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THE COURIER

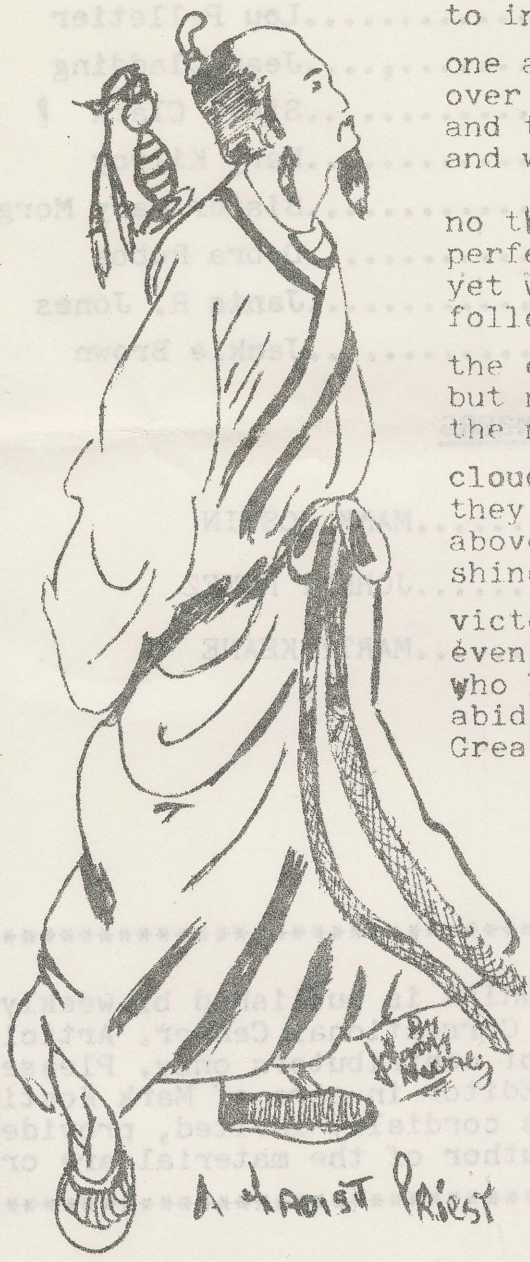
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HARTFORD,
CONNECTICUT



A Taoist Priest

into a soul absolutely free
from thoughts and emotion,
even the tiger finds no room
to insert its fierce claws.

one and the same breeze passes
over the pines on the mountain
and the oak trees in the valley;
and why do they give different notes?

no thinking, no reflecting,
perfect emptiness;
yet whiting something moves
following its own course.

the eye see it
but no hands can take hold of it
the moon in the stream.

clouds and mists,
they are midair transformations
above them eternally
shine the sun and the moon.

victory is for the one,
even before the combat,
who has no thought of himself
abiding in the no-mind-ness of
Great Origin.

submitted by
Johnny Nuñez

THE COURIER

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EDITORIAL

La balanza entre lo bueno y lo malo siempre ha traído ventajas a unos y desventajas a otros aquellos que se creen desventajados claman tener mala suerte y los que viven con las oportunidades que le ofrece la vida claman ser dichosos y felices. Para lograr en si una paz interna debemos contar con la gracia de la comprensión la paciencia y el sentido comun. Viviendo y dejando vivir, es lo correcto, pero viviendo y ayudar a otros a vivir es lo cristiano y lo que se debe esperar de cada uno de nosotros que andamos por estos rudos caminos de la vida. Aquí cada cual es un ser humano con sentimientos y problemas tan reales como lo es el dia y lo es la noche por esto no veo razon por la cual nosotros no podamos aprender el uno del otro, sin tener que dudar de la hombría y la inteligencia de muchos de nuestros compañeros. Yo personalmente estoy en la edificación de mi cuerpo y de mi mente y como imperfecto que soy les pido y su cooperacion en la colaboracion de este su Semanario. Coopere con la causa.

JOHNNY NUNEZ

EDITORIAL

Good and evil always bring advantages to some people and certain disadvantages to others. Those who think they are disadvantaged claim to have had bad luck, but those who are in tune with life make the right approaches at the right time and always find a way to get into this troublesome world.

But indeed to obtain internal peace we have to take into consideration the grace of comprehension the solitude of patience and of course the every day common sense of things.

Live and let live is the right thing, but live and help others to live and be productive is indeed the christain way and what is supposed to be expected out of each and every one of us the one's that by misfortune are always on the wrong side of the fence.

In here we are all human beings first, with feelings and everyday problems. that are as real as day and night, and for this reason I don't see why we can't learn from each other, help each other, no matter what your race is or your creed or religion. We all got something to teach each other. And I don't see why anybody has to doubt anybody's else's manhood or intelligence or make him feel stupid or put him down because he is one of the disadvantaged.

Let's help each other, and I personally working in all my physical being, my body and my mind. But I don't have no excusses just because I'm not perfect. And this is why I ask of your contributions and coroperation to help better this your paper.

To see a thing uncolored by one's own personal preferences and desires is to see it in its own pristine simplicity.

Art reaches its greatest peak when devoid of self consciousness. Freedom discovers man the moment he loses concern over what impression he is making or about to make.

The perfect way is only difficult for those who pick and choose. Do not like, do not dislike; all will be clear. Make a hair breadth difference and heaven and earth are set apart; if you want the truth to stand clear before you, never be for or against. the struggle between "for" and "against" is the mind, worst disease.

Wisdom does not consist of trying to wrest the good from the evil but in learning to "ride them as a cork adapts it self to the crest and troughs of the waves.

Let yourself go with the disease, be with it, keep company with it- this is the way to be rid of it.

An assertion is Zen only when it is itself an act and does not refer to anything that is asserted in it.

In Buddhism, there is no place for using effort. Just be ordinary and nothing special. Eat your food, move your bowels, pass water when you're tired go and lie down the ignorant will laugh at me, but the wisw will undestand.

BUDDHISM EIGHT-FOLD PATH

The eight requirements to eliminate suffering by correcting false values and giving true knowledge of life's meaning have been summed up as follows:

- 1.) Right views (understanding) you must see clearly what is w
- 2.) Right purpose (aspiration) decide to be cured.
- 3.) Right speech: speak so as to aim at being cured.
- 4.) Right conduct: you must act
- 5.) Right vocation: your livelihood must not conflict with you therapy.
- 6.) Right effort. the therapy must go forward at "staying spe the critical velocity that can be sustained.
- 7.) Right awareness (mind control): you must feel it and thi about it in cessantly.
- 8.) Right concentration (meditation): learn how to contemplan with the deep mind.

ON ZEN.

