

INSTITUTION

ADMINISTRATION

WARDEN

CARL

ASST. WARDEN TREATMENT

JAMES SINGER

ASST. WARDEN OPERATIONS

ALEXANDER CYBULSKI

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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

EDITOR'S CORNER

Three hundred and ninety three inmates owe a vote of thanks to Don Slater and Tim Duignan for the efficent manner they expedited the Christmas Telephone Call Program. Don, prior to the actual date of the first phone call spent several days and nights making up forms and charts so the program would run flawless. The thing is the generosity that was shown by both Don and Tim, They took the time from their recreation, and their personal du les in order to aid their fellow inmates. While Don made sure each man was there to make his call, Tim made sure each man made it in turn and no one was cheated. In fact it was quite the contrary, the phone calls were run so efficently, this year there was time for seventy-seven extra calls. These calls were made by those who had not previously signed up. Rather than Don and Tim just taking the time off, they made the arrangements for the extra calls. Also a vote of thanks go to Officer's; Raymond Zapor, Gilbet Owens, John Romanowicz, Michael Romanowicz, and Edward Zelek, without these officers to monitor the calls, there would have been no program. I was one of the lucky few who fell under the "EXTRA SCHEDULE" so I can speak personally to the satisfaction it gives to be allowed to speak to our loved ones even for a few minutes, Without Don and Tim's extra effort I am sure many of us would have gone without that holiday phonecall 'Thanks' is inadaquate, but how can we say more?

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Whenever we speak of Prisons, Correctional Centers or Institutions, we immediately think of rehabilitation, with rehabilitation being the prime goal. Rehabilitation means restoration; made like new, done over, made useful. This is fine for antiques of those things that have a priceless nostalgic value attached to them. For the individual, many, have little or perhaps nothing of value from this past life that should be made over. Made useful, yes. Habilitate is the proper word, meaning: "capacitate, to make capable; qualify, ability." This certainly makes more sense. We can not do anything about what we did or what we were, but most assurdely we certainly can do something about today and tomorrow. For many, to return to the old ways, even after being made over, only means the inevitable return to incarceration, as many of us have personally experienced. To be habilitated should be the prime goal. The individual must realize the necessity for change; motivate him towards the desire to change. Show him his worth, equip him to be capable of obtaining new goals; then aid him in the basics that it take to qualify as a useful, productive citizen.

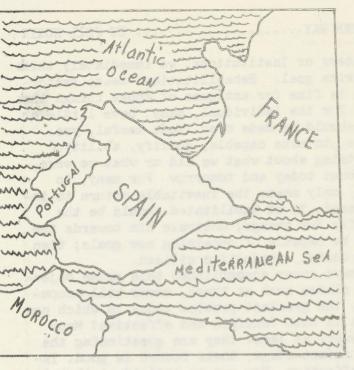
Prisons, Correctional Centers or Institutions have never accomplished this prime objective. At long last, many have come to realize that places such as these, never will accomplish it. There are many new ideas floating around. The greatest problem today is which new idea is the most viable? What is the best idea that is both feasible and effective? Many feel that Halfway Houses constitute part of the answer; at least they are questioning the flasibility and effectiveness. So far, even in the infant stage, their record is good. Isolation has proven to be completely and totally ineffective. How can an individual that is placed ou a strict live schedule, function in society? Society doesn't tell a person when to go to bed, change his clothes, go to eat; neither does it tell a person how to live. Institutions of all types ac just that; it is impossible to instill good wark habits on the individual within the confines of an institution. There are only a limited few who have any responsibility within the walls or fences of the institution, and that responsibility is not only minute but quite controlled. For the vast majority, few had any responsibilities while in the free society. Responsibility can only be taught in part, mostly it must be learned by the individual; he has to be put in the situations where he is made responsible. To believe or even think that an individual can be trained to be a functioning citizen while he is isolated from it, is not only naive, but also absurd.

Halfway Houses have already proven their worth, even though they are only in the initial stages. I feel that they should be explored and used to the most fullest capacity, until something even better is found. It doesn't take a genius to see, know, and realize that almost any environment where an individual can project, learn and be taught to function properly in any given daily situation, is much more superior than a closed isolated environment such as this institution. At its worst, the Halfway Concept is that necessary bridge between isolation and freedom. Once an individual knows and realizes his need for change, and is helped to make this change, and has been made to understand the necessity of responsibility, and the awareness that life is to be lived, instead of the constant struggle most associate as a lifestyle, now he at least has the tools to work with. To expect this individual to take those newly acquired 'tools' and to apply them in a viable manner is as unsound as to take a graduate student fresh out of cellege and to put him in the President's chair of any large corporation; or to compare it to a daily situation, almost any given tradesman must serve an apprenticeship.

