## 



THE SUMMER NO SWEETER WAS EVER; THE FRESHNESS, THE FREREDM, THE
THE SUNSHINY WOODS ALL ATHHRILL; FARNESS-OH COD
THE GRAYLING ASLEEP IN THE RIVER, HOW I'M STUCK ON IT ALL. THE BIG BORN ASLEEP ON THE HILL. THE STRONG LIFE THAT NEVER KNOWS

BY ROBERT W. SERVICE

## HARNESS;

THE WILDS WHERE THE CARIBOU CALL;
JUDGED BEST INMATE PUBLICATION 1975
HONORABLE MENTION 1977
Who's who?COMMISSIONER OF CORRECTIONSJohn Manson
WARDENRichard WezowiczDEPUTY WARDENS
Evelyn HornStanley Stadnicki
COURIER STAFF
Staff AdvisorMark Kostin
EditorErnest E. Merchant
PrinterTimothy Rafferty
TypistStephen Pepe
COUNSELORS
Peter Hough
Don Daigle
Lou Pelletier
Glenn Hamilton
ADDICTION SERVICESMary KilroySteve Clarke
PRE-RELEASE COUNSELORS
Sister Mary Morgan
Jean Gladding
WORK RELEASE COUNSELOR
Bill Nelson
INTAKE COUNSELORJackie BrownRECORDS OFFICEDebra RubbaJanis R. Jones

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## "Editorial"

## INSTITUTTONAI CONSTRUCTION

No new detention or pensi institution should be built before alt ernatives to incarceration are fully provided for. Specifically, the construction of new prisons, jails, juvenile training schools, and detention homes should be halted; at least until the maximum funding, stafifing and utilisation of mon-institutional correction has been attained.

What is the justification for this position in view of the present condition of these institutions?

There is scarcely a large city in the conntry that does not suffer crowded jails and detention facilition. In some jails, two or more persons are caged in eells designed for only one. The buildings are often dirty, cramped, and suffocating. Their age (some are mare than two hundred years old) defies adequate refurbishment and modernixation. The results of overorowding under anch conditions are ovidonoed by high tonsicm, conflicts, and, sometimes, riots and death.

The large state and federal priscons and training are often overm exowded, though not so severely as the city jails and detention homes. But many fo these facilities are among the most dismal custodial buildings in the country. Typically, they are in romote areas of the state, far from the inmates families, far from universities with their beha* vior specialists and education problems, far from industries with its
oppotunitios for training and workrelease, far from modical centers with competence in therapy and reseasch.

Onp incarceration and detention institutions have frequently been characterized as sordid and destructivo. Rather than rehabilitato, they dehumanize and ariminalise. Priscn protests have been rising. Inmatea have revolled; some, to proteat their brutalizing prison axperience, have even cripplod themselves by outting their dchilles tendons.

Thare is a compelling reason turning aside from prison treatment to commmity treatmenc; it's sumed up by the director of the Prosident's Grimo Commssion: "If we tako a persan whose cefrinal conduct showe ho cannot manage his Life, lock him up with others like himself increase his frustrations and anger, he is almost certain to be mose dangerous when he gets out than whon he went in."

A recent jail census carried out by the National Griminal Justice Ine drmation and Statistios Sarvice showed that $52 \%$ of all perscns in jail wese in promisal status. Most of them couli not post bail ar qualify for relaseconmrecognizance.

## GETTING SHORT

To the repeater it's just another jail, the same old system with the same old rules, just a different town and different faces; some of them loud-mouthed punks, some of them low down good for nothing snitches, and a few good bro's to help pass the time. All the while trying to keep your mind off what's really going on; at least it's one way of dealing with things, at least it's"my"way.

To the first timer, it's a new experience, one that he'll soon get used to depending on his stay and state of mind; but he won't ever forget, or be the same. A man who has spent any time in here knows what I mean, it's something that can't really be put into words or explained on paper. Once a man has been heré, it more than likely won't be his last time, which is sad, but never the less true. All you can do is try your best to stay out. You're the only person that can heep yourself out and free of life's biggest dead-end and waste of being. No one else is going to do it for you, and thats a fact.

