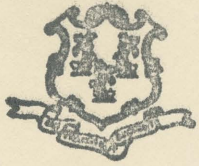


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vol 2  
no. 26

# The Insider

Member Of The Postal Press



July 22, 1979

Bound By Brotherhood



Volume II  
Number 26  
Our 88

# New Haven

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v. 2  
no. 26

# NEW HAVEN CORRECTIONAL CENTER ADMINISTRATION

FRANCIS T. MOORE.....WARDEN

DENNIS GUAY.....DEPUTY WARDEN

JOHN QUINN.....DEPUTY WARDEN

## STAFF

ALLEN B. ELLIS.....EDITOR  
GERALDO GARCIA.....REPORTER  
DONALD C. PETERS.....LAYOUT  
JOHN VITALE.....ARTIST

THE INSIDER IS A WEEKLY PUBLICATION BY THE INMATES OF THE CONNECTICUT CORRECTIONAL CENTER HERE AT NEW HAVEN. THE VIEWS HEREIN ARE INTENDED TO BE THOSE OF THE CONTRIBUTORS AND DO NOT NECESSARILY REFLECT THOSE OF THE N.H.C.C. ADMINISTRATION OR THE DEPARTMENT OF CORRECTIONS.

\*\*\* CONSECUTIVE ISSUE \*\*\*

NEW HAVEN CORRECTIONAL CENTER  
245 WHALLEY AVENUE, NEW HAVEN

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If you thought President Carter could chase the energy problem away with a few magic words, forget it. High fuel prices and tight supplies are here to stay.

But he said his new energy program can reduce the dependence on imports that has exposed the United States to sudden shortage and drained its economy of some \$46 billion a year.

Mr. Carter's 10-year program would cost about \$14.2 billion - money the public would pay in higher oil prices, siphoned back to the government through a proposed windfall profits tax on oil companies.

Carter said Monday in Detroit, "No matter what I do, no matter what Congress does, no matter what anybody does in the years ahead, the price of energy is going to go up." The main reason is that growing world economies continue to demand increasing amounts of limited supplies of oil.

If it is adopted by Congress and it works, the plan would improve the balance between U.S. energy supplies and demand. It would not reduce fuel prices, but it might limit them as the nation relies increasingly on plentiful domestic energy resources.

The United States has enough coal to serve its energy needs for centuries; large amounts of shale containing kerogen, a waxy material that converts into oil when heated; natural gas locked up in tight sands and other hard-to-produce formations; sunlight that can be converted into heat or electricity; land for crops that can be fermented to produce alcohol; and asphalt-like "heavy oil" that can be pumped out of the ground only if it is softened up by heating.

Mr. Carter established specific goals for limiting oil imports. He said he would limit oil imports in 1979 to an average of 8.2 million barrels a day. And he said the nation would never be allowed to bring in more than the 8.6 million barrels it imported daily in 1977.

BUT  
WILL  
CARTER'S  
PLAN  
HOLD  
IT  
TOGETHER?

Submitted by:  
Allen B. Ellis

"BROWN BOMBER"

JOSEPH LOUIS BARROW  
[1914]

Mother Lily moved from Alabama to Detroit. Her children and step-children had no chance to get an education in the South. A big family needed more food. Joe's stepfather left sharecropping to work in a Ford plant. In Detroit, Joe and the other children went to school.

Joe learned only the things that interested him. He saw no need to learn things he did not want to talk about. Often he sat in class and stared at the teachers. Finally he discovered something that didn't need words. What he did spoke for itself. Joe took lessons in fighting.

Joe and his playmates had boxed one another without using gloves. They had developed strong legs and good lungs. How? By chasing one another around the street block. A beginning fighter asked Joe to be his sparring partner. The fighter had to be carried from the ring! Joe knew then what he wanted to be. He learned quickly now.

Before long, Joe won the amateur lightweight title. But amateur fighters got very little money. Joe got a check for \$7.50 from one fight. The check was good only for food from a grocery store. Joe made more money working at the Ford plant. He had to decide whether he was good enough to become a professional fighter. He knew that he could earn more money that way.

On Independence Day, 1934, Joe earned \$59.00 in his first professional fight. John Roxborough and Julian Black had given him financial aid. Jack Blackburn, a great fighter, trained him. Fight fans called Joe the "Brown Bomber." He won most fights by knocking out the other fighter.

Thousands watched as Louis faced Jim Braddock in the ring on June 22, 1937. Braddock was the world heavyweight champion. Louis knocked out in the fifteenth round. He became the new champion.

As champion, Louis defended his title twenty-five times in twelve years. Twenty-one of these wins were knockouts. No other champion had ever made such a record!

Joe won a legion of Merit medal during World War II. He visited Army camps so troops could watch him fight. The "Brown Bomber" earned respect for himself and brought honor to his race. He did this by doing well something that "spoke for him."