It was learned many years the importance of the formal knowledge, but that knowledge was useless without practical experience. Many years ago while working in a plumbing shop, a graduate from MIT came to work for us as a mechanic. His knowledge was unsurpassed. He had all the answers, but he was unable to apply that knowledge in a practical way. This took many more months. Bureaucracies dictate that all things, especially change, take time - yet, they expect andividual, after many years of an isolated type incarceration, to make the transistion from confinement to freedom, not slowly, but instantly. For most cases this is impossible, and this is proven by our high recidivism rate.

As the Hill Section Halfway House of New Haven boasts; only one percent of the individuals who passed through their house returned to any kind of an institution during a thirteen month period. How can anyone argue against the validity of such a program, especially after reviewing these impressive figures? Transistion from one environment to another is probably the most important step in reestablishing as individual to a New and Useful life.





Situated on the western edge of the European continent, bordered by Spain on one side and the Atlantic Ocean on the other. Portugal has a land area of 35, 510 sq. miles and a population around ten million.

The country's home economy is predominantly agricultural. It is one of the world's cheif producers of clive oli and sardines. It is also producing great quantities of cork, cats, textiles, maize and wine.

Portugal was one of the first European countries to sail down the African coasts and to establish contact with African kingdoms.

Portugal eventually established a colonial empire that stretched from Asia, to Africa to South America. Even today Portugal's "overseas provinces" are 23 times the size of Portugal itself.

However, with the rise of nationalism in these "overseas provinces" Portugals hold on the people of Mozambique, Angola, and Guinea-Bissau is rapidly approaching its end.

Chemicals such as alcohol, some opiates and barbituates, are drugs and create a soporific state in the user, the effects of which are sometimes termed psychedelic. Mind-Manifesting chemicals (LSD) differ from alcohol as laughter differs from rage or delight from depression, unless abused. There is really no comparison between being 'high' on LSD and drunk on alcohol. True, no one on either side should drive a car. I'm refering to psychchedelic drugs such as LSD, mescaline, psilocybin, DMT and some types of cannibus. Many of these type drugs have dangerous effects, namely chromosomal damages and possibly psychotic episodes. The worst danger of all, in useing any type of drugs, is that life slips by without the user ever becoming aware of it. With drugs one relaxes luxuriously, possibly studying the colors in a glass of water or listening to the highly articulate sound of all the notes from a stereo. From the pragmatic standpoint of our culture, existing in this environment is detremental. This attitude can be very bad if a lack of foresight exists. Does your present have any use for making the future. If it does, and if your world consists of drugs only, I hope you enjoy the results. With drugs, "tomorrow never comes". Stay away from drugs, psychedelic and others, its a New Year and a new Tomorrow. Drugs lead to over eagerness in some people, apathy in others either can destroy its own advantages for you. I wish you all a Happy New Year.

EDITORIAL CONTINUED:

Understanding, combined with actually living life as intended, can be likened to an individual serving as apprenticeship, when he is able to function on his own he should then be afforded the opportunity. For centuries, the programs geared around incarceration have not worked. Halfway Houses are new, yet it is indicative that they are the necessary stepping stone for the complete transistion of making an individual into a whole, understanding and responsible citizen.

Ed Lowe, an accountant, and Frank Driscoll, a journalism student, think the nation's

prison's are training inmates for one thing only, to be prisoners.

" You just can't take a man, put him in prison, have him go through the process for a few years, throw him back out in society and think everything is going to be okay," said Lowe. " It just won't work. Things aren't normal in a prison."

Driscoll agreed, adding " It's ridiculous to exspect a man to change from an abnormal

environment with no responsibilities to a normal, more demanding one."

Lowe, 32, of Colorado Springs, and Driscoll, 30, from St. Louis, Mo. speak from experience. Both are serving lengthy terms in the Colorado State Penitentiary.

Lowe is serving a life sentence for murder. Driscoll was sentenced to 15-to-30 years for robbing a Denver drugstore. Both have been in prison for more than a year. Prison athorities arranged for them to be interviewed by UPI in the prison administration office. There was no censorship either of questions or answers.

"They teach you to lead an abnormal life and exspect you to adapt to a normal society." Driscoll said. " I think there should be a little bit more realistic appraisal

about what the prison experience does to people."

Driscoll, who is studying journalism in the prison, is no stranger to prison life. He previously served two terms in the Missouri State Penitentiary and did time at San Quentin in California.

"You can't teach people to live in society by isolating them from society," said

Driscoll, who works at the prison reception center.

