.

Vitamins and minerals serve a wide variety of functions in the body. Vitamin A is needed for healthy eyes, skin, hair and resistance to infection. Vitamin C is for healthy gums, skin, healing of wounds, bones and resistance to infection. Thiamin (B1) aids digestion and contributes to a healthy nervous system. Riboflavin (B2) is for healthy eyes, skin, mouth and utilization of oxygen from the air. Niacin is needed for a healthy digestive tract and nervous system. Calcium aids in the preservation and repair of bones and teeth, muscle contraction and blood clotting. Last, but not least, is iron which is necessary for the building of red blood cells to carry oxygen to all parts of the body.

Where can these nutrients be found? An easy way to include these necessary nutrients in your daily diet is to follow the recommended number of servings from each food group. They are:

. Adults should have at least two servings daily from the milk group. This group not only includes milk which is a major source of calcium, riboflavin, and protein, but it also contains such milk products as cheese, yogurt, and ice cream.

The fruit and vegetable group supplies the body with vitamins A and C. Four servings daily is the recommended amount from this group. Servings should include dark green leafy or orange vegetables and fruits three or four times per week for vitamin A and citrus fruits daily for vitamin C.

. The meat group provides the body with essential protein, niacin, iron and thiamin. The recommended amount is two servings daily of meat, fish, poultry, eggs, peanut butter, dry beans or lentils.

. The grain group provides carbohydrate, thiamin, iron and niacin. Four servings of whole grain, fortified or enriched grain products such as bread, cereals,

rice, pastas or crackers are recommended daily.

There is a fifth group which must be used with caution. This group contains the foods which contribute mainly calories to our diets. Some of these foods are unenriched, refined breads and cereals; sugar; and butter, margarine and other fats. These foods should be eaten in moderation. They should be used to round out meals and meet energy needs, but not to increase them above and beyond required caloric needs.

"The key to good meal planning is to provide yourself with the basic nutrients while staying within your caloric limit," states a National Dairy Council publication. The amount of energy from a food is a calorie. The amount of calories a person should consume depends on a person's level of activity and metabolic needs. It is important not to exceed your needed amount of calories because those calories not used as energy will be stored as fat in the body.

Some of the problems faced especially by older adults is lack of appetite or how to lose or gain weight. Some general techniques to remedy these problems faced by older adults, suggested in a pamphlet published by the dairy council, are:

- . If watching your weight eat small portions of food.
- . Eat less fat; trim excess fat off meat; avoid fried foods; and use low-fat or nonfat (skim) milk.
- . Substitute fruits for rich high-calorie desserts.
- . Avoid crash diets that lack essential nutrients.

If being underweight is your problem, eat as often and as regularly as possible, fortify milk drinks with egg, ice cream or nonfat dry milk, use whole milk and fortify casseroles, soups or meat dishes with cheddar or cream cheese.

If you lack an appetite do not despair; vary the flavor, texture, temperature and appearance of your food. Invite a friend or eat out occasionally. Prepare small portions, and exercise daily unless prohibited by your doctor.

If chewing is a problem use softer, protein-rich foods such as fish, cottage cheese, yogurt, peanut butter, baked beans, eggs, ground meat and poultry; grind or chop vegetables and prepare soups, stews, and casseroles.

Another important technique to make eating more pleasurable is to divide your meals. It is a good idea to divide food evenly among meals.

Eating large meals provides the stomach with a large task. The midday meal should be the heartiest. The evening meal should be lighter for better sleep. Snacks between meals are also fine to include. If eating more frequent smaller meals suits your lifestyle go ahead and do it. However, when eating more frequently it is important to avoid filling up on toast and tea or coffee so that there is no appetite for milk, vegetables, fruits or other needed foods.

There is also the risk of getting too much food and too many calories and therefore gaining weight.

Basically, your meal pattern should be whatever satisfies you so you receive the necessary amounts of essential nutrients.

Eating is not only a social activity, but it is also a necessary biological need that must be fulfilled throughout life.

Submitted by: J.D. Davis



TWO EX-CONS KILLED BY COPS IN SEPERATE INCIDENTS

BY TOM PUGH, TOM RAFTERY, and PAUL MESKIL

Two paroled convicts were shot to death by police in separate incidents in Queens and the Bronx late Friday and early yesterday. A career burglar with a long criminal record was killed in Queens early yesterday when he allegedly attacked a patrolman with a knife. Late Friday, an off-duty cop shot a bandit five times during a restaurant stick-up in the Bronx. Police officers Anthony Compitiello and James Webber were on patrol in Jackson Heights, Queens, about 4:30 a.m. when they received a radio report that burglars were in an appliance store at 73-02 Roosevelt Avenue. The cops entered the store through a hole the burglars had knocked in its rear wall and found two men hiding. The suspects allegedly struggled briefly with cops, and one of them, identified as ex-convict Richard Hughes, fled. While Webber held the second suspect and called for assistance, Compitiello chased Hughes into a nearby alley and grabbed him around the legs as he was trying to climb over a fence, cops said. Detectives said that Hughes whipped out a switchblade knife and slashed the officer, cutting his lip. Compitiello shot him in the chest. Hughes 30, Of 32-58 61st St., Woodside, Queens, was pronounced dead at the scene. Compiteillo's wound was treated at Elmhurst City Hospital.