To obtain enlightenment in martial art means the extinction of everything which obscures the "TRUE KNOWLEDGE" the "REAL LIFE" At the same time, it implies boundless expansion and, indeed, emphasis should fall not on the cultivation of the particular department which emerges into the totality, but rather on the totality that enters and unites that particular department.

The way to transcend Karma lies in the proper use of the mind and the will. The oneness of all life is a truth that can be fully realized only when false notions of a separate self, whose destiny can be considered apart from the whole, are forever annihilated.

Voidness is that which stands right in the middle between this and that. The void is all inclusive, having no opposite--there is nothing which it excludes or opposes. It is living void, because all forms come out of it and whoever realizes the void is filled with life and power and the love of all beings.

Turn into a doll made of wood; it has no ego it thinks nothing it is not grasping or sticky. Let the body and limbs work themselves out in accordance with the discipline they have undergone.

If nothing within you stays rigid, outward things will disclose themselves. Moving be like water. Still be like a mirror. Responds like an echo. Nothingness cannot be defined; the softest thing cannot be snapped.

I'm moving and not moving at all. I'm like the moon underneath the waves that ever go on rolling and rocking. It is not, "I am doing this," but rather an inner realization that "this is happening through me," or it is doing this for me!

The consciousness of self is the greatest hindrance to the proper execution of all physical action.

The localization of the mind means its freezing. When it ceases to flow freely as it is needed, it is more the mind in its suchness.

The "Immovable" is the concentration of energy at a given focus as at the Axis of a wheel, instead of dispersal in scattered activities.

The point is the doing of them rather than the accomplishment. There is no actor but the action; there is no experiencer but the experience.

CONT.

*****THE JUSTICE TRAP***

THE JUSTICE TRAP.....THE JUSTICE TRAP

IF THE WORLD WERE SO ORGANIZED THAT EVERYTHING HAD TO BE FAIR, NO LIVING CREATURE COULD SURVIVE FOR A DAY. THE BIRDS WOULD BE FORBIDDEN TO EAT WORMS, AND EVERYONE'S SELF-INTEREST WOULD HAVE TO BE SERVED.

We are conditioned to look for justice in life and when it doesn't appear, we tend to feel anger, anxiety or frustration. Actually, it would be equally productive to search for the fountain of youth, or some such myth. Justice does not exist. It never has, and it never will. The world is simply not put together that way. Robins eat worms. That's not fair to the worms. Spiders eat flies. That's not fair to the flies. Cougars kill coyotes. Coyotes kill badgers. Badgers kill mice. mice kill bugs. Bugs.....You have only to look at nature to realize there is no justice in the world. Tornadoes, floods, tidal waves, draughts are all unfair. It is a mythological concept, this Justice business. The world and the people in it go on being unfair every day. You can choose to be happy or unhappy, but it has nothing to do with the lack of justice you see around you.

This is not a sour view of humanity and the world but rather an accurate report of what that world is like. justice is simply a concept that has almost no applicability, particularly as it pertains to your own choices about fulfillment and happiness. But too many of us tend to demand that fairness be an inherent part of our relations with others. "It isn't fair," "You have no right to do that if I can't" and "Would I do that to you?" These are sentences that we use. We seek justice and use the lack of it as a justification for unhappiness. The demand for justice is not the neurotic behavior. It only becomes an erroneous zone when you punish your self with a negative emotion as you fail to see evidence of the justice that you so futilely demand. In this case the self-defeating behavior is not the demand for justice, but the immobilization that may result from no-justice-reality.

Our culture promises justice. Politicians refer to it in all of their campaign speeches. "We need equality and justice for all." Yet day after day, nay, century after century, the lack of justice continues. Poverty, war, pestilence, crime, prostitution, dope and murders persist generation after generation in public and private life. And if the history of humanity can be used as a guide they will continue.

Injustice is a constant, but you, in your infinite new wisdom, can decide to fight that injustice and refuse to be seduced into being seduced into being emotionally immobilized over it. You can work at helping to eradicate injustice, and you can decide that you won't be psychologically defeated by it.

*****THE JUSTICE TRAP*****

(Continued)

The legal system promises justice. "The people demand justice," and some even work to make it happen. But it generally doesn't. Those with money are not convicted. Judges and policemen are often bought by the powerful. A President and Vice-President of the United States are pardoned or wrist-slapped for obvious felonies. The poor fill the jails, and have next to no chance of beating the system. It's not fair. But it's true. Spiro Agnew becomes rich after evading his income taxes. Richard Nixon is exonerated and his yes-men serve a few months in a minimum security prison, while the poor and members of minority groups rot in jail waiting for trial, waiting for a chance. A visit to any local courthouse or police station will prove that the influential have a separate set of rules, although this is relentlessly denied by the authorities. Where is the justice? Nowhere! Your deciding to fight it may be admirable indeed, but your choosing to be upset by it is as neurotic as guilt, approval-seeking or any other of the self-flagellating behavior that constitutes your erroneous zones.

Source: Your Erroneous Zones, Dr. Dyer

En un alma absolutamente libre
de pensamientos y emociones,
aun un leon no encontraria espacio
para clavar sus filosas uñas.

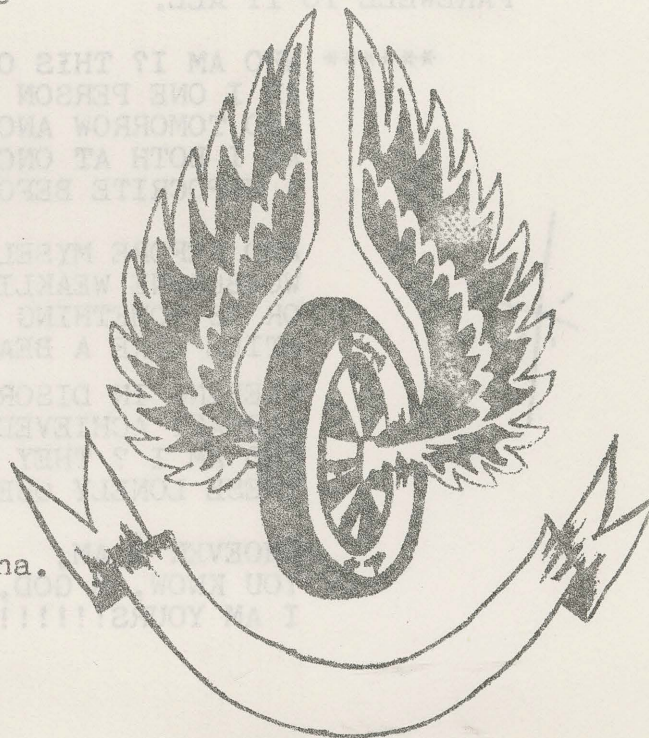
Una y la misma brisa pasa
sobre los pinos de la montaña
y los flamboyanes del valle;
porque suenan diferente nota?

