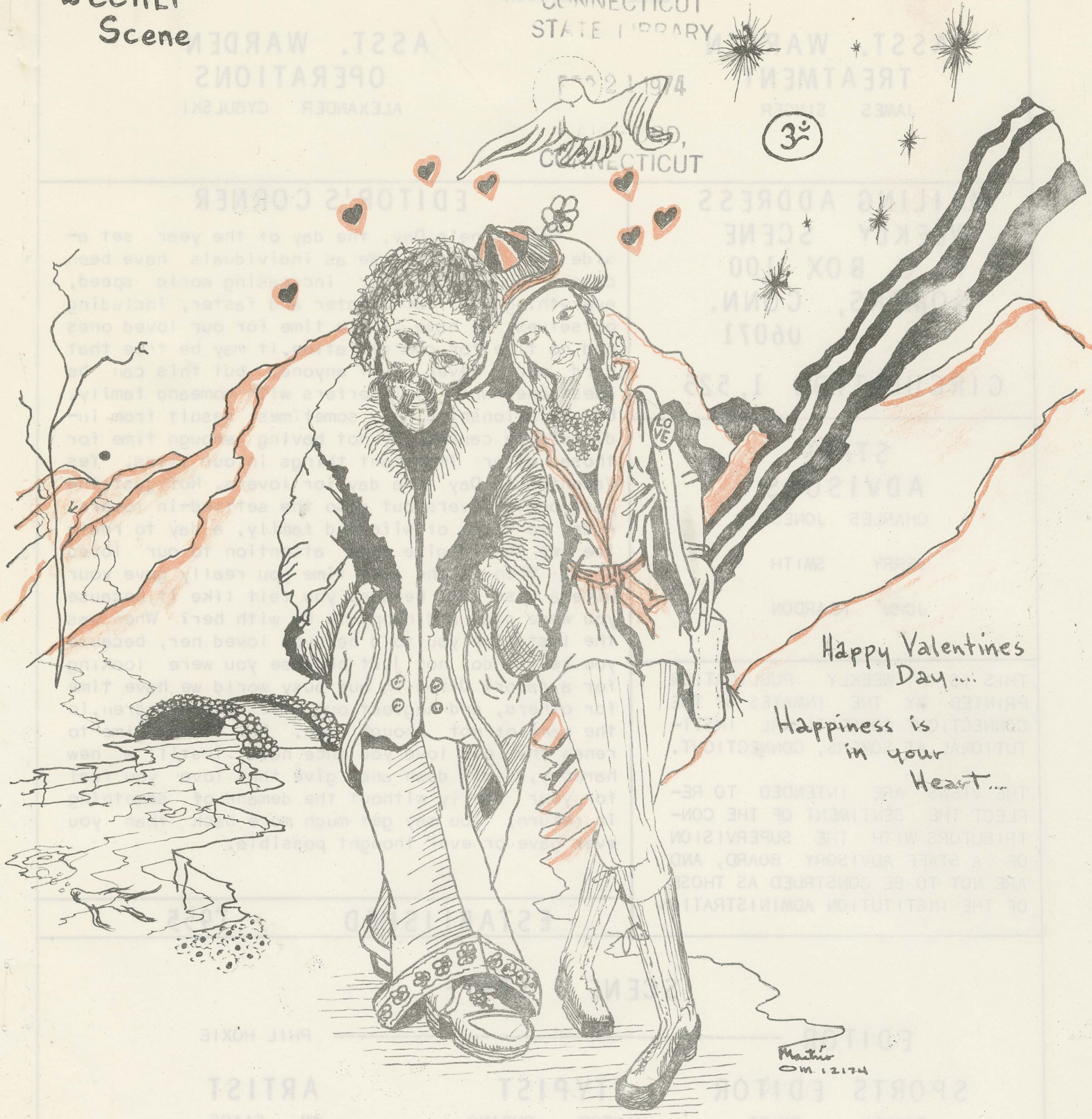


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The Weekly Scene

FEB. 16, 1974



32

Happy Valentines
Day....

Happiness is
in your
Heart....