I'm getting short now and God knows I've seen these walls for too many years, and I hope to God I don't ever have to see another calendar go by. I ask myself why all this has been, but I can't come up with an answer to justify my stay and all the hurt my family and frem inds have gone through behind my actions.

I've burned a lot of bridges in my short stay on earth and maybe I can start rebuilding a few of those bridges, and then again, maybe not I've lost a lot..... But I will say this, I'm sure as hell going to give it one heck of a try. I long for the wind in my face and the road passing under my feet, I've got places to go and so many things in life to see and live. God I'm coming home again and God give me the strength to stay-

[^0]I am me.
In all the world, there is no one else exactly like me. There are persons who have some parts like me, but no one adds up exactly like me. Therefore, everything that comes out of me is authentically mine because I alone chose it.

I own everything about me-my body, including everything it does; my mind, including all its thoughts and ideas; my eyes, including the images of all they behold; my feelings, whatever they may be-anger, frustration, joy, love, disappointment, excitement; my mouth, and all the words that come out of it, polite, sweet or rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or to myself.

I own my fantasies, my dreams, my hopes, my fears.
I own all my triumphs and successes, all my failures and mistakes.
Because I own all of me, I can become intimately acquainted with me. By so doing I can love me and be friendly with me in all my parts. I can then make it possible for all of me to work in my best interests.

I know there are aspects about myself that puzzle me, and other aspects that I do not know. But as long as I am friendly and loving to myself, I can courageously and hopefully look for the solutions to the puzzles and for ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. This is authentic and represents where I am at that moment in time.

When I review later how I looked and sounded, what I said and did, and how I thought and felt, some parts may turn out to be unfitting. I can discard that which is unfitting, and keep that which proved fitting, and invent something new for that which I discarded.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me.

I own me, and therefore I can engineer me.
I am me and I am okay.
Satir, V. PEOPLEMAKING. Palo Alto, California: Science and Behavior Books. 1972

# By Mitchell Henderson 

- Topics -

1. Parent's: Roles they play.
2. Drugs: Problems and tribulations
3. Crime: What it's about and how it afects you.
4. vords of an experioncod person
5. How to deal with the above in the right way.
6. Open discussion.

## - larents -

For the whole family, when there's a family that has botn mothex ars father, the stases fs mome liknly to bo a little ofsior on the family's mouswheld. hut heoy still havo problems. It may he inanaboly on maritally.

The rhileren nimy ib was ingortant role in problems which Fubt to bo solvel or fot worm, what jou as the child should as as
 Aen rela: fonship : 4m, if you son thier problern, fo te them amo 4! Lhem know of yow onomorn ard what it's doing bo you kspecially
th's briving yon tombing out on the streets or gotimp ven ina-
 ou atop a fandy [rea macakin' w, that also you're saving yourseif from roolens that you will recret.

Fuy the eineto parent the stross is more effective in the houseGus. Cost llsoly tm parent lus dombts whether thear calsins the arolaren up wight, or mybe thoy have financial problems. Whatever tho ase may be, it may have starlea thom to usiny drips heavily. ant the chlddren may wom all this and keep it to themselves. But 'rget s mot the way to ge about it, beciuse in the long run the crild is the one who geti cheqted. She ehild shmald lot wo parents know
that they love thea and they now fow hard it is to raise thom. A]so show them by getting good ramdes in school ams not worry them as much. had if thoy do have a drug problem and they think you don't about it let them know you know and what it's doing to you ard then. Don't be afraid because that's hoir job to hold the family togetrer. It takes both the child and tho parent to work at it. Communications is the best way to know your narpats and for then to know you. Also Let them know every now and tanen you love then and how mum you appreciate what thry fe doing. hon always remmber that they broufte you into this worla, so don't hur, them, love them because the, love you. And: if you lister to what I have just saja and abide by it you w11 see the change...