No pensando, no reflexionando
un silencio perfecto;
mas adentro algo se mueve,
siguiendo su propio camino.

El ojo lo ve,
mas no hay mano que pueda tocar
la reflexion en el arroyo.

Nubes y cuentos
son transformaciones vagas
por encima de esto,
brilla eternamente, el sol y la luna.

La victoria es para aquel
aun antes de la batalla,
que no tiene pensamiento suyo,
y perdido esta en el sin fin
de los grandes origenes.



A TAOIST PRIEST..

@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@

@@@@@@@@@@@@@@@@@@@@@@@@@@@@

***** WHO AM I *****

WHO AM I? THEY OFTEN TELL ME.
I STEPPED FROM MY CELLS' CONFINEMENT
CARMLY, CHEERFULLY, FIRMLY,
LIKE A LORD FROM THIS COUNTRY ESTATE.

WHO AM I? THEY OFTEN TELL ME
I USED TO SPEAK TO MY WARDERS
FREELY AND FRIENDLY AND CLEARLY,
AS THOUGH IT WERE MINE TO COMMAND.

WHO AM I? THEY ALSO TELL ME
I BORE THE DAYS OF MISFORTUNE
EQUABLY, SMILINGLY, PROUDLY

*** LIKE ME ACCOSTUMED TO WIN. ***

AM I REALLY THAT WICH OTHER MEN TELL OF? OR AM I ONLY
WHAT I MYSELF KNOW OF MYSELF? RESTLESS AND LONGING AND
SICK, LIKE A BIRD IN A CAGE, STRUGGLING FOR BREATH, AS
THOUGH HANDS WERE COMPRESSING MY THROAT, YEARNING FOR
COLOURS, FOR FLOWERS, FOR THE VOICES OF BIRDS, THIRSTING
FOR WORDS OF KINDNEES, FOR NEIGHBOURLINESS, TOSSING IN
EXPECTATION OF GREAT EVENTS, POWERLESSLY TREMBLING FOR
FRIENDS AT AN INDEFINITE DISTANCE, WEARY AND EMPTY AT
PRAYING, AT THINKING, AT MAKING, FAINT AND READY TO SAY
FAREWELL TO IT ALL.

***** WHO AM I? THIS OR THAT?*****

AM I ONE PERSON TODAY
AND TOMORROW ANOTHER?
AM I BOTH AT ONCE?
A HYPOCRITE BEFORE OTHERS,

AND BEFORE MYSELF A CONTEMPTIBLE
WOEBEGONE WEAKLING?
OR IS SOMETHING WITHING ME
STILL LIKE A BEATEN ARMY,

FLEEING IN DISORDER FROM VICTORY
ALREADY ACHIEVED?
WHO AM I ? THEY MOCK ME,
THESE LONELY QUESTIONS OF MINE.

WHOEVER I AM,
YOU KNOW, O GOD,
I AM YOURS!!!!!!!!!!!!!!

Submitted by
Gled m. de mello

THE DUMBEST PERSON IN THE WORLD
*** **

How dumb?

Very dumb.

It's the American who knocks what he's got.

Here's what he's got.

A country of unbounded beauty.

Almost unlimited natural resources.

A judicial system that is the envy of the rest of the world.

Food so plentiful overeating is a major problem.

A press nobody can dominate.

A ballot box nobody can stuff.

Churches of your choice.

One hundred million jobs.

Freedom to go anywhere you want, with planes, cars and highways to get you there.

Social security.

Medicare.

Unemployment insurance.

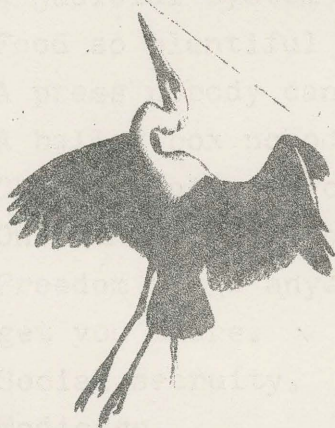
Public schools and plentiful scholarships.

Opportunity to become a millionaire.

O.K., Complainer, what's your second choice?

Go.

(taken from the Wall Street Journal.)

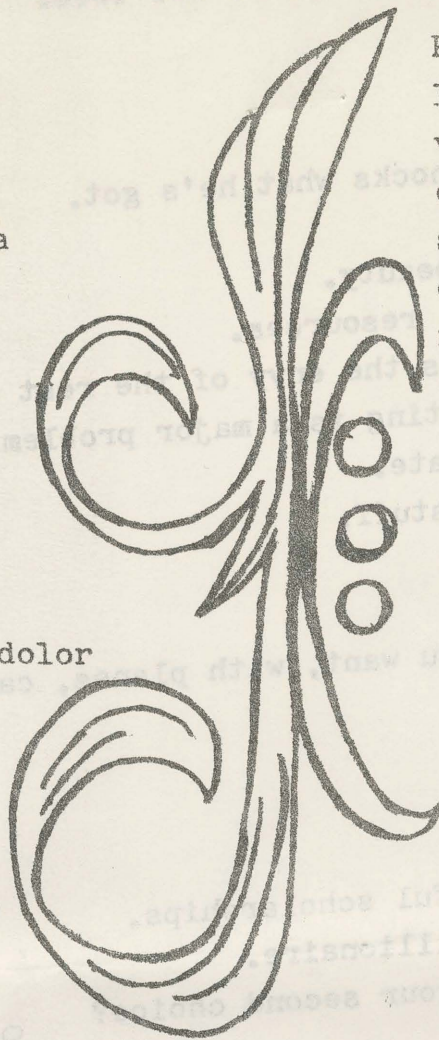


"UNA RISA UNA LAGRIMA"

La esperanza
corre erguida
entre aquellas
paredes mudas
donde solo la cura
sabe balancear
el desquite
de las viejas
amarguras.

¹
Solo en la noche
susurra el poder
de la meditacion
aliviando asicel dolor
que en aquellas
mentes perdura.

^{II}
De lejos se oye
la cancion,
que pone al guapo
al respalde
y en seguida
sueje el contraste
de,lo que es su
condicion.



^V
Prematura su actuacion
la libertad no importante
vacila la traicion
que le causa a sus amantes,
surjen charcos de agua
de sangre y de sudor,
mientras las horas
diminutas
se burlan de su hombria.

^V
Pasan horas, pasan dias
cada mes una comedia
y entre tumultos
se enreda,
la divina Confusion.

^{VI}
Llega un guardia
llega otro,
una carta,
tal vez dos,
una Risa Una lagrima
un recuerdo
tal vez No.