Police said Hughes had been arrested at least 25 times, mostly for burglary. His partner in the Jackson Heights break-in was identified as Dennis Lingua, 32 of 30-53 68th St., Jackson Heights. Lingua was charged with burglary and possession of burglar tools. The Bronx incident took place shortly before midnight Friday in a Howard Johnson's restaurant at 2560 Bruckner Blvd. Police officer Russell Kaercher, off duty and in civilian clothes, had stopped at the restaurant on his way to work at the Barkley Ave. stationhouse, where he was scheduled for the midnight to 8 a.m. shift. As he sat at the counter, sipping a soda, a man came in with a woman's stocking over his head. "I have a gun in my pocket, the man allegedly told the 30 customers and employes in the restaurant. This is a stickup."

Kaercher identified himself as a cop, drew his revolver and ordered the man to raise his hands. But the suspect, later identified as ex-con John Monti, 25, turned toward the cop and threatened to kill him, detectives who investigated the incident reported. Believing that Monti was armed, Kaercher shot him five times. Monti fell dead on the floor. A search of his body disclosed that he was not carrying a weapon. Police said Monti, who was on parole after serving time for armed robbery, had worked as a cook in the restaurant and may have held it up twice previously.

POLICE ARE TRAINED TO STOP CRIMINAL - NOT KILL HIM: BY THOMAS NERNEY, 86th precinct

As a New York City policeman for 15 years, I have undergone extensive training in the use of firearms. I have had legal, ethical, moral and physical training. A recent article in the News suggested that Police Commissioner McGuire said police were taught to shoot to kill. In my years of training, no police commissioner or superior officer or anybody else has ever instructed me to shoot to kill. On the contrary, police are taught that their weapons are instruments to be used as a last means for the preservation of life. Police are trained to use their weapons only as a last resort to terminate the serious crime-not the criminal. We are trained to hit the criminal whom we may have to shoot at-with the primary intention of stopping him-not killing him.

Personal Comments: The point I am trying to make from the above illustrations is that, even though an officer may not be trained to kill. His action in what he imagines to be a pressurized situation is not always in accord with his training, and so, in many instances the alleged criminal is killed unjustly. In fact, very rarely does a police officer use the available options other than violence open to him: When an officer approaches a suspect, he has the option of drawing his nightstick and having the suspect stand at a reasonable distance or he can make him lie face down on the ground. However, it is my personal experience and observation that the first thing an officer does is draw his weapon, and this may lead to injury. Police, if they are not trained to shoot to

Continued...

kill, should at least be trained to handle the psychological stress of what they imagine to be a dangerous situation. Maybe with some psychological training in handling stress and stressful situations without fatal injury, there would be less death and more service to the people.

Submitted by: Dave Hopkins

Who's That Knocking At My Door?

Why is it that pavement princesses always have to knock on truck doors? Can't they handle their business in some other way?

There has been many occasions when I have pulled into a truck stop after a long day of battling the four-wheeler crazies on the highway with the idea of just sacking out. I go to sleep and start to dream wonderful things, when there is a knock at my door. A loud knock!

I get out of the sleeper, peek out the window, and there she is, a hooker, asking me if I "want a date."

I tell her about her heritage, and then, I throw in a few "choice" words for good measure and send her on her merry way. I go back to sleep and try to pick up where I left off and inevitably, there is another knock, and another prostitute.

Everybody knows that prostitution is carried on at truck stops, with or without the blessings of the truck stop owners. So, why can't there be a clearly defined area where truckers can park if they want "Dates?" Why should those of us who just want to sleep or relax be continually bothered by knocks at our doors, with offers of fun?

Maybe signs could be printed up so that if a trucker wanted to partake of such things, he could just hang the sign in his windows and the hookers would know exactly which truckers to bother.

It would save them time and effort, and it would stop them from bothering those of us who don't want to be bugged!

Submitted By: "A SLEEPY TRUCKER"

Heavy Chev'

Out of that Cold Country Connecticut



THE PONTIAC FRAME-UP

On July 22, 1978, there was a spontaneous rebellion by 1,100 prisoners at Pontiac State Penitentiary in Pontiac, Illinois. Three white guards were killed and three others injured. Millions of dollars damage was caused by fires. Sixteen Black prisoners have been charged with the killings. If convicted, all 16 face the electric chair. Their trials are being held in Cook County — 10 now, and 6 to follow in a second trial. You, or someone you know, could be on the jury which decides if these men live or die. There are facts you should know that you will not learn from the regular press.

STATE EXPECTED REBELLION

Pontiac Prison was built in 1871 to hold 600 men. On July 22, 1978 over 2,000 men were warehoused at Pontiac. 88% of those men were Black. Prisoners repeatedly filed lawsuits attempting to change the conditions and the special discrimination faced by Black prisoners and warning that the situation would lead to rebellion if it was not corrected. Six months before the rebellion the U.S. Department of Justice also filed a suit against the State of Illinois for having "systematically discriminated against Blacks" in the prisons.

Thus, state officials knew about both the overcrowding and the racism in the prisons, and they had been warned that these conditions would result in an uprising. In fact, Charles Rowe, then Director of the Department of Corrections, stated that the rebellion "came a year later than most of us anticipated. You can only crowd so many people into a warehouse for so long before something happens."