## - DRUQS YRIBUTATIONS -

When I speak on druss, I mean from alconol tw any mind afecurb. ckenical. "o start I would say that mas of you think you know mas




 Gcouse a nabit is a rroblem. Come peonte take drugs because of a
 beticn to get. high off dr life and you only have one life to live. Ar" if you deal in druss, then you're dealing awa. the best part of your lifo. Aso, tont lot anyone tell you any type of drug is rood
 ine tribulations of drass; for one it onsta money, and money duena'i. erow on trees. Hhat's the last thin anyone shouja whe to sremd trair breuse it's a problom and no one wants a problen. io why buy a probiien. And if you cion't have any morey that means crime which I will cover leter in my dismasion. Anther thing is soorer or later you're

mind or your Iife which you mity nover regain. Bocause there's no irllar... entee on drugscxant a failure Some people take drups becausn it mekes them feel more of a persmn os because someone told then how it makes them feel. But let me ic] you bocause I experienced is and a know what it does to you. I'm not hare to lie to you, I'm here to $\therefore e t$ you know the facts. If you don't believe me ask another adult, weaning your parents or someone else you think would know. une morr thing, druss are nabit. forming, any kidd if you whase it, some you haulucinate on, and others yot comad die from The poolem does not disapper. The drugs first compond your prohlen. It's a dead end trin ike jumping off a twenty story uhiding. There is no way to go but down.

## - CRIME -

Everyone krows crime is against the law ri you break it you Erine trouble do gourselt. The lav was made not to be broken, but to rootect and to be abded by then you commit a crime ther you hove to deal with the conspumans. It it mans to do time of way a fine. It ;o: haven't comesten a crime tran don't, moaun it 's a probien Bu whe the person you committed the crime on buit let aryore te पun it's eood to mmet a crame. for one thing juil is no bay humaz
 wo lova you You" away from them arn they moy react your momal sidpoor*.

Ampanently most of our youmen poople fail to renijze the unden wtanding of commitimg a crime. hrio how easy it is to get in nomost ot hem just start ont mabe jurt takim a tem mars fromold lanioo. Sam just mayo there wight be enough money in the has to for out mot hoy some smoke fe or she probably would go and theat someone who Shey are close to and tazk about how he or she came drross making the fast money, and probny would entice the other person into domf the sane Infelater. Ihis is mostly now all crime begins; it is being vassed domi frof one person to another. Yet stils this is comaitting, a crime to entice amomat personts soul to go out and treak the low. Crime is all bver mot just in our schools, streets but even in our humes. It is even considered a crime wher one takes money from their proents. Most people even fail to realize that, rot oniy from others.

Crime is something that goes back centuries before my time and my parents and thejrs. Just think for a moment how many of you read the newspaper? Every day you can pick uo the paper and see that people are commiting crimes all over the world. It is time for us to try and o change things, not only for ourselves but for others also. There are so many people doing a lite time in jall and there are other peoplo who just spend their time goinf in and out of jails, but what do they acompisis? Nothing. But every time they fot out they would go out ard commit another crime. There are the peo, ip who don't have any goals in their itves and don't want aryone ese to do any better in life than they are. But domst be misguiced by someone who dornt care about anything in life. Crime is a very hard topic to spuak on but I sincerly hope that some of you understood what I was sayinc to you.

- How To Deaj hich The Dincomfontis Oe dife -

First of all if you hava' i hequn to have these dscomforms


 $\therefore$ an a 'obby vas enjoy.



 yos can't Ge that then fat some puidance from your paratis ow an athe
 the wifet manes. Hecsuse tioy would also be nort if you got javolrom

 Aho, vour twacher an wuide vauright. So thirn diout what I nove

 Hee to close now and ; wat you to dpereciate what i ve done and जrailzed. 1 promise vou can't do wrone . You only have one life to ive so live it napty nol mist able.

## It's A Laughing Matter

It strikes us as logical that executives of laxative manufacturing firms should put in irregular hours.

"Say Harry, your fly's open."
"I know it. The love my girl and I had for each other died last night, so I'm wearing my zipper at half-mast."