Por..Johnny Nunez (el gitano)

A veces
veo cosas
de procedencia indefinible
refleciono.-quizas
por ser lo natural
mas al estirar mi mano
no toco nada
buscô y no hallo
hablo y no me escuchan
que soy de si,
una brisa..vapor ????

que se insinua dentro de mi??
las flores no son como"yo"
soy un compuesto diferente
de impulsos incontrolables
que vagan, que existen y persisten
en mi mente.

A veces
veo cosas
de procedencia indefinible
y no se de donde proceden..?????

escrito por Johnny Nunez
(el gitano)

LA DISTANCIA

CUANDO SE APARTAN DOS ALMAS
EL CIELO Y EL MAR SON TESTIGOS
DEL AMOR QUE QUEDA ERRANTE
Y TODO POSIBLE OLVIDO.

MAS TU Y YO SEQUIMOS DISTANTES
Y TODO TEMOR HEMOS VENCIDOS
PUES NUESTRO AMOR ES TAN GRANDE
QUE PARA NUESTRA DICHA,,
TIENE SENTIDO.

DESPUES VENCEREMOS LOS CAMINOS
QUE HAYAN MAS ALLA DE LA MUERTE
POR SIEMPRE SEQUIREMOS UNIDOS
Y JAMAS DEJARE DE QUERERTE.

PUES NEGRITA ESA ES LA VERDAD
Y ME PASO PENSANDO EN TI
YO ME PASO LOS DIAS Y LAS SEMANAS
CON UN AMOR TAN PROFUNDO
QUE DE MI NO SE SEPARA.

NO PUEDO APARTAR TU IMAGEN
DE MI MENTE ILUMINADA
PENSANDO QUE ERES PARA MI.
LA NEGRITA DE LOS OJOS VERDES
Y LA MUJERCITA ADORADA.

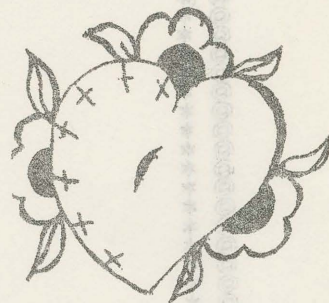
Y TAMBIEN YO SE QUE TU SUFRISTES
MUCHO A MI LADO NO TE LO PUEDO NEGAR,
POR LAS TRAVEZURAS MIAS
HOY ME TIENES QUE PERDONAR.

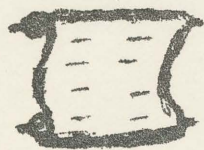
Paso a Paso

SOMETIDO POR EDDIE QUINTANA

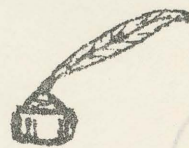
Paso a paso
cuando voy por la galera
veo tipos,
que me causan sensacion
veo almas,
que van sin desconsuelo
veo presos,
que viven sin amor.
Siento ganas
de terminar en la locura
siento ganas
de poder gritar
mas llevo mis penas
bien calladas,
Y al reir de otros
lo hago por no llorar.
Tengo celos
de la gente que no sabe,
lo que es acostarse sin dormir
lo que es arroparse sin tener frio
y viven la vida, tan solo por vivir.

Escrito por..Johnny Nunez
(el gitano)





Poetically Speaking



!!!!!!MEMORIES, HOPES, DREAMS!!!!!!

MEMORIES

PRESENT HISTORY

BURNING IMAGES

LEAVING SCARS

LOST PICTURES RETAINED**

MEMORIES

OUT OF THE PAST

TORTURE MY PAST

FADED IN COLORS

DRIVE ME INSANE

HOPES AND DREAMS

DISTANT DESIRES

VANISH IN SHADOWS

HAUNT MY SOUL

LEAVE ME DRAINED

HOPES AND DREAMS

FUTURE MEMORIES

AVOID EXISTENCE

QUIET LOUDNESS

!!!!!!! NOTHING THE SAME.!!!!!!!

.....
REBEL SOUL

ON A LONG AND LONESOME HIGHWAY

ONE MILE FROM HADES BACK-DOOR

STANDS A TRIBUTE TO THE LOSERS

OF HEAVEN AND HELLS WAR.....

I KNOW THAT YOU WILL FIND ME THERE

LOADED RIFLE IN MY HANDS

WAR FEATHERS BRAIDED IN MY HAIR

WAITING TO MAKE MY STANDS...

THE DEVILS LAUGHS WHEN HE SEE ME

BUT HIS LAUGHS IS SOON TO STILL

BECAUSE DEEP INSIDE HE CAN SEE

I AM WAITING FOR THE KILL..

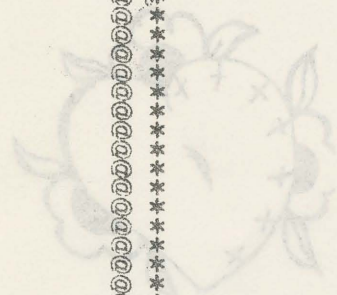
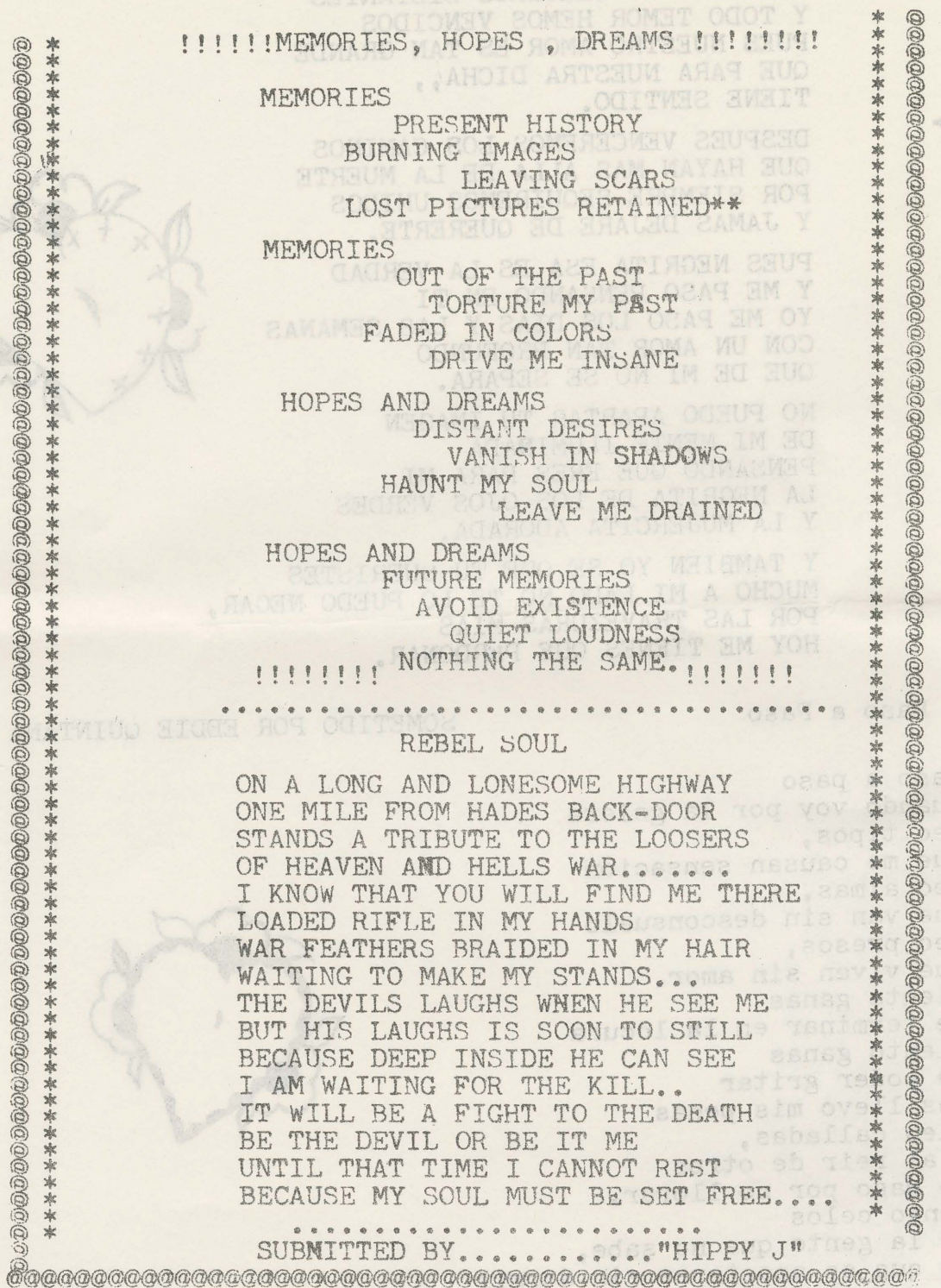
IT WILL BE A FIGHT TO THE DEATH