Driscoll, said he finds it strange that people on the outside are shocked when a former, offender commits a new crime and ends up behind prison walls again. The public he said, looks at the repeat offender as an ingrate who ignored everything he ever learned in prison.

The true facts are that the whole experience here is calculated not so much to push you into a criminal response, but at least to make it very easy for you to slip back

into it, Driscoll said.

"You are regimented, you are institutionalized, you don't know how to make decisions for yourself, you don't know how to accept responsibility." Then they put you out into a situation where you must accept responsibility and, of course, you fail."

Lowe, who works as prison statistician, said he felt there were two major areas where

changes should be made.

" I think inmates ought to have more say in the planning of their lives both in the institution and when they get out," he said. " And I think prison officials need to keep a person in social contact with the outside more than they have been doing."

There are problems and trouble-makers at the prison, Lowe said, but he insisted only

a minority of inmates create the difficulties which receive so much publicity.

The majority of men who go through here don't get into trouble, he said. " They do their time and get out. " But obviously something is failing because they come back."

Lowe said he favored weekend passes for prisoners and also a work release program. in which men would leave the prison during working hours, but would return at night, . Work-release programs have been used on a limited scale.

Lowe said he understands why people are reluctant to see prisoners leave the confine

of the penitentiary.

"There are considerations," he said. " Myself, I'm in for murder. There are people in here for robbery and violent crimes, and you just can't say, okay, society, were going to let them go home for the weekend."

There's a natural adverse reaction to this, and it's to be exspected and to be

considered, Lowe said. " But you reach a point where the people in here have to be helped. Letting a man out into the normal mainstream of things helps to keep a proper 'perspective."

The penitentiary now offers pre-parole counseling, in which inmates are prepared for entry into the outside world, but Lowe and Driscoll say it is too little and too

lateo

" It isn't just a question of preparing us to go back out," Driscoll said. " It's a question of coping with reality. The fact is that most of us will be going back out at one time or other.

Continued on Lottery and Movie Page

PARDON BOARD

SPRING SESSION MEETS ON THE FIRST AND SECOND MONDAY IN APRIL, AND THE FIRST MONDAY IN MAY.

APPLICATIONS: ALL inmates who are planning for appearance at the next sessions are encouraged to submit their requests to Mr. Seaha, Supervisor of Records, as.

These requests should be submitted immediately, if possible, and inmates are reminded that the last day for recieving requests is, February 22,1974.

APPLICATIONS RESULTING IN A STARRED (*) CASE: Under the stablished rules of the Pardon Board, cases cannot be heard if the petitioner has.

(1.) Appeared withing a year

(2.) Served less than a year. This one year cannot include jailtime.

(3.) Appeared or was eligible for parole.

It is also the policy of the board not to hear a case if the petitioner has any pending legal action, such as an appeal or a writ or habeas corpus. This board nor the Dept. of Corr., will assign attorneys. Each inmate must retain his own council.

A starred case in one of this categories is very rarely heard. By therefore waiting for a regular session, not only are inmates saved the labor of preparing required letters, but friends, lawyers, prison staff, States" Attorneys, and the board is spared the effort which should be given the regular petitioners.

It is suggested that before undertaking the task of a starred petition, an inmate should seek the advice of the prison staff which is readily given.

REMEMBER, THE LAST DAY FOR REQUESTS IS FEBRUARY 22,1974.GET YOUR REQUESTS IN NOW!

JUNTA DE PERDON

LA SECCIÓN DE PRIMAVERA SE REUNIRA EN EL PRIMERO Y SEGUNDO LUNES DE ABRIL Y EL PRIMER LUNES DE MAYO.

APLICACIONES: Todo recluso que este planeando hacer aplicaciones a la junta del Perdon para aparecer en la sección de primavera deben someter sus peticiones (REQUEST) a Mr. Seaha, Supervisor de Record, lo mas pronto posible.

Estas peticiones deben ser sometidas inmediatamente, si es posible, y se le recuerda a todos que el ultimo dia de enviar estas peticiones es Febrero 22.1974.

APLICACIONES RESULTANTES EN UN CASO MARCADO (*) Bajo las reglas extablecidas de la junta del Perdon, no se oiran casos si el peticionario a:

(1.) Aparecido frente a la junta en un año.

(2.) Servido menos de un año. Este año no incluye tiempo de carcel.

(3.) Aparecio o fue elegido para el parole.