One of the Pontiac Brothers described the situation this way:

"Since the Rebellion at Pontiac Prison July 22, 1978, so much has been and will be said and written about it. The reason, cause, and blame has been put on the weather, overcrowding, lack of security, and the gangs. It has been said that the killings of the three guards and the assault of three others was senseless, done by men who need no reason to kill or rebel. We all know that men do not kill or rebel just for the sake of killing or rebelling; something had to be wrong and it had to be wrong for a long time for so many men to just kill or rebel knowing that in doing so, they will also be killed or spend the rest of their lives in prison.

"The lock 'em up, throw away the key concept is here once again and you ask, 'Is there going to be another rebellion?'"

"I have been an inmate of Pontiac Prison for five years. Considering the years that I have been confined here, I am considered a veteran. Since 1973, I have seen four different administrations, the population change over, and the overcrowding become unbearable. Back in 1975 when the inmate population first began to rise, new officers were hired, the attitudes, knowledge and understanding of their jobs was not a must. And they brought with them a farmer's attitude, an overseer's understanding and the knowledge of a moron concerning young Black men from an urban area, opposed to their upbringing in a small rural town.

The senior officers recognized that there would soon be trouble and requested to be transferred out of the cell houses, and many sought employment elsewhere. Then came the doubling-up (two men to a cell) that was protested peacefully, verbally and in the courts, to no avail. Since then there have been problems with the food, medical care and basic needs that one needs to live every day, such as soap, toothpaste, toilet paper etc. Winter coats were not issued until February and heat was not put on until late February regardless of the cold weather.

At one time men could work, go to school or participate in some kind of training program, but this year at least 1,400 men are without jobs, schooling and other assignments. These men must stay in their cells up to 21 hours a day and those three hours that are spent out of the cell each day except for weekends (22 hours in the cells) are spent for feeding, yard period, showers and any other movement allowed."

OVERCROWDING AND INTOLERABLE CONDITIONS

"The overcrowding brought on cut-backs, and soon the food was not fit to eat at all the heaters were not being fixed, no clothes were issued for months and no recreation equipment was issued such as baseballs, footballs, bats, etc. The living conditions for the inmates and the working conditions for the guards were deplorable and filthy."

"Soon resentment and disrespect were a common sight between guards and inmates. Disciplinary reports were written on inmates for little or no reason, and inmates were placed in segregation and good time was lost because of it. The parole board was not paroling the men and giving them the excuse, "that a parole at this time would promote disrespect for the law." In spite of the fact that some men had gone without any disciplinary reports for years, had jobs and had done just about all their time, the parole board still refused to allow them a chance at parole. Some men after appearing in front of the parole board felt that they would never have the chance of being free or ever have their manhood returned. Others just refused to appear at the parole board hearings because they felt the parole board would not give them a parole anyway.

A BOMB WAS IN THE MAKING

Over the years a bomb was in the making at Pontiac, and Gov. Thompson supplied the finishing touches and the fuse with his Class X law. Making men do longer sentences, the men knew that there was little hope of ever getting a parole, and then with the Class X law, that little hope was taken away. Men started wondering how were they going to earn a day's good time when disciplinary reports were being written for being five minutes late on a pass when they had no control over the officers who had the keys that unlocked the doors that they must go through to reach their destination. Some men were doing long sentences and there was no way possible to go ten years without receiving a disciplinary report from a racist guard. The Class X now put the power in the guard's hand on who would earn good time and how much good time he will earn. Disciplinary reports were being written for anything and everything you say or do to the guards' liking or disliking. Every infraction is a loss of good time, not less than ten days and no more than one year.

In the last five years, numerous laws have been enacted to keep one in prison longer; the electric chair is now dusted off and awaiting its first victim with great anticipation. The lock 'em up, throw away the key concept is here once again, and you ask, "is there going to be another rebellion?"

WITNESSES IN ISOLATION

The state responded to the expected uprising not by improving conditions but by hunting for scapegoats. For months after the rebellion, prisoners were kept on deadlock while state investigators from the Illinois Department of Law Enforcement (IDLE) interrogated the prisoners. Deadlock meant that the state held both potential witnesses and potential defendants in isolation for eight months. Prisoners were kept two to a 5½' by 9' cell (smaller than a Volkswagen bug) 24 hours a day, without family visits, medical care, showers, soap, toilet paper, cigarettes or other necessities. Lawyers were forced to file a lawsuit to gain access to the prison. These conditions were aggravated by many beatings and macings of prisoners.

WITNESSES GIVEN MONEY AND CLEMENCY

The only hope of relief for most prisoners was by striking a bargain with the IDLE investigators. Prisoners who did bargain with the IDLE were given paroles, transfers, or clemency. By the state's own admission, they have also been paid thousands of dollars and given jobs, housing, etc. Prisoners who refused to give investigators what they wanted were threatened with protracted periods of confinement on deadlock; they were also told, "we're going to fry you in the electric chair."

When the investigation was over, 16 Black prisoners were charged with the murder of the guards. The state is alleging that each of these 16 men killed each of the three guards five different ways: If they are convicted on any one of these 15 counts of murder, they may die in the electric chair.

These indictments are tainted. All of the "evidence" gathered came during the course of the so-called investigation where prisoners were bribed, tortured, coerced and intimidated to provide testimony against other prisoners. It is clear that the state does not know who killed the guards, and has chosen these 16 men to act as scapegoats for the State of Illinois, which wants to avoid its responsibility for the prison conditions and the treatment of the Black and Latin prisoners that led to the rebellion.

PONTIAC FRAME-UP Continued.