BE THE DEVIL OR BE IT ME

UNTIL THAT TIME I CANNOT REST

BECAUSE MY SOUL MUST BE SET FREE....

.....
SUBMITTED BY....."HIPPIY J"



Escrito por... Johnny Nunez
(el gitano)

***** A TESTIMONY*****

Anyone from a moron to a genius can physically sober up, but to sober up mentally requires a bit more effort. Being an alcoholic I'm not quite sure if I personally will ever reach the stage of being completely free from the desire to drink, at least sometime. I do know that by living the program of A.A. and by becoming involved with others who also are living this beautiful program. My life here is so much easier that words can not describe the difference.

I am 39 years old, and I attended my first A.A. meeting 20 years ago in 1961 or 1962. At that time I was what you'd call a "high bottom drunk" I had a wife, a home, a job. I hadn't as yet slept in all-night movies, been to detox, been broke and sick with no place to go, and all the other things that go along with the "high bottom drunk". When I heard the story back in 61 or 62 about how the drunks had to panhandle, sleep in abandon buildings, etc. I certainly couldn't identify with that, so for 20 years I argued and rationalized my right to drink. In that 20 years I lost my home,(two of them) both due to drinking. I lost my freedom many times. Most for just a few months at a time, for assaults, drunk driving, petty theft, and kept twice for a substantial amount of time. In 1968 I got a 5-9 year bid in Walpole for armed robbery, and just last week I got a 5-10 year bid here in Conn. for armed robbery. I consider myself lucky.

So if anyone reading this that thinks they might have a problem with alcohol, however small the problem may seem now, I encourage you to do something about it now before it causes you to loose anything more than you allready have. Alcoholism is a progressive disease, meaning it gets worse, never better.

Submitted By B.V.

FACTS ABOUT THE SUN

DISTANCE FROM EARTH.....CLOSEST 91.4 MILLION MILES
DIAMETER.....ABOUT 864,000 miles OR MORE THAN 109
TIMES THE WIDTH OF EARTH.....
SPEED.....THE SUN TRAVELS AROUND THE CENTER OF THE
MILKY WAY AT ABOUT 150 MILES PER SECOND, TAKING 22¹/₂ MILLION
YEARS TO MAKE ONE ORBIT AROUND THE GALAXY.
AGE.....ABOUT 4.6 BILLION YEARS. THIS MEANS THAT
IN THE LIFETIME OF THE SUN, IT HAS ONLY REVOLVED AROUND THE
CENTER OF THE MILKY WAY GALAXY 20 TIMES . THUS, IF WE CONSIDER
THAT ONE REVOLUTION IS THE EQUIVALENT OF ONE YEAR IN THE SUN
LIFE, THE SUN WOULD BE ONLY 20 YEARS OLD.

Jaycees Speak Out

A Chance To Learn

by Michael F.S. King

I quite vividly remember that seasonably cold New England afternoon in February, 1973. I stood before the large picture window, staring past the peak of a cliff at the Atlantic Ocean as waves crashed on the shore below.

My wife responded to the knock on the kitchen door. Within seconds, she returned to the living room with detectives from the Boston Police and investigators from the Suffolk County District Attorney's office. One of them asked if I was ready as he removed his handcuffs from their place under his sportcoat. Without looking into his eyes, I turned slowly and stretched out my arms.

"You're under arrest. Murder." One of the officers cited the charges as the room filled with the all-too-familiar sound of the handcuffs closing around my wrists.

It was not the first time I had been arrested for violent acts in the first nineteen years of my life. It was to be the last, though. A judge for the Superior Court of Suffolk County (Massachusetts) sentenced me to a term of 15 to 20 years in the state prison on a charge of man slaughter; the charge had been reduced from one of murder in the first degree.

The next six and one-half years of my life could best be described as turbulent. My negative nature ruled supreme once I entered the prison system. I cared little about others. I cared even less about the rules and regulations by which prisoners are ordered to live.

Although I would occasionally get involved in prison-related programs and advisory committees, I was still on my own hell-bent path. I was violating the rules and being charged with such additional offenses as fighting, assault and, in 1976, with attempted escape from a penal institution.

By 1979, the charge of "attempted escape" had been changed to escape. Ten days after departing the prison, I was recaptured through the efforts of the Federal Bureau of Investigation, Massachusetts State Police and the Boston Police.

Michael F.S. King is a former member and president of the Granite Quarry Jaycees, an institutional Jaycees chapter in New Hampshire. King received a U.S. Jaycees Presidential award of excellence for recruiting, a U.S. Jaycees Representative's award of honor, New Hampshire's R. Bradley Trafton sharing award and numerous chapter awards for his efforts in 1980-'81.