Master
Om 12174

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

EDITOR'S CORNER

Valentine's Day, the day of the year set aside for lover's. We as individuals have been caught up in the ever increasing world speed, everything must move faster and faster, including ourselves. We have little time for our loved ones and no time for contemplation. It may be true that hard work never hurt anyone, but this can be questioned when it interferes with home and family. Bad relationships can sometimes result from indifference caused by not having enough time for those other important things in our lives. Yes Valentine's Day is a day for lovers. Not just the passionate lovers but also the settled-in lovers. A day to think of wife and family, a day to realize we should give more attention to our loved ones. When is the last time you really gave your wife a kiss just because you felt like it, because you were glad and happy to be with her? When was the last time you told her you loved her, because you really do, not just because you were looking for a favor? Often in our busy world we have time for others, and neglect our wives and children, in the name of not enough time. Now is the time to renew that old love you once had. Instill a new harmony, slow down and give that love you feel for your family without the demand of something in return, you may get much more back than you ever gave or ever thought possible.

STAFF ADVISORS

CHARLES JONES

JERRY SMITH

JOHN REARDON

THIS IS A WEEKLY PUBLICATION
PRINTED BY THE INMATES OF THE
CONNECTICUT CORRECTIONAL INSTI-
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THE VIEWS ARE INTENDED TO RE-
FLECT THE SENTIMENT OF THE CON-
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OF THE INSTITUTION ADMINISTRATION

ESTABLISHED

1955

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DON VERRINDER

ROGER WATERS

PENAL PRESS

ROGER WATERS

FRANKLIN PIERCE

In the editorial section of the New Haven Register there was a most interesting article titled, "The need of a Sense of Humor." This article was written by the Reverend Paul F. Abel, pastor of the Golden Hill United Methodist Church. He sees a 'crisis of humor' and told his congregation, "Nothing is closer to hell than to have lost one's sense of humor."

This is especially true of those who are incarcerated. It seems that the minute the gates are slammed behind us, it is a sin or crime to have a sense of humor. Don't laugh or smild, there is nothing to laugh or smile about in places such as these. As the Reverend Abel said, "We've got to learn to laugh again if we're going to know reconciliation within and among ourselves." This is so very true no matter where we are. When we lose our sense of humor we really become stagnant.

The trend of the times is shown in our current humorists. When in such troubled times as these, the humoristic cartoons, jokes, satires or what-have-you, is geared towards a wanton maliciousness. The old cliché, 'one picture is worth a thousand words' certainly applies today. Most cartoons have become a malicious way of being critical without words. Instead of the humorist being the satiric, mischievous, witty comic that plied his talents to make a living, has turned that talent into a trade which has become a very big enterprise. If our humorist finds it difficult at being funny in a witty or satiric way, what chance have we, the layman? Yet we must for humor in our sense of balance. The nineteenth century poet, Richard Milnes, said it this way: "The sense of humor is the just balance of all the faculties of man."

The editorial also said, "the ability to laugh, and especially at ourselves, is the gyroscope that keeps us on balance and on course at all time, and to lose it is to invite disaster, whether in our personal lives or as a nation." How succinctly put. We are living in a society that has lost much of its humoristic qualities. We can see this without looking very far. The smile has been replaced with the sneer, or at best the look of indifference. How can we expect to help or cure our own problems, when we let nothing but the darkest rays into our lives? We can compare this to a dull overcast day or the evening shadows when our vision is clouded; we tend to become like this when we lose or forget how to smile or how to be humorous. It can be equated to a thick fog, it hinders the sight and retards progress. Where the smile, or a moment of humor, is like the sunshine; it gives clear sight to everything and allows for easy advancement. I am not sure of its originality, but it is a truth; 'a day without a smile is certainly a day without any sunshine coming into our hearts.' In all probability this may be the reason we have become so callous, uncaring and indifferent.

We appear to be living in an era where absolute serious nature is allowed to prevail. I have spoken so often about our need to change, our need to be motivated. If we shut out the simple act of a smile, how can we possibly expect to bring any enlightenment into our own hearts and souls? We seem always to be too busy or too wrapped up in our problems to allow or find time for a little humor. In fact because of this trend it is difficult, if not impossible, to find the old rib-ticking type of humor of yesterday. As a results, we have little to guide us in what is becoming a forgotten art.

Yes, humor is an art. It takes pratice, just as all good things do. Certainly, at various times we laugh, perhaps joke a minute or two, but it is hollow because we do it only when it is expected of us, and only at that moment.