A Pontiac Brother, writing before the indictments were handed down, wrote this:
"Indictments are a sure thing and regardless if one is guilty of any acts because of his participation in the rebellion, that will not be the issue. Any one of us can and will be used to take the blame because of our attitudes against the way men are treated, our affiliation with certain organizations and groups, and that we were in the building that the officers were killed in, plus the fact that we are Black men and white officers were killed. Inmates will give false information against others for many reasons, but the main reasons will be from fear and intimidation, and many will give false information for promises of parole or time cut from their sentences. In all my years being in prison, I have never seen an inmate give truthful information because he is a law abiding person.

"Maybe something will be done to change the penal system since guards and inmates have given their lives for the change."

Gov. Thompson thinks that building more prisons, keeping men confined longer, and the electric chair would solve the problems of crime in the state of Illinois. The money that he is using to build more prisons could go into the communities that the men come from for better housing, schools, social and welfare programs. Something must be done before a man gets to the point that he must rob to feed and clothe his family; that problem should be addressed. The State of Illinois has enough prisons; the way they are run and the way men are treated is the problem. Build a new prison and paint it with bright colors, but still if you don't have any meaningful education and vocational programs and still treat the men as dogs, then still you will have created another situation that forces men to rebel. If there is no change in our penal system, we can expect more rebellions in the near future. Maybe something will be done to change the penal system since guards and inmates have given their lives for the change. We must always keep in mind that "men without hope have no fears, not even death."

Taken from The Pontiac Prisoners Support Coalition News
Submitted By: Reggie Hill



© 1972 by NEA, Inc. *Amberley*

"He wants to get out of the national park.
Too many people!"

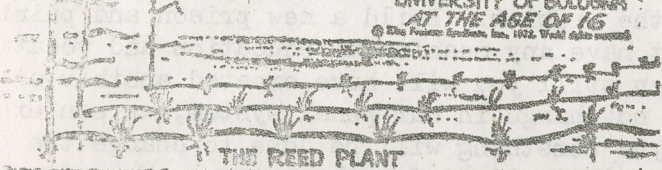
Ripley's Believe It or Not!



JAGANNATH HINDU TEMPLE
of Udupi, India,
BECAUSE ITS IMAGES ARE
BEING WASHED CONTINUOUSLY,
CONSTANTLY HAS WATER
SEEPING THROUGH ITS
CUTER WALLS



VINCENZO MACULANO
(1570-1667) WAS A PROFESSOR
OF LITERATURE AT THE
UNIVERSITY OF BOLOGNA
AT THE AGE OF 16

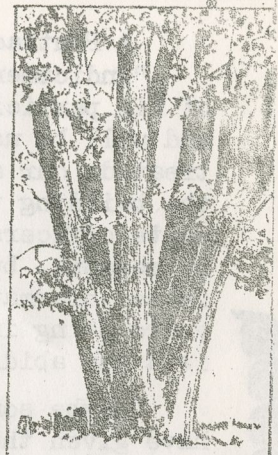


THE REED PLANT
PUTS OUT RUNNERS THAT FLOAT ON THE WATER TO A LENGTH OF 25 FEET
AT INTERVALS THE RUNNERS SEND NEW PLANTS

Ripley's Believe It or Not!

QUEEN ANNE

(1476-1514)
of France
FOLLOWING
THE DEATH OF
HER HUSBAND,
KING CHARLES VIII,
BECAME THE
FIRST
WOMAN TO
WEAR BLACK
AS MOURNING—
PREVIOUSLY
WHITE HAD
BEEN THE
COLOR OF
MOURNING—

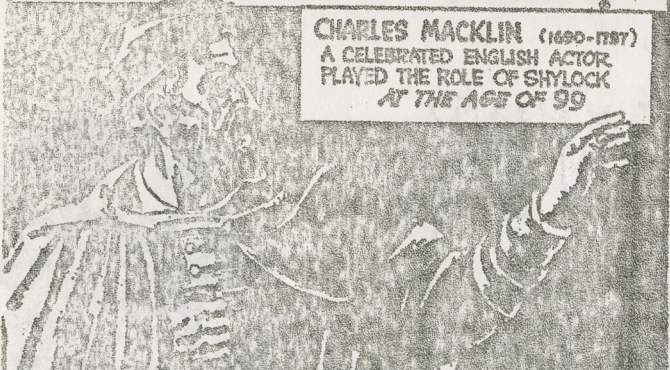


THE 7 SISTERS TREE
Dornheim Woods, Germany
A CLUSTER OF 7 TREES
GROWING FROM A
SINGLE BASE



ROLLED CANDLES
LIT BY RURAL
INHABITANTS OF BAVARIA
ON EACH OF THE FOUR
SUNDAYS BEFORE CHRISTMAS
ARE EACH 30 FEET LONG

Ripley's Believe It or Not!



CHARLES MACKLIN (1690-1787)
A CELEBRATED ENGLISH ACTOR
PLAYED THE ROLE OF SHYLOCK
AT THE AGE OF 99

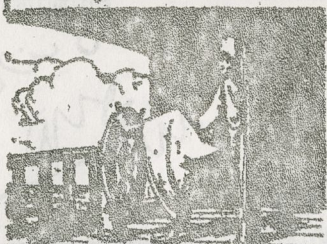


THE SCREEN BEAN
OF THE AMERICAN SOUTHWEST
BEANS SPIRALLY TWISTED
FOODS ABOUT 2 INCHES LONG
BUT THEY CAN BE STRETCHED
LIKE A COILED SPRING
TO A FOOT IN LENGTH



THE CHURCH OF ST. NIKLAUS
Switzerland
WAS SWEEP AWAY IN 1749 BY AN AVALANCHE—
EXCEPT FOR ITS BELFRY—IN WHICH AN
ATTENDANT WHO WAS RINGING THE
BELLS ESCAPED WITHOUT A SCRATCH

Ripley's Believe It or Not!