Things were far from over, though. The escape earned me what was called "the toughest sentence" ever—three years in the state prison—for an escape. My co-defendant on the escape charge received a sentence for three months in the house of corrections. In addition, we both received nine six-to-ten year terms (eight for armed robberies and one for an armed assault) for crimes committed during the first twenty-four hours of our short-lived freedom.

The state of Massachusetts, by now totally disgusted with my inability to adjust to the system, transferred me to the New Hampshire state prison through the New England Interstate Compact Agreement (which allows for state-to-state transfers for "better rehabilitative purposes.")

Shortly after my release to the general population of the New Hampshire prison, and because of my reputation for involvement with prison committees, I was asked to join the Granite Quarry chapter of the New Hampshire Jaycees. I was asked to handle the ongoing negotiations between the chapter and the prison staff. (The chapter had been trying to arrange a date for its year end awards banquet.)

After one meeting with the institution's director of treatment, Walter Burdge, and the administrator of educational programs, Jan Mellen, the affair was approved and a date set. This proved to be just the beginning for me. During the following sixty days, I rose from general member to public relations director to parliamentarian and, finally, chapter president.

Our Jaycees chapter went through a complete reorganization during the six months I was president. Because of the combined efforts of many people, the chapter began to grow and did not level off until it had become number one in the state two months in a row for net growth.

The tremendous surge in membership saw the chapter go from 16 active members to 106. The Granite Quarry Jaycees became one of the first institutional chapters in the nation to take first place honors in their state two months in a row. The chapter treasury went from several hundred dollars in the red to several thousand in the black. Several committees were formed where only one had existed previously. The chapter became one that its members and everyone else was proud of.

President Gene Honn visited the



chapter in April of 1981 and inspired the members with words of encouragement for the accomplishments of the chapter and each member.

I received many awards for my efforts, including one for recruiting fifty Jaycees. I also received some recognition from my chapter. The most treasured of these awards is the Distinguished Service Award because it came from my membership: men who believed that I did my best on their behalf.

In May of 1981, I returned to the Massachusetts prison system and began to write about my involvement with the Granite Quarry Jaycees. As I sat writing, I found that the biggest accomplishment was not what I had done for the prison chapter in New Hampshire, but what I had done for myself.

Through my involvement in Jaycees, I found for the first time in my life that I could live my life, use my abilities and talents in a positive manner and have an influence in matters that would benefit others. I realized I could never hide the truth from myself, even though I had tried on many occasions. And I firmly believe that I owe my life to Jaycees, because without Jaycees, I would probably have wound up dead on some street corner or in prison for the rest of my life.

I came to prison at the age of nineteen. Now, at age 28, I am divorced and have two children looking forward to my release in 1985. People say you get an education in prison. I did. I got it from Jaycees and I hope to use that education during my remaining incarceration to pass the lessons I have learned on to others. When I am released, at the age of thirty-two, I hope to continue helping others through involvement nationally with the Jaycees' Institutional Chapters program. □

ASSERTIVENESS

Fending For Yourself

by M.G. Hewitt

Many people believe only certain types of people can be assertive. Philip Schembra, president of Hilton Head Island Learning Center—a learning institute for business professionals in South Carolina, says, "Not everybody thinks they can be assertive, they just believe their personality won't allow [it]." Assertiveness though, is a natural human trait.

Others assume they must change their personality to be assertive. Arthur Boutiette, former Executive Vice President (EVP) and chief administrator of The U.S. Jaycees, believes, "Whether you're an outgoing or laid-back person, you don't have to change your personality or your nature to be assertive." Assertiveness is a form of behavior that adapts to all personalities.

Another misunderstanding about assertive behavior is that people believe they can change others. Your assertiveness may appear to alter another's behavior, but it doesn't change their personality. Dr. Sheldon Rose, professor of social work at the University of Wisconsin at Madison, says, "A person's goal should

be to change their own behavior and not other people." Being assertive is a means of changing your own behavior to accomplish more and to be more successful.

Confusing Behaviors

To comprehend assertive behavior, one must study two diametrically-opposed behaviors.

One form of behavior often confused with assertiveness is aggressiveness. Aggressiveness, in this sense, is overall hostile behavior, not behavior where one strives for personal achievement and betterment.

The aggressive person can be stereotyped as a strong-willed individual. This person tries to control and command every situation by dominating others through intimidation. An aggressive person has an arrogant attitude of "I'm always right and what I say goes." Aggressive individuals are usually very sensitive to criticism because of a characteristically low self-esteem.

Because of his generally abusive behavior, an aggressive individual has problems maintaining friendships.

Boutiette, general manager of Four Seasons Management Corporation in Hot Springs, Arkansas, says, "Aggressive people have a tendency to put themselves in a position of alienating others."

Another behavior contrary to assertiveness is shyness or non-assertiveness. Generally, the shy individual is timid around others and has problems expressing ideas and thoughts. The non-assertive person finds it difficult to meet new people and to interact with others.

A shy person will not assert himself because he doesn't want to "upset" others. Dr. Rose believes this happens because, "Many people feel if they disagree with someone or express how they feel, they will no longer be loved." These feelings are not always accurate. Rose believes a person's self-esteem plays a critical role in assertiveness. He adds, "You can train a person all you want, but because he thinks he's incompetent, he will continue to let himself be pushed around."

Fear and a poor self-image hinder the non-assertive person. As a result, confrontations are avoided and problems are allowed to slide by.

♦ FEAR AND A POOR SELF-IMAGE HINDER THE NON-ASSERTIVE PERSON. AS A RESULT, CONFRONTATIONS ARE AVOIDED AND PROBLEMS ARE ALLOWED TO SLIDE BY. ♦



Assertiveness, on the other hand, is a balance between the aggressive and non-assertive individual. Assertiveness "is making choices in life and standing up for yourself without infringing on the rights of others," says Phyllis Nisbett, a programming director for assertiveness programs at the American Management Association (AMA).

Communication

Nisbett adds, "Assertiveness is communicating. It's making a clear statement on one's position." The assertive individual can communicate with others by stating ideas and opinions, showing emotions and expressing agreement or disagreement to others without being aggressive or self-conscious.

Dr. Robert Alberti, an assertiveness-counselling psychologist, agrees that communication is essential. He says, "If someone can't really express himself, whether it's negative or positive, then all the stand-up-for-yourself training won't buy him happiness."

Although communicating plays a leading role in assertiveness, there are three underlying personality characteristics the assertive individual must have.

Self-Image

A good self-image is a prerequisite for assertive behavior. The individual

who accepts himself as he is and believes in himself will be more assertive than someone with a low self-image. Dr. Manual Smith, a clinical psychologist at the University of California at Los Angeles, states assuredly, "People that are assertive have a good self-image, they trust themselves." Philip Schembra adds that an assertive person is "not afraid of failure."

The assertive individual is able to take the initiative, make decisions and act accordingly—in his own best interest.