When was the last time you really had an honest-to-God belly laugh because you found something really funny? It is good for the heart and the soul. As the cliché goes; 'try it, you'll like it'; as I am sure you will.

One of the hardest things in the world to do is to laugh at ourselves. Of course we have been taught during these past few years that only fools laugh at, criticize, condemn or complain about or at self. Why blame ourselves for anything when their are other and so many different things we can cast our animosities at. An honest smile, a hardy laugh, or that old fashion sense of humor is the safty valve to our sanity. We can relieve many of our frustrations, anxieties and fears if only we would allow that unused sense of humor to be exercised. It is more difficult, it takes more effort and muscle, to frown -- than it does to smile. A gloomy atmosphere is created by those persons who inhabit an area of their society; this atmosphere can be eliminated quite easily, all one has to do is to be cheerful, give a friendly smile. Believe it or not, it becomes Contagious, no one wants to be first, but once it starts everyone enjoys the friendly atmosphere to the gloomy one, and participation becomes the norm. Be happy for the good things you have, SMILE!

- | | |
|----------------|----------------|
| 1. Avengers | 14. Kojak |
| 2. Bonanza | 15. Lassie |
| 3. Banancek | 16. Mash |
| 4. Columbo | 17. Mannix |
| 5. Chase | 18. Magician |
| 6. Cannon | 19. Maude |
| 7. Dragnet | 20. Protectors |
| 8. Emergency | 21. Popeye |
| 9. Flintstones | 22. Rookies |
| 10. Flipper | 23. Sarge |
| 11. Firehouse | 24. Superman |
| 12. Gunsmoke | 25. Toma |
| 13. Ironside | 26. Zoom |

SMZNAICIGAMO
 KRAOAAZANNOB
 PEOGEMTMBALM
 LOSTXKROOMEU
 SURRCIOEMOML
 EEDOEEENMPTZO
 YHNROGTNSUEC
 ECOOAKNOANSR
 PENRTGIERMUC
 ODNEESNEVPOG
 PIAPGITESAHC
 ESCPERSNTFEK
 GNMIDDOESI ERA
 ROALUTZMALIJ
 ARSFAROTELFO
 SIHPMBANACEK

TV QUIZ #16

By DENNIS B. VENNARD

1. Actress Nancy
2. She was "Julia"
3. Jack Webb's TV Show
4. _____ Randall
5. _____ Blocker
6. Comedian _____ Brooks
7. Get _____
8. The Doris _____ Show
9. Doc on Gunsmoke
10. Oscar c. "The Odd Couple"

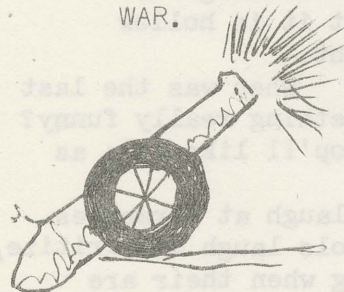
ANSWER TO LAST WEEK'S TV QUIZ #15

1. Game
2. Lives
3. Gabor
4. Erie Stanley Gardner
5. Hee
6. Fargo
7. Nicholas
8. Louis Armstrong
9. Courtship
10. Zulu

THE MOVIES FOR THIS WEEKEND ARE:

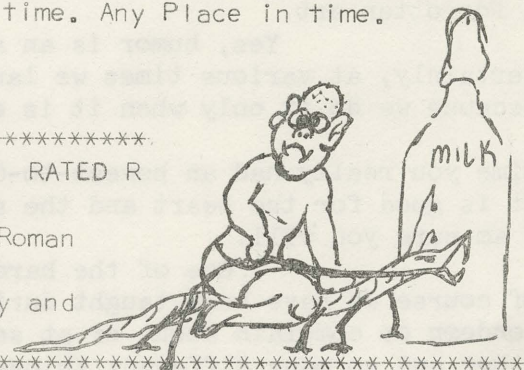
SAT. FEB. 16th 90 MINS. RATED R
 GORDONS WAR
 Stars: Paul Winfield and CARL LEEI

They said it would take an Army to get the Mob out of Harlem. This is the Army. This is Gordon's WAR.



SUN. FEB. 17th 93 MINS. RATED R
 SLAUGHTERHOUSE-FIVE
 Stars: Michael Sacks and Valerie Perrine

A tribute to Man's Spirit and to time. Any Place in time.



MON. FEB. 18th 93 MINS. RATED R
 WEEKEND WITH THE BABYSITTER
 Stars: George E. Carey and Susan Roman

She came to sit with the Baby and went away with Daddy.

THIS WEEK'S LOTTERY WINNERS ARE:

HENRY RENZI	#23615	Q - 2 - 40
ALLEN SZARWAK	#23906	B - 64
JOSEPH CAMEROTA	#25783	JBR - 20
ISRAEL PAGAN	#26488	JBD - 26

LIMITED TO 33 STUDENTS.

This course will satisfy fine arts elective in liberal studies program Or be acceptable as open elective in any program-3 credits.

FORMAT: Viewing of a large number of films in the class, readings in several film history texts, and discussion in the class with the instructor will be the activities.

CONTENT: An overview of world cinema with concentration/on styles of film-making and film makers. Work will highlight directors such as Isestein, Peckinpah, Resnais, and Bergman.

HIST 201 AMERICAN HISTORY 1 Tuesday 6-8:40

LIMITED TO 40 STUDENTS.

This course will satisfy ind.and soc. elective or open elective in all programs 3 credits.

FORMAT: This is a lecture course with some question and response time. The student is expected to cover text book and lecture information and be prepared for examinations to cover specified units.

CONTENT: The class will examine the growth of the United States as a world power from colonial times to 1870, with major emphasis on movements and underlying trends.

GEO 201 PHYSCAL GEOGRAPHY - THE EARTH Wednesday 6-8:40

LIMITED TO 20 STUDENTS.

This course will satisfy science/ math requirement of three credits in all programs(except Data processing where only math can be used) or can be used as an open elective in any program.

FORMAT: This course uses a televised program, "The Earth", with meetings with the instructor on Wednesday. The course is shown on CPTV, channel 24 Tuesday 6-6:30 and 6:30-7 P.M. The weekly meeting will be a lecture format with periodic examinations schedule to assist the student in evaluating his progress.

NOTE: Some additional meetings on Friday evenings will be required.

CONTENT: The course will acquaint the student with the major processes, features and inter--relationships of the natural environment. Man will be viewed as an organizer of the environment and his role in the modification of the earth will be considered. Topics included: climate, erosion, volcanos, etc.

ENG 201 SELECTED AMERICAN LITERATURE Wednesday 6-8:40

LIMITED TO 40 STUDENTS.

This course will satisfy the requirement for a literature elective or act as one open elective-3 credits.

FORMAT: Discussion of readings, plus lecture by the instructor will be the basic components of the course.

CONTENT: Authors, essentially from the 20th century, of both prose and poetry will be studied.

MATH 101 INTRODUCTION TO COLLEGE MATH Thursday 6-8:40

LIMITED TO 40 STUDENTS.

This course will satisfy 3 credits of math / science requirement in every program or can be used as an open elective in any program.

FORMAT: The instructor will discuss and illustrate procedures and mathematical problem solving with the class. Outside work will be assigned and weekly sessions with the instructor will check on the individual's progress, as part of the class format.

CONTENT: The course is designed to acquaint the student with fundamental operations in arithmetic and algebra, operations on the integer, rational numbers, decimals, elementary algebraic definitions, algebraic operations, exponents and radical, factoring rational algebraic expressions.

SPRING TERM - ASNUNTUCK COMMUNITY COLLEGE - THESE COURSES WILL BE OFFERED

CLASSES BEGIN WEEK OF MANDAY, MARCH 4

LOOK THE COURSES OVER - BE PREPARED TO REGISTER ON

FEBRUARY 19 - BETWEEN 3 AND 7 P.M.

"MASSEY TECHNICAL INSTITUTE VETERANS"

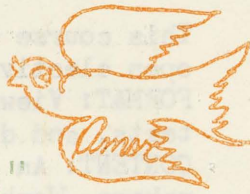
RADIO & TV SERVICING, ACCOUNTING, INDUSTRIAL--
ELECTRONICS, AND COMPUTER SCIENCE.

A Massey Technical Institute representa-
tive will be here to(TUESDAY, 2/19 to interview
qualified ex-service men for the above "Carrer-
Courses" 8:30 A.M.

"INCOME - TAX - RETURN"

Anyone wishing help in completing their
income tax returns for 1973 are requested to
bring their W-2 forms to the school to see Mr.
HEALEY any day at 11:30 A.M.

SAN-VALENTIN



"Mi Amor Por Ti"

Yo se que soy el culpable,
de los dolores y problemas,
que a nosotros nos a tocado.
No podré empear ni siquiera,
a entender la razón,
por la pena que te he causado;
el amor que siento por ti,
es mil veces, lo que siento,
por mi propia vida.

En realidad eres mi vida,
todo por lo que existo, mi mundo,
y sin ti, no podre seguir,
esta supervivencia.

Sin ti (ANNA) al infierno,
fuera mi vida.

Te necesito en este momento,
y asi sera para siempre.

Quedate a mi lado, pues no,
habra otro ser que te ame,
como te amo yo.

Y aunque la distancia nos separa,
estas conmigo, porque mi corazón,
te siente.

Te amo tan profundamente,
que Dios quiera puedas comprender,
lo mucho que te quiero,

Anna, mi amor es tuyo; mi vida eres tu:

"ESCRITA POR: ARTURO F. ACEVEDO."

"My Love For You"

I know I am the one to blame,
for all our troubles,
for all our pains,

I don't know why I hurt you so;

I love you more than life itself.

You are my life, you are my world,
without you darling I can't survive,

without you (ANNA), I would drift to hell.

I need you now, I will need you always.

Baby don't ever leave, always be mine.

No other man can love you more than I.

And although we are far apart,
you are here with me, withing my heart.

I need you so very much,

I hope you can see the love in me for you,

Anna, my love is yours, my world is you:

"ESCRITA POR: ARTURO F. ACEVEDO"

" DEDICADA A SU ESPOSA ANNA."

Cubano

DIA DEL AMOR

"Nuestras Almas"

Tu alma y el alma mia

En el final del camino

Bajo identico destino

Sellarón la idolatria

Desde aquel hermoso dia

Yo te adoro con fervor

Y hoy que es dia del amor

Le pido a San Valentin

Que nos prolongue hasta el fin

La dicha de nuestro amor...

ESCRITA POR: VICTOR CUBANO.

"Renunciamiento"

Pasaras por mi vida, sin saber que pasaste
Pasaras en silencio por mi amor, y al pasar
linguire una sonrisa, como un dulce contraste,
del dolor de quererte...y jamás lo sabras.

Sonare con el nacar virginal de tu frente,
sonare con tus ojos de esmeraldas del mar,
sonare con tus labios desesperadamente,
sonare con tus besos...y jamás lo sabras.

Quisas pases con otro que te diga al oido
esas frases que nadie como yo te dira,
y ahogando para siempre mi amor inadvertido,
te amare mas que nunca...y jamás lo sabras.

Yo te amare en silencio, como algo inaccesible
como un sueño que nunca lograre realizar,
y el lejano perfume de mi amor imposible,
rosara tus cabellos...y jamás lo sabras.

Y si un dia una lagrima denuncia mi tormento
el tormento infinito que te debo ocultar,
te dire sonriente, no es nada...ha sido el
viento, me enjuagare la lagrima...y jamás,
lo sabras.

SOMETIDA POR: VICTOR CUBANO.

Paso las noches imaginando

Que la tibieza de tu cuerpo

Enciende el mio.

Y sueño con el momento

En que pueda tenerte entre

Mis brazos para siempre.

SOMETIDA POR: VICTOR CUBANO.

"The Extension Cord"