NELMOMEN IN THE SUDAN
RELAX AT THE WHEEL BY
GRIPPING IT WITH THEIR TOES



**THE SITTING
DOWN
TREE**
Auburn,
New Hampshire



**ADMIRAL
JOSEPH ALBIN**
(1780-1859)
SERVED IN THE SARDINIAN
NAVY FOR 69 YEARS
JOINING IT AT THE AGE
OF 10 AND SERVING
UNTIL HIS DEATH AT 79

INVICTUS

Out of the night that covers me, Black as the Pit from pole to pole,
I thank whatever gods may be For my unconquerable soul.
In the fell clutch of circumstance I have not winced nor cried aloud.
Under the bludgeonings of chance my head is bloody, but unbowed.
Beyond this place of wrath and tears Looms but the Horror of the
shade,
And yet the menace of the years Finds, and shall find, me unafraid.
It matters not how strait the gate, How charged with punishments
the scroll,
I am the master of my fate: I am the captain of my soul.

WILLIAM ERNEST HENLEY (1849-1903)

ANNABEL LEE

It was many and many a year ago, In a Kingdom by the sea,
That a maiden lived, whom you may know By the name of Annabel Lee;
And this maiden she lived with no other thought Than to love,
and be loved by me.
I was a child and she was a child, In this kingdom by the sea;
But we loved with a love that was more than love I & my Annabel Lee,
With a love that the winged seraphs of heaven Coveted her and me.
And this was the reason that long ago, In this kingdom by the sea,
A wind blew out of a cloud, chilling My beautiful Annabel Lee;
So that her high-born kinsmen came, And bore her away from me,
To shut her up in a sepulchre, In this kingdom by the sea.
The angels, not so happy in heaven, Went envying her and me.
Yes! that was the reason (as all men know) in this kingdom by the sea
That the wind came out of the cloud by night, Chilling and killing
my Annabel Lee.
But our love it was stronger by far than the love Of those who were
older than we,
Of many far wiser than we;
And neither the angels in heaven above, Nor the demons down under
the sea,
Can ever dissever my soul from the soul Of the beautiful Annabel Lee.
For the moon never beams without bringing me dreams Of the beautiful
Annabel Lee,
And the stars never rise but I feel the bright eyes Of the beautiful
Annabel Lee.
And so, All the night-tide I lie down by the side Of my darling,
my darling, my life, and my bride,
In her sepulchre there by the sea,
In her tomb by the sounding sea.

EDGAR ALLAN POE

SHE WAS A PHANTOM OF DELIGHT

She was a phantom of delight When first she gleamed upon my sight;
A lovely Apparition sent To be a moment's ornament;
Her eyes as stars of Twilight's fair;
Like Twilight's too, her dusky hair;
But all things else about her drawn From May-time and the cheerful
Dawn;
A dancing shape, an Image gay, To haunt, to startle, and waylay.

I saw her upon nearer view, A Spirit, yet a Woman too!
Her household motions light and free, And steps of virgin-liberty;
A countenance in which did meet Sweet records, promises as sweet;
A Creature not too bright or good For human nature's daily food;
For transient sorrows, simple wiles,
Praise, blame, love, kisses, tears and smiles.

And now I see with eye serene Thy very pulse of the machine;
A being breathing thoughtful breath,
The Traveller between life and death;
The reason firm, the temperate will,
Endurance, foresight, strength, and skill;
A perfect Woman, nobly planned,
To warn, to comfort, and command;
And yet a Spirit still, and bright with something of angelic light.

WILLIAM WORDSWORTH

THE LOST LOVE

She dwelt among the untrodden ways Beside the springs Dove;
A maid whom there were none to praise, And very few to love.

A violet by a mossy stone Half hidden from the eye!
-Fair as a star, when only one is shining in the sky.

She lived unknown, and few could know When Lucy ceased to be;
But she is in her grave, and O The difference to me!

WILLIAM WORDSWORTH

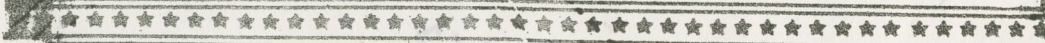
NATURE

The world is too much with us; late and soon,
Getting and spending, we lay waste our powers:
Little we see in Nature that is ours;
We have given our hearts away, a sordid boom!
The winds that bares her bosom to the moon;
The winds that will be howling at all hours,
And are up-gathered now like sleeping flowers;
For this, for everything, we are out of tune;
It moves us not. - Great God! I'd rather be A Pagan, suckled
in a creed outworn,
So might I, standing on this pleasant lea, Have glimpses that would
make me less forlorn; Have sight of Proteus rising from the sea;
Or hear old Triton blow his wreathed horn.



WILLIAM WORDSWORTH

SUBMITTED BY: BOB RAWLINGS



ES ESTA TARDE...