Attitude

The second factor—closely related to a person's self-image—is attitude or belief in assertive behavior. Dr. Alberti, co-author of "Your Perfect Right", credits assertive people with having the "right attitude" toward assertiveness. He says, "The key issue to assertiveness is that people have a choice in how they'll behave." People who believe they can take charge of their lives and act on that are assertive.

Direction

Having direction is another trait of an assertive individual. A person with definite goals and objectives can better assert himself because he knows what he wants out of life. Boutiette states it rather

strongly, "From an assertiveness standpoint, one who is not objective-minded or goal-oriented will not be successful."

Asserting oneself and having direction is up to the individual, as Zig Ziglar says, "An individual has the capacity to generate energy and direction to get what he wants in life."

Assertiveness is all of this and more. It's crucial to remember, though, that it is a form of behavior. Assertiveness is just as important to the individual as his personality. Dr. Alberti says, "Assertiveness is very situation-specific. It's a question of individual style because what's assertive for you might not be for me."

To determine your assertiveness you need to examine yourself, your interaction with others and situations that demand assertiveness. Look at how you relate to all the people around you—family, friends, peers and co-workers.

Ask questions such as these:

- Do I always dominate situations and people?
- Do I always insist my way is right?
- Do I frequently intimidate others?
- Do I have a hard time making and keeping friends?
- Do I have a hard time interacting with others?
- Do I voice my opinion and express my ideas freely?

"THE AGGRESSIVE PERSON CAN BE STEREOTYPED AS A STRONG-WILLED INDIVIDUAL. THIS PERSON TRIES TO CONTROL AND COMMAND EVERY SITUATION BY DOMINATING OTHERS THROUGH INTIMIDATION."



with a firm and direct tone. State your position clearly and smoothly. Refrain from saying such words as, "If possible", "I wonder if", "Maybe..." and "I guess." Be straight forward and honest while being careful not to condemn others.

Eye Contact

When you address someone, be conscious of eye contact. Looking another individual in the eye communicates directness. Sweeping, evasive eye movement shows nervousness and a lack of confidence. Look that person directly in the eye when stating your position.

Facial Expressions

Your face should reflect the message you send. If you want to be open, smile; but if you need to be serious, convey that through your countenance.

Posture and Gestures

Your posture and gestures should suggest confidence and assertiveness by the way you hold yourself. A slouched posture and dejected stand, along with nervous gestures, conveys self-doubt.

Have a tall, firm posture and allow yourself to relax. Use natural gestures. Communicate assertiveness to others with your whole body.

As you begin to apply assertiveness to your own life, you'll find it's not an easy task. Assertiveness is a behavior that takes time and experience to learn. Boutiette explains, "Assertiveness is a skill that is acquired. You learn by experience."

To develop assertiveness skills, you must proceed through a series of four basic steps.

First, evaluate your circumstances. Dr. Rose states, "In every situation you must evaluate what the problems are, what the risks will be and what the response of the other person will be [before asserting yourself]."

Once you have evaluated the situation, develop a plan of action. Decide in advance what you will say and how you will say it. Dr. Alberti says, "In order to get your point across, you must know what you want to say first."

In addition to making plans, begin seeing yourself as assertive in that situation. Zig Ziglar affirms that visualization is part of success and says, "You've got to perceive yourself as capable of achieving something [before attempting it]."

As you learn to be more assertive you will run into problems along the way. You'll make mistakes, face manipulation from others and encounter conflicts. By being aware of these

different problems you'll be better prepared to overcome them and remain assertive.

Assertiveness is not just asserting yourself to do whatever you will and accomplish whatever you can. "You have to temper assertiveness and not go off the deep end," says Schembra. An assertive person seeks his own interests but still keeps the other individual's interests in mind. This must be kept in mind when you encounter conflicts. No one is going to agree entirely on every issue, so there must be an element of compromise.

Learn that assertiveness will not always get you what you want, nor will it always be everything you want all the time. Being aware that conflicts of interests will arise and being flexible with your assertive behavior will help you overcome these barriers.

Assertiveness is a behavior you can develop to enhance communication skills and relationships with others. It is a way to be more successful and to produce desired results. But if you desire assertive behavior in your own life, it must start with you. No one can be assertive for you. Dr. Smith states, "You have the authority. You're on your own and you have to do something about yourself." You decide! □

"ASSERTIVENESS, ON THE OTHER HAND, IS A BALANCE BETWEEN THE AGGRESSIVE AND NON-ASSERTIVE INDIVIDUAL. ASSERTIVENESS IS MAKING CHOICES IN LIFE AND STANDING UP FOR YOURSELF WITHOUT INFRINGING ON THE RIGHTS OF OTHERS."



COMMUNITY CORRECTIONAL CENTER
HARTFORD
COMMISSARY LIST 1982

\$20.00 limit per week

TOBACCO & ACC.

Camel.....50/pk.
Newport.....50
Kool.....50
Marlboro.....50
Generic Plain..35
Generic Menth..35
Winston.....50
Pall Mall.....50
Salem.....50
Bourbon Blend..65
Half&Half.....65
Cherry Blend...65
Apple Blend...65
Tijuana Smalls.60
Phillie Tips...35
Parodi.....60
Dutch Masters..90
Pipe.....1.00
Pipe Filters...30

COSMETICS & ACC.

Irish spring.....50
Ivory Soap.....40
Chapstick.....70
Head&Shoulders...1.30
Baby Shampoo....1.20
Afro Sheen Shamp.1.00
Sulp.8 Shamp....1.35
Sulp.8 Condit....1.20
VO-5 Cond.....1.90
Royal Crown.....80
Menn. Afta.....1.40
Menn. Deod.....1.45
Noxema.....1.60
Menn Powder.....1.45
Perma Grip.....1.30
Polid. Cleaner...1.40
Denture Cup.....90
Soap Dish.....40
Tooth Brush.....20
Jergins (yellow)..1.45
Jergins (white)..1.45
Magic Shave.....90
Blue Ddutchess...1.00
Reg. Comb.....05
Afro Comb.....25
Afro Pic.....25
Towel(brown/blue)2.50
Face Cloth.....30
Shower Clog.....90
(Specify size of clog)

COSMETICS & ACC.

Dial Deod.....90
Hair Brush.....1.10
Drinking Cup.....70
Mouth Wash.....50
Colgate Tooth Pst 60
Cocoa Btr.Stick.1.30
Cocoa Btr.Soap..1.00
Coc.Btr.Shampoo.1.70
Cocoa Btr.Lotion1.70

STATIONARY & ACC.