Es tambien la poliza de la junta el no oir un caso si el peticionario tiene alguna accion legal pendiente, tales como una apelacion o un habeas corpus. Un caso marcado en cualquiera de estas çategorias es rraramente escuchado. Por lo tanto , esperando por una seccion regular, no solo se ahorraran los reclusos la labor de preparar cartas requeridas, pero sus amigos, abogados, personal penal, los fiscales del estado y la junta se le ahorraran los esfuersos que se le deben de dar a los peticionarios regulares. Se le sugiere que antes de emprender la tarea de un caso marcado, el interesado debiera de buscar el consejo de algun personal de la prision, que le sera prontamente brindado.

ACUERDESE, EL ULTIMO DIA PARA LLENAR ESTA APLICACION ES FEBRERO 22,1974. LLENELA Y MANDELA AHORA!

de the logd galog ed liberas to teem sadt at toal adf .villser fithe animos to contamin

1. of Night 2. Miss Lupino

3. Game-Show Host, ___

4. G. Robinson

5. Bob's Partner

6. Actor Buchanan

7. You Are

8. Charles ____ Reilly

9. Actress Connie

10. Was Sheriff Cade

ANSWERS TO LAST WEEK'S TV QUIZ #10

1. Navy

2. Meet

3. Norm

4. Sally Field

5. Professor

6. Buddy Ebsen

7. High

8 Betsy

9. Ann B. Davie

10. Marlo Thomas

THE MOVIES FOR THIS WEEKEND ARE:

RATED R SLAUGHTER'S BIG RIP-OFF

Continued from Page, Inmates Claim Prison Fails

GLORIA HENDRY JIM BROWN AND Stars:

The MOB put the finger on SLAUGHTER, so he gave the finger right back, curled tight around a trigger. ******

100MINS .. THE MAGNIFICENT SEVEN RIDE LEE VAN CLEEF and STEFANIE POWERS

A town filled with WOMEN, and only SEVEN MEN to defend them,

THIS WEEK'S LOTTERY WINNERS ARE:

B-3 #23634 Thomas Oler

Larry Frazier #26320 E-37

#26399 Q-3-55 Jimmie Lindsay

#26594 John Spadaro .

" If the entire period of our imprisonment is spent in embittering us and getting us mad at society and teaching us how not to live in society, then why should it surprise anyone to find us robbing banks and that sort of thing?"

This article was reprinted from the Sunday Register



"DON'T TRY THE IMPOSSIBLE"
SHOWING "OFF" HAS IT'S HANDICAPS
HERE'S AN EXAMPLE:

A baby mole, got to feeling big and wanted to show how he could dig so he plowed along in the soft warm dirt; Until he hit something hard, and it surely hurt

A dozen stars flew out of his snout he sat on his haunches and began to pout then he rammed the thing again with his head

his grand pap pick him up half dead.
Young man, he said: though your pate is bone,

you cannot butt your way through solid stone

this bit of advice is good I ve found; If you cannot go over, or under go around.

A traveler came to stream one day, because he'd promise to cross that way he wouldn't turn back to suit his whim or change his course or go with him. His anger rose more than it should; he vowed he'd across just where he stood another man who said:would he budge or go. The current was swift, the bank was steep, he jumped right in, with a violent leap a fisherman dragged him out half drowned, if you cannot go over, or under go'around.

If the mountains are high, go around the valley

If the streets are blocked, go up some alley

'If the parlor car is filled, don't scorn the freight

If the front door is closed, use the side gate

To reach your goal, If advice is sound If you cannot go over, or under go 'around.

Submitted By: L. Austin

When you get to a place, that you can get through, over or under is the thing to do; To find your way around the imppasable wall don't say you'll go that way; not at all.

"SO YOU THINK YOU KNOW ME"

So you think you know me,
But do you know me,
or do you know the me I let you see?
Miny people think they know me,
My wife thought she knew me,
My friends thought they knew me,
Even my mother thought she knew me.
The truth of the matter is that no one.
really knows me,
Not even I, knows the real me,
for the real me lay's hidden with-in me
somewhere.
If and when I ever do find the real me,
and if I like what I are "THT" and only

If and when I ever do find the real me, and if I like what I see, "THE and only then,

will I let you see the "REAL ME".

SUBMITTED BY:LOUIS R. HEUREUX

If you don't like what you see, Then don't come to stare. If you don't like reality looking you in the eye, Then please don't come to signify.

If you can't face the truth,
Then don't come to listen.
If you don't like to attend clean and
neat,
Then find somewhere else to park your
feet.

If your attendance is just to cause a foolish display,
Then my wish to you, is to please stay away.

It is so difficult to carry yourself as a grown adult?

If self-respect to you is nothing but a gag:

Then the Muslin Teaching's are definitely-NOT YOUR BAG!

"But many of us brothers take it very seriously!

Submitted By: Peachly Davis

ALSO

Love is tenderness when properly shown no man can deny,

SUBMITTED BY: LOUIS R.L. HEUREUX.

Felicidad

"ENAMORADO"

Dulce como el arroyo sonoliento, mansa como la lluvia distraida, pura como la rosa florecida y proxima y lejana como el viento.

Esta mujer que siente lo que siento y esta sangrando por mi propia herida tiene la forma justa de mi vida y la medida de mi pensamiento.

Cuando me quejo, es ella mi querella y cuando callo, mi silencio es ella, y cuando canto es ella mi cancion.

Cuando confio es ella la confianza, y cuando espero es ella la esperanza, y cuando vivo es ella el corazón.

SOMETIDA POR: VICTOR CUBANO

AISLAMIENTO

En medio de la noche, antes que el sueño encadene entre sombras mis sentidos, evoca mi memoria aquel risueño ohasis de mis años mas floridos evoca entonces la sonrisa, el llanto, los ojos brilladores, la infinita imajen del amor, y tanto y tanto sensible corazón que no palpita.

Recuerdo mis amigos, los que han muerto, cual hojas en Otoño nebuloso, y pienso recorrer el ya desierto salón de algún banquete bullicioso.

La luz de mil antorchas se ha extinguido, las flores se han ajado con el viento; todos han !Oh dolor! desparecido, todos !exepto yo y mis pensamientos!

SOMETIDA POR: RAYMOND LESPIER

"Y si caigo, ? que es la vida Por perdida ya la di, Cuando el yugo del escla Como un bravo, sacudi.

JUAN DE ESPRONCEDA (1808-1892)

SOMETIDA POR: LUIS ROQUE

"SALMO DE AMOR"

!Dios te bendiga amor, porque eres bella!!Dios te bendiga,amor, porque eres mía!!Dios te bendiga amor, cuando te miro!!Dios te bendiga,amor, cuando me miras!

Dios te bendiga amor si me guardas fe; !Si no me guardas fe Dios te bendiga! !Hoy que me haces vivir,bendita seas; cuando me hagas morir, seas bendita!

!Bendiga Dios tus pasos hacia el bien; tus pasos hacia el mal Dios los bendiga!

Bendiciones a tí cuando me acojes Bendiciones a tí cuando me esquivas!

!Bendigate la luz de la mañana que al despertarse hiere tus pupilas: bendigate la sombra de la noche, que en su regaso te hallarás dormida!

!Abra los ojos para bendecirte, antes de sucumbir el que agoniza !Si al herir te bendice el asesino, que por su bendicion Dios te bendiga!

Bendigante el humilde a quien socorras!
Bendigante al nombrarte tus amigos!
Bendigante los siervos de tu casa!
Los complacidos deudos te bendigan!

'Te dé la tierra bendición en flores, y el tiempo en copia de apacibles días, y el mar se aquiete para bendecirte, y el,dolor se eche atrás y te bendiga!

!Vuelva a tocar con nevado lirio Gabriel tu frente y te declare ungida! !De el cielo a tu piedad don de milagro v sanen los enfermos a tu vista!

querida mujer!...Hoy que me adoras, de bendiciones es el día! le bendigo y quiero que conmigo sel cielo y la tierra te bendigan.

CRITA POR: FEDERICO GARCIA LORCA.

CHETIDA POR: VICTOR CUBANO

STEPS FAD PAGAN ELI YELLING OUTER ENS ARREST AMENS GRIN COIN LEAD PASSER AGENDA STY, NIPS ROLL ITEM TOWEL STORED POD LOWER VENEERS EYING MAP DRESS STA ***Last Week's Answers***

ACROSS

- 1. Do the backstroke
- 5. Cries
- 9. Fixed
- 12. System of signles
- 13. Dog's wagger
- 14. Automobile
- 15, Region
- 16. Every-day
- 18. Causes
- 20, Carve
- 21. Rubber tree
- 22. Colonize
- 25. Whiskers
- 28. Concealed
- 29. Snaky fish
- 30. Scarce

- 31. Open a beer-keg
- 32. Stuff into
- 33. Request
- 34. River barrier
- 35. False faces
- 36. More precious
- 38, Knock
- 39. Short sleep
- 40. Clergymen
- 44. Extravagant
- 47, Part of skeleton
- 48. Girl's name
- 49. Short letter
- 50. Tardy
- 51. Affirmative reply
- 52. Act
- 53. German river

DOWN

- 1. Mark of wound
- 2. Was dressed in
- 3. Notion
- 4. Determine length of
- 5, Small rock
- 6. Paddles
- 7. Offer at auction
- 8. Cut into parts
- 9. Throws around
- 10. Hearing organ
- 11. Attempt
- 17. Almond

1.	2.	3.	4.		5.	6.	17.	8.		9,	10.	11.
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- 19. Ancient 32. Able
- 22. Small taste of 34. Rely
 - liquid
- 23. Plumber's
- problem
- 24. Shade trees
- 25. Small nail
- 26. Comfort
- 27. State on 43. Prophet Mississippi River 44. Route
- 28. Amateur radio 45. Fruit drink
- 31. Roofing material

- 35. Deface
- 37. Rodent
 - 38. Governed
- 40. Cunning
- 41. Amphibian 42. Grafted (Her.)
- operator 46. Enemy

ANSWER TO LAST WEEK'S CHESS PROBLEM

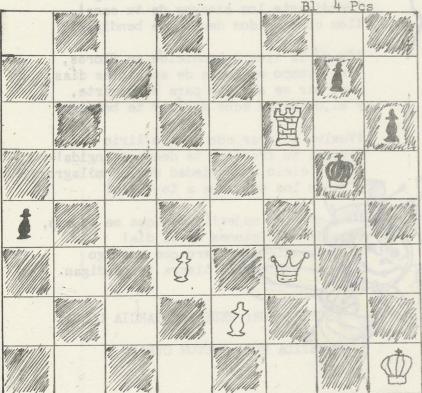
End Game 1R-Q7, BXR; 2 QXPch, RXQ 3 RXRch, KtXR; 4 Kt-B6ch, K-R; 5 KtXP Mate!

CHESS PROBLEM NUMBER 21

White to Play and Mate in Three If you can't get this one Stick to Checkers







White 5 Pcs.

STOLEN HUMOR









TV ACTOR SAYS HE IS AN ALCOHOLIC - ALCOHOLIC ROLE FAMILIAR "REPRINT FROM HARTFORD COURANT AND NEW HAVEN REGISTER"

Dick Van Dyke staggered around the location site, his eyes bleary and his speech in blurred in his role as an alcoholic for a television drama." If I look believable it's because I am an alcoholic," Van Dyke said Van Dyke's admission was rare among Hollywood performers with drinking problems. And he is admittedly gambling his future with his candor.

"I don't know how this decision to make public my alcoholism will affect my career," he said." Most people think alcoholics have no will-power. They think of them as weaklings,

but that's not true.

"When they sent me the script for this show "The Morning After' I wept. I know exatly what this character went through.

"I didn't think I drank all that much when I was drinking. But I was putting away a fifth of whiskey a day. You could say I've been rehearsing for this part for 20 years."

Van Dyke, a one time pillar of the presbyterian church, stopped drinking in August 1972, and except for four quick slugs-which make him sick-last spring, hasn't had a drink since.

Working," the actor said. "But working," the actor said. But the minute we quit at 5 o'clock I headed right for the bottle. The trouble was my wife, Marjorie, began drinking too. just to keep me company. We'd sit up until three or four in the morning, talking and drinking at the bar in our home. We both became alcoholics."

Marjorie flew to Hollywood from their Arizona home during shooting of "The Morning After" to lend moral support to her husband. He found the going tough, reliving some of the nightmares he himself had experienced.

"I thought this picture would be traumatic for Dick, "Marjorie said."But we shared

the same plain. It helps to have someone on your side."

Both Van Dykes entered a clinic in phoenix, Ariz., to dry out and begin their long climb back.

"For the past two years of my drinking splurge Marjorie was physically ill, "Van Dyke said. "She couln't drink, so she began to take tranquilizers and other pills instead. The drugs were worse than the liquor "

Marjorie nodded agreement, Now she is free of the prescription drugs which had been

given her by doctors, too

When we were staying up all night drinking and talking we thought we were growing closer, really communicating," Van Dyke said." Well, we were kidding ourselves. We just using one another as an excuse to drink every night."

Dick Van Dyke plays an alcoholic sliding toward self-destruction in the television

movie "The Morning After." He says the role is a familiar one to him.

"I call myself an alcoholic, "he said Tuesday. "For a large number of years I said I had

a drinking problem. Alcoholic is harder to say,"

Van Dyke, who has his own TV series, said he stopped drinking in August 1972. "It's not a thing that can be cured, "he said. "You can't take a social drink. You are an alcoholic the rest of your life.

"It never interferred with my work, "he said in an interview, "I never drink drank before or during work. I never gave a drunken performance. I never drank publicly. I went home and did my drinking there. I drank until I was drunk."

In the ABC Movie of the week, to be aired later this season, Van Dyke plays an executive whose drinking destroys his marriage and his career. There is no happy ending, only a last minute resolve to quit drinking. He ends up a helpless drunk who has lost all self-esteem.