Es esta tarde mientras llueve lo que me llega serca
o puede ser mi alma junto a ella
o puede ser mis manos que ya cantan de nuevo
o puede ser la noche que ya viene
el día que ha quedado sin estrellas conmigo acá y contigo
con su color a tierra que se moja
con su verde que zumba y no repite salta
sobre toda la hierba
toda sombra
como una llama siempre

Quando yo me esté triste algún momento
cuando me siento como no me gusta
y duela como duelen muchas cosas
basta tu fuerza de mujer que ama
basta una tarde como la que vive
basta todas las noches y los días
en que entre tanto corazón con que convivo
me miras a la boca

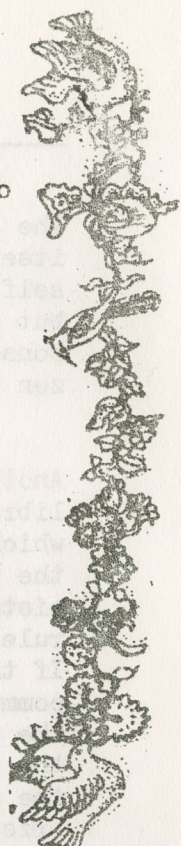
El amor nunca empieza en la mañana
ni sigue por la tarde entre las horas
ni se acuesta de noche
va al trabajo
ni se esclaviza a nada que conozca
la lluvia continúa como lluvia
la tarde es muchas tardes y es hermosa
entre nosotros siempre ha estado vivo
el niño que se acerca toma forma
y saldrá no sé cuando a cantar cómo
desde los dos
de ti
de tantas cosas.

Sometido por: Billy Figueroa

(((de Mural))))))

*Tu que dices Amarg
expresale Tus sentimientos,
Dile lo que tu corazón
siente, escribale un
Poema... Billy Figueroa*

Hay que consumirse como incienso.
Darse.
Descender las manos
hasta sentir las en otro cuerpo.
Amarse en la palabra
en el camino
en la soledad;
con el testimonio
de un mañana sin extremos.
Construir más sonrisas
para darlas.
Vivir en cada sílaba,
de betances,
los mandamientos
Comer de los frutos de ese árbol.
Beber de la paz del pensamiento.
Y
amarnos,
sobre todo,
amarnos.



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

THE COMMUNITY OF SELF: BY DR. NAIM AKBAR

EMOTIONAL EGO

The ego is an actor. Its experience is primarily conscious, so it fails to involve itself with things which it cannot see. Ego changes its face and allegiance as selfish needs dictate. It is always committed to the best outcome for the person, but it is a terrible ally for either other communities or wiser and more socially conscious parts of its own community. So, again, we have found a necessary citizen of the community, but it is clearly not an appropriate ruler over the Self.

MEMORY

Another important member of the community of self is the memory. It is like the library or archives of a mighty city. It stores the many records of experience which have gone into the building of the person. From these records of the memory, the person is guided by the light of previous lessons and rises above previous mistakes. The memory is a loyal community worker so long as it does not seek to rule.

If the memory loses sight of its position as a resource and seeks to dominate the community of self, the self ceases to grow and live in the musty old chambers of the past. Memory sometimes loses sight of its proper position as a foundation for the present and tries to exert its influence over the future. When this happens, the self finds itself imprisoned by old memories and past experiences. Such imprisonment destroys life because the self keeps looking at the present as if it were the past. The past becomes the ruler and the self repeats the old patterns of living over and over.

Imam Warith Deen Muhammad brings teachings which are nourishing for community of self. In the same way that his words, which are the words of God, restore communities of people to harmonious and happy lives, his teachings restore harmony to the inner life. He shows that the message of religion is a message to all levels of life. With the message, we place all members of the community in their proper place.

We must constantly strive to identify the proper ruler for our community of Self. We can know the proper ruler because it is the one in the community which strives to maximize the growth of the community. The proper ruler of the community is the one whose interest is not for personal advancement but for the total advancement of the community.

We can easily see then that memory is an important part of the community. In fact, without memory there would be little continuity in the Community. But, we can also see that if memory rules the community, the community lives in the past.

Written by: Imam Abdullah Hajj Shabazz

Submitted by: Michael Sistrunk

American Muslim Mission Congregation
C.C.I. Enfield





AMERICAN LEAGUE

Friday April 24

Oakland at Seattle
California at Minnesota
Texas at Cleveland
Kansas City at Milwaukee
Chicago at Detroit
Toronto at New York

SATURDAY APRIL 25

Oakland at Seattle
California at Minnesota
Texas at Cleveland
Kansas City at Milwaukee (12:20pm)
Chicago at Detroit
Toronto at New York
Boston at Baltimore

SUNDAY APRIL 26

Oakland at Seattle
California at Minnesota (2)
Texas at Cleveland
Kansas City at Milwaukee
Chicago at Detroit
Toronto at New York
Boston at Baltimore

MONDAY APRIL 27

Seattle at Minnesota
California at Oakland
Chicago at Baltimore
Toronto at Milwaukee (6:00pm)
New York at Detroit
Boston at Texas

TUESDAY APRIL 28

Seattle at Minnesota
California at Oakland
Kansas City at Cleveland
Chicago at Baltimore
Toronto at Milwaukee (6:00pm)
New York at Detroit
Boston at Texas

WEDNESDAY APRIL 29

Seattle at Minnesota
California at Oakland
Kansas City at Cleveland
Chicago at Baltimore
Toronto at Milwaukee (6:00pm)
New York at Detroit
Boston at Texas

THURSDAY APRIL 30

Detroit at Seattle
Kansas City at Texas
Minnesota at Boston
Chicago at Cleveland
Milwaukee at California
Toronto at Baltimore