Color Pencils...1.80
Charcoal Pencil...50
Kneaded Eraser...50
Draw.Pad.....1.70
Picture Frame...1.70
(Give color choice-
they are mixed and
we will try to give
you a first or sec-
ond choice of the
color you order)

Legal pad.....50
Writing Pad.....50
Carbon Paper.....05
Stamped Envelope3/70
Pen.....20
Type.Paper.....10/15

*****MUNCH & SIP*****

Almond Joy.....25
Bit-o-Honey.....25
M & M Choc.....25
M & M Pnut.....25
Milky Way.....25
Snickers.....25
O-Henry.....25
Mounds.....25
Peppermint Patty..25
Reeses Pnut Btr...25
Licoriche.....20
3 Musketeers.....25
Life Savers.....20
(Flavors:Cherry,5-
Flavor,Peppermint,
Spearmt.,Wintergreen)
Tootsie Roll.....25
Peanuts.....25
Fig Newtons.....25
Oreos.....25
Pastry.....25
(we vary the assortments,if
you have a preference make note on your chit)
Soda.....20
(we vary the flavors,if
there is a type you don't want mark the type on
your chit

MISC. ITEMS

T-Shirts(white only)..1.80
(Give size:S,M,L,XL)
Shorts.....2.10
(Sizes:28,30,32,34,
36,38,40,42,44,46
White Socks(1 Sz.fits.1.00
All)
Hankerchief(White only).40
Gym Shorts.....3.50
(Give Size:S,M,L,XL)
Baseball Caps.....2.60
Playing Cards(Poker)....80
Pinochle Cards.....75
Radio.....40.00
(Get order slip from Com-
missary, headset inc.)
Television.....115.00
(Get order slip from Com-
missary, headset inc.)

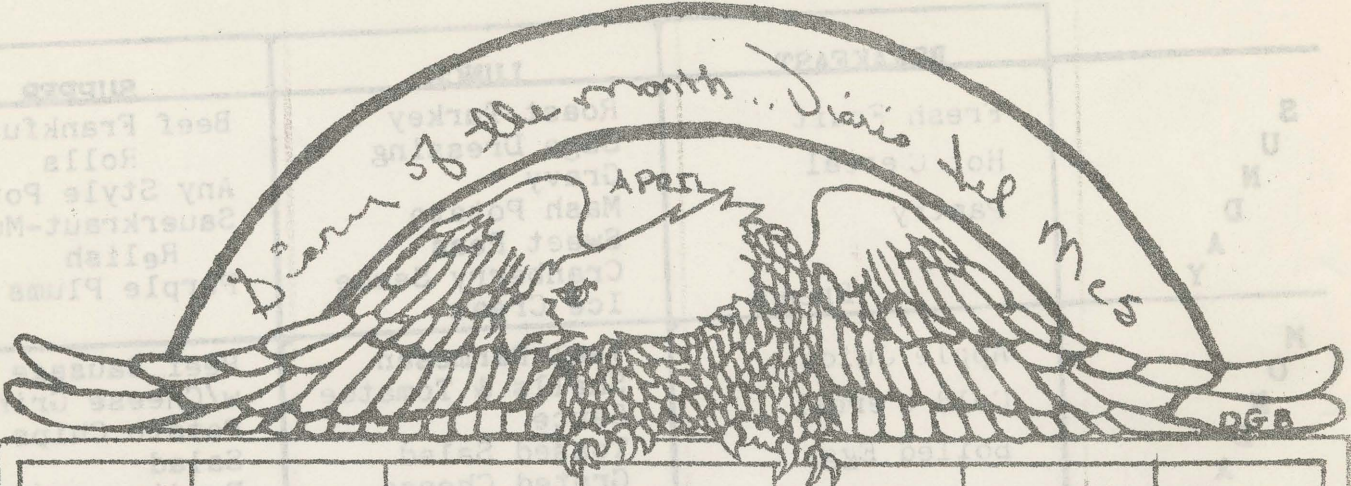
+++++
+Your Full Name,I.D.(jail)
+Number & Cell Number +
+Must Appear On The Chit +
+Or It Will Not Be +
+Processed. +
+ +
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P.Btr.Cookies.....20
Popcorn.....20
Potatoe Chips.....20
Potatoe Stix.....20
Drake Coffee Cake.....25
Drake Pies.....25
(Cherry,Bl.Berry, Apple)
Drake Doughnuts(powder).30
Slim Jim.....25
Punch.....10
Cough Drops.Reg.or Cher.35
Ice Cream Sandwich.....20
Freeze Pop.....05
Kool Aid (Cherry,Trop.
Punch Lemon,Grape).....80
Tang.....50
Coffee,Inst.....2.10
Sugar.....1.70
Creamora.....1.30
Hot Cocoa.....1.30

SPRING & SUMMER CYCLE MENU NO. 2

USE WEEK OF:

| | BREAKFAST | LUNCH | SUPPER |
|---|---|---|---|
| S U N D A Y | Fresh Fruit Hot Cereal Pastry Bread | Roast Turkey Sage Dressing Gravy Mash Potato Sweet Peas Cranberry Sauce Ice Cream | Beef Frankfurter Rolls Any Style Potato Sauerkraut-Mustard Relish Purple Plums |
| M O N D A Y | Apple Juice Cold Cereal Boiled Eggs Bread | Veal Parmesan Shells & Tomatoe Sauce Tossed Salad Grated Cheese Pastry | Beef Sausage w/Cheese Grinder Potato Chips Salad Pudding or/Water Melon |
| T U E S D A Y | Grapefruit Juice Hot Cereal Pastry Bread | Grilled Salisbury Steak Pan Fried Potatoe Win. or Sum. Squash Chilled Peaches | Chicken Maryland w/Gravy Buttered Rice Cut Green Beans Cranberry Sauce Jello w/Topping |
| W E D N E S D A Y | Orange Juice Cold Cereal Griddle Cakes Maple Syrup Margarine | Soup of Day Tuna Sandwich Lettuce-Tomatoe Sliced Cheese Cloe Slaw Fruit Pie | Veal Cutlet w/Gravy Baked Potato W/K Corn or Cobb Ice Cream |
| T H U R S D A Y | Fresh Fruit Hot Cereal Pastry Bread | Shells-Meat Sauce Pizza Pie Grated Cheese Antipasto Salad Dressing Pineapple Chunks | INSTITUTIONAL CHOICE |
| F R I D A Y | Grapefruit Juice Cold Cereal Scrambled Eggs Bread or/Eng. Muffins | Soup of Day Open Fried Fish Sandwich Oven Brown Pot. Lett. & Tomatoe Ice Cream | Cheese-Whopper French Fries Catsup Mixed Vegetables Pastry |
| S A T U R D A Y | Tomatoe Juice Hot Cereal Pastry | Braised Beef or/ Stew Buttered Noodles Beet & Onions Sal Apple Betty | Italian Beef Sau sage Mustard Potatoe Augratin Sea'd Cabbage or Vegetable Pastry |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |