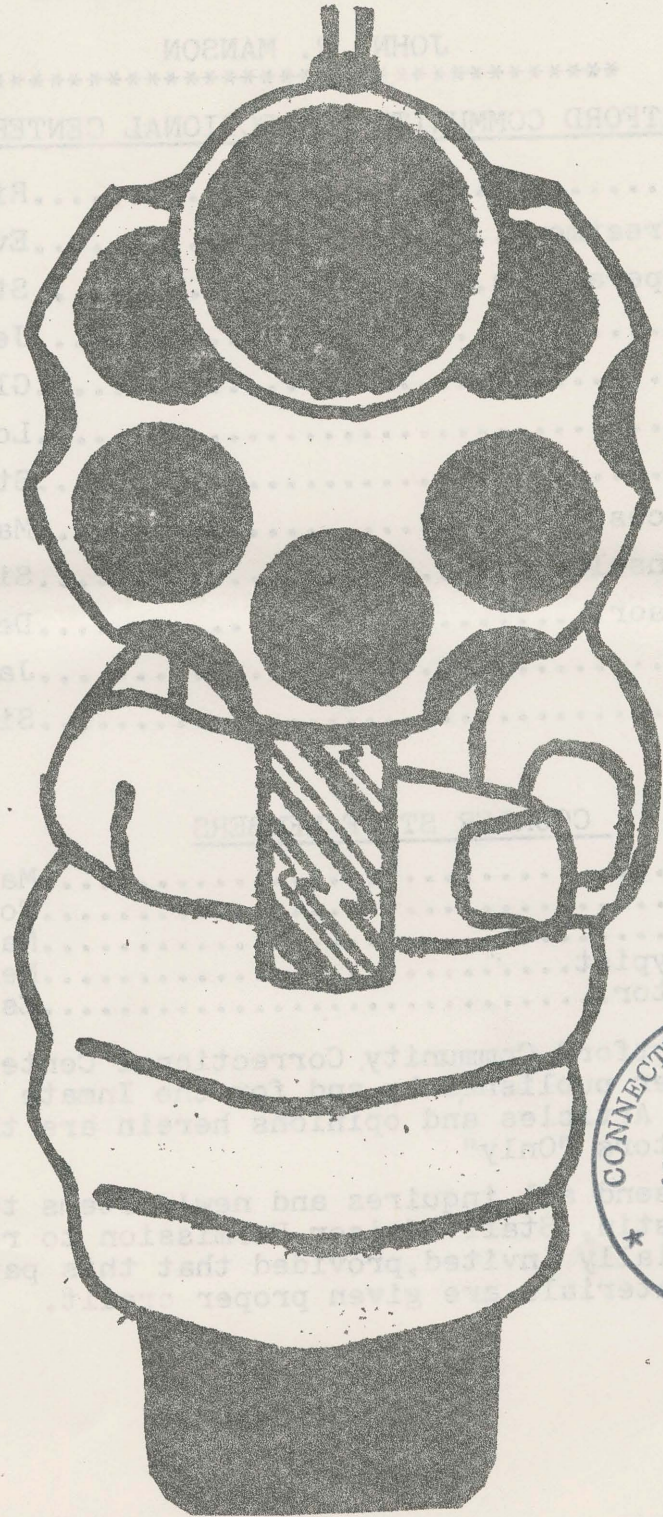


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THE COURIER

Published By and For The Inmates of H.C.C.C. September 10, 1982

HARTFORD CENTER



WHO'S WHO

COMMISSIONER OF CORRECTIONS

JOHN R. MANSON

HARTFORD COMMUNITY CORRECTIONAL CENTER

Warden.....Richard W. Wezowicz
Deputy Warden Treatment.....Eve;yn B. Horn
Deputy Warden Operations.....Stanley Stadnicki
Counselor.....Jean Gladding
Counselor.....Glenn Hamilton
Counselor.....Lou Pelletier
Counselor.....Steve Clark
Addiction Services.....Mary Kilroy
Pre-Release Counselor.....Sister Donna Hoffman
Records Supervisor.....Debra Rubba
Clerk.....Janis J. Jones
Clerk.....Sister Mary Morgan

COURIER STAFF MEMBERS

Staff Advisor.....Mark Kostin
Editor-Lay-Out.....Tommy-T.
Chief Printer.....Marty Keane
Asst: Printer-Typist.....Mex
Spanish Translator.....Escobar

The "Hartford Community Correctional Center Courier" is a weekly paper published by and for the Inmate Community of the H.C.C.C. Articles and opinions herein are the sentiments of the contributors "Only"

Please send all inquires and new's items to the Editor c/o Mr. Mark Kostin, Staff Advisor. Permission to reprint any article is cordially invited, provided that this paper and the Author of the materials are given proper credit.

EDITORIAL

This weeks cover and editorial is pointed in the direction of all those revengeful, bloodthirsty advocates of the death penalty. To those of you who find solutions in the Electric Chair, Gas Chamber, Firing Squad, Hanging and Lethal Injections, I ask " What is your response to the recent development in the case of Mr. George Reissfelder"? To those of you who are unaware or don't wish to be, I want to point out a matter of record. Mr. Reissfelder was tried for murder in the first degree, with the prosecution asking for the death penalty. Mr. Reissfelder was found guilty but was spared the death penalty by the judge. After 16 years in prison the case has been dismissed and he was released after Massachusetts state authorities admit he had been wrongly convicted.

How do you repay a man for sixteen years spent in prison for a crime he did not commit? Does money give him back one of agonizing years? Who of you bloodseekers would of come up with a solution if he had been executed? How do you tell his family "I'm sorry" If he had been executed the need for blood must continue, so now you'd ask that the judge, prosecutor and jury to be executed for "murdering" him, but it doesn't end there now it's the legislature turn because they passed the law, where does this all end?

At no time has the death penalty proven to be a positive factor. It does not deter crimes of violence or crimes in general. All it does is not give the George Reissfelders in this country a chance to prove their innocence. A common statement heard now is "Why should we house these men for the rest of their lives"? and I reply "How much is a life worth"?

For the occasional mistakes the system does make a life sentence at least allows the system the opportunity to rectify its wrong

T A B L E O F C O N T E N T S

S E P T E M B E R 10, 1982

COVER.....WHO-WHO'S

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CALENDAR.....USE OF LIBRARY

NOTICES.....NOTICES

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FAITH POSITIVE.....FAITH POSITIVE

PUZZLE.....PUZZLE

POWERS OF GOOD.....RELIGION

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COMMISSARY.....MENU

PINK CLOUD-A.A.....HOLY-QUARN

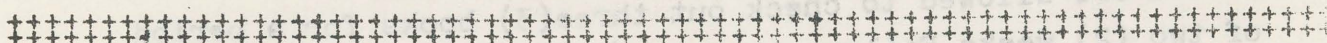
PINK CLOUD-A.A.....SEPTEMBER CALENDAR

COMMUNITY CALENDAR

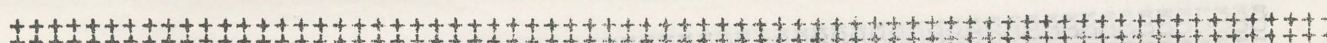
SUNDAY CATHOLIC MASS.....8:30 A.M.
 PROTESTANT SERVICES.....9:30 A.M.
 CATHOLIC BIBLE STUDY PRAYER GROUP.....7:00 P.M.
 SPANISH CATHOLIC SERVICES.....ON CALL



TUESDAY A.A.7:10 P.M.
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THURSDAY PROTESTANT BIBLE STUDY CLASS.....9:00 P.M.



SATURDAY SPANISH RELIGIOUS SERVICES.....8:00 P.M.
 MUSLIM SERVICES.....9:30 P.M.



READING ROOM PRE-TRAIL DETAINEES IN DOUBLE CELL(HOUSING)
 AVAILABLE WEEKLY.SINGLE HOUSING PRE-TRIAL
 MUST REQUEST AND IF THERE IS SPACE WILL BE
 GIVEN PERMISSION.
 MONDAY thru FRIDAY FILL OUT REQUEST.....USE MAIL BOX IN UNIT



Those of you who desire to attend and/or become involved in any of the above activities...Not including Sunday Services...should fill out a request contacting the following:

- MS.MARY KILROY----A.A. REV.E.JOHNSON---PROTESTANT
- + SIS.MARY MORGAN---CATHOLIC C/O L.WILLIAMS(Rev.)READING ROOM

Please Note: Anyone desiring to join the Choir should contact Rev. Johnson, Chaplain. Voice are needed !!!...So you fellows who can hold a tune, come on out and surport the community choir...

NOTICE

PARA: Los Confinados Sentenciados

DE: Mary Kilroy

ASUNTO: Programa F.I.R.E.

ATENCION SENTENCIADOS

Si usted esta: sentenciado

: A 4 mese de la fecha de salida

: Es un adicto a las ol rogas

: Esta interesado en ayuda luego de salir en libertad

Un consejero estara disponible en las proximas semanas para entrevista a los interesados en el programa F.I.R.E. Este programa tratara a pacientes que estando en la calle deseen vincularse a el.

