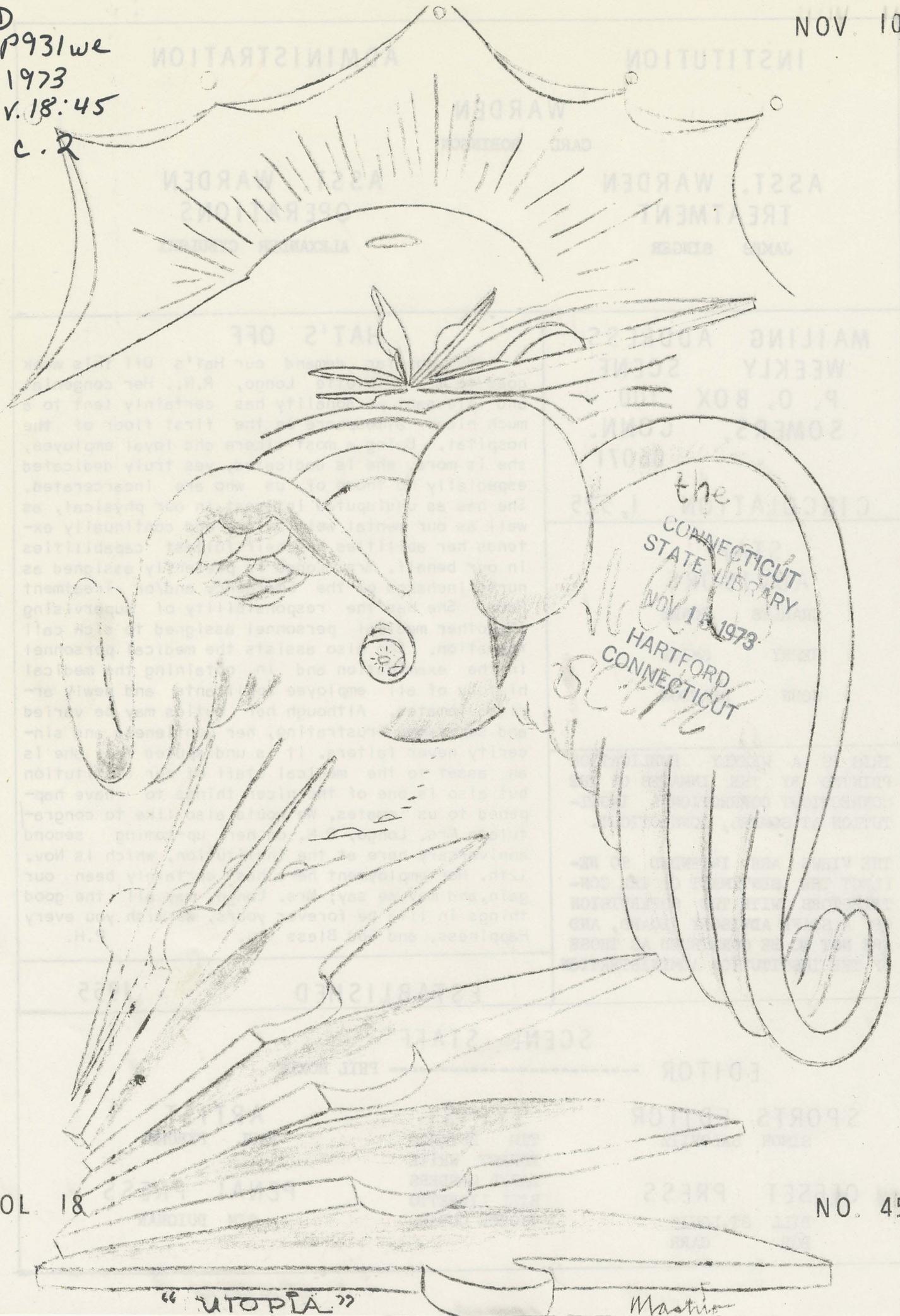


D
P931we
1973
v. 18:45
C.R.

NOV 10



VOL 18

NO. 45

"UTOPIA"

Mastin

INSTITUTION

ADMINISTRATION

WARDEN

CARL ROBINSON

ASST. WARDEN
TREATMENT

JAMES SINGER

ASST. WARDEN
OPERATIONS

ALEXANDER CYBULSKI

MAILING ADDRESS
WEEKLY SCENE
P. O. BOX 100
SOMERS, CONN.
06071

CIRCULATION 1,525

STAFF
ADVISORS

CHARLES JONES

JERRY SMITH

JOHN REARDON

HAT'S OFF

By popular demand our Hat's Off this week goes to Mrs. Violette Longo, R.N.. Her congenial and pleasant personality has certainly lent to a much nicer atmosphere on the first floor of the hospital. Being a most sincere and loyal employee, she is more, she is dedicated, yes truly dedicated especially to those of us who are incarcerated. She has as undisputed interest in our physical, as well as our mental well being, and continually extends her abilities to their fullest capabilities in our behalf. Mrs. Longo is presently assigned as nurse incharge of the Emergency and/or Treatment Room. She has the responsibility of supervising the other medical personnel assigned to sick call formation. She also assists the medical personnel in the examination and in obtaining the medical history of all employee applicants and newly arrived inmates. Although her duties may be varied and sometimes frustrating, her gentleness and sincerity never falters. It is undisputed that she is an asset to the medical staff of our institution but also is one of the nicer things to have happened to us inmates. We would also like to congratulate Mrs. Longo, R.N. on her up-coming second anniversary here at the institution, which is Nov. 12th. Her employment here has certainly been our gain, and may we say; Mrs. Longo, may all the good things in life be forever yours, we wish you every Happiness, and God Bless You. P.H.

THIS IS A WEEKLY PUBLICATION
PRINTED BY THE INMATES OF THE
CONNECTICUT CORRECTIONAL INSTI-
TUTION AT SOMERS, CONNECTICUT.

THE VIEWS ARE INTENDED TO RE-
FLECT THE SENTIMENT OF THE CON-
TRIBUTORS WITH THE SUPERVISION
OF A STAFF ADVISORY BOARD, AND
ARE NOT TO BE CONSTRUED AS THOSE
OF THE INSTITUTION ADMINISTRATION

ESTABLISHED

1955

SCENE STAFF

EDITOR ----- PHIL HOXIE

SPORTS EDITOR
SIMON SALOVITZ

TYPIST
TIM DUIGNAN
ERNEST WHITE
DARYL SANDERS
BILL LIBRETTO
VICTOR CUBANO

ARTIST
PAUL PYBURN

OFFSET PRESS
BILL ST. LOUIS
BOB CARR

PENAL PRESS
TIM DUIGNAN

Two weeks ago my Editorial was directed towards Awareness and Motivation, this week I would like to continue in the same vein, that being Interest and Involvement. How many times have we all heard the cliché, "It's the little things that count!" Well, in reality that's where it's at, and what it is all about. We all too frequently strive for goals and desires so high that they are near impossible to reach or to attain. When we are unable to fulfill our dreams we lose interest and that leads to an attitude of "who gives a damn?" It is this attitude that prohibits further involvement.

How often have we shot for the moon, so to speak, only to fall short, and in our failure tend to blame everyone but ourselves, and perhaps then turn to alcohol or drugs to ease the pain of our failure? Once we have allowed ourselves to become associated with a 'failure' complex or personality, it is extremely difficult to reverse this role. It is truly inconceivable to imagine that we can change over night. It took us months; yes, even years, to get to the uncaring state that many of us are in; so how can we expect the change, one where we must reverse our present role, not to take at least in part, the time it took us to get there.

The surprising thing is that the beginning is the easiest part, although for many, just the thought of change is ugly and unthinkable, especially when it pertains to themselves. The first step is to become aware that change is necessary, then and most importantly, to do it; not only a step at a time but a day at a time. A baby must learn to crawl before it can walk. In this respect many of us are like babies! I once had a man tell me, in relationship to the insurmountable odds we face; life and problems are like a huge elephant, if we tried to eat it all at one sitting, it would be impossible; but by taking a bite or so per day, before we realize it, it is gone! This is exactly what I am talking about -- we start first with the little things; for years we have been saying "the hell with it" O.K.! This can be the first step, no longer saying, "the hell with it," and start taking an interest, if nothing else but ourselves; stop the uncaring attitude, this is a giant step forward. Having a pride in ourselves is the beginning in treating others as we wish to be treated. Foregoing the belief that politeness and being courteous is a sign of weakness. I know many strong, intelligent and important people who put good manners first. This is a good place to start, because these actions cause and create involvement. This is also simple, because to truly live one must be involved in living. As we became familiar with failure, which was quite easy, we can become just as familiar with success, this is a little more difficult; however, once we have had one success, regardless of how small it is, we can go on to the next, the next and the next. This is how we start, the little things first. All things started with a small idea, a small action: an artist never painted a picture without first starting with a small brush stroke. We must do many, many small things before a big one can be accomplished. As with this writing I never could have even started it if I had not first picked up the pen. To many this may sound asinine, but that doesn't change the truth of it.

Few are fortunate enough to have become renown, -- even in a small way; and some that are, aren't particularly happy with the fact, which brings us to the point, which is smallness is the normal way of life. It is the little things that bring happiness to our loved ones, and their joy gives us happiness, this my friends is involvement, and this is the very thing that should be carried beyond family and friends. This is when we begin to live, when we really begin to care. Now we have become interested, even if only because of the good feeling it gives us. We can't stop here this is only the first step!

We create many opportunities for ourselves as well as others just by caring, by becoming interested and involved. As with prison reform, we all have our hands out and we all wish to reap the benefits if and when they come, well it's not quite that easy. We are asking for a change and extended privileges, yet for many we don't use those that have been afforded to us. Before we are granted more, we must first take full advantage of those we have; that is a reality, one that we must look at, become aware of, and decide to get involved, to become interested in those things and others around us, these can't be done watching the 'boob tube.' To become really involved we must first take an interest in ourselves, to the point where we can have others become interested in us. The surprising part is once we give of ourselves it comes back twofold, it is something that can't be given away. The more we give, the more we get, in turn the more we become interested, and as a result the more we become involved.

PRISON PRESS

NOTES-QUOTES

THE MENARD TIMES, Menard, Ill. - congratulations are in order...after 32 years in Prison Steve Ruzon deserves to get out and we wish him all the luck possible. I am also interested in the ISP Pistol team. Your article did not specify whether or not it is an inmate team.

SCROLL, Bridgeport, Conn. - read your 'Mushroom' issue and I see the "Tree" finally got a little color....enjoyed your article titled "Employment." With all the qualifications needed we may never get another Vice President.

THE INSIDER, New Haven, Conn. - concerning your October 10th Editorial I agree the Government should have prepared for the oil shortage we are now faced with. After all we're short of Beef, Wheat, Gas and Dairy Products so why not heating oil?

WEEKLY PROGRESS, Marquette, Mich. - I was happy to hear that you are now using the new Parole Contract System. I hadn't realized that any states were using it as yet. It seems like a much better way of Paroling inmates. At least a man would know that if he fulfills his agreement he will be paroled at the earliest possible date. Here in Connecticut our Parole Release is still left up to the discretion of the Board.

THE SPECTATOR, Jackson, Michigan - concerning "Reflections Of A Fish" - I enjoyed the article very much as we have the same problem here. It just goes to show the nationwide effect of movies, and the news media in general have on people. Whats hard to understand is that if everybody is so slick, what are they doing in prison in the first place.

Good Luck To All,

Tim Duignan

INSIDE THE WORLD
INSIDER HARBINGER
THE RESIDIO
PONTIAC
REFLECTOR
SAGEBRUSH
CLOCK
HAWKEYE
Flag News
Jefftown
The + Echo
INTERPRETER
About Face
THE CASTLE
the mentor
JOURNAL FORUM
THE INSIDE VIEW
VOICE
THE SPECTATOR
Eastern Echo
THE TIME

P O E T R Y

SONETO

Mire los muros de la patria mia, si un tiempo fuertes, ya desmoronados de la carreras de la edad cansados, por quien caduca ya su valentia. salime al campo, vi que el sol bebia los arroyos del hielo desatados, y del monte quejosos los ganados, que con sombras hurto su luz al dia.

Entre en mi casa; vi que, amarcillada, de anciana habitacion era despojos; mi baculo, mas corvo y menos fuerte.

Vencida de la edad senti mi espada, y no halle cosa en que poner los ojos que no fuese recuerdo de la muerte.

Submitted By: LOUIS ROQUE

SONNET: DEATH WARNINGS

I saw the ramparts of my native land
One time so strong, now dropping in decay,
Their strength destroyed by this new age's way

That has worn out and rotted what was grand
I went into the fields; there i could see
The sun drink up the waters newly thawed;
And on the hills the moaning cattle pawed,
Their miseries robbed the day of lights for me.

I went into my house; I saw how spotted,
Decaying things made that old home their prize;

My withered walking staff had come to bend.

I felt the age had won; my sword was rotted;
And there was nothing on which I set my eyes
That was not a reminder of the end.

Submitted BY: J.M.

Foreword

Show me the way,
not to fortune and fame,
Not how to win laurels
or praise for my name-
But Show Me The Way
to spread "The Great Story"
That "Thine is The Kingdom
and Power and Glory!"

BY:Helen Steiner Rice.

NKrumah Never Dies

Brothers! Brothers! Brothers!

Where have you all gone to?

Where have you all gone to?

I want to know where!

I have to know where!

How can I live without thee!

Would I live or just survive?

Would my life be in an empty vacuum?

I can't understand this situation!

I need you, I need you, I need you all!

I woke up early one morning ten years ago,

And I found fanon was nowhere to be found.

It was another dawn, and lumumba was gone;

I listen to the caged bird sing

The true song of the people,

The song of malcolm.

In no time the caged bird lost its beak and the divine song ended.

I searched for help, for truth, for reality,

And I found that the greatest was still around singing the song of truth.

That dawn was his time;

He left and here I am empty.

Will this loneliness leave me alone?

Not until I reinforce the cause,

The just cause, the only just cause,

The cause of freedom,

The cause of equality,

The cause of dignity,

And to sum up all the causes,

The cause of humanity.

He is gone. yes, he is, "physically" speaking!

His soul is not,

His song is not,

His blues is not,

His message is not,

His weapon is not,

His ideology is not,

And his departure will produce

Many more of him in the years to come!

And overall Kwane NKrumah never dies.

Submitted BY: Louis Roque .

ALCOHOLIC RECOVERY PROGRAM LAUNCHED BY AREA POST OFFICES FOR EMPLOYEES

Reprint from the BRIDGEPORT POST,,,,,Submitted by RICHARD ROBERTS

A comprehensive program for alcoholic postal worker and his family began here yesterday.

Stanley Day, national director of the Postal Alcoholic Recovery program (PAR), which is sponsored by the U.S. Postal Service, outlined the program during a meeting with Bridgeport Postmaster William L. Keller.

The PAR program will serve more than 1,800 workers at 70 area postal installations.

Bridgeport and Hartford are the latest segments of the postal system to implement PAR, which was tried on a pilot basis in San Francisco starting in 1968. The success of the pilot program convinced Postal Service officials that the program should be established throughout the country, Mr. Day said.

Postmaster Keller said that Angelo Adintori, a Post Office employe, has been named as league counselor for PAR, working out of the Bridgeport post office. As full-time counselor, Mr. Adintori will be responsible for giving assistance to more than 1,800 employes at approximately 70 postal installations in the area, the postmaster said.

Mr. Day said that the PAR program was the first offered by any Federal agency to handle problems in the work force.

"The program is good business," Mr. Day said, adding that "when the Postal Service went into corporate structure a few years ago a review was made of the program and it was found to be a sound management technique."

"A cost benefit analysis has showed that for every \$1 the Postal Service spends on PAR we are getting back \$5 in improved worker productivity," Mr. Day said.

ALCOHOLISM PROBLEMS

"A survey by the Government Accounting Office concluded that 8 per cent of the 700,000 members of the Postal Department had problems related to alcoholism," Mr. Day said.

He said the economic loss caused by alcoholism comes to about 25 per cent of a worker's wages and fringe benefits.

"With approximately 56,000 alcoholics in the postal system, causing an economic loss of about \$3,000 each, the total economic loss is around \$168 million a year," the national director said.

He added that measures to alleviate problems of alcoholism will not only benefit the Postal Service, but also the worker and the community in which he lives.

Discussing the program, which will serve both the worker and any member of this family having a problem with alcohol, Mr. Day said that "we are usually dealing with employed people who are experiencing drinking problems, and not skid-row type drunks."

"The main thrust of our program is to generate a strong motive to maintain sobriety so that a person can function normally on and off the job," the director added.

"We have been 75 to 80 per cent successful with those enrolled in the program," Mr. Day said.

The first part of the program involves identification of the alcoholic worker, either through observation by supervisors, or from union, police and court sources, or from contacts from the worker's family.

Mr. Day said, "We have the ability to suspend disciplinary procedures if a worker's problems are alcoholic - induced, pending his decision on acceptance of the program." He emphasized that the program is based on voluntary participation.

6 - Week Orientation

Once someone expresses the wish to join, he is assigned to the counselor for a minimum of six weeks' orientation, so that he can get an idea of what is entailed in arresting the disease of alcoholism.

Follow-up procedures may last up to four years, Mr. Day said, usually in the form of periodic contact with the counselor, and through group meetings of those involved in the program.

Postmaster Keller said a room in the main Post Office, 120 Middle Street, has been set aside for use by those in the program.

Mr. Day said that "One of the tools we use is Alcoholics Anonymous, which has the most successful program ever devised for the recovering alcoholic," Mr. Day said.

Mr. Day said that before the PAR program was worked out he conferred with the late Bill Wilson, one of the co-founders of AA, to be sure the program was operated in such a way as not to impair the AA program. CONTINUED ON THE VOICE IN THE WALL PAGE

Due to my quick instincts and Press Prestige (and mainly 'cause the boss sent me) I managed to fanagle an interview out of the racket makers. No, I'm not talking about Book Making or loud mouths, but the constructive members of WIRS.

For those that may not be aware of it, those metal boxes in the cells are attached to our inmate radio station. In the closet-like space allotted to the station, are crammed over 4,000 records, tables, chairs, radio equipment, and several dedicated workers.

Don Slater (Mgr/Eng) and Ed Klingman (Prog. Dir.) seem to be the main men behind the sounds. They work full time, seven days a week, and usually put in about a sixteen hour day. Along with them several volunteer Disc Jockeys work to bring us nightly shows.

The shows present a wide variety of music with each show planned a day in advance. Requests are arranged, the records sorted and pulled from the shelves, and the DJ for the night is ready to roll. Every show is recorded for future reference.

The most interesting aspect of the entire setup is that it is financed entirely through donations and the inmates personal funds. Donations from manufacturers have been minimal, and Don has used much of his own money to purchase needed equipment. It seems that no state funds are allotted for the program and much of the pre-war equipment received must be repaired before used. Once again, the radio crew along with the help of our industry, does the work.

Being quick witted, as I said before, I asked Don why I sometimes couldn't hear the broadcasts through my cell speaker. But to no avail. After confusing me with talk of Amps and Ohms, he shifted the weight to the man in the bubble. He did say, however, that sometime he repairs the damage if someone were to inform him of it. Both A & B speakers are regulated at the same maximum volume during evening shows.

Educational aspects were also mentioned during the course of the interview. Professional help is being sought to aid the setting up of an organized School Program. This would enable men interested in acquiring radio licenses to do so. (This would cover DJ's, Music Librarians, Maintenance, etc.) Don also said that Major Manufacturers and Distributors of records and radio equipment would be willing to donate to an organized program, in the hope of aiding future employecs.

At the present time, the radio station is limited to broadcasting inside the Institution only. Of course hopes are held high for the future, but the way things look right now it will be a long time before society will benefit from their efforts.

One problem the DJ's have been having is that inmates are requesting records on the wrong nights. On a soul night only soul music will be played - on a rock night, only rock music, etc.. In order to aid the programing, requests are played, but the station would like to have them in a day in advance. For your convenience the following is a schedule of nightly programs. All Programs begin at 3:00 p.m. and end at 11:00 except on Fridays and Saturdays when the shows will run until 2:00 a.m..

Monday night is a rock night with Fuller on the mike. Tuesday is covered by Whitfield with Jazz. Wednesday is Spanish night with Ramos. Newton covers the Thursday night Soul. Friday is Rock with Bob Dylan's faithfull follower Salovitz. Saturday's Country show is geared by Paluga. And Cowan covers the Sunday night Soul Show. Saturday and Sunday there are also afternoon shows with Williams, Marsala, Davis and Eburg covering Soul, Rock, the Gospel and Oldies respectively.

Any interested inmates who would like to work in the radio room can apply for the job by writing a request form addressed to them. When an opening is available you will be notified. All that is required is a sincere interest and the ability to read.

ALCOHOLIC RECOVERY PROGRAM (con't)

Some workers prefer not to attend AA Meetings, Mr. Day said, and they will receive counseling and other assistance.

The counselor will also make an inventory of all community services available to the alcoholic worker and his family, Mr. Day said.

Noting that the program cannot be installed at any Post Office by order, Mr Day said that his wholehearted support to the program; otherwise there wouldn't be any here in Bridgeport."

Mr. Day observed that PAR is not a medical program, as are some in industry, but relies on the use of recovered alcoholics exclusively as counselors; most are selected from within the Postal Service itself.

For several weeks now, reports have been coming in from some Southern states, that flying saucers have been seen. Some reports say that the objects are indeed shaped like saucers, while others say that they are more like globes or balls. Whatever the shape, it is clear that there are far too many reports to be merely passed off as "swamp gas," as the Air Force has done in the past.

According to the NBC television show, "In Search of Ancient Astronauts," there have been cases of mysterious flying objects for thousands of years, in fact, in Peru, there is a strange place that may have been used as a takeoff ramp for these UFO's. This ramp is far from any roads, and is thought to be more than 2,000 years old. Some ancient carvings actually depict rocket ships as tubes with fire coming out of the end.

Shortly after World War II, the reports of UFO's started to escalate drastically. Sightings were reported, not only from the ground, but also from pilots of civilian and military aircraft. There was even a claim that an Air Force pilot was shot down by some sort of "death ray!" This, however, was never proven. But, it was never disproven either. All through the 1950's, and into the 60's there were sporadic reports of people sighting UFO's. There was a report from New Hampshire, that said a woman spotted a cigar-shaped object hovering above a high-voltage power line. This was in 1965, just about the same time as the great north-east blackout.

If one looks up into the night sky, one can see thousands upon thousands of stars. Each of those stars is a sun, like our own. And there is a good chance that a large number of them have planets revolving around them. How can we sit here and be so smug as to say that of all the planets in the universe, only Earth has life on it? By suppressing information on these UFO sightings, that is exactly what the U.S. government is doing. They know what is going on, but they refuse to allow the people to know. Are we being visited by people from outer space? I think that this is very possible. But one thing is for sure, if we are being visited, then the "visitors" must be friendly, because if they meant us harm, the way they have been zipping around up there, they could have wiped us out hundreds of years ago.

I think it is time that the people start finding out what is going on, and time for the Air Force to stop suppressing the information on these UFO's, so the people of the United States and the rest of the world can find out if we indeed do have visitors.

AN OPEN LETTER TO ALL THE FOOTBALL PLAYERS.....FROM NORMAN TYSON

I would like to take this opportunity to congratulate all the player's; especially my own teammates. And most of all our very fine Coaches, because of the faith they placed in us, and with their able assistance, we were finally able to put one together. So for the Coaches of team two, we thank you for understanding and respecting us as men.

I am glad that the season is over but, due to the incentive of my teammates, and especially the way they played during our last game. I must say this, "if we had another game to play tomorrow I would gladly put on my number 71 uniform back on!" A lot of respect goes to the men of team two because of what you fellows showed me; that being, no matter how bad things look, with understanding and respect for each other any team can become a winner; so no matter what may be dealt to you in life, deal with it as you have shown you are capable of doing.

As for teams one and three, I must take off my hat to you fellows for playing the game as men should, and I look forward to seeing many of you fellows again next year. So keep in shape I will be here and maybe some of my fellow teammates will be also, and we will once again be looking down the Center at one another. Therefore, in closing I wish both team one and three Good Luck this weekend. You'll need it, because you will find that you will be strong competition for one another.

My thanks also goes to the Recreation Department and our Sports Writer. And to team two "Keep Smiling!"

Nature does not demand that we be perfect. It requires only that we grow.

- | | |
|-----------------------------------|-------------------------------------|
| 1. Make _____ for _____ . | 11. I've Got A _____ . |
| 2. Singer Lislle _____ . | 12. Actor Ford. |
| 3. _____ Smart. | 13. _____ Heroes. |
| 4. Amanda _____ plays Kitty | 14. John played Sgt. Schultz |
| 5. Sportscaster H _____ C _____ . | 15. This is your _____ . |
| 6. My _____ . | 16. Martin _____ & Kent _____ . |
| 7. _____ The World Turns. | 17. _____ Plays fireman Gage. |
| 8. _____ Days. | 18. Nurse McCall on Emergency. |
| 9. Actor turned Governor. | 19. _____ of _____ (Daytime Serial) |
| 10. Sally was Gidget. | 20. Entertainer Julie _____ . |

..... ANSWERS TO LAST WEEK'S STAR-MATCH #2

- | | |
|------|-------|
| 1. J | 7. K |
| 2. E | 8. B |
| 3. D | 9. F |
| 4. I | 10. C |
| 5. G | 11. A |
| 6. L | 12. H |

..... THE ANSWER TO LAST WEEK'S "NUMBER" BRAIN TEASER

Add the proper number to the previous number to make the following number such as: (4) +5 makes (9) (9) +4 makes (13) (13) +1 makes (14) and so on; this establishes a pattern which gives you the number to add to the previous number such as; the 5 added to the four to make nine and then the 4 added to the nine to make thirteen, the 4 is one less than 5, then 1 is added to thirteen to make fourteen but the one is 3 less than the 4, this is the sequence that must be established. The full sequence is 1 minus 3 times 4 divided by 2 plus 12 divided by 2 minus 1 minus 3 times 4 and so on. The sum that is established is the number that is added to the previous number to end up giving you the last four numbers which are; 458, 480, 514, 531.

I HOPE YOU ALL HAD FUN DOING THIS ONE IT WAS SUBMITTED BY;

MR. ROBERT DAILY

THE MOVIES FOR THIS WEEKEND ARE:

SAT. NOV.10th	103 MINS.	RATED R	SUN. NOV.11th	80 MINS.	RATED R
	ULZANA'S RAID			EXTREME CLOSE-UP	

Stars: Burt Lancaster and Bruce Davison
 One man alone understood the Savagery of the Early American West from both sides. Ulzana and his Apache Brothers escape from a reservation to burn, maim, torture, rape and murder.

The invasion of Personal Privacy is everybody's right. Take advantage of it, there's a little bit of peeping tom in all of us. Some people just work harder at it.

MON. NOV.12th ? MINS. RATED R
 COFFY

Starring: Pam Greer

There is no information on this one but there should be alot of action.

A NOTE FROM THE EDITOR

WE ARE IN DIRE NEED OF ARTICLES AND MATERIAL; OUR NEW HAT'S OFF SEEMS TO HAVE BEEN WELL RECEIVED; HOW ABOUT SOME COOPERATION FROM YOU OUT THERE. SEND NAMES, WITH PERTINENT INFORMATION, ARTICLES AND MATERIAL, TO THE WEEKLY SCENE OFFICE. HELP!

PHIL HOXIE

This is supposed to be an article on what to do if you should happen to accidentally overdose yourself on heroin, which is quite likely, by the way. Just about everybody does it after they've been into it for awhile, you're always trying to get a little bit higher but it's never really quite enough ("Just a little bit more," I used to say, "to see how high I can get.") Eventually you overstep the bounds into too much and that's it, see ya later.

Heroin is a strong down, it's true, but it doesn't simply put you to sleep. It attacks the respiratory system by relaxing the diaphragm to the point that if you don't actually remember to breathe you won't; you'll pass out and eventually die. So it follows that if you think you've O.D.'d, the most important thing to do is to stay awake.

Speed sometimes works, but once again the problem is not staying awake as much as getting your respiratory system going again, and usually this just entails staying awake until enough of the drug has passed through your system and it begins functioning in a semi-normal, autonomic manner once again.

Slapping a person in the face repeatedly, walking them around or placing ice cubes around the privates and under the arm pits and getting the person into a cold shower are usually successful. Generally within a halfhour or forty-five minutes the person will be able to maintain consciousness unassisted.

It should be mentioned here that the emptier a person's system is, the more quickly the drug will pass through it, so if they feel like vomiting, and theres a good chance they will, by all means encourage it.

If you take a whole lot too much heroin, of course, there's not much that will prevent you from passing out, and it's weird, there's no warning or anything, it's as if someone shuts off a switch in your head; one moment your' awake, the next moment you're not. You're dying.....!

There is a drug, Naline Hydrochloride, which specifically acts to counteract heroin poisoning, but it's extremely hard to get and I've never seen it on the illegal drug market. What you can do, however, and which has consistently worked in my experience, is put one to one and a half teaspoons of ordinary table salt in one pint of ordinary cold water and then give the overdose one c.c. of this solution intravenously.

It will bring them back to consciousness within a couple of minutes, or if they've really gone and overdosed themselves, at least it will get them breathing on their own again. I've never seen this method fail, but you really feel like hell for a long time afterwards. Think about putting salt water in your veins for a while.

So there you have it...now you know just what to do if you O.D. on Heroin, go out and shoot up your hearts content, but remember... when your a junkie, that's all you are. All you'll ever do, and all you'll ever think about is dope, and that's a mighty empty way to live your life.

Best of luck to a dead man.

(this article has been printed in verbatim)

It is wonderous how we manage to communicate with ourselves and one another on such a superficial level and view things so unrealistically. Often ready to fight at the drop of a hat because someone has verbally offended us or our "brother," we are not at all reluctant to return a "good morning" without a smile or hello. How often have we accused those we defended just a moment prior? Day to day, drug abusers affront sexual offenders, who in turn find murderers appalling, and they the same with thieves. (Any combination is applicable) God save us, something is always the fault of the administration.

What can be worse? Majority wise, it's disheartening to admit that most inmates have left their manners, morales, and other forms of socially acceptable behavior somewhere on the street from where they came. While many articles have been written about noise at movies, unsanitary conditions in various cell blocks(attributal to the fault of the resident) and gorilla type attitudes on the part of those who feel this is a display of manhood in the ultimate degree, all has been said in vain.

(con't on Blacks Assailed)

OAK PATHS SOB 31. Velocity
 ALE ABOUT OWE 34. Campers
 RATTLE MIDDLE 38. Free ticket
 TOE CORED 39. Floor cleaner
 CULT BAR BEDS 40. Winter storm
 ONE WAR SINEW 41. Mr. Carney
 IT CIGARET ME 42. Telegraphed
 LIMIT VOW CUP 44. John _____
 SLID MAT DART 45. Cause
 DEMON CAN 47. Short sleep
 REGRET TOMATO 49. Mom
 AYE LOSER LOW 50. Whole
 WET TREAD SON 51. Dresser
 Last week's Answers

ACROSS

1. Took out socially
6. Devil
11. Take away
12. Dishes
14. One
15. Spider's work
16. Landlord's income
17. Drinking vessel
19. Enthusiastic theater reviews
21. Fury
22. Prepare to publish
24. Fasten with string
25. Gang of workmen
26. Goes on pension
28. Garden workers
29. Dwells

DOWN

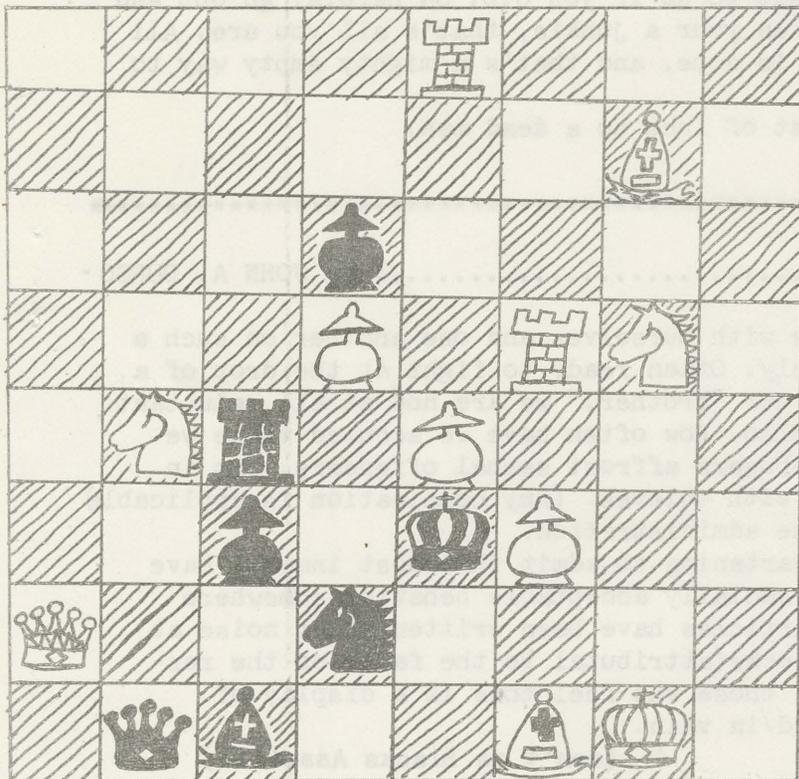
1. Strip
2. Have being
3. Drag behind
4. Always
5. Argues
6. Folic
7. Malt beverages
8. Light brown
9. Dress
10. Closer
11. Fast car
13. Great amounts
18. Cherry stone
20. Guest
23. Grows weary
25. Expense
27. Carmine
28. Chicken

	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					
31	32	33				34				35	36	37
38					39			40				
41				42				43		44		
45			46				47		48		49	
50							51			52		
	53						54					

30. Relies
31. Extra tire
32. Father or mother
33. Landed property
35. Complete
36. Tenant
37. Administer an oath, as to a jury
39. Digs for coal
42. The spoken _____
43. Challenge
46. Evil act
48. Animal's foot
52. _____, the people

Black

7 Pieces



White

11 Pieces

ANSWER TO LAST WEEK'S PROBLEM

After Black Plays

1. Kt-Kt, White wins with 2 KtxKP, R-Q
3. P-B6ch, K-R
4. Q-B4 etc.

Note: Add Black Pawn to K=2; move K to Kt2.

CHESS PROBLEM NUMBER 12

White to Play and Mate in Two

BLACKS ASSAILED FOR SURFACE PRIDE

From The Hartford Times.....By Michele Ingrassia, Times Staff Writer

Citing blacks for their "capabilities of love, foundation of religion and faith in God," and their history, State Sen. Wilber G. Smith (D-Hartford) called for an "in-house cleanup" so that the black community may set the example for the nation.

Speaking before delegates at the opening session of the eighth annual convention of the state NAACP, Smith criticized blacks who place greater value on outward appearance than knowledge. In discussing the convention's theme of "Unity Plus Knowledge Equals Power," he said that, despite the fact that blacks have been given the tools to attain knowledge and unity, they are very often willing to use them to destroy themselves.

"Many of our children have so misconstrued the meaning of pride," he said, "that they look for it in the texture and length of their hair and in the latest fashion in clothing. And now that we are confronted with the greatest crisis in our history, we find ourselves doing our hair in what we think is the latest African style atop empty brains."

Smith quoted Carl Rowan, the syndicated columnist, in saying that nothing galled him more than "a black dude who is cutting classes, or who never reads a newspaper or magazine, or who won't hold on to a job, or won't give a dime to help some needy black, sitting around talking about how his 'rags' or his 'fro' symbolizes black pride."

The state senator, who admitted that he does not permit state officials to tell him what to do, called on fellow blacks to re-emerge themselves in their rich history and strong religious beliefs so that they may cast off the permissiveness of American Society which they have adopted.

"Because we have begun to join them (American society) in forsaking what was once our cherished beliefs in God," he said, "our communities are rapidly becoming crime-haunted dying grounds. We have had an upsurge in murders committed against each other; more of us are raping our women, robbing and physically assaulting our neighbors. These are the results of our adoption of the permissiveness of American society, and this immorality is not inherent in the culture of Black Americans."

Smith said now that blacks have been freed "from physical bondage," they are "enslaved by the chains of economic, educational and cultural degradation." He called on the community to gather up these forces and to use them to build a better way of life.

Pointing to "Harambee" (togetherness) of the Jewish community, which was able to "amass nearly \$3 million in this state alone within 24 hours to help their own." Smith urged the black community to display this same type of unity, and to channel it towards such ends that will "let us prove to the white man and to ourselves that we are ready to move ahead."

Smith also used his speech as a forum to criticize the Nixon-Agnew administration, which he said is suffering from "cancer of the justice system."

In his scorn for the administration, he said he hoped it wouldn't be long before Nixon is referred to as the "former President."

Only The Mirror Knows (Con't)

Change always comes from the people directly. Within these walls, like it or not, we are "the people." It thus should seem apparent that to expect reformation from administrative personnel, it will be necessary to affect a change within our own ranks.

If you really care about yourself, (a first requirement) wish to see rehabilitation become more than an alluded word, and have interest in the welfare of your brother, consider these thoughts. Various forms of correcting methods implemented by the state have failed, literally for centuries. Yet, inmates have never tried a new approach either. Lets get all the wanted and needed changes. Caring makes a difference.

SPECIAL TV ANNOUNCEMENT...SPECIAL TV ANNOUNCEMENT...SPECIAL TV ANNOUNCEMENT...SPECIAL TV..

Next Sunday, November 11th, at 7:30 PM, ABC will present a special telecast of the movie "Airport." Any who have read the book, will surely want to see this movie. It concerns a night in the life of an airport somewhere in the U.S. Staring: Burt Lancaster, Dean Martin, Helen Hayes, Jacquelin Bissett, George Kennedy. Channels 8 and 40.

Dennis B. Vennard
TV Quiz Author

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
				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	

NOV.

SPECIAL NOTICE

NOTICE

SPECIAL NOTICE

Anyone who has a subscription to a newspaper, magazine or books and know he is going to another institution or the Farm, please change your address to wherever you are going. IT IS NOT THE JOB OF THE LIBRARIAN to change it for you.

CRAIG M. WARREN, LIBRARIAN

- THE WINNERS OF THIS WEEK'S LOTTERY ARE -

- | | | |
|---------------|--------|-------------|
| ROBERT GARNER | #24353 | Q - 2 - 7 |
| CALVIN WALKER | #25776 | H - 111 |
| GLEN DORSETT | #25849 | Q - 3 - 37 |
| EDWARD CRADLE | #26265 | J - 2D - 94 |

JETS END COLTS DREAM WITH 6-0 WIN!

Calvin Smith scored the only touchdown of the game on the 2nd play from scrimmage and the Jets defense made it stick in an Intramural League Game Sunday.

A startling event in the Intramural League took place Sunday - the Jets won a game, and in the process eliminated the Colts from Title contention. They won in stunning fashion, their score coming on the 2nd play of the game.

This is the action as seen yesterday: The Jets, firsts and ten on their own 21, Quarterback Theo Brown hands off to rejuvenated running back James "Jahim" Jones and what followed was a spectacle unseen hereabouts in some time. Mr. Jones, still not in full control of the ball, suddenly burst through the line, gaining momentum as he went, veered towards the right sideline, and sped away downfield, outracing 2 pursuers towards the goal line. But when he got to the 2, well.... a strange thing happened. With no one around the ball suddenly squirted loose. Jones, stumbling, regained possession, barely, and the play was called dead on the 2. On the next play The aforementioned Mr. Smith took the ball in, suffering a broken ankle in the process. The PAT was stopped and it was up to the defense to protect the lead. And protect it they did, led by game ball winning Tyson time and time again they stopped Colt drives. This with coach "Blackie" Bennett screaming, praying and exhorting from his side line perch, a familiar sight lately. The Jets offense ran off precious minutes of the clock with Jones totaling 115 plus yards on the day. And the Colts could push no closer than the Jets' 24 yard line, that early in the 4th quarter. With 2 minutes left in the game aging quarterback Sonny Tinsley took the helm in a last ditch effort to pull things out. But he possessed no miracles this day as his first 2 passes carried by the chilling wind fell short, he was sacked once, and finally, adding insult to injury, his last pass was intercepted by John Lewis on the 4 yard line. For the Colts the season is over although they play one more game, it means nothing. For Mr. Jones and the Jets, it was a highly exuberating experience. Jahim, the leading rusher last year, moved into 1st place in the rushing derby his final total being some 191 yards, 43 ahead of his nearest pursuer.

JETS 6 0 0 0 6
COLTS 0 0 0 0 0

Jets- Smith 2 yard run

RUSHING - Jones 10 carries for 117 yards, Brown 6 for 18, J. Lewis 4 for 5, Smith 1 for 2 ITD, Willis 2 for 2; Gray 9 for 45, Ross 6 for 23, Crumpton 7 for 18
PASSING - Ross 1 for 39 yards, Tinsley 1 for 4 minus 5 yards 1 interception, Brown 0 for 4 1 interception.
Receiving - Mauldin 1 for 9 yards
Interceptions - Mauldin 1 for 2 yards; J. Lewis 1 for 3 yards

	JETS	COLTS	
1st downs	5	5	
rushes-yds	23-144	22-86	GAME BALLS : OFFENSE J.J. JONES
passes	1-7-1	0-4-1	DEFENSE TYSON
pass yds	0	4	
total yards	144	90	
pen-yds	8-90	10-60	
fumb-lost	4-1	1-1	
kicks	3	3	
rtn yds.	21	29	

MENU for the week of the 11th of Nov. through to the 17th of Nov. 1973

	BREAKFAST	LUNCH	DINNER
SUNDAY Nov. 11th	Stewed Prunes Farina Crumb Cake Coffee	Roast Beef-Gravy Whipped Potatoes Green Beans Ice Cream Coffee-Cereal	Soup of the Day Baked Macaroni Beet & Onion Salad Apricots-Cheese Coffee-Cereal
MONDAY Nov. 12th	Tomato Juice Dry Cereal Scrambled Eggs Toast Coffee	Creole Franks Mashed Potatoes Asparagus Apple Pie Tea-Cereal	Fried Smelts French Baked Potatoes Stewed Tomatoes Tartar Sauce Butterscotch Pudding
TUESDAY Nov. 13th	Fresh Fruit Oat Meal Donuts Coffee	Fried Chicken Home Fried Potatoes Cream Style Corn Pineapple Slices Tea-Cereal	Cheeseburgers Lyonnaisse Potatoes Green Peas Marble Cake Coffee-Cereal
WEDNESDAY Nov. 14th	Blended Juice Dry Cereal Griddle Cakes Syrup Coffee	Pork Chops w/Stuffing Mashed Potatoes-Gravy Sauerkraut Jello-Orange Tea-Cereal	Soup of the Day Beef Chow Mein Dried Noodles Boiled Rice Fruit Cocktail Coffee-Cereal
THURSDAY Nov. 15th	Fresh Fruit Maltex Crumb Cake Coffee	Grilled Minute Steak French Fried Potatoes Baked Acorn Squash Boston Cream Pie Catsup Tea-Cereal	Turkey Noodle Soup Turkey Salad Hash Brown Potatoes Mexican Kidney Beans Chocolate Pudding Coffee-Cereal
FRIDAY Nov. 16th	Orange Juice Dry Cereal Fried Eggs Toast Coffee	Fried Fish Cakes Mashed Potatoes Tomato Sauce Whole Kernel Corn Ice Cream Coffee-Cereal	Shells & Sausage Grated Cheese Green Salad Cake Coffee-Cereal
SATURDAY Nov. 17th	Grapefruit Sections Dry Cereal Crumb Cake Coffee	Hamburg Steak Baked Potato Glazed Carrots Creamy Rice Pudding Catsup Coffee-Cereal	Minestrone Soup Italian Grinder Potato Chips Cole Slaw Chilled Peaches Coffee-Cereal

MENU subject to change without notice