When he was cast for the role, Van Dyke said it wqs not known that he was an alcoholic. "This movie is a catharsis for me in many ways, "he said." Some scenes almost did me in because I lived them. I hope a lot of kids see this. We've got a lot of 10-and 11 year-old alcoholics in this country."

Van Dyke said he was a moderate social drinker for a number of years." But at some

point I went over the line."

He said drinking had interfered with his home life to some extent." Fortunately, my drinking was when the kids has gone to bed, "he said. But my wife got sick and tired of it."

After he stopped drinking, Van Dyke said, he went to an Arizona hospital. "It's not a place where you go to dry out," he said. "It's an educational thing to let you know what alcohol does to you. I learned things I wish I known 20 years ago."

EMPATHY UPFRONT

HAPPY NEW YEAR

(Ronny Reality) "Hello Bill Wineandcry Sit down and tell me what you think about the upcoming New Year. What does it mean to you and what are you going to do next year that you didn't do this one?"

(Bill Wineandery) "What is so good about New Year? Why should I even sit down and find words for such a day? It keeps coming around every 3654 days I see each one from a prison cell. Wow, I don't even get the opportunity to make my New Year's resolutions on the streets. New Year, just doing time, like on Christmas, Thanksgiving, Fourth of July and Easter. Sure, it would mean something to people in the Free World, but to me, a con, they are just days off my bid. I DESPISE HOLIDAYS. I don't understand how you can even come to me and ask me about Christmas or New Year anyway."

(Ronny Reality) "Hold it, just back that up and let me tell you something about what I think. You are killing yourself. First off, I want you to know that the only thing that you are doing is leaking your feelings all over me and I'm no sponge. Look Bill, when you don't face up to your own feelings and refuse to see them for what they really are, you can't know where you are at. If you don't know you and where you are then you can never determine where you are going. You have to first know youself and the only way to do that is by being for-real with yourself. By you sitting around and leaking your feelings, you are hiding from what it is that is really getting you down. You are escaping from reality. You have to begin to look at things for what they really are and not'hide from what you are feeling."

"Look Bill, none of us dig being locked up period, but here at Empathy House we try to get an understanding of the things that we really feel so we can get to know where we are weak and then find ways to go about strengthening those weaknesses. We talk about the feelings that we have and try to open ourselves up to the things that are pointed out to us. If the criticism is valid, then it is up to the individual brother to go about making the changes that are necessary. Facing your own shortcomings and trying to stay out of the prison system is what it is all about."

"New Years Day is the beginning. It is a place to start from. If you are indeed tired of doing time and want to do something for yourself, then I guess there is no better place to begin, or time to begin then right here and right now. Let this be the point from which you began to take a critical look at yourself and the life that you have been living. Don't hide from the real feelings that you have about youself and the things that have happened to you. Look at them for just what they are and then try to do something about them."

Happy New Year Bill Wineandcry and Happy New Year to all of our Brothers. We at Empathy House, truly hope that our Brothers will see this New Year as the beginning of the years that we all stayed out of the prison system.

We hope that all of our Brothers will begin to face reality and see their lives for just what they are and try to prepare themselves for whatever future they choose.

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INMATE VARIETY SHOW

On Wednesday, January 2, 1974 an immate variety show was held in Gym A. The show consisted of Soul music presented by "Your Music Inc" and Latin Music presented by the Spanish segment of the population. The following article depicts the general acceptance of the show and some of the gratitude expressed by all who attended. Although only local talent (about as local as you can get) was presented, the overall show projected professionalism and the right touch of originality.

"Your Music Inc." was produced by Jahim Jones, Calvin Smith and David Milner. The band, representing the Soul portion of the show, was composed of: Piano- Milner; Tenor Sax - Williams; Trumpet - Simmons; Trombone - Cooper; Alto Sax - Jones; Lead Guitar - Dixon; Rythm Guitar - Haliburton; Bass - Cannon and Percussion - Smith.

The Latin Group was coordinated by Marques, the trumpet player, who unfortunately could not participate because of a hand injury. Sanchez played the lead guitar; Luciano the Bass Guitar; Santiago and Colon supplied rythm with the Congo drums and Chico adding what was needed with the Cow Bell. The lead singer, Ramon, did a tremendous job backed upo by Ramos and Lespeir as the background vocals.

The soul show started at 6:10 p.m. with Williams and his Soulful Sax playing "With A Child's Heart." Then came Phillips singing "Love and Happiness." After another soul— ful tune came the group of the night, 'True Blackness' singing well known cuts such as: "The Love I Lost," "Breakup to Makeup," "Stop Look and Listen," and "What You See is What O You Get. At the close of the stow Phillips joined in with the band singing "The Break-Down" and ended with a standing outlion.