PARA: Confinados Hispanos

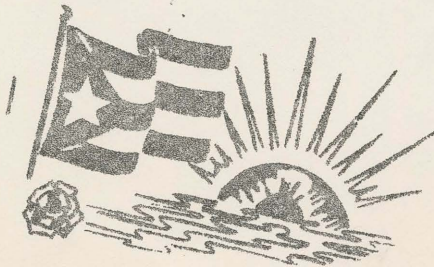
DE: Mary Kilroy

ASUNTO: Programa sobre Alcoholismo

Para los hispanos, existe un programa de informacion sobre el Alcoholismo y se esta llevando a cabo en Hartford bajo los auspicios de el "Instituto De La Familia Hispana."

160 Main St.
Hartford, Ct.

Es especialmente disenado para ayudar a los hispanos interesados y que sean dependientes del alcohol o las drogas. Se espera Comenzar reuniones de A.A. y Alanon en un futuro proximo si usted habla espanol y necesita ayuda para cuando salea dirijase a su consejero o a Mary Kilroy Para mayores informes.



NOTICE

TO : ALL SENTENCED INMATES
FROM : MARY KILROY

SUBJECT : PROJECT F.I.R.E.

ATTENTION SENTENCED MEN

If you are are : sentenced
 : within 4 months of discharge
 : drug dependant
 : interested in outpatient drug counselling
 when you are released.

A counselor will soon be available on a weekly basis to interview men for Project F.I.R.E., an outpatient drug treatment program.

Write a request to Mary Kilroy-Addiction Services Counselor. Please be specific; mention Project F.I.R.E., in the request.

TO : HISPANIC INMATES

FROM : MARY KILROY

SUBJECT: ALCOHOLISM PROGRAM

For your information-Hispanic Alcoholism Program

A new outpatient alcohol program for Spanish speaking men has opened in Hartford. It is introduced by the Institute of The Hispanic Family
160 Main St.
Hartford, Ct. 06

It is specifically designed to provide service to Hispanic Substance abuser, (alcoholic or drug user). They hope to start A.A. and Alanon meetings in the future. If you are Spanish speaking and need help upon release for an alcohol problem, contact your counselor or Mary Kilroy.

HOLY QURAN

7:94. "And we shall not send a Prophet into a town but we overtook its people with distress and affliction in order that they might humble themselves."

6:42 "And certainly we sent messengers to nations thee, then we seized them with distress and affliction in order that they might humble themselves."

My Brothers, try to understand that the Hon. Elijah Muhammad was the messenger sent to America and the so-called negros. Messenger Elijah Muhammad was taught by Almighty God Allah, who appeared to us in the person of Master Fard Muhammad whom we praise forever.

That message that messenger Elijah delivered to America was: "Let my people go." The message that He delivered to the so-called negros was: "Seperate".

America became the enemy of Allah and his messenger and his message. America like those nations before her that was destroyed, has refused to accept God's messenger and message of seperation. Instead America put her propaganda machine to work and labeled messenger Muhammad and the Muslims as Hate teachers. This is America's way of keeping the so-called negros with her. By putting such labels as "Hate teachers", "Anti-Christ", "Unamerican" and so on, on the teaching of Elijah Muhammad.

This kind of well designed Plan is the scheme that is keeping the so-called negros away from their salvation. By America rejecting the truth of messenger Elijah Muhammad teachings has brought about the conditions we are now faced with in America.

CONDITIONS OF AMERICA:

America is breaking into pieces. Murder, robbery, divorce, insanity incest, drugs, the destruction of the educational system, the disenchantment with the christian religion, scandals in the medical field, in government, in industry, torrents of lies, boiling anger, corroding envy.....What a world!

Fraud! In the preface of "The Vulnerable Americans" Curt Gentry wrote: For better or worse, the climate affects our thinking, our moods, and our acts. The climate of fraud which overcasts America today. So touches every part of our lives that, except in extreme circumstances and election years, we are inclined to take it for granted.

The condition is not new: What is new is the extent. During the nineteenth century, when immigration was high, education low, and opportunity waiting just around each corner. Sociologists estimate that probably one out of every ten adult Americans fell victim to a swindle or fraud during his lifetime.

(Continued on next page)

Times have changed. Americans have grown wiser, more sophisticated, less gullible, and alas, perhaps even less imaginative. Today, ten out of ten adult Americans are victims of swindles and frauds, not once or twice during their lifetimes, but almost every time they make a purchase, cast a vote, pay their taxes, invest in the future, seek happiness, entertainment or love.

Never before in the history of the United States have so many been swindled so often in so many different ways out of so much - with so few protesting voices.

At the end of the first chapter of "The Corrupted Land", Fred J. Cook wrote: It is a society that justifies man's biting man, man's biting the organization hand that feeds him - even man's biting his own self. This, then, is a picture of our times, an age in which virtually everyone gets bitten.

Is not what many people call America true: "A dog eat dog world?" America is the chief nation of the white race. She is falling. Her apparently endless array of problems stagger most minds. The learned and the unlearned are in hot conflict over what to do. So much has been spoken and written detailing the current situation of America and the world that we need not review that here.

What I would like to point out here is the fact that White and Black cannot live together in peace. History proves that! In this world one nation is always seeking to be master over the other. And what is right for the master is not right for the nation under them.

And so, all mighty God Allāh has chosen to remove the Black from from among the White. And the fact that America is refusing to let so-called Negroes bring about much confusing in America and the world,

Messenger Muhammad writes in his book, "Our Savior has arrived". Under section: "What the Muslims Believe- Number 9", the Messenger says, "We believe that the offer of intergration is hypocritical and is made by those who are trying to deceive the black people from realizing that the time in history has arrived for the separation from the whites of this nation.

If the white people are truthful about their professed friendship toward the so-called negro, they can prove it by dividing up America with their slaves.

Under section; "What the Muslims want." Number 4. Messenger Muhammad writes: We want people in America whose parents or grandparents were desendants from slaves, to be allowed to establish a separate state or territory of their own - either on this continent or elsewhere. We believe that our former slavemasters are obligated to provide such land and that the area must be fertile and minerally rich. We believe that our former slave masters are obligated to maintain and supply our needs in this separate territory for the next 20 to 25 years - until we are able to produce and supply our needs.

Continued on following page

Tratará de traer semanalmente crucigramas, rompecabezas, problemas y pruebas de conocimiento, así como toda clase de juegos que nos ayuden a pensar un poco en algo diferente.

Se agradece la colaboración de todos los confinados a fin de hacer de esta sección algo ameno. Son invitados todos a enviar sus colaboraciones a la Escuela (Mr. Mark Kostin).

No olviden enviar con sus colaboraciones las soluciones a los problemas que nos envíen.

PROBLEMAS DE HISTORIA

1. _ América fue descubierta por:

- a) Hernán Cortez.
- b) Amerigo Vesputio.
- c) Cristobal Colón.

2. _ América fue descubierta en el año de:

- a) 1.429
- b) 1.492
- c) 1.249

3. _ La primera tierra de América descubierta fue:

- a) Cuba.
- b) Santo Domingo.
- c) Puerto Rico.

4. _ Colón hizo a la América cuantos viajes?

- a) 2
- b) 3
- c) 4

5. _ Donde nació Colón

- a) España.
- b) Portugal.
- c) Italia.

6. _ Los primeros pobladores de Puerto Rico fueron:

- a) Los Caribes.
- b) Los Arwacos.
- c) Los Taínos.

SOLUCION AL CRUCIGRAMA.

Horizontales.

1. Caravanero.
10. Mameluco
12. Tobedó. e
14. A.C
16. Rolo.
17. Da.
18. Nos.
20. Si.
21. Son.
22. Arar.
23. Mama.
24. Pan.
25. Al.
27. Mal.
28. EL.
29. Olas.
31. Re.
32. Aleman.
34. Arenales.

Verticales.

2. A.M
3. Rat.
4. Amor.
5. Velos.
6. Aleli.
7. Nudo.
8. Eco.
9. Ro.
11. Canapes.
13. Canales.
15. Coral.
17. Domar.
19. San.
21. Sam.
25. Alem.
26. Lama.
29. Ole.
30. Sal.
32. Ar.
33. N.E

Solución a los problemas de historia:

1. Res. Cristobal Colón.
2. América fue descubierta en 1.492.
3. La primera tierra descubierta fue Santo Domingo.
4. Colón hizo 4 viajes a América.
5. Colón nació en Génova (Italia).
6. Los primeros de Puerto Rico fueron los Taínos.

Soluciones.

I would like all of you Inmates to pay strict attention to this article, because it does concern all of you. I can not understand why so many of you go around with negative attitudes; bullying other Inmates, lying to each other, stealing and a host of other things that would take too much time to write down. But all of you who are the culprits know what I'm saying. You prey on each other like uncivilized animals, taking no notice that the administration, the brass, and officers are sitting back watching you. They are laughing, shaking their heads and probably saying, "No wonder they are in here, locked up in cages, they act just like wild animals." Don't you realize actions speak louder than words?