NATIONAL LEAGUE

FRIDAY APRIL 24

New York at Montreal
Philadelphia at Chicago
St. Louis at Pittsburgh
Atlanta at San Francisco
San Diego at Los Angeles

SATURDAY APRIL 25

New York at Montreal
Philadelphia at Chicago
St. Louis at Pittsburgh
Atlanta at San Francisco
Cincinnati at Houston
San Diego at Los Angeles

SUNDAY APRIL 26

New York at Montreal
Philadelphia at Chicago
St. Louis at Pittsburgh
Atlanta at San Francisco(2)
Cincinnati at Houston
San Diego at Los Angeles

MONDAY APRIL 27

Montreal At Philadelphia
San Francisco at Los Angeles
TUESDAY APRIL 28
Montreal at Philadelphia
Pittsburgh at New York
St. Louis at Chicago
Houston at Atlanta

San Diego at Cincinnati
San Francisco at Los Angeles
WEDNESDAY APRIL 29
Montreal at Philadelphia
Pittsburgh at New York
St. Louis at Chicago
Houston at Atlanta

San Diego at Cincinnati
San Francisco at Los Angeles
THURSDAY APRIL 30
Pittsburgh at New York
Houston at Atlanta
San Diego at Cincinnati

SOUTH AMERICAN

PUZZLE 94

AGUACATES BATIDOS
 ALBONDIGAS
 ARROZ CON COCO Y PASAS
 CALLALU
 CARIMANOLAS
 CARNE ASADA
 EMPANADAS DE QUESO
 ENCHILADAS DE GALLINA

ESTOFADO
 FAROFA
 FEIJOADA
 HALLACAS
 KIVEVE
 LLAPINGACHOS
 PESCADO AL HORNO
 POLLO CON SALSA

PONCHE DE PINA
 PUCHERO
 PUERCO ASADO
 SEVICHE
 SOPA A LA LIMENA
 TORREJAS
 VATAPA
 ZOO-TOSOPY

B	C	N	H	M	S	J	G	N	L	L	T	S	C	H	A	V	R	K	S
L	A	P	A	T	A	V	M	G	T	F	L	A	F	G	H	S	P	J	M
L	R	C	R	Z	C	P	P	D	K	G	N	S	U	R	D	J	K	H	L
A	N	I	L	L	A	G	E	D	S	A	D	A	L	I	H	C	N	E	N
N	E	V	S	V	L	L	X	S	K	A	C	P	Q	J	P	V	P	G	E
R	A	S	O	P	L	Z	Q	F	C	A	L	Y	H	O	B	O	Z	S	P
K	S	T	P	B	A	W	E	A	T	A	P	O	N	Q	L	W	T	E	E
S	A	C	A	Q	H	I	V	E	L	O	D	C	N	L	X	O	C	V	K
P	D	V	A	W	J	X	S	T	S	B	H	O	O	A	F	X	E	I	L
G	A	N	L	O	A	B	S	O	O	E	O	C	A	A	M	V	D	C	L
J	F	U	A	X	A	F	T	G	D	P	O	N	D	L	I	I	P	H	M
G	H	D	L	T	N	O	O	E	A	N	M	O	D	K	H	U	R	E	N
M	A	M	I	A	O	F	P	R	S	R	W	C	F	I	C	O	D	A	G
H	L	D	M	Z	L	I	R	A	A	Q	L	Z	S	H	G	Z	R	Q	C
C	O	Z	E	C	N	L	L	V	O	F	T	O	E	V	W	A	B	N	H
S	L	D	N	A	B	S	A	D	C	T	O	R	R	E	J	A	S	Z	O
J	C	K	A	J	A	K	H	C	R	G	O	R	F	C	X	T	B	D	J
B	L	P	N	O	S	E	U	Q	E	D	S	A	D	A	N	A	P	M	E
K	J	Q	M	H	V	R	G	W	U	X	S	F	Z	J	D	T	C	F	K
N	S	O	H	C	A	G	N	I	P	A	L	L	C	G	V	B	K	H	L

SEEK-A-WORD SPOTLIGHTS

ALL ABOARD...IF YOU DARE!

THE BOYS
AND GIRLS
OF SIGMA PHI.

SOME
WILL LIVE.

SOME
WILL DIE.



TERROR TRAIN

HAROLD GRAYWOLFE AND JIMMY HOWARD PRESENT
PEN JOHNSON JAMES TELE-CHIEFS
HART BOCHNER
AND DAVID COPPELWITZ AS THE MURDERERS

IN 'TERROR TRAIN' WRITTEN BY T. DRAY. MUSIC COMPOSED BY JOHN MILLS LOCKELL. PRODUCED BY HAROLD GRAYWOLFE.
EXECUTIVE PRODUCER: F. W. H. HAYE. DIRECTED BY ROGER SPOTSWOOD.
AN ASTORIA-DELVEY PATH PRODUCTION IN ASSOCIATION WITH SANDY HOWARD PRODUCTIONS CORP. DANIEL GOODMAN

R RESTRICTED

4-26 SAVAGE (R) 81 min

NO INFORMATION

#####

JUMBLE. THAT SCRAMBLED WORD GAME

by Henri Arnold and Bob Lee

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

RAMOA
□ ○ □ □ □ □ □

TAIRE
□ ○ □ □ □ □ □

SNEFTA
□ ○ □ □ □ □ □

ENDALT
□ ○ □ □ □ □ □



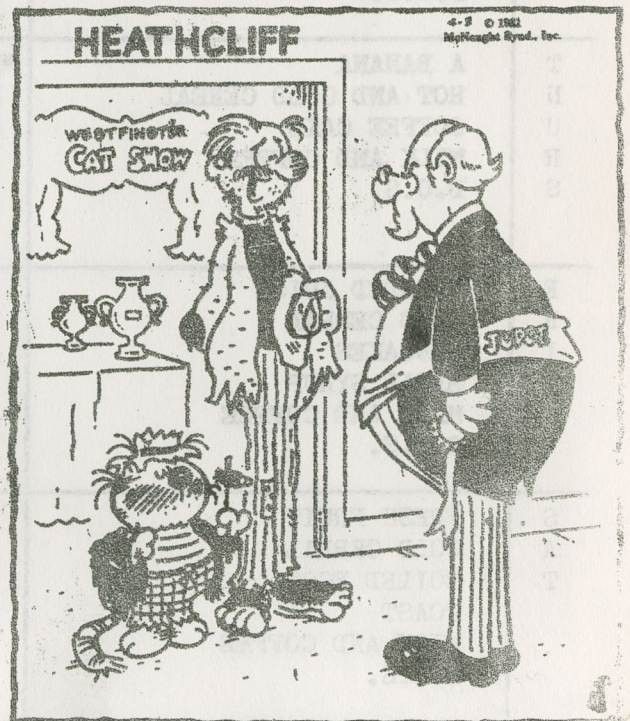
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer: A " □ ○ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ "

ANSWER TO LAST WEEK JUMBLE

JUMBLES: BRAND, OPERA, JARGON
DETAIN

WHAT THE NERVOUS CONSTRUCTION
WORKER WAS, MOST OF THE TIME.
(ON EDGE)



SPRING AND SUMMER CYCLE #2 (1981)

USE WEEKS OF: 29 MARCH, 26 APRIL, 24 MAY, 21 JUNE, 19 JULY, 16 AUG, 13 SEPT, 1981

	BREAKFAST	DINNER	SUPPER
S U N	APPLE JUICE HOT AND COLD CEREAL COFFEE CAKE MILK AND COFFEE B.O.S.	CHICKEN/BREAD DRESS. MASHED POTATOES/GRAVY PEAS CRANBERRY SAUCE ICE CREAM B.O.M.C.S.T.	HOT DOGS BOILED POTATOES SAUERKRAUT MUSTARD AND CATSUP CHILLED PEACHES B.O.S.M.C.T.
M O N	GRAPEFRUIT JUICE COLD CEREAL FRENCH TOAST MAPLE SYRUP MILK AND COFFEE B.O.S.	VEAL PARMESAN SHELLS AND SAUCE GRATED CHEESE/OIL-VIN. LETTUCE AND TOMATO SALAD PASTRY - CAKE B.O.S.M.C.T.	MEAT LOAF GRAVY BAKED POTATOES WHOLE KERNAL CORN ICE CREAM B.O.S.M.C.T.
T U E S	TOMATO JUICE HOT AND COLD CEREAL MUFFINS JELLY MILK AND COFFEE B.O.S.	TUNA SALAD PLATE MACARONI SALAD PICKLES COLE SLAW PURPLE PLUMS B.O.S.M.C.T.	ROAST BEEF NATURAL BROWN GRAVY MASHED POTATOES GREEN BEANS VANILLA PUDDING B.O.S.M.C.T.
W E D	ORANGE JUICE COLD CEREAL SCRAMBLED EGGS TOAST MILK AND COFFEE B.O.S.	HAMBURG STEAK 5oz GRAVY HASH BROWN POTATOES WAX BEANS CHERRY PIE B.O.S.M.C.T.	FRIED FISH TARTAR SAUCE BOILED POTATOES WHOLE KERNAL CORN ICE CREAM B.O.S.M.C.T.
T H U R S	A BANANA HOT AND COLD CEREAL COFFEE CAKE MILK AND COFFEE B.O.S.	*BAKED HAM MASHED POTATOES CARROTS CHOCOLATE PUDDING B.O.S.M.C.T.	RIGATONI/MEAT SAUCE GRATED CHEESE ANTIPASTO SALAD FRENCH DRESSING PINEAPPLE CHUNKS B.O.S.M.C.T.
F R I	BLENDED JUICE COLD CEREAL PANCAKES MAPLE SYRUP MILK AND COFFEE B.O.S.	FRIED FISH TARTAR SAUCE BOILED POTATOES WAXED BEANS ICE CREAM B.O.S.M.C.T.	CHEESE WHOPPER 5oz. FRENCH FRIED POT. LIMA BEANS CATSUP CHILLED PEACHES B.O.S.M.C.T.
S A T	FRESH FRUIT COLD CEREAL BOILED EGGS TOAST MILK AND COFFEE B.O.S.	BRAISED BEEF OR STEW BUTTERED NOODLES BEET AND ONION SALAD FRUIT COCKTAIL B.O.S.M.C.T.	*KIELBASA BOILED POTATOES BOILED CABBAGE MUSTARD PASTRY-CAKE B.O.S.M.C.T.

(*) ASTERICK INDICATES A PORK OR PORK PRODUCT.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

BREAD, OLEO, SUGAR, MILK, COFFEE OR TEA WITH EVERY MEAL

24-