"Your application says vou left your last job because of 1llness," commented the personnel man.
"What was the nature of the ailment?"
"Well," replied the applicant, "the boss just got sick of the way I had been doing things."

"Next to a beautiful girl, what do you consider the most interesting thign in the world? ${ }^{\mu}$
"When I'm next to a beautiful. girl, I don't bother about statistics."

ALL ALONE
Here I sit in the moonlight, Abandoned by women and men, Murmuring over and over "I'Il never eat onions again."

A cannibal took his baby to a witch doctor and said:"Doc, I don't know what's the matter with him; he won't eat anybody!"

## 

The average human carries about50,000miles of blood vessels.

The human eye can distinabout 17,000 different colors.

Desert snails may sleep in their shells for as long four years at a time.

The Flea is the long-jump champion of the world. It can leap as far as 12 in., 120 times its own length. For a person to equal this feat, the jump would need to exceed the length of two football fields.

When you see the setiling sun meet the horizon, you,re actually seeing an illusion caused by the bending of light in the atmosphere. The instant you see its image touch ground, the real sun has just dropped completely below the horizon.

There are more insects in 10 square miles of Arctic tundra than there are mammals in all of North America.

The human heart pumps 1.5 million gallons of blood a year. During the average lifetime, it will propel enough liquid to fill the fuel tanks of a fleet of 2,100 Boeing 947 jets.

Even if a person of average weight spends a day sitting at a desk, he will have to break down 1.6 trillion trillion molecules of glucose -or the equivalent-for fuel. And in corverting the sugar into carbon dioxide and water, he will use energy more efficiently than a diesel engine running at full throttle could.


## ACROSS

38 Very small 40 Public notice
41 Heroic in scal
42 Leisurely walk
44 Undressed fur

1 Tally mark
DOWN
6 Vanish
10 Royal sear 1 Sirive
12 Bollow 2 Rist
13 Egypt. sun god
14 Auction offer
15 Acquire by labor
16 Burrowing insect
18 Protection
20 Image
22 Head motion
23 Stairway post
25 .... . Hood
29 Game frap
31 Foshion
32 Refuge
36 Winged insect
37 Large book
2 Risk
3 Else
4 Boy's name
5 Ciry in Oklahomo
6 Independence
7 Lend
8 Organs of hearing
9 Sea agle
11 Paradise
17 Pull along
19 In behalf of
21 Fail to do
24 Ignited
26 Boy's name
27 Goals


| 28 Sewing instrument | 34 Man's name |
| :--- | :--- |
| 30 Tidings | 35 Soaks, as Flax |
| 32 Pace | 39 Before |
| 33 Trust | 43 Forward |

34 Man's name
35 Soaks, as Hax
39 Before
43 Forward

## ACROSS

1 Thinly scatiered
7 Slumbers
13 Severetrial
14 Imposing door
15 Very listle
16 Enter; pierce
18 In case that
19 Furniture vehicles
20 Man's nickname
21 Snare
23 Engrossed
24 Slam
26. Hard rock

28 Glue
29 Easy gait
30 Most serviceable
31 Openings for coins
33 Own
36 Fork footh
37 Droop
38 Soak, as flax

39 One
40 Cooling devices
41 Egyptian sun god
42 Incite
46 Fondle
47 Grumble
48 Expensive fur
50 Remains on feet
51 Showered

## DOWN

1 Scattering seed
2 Like better
3 Fruif drink
4 Concerning
5 Plant juices
6 Raise
7 Exhausted
8 Ground plots
9 Do wrong
10 Greek leffer
11 inventor's protection
12 Large, heavy hammer
17 Back of the neck
22 Eagle's claw
23 Tears
24 European perch

| 25 Fall-blooming flower | 35 Declared |
| :--- | :--- |
| 27 Memorandum | 37 Salary |
| 28 Destructive insect | 40 Discover |
| 30 Reinforce | 43 Mineral spring |
| 31 Flight of steps | 44 Can malerial |
| 32 Old world finch | 45 Historic period |
| 33 Pineapple IL. Amer.) | 46 Peg |
| 34 Tranquil | 49 Music syllable |