It's not what you say you are going to do, it's what you actually do that counts. What you don't seem to realize is that it is very foolish to make a statement such as, "When I get out I'm going to do this or that." Because if you really meant it, you would start right now, while you have plenty of time to get your head clear and set a goal for yourself, no one else. There is too much plotting, scheming, and animosity among the Inmates here, one against the other. Don't forget the lying too. Think about it, who's the loser, you, the person you are directing your under-handness toward or least of all the state employees working at this correctional center? The latter is not locked-up, they make sure we stay here.

Remember, you have no one but yourself to blame for being here, regardless of the circumstances. So why not heed this article and start acting like adults with some sense, instead of wild, naive juveniles. Your future depends very much on your attitude toward life, and you don't have to be a genius to see it, it's "Common Sense". Just think of it this way, "You have to answer for what you do in life, whether it's good or bad, now or later. It's all up to you!"

WRITTEN BY JAMES WORTHAM



I respect you for what you are
seeing all the things I love there.
Yes even the things I don't
but isn't that what friendship
and love are all about.
Knowing and accepting the total;
the whole of another,
not bits and pieces,

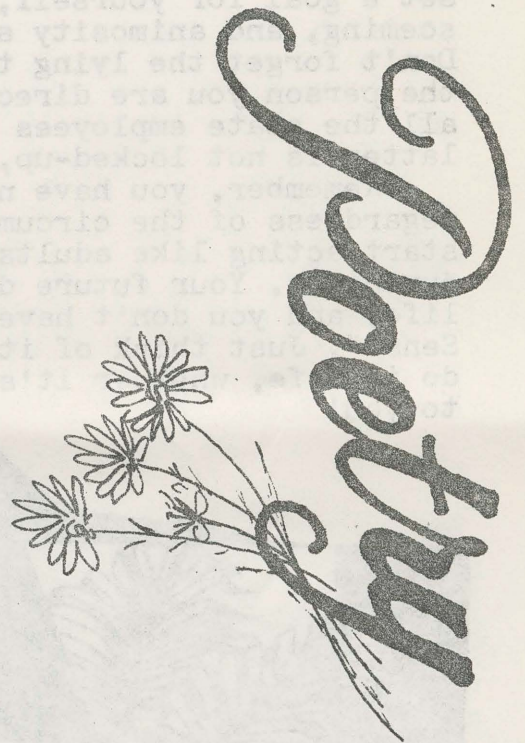
By: Flaco Emmy

I know it hasn't been easy
for you lately.
and I can't even begin to tell you
how much you've been on my mind;
it isn't easy for me.....
Feeling so far away from you
when I want to be close enough
to hold you
and look at you
and to tell you
with all my heart
that everything is going
to be alright
for me and you.

By: Flaco Emmy

I miss you most in the calm of evening
It is then I have time.Y como!
to sit and think of you
without the day's distraction;
these quiet,peaceful moments bring us closer
at least in thought and in my dreams.

By: Flaco Emmy
H.C.C.C



- El Fardol -

Gustavo Adolfo Becquer

Nació en España en 1.835 y murió en 1.870. Representa el poeta pobre luchando penosamente por la vida. Aparece delante de nosotros una figura melancólica, triste, apasionada, dócil. Sus obras lloran con dolor y sufrimiento personales. Aunque son Las Rimas y las leyendas los que le han dado fama mundial. Becquer, también produjo nueve cartas escritas antes de su final seclusión en el monasterio de Vereula donde murió.

Las Rimas (#53)

Volverán las oscuras golondrinas
en tu balcón sus nidos a colgar,
y otra vez con el ala a tus cristales
jugando llamarán.

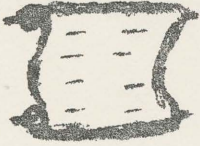
Pero aquellas que el vuelo refrenaban
tu hermosura y mi dicha al contemplar,
aquellas que aprendieron nuestros nombres...,
esas...No volverán!

Volverán las tupidas madreselvas
de tu jardín las tapias a escalar,
y otra vez a la tarde, aun más hermosas,
sus flores abrirán.

Pero aquellas cuajadas de rocío,
cuyas gotas mirábamos temblar...
esas...No volverán!

Volverán del amor en tus oídos
las palabras ardientes a sonar;
tu corazón de su profundo sueño
tal vez despertará.

Pero mudo y absorto y de rodillas,
como se adora a Dios ante su altar.
Como yo te he querido...desengañate,
así no te querrán.



Poetically Speaking



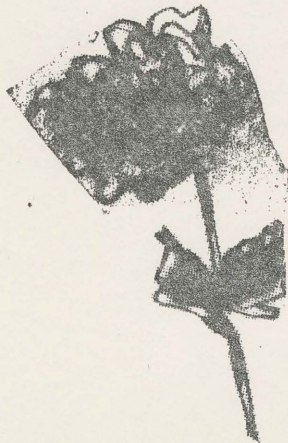
September 10, 1982

Mister Model Train

Buzz goes the Buzzer,
 whoosh goes the door.
 Inmates pass from inside cell,
 then into corridor.
 Slop goes the prisoner's hand
 hard upon the steel
 Switch goes the prison gaurd
 By now he's got the feel.
 One light turns from red to green
 then turns right back to red.
 No one ever turns up missing
 with ole Kasey at the head.

The Watch Maker

As I sit thinking of you,
 I remember a time,
 When I could, and not have
 to say that I was sorry.
 If only I were a watchmaker,
 and could turn back
 the hands of time;
 Gone would be the days
 of discord, and returned
 to Roses, and wine.
 And our kisses would be tender
 like a babies smile
 Oh If I could turn back the hands of time
 If only for a little while



Lament From A Lonely Heart

If only teardrops were diamonds,
 Oh what a Rich man I would be;
 And if my broken dreams were
 horses;
 then every lonely man could ride
 free.
 How like the tired sailor home
 long last home from the sea
 to share a kiss to hold your
 hand
 to gaze into your eyes so pretty
 Why then when I'm so far away,
 I yearn for you dear heart,
 to have, to hold, never again
 to part.
 But when we are together
 it seems we can't abide
 our tender touch turns to
 struggle
 our tears we try to hide
 Our Love hidden benieght the
 turmoil of the times
 Like the new found shoreline
 at low tide
 If part we must then so be it
 I'll pack things and go out
 the door
 and if my eyes seem clear and
 dry It's because dear heart
 I just can't cry anymore

BY: K E N _ F R E E D

HCCC



Submitted By
J. Wortham

Fellow Inmates:

This article is a continuance from last weeks, which was written on the subject of "Freedom". To pick up where I left off, I wrote to you about being "Mentally Free", and also about how to free yourself of that prison. If you remember the first part of this article, it said in so many words to become "your own man", and let God be your strength and your leader. You can also recall that I said it is not easily done, but it is really in all our reach. There are really two(2) ingredients to this problem, but before I go into what they are, let us talk about the physical prison, the one that you can see and feel.

Don't you often wonder why you are in jail, whether it's your first time or your tenth? Ask yourself a question, was it worth it? Did I really get anything out of it, have I gained anything from it? Just think, all this time that you are incarcerated, 3 days, 3 weeks, 3 months, ect..., you can't get that back. You've lost it and what have you got to show for it? If your like the majority of the inmates here you have blank to show for your time spent here. Very often I hear some of the inmates here brag about how many jails they've been in and the amount of time they have served. Tell me something, what is so fantastic about being locked up in a place like this? I mean, do you earn some prestige or honor among inmates because of the number and the amount of time you've been locked up? It seems to me, there is nothing to gain from any of it, only pain, hurt and loss of everything you hold dear. It is also very ill-responsible and naive, because we all know it is wrong to do the things we did to be put here. I say it is about time we realize that you can get nothing for nothing in life, everything you get cost you something. In Thorndike and Barnhart dictionary it defines freedom as this, "Being free: liberty, power if choosing what one will do". We certainly do not fall under that meaning because of the situation we are in.

But I am going to tell you about a way in which you can overcome both prisons, a way that is guaranteed to make you free, truly free. No matter what your problem(s), He can cure it all. And you know what, when everyone else deserts you and you are alone to face your problem, He is still there. Who am I talking about? God. He is the one who loves you and wants to help you. Do not think that He will do it all, you must want His help, search and ask for his help. You must also become strong in your wii-power to want to have a better life. Also remember this too, "All things come to those who wait". We have discussed both kinds of freedom, we can walk away from this jail and leave everything that has happened in the past behind us. You've probably tried everything else, or if you didn't do something good for yourself. Try God, give him a chance to work in your life,

Continued on following page

In the Book of Matthew it says, " Ask, and it shall be open unto you".
(Matthew 7:7-8) Turn your scars into stars and become a positive person in your life, if only for- you.

* Notes for reference: Titus 3:1 / Mark 11: 23-26

By J. Wortham

Do You Use Your Head?

You don't have to be smart to be a success, but it certainly helps. Here are facts science has learned about intelligence.

Your brain is your best asset for getting along in the world. Here, according to scientific findings, are some insights into intelligence.

Q. What is intelligence?

A. It's the ability to use one's past experiences effectively for the solving of present problems and the anticipation of new ones.

There's a vast difference between knowledge and intelligence. Knowing the facts about something is knowledge. Intelligence is the ability to evaluate and use knowledge.

Q. Does a good memory mean you're intelligent?

A. No. You can have a good memory and be below-average in intelligence — or a poor memory and be brilliant, scientific investigations have shown.

Q. Can you increase your intelligence?

A. Most authorities agree that there's little you can do to increase your mental capaci-

By JOHN EPPINGHAM

ty. But we can increase our ability to use those capacities effectively. A person of average intelligence who knows how to use his brains will accomplish far more than a man in the higher IQ brackets who doesn't.

To utilize your brain potential to its fullest, get a good education. It's valuable — not because education will put any more brains in your head, but because it will enable you to use your mind more effectively.

Q. Do large or small families have the smartest children?

A. Small families. A British study of some 70,000 children found that, on the aver-

age, the larger the family, the lower the IQ.

Q. Does the eldest child tend to be the smartest?

A. The British study also showed that first-born and last-born children averaged higher IQs than intervening brothers and sisters. Investigators don't know why.

Q. Does lack of fresh air and adequate exercise affect your ability to think?

A. Yes. Tests show that to function efficiently your brain cells must have a continuous and plentiful supply of oxygen.

To keep your brain functioning at top efficiency, assume a good posture that permits you to breathe properly, getting adequate oxygen into the lungs. And exercise enough to insure good circulation of the blood.

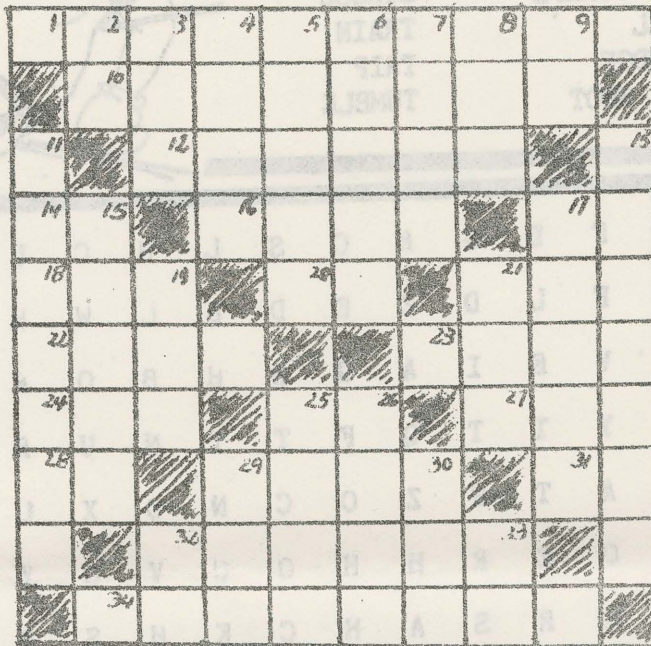


Success in marriage is more than finding the right person; it's being the right person.

— Our Daily Bread

M:

PARATIEMPO



HORIZONTALES.

1. Integrante de caravana.
10. Vestido de niños.
12. Ciudad de España.
14. Antes de Cristo.
16. Pedazo de palo.
17. Regala.
18. Pronombre personal.
20. Afirmativo.
21. Se quedó en Cuba.
22. Labrar la tierra.
23. La vieja.
24. El nuestro de todos los días.
25. Contracción.
27. Enfermedad.
28. Artículo.
29. Van y vienen.
31. Nota musical.
32. Germano.
34. Áridos y sin vegetación.

VERTICALES.

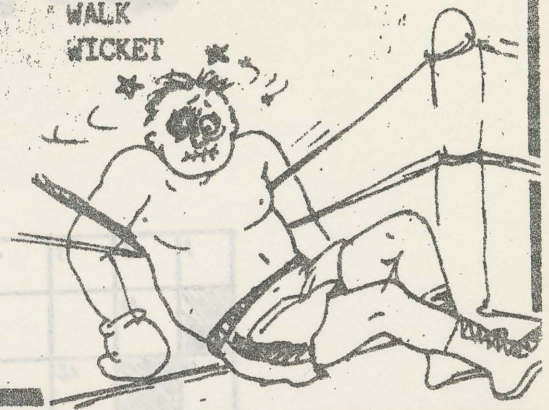
2. Antes del mediodía
3. Rata inglesa.
4. Todos lo buscamos.
5. Sirve para tapar. Plural.
6. Flor de canción.
7. Enredo.
8. Nos devuelve la voz.
9. Repetido canto para niños.
11. Abrebocas.
13. Apellido.
15. Grupo de voces.
17. Amansar.
19. Apocope de santo.
21. El tío gringo.
25. Apodo de mujer, al revés.
26. Vive en el Tibet.
29. Exclamación torera.
30. El sabor.
32. Terminación verbal.
33. Noreste.

BACK SEAT
 BATH
 BEATING
 BREATHER
 CENSUS
 CHANCE
 COURSE
 CRUISE
 DEGREE
 FIRM HOLD

HINT
 HOLIDAY
 LETTER
 LIBERTY
 LOOK
 PEEP
 PHOTOGRAPH
 PILL
 PLEDGE
 POT SHOT

POWDER
 REST
 SEAT
 SHOWER
 STAND
 STROLL
 TRAIN
 TRIP
 TUMBLE

WALK
 WICKET



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

POWERS OF GOOD

With every power for good to stay and guide me,
comforted and inspired beyond all fear,
I'll live these days with you in thought beside me,
and pass, with you, into the coming year.

The old year still torments our hearts, unhastening;
the long days of our sorrow still endure;
Father, grant to the souls thou hast been chastening
that thou hast promised, the healing and the cure.

Should it be ours to drain the cup of grieving
even to the dregs of pain, at thy command,
we will not falter, thankfully receiving
all that is given by thy loving hand.

But should it be thy will once more to release us
to life's enjoyment and it's good sunshine,
that which we've learned from sorrow shall increase us,
and all our life be dedicate as thine.

Today, let candles shed their radiant greeting;
lo, on our darkness are they not thy light
leading us, haply, to our longed-for meeting?
Thou canst illumine even our darkest night.

When now the silence deepens for our hearkening,
grant we may hear thy children's voices raise
from all the unseen world around us darkening
their universal paeon, in thy praise.

While all powers of good aid and attend us,
boldly we'll face the future, come what may
At even and at morn God will befriend us,
and oh, most surely on each newborn day!

BY, Dietrich Bondoeffer

Submitted: By, Tommy-T



RELIGION



'MY PEACE
I GIVE UNTO YOU'

Prayer

for

Thy Fortunate Blessing Of Peace Of Mind!

"Hold fast that which is
good!"

(1 Thessalonians 5:21)

O Heavenly Father, how different everything seems when I shut away the cares of this World...and come to talk with Thee! For it is here in Prayer that my mind and body relax... and I find quiet contentment!

This means so much to me, Dear Lord, because I am often so tense and nervous! How fortunately Blessed I would be if only I could have more Peace of Mind!

Please show me the way to such Peace! Whenever I start to get upset about things...whenever I start to think of unpleasant matters...let me pause right then and there! Let me say to myself: "No! No! I will not dwell on such bad thoughts! I WILL HOLD FAST TO THAT WHICH IS GOOD! For God is Good, and He is with me this very moment!"

Thou wilt help me, I know, and I offer my Loving Thanks! In Thy Name.

—Amen

A Special Prayer Prepared For You By
Life-Study Fellowship, Noroton, Conn. 06820

PRO FOOTBALL '82

(All Times Local) AMERICAN CONFERENCE

BALTIMORE

Sept. 13—New England 3 p.m.
 Sept. 19—at Miami 4 p.m.
 Sept. 26—New York Jets 4 p.m.
 Oct. 3—at Detroit 1 p.m.
 Oct. 10—Buffalo 3 p.m.
 Oct. 17—at Cleveland 1 p.m.
 Oct. 24—Miami 2 p.m.
 Oct. 31—Tampa Bay 2 p.m.
 Nov. 7—at New England 1 p.m.
 Nov. 14—Oakland 2 p.m.
 Nov. 21—at New York Jets 1 p.m.
 Nov. 28—at Buffalo 1 p.m.
 Dec. 5—Cincinnati 2 p.m.
 Dec. 12—at Minnesota 12 p.m.
 Dec. 19—Green Bay 2 p.m.
 Dec. 26—at San Diego 1 p.m.

BUFFALO

Sept. 12—Kansas City 1 p.m.
 Sept. 16—Minnesota (Thurs) 8:30 p.m.
 Sept. 26—at Houston 12 p.m.
 Oct. 3—New England 1 p.m.
 Oct. 10—at Baltimore 2 p.m.
 Oct. 18—at New York Jets (Mon) 9 p.m.
 Oct. 24—Detroit 1 p.m.
 Oct. 31—at Denver 2 p.m.
 Nov. 7—New York Jets 4 p.m.
 Nov. 14—at New England 1 p.m.
 Nov. 21—Miami 1 p.m.
 Nov. 28—Baltimore 1 p.m.
 Dec. 5—vs. Green Bay (Milw.) 12 p.m.
 Dec. 12—Pittsburgh 1 p.m.
 Dec. 19—at Tampa Bay 1 p.m.
 Dec. 27—at Miami (Mon) 9 p.m.

CINCINNATI

Sept. 12—Houston 1 p.m.
 Sept. 19—at Pittsburgh 1 p.m.
 Sept. 27—at Cleveland (Mon) 9 p.m.
 Oct. 3—Miami 1 p.m.
 Oct. 10—at New England 1 p.m.
 Oct. 17—at New York Giants 1 p.m.
 Oct. 24—Dallas 9 p.m.
 Oct. 31—Pittsburgh 1 p.m.
 Nov. 7—Washington 1 p.m.
 Nov. 14—at Houston 12 p.m.
 Nov. 21—at Philadelphia 1 p.m.
 Nov. 28—Oakland 1 p.m.
 Dec. 5—at Baltimore 2 p.m.
 Dec. 12—Cleveland 1 p.m.
 Dec. 20—at San Diego (Mon) 6 p.m.
 Dec. 26—Seattle 1 p.m.

CLEVELAND

Sept. 12—at Seattle 1 p.m.
 Sept. 19—Philadelphia 1 p.m.
 Sept. 27—Cincinnati (Mon) 9 p.m.
 Oct. 3—at Washington 1 p.m.
 Oct. 10—at Oakland 1 p.m.
 Oct. 17—Baltimore 1 p.m.
 Oct. 24—at Pittsburgh 1 p.m.
 Oct. 31—Houston 1 p.m.
 Nov. 7—New York Giants 1 p.m.
 Nov. 14—at Miami 4 p.m.
 Nov. 21—New England 1 p.m.
 Nov. 28—at Dallas (Thurs) 3 p.m.
 Dec. 5—San Diego 1 p.m.
 Dec. 12—at Cincinnati 1 p.m.
 Dec. 19—Pittsburgh 1 p.m.
 Dec. 26—at Houston 12 p.m.

DENVER

Sept. 12—San Diego 2 p.m.
 Sept. 19—San Francisco 2 p.m.
 Sept. 26—at New Orleans 12 p.m.
 Oct. 3—Pittsburgh 2 p.m.
 Oct. 10—at New York Jets 4 p.m.
 Oct. 17—at Houston 12 p.m.
 Oct. 24—Oakland 2 p.m.
 Oct. 31—Buffalo 2 p.m.
 Nov. 7—at Seattle 1 p.m.
 Nov. 14—at Kansas City 12 p.m.
 Nov. 21—Seattle 2 p.m.
 Nov. 28—at San Diego 1 p.m.
 Dec. 5—Atlanta 2 p.m.
 Dec. 12—at Los Angeles 1 p.m.
 Dec. 19—Kansas City 2 p.m.
 Dec. 26—at Oakland 1 p.m.

HOUSTON

Sept. 19—at Cincinnati 1 p.m.
 Sept. 26—Seattle 3 p.m.
 Sept. 26—Buffalo 12 p.m.

Oct. 3—at New York Jets 1 p.m.
 Oct. 10—at Kansas City 12 p.m.
 Oct. 17—Denver 12 p.m.
 Oct. 24—Washington 12 p.m.
 Oct. 31—at Cleveland 1 p.m.
 Nov. 7—at Pittsburgh 1 p.m.
 Nov. 14—Cincinnati 12 p.m.
 Nov. 21—Pittsburgh 12 p.m.
 Nov. 28—at New England 1 p.m.
 Dec. 5—at New York Giants 1 p.m.
 Dec. 13—Dallas (Mon) 8 p.m.
 Dec. 19—at Philadelphia 1 p.m.
 Dec. 26—Cleveland 12 p.m.

KANSAS CITY

Sept. 12—at Buffalo 1 p.m.
 Sept. 19—San Diego 12 p.m.
 Sept. 23—Atlanta (Thurs) 7:30 p.m.
 Oct. 3—at Seattle 1 p.m.
 Oct. 10—Houston 12 p.m.
 Oct. 17—at San Diego 1 p.m.
 Oct. 24—New York Jets 12 p.m.
 Oct. 31—Seattle 12 p.m.
 Nov. 7—at Oakland 1 p.m.
 Nov. 14—Denver 12 p.m.
 Nov. 21—at New Orleans 12 p.m.
 Nov. 28—at Los Angeles 1 p.m.
 Dec. 5—at Pittsburgh 1 p.m.
 Dec. 12—Oakland 3 p.m.
 Dec. 19—at Denver 2 p.m.
 Dec. 26—San Francisco 12 p.m.

MIAMI

Sept. 12—at New York Jets 4 p.m.
 Sept. 19—Baltimore 4 p.m.
 Sept. 26—at Green Bay 12 p.m.
 Oct. 3—at Cincinnati 1 p.m.
 Oct. 10—Detroit 4 p.m.
 Oct. 17—New England 1 p.m.
 Oct. 24—at Baltimore 2 p.m.
 Oct. 31—at Oakland 1 p.m.
 Nov. 8—San Diego (Mon) 9 p.m.
 Nov. 14—Cleveland 4 p.m.
 Nov. 21—at Buffalo 1 p.m.
 Nov. 28—at Tampa Bay (Mon) 9 p.m.
 Dec. 5—Minnesota 1 p.m.
 Dec. 12—at New England 1 p.m.
 Dec. 18—New York Jets (Sat) 12:30 p.m.
 Dec. 27—Buffalo (Mon) 9 p.m.

NEW ENGLAND

Sept. 12—at Baltimore 2 p.m.
 Sept. 19—New York Jets 1 p.m.
 Sept. 26—Seattle 1 p.m.
 Oct. 3—at Buffalo 1 p.m.
 Oct. 10—Cincinnati 1 p.m.
 Oct. 17—at Miami 1 p.m.
 Oct. 24—St. Louis 1 p.m.
 Oct. 31—at New York Jets 1 p.m.
 Nov. 7—Baltimore 1 p.m.
 Nov. 14—Buffalo 1 p.m.
 Nov. 21—at Cleveland 1 p.m.
 Nov. 28—Houston 1 p.m.
 Dec. 5—at Chicago 12 p.m.
 Dec. 12—Miami 1 p.m.
 Dec. 19—at Seattle 1 p.m.
 Dec. 26—at Pittsburgh 1 p.m.

NEW YORK JETS

Sept. 12—Miami 4 p.m.
 Sept. 19—at New England 1 p.m.
 Sept. 26—at Baltimore 4 p.m.
 Oct. 3—Houston 1 p.m.
 Oct. 10—Denver 4 p.m.
 Oct. 18—Buffalo (Mon) 9 p.m.
 Oct. 24—at Kansas City 12 p.m.
 Oct. 31—New England 1 p.m.
 Nov. 7—at Buffalo 4 p.m.
 Nov. 14—at Pittsburgh 1 p.m.
 Nov. 21—Baltimore 1 p.m.
 Nov. 28—Green Bay 1 p.m.
 Dec. 6—at Detroit (Mon) 9 p.m.
 Dec. 12—Tampa Bay 1 p.m.
 Dec. 18—at Miami (Sat) 12:30 p.m.
 Dec. 26—at Minnesota 12 p.m.

LOS ANGELES

Sept. 12—at San Francisco 1 p.m.
 Sept. 19—at Atlanta 1 p.m.
 Sept. 26—at San Diego 1 p.m.
 Oct. 3—New Orleans 1 p.m.
 Oct. 10—Cleveland 1 p.m.
 Oct. 17—at Seattle 1 p.m.
 Oct. 24—at Denver 2 p.m.
 Oct. 31—Miami 1 p.m.

Nov. 7—Kansas City 1 p.m.
 Nov. 14—at Baltimore 2 p.m.
 Nov. 22—San Diego (Mon) 6 p.m.
 Nov. 29—at Cincinnati 1 p.m.
 Dec. 5—Seattle 1 p.m.
 Dec. 12—at Kansas City 3 p.m.
 Dec. 18—Los Angeles (Sat) 1 p.m.
 Dec. 26—Denver 1 p.m.