SUBMITTED BY: GERALDO GARCIA

WE HONOR THEM

B': WILLIE MAE WATSON

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## "THE NIGHT THING"

What was it that walked through stone walls, jumped over eighteen-foot haystacks, and stepped across a river two miles wide?

Beast, bird, or the Devil? To this day no one knows. But something did what couldn't be done. And it left its footprints in the towns and villages of Devonshire in southern England a century ago.

On the night of Thursday, February 8, 1885, snow began to fall over Devonshire a little before eight o'clock. It fell in uninterrupted silence until nearly midnight.

At six o'clock the next morning, Henry Pilk, a baker in Topsham, stepped from his house. He paused briefly to admire the blanket of snow. Then he noticed a train of footprints across his enclosed yard.

Each print was U-shaped, as if made by the shoe of a pony or donkey.

Henry Pilk frowned. The footprints, or hoofprints, were all in a line-one in front of the other. No man or animal walked like that, as if on a tightrope.

Henry Pilk was not curious fellow. He shrugged, went into his bakehouse, and started his day's labors.

An hour later the whole town was abuzz. Others had discovered the hoofprints. Eagerly they sought to catch a glimpse of the creature responsible.

At the start it was all great fun. But the longer the trackers followed the single line of prints, the stronger grew their sense of uneasiness.

Whatever had visited them during the night possessed extraordinary powers. In places the hoofprints led right up to garden walls of stone as high as twelve feet. The prints stopped at the base-and resumed on the other side as though no wall stood in the way!

Could the creature have jumped over? Hardly. The depth of the prints in the snow never changed. Neither did their size, which measured four inches by two and a half inches. And without exception, they were spaced eight inches apart.

Moreover, the trail never doubled back though it led up to every house in town. Why? Was the creature marking the occupants?

While the people of Topsham puzzled nervously, the mystery spread and deepened. As far south as Totnes, the same single trail had been seen in dozens of places.

The distance between Topsham and Totnes is about ninety-six miles on a straight line. The snowstorm had ended at midnight. Six hours later Henry Pilk discovered the tracks. In six hours, what could have moved fast enough on a wandering, zigzag course to reach points ninety-six miles apart?

Nothing known in that day or unearthed in this.

Prints were found in cemeteries, atop wagons, on beaches and roofs, in woods and marketplaces, and up to-and beyond-eighteen-foot-high haystacks.

Prints were tracked to the edge of the Exe River where it was two miles wide, and picked up again on the opposite bank. A similar crossing was found a few miles to the south.

Everywhere the horseshoe prints were the same; four inches by two and a half inches, at intervals of eight inches. Nowhere in the snow was there a sign that the creature had rested.

Fun and curiosity gave way to uneasiness. Presently superstition and fear took command.

CONTINUED ON THE NEXT PAGE:

As the snow melted, the tracks blurred. The prints began to resemble a cloven hoof. Who but the Devil had a cloven hoof? Who but the Devil would peer into the dwellings of God-fearing folk and mark the sinners?

Women and children hid in their homes behind barred doors and shutters. The men fetched their dogs. Armed with muskets, pistols, clubs, and pitchforks, they grimly tramped the countryside. Apparently nobody paused to consider how to capture the Devil once he was cornered.

That difficulty never arose. The night prowler-beast, phantom, or Devil-passed unseen. Plenty of snow fell in the days that followed, but the tracks never reappeared.

For weeks afterward, men went about carrying weapons, and lonely trails were avoided. Clergymen preached about "the signs in our midst" as warnings from heaven about drinking, swearing, and loose living.

The London Times and other newspapers carried many columns about the strange hoofprints. Expert opinion abounded like wild berries.

The prints, it was claimed, were made by giant leaping rats, huge rabbits, birds, otters, toads, kangaroos. Richard Owen, a respected naturalist, blamed the badger without ever having seen the prints.

None of the explanations fitted the facts: thousands of hoofprints in a single line; exactly four inches by two and a half inches; exactly eight inches apart; roaming tirelessly; in absolute silence, at uncanny speed over and through every obstacle.

The men and women who struggled with the mystery are gone. But the questions linger...

Where had the night thing come from?

Where was it going?

And when would it walk again?

SUBMITTED BY: GERALDO GARCIA

BY: DAVID DUNCAN



more lenient. That is not justice and it is not fair to the criminal offender, the victim of the crime, society or the image of the judiciary.

Sen. Kennedy's bill deserves enactment. It would establish a national model, perhaps motivating the states into enacting similar, sorely-needed laws curbing the potential for abuse of judicial discretion in the sentencing process.

(This article was taken from the New Haven Register.)

Submitted by:  
Allen B. Ellis

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## "WHAT DEPRESSION DOES TO US AND FOR US"

Depression is our third negative survival emotion. Depression in psychological terms is an involuntary survival reaction of our nervous system when rewards or positive experiences become infrequent in our everyday experience. We become mildly depressed or sad when someone or something we are used to is missing from our daily lives. We become deeply depressed when someone or something very important to us is removed. When we are depressed we withdraw from the everyday things we normally do. We accomplish very little beyond eating and sleeping. We are not productive at home or at work. We have little interest in positive things like sex, going to the movies, having fun with friends and family. Most importantly, from the point of view of reducing fears, we show little motivation to explore novel or therewise interesting happenings in our lives. A new book, a puzzle, a game, a TV special—all these things that would regularly capture our interest seem a dreadful bore.