## QUOTABLE QUOTES

Logic is like the sword-those who appeal to it shall perish by it. -Samuel Butler
A little learning is not a dangerous thing to one who does not mistake it for a great deal.
-William Allen White
This won't be the first I've arrested somebody and then built my case afterward.
-James Garrison
If you would succeed in life, you must be solemn, solemn as an ass. All great monuments are built over solemn asses.
-Thomas Corwin
The intelligence is proved not by ease of learning but by understanding what we learn.

Joseph Whitney
There is one thing stronger than all the armies in the world: and that is an idea whose time has come.
-Victor Hugo
Anyone who has begun to think places some portion of the world in jeopardy.
-John Dewey
My method is basically the same as Masters and Johnson, only they charge thousands of dollars and it's called therapy. I charge fifty dollars and it's called prostitution.
-Xaviera Hollander

Poetically Speaking

```
THE DOULBE-BED DREAM GALLOWS
    Driving trirough
    hot brusizy country
    in late autumn,
    I saw a hawk
    crucified on a
    barbed-wire fence.
    I suess as a kind
    of advertisement
    to other hawks,
    saying from the pages
    of a leading vomen's
    magazine,
    "She's beautiful,
    but burn all the maps
    to your body.
    I'm not here
    of my own choosing!
                                    by RICHARD BRAUTIGAN
    MOTORCYCLE I
    Why won't hitch-hikers
    Accept a tide?
        Tim Flood
```


## THE RETURN OF THE RIVERS

```
All the rivers run into the sea;
```

yet the sea is not full;
unto the place from whence the rivers come,
thither they return again.
It is raining today
in the mountains.
It is warm green rain
with love
in its pockets
for spring is here,
and does not dream
of death.
Birds happen music
lick clocks ticking heavens
in a land
where children love spiders,
and let them sleep
in thier hair.
A slow rain drizzles
on the river
like a pan
full of frying flowers,
and with each drop
of rain
the ocean
begins asain.
by Richard Brautigan

```
A mother's love is a treasure,
    priceless beyond compare,
When other loves are said and done,
    mother's love is still there.
```

It's light brilliantly glows,
mother's love is a garden of kindnes
Where only tenderress grows.

Mother's love is a picture, without a single defect, Painted by the Master, perfect in every respect.

Mother's love is sent from heaver, close to its bliss we are curled,
A recourse for all those bewildered, by the heartaches of this world.

Life would be empty and aimless, just like a wingless dove,
The world and all its good revolve, arcund a mother's love.
by Ernest Merchant

## OLD AGE IS HELL!!

THE BODY GETS STIFF, YOU GET CRAMPS IN YOUR LEGS, CORNS ON YOUR FEET AS BIG AS HEN'S EGGS. GAS IN YOUR STOMACH ELIMINATION POOR, TAKE EXLAX AT NIGHT----BUT THEN YOU'RE NOT SURE. YOU SOAK IN THE TUB OR THE BODY MIGHT SMELL, IT'S JUST LIKE I SAID.........OLD AGE IS HELL!

THE TEETH START DECAYING,EYE SIGHT IS POOR, HAIR FALLING OUT ALL OVER THE FLOOR. SEX LIFE IS SHORT IT'S A THING OF THE PAST, DON 'T KID YOURSELF FRIENDS, EVEN THAT DOESN'T LAST. CAN'T GO TO PARTIES,DON'T DANCE ANY MORE, JUST PUTTING IT MILDLY, YOU'RE A HELL OF A BORE. LIQUOR IS OUT,CAN'T TAKE A CHANCE, BLADDER IS WEAK,MIGHT PEE IN YOUR PANTS. NOTHING TO PLAN FOR,NOTHING TO EXPECT, JUST THE MAIL MAN,BRINGING YOUR SECURITY CHECK.