PITTSBURGH

Sept. 13—at Dallas (Mon) 8 p.m.
 Sept. 19—Cincinnati 1 p.m.
 Sept. 26—New York Giants 1 p.m.
 Oct. 3—at Denver 2 p.m.
 Oct. 11—Philadelphia (Mon) 9 p.m.
 Oct. 17—at Washington 1 p.m.
 Oct. 24—Cleveland 1 p.m.
 Oct. 31—at Cincinnati 1 p.m.
 Nov. 7—Houston 1 p.m.
 Nov. 14—New York Jets 1 p.m.
 Nov. 21—at Houston 12 p.m.
 Nov. 28—at Seattle 1 p.m.
 Dec. 5—Kansas City 1 p.m.
 Dec. 12—at Buffalo 1 p.m.
 Dec. 19—at Cleveland 1 p.m.
 Dec. 26—New England 1 p.m.

SAN DIEGO

Sept. 12—at Denver 2 p.m.
 Sept. 19—at Kansas City 12 p.m.

PRO FOOTBALL '82

Sept. 26—Oakland 1 p.m.
 Oct. 3—at Atlanta 1 p.m.
 Oct. 10—Seattle 1 p.m.
 Oct. 17—Kansas City 1 p.m.
 Oct. 24—at Seattle 1 p.m.
 Oct. 31—Los Angeles 1 p.m.
 Nov. 8—at Miami (Mon) 9 p.m.
 Nov. 14—New Orleans 1 p.m.
 Nov. 22—at Oakland (Mon) 6 p.m.
 Nov. 28—Denver 1 p.m.
 Dec. 5—at Cleveland 1 p.m.
 Dec. 11—at San Francisco (Sat) 1 p.m.
 Dec. 20—Cincinnati (Mon) 6 p.m.
 Dec. 26—Baltimore 1 p.m.

SEATTLE

Sept. 12—Cleveland 1 p.m.
 Sept. 19—at Houston 3 p.m.
 Sept. 26—at New England 1 p.m.
 Oct. 2—Kansas City 1 p.m.
 Oct. 10—at San Diego 1 p.m.
 Oct. 17—Oakland 1 p.m.
 Oct. 24—San Diego 1 p.m.
 Oct. 31—at Kansas City 12 p.m.
 Nov. 7—Denver 1 p.m.
 Nov. 14—at St. Louis 12 p.m.
 Nov. 21—at Denver 2 p.m.
 Nov. 28—Pittsburgh 1 p.m.
 Dec. 5—at Oakland 1 p.m.
 Dec. 12—Chicago 1 p.m.
 Dec. 19—New England 1 p.m.
 Dec. 26—at Cincinnati 1 p.m.

NATIONAL CONFERENCE

ATLANTA

Sept. 12—at New York Giants 1 p.m.
 Sept. 19—Oakland, 1 p.m.
 Sept. 23—at Kansas City (Thurs), 7:30 p.m.
 Oct. 3—San Diego, 1 p.m.
 Oct. 10—at Los Angeles, 1 p.m.
 Oct. 17—at Detroit, 1 p.m.
 Oct. 24—San Francisco, 1 p.m.
 Oct. 31—at New Orleans, 12 p.m.
 Nov. 7—at Chicago, 12 p.m.
 Nov. 15—Philadelphia (Mon), 9 p.m.
 Nov. 21—Los Angeles 1 p.m.
 Nov. 28—St. Louis, 1 p.m.
 Dec. 5—at Denver, 2 p.m.
 Dec. 12—New Orleans, 4 p.m.
 Dec. 19—at San Francisco, 6 p.m.
 Dec. 26—Green Bay, 1 p.m.

CHICAGO

Sept. 12—at Detroit, 1 p.m.
 Sept. 19—New Orleans, 12 p.m.
 Sept. 26—at San Francisco, 1 p.m.
 Oct. 3—Minnesota, 12 p.m.
 Oct. 10—Green Bay, 12 p.m.
 Oct. 17—at St. Louis, 12 p.m.
 Oct. 24—Tampa Bay, 12 p.m.
 Oct. 31—at Green Bay, 12 p.m.
 Nov. 7—Atlanta, 12 p.m.
 Nov. 14—at Tampa Bay, 1 p.m.
 Nov. 21—Detroit, 12 p.m.
 Nov. 28—at Minnesota, 12 p.m.
 Dec. 5—New England, 12 p.m.
 Dec. 12—at Seattle, 1 p.m.
 Dec. 19—St. Louis, 12 p.m.
 Dec. 26—at Los Angeles, 1 p.m.

DALLAS

Sept. 13—Pittsburgh (Mon), 8 p.m.
 Sept. 19—at St. Louis, 12 p.m.
 Sept. 26—at Minnesota, 12 p.m.
 Oct. 3—New York Giants, 3 p.m.
 Oct. 10—Washington, 12 p.m.
 Oct. 17—at Philadelphia, 4 p.m.
 Oct. 24—at Cincinnati, 9 p.m.
 Oct. 31—at New York Giants
 Nov. 7—St. Louis, 12 p.m.
 Nov. 14—at San Francisco, 1 p.m.
 Nov. 21—Tampa Bay, 12 p.m.
 Nov. 28—Cleveland (Thanks), 3 p.m.
 Dec. 5—at Washington, 4 p.m.
 Dec. 12—at Houston (Mon.), 8 p.m.
 Dec. 19—New Orleans, 3 p.m.
 Dec. 26—Philadelphia, 3 p.m.

DETROIT

Sept. 12—Chicago, 1 p.m.
 Sept. 19—at Los Angeles, 1 p.m.
 Sept. 26—Tampa Bay, 1 p.m.
 Oct. 3—Baltimore, 1 p.m.
 Oct. 10—at Miami, 4 p.m.

Oct. 17—Atlanta, 1 p.m.
 Oct. 24—at Buffalo, 1 p.m.
 Nov. 1—at Minnesota (Mon), 8 p.m.
 Nov. 7—at Philadelphia, 1 p.m.
 Nov. 14—Green Bay, 1 p.m.
 Nov. 21—at Chicago, 12 p.m.
 Nov. 28—New York Giants (Thanks), 12:30 p.m.
 Dec. 6—New York Jets, (Mon), 9 p.m.
 Dec. 12—at Green Bay, 12 p.m.
 Dec. 19—Minnesota, 1 p.m.
 Dec. 26—at Tampa Bay, 1 p.m.

GREEN BAY

Sept. 12—Los Angeles (Milw), 12 p.m.
 Sept. 20—at New York Giants, 9 p.m.
 Sept. 26—Miami, 12 p.m.
 Oct. 3—Philadelphia, 12 p.m.
 Oct. 10—at Chicago, 12 p.m.
 Oct. 17—Tampa Bay, 12 p.m.
 Oct. 24—at Minnesota 12 p.m.
 Oct. 31—Chicago, 12 p.m.
 Nov. 7—at Tampa Bay, 1 p.m.
 Nov. 14—at Detroit, 1 p.m.
 Nov. 21—Minnesota (Milw), 12 p.m.
 Nov. 28—at New York Jets, 1 p.m.
 Dec. 5—Buffalo (Milw), 12 p.m.
 Dec. 12—Detroit, 12 p.m.
 Dec. 19—at Baltimore, 2 p.m.
 Dec. 26—at Atlanta, 1 p.m.

LOS ANGELES

Sept. 12—vs Green Bay (Milw), 12 p.m.
 Sept. 19—Detroit, 1 p.m.
 Sept. 26—at Philadelphia, 1 p.m.
 Oct. 3—at St. Louis, 12 p.m.
 Oct. 10—Atlanta, 1 p.m.
 Oct. 17—at San Francisco, 1 p.m.
 Oct. 24—New Orleans, 1 p.m.
 Oct. 31—at San Diego, 1 p.m.
 Nov. 7—at New Orleans, 12 p.m.
 Nov. 14—New York Giants, 1 p.m.
 Nov. 21—at Atlanta, 1 p.m.
 Nov. 28—Kansas City, 1 p.m.
 Dec. 2—San Francisco (Thurs), 6 p.m.
 Dec. 12—Denver, 1 p.m.
 Dec. 18—at Oakland (Sat), 1 p.m.
 Dec. 26—Chicago, 1 p.m.

MINNESOTA

Sept. 12—Tampa Bay, 12 p.m.
 Sept. 16—at Buffalo (Thurs), 8:30 p.m.
 Sept. 26—Dallas, 12 p.m.
 Oct. 3—at Chicago, 12 p.m.
 Oct. 10—at Tampa Bay, 1 p.m.
 Oct. 17—New Orleans, 12 p.m.
 Oct. 24—Green Bay, 12 p.m.
 Nov. 14—Detroit (Mon), 8 p.m.
 Nov. 7—at San Francisco, 1 p.m.
 Nov. 14—at Washington, 1 p.m.
 Nov. 21—vs Green Bay (Milw), 12 p.m.
 Nov. 28—Chicago, 12 p.m.
 Dec. 5—at Miami, 1 p.m.
 Dec. 12—Baltimore, 12 p.m.
 Dec. 19—at Detroit, 1 p.m.
 Dec. 26—New York Jets, 12 p.m.