The common depression we find ourselves in may last from several hours to several days. Although my fellow therapists and myself see patients who may complain of depression lasting several months or longer, we have no valid clinical evidence that longterm depression is any different, except in degree, from the depressive states we all find ourselves in from time to time. As a matter of fact, the clinical effect of chemical mood-elevating drugs on the behavior of depressed patients is still quite controversial. Some claim they help. Others say they do nothing but make them edgy and irritable. The standard clinical treatment for depression—long term or short—is to help the patient get reconnected with positive experiences, no matter how difficult this may seem at first to the depressed individual. The results of such behaviorally oriented treatment methods are remarkable, often clearing up months of chronic depression within a few short weeks of the patient making deliberate attempts at trying to live normally, even if he or she has to fake it initially.

When you feel depressed, you are sensing the result of messages, sent to your whole body by your emotional brain, slowing down the physiological processes necessary to maintain your normal level of activity. For our ancestors, this involuntary reduction in bodily activity may actually have been beneficial during hard times. When game was scarce, or the winter harsh, people who got depressed and just sat around in their caves, grumping and complaining about the good old days, conserved what energy they could get from their meager food supply until better times came along.

When we are not engaged in something—anything—that gives us even minimal rewards during most of our waking hours, our primitive nervous system puts us on hold, shuts us down, turns us off. In other words, it makes us depressed because this depressive state worked for our primitive ancestors. When they didn't get involved in many activities it meant that times were excessively harsh, risky, demanding and unrewarding. It was much better for their own and the species' survival that get depressed and not squander their energies when the odds were stacked against them. If you find this very speculative, you might ask what your own outlook on life is when you get depressed. Most people say things like: "What's the use. I can't do anything right. I haven't got a chance, so why should I try anything?" We see this reaction very often today with patients who have suffered a physical trauma like major surgery or a broken leg. Technically it's called the postsurgical depressive syndrome. But again, we are very likely seeing in these patients the results of genetic traces laid down in our nervous system eons ago.

If an early ancestor got injured, it was in his best interest to become depressed. Any of our ancestral cousins who kept enthusiastically hopping around on one healthy, and one broken, leg instead of holing up and feeling rotten until it healed, was out of touch with reality. In the same way, any of our ancestors who remained optimistic and perky in spite of their long and fruitless explorations in search of more food were less likely to survive. So this psychological "hibernation" mechanism of depression, which naturally evolved in our ancestors to increase their chances of survival during hard times, is still with us.

Fear, anger, and depression are all naturally occurring human emotions. They do not, by themselves, indicate some deep-rooted psychological fault or hidden conflict stemming from a twisted personality, even though in therapeutic jargon these emotions are known as the neurotic triad. Most people who go to psychotherapists cope poorly with life's problems. They also complain of these normal negative feelings. It is their difficulties in coping that are the real problems, not the negative emotion of anger, fear and depression. Coping with life's difficulties is the only key to feeling good about ourselves.

SUBMITTED BY: GERALDO GARCIA

BY: DR. MANUEL J. SMITH

LEGAL ASSISTANCE IN CIVIL MATTERS

ATTORNEY RANDI MEZZY FROM LEGAL ASSISTANCE TO PRISONERS VISITS THE N.H.C.C. APPROXIMATELY ONCE A WEEK TO HELP INMATES WITH CIVIL LEGAL PROBLEMS. THIS INCLUDES DIVORCE AND OTHER FAMILY MATTERS, PERSONAL INJURY SUITS, CIVIL RIGHTS, SUITS WHERE AN INMATE IS BEING SUED BY SOMEONE ON THE OUTSIDE, AND OTHER LEGAL PROBLEMS NOT RELATED TO CRIMINAL CHARGES. (ATTORNEY MEZZY IS NOT PERMITTED TO DISCUSS YOUR CRIMINAL MATTERS WITH YOU ! ! !)

IF YOU HAVE A CIVIL LEGAL PROBLEM, SUBMIT A COUNSELOR REQUEST FROM TO YOUR BLOCK OFFICER WHICH HAS ATTORNEY MEZZ'S NAME ON THE OUTSIDE. IF YOU CAN, BRIEFLY DESCRIBE THE MATURE OF YOUR LEGAL PROBLEM.