NOW BE SURE YOUR AFFAIRS ARE IN ORDER, AND YOUR WILL IS MADE RIGHT, OR ON THE WAY TO THE GRAVE, THERE WILL BE A HELL OF A FIGHT. SO IN THIS YEAR YOU FEEL FAIRLY WELL, THANK GOD YOUR ALIVE,ALTHOUGH...... OLD AGE IS HELL!

Submitted By
Melvin $\mathbb{L}$ Daniels E2-38

## "DEDICATED TO MY WIFE NANCY" <br> DON"T KEEP BRINGING UP THE PAST

```
The past airı't really
what you thank.
Today is reality,
And I'm being frank.
```

I'm being honest with you
and also with myself.
The past is gone,
It's put on the shelf
It's not that I'm
moving too fast.
Just don't keep,
Bringing up the past.
The past is only,
To direct the future.
And to keep our feelings,
And relationship mutual.
I look at the past,
To better my life.
To stay out of trouble,
And keep my wife.
The past is something,
That I can not change.
Si I look at today,
Is that so strange?
Why worry about tomorrow,
When today is the matter,
And why worry about yesterday,
And let cur relationship shatter?
Please don't keep bringing up the past?

## (18)

## LOVE POEM

```
    It's so nice
to wake up in the morning
    all alone
and not have to tell somebody
    you love them
when you don't love them
    any mone.
                by Richard Brautigan
```


## TEE WINOS UN POTRERO HILL

Alas, they get
their bottles
from a small
neighborkood store.
the old riussian
sells them port
and passes no moral
judgment. They go
and sit under
the green bushes
that grow along
the wooden stairs.
They could almost
be exotic flowers,
they drink so
quietly.
by Richard Brautigan
$\dagger$ Religion


REMEMBER THE LORD IS ALWAYS HANDY

The Lord stood with me and strengthened me.

1) God is your Father, Redeemer, and friend,

He is the Faithful Cne, true to the end; Guiding, protecting, and keeping His own.

That; No enemy can come so near that God is not nesrer.
2) Whusoever cometh, I will never cast him out. Wonderous love of Jesus, fully drives away all doubt; He now calls to sinners, all unworthy though they ma be, "take of my salvation- I have given My all for thee".

That; Christ will surely receive if you will only beleive!
3) In the hoir of trial, Jesus, plyad for me,

Least, by base denial, I depart from thee;
When Thou seest me vaver, with a look recall,
Nor for fear or favor suffer me to fall.

That; Christ's continual prayers sustain as through critical problems
4) You can fool your friends and neighbors, You can be a subtle fraud; But you cannot hide from God.

That: God continumlly reads our hearts and registers our thoughts

> submitted by Captives for Chriet
> Rigoberto Rivera

The eyes of the Lord are upon the rightous and his ears are open unto their cry.
(Psalm 34:15)

There never is a night or day. When God won't hearus as we pray; There is no time there is no place When He'll withhold His love and grace.
thot: You'll never get a busy signal on the prayer Line to heaven.
"A TRUE FRIEND"

Open rebuke is better than secret love. Faithful are the wounds of a friend. A faithful friend will say what's true, Although it causes pain, tie;s really thinking of your grod and all you stand to gain.
thot: A true true friend will put a finger on your faults without rubbing them in.
submitted by Captives for Christ
Figoberto Rivera

## PRAYER

that
I WAY ALWAYS KNOW THAT GOD LOVES ME

Dear God, You are mighty over all the earth and all the sea and all the heavens and all that is in them. And yet, Dear god, mighty as You are, I know that You look upon me with eyes full of love and friendliness and understanding.

For You are my Father. You love me and watch over me. I know this Dear God, and I thank You with all my heart.

Please, Dear Father, help me to always have this child-like trust and faith in You. Whenever times are dark and troubled, whenever I am afraid or hurt, help me to remember that You are there to help me.

Help me, Father, to understand Your laws of Life and to live by then always; for I know, Dear God, that if I do, You will award me the glorious blessings of health and happiness, joy and abundance that are Your will for me and all Your children. I ask this in the name of Your blessed Son, our Lord Jesus Christ. Amen.