The Latin brothers (majority Puerto Rican) is played their well known talents in the form of Latin Music. A touch of 'Santiago' was added by Higgins on the drums. All in all the group did a tremendous job of bringing Latin music a pit class to all who attended.

From the sounds of the spectators one could tell that all in the every segment of the show. The overwhelming majority of men present hope to see that shows of this nature in the future. Asking an opinion of Williams in H-Elock it is farmed that he enjoyed the show and feels that all did because no one left. He also implicated the desire to see future shows.

Considering the equipment available and the poor acousting in the flym the men who participated in previding the entertainment did a fantastic job. They deserve recognition for their efforts and we vould like to extend the gratitude of the immate population to them.

The round up of the soul presentation was submitted to 'The Weekly Scene' by Albert Parks 26409. The write up of the Latin sounds was a joint effort of all concerned with the presentation.

Company of the Compan

THE FIELD

CASTLE, Eddyville, Kentucky - a very neat interesting publication. I benefitted by reading your presentation of THE LAWS AND CONVICTS. I also enjoyed reading THOUGHTS AND THINGS. I hope the magazine will continue to publish enlightening material.

THE INSIDER, New Haven, Connecticut - Both your Christmas and New Year's issue showed the hard work that must have gone into each edition. The color in your Christmas issue certainly brightened it. You really should have mentioned your Staff's names, however, take credit when credit is due.

THE SANTA RITAN, Pleasanton, California - liked your paper, especially "THE LAST TIME" I am confused as to who judges the work submitted but overall I would agree with most of their decisions.

PRISON MIRROR, Stillwater, Minnesota - enjoyed your entire paper as usual. "Study Shows Murderers Good Parole Risks" was informative and realistic as most murderers will not return once released on Parole or Discharge.

GSP NEWS, Reidsville, Georgia - I'm looking forward to seeing "The Longest Yard." After reading your advertisements for the picture I hope that it will be shown here. I also enjoyed reading "MacDougall talks to Prisoners." I hope that the talks will have some positive results for you.



BREAKFAST

Fresh Fruit Hot Cereal Crumb Cake

Coffee

Orange Juice MON. Cold Cereal

SUN

JAN. 13

JAN. 14 Griddle Cakes w/syrup

Coffee

Apple Juice TUES. Hot Cereal JAN. 15 Muffins

Coffee

Tomato Juice

WED. Boiled Eggs & Toast

JAN. 16 Cold Cereal

Coffee

Stewed Prunes

THURS. Hot Coreal JAN. 17 Doughnuts

Coffee

Fresh Fruit FRI. Cold Cereal

JAN-18 French Toast w/syrup

Coffee

Grapefruit Sections

SAT Hot Cereal

Crumb Cake JAN. 19

Coffee

LUNCH

Pot Roast

Mashed Potatoes

w/gravy

Cream Style Corn

Ice Cream

Ccffee-Cereal

Grilled Beef Liver

w/onion gravy

Whipped Potatoes

Mixed Vegetables

Iced Cake

Tea-Cereal

Vegetable Soup Corned Beef Hash

Fried Eggs

Tossed Salad

Fruitcocktail

Tea-Cereal

Baked Chicken w/gravy

Spanish Rice

Waxed Beans

Chockolate Pudding

Tea-Cereal

Rigatoni w/Meat Sauce

Grated Cheese

Antipasto

Jelly Roll

Tea-Cereal

Minestrone Soup

Fried Haddock

w/Tartar Sauce Pan Fried Potatoes

Green Beans

Coffee-Cereal

Salisbury Steak w/onion gravy

Mashed Potatoes

Buttered Sweat Peas

Cherry Pie

Coffee-Cereal

SUPPER

Grilled Franks

Fried Cabbage

Oven Brown Potatoes

Peach Betty

Mustard

Coffee-Cereal

Swedish Meat Balls

Buttered Noodles

Fresh Carrots

Chilled Apricots

Coffee-Cereal

Grilled Ham Steak

Candied Sweet Potatoes

Lima Beans Sliced Pineapple

Coffee-Cereal

Bacon & Egg Omelette Home Fried Potatoes

Toast & Catsup

Beet & Onion Salad

Iced Cake

Coffee-Cereal

Grilled Minute Steak

Baked Potatoe

Whole Kernal Corn

Cherry Jello

Coffee-Cereal

Corn Chowder

Kielbasa & Baked Beans

Cole Slaw

Chilled Peaches

Mustard

Coffee-Cereal

Roast Turky w/Sage-

Dressing

Whipped Potatoes

Asparagus

Butterscotch Pudding

Coffee-Cereal

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