IF YOU PREFER, YOU CAN WRITE TO ATTORNEY MEZZY AT THE L.A.P. OFFICE:  
LEGAL ASSISTANCE TO PRISONERS  
340 CAPITOL AVE.  
ROOM 101  
HARTFORD, CONN. 06115

\*\*\*\*\*  
NOTICE    NOTICE    NOTICE    NOTICE    NOTICE    NOTICE    NOTICE

THIS NOTICE IS CONCERNING INMATES WHO ARE IN BLUES AND HAVE FROM THIRTY TO SIXTY DAYS LEFT BEFORE RELEASE. IF YOU ARE INTERESTED IN PRE-RELEASE, SEE YOUR BLOCK COUNSELOR. PRE-RELEASE IS A PROGRAM TO HELP ASSIST ANYONE IN THE AREA OF RE-ENTRY INTO SOCIETY. "SIGN UP NOW."

MR. WARD  
&  
MR DUTTON

\*\*\*\*\*  
NOTICE    NOTICE    NOTICE    NOTICE    NOTICE    NOTICE    NOTICE

Anyone with a drinking problem, wishing to attend the institution AA meeting should put in a request slip to see Jim Loughran, Alcohol Counselor.  
The Addiction Services Office is located next to the Barber Shop.  
Remember! If you have an addiction and you're not dealing with it  
---you're a loser.

TO ALL INMATES

IF YOU DON'T CHECK YOUR CARD BEFORE YOU LEAVE THE WINDOW, THE STORE WILL NOT BE RESPONSIBLE FOR ANY ERRORS ON YOUR CARD AT A LATER DATE. THIS IS ALSO TRUE ON PURCHASES MADE AT THE STORE. CHECK YOUR MERCHANDISE BEFORE YOU LEAVE OR IT WILL BE YOUR OWN LOSS ! ! ! ! !

MR. DONOVAN (STORE MANAGER)

ATTENTION      ATTENTION      ATTENTION      ATTENTION

NO INMATE WILL LEND HIS T.V., RADIO OR EARPHONES TO ANOTHER INMATE UNDER ANY CONDITIONS. BOTH PARTIES MAY BE SUBJECT TO A DISCIPLINARY REPORT.

CAPT. DONAVON

DO YOU HAVE A FRIEND OR RELATIVE WHO CANNOT VISIT YOU BECAUSE THEY DO NOT HAVE TRANSPORTATION? WE ARE WORKING TO DEVELOP REGULAR INEXPENSIVE TRANSPORTATION FOR EVERY FAMILY MEMBER AND FRIEND WHO NEEDS IT. HAVE THEM CALL PRISON FAMILY LINE. THE NUMBER IN THE NEW HAVEN AREA IS 865-2111. OUTSIDE THE NEW HAVEN AREA, THE TOLL FREE NUMBER IS 1-800-922-6019. BOTH LINES ARE OPEN MONDAY THROUGH FRIDAY FROM 9:00 A.M. TO 5:00 P.M.

ATTENTION      ATTENTION      ATTENTION      ATTENTION

ANYONE WHO ONLY HAS TWO VISITORS ON HIS LIST WHO NEEDS A FRIEND TO TALK TO MAY APPLY FOR A VOLUNTEER SPONSOR. FOR MORE INFORMATION CONTACT YOUR BLOCK COUNSELOR:

"MANUEL A. ALONSO"  
PHYSICIAN AND WRITER  
[1822-1889]

When the early, ingenuous literature of Puerto Rico emerged spontaneously in the middle of the XIX Century, Manuel A. Alonso was the first writer to show signs of local inspiration, and the typical quality of the Puerto Rican scene pervaded his descriptions. The portrayal of character and custom alternated in his writings with interpretations of social and political events which clearly revealed dissatisfaction with the colonial system in the island. In thus expressing his covert longing for Puerto Rican self-assertion, he had recourse to allegories to avoid the risks these attitudes entailed.

Alonso was a man of prophetic vision, precursor, in a sense, of the painful gestation of the idea of political autonomy in which, under the calm, there throbbed a fierce will to independence, tempered by prudence.

Alonso incorporated into his symbolical creations, at the very dawn of Puerto Rican literature, two of the islanders' constant concerns: the search for their own personality as a people and the destiny of their country. His works mark him as the foreunner of the Puerto Rican essayists.

Manuel A. Alonso y Pacheco was born in San Juan on October 6, 1822. When he was four years old his family moved to Caguas, where the boy grew into early adolescence in rural surroundings which molded him spiritually in a way that later bore literary fruit in his folkloric vignettes.

Manuel Alonso studied for his baccalaureate degree in San Juan, at the seminary Seminario Conciliar, and in 1842 he went to Spain to study medicine at the University of Barcelona.

Literary yearnings began to stir in the Puerto Rican student, homesick for his island, and together with a group of youthful compatriots, he organized a literary circle from which two works, written in collaboration, emerged: EL ALBUM PUERTORRIQUENO (Puerto Rican Album) in 1843 and EL CANCIONERO DE BORINQUEN (Songbook of Puerto Rico).

After obtaining his degree as a Doctor of Medicine in 1849, Alonso published a book called EL JIBARO (The Peasant), a collection of stories and verse. It is the most representative of his works and is considered the first attempt by a Puerto Rican to attain literary emancipation.