NEVER JUDGE!
Never judge. The heart of man is so delicate, so complex, only its Naker can know it. Ezch heart is so different, actuated by different Motives, controlled by different circumstances, influenced by different surcoundings. How can one judge another?

UIVINE PATIENCE.
Lord make us like You. Mould us into Your likeness.
(A meditation--Jesus speaks to us)----Moulding, My children, means cutting and chiseling. It mearis sacrifice of the personal to conform to type. It is not only My work, but yours.

The swift recognition of the selfish in your desires and motives, actions, words and thoughts, and the instant appeal to Me to get rid of that selfishness in you.

It is a work that requires co-operation--Mine and yours. It is a work that brings much sense of failure and discouragement too, at times, because, as the work proceeds, you see more and more clearly all that remains to be done.

Faults that you hardly had recognized or at least for which you had no sense of sorrow, now cause you trouble and dismay.

Courage. That in itself is a sign of progress.
Patience, not only with others, but with yourself, is needed.
As you see the slow progress upward being made by yourself, in
spite of your longing and struggle, you will gain a Divine Patience with others whose imperfections trouble you.

So on and up. Forward. Patience--Perseverance--Struggle. Remember that I am beside you, your Captain and your Guide. So tender, so patient, so strong.

Yes, we co-operate and as I share your troubles, failures, difficulties, heartaches, so, as My friends,you share My patience and My strength.

HOSANNA TO YUU, KING OF GLORY.
You went to Jerusalem to suffer and die
and so be glorified.
LEAD US TU YOUR GLORY.
You came into the city, meek, and riding on an ass,
the work beast of the poor.
BRING US TO YOUK KINGDOM.
You let the people give you royal homage, glorious King of Kings. helr US TU BE FATTHFUL.
You made the cross the tree of life
and conquered death forever.
HAISE US UP TU HOLINESS.
You brought us back to God
that we may live a new life.
MAKE US WORTHY TU SERVE YUU.
You are the king of Glory, obedient to your Hather even unto death. HOSANNA IU YCb,KING OF GLORY.
..... CAPTIVES HOK CHRIST.

SOME WOKDS OF WISDUN
Never despise anybody, never condemn anybody, never speak evil of anybody, and the bord will gjve you peace.

When the eyes of a mule are covered, then he goes around and around turming the mill wheel; but if his eyes are uncovered, he will not go around in the circle of the mill wheel. So, too, the devil, if he manages to cover the eyes of a man, he can humiliate him in every sin But if that man's eyes are opened, he can easily escape the dewil.

Just as it is impossible for a man to see his face in cloudy water, $s$ too the soul, unless it is cleansed from alien thoughts, cannot pray to God in contemplation.

## MORE WORDS OF WISDOM...

A man must breathe humility and the fear of God just as ceaselessly as he inhales and exhales the air, if he would be holy.

Any trial whatsoever that comes to you can be conquered by prayer and silence.


A holy man was once asked what humility was and he said" if you forgive a brother who has injured you before he himself asks pardon"

Again he was asked what humility was and he replied"to do good to those who do evil to you, and if that seems impossible to do, then to get away from them and keep his mouth shut"

Humility is the land where God wants us to go and offer sacrifice.


Just as bees are driven out by smoke, and their honey is taken away from them, so a life of ease drives out the fear of the Lord from a man's soul and takes away ali his good works.

Even if an angry man were to raise the dead, he would not be pleasing to God because of his anger!

Poverty, tribulation, and discretion:these are three works of a Christian life. Take an example from these three mer; Noah, Job and Manied fow Noak reprosert, thost who possess nolndiy; Job represents those who suffer tribulation, and Daniel represents those who discern good from evil. If these three actions are found in a man, then God dwells in him.

He who is quarrelsome is no Christian; he who returns evil for evil is no Christian; he who gets angry is no Christian.
$\qquad$

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PHONE: 278-0382
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SECRETARY........

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[^0]:    By William Morrissette "Wild Bill"