NEW ORLEANS

Sept. 12—St. Louis, 12 p.m.
 Sept. 19—at Chicago, 12 p.m.
 Sept. 26—Denver, 12 p.m.
 Oct. 3—at Oakland, 1 p.m.
 Oct. 10—San Francisco, 12 p.m.
 Oct. 17—at Minnesota, 12 p.m.
 Oct. 24—at Los Angeles, 1 p.m.
 Oct. 31—Atlanta, 12 p.m.
 Nov. 7—Los Angeles, 12 p.m.
 Nov. 14—at San Diego, 1 p.m.
 Nov. 21—Kansas City, 12 p.m.
 Nov. 28—at San Francisco, 1 p.m.
 Dec. 5—Tampa Bay, 12 p.m.
 Dec. 12—at Atlanta, 4 p.m.
 Dec. 19—at Dallas, 3 p.m.
 Dec. 26—Washington, 12 p.m.

NEW YORK GIANTS

Sept. 12—Atlanta, 1 p.m.
 Sept. 20—Green Bay (Mon), 9 p.m.
 Sept. 26—at Pittsburgh, 1 p.m.
 Oct. 3—at Dallas, 3 p.m.
 Oct. 10—St. Louis, 1 p.m.
 Oct. 17—Cincinnati, 1 p.m.
 Oct. 25—at Philadelphia (Mon), p.m.
 Oct. 31—Dallas, 4 p.m.
 Nov. 7—at Cleveland, 1 p.m.
 Nov. 14—at Los Angeles, 1 p.m.

Nov. 21—Washington, 4 p.m.
 Nov. 25—at Detroit (Thanks), 12:30 p.m.
 Dec. 5—Houston, 1 p.m.
 Dec. 11—Philadelphia (Sat), 12:30 p.m.
 Dec. 19—at Washington, 1 p.m.
 Dec. 26—at St. Louis, 12 p.m.

PHILADELPHIA

Sept. 12—Washington, 1 p.m.
 Sept. 19—at Cleveland, 1 p.m.
 Sept. 26—Los Angeles, 1 p.m.
 Oct. 3—vs Green Bay (Milw), 12 p.m.
 Oct. 11—at Pittsburgh (Mon), 9 p.m.
 Oct. 17—Dallas, 4 p.m.
 Oct. 25—New York Giants (Mon), 9 p.m.
 Oct. 31—at St. Louis, 12 p.m.
 Nov. 7—Detroit, 1 p.m.
 Nov. 15—at Atlanta (Mon), 9 p.m.
 Nov. 21—Cincinnati, 1 p.m.
 Nov. 28—at Washington, 1 p.m.
 Dec. 5—St. Louis, 1 p.m.
 Dec. 11—at New York Giants (Sat), 1:30 p.m.
 Dec. 19—Houston, 1 p.m.
 Dec. 26—at Dallas, 3 p.m.

ST. LOUIS

Sept. 12—at New Orleans 12 p.m.
 Sept. 19—Dallas 12 p.m.
 Sept. 26—at Washington 1 p.m.
 Oct. 3—Los Angeles 12 p.m.
 Oct. 10—at New York Giants 1 p.m.
 Oct. 17—Chicago 12 p.m.
 Oct. 24—at New England 1 p.m.
 Oct. 31—Philadelphia 12 p.m.
 Nov. 7—at Dallas 12 p.m.
 Nov. 14—Seattle 12 p.m.
 Nov. 21—San Francisco 3 p.m.
 Nov. 28—at Atlanta 1 p.m.
 Dec. 5—at Philadelphia 1 p.m.
 Dec. 12—Washington 12 p.m.
 Dec. 19—at Chicago 12 p.m.
 Dec. 26—New York Giants 12 p.m.

SAN FRANCISCO

Sept. 12—Oakland 1 p.m.
 Sept. 19—at Denver 2 p.m.
 Sept. 26—Chicago 1 p.m.
 Oct. 4—at Tampa Bay (Mon) 9 p.m.
 Oct. 10—at New Orleans 12 p.m.
 Oct. 17—Los Angeles 1 p.m.
 Oct. 24—at Atlanta 1 p.m.
 Oct. 31—at Washington 1 p.m.
 Nov. 7—Minnesota 1 p.m.
 Nov. 14—Dallas 1 p.m.
 Nov. 21—at St. Louis 3 p.m.
 Nov. 28—New Orleans 1 p.m.
 Dec. 2—at Los Angeles (Thurs) 6 p.m.
 Dec. 11—San Diego (Sat) 1 p.m.
 Dec. 19—Atlanta 6 p.m.
 Dec. 26—at Kansas City 12 p.m.

TAMPA BAY

Sept. 12—at Minnesota 12 p.m.
 Sept. 19—Washington 4 p.m.
 Sept. 26—at Detroit 1 p.m.
 Oct. 4—San Francisco 9 p.m.
 Oct. 10—Minnesota 1 p.m.
 Oct. 17—at Green Bay 12 p.m.
 Oct. 24—at Chicago 12 p.m.
 Oct. 31—at Baltimore 2 p.m.
 Nov. 7—Green Bay 1 p.m.
 Nov. 14—Chicago 1 p.m.
 Nov. 21—at Dallas 12 p.m.
 Nov. 29—Miami (Mon) 9 p.m.
 Dec. 5—at New Orleans 12 p.m.
 Dec. 12—at New York Jets 1 p.m.
 Dec. 19—Buffalo 1 p.m.
 Dec. 26—Detroit 1 p.m.

WASHINGTON

Sept. 12—at Philadelphia 1 p.m.
 Sept. 19—at Tampa Bay 4 p.m.
 Sept. 26—St. Louis 1 p.m.
 Oct. 3—Cleveland 1 p.m.
 Oct. 10—at Dallas 12 p.m.
 Oct. 17—Pittsburgh 1 p.m.
 Oct. 24—at Houston 12 p.m.
 Oct. 31—San Francisco 1 p.m.
 Nov. 7—at Cincinnati 1 p.m.
 Nov. 14—Minnesota 1 p.m.
 Nov. 21—at New York Giants 4 p.m.
 Nov. 28—Philadelphia 1 p.m.
 Dec. 5—Dallas 4 p.m.
 Dec. 12—at St. Louis 12 p.m.
 Dec. 19—New York Giants 1 p.m.
 Dec. 26—at New Orleans 12 p.m.

COMMUNITY CORRECTIONAL
CENTER, HARTFORD
COMMISSARY LIST

Revised as of September 10, 1982

TOBACCO & ACC.

CAMEL.....50¢/pk.
NEWPORT.....50
KOOL.....50
PALL MALL.....50
Marlboro.....50
Winston.....50
Salem.....50
Generic (P)....35
Generic (M)....35
Apple Blend....65
Cherry Blend...65
Bourbon Blend..65
Half&half.....65
Tijuana Smalls.60
Phillie Tips...35
Parodi.....60
Dutch Masters..90
Pipe.....1.00
Pipe Filters...30

STATIONARY & ACC.

Color Pencils....1.80
Charcoal Pencils...50
Kneaded Eraser....50
Drawing Pad.....1.70
Legal Pad.....50
Writing Pad.....50
Type.Paper.....10/15
Legal Envelopes....15
Carbon Paper.....05
Stamped Envelopes3/70
Pen.....20
Picture Frame....1.70
(Give color choice,
they are mixed and we
will try to give you
a first or second
choice of color you
ordered)

MISC. ITEMS

Face Cloth.....30
Mouth Wash.....50
Tooth Brush.....20
Drinking Cup.....70
Shower Clog.....90
Playing Cards.....80
Pinochle Cards.....75
Baseball Caps.....2.60
Towel(brown/Blue)....2.50
Hankerchief(White)....40
White Socks(1size fits
all).....1.00
Shorts(sizes:28,30,32,34,
36,38,40,42,44,46)....2.10
T-Shirts(White)
give size:S,M,L,XL)...1.80
Gym Shorts(give size:S,M,
L,XL).....3.50
Fan.....18.00
Desk Lamp.....24.00
Radio.....40.00
Typewriter.....90.00
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.)
Tylenol (LIMIT 2).....15

MUNCH

Almond Joy.....25

MUNCH

Bit-O-Honey.....25
M & M.....25
M & M(PNUT).....25
Milky Way.....25
Snickers.....25
O-Henry.....25
Mounds.....25
Reeses Btr.Cups....25
Pepper.Patty.....25
3 Musketeers.....25
Tootsie Rolls.....25
Peanuts.....25
Life Savers.....20
Licoriche.....20
Fig Newtons.....25
Oreos.....25
Pastry.....25
P.Btr.Cookies.....20
Popcorn.....20
Potatoe Chips.....20
Potatoe Stix.....20
Coffee Cakes.....25
Drake Pie.....25
Powder Doughnuts...30
Slim Jim.....25
Funch.....10
Cough Drops,Reg/Cher35
Freeze Pops.....05
Ice Cream Sandwich..20

SIP

Kool Aid.....80
Orange Dink.....50
Ice Tea.....1.00
Coffee,Inst.....2.10
Hot Cocoa.....1.30
Sugar.....1.70
Creamora.....1.30
Soda.....20

NEW ITEM'S In Store

Balsam Hair Conditione
16 oz.....\$2.1
Balsam Treatment Shamp
16 oz.....\$1.6
B-B-Q- Chips.....2
Cheese'n Crackers....2
Dictionary's.....\$3.0
Pencils #2.....