From then on, Dr. Alonso devoted himself entirely to the practice of medicine in Puerto Rico and Spain. Nevertheless, and despite his long absences from the island, he constantly took part in its political struggles, employing his skills as a writer in the drive for liberal reforms.

When Dr. Manuel A. Alonso finally settled down in Puerto Rico in 1817, he took over the administration of the ASILO DE BENEFICENCIA (Poorhouse) in San Juan, a post he held until his death on November 4, 1889.

SUBMITTED BY: GERALDO GARCIA

BY: FEDERICO RIBES TOVAR

I BELIEVE THAT JUSTICE IS AN EXPRESSION OF GOD'S LOVE.

Lowell Fillmore has written, "Remember that God's love is the attracting power that holds the universe together and keeps it in order. When you make yourself a willing channel through which God's love can flow freely, you are helping God to make His attracting power manifest in your life as divine order and justice.

"Divine justice cannot be attained by compulsion; it must be called into our life by our loving attraction. True justice means much more than our getting what we think is our rightful share. It means our practicing the expression of harmony, joy, life, love, and righteousness in our daily life. God's loving justice is available to all persons who have faith enough to practice loving justice in all that they think and do....

"When we join with God in expressing His love, we shall render justice to all persons and conditions in our lives.

FOR THE LORD IS A GOD OF JUSTICE. - ISA. 30:18

SUBMITTED BY: GERALDO GARCIA

I ASKED

"Ask..."

I asked within myself in a silent,  
Almost unknowing way.  
I asked that I might  
Give more of me, let God's light  
Shine bright through me.  
I asked that I might  
Release more love, the healing kind  
That blesses heart and mind.  
I asked.

".....and you will receive."  
So much came back to me! I knew immediately,  
When the whole world seemed to open before me,  
When a whole ocean of blessings came to me  
So unexpectedly  
I knew that the words were true.  
God keeps His promises to em, to you. Ask.

Written by:  
Doroth Pierson

Submitted by:  
Allen B. Ellis

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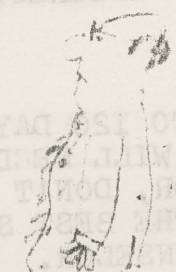
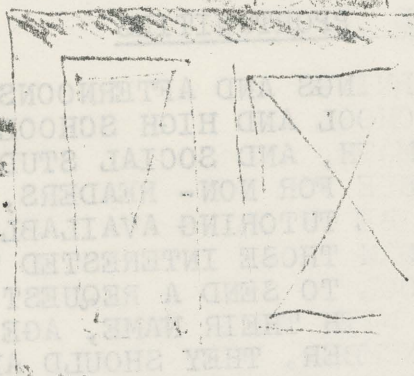
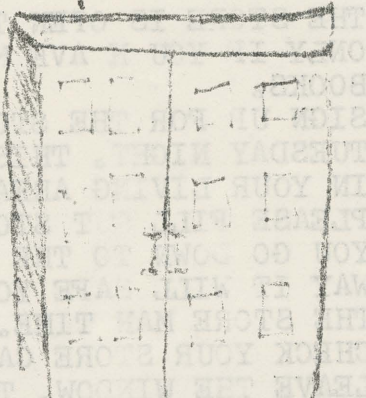
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# BULLETIN

BOARD

## ADDITION SERVICES

ANYONE WISHING TO ATTEND A MEETING MUST SEND A REQUEST TO MR. JIM FORD. THEY ARE HELD EVERY FRIDAY NIGHT AT 8:30. ONLY APPLY IF YOU ARE INTERESTED!!!



IF YOU ARE WITHIN 30 TO 45 DAYS OF YOUR RELEASE DATE AND WOULD A JOB HOUSING COURSE OR DON'T WAIT IT TAKES TIME TO GET THE SERVICES CONTACT YOUR BLOCK COURSE

DANGER - DANGEROUS - DANGEROUS  
 DESK LAMPS ARE NOT TO BE USED TO HEAT COFFEE OR ANY OTHER ITEMS. 100 MILLIAMPS HAVE BEEN DAMAGED, AND THE DAMAGE IS PRESERVED A SEVERE WARNING LIGHT. JAMES ASK TO SEE THE LIGHT PURPOSES (ONLY FOR BIRMINGHAM IMMEDIATELY. ANYONE FOUND VIOLATING DISCIPLINARY RESPONSIBILITY TO A

| BLOCK | DAY  | TIME         |
|-------|------|--------------|
| 400   | MON. | 9:30 - 10:45 |
| 401   | TUE. | same         |
| 402   | WED. | same         |
| 403   | THU. | same         |

"We find the defendant guilty; your honor, but would like to nominate him for an Osear!"

WEEKLY

# BULLETIN

BOARD

(CONT. OF HOSPITAL NOTICES)

BLOCK DURING THE HOURS OF 10:00  
AND 11:00 P.M. (AT NIGHT).

## ADDICTION SERVICES

ANYONE WISHING TO ATTEND A.A.  
MEETING MUST SEND A REQUEST TO  
MR. JIM LOUHRAN. THEY ARE HELD EVERY  
FRIDAY NIGHT AT 8:30. ONLY APPLY  
IF YOU ARE SERIOUS!!!!!!

## COMMISSARY (STORE) NOTICE

THE STORE IS OPEN TO ALL INMATES,  
ONLY IF YOU HAVE MONEY ON THE  
BOOKS.  
SIGN UP FOR THE STORE IS ON A  
TUESDAY NIGHT. THIS TAKES PLACE  
IN YOUR LIVING AREA (BLOCK).  
PLEASE FILL OUT STORE SLIP BEFORE  
YOU GO DOWN TO THE STORE. THIS  
WAY IT WILL SAVE YOU TIME AND  
THE STORE MAN TIME. IF YOU DON'T  
CHECK YOUR STORE CARD BEFORE YOU  
LEAVE THE WINDOW, THE STORE WILL  
NOT BE RESPONSIBLE FOR ANY ERRORS.  
THIS IS ALSO TRUE FOR ITEMS PUR-  
CHASE AT THE STORE. CHECK YOUR  
ITEMS BEFORE YOU LEAVE THE WIND-W.  
IT WILL BE YOUR LOSS IF YOU DON'T.  
MR. DONGVAN (STORE)  
(MANAGER)

## EDUCATIONAL OPPORTUNITIES

WEEKDAY MORNINGS AND AFTERNOONS:  
JR. HIGH SCHOOL AND HIGH SCHOOL  
(ENGLISH, MATH, AND SOCIAL STUDIES)  
ARE AVAILABLE FOR NON- READERS,  
THERE WILL BE TUTORING AVAILABLE.  
PLEASE INFORM THOSE INTERESTED TO  
ATTEND SCHOOL TO SEND A REQUEST TO  
THE SCHOOL WITH THEIR NAME, AGE,  
AND BLOCK NUMBER. THEY SHOULD ALSO  
INDICATE THEIR EDUCATIONAL BACKGROUND  
AND SPECIFIC COURSE OF INTEREST.

## BLOCK COUNSELORS

MR. SIRCIS..... C, D, G,  
MR. COLEMAN..... A, B.  
MR. VAREZ ..... E, F, I.  
MR. WARD..... PRE-RELEASE

## VERY IMPORTANT

IF YOU ARE WITHIN 30 TO 120 DAYS OF  
YOUR RELEASE DATE AND WILL NEED A  
JOB, HOUSING, COUNSELOR, DON'T WAIT,  
IT TAKES TIME TO GET THE BEST SERVICES.  
CONTACT YOUR BLOCK COUNSELOR.

## DANGER\*\*\*DANGER\*\*\*DANGER

DESK LAMPS ARE NOT TO BE USED TO  
HEAT COFFEE, MILK, OR ANY OTHER  
ITEMS. TOO MANY LAMPS HAVE BEEN  
DAMAGED, AND THIS PRACTICE ALSO  
PRESENTS A SERIOUS FIRE HAZARD.  
LAMPS ARE TO BE USED FOR LIGHT  
PURPOSES (ONLY). BEGINNING IMM-  
EDIATELY, ANYONE FOUND MIS-USING  
DESKLAMPS WILL BE SUBJECT TO A  
DISCIPLINARY REPORT!!!!!!

## NEED A HAIR CUT?

| <u>BLOCK</u> | <u>DAY</u> | <u>TIME</u>  |
|--------------|------------|--------------|
| A&E          | MON.       | 9:30 - 10:45 |
| B&F          | TUE.       | same         |
| C&G          | WED.       | same         |
| D&H          | THU.       | same         |

PER ORDER J. QUINN (DEPUTY)  
(WARDEN)

ANY INMATE WISHING TO GET A HAIRCUT  
MUST WASH YOUR HAIR, OR SHOWER BSFORE  
YOU LEACE YOUR BLOCK, OR YOUR HAIRCUT  
WILL NOT BE PERMITTED.

(USE A REQUEST SLIP)

## HOSPITAL NOTICES

ANY INMATE WISHING TO SEE THE DOCTOR  
DENTIST, OR PSYCHIATRIST, MUST SIGN  
UP FOR SICK CALL. THIS WILL TAKE PLACE  
WHEN THE MEDIC COMES THROUGH THE \*\*-

\* THOUGHT \*  
\* FOR \*  
\* THE \*  
\* WEEK \*  
A CLEAN MIND, KEEPS A CLEAN BODY  
(16)



JAIL HOUSE BLUES

Here behind cold bars of steel  
down inside you know how I feel.  
When I'm free in out of the joint.  
my love for you will make it's  
point. If you ever feel my love  
is not true, I damn sure will be  
missing you.

"SHARON"

Pretty brown eyes, rosey red lips,  
short legs and nice firm hips.  
The beauty in you, easy to see  
because you are the only one for  
me.

"OUR LOVE"  
Our love is a game of give and take.  
Lets try to do it, for good it will  
make. We shall stay together thru  
good times or bad. I'll surely try  
to make it the best love you've had.

Submitted by;  
Larry DeVore

P  
O  
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T  
R  
Y

BLOOD, BLACK

BY DONALD C. PETERS

BLOOD, THE FOOD OF OUR BODY, SYSTEM.

GIVING STRENGTH TO OUR NERVES.

WITHOUT IT THERE IS NO FUNCTION, NO LIFE.

THIS IS ME, LIFE.

THAT FLOW OF ABILITY TO BE HUMAN.

A BEING THAT LIVES TO GET TO WHERE

I NEED TO SURVIVE.

TAKING ALL THE ENERGY I NEED,

AND HAVING NERVES, FEED WELL TO GO

WHERE I BELONG.

BLOOD, ME, BEING BLACK, I'VE LEARN

THE HARD WAY.

ONLY BECAUSE THERE ARE PEOPLE OUT

THERE THAT FEELS THAT WHAT I HAVE

IS MORE THEIRS THAN MINE.

BUT DEEP DOWN IN MY HEART, I AM

WARM.

I CAN LOVE, OR LET LOVE LOVE ME.

THROUGH TIMES, MY LIFE HAS BEEN

A MAD ORDEAL.

BUT YET I HAVE LIVED,

IT'S THAT BLOOD AGAIN, GIVING ME

ABILITY TO LIVE, TO FEEL.

I'VE BEEN LOCKED UP, PUT UP, SHUT

UP, KICK AROUND, PUT DOWN,

BUT I HAVE REFUSED TO BACK DOWN.

WHY? BECAUSE WHAT I NEED IS UP

ON TOP, NOT HERE UNDER THE GROUND.

RIGHT ABOUT NOW MY BLOOD IS IN SLOW

MOTION.

I HAVE A BEAUTIFUL WOMAN,

WHO'S GOT A DANGEROUS LOVE POTION.

AND I'M THINKING OF A PLAN, THAT

WILL MAKE ME BIG.

AND I DON'T EXPECT MYSELF TO FAIL

CAUSE I'M NOT NO KID.

WEITHER IT WILL WORK OR NOT, ONLY

TIME WILL TELL,

BUT ON YOUR MARCH,

GET SET,

CAUSE HERE I GO,

BLOOD GO

BECAUSE ONLY A MAN CAN USE A

MASTER PLAN,

AND IT WILL TAKE A FOOL NOT TO

USE IT.

DOING IT FOR YOU

IF I WALK GOOD, I'M DOING  
IT FOR YOU.

IF MY VOICE IS LOUD AND CLEAR,

I'M DOING IT FOR YOU.

IF I MAY BE THE PRESIDENT OF THE  
UNITED STATES,

I'M DOING IT FOR YOU.

IF I CRY FOR THOSE THAT DON'T  
CARE, I'M DOING IT FOR YOU.

IF I WRITE GOOD POETRY,

I'M DOING IT FOR YOU.

FOR ANYTHING I TRY, AND DO

GOOD, I'M DOING IT FOR YOU,

ONLY BECAUSE, I CAN'T DO IT  
FOR MYSELF.

BY DONALD C. PETERS

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The covers of Time magazine have regularly focused on the people who shape our world through politics, economics, the arts, ect. The Word List below consists of the last names of 29 people who were featured on the cover of Time during 1925-26. How many of them can you identify?

- |                |                                   |
|----------------|-----------------------------------|
| 1. BALDWIN     | Y O O E L I F Y S O R B H Q F E   |
| 2. BALFOUR     |                                   |
| 3. BENES       | U C P Y K S T O R T A O Z W V T   |
| 4. BRANDEIS    | L H L J G H A D C L Q G A I O O   |
| 5. CHAPLIN     |                                   |
| 6. CHRYSLER    | I C O E T U R A D H W H N L U O   |
| 7. CHURCHILL   |                                   |
| 8. CLEMENCEAU  | G H C G M P K W K R E I S L E R   |
| 9. EDISON      |                                   |
| 10. FOCH       | B R A N D E I S Z I N E U S L Z   |
| 11. FORD       |                                   |
| 12. FOSDICK    | H Y A A M N N C H A P L I N I Q   |
| 13. GERSHWIN   |                                   |
| 14. GRANGE     | T S R R Y L G C C G N L E B J R   |
| 15. HOLMES     |                                   |
| 16. HOOVER     | U L E G I J T S E I Q T I E I E   |
| 17. KIPLING    |                                   |
| 18. KREISLER   | P E S M R U O F L A B F L N S H   |
| 19. MARCONI    |                                   |
| 20. RINGLING   | M R R R L T N F T Z U E G E G N   |
| 21. ROGERS     |                                   |
| 22. ROOT       | Y L E J E O O Y Q W E L L S O O   |
| 23. SMITH      |                                   |
| 24. TARKINGTON | I F G E R S H W I N I E I Z W S   |
| 25. TOSCANINI  |                                   |
| 26. TROTSKY    | E D O O D A S A I N O C R A M I   |
| 27. WALKER     |                                   |
| 28. WELLS      | Y O R I N D W L G Q L J H I I D   |
| 29. WILLS      |                                   |
|                | U J C O F I I K T B S O T T N E   |
|                | I K N Y F L E R E V O O H U P I M |
|                | V E L L I H C R U H C R M Y H E   |

SUBMITTED BY: GERALDO GARCIA

N.B.A CHAMPIONSHIPS

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Here are the answers to last weeks sports quiz.

1. Bill Russell, Bob Cousy, Bill Sharman, Tom Heinsohn, Arnie Risen, Andy Phillip, Jim Loscutoff, Frank Ramsey; and Jack Nichols.
2. George Kin's
3. Elgin Baylor of Los Angeles, vs Boston, April 14, 1962.
4. Wilt Chamberlain, Philadelphia, vs. Cincinnati, March 24, 1967; Walt Frazier, New York, vs. Los Angeles, May 8, 1970; Jerry West, Los Angeles, vs. Chicago, April 1, 1973.
5. George Midan, Jim Pollard, Vern Mikklesen, Slater Martin, Andy Ferrin, Tony Jaros, Bob Harrison, Herm Schaeffer, Don Carlson, Billy Hassett.
6. Jack Toomey, Baltimore, vs. New York, committed eight fouls.
7. St. Louis: Bob Pettit, Cliff Hagan, Chuck Coleman, Walt Davis, Jack McMahon, Med Park, Win Wilfong.  
Philadelphia: Wilt Chamberlain, Hal Greer, Luke Jackson, Chet Walker, Walley Jones, Billy Cunningham, Larry Costello, Dave Gambee, Bill Melchionni, Matt Goukas.
8. Bob Cousy, vs. Syracuse, March 21, 1953.

Submitted by:  
Allen B. Ellis

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HEALTH QUIZ

1. Earaches are common in children, especially youngsters below age five. Earaches can have many causes, but they are most frequently the result of:
  - A) A virus
  - B) A strep infection
  - C) A common cold
  - D) Warnings of tonsillitis
2. One technique for first aid for choking involves reaching around the victim from behind to apply a quick upward thrust with the hand against the abdomen. This is know as the:
  - A) Hand-held technique
  - B) Waistline approach
  - C) Hamburg method
  - D) Heimlich Maneuver

Submitted by:  
Allen B. Ellis

BREAKFAST

DINNER

SUPPER

S Fresh Fruit  
Hot or Cold Cereal  
Pastry  
Jelly  
Coffee/Milk

Roast Beef/Gravy  
Whipped Potatoes  
Buttered Peas  
Ice Cream

Chili Con Carne  
Steamed Rice  
Corn Bread  
Tossed Salad/Dressing  
Pears

M Orange Juice  
Hot or Cold Cereal  
Fried Eggs  
Toast  
Coffee/Milk

Fried Chicken/Gravy  
Oven Brown Potatoes  
Whole Kernel Corn  
Butterscotch Pudding

Grilled Cube Steak  
Lyonnaisse Potatoes  
Green Beans  
Pastry

J Apple Juice  
Hot or Cold Cereal  
Pastry  
Peanut Butter & Jelly  
Coffee/Milk

\*Grilled Frankfurters  
Boston Baked Beans  
Cole Slaw  
Mustard/Catsup  
Fruit Jello

Veal Parmesan  
Hash Brown Potatoes  
Lima Beans  
Chilled Peaches

W Blended Juice  
Hot or Cold Cereal  
French Toast  
Maple Syrup  
Coffee/Milk

\*Italian Sausage  
Spaghetti W/Tomato  
Sauce & Grated Cheese  
Chef's Salad Bowl  
Ice Cream

Meatloaf/Gravy  
Whipped Potatoes  
Mixed Vegetables  
Fruit Pie

J Fresh Fruit  
Hot or Cold Cereal  
Pastry  
Coffee/Milk

Institution  
Choice

Beef Chow Mein  
Buttered Rice  
Soy Sauce  
Oriental Noodles  
Cole Slaw  
Chocolate Pudding

F Pineapple Juice  
Hot or Cold Cereal  
Scrambled Eggs  
Toast  
Coffee/Milk

Cheese Whopper  
French Fried Potatoes  
Wax Beans  
Pastry

Fried Fish/Tarter Sauce  
French Baked Potato  
Fresh Squash  
Ice Cream

S Grapefruit Sections  
Hot or Cold Cereal  
Pastry  
Jelly  
Coffee/Milk

Egg Salad Plate  
or Cheese Omelet  
Potato Salad  
Green Bean Salad  
Fruit Compote

\*Port Cutlet/Gravy  
Mashed Potatoes  
Spinach  
Jollo w/Topping

Daily Beverages: Coffee, tea, milk.

Bread and Butter will be served with meals.

Condiments are left to the discretion of the Food Services Supervisor.

\* Pork Meals

Menu subject to change.