Cosmetics & Acc.

Palmolive soap.....50
Ivory Soap.....25
Cocoa Btr.Soop....1.00
Baby Shampoo.....1.20
Head&Shoulders...1.30
Afro Sheen Shamp..1.00
Sulp.8 Shampoo....1.35
Coc.Btr.Sampoo...1.70
Soap Dish.....40
Crest.....60
Colgate.....60
Sulp.8Condit.....1.20
VO-5 Condit.....1.90
Royal Crown.....80
Blue Dutchess....1.00
Cocoa Btr.Stick...1.30
Cocoa Btr.Oil.....1.70
Noxema.....1.60
Jergins(Yellow)...1.45
Jergin(white)....1.45
Dial Deod.....90
Menn.Deod.....1.45
Menn.Afts.....1.40
Chapstick.....70
Menn.Powder.....1.45
Perma Grip.....1.30
Polid.Cleaner....1.40
Denture Cup.....90
Hair Brush.....1.10
Reg.Comb.....05
Afro Comb.....25
Afro Pic.....25
Magic Shave.....90

SPRING AND SUMMER CYCLE # 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fresh Frt. Hot Cereal Pastry Bread	Orange J. Cold Cereal Eggs, boiled Bread	Apple J. Hot Cereal Pastry Bread	Bl. Juice Cold Cereal French Toast Maple Syrup Magarine	Frh. Fruit Hot Cereal Pastry Bread	Pine. Juice Cold Cereal Scram. Eggs Bread	Grape. Juice Hot Cereal Pastry Bread
Roast Beef w/Gravy Whip. Pot. Btr. Peas Ice Cream	Fried Chick Gravy Ov. Br. Pot. Green Beans Butter. Pud.	Beef. Frank. Baked Mac. w/Cheese Cole Slaw Must. & Cat. Frt. Jello Rolls	Beef Ita. Sauage Spaghetti Tomato Sa. G. Cheese Chef's salad Ice Cream	Institut- ional Choice	Ch. Whopper F. Fries Tomatoe & Onion Pastry	Egg Salad Sandwich S. of Day Pot. Salad or Green Salad Frt. Comote
Chili Con Car Steamed Rice Corn Bread Tossed Salad Dressing Pears	*Grilled Cube Steak Lyon. Pot. w/K. Corn Pastry	Veal Patty Gravy Hash Brown Potatoo Sea'd Lima Beans Ch. Peaches	Meatloaf Gravy Wh. Pot. M. Vege. Fr. Pie	Beef Chow Mien Btr. Rice Or. Noodles Cole Slaw Butter. Pudding	Fried Fish Tartar Sauce Fr. Squash Ice Cream Par. Pot.	Salisbury Steak Rice Tossed Salad Jello w/ Topping

View From a Pink Cloud

DISCOVERING THE LIMITLESS POSSIBILITIES FOR GROWTH THAT LIE AHEAD.

Forgive me if I bore you with my "sweetness and light" attitude I am on the pink cloud, and I have been told that this too, shall pass. So, while I'm up here, let me share the view.

First, I see possibilities for growth undreamed of before. As I learn to do again the things I once took for granted, there opens to me a vista of almost limitless growth potential. It is rather like the definition of infinity as the mind of God. But, within the confines of my own human frailty, there is so much more to accomplish - at least, to strive for - than I had ever imagined!

To be a little more specific; every day, my faith in God gets stronger and, therefore, so does my faith in myself, for and friend of his is a friend of mine. Each time I face and see through a difficult situation without reverting to old escape patterns, I learn something. (God, keep me teachable!) I am learning to accept myself, so long as I am learning, I am beginning to spot my judgemental attitudes toward others and throw them out before they become full blown resentments. It doesn't work everytime, but the average is getting better. My "free-floating anxiety," I believe, is nothing more exotic than inverted anger, so it is beginning to dissipate as I become less angry. Also, having used formless fears as the last of the red-hot cop-outs. I can't use these frazzled drinking excuses for other purposes without laughing at myself. Once I start laughing at them, they take off, and I am back to more or less stable thinking again. Having accomplished one or two mental push-ups, I try for three, and so on. It's amazing, but it works.

Like many of us, I really felt that I would lose my mind if I stopped drinking, that I could not cope with those nameless fears if I was sober. But I began to apply the A.A. program to the best of my understanding, it began bit by bit, with Gods help, I can do it!

The late Sophie Tucker is quoted as saying, "I've been poor and I've been rich and believe me, rich is better!" Well, with apologies to Sophie, I have lived to drink and I have lived to think, and believe me thinking is better.

As we are told in the Big Book, alcohol is "but 2 symptoms" of our other problems. Therefore, as the poison left my tissues, its effect on thinking was sharply diminished and other attitudes emerged- gradually. This thought I would offer to a newcomer (newer than I, that is).

Don't give up if it doesn't all come together right away; give yourself a chance. For example, I believe today that the way I am now is the beginning of the really me, which was always there, but distorted by alcohol. When I remove the toxic agent, in time the personality begins to return to to what it was meant to be. Then the growth could begin all over.

In any case, I am comfortable with the way things are unfolding and am very grateful for Gods' gift of awareness in so many areas of my life. I'm still amazed, but glad for the opportunity to learn and grow. I am learning, I think, how to apply "Easy Does It". When

HOLY QURAN

HOLY QURAN

Since we cannot get along with them in peace and equality, after giving them 400 years of our sweat and blood and receiving in return some of the worst treatment human being have ever experienced, we believe our contributions to this land and the suffering forced upon us by White America, justifies our demand for complete separation in state or territory of our own.

Nations before America refused to obey Allahs (God) messengers. America should look at the history of these nations, and see how Allah has brought them down.

One such nation is in the news now. Today it is call Lebanon. The Bible calls this nation by the name of "Phonicia", thousands of years ago the phoenicians were a great nation, but like America she refuse to hear God's messengers and look at her today! Here are some of the names of coastal cities of Phoenicia: Tripoli (modern Arabic Tarabulus), Gebal (Greek Byblos, modern Jubayl), Berot (Greek Berytos, modern Beirut, Zidon (Sidon, Modern Saida) Tsor (Greek Tyros, modern Tyre or Sur).

The messenger to America was the Hon. Elijah Muhammad. The message was "separate"!

By Robert X

THE SINGER

OFTENTIMES LOVE IS SO POORLY
PACKAGED THAT WHEN WE HAVE
SOLD EVERYTHING TO BUY IT, WE
CRY IN FINDING ALL OUR SUBSTANCE
GONE AND NOTHING IN THE TINSEL
AND THE RIBBON.

HATE DRESSES WELL
TO PLEASE A BUYER.

Calvin Miller

DISCOVERING THE LIMITLESS POSSIBILITIES FOR GROWTH
THAT LIE AHEAD. CONT...

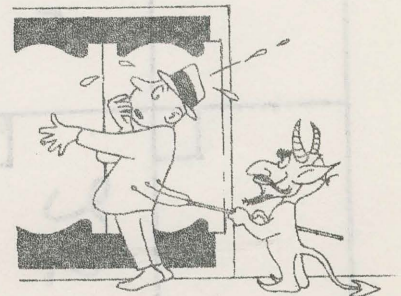
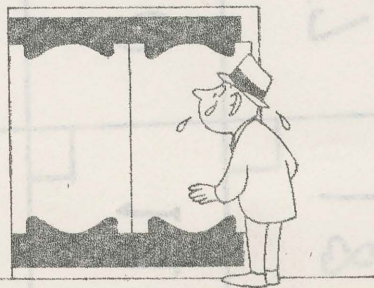
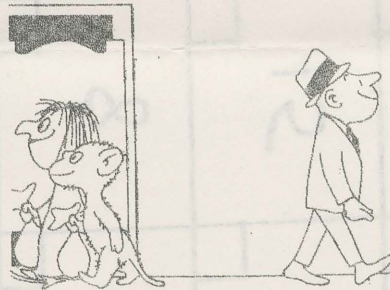
I take care of one thing at a time, for example. I have been locked up now for two(2) years awaiting trial for a murder I never committed, and 60 years young to my next birthday. And if anyone had reason to complain I have, however, I have learned alot from my view on a Pink Cloud. I am sober, and my higher power is with me and for this I am thankful. It's the first time in my adult life I have learned patience, and this has come to me thru the A.A. program. Today I am able to share my wealth of sobriety with others.

One thought which I am expressing right this moment then that is all I can concentrate on for this moment.

And, one by one, the little things get done. Added together they emerge as the "Big thing I would never accomplish".

As they say, "It ain't easy", but it gets easier as my values change. And if my Pink Cloud comes to a crash landing, God give me the good sense to have my seat belt fastened.

By Tommy T. H.C.C.C.



Month: September

Year: 1982

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		