P
O
E
T
R
Y

P
A
G
E

Seems to me- as it does not
That among us as we are
There people who live for not
But wait for "I" or "You"
To open- if needs be opened
To weigh-if need be weighed
To take- and not to take
And say unto you, you have not-
Where I have indeed...
What is meant is the meaning set afire to pray on
Concepts(I'll say), or have you caged and seek not
it's content but with hold prejudice among the ones
drifting low lower lowest...
Say you, white-ness is of godly creation
And have you not referred this as means of
retaining half heartedly ones own dear self?
Does the "I's" and "you's" express the "Them's"!!!
Ask not me-but rather within you ask the why's
and created understanding and let this understanding fly
in or out, high or low, chain and unchain, but let
it be used as a tool to fulfill the emptiness of you-
and I if be runneth over...
Prison, Correctional Institution?
Hire the handicap?
This place aint old- really! This place aint old you say!
Think back ago, farther if you dare. Old, Oldest
way of communicating/relating to: Us-we-They you say???
Damn, rat infested joint!
Who me? are you talking to me! Yeah you white-boy!
Who me? Are you talking to me! Yeah you-black boy!
Who me? Are you talking to me! Yeah you P.R.!
Who me? Are you calling for me man! Yeah! Whats your name?
My name is FIST! Ah fist who? Fist of fury all in your face,
If you mess around with me because of my race!
Oh I see, your one of them kind!
Say you that...
Hey! look- up...
Get in that cell...
You got two night's of loss of recreation!
Shit I don't care, I got 13 years of lock-ups!
Moments later: Officer! Officer! Call the Captain I want to
See him. Captain comes, Captain Sir! I didnt do what the officer
say I did. He was wrong to give me them there lock-ups...
Well I'll check into it, and will get back to you then...
Okay Captain
Later, sometime much later: well I check into the situation
and I(have) to go by what the officer said, so what else can
I do?.....
Come on, fool, fool, can a bird fly without its wings? Doesn't
bird protect its wings from anything that might cause a malfunction..
Things to do, I know! beware of the dog it bites!
Why you say? Cause maybe it was trained to or maybe it demands
to survive, or still room for more???

PRISON PRESS NOTES-QUOTES

THE SPECTATOR, Jackson, Mich. - A pre-vocational school for inmates unable to qualify for vocational school sounds great. If a person has the desire to learn he should not be denied because he received a low score in Mathematics or English. Good Luck.

Clarion, Frontera, Calif. - Liked your article, "Prison is Obsolete!" Forced treatment will never succeed in rehabilitating anyone. Also want to thank you for your compliment on our newspaper. We will keep'em coming.

SCROLL, Bridgeport, Conn. - The "Community Release Program" is sound hope for returning an ex-felon to the community. Hopefully, we will eventually have a program as extensive as yours. Also liked your story, "The Young Man and his Cat", A persons true nature will show itself sooner or later.

THE INSIDER, New Haven, Conn. - Your article on "Ignorance of the Law," is good reading. Many people don't realize what a felony charge acually is, nor for that matter a misdemeanor. Your Editorial on drugs also proved to be informative.

OUR THING, Litchfield, Conn. - It seems like you need some new recruits for your newspaper staff. One man can only do so much. Hope you acquire some helpers soon. Good Luck.

By: Rager
Waters

INSIDE THE WORLD
THE INSIDER
THE HARBINGER
PRESIDIO
THE PENDLETON REFLECTOR
SAGEBRUSH
CLOCK
OP NEWS
HAWKEYE
THE CASTLE
FORUM
JOURNAL
THE ECHO
VIEW
INTERPRETER
About Face
THE SPECTATOR
Eastern Echo
THE MENTOR
THE TIME

BURGER BEEFS

Once while sitting as a trail judge, Chief Justice Warren Burger listened patiently as a young prosecutor presented nearly an hour of expert testimony on fingerprint evidence. Burger naturally assumed that the case would hinge on a disputed fingerprint. To his consternation, he eventually discovered the fingerprint was not in question at all; the defence accepted it. Not for the first or last time, Burger had been victimized by a familiar courtroom figure: the inept trail attorney.

Unsure of himself and his field, such a lawyer often bogs courts down in otiose efforts to cover every unthought-of contingency; or, at the opposite extreme, he may sink a client's case by missing a critical point. After 42 years as a practicing lawyer and judge, Burger has sadly concluded that perhaps as many as one-half of all lawyers who appear in American courts are incompetent. Last week, in a speech at Fordham Law School, the Chief declared that it was high time special additional training and testing be required before a lawyer may call himself a trial advocate.

In fact, most of the 355,000 lawyers in the U.S. rarely enter a courtroom; they stay in their offices drawing up contracts, wills or divorce papers. But any U.S. lawyer is entitled to practice any kind of law he wishes. As a result, said the unhappy Chief, "The courtrooms of America all too often have 'Piper Cub' advocates trying to handle the controls of 'Boeing 747' litigation."

British Model. Burger urged that regular law school courses of three years be compressed into two, so that a third year for prospective trial lawyers could be devoted to courtroom training. He also suggested that this third year be followed by a few years of apprentice practice not unlike medical residency programs.

Burger's legal model is the British system, under which some 300,000 solicitors defer to 3,000 barristers for all courtroom advocacy. The resulting professionalism speeds the trial process and tends to prevent a case turning primarily on the uneven skills of opposing advocates. Critics contend that the clubbiness of British barristers sometimes leads them to pull punches rather than fight for the best interests of clients. But Burger feels that too many U.S. lawyers push the adversary system to the other extreme and brawl to an unreasonable degree that wastes court time.

Many lawyers were pleased that someone of the Chief's stature had finally addressed the problem. "Judges and lawyers have been talking about this privately for years," commented Federal Appeals Court Judge Irving Kaufman, "but they've hesitated to say it publicly. "Most attorneys who now specialize in trial work will doubtless support the proposal; for opponents, Burger had a warning: "The views of practitioners who are affected cannot be controlling any more than we allow the automobile or drug industry to have control of safety or public health standards. There are 'consumers' of justice whose rights and interests must have protection."

Oct. 30, 1957 A.P.

Governor Frederick Hall of Kansas declared that punishment will not prevent crime. The recently appointed Justice of the Kansas Supreme Court told a gathering at Wesleyan University that "the real reason for crime can be found in the criminal's hidden hostility for society."

"This hostility must be removed with psychology and sociology," he said, to prevent crime from occurring.

"The answer to crime," he asserted, "is neither punishment, rehabilitation, Pardon or Parole, but prevention."

Submitted By: Tim Duignan

One is absolutely sickened, not by the crimes that the wicked have committed, but by the punishment that the good have inflicted". "Oscar Wilde"

Submitted By: Tim Duignan

Stolen

Humor

Page



"It isn't nice to fool with Mother Nature!"

ACROSS

- 1. _____, sir!
- 4. Book of maps
- 9. Possessed
- 12. Before
- 13. Tip of pencil
- 14. Be obligated
- 15. Hiked
- 17. Refresh
- 19. Stale
- 20. Withered
- 21. Understanding
- 24. Slim
- 27. Horse's gait
- 28. Canoes
- 29. You and I
- 30. Hearing organ
- 31. Markets
- 32. Green vegetable
- 33. Come _____ you are
- 34. Seasons food
- 35. Piece of pasteboard
- 36. Soup pots
- 38. Purple flower
- 39. Dines
- 40. Headwear
- 41. Motto
- 43. Hounds
- 47. Fuel
- 48. Teapot part

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

- 50. Wager
- 51. Poem
- 52. American bird
- 53. Arm of sea

DOWN

- 1. Besides
- 2. Blunder
- 3. Ocean
- 4. Common fruit
- 5. Having foot digits
- 6. Cover
- 7. Have _____ orange
- 8. Avenues
- 9. Sharpened
- 10. Reverence

CAKE ORES PAY
 ACID VINE OWE
 RETIRED VASES
 TON MERE
 ALLOT DERIDED
 LEER RATED LO
 TAG BARED HIT
 AS WAVER MATE
 RELATED EASES
 ANTS TAX
 SPITE ARTISTS
 PAR REDO MOAT
 ADS SLOT SPRY

Last Week's Answers

- 11. Morning moisture
- 16. Largest Amount
- 18. Sea eagles
- 20. Narrow boards
- 21. T-bone
- 22. Rub out
- 23. Neither, _____
- 24. Classifies
- 25. Large-mouthed pitchers
- 26. _____, aim, fire!
- 28. Bundles
- 31. Blue feline
- 32. Frying utensil
- 34. Male deer
- 35. Siamese and tabbies

- 37. Paster
- 38. Stickum
- 40. Drag along
- 41. Past
- 42. Father
- 43. Marsh
- 44. Recede, as tide
- 45. Afternoon party
- 46. Pigpen
- 49. Keystone State (abbr.)

The Purple Page

ANSWER TO LAST WEEK'S CHESS PROBLEM:

Kt-Kt 7

CHESS PROBLEM # 26

White to play and win

(Capablanca-Spielman, San Sebastian, 1911, In one variation Capablanca found a mate.



YOUR HEART AND ALCOHOL

Dr. Myrvin Ellestad, Head of the Clinical Physiology Department at the Long Beach, Calif. Memorial Hospital, has debunked the myth that alcohol is good for the heart.

In a recent column published in the medical center's health information magazine, Ellestad points out that one drink may prove lethal for some people with abnormal hearts; more than three drinks in one hour may adversely affect a healthy heart, and heavy drinking over a period of years may well lead to heart failure.

According to Dr. Ellestad, a leading cardiologist, "If one has an abnormal heart, just two ounces of alcohol markedly reduces function, if we realize that 50 percent of men in the 40-60 age group have silent coronary disease, We can then grasp the implications of the effects of cocktail parties on the hearts of America."

A normal heart can function even under strenuous exercise, if the blood alcohol level is low. A healthy heart can tolerate six ounces of liquor or its equivalent in beer or wine over a one hour period.

"Any more than this, however," the researcher maintains, "rapidly weakens the strength of contractions."

Ellestad explains that "alcohol destroys a vital enzyme necessary for heart muscle contraction and when it (alcohol) is present in significant quantities, the strenght of the contraction is markedly decreased."

Ellestad concedes that until recently, many doctors advised their patients to have a few drinks to relax or dilate the coronary arteries. With the advent of more sophisticated techniques for the evaluation of heart function, however, the adverse effect of alcohol on the heart is becoming more recognized.

Alcohol apparently not only weakens the contractions of the heart muscle, it also increases blood triglycerides, "the fatty substances which recently have been incriminated as being at least as important as cholesterol in the degeneration of our coronary arteries."

Heavy drinkers who down five to ten drinks a day may permanently damage their heart muscles. "After about 20 years of drinking," says Ellestad, "their heart contraction gets so weak that they go into heart failure."

This condition, called alcoholic myocarditis, can be improved by giving up all alcohol, but rarely does the heart ever return to normal. Even one belt will have a profound effect on such a person."

Dr. Ellestad reveals that alcoholic myocarditis frequently cannot be diagnosed by routine methods. "So," he continues, "patients may go on damaging their hearts for years, thinking that the progressive breathlessness, fatigue and premature aging are due to being out of condition or slightly overweight."

He advises that another adverse affect of regular alcohol consumption is dilation of the blood vesseks in the skin, "which increases the blood-flow so much that the heart has to work overtime, the same as if one of its valves were faulty. When this increased work for the heart is combined with the weaker contraction produced by the poisoning of the enzyme systems, permanent damage is sure to follow."

Dr. Ellestad is convinced that alcohol is affluent America's number one heart problem.

By: Albert Johnson

EMPATHY HOUSE

A BEGINNING

The first day that I came into the House, I thought that I wasn't going to make it. I thought that things were too difficult for me, because I couldn't understand English too well, and this handicap made everything around me that much more confusing. I wanted to leave the House and go back into population, but the brothers in the House sat me down and they talked to me. They told me that I could make it, that I could learn to speak English and deal with the things that I needed to deal with. They explained to me that if I wanted to do something for myself I had to try as hard as I could and not let anything stop me, no matter how hard it seemed at the time. When they told me this, it made me feel better but did not make matters that much easier for me. Sometimes I would want to express myself, but my English would make things seem all confused and mixed up. This made me afraid to get up in front of the Family and speak, but it didn't make the Family stop wanting me to get up and speak. They would call me and I had to get up and speak. So by the Family's force and my own will power, I learned to express myself a lot better.

As I look back on the things that Empathy House has taught me, I can see that awareness is one of the major points that the program has to offer.

I have a family and I wasn't really aware of the things that I was doing to them and the changes that I was putting them through. But the program has shown me that in order to say that I love my family, I must display this love through my actions as well as through words. Being a Dopefiend (Tecato) causes all types of problems for me and for the people who care for me. If I truly care for them, then I wouldn't want to put them through all of these useless changes. Life for a Puerto Rican in the United States is hard enough as it is, without the extra burdens that being a "Tecato" brings. You know what I mean when I say "extra burdens". I mean all the money that it takes to buy the dope and all the money that it takes to get me out of jail and pay lawyers. But also, I mean all the heartaches that it brings when I am made to be separated from my loved ones and them being separated from me. These things don't have to be. They don't have to happen. I don't have to shoot dope.

I have learned to challenge myself on my feelings for my family, and through this challenging I have begun to re-direct that dopefiend energy into more constructive avenues. I have begun to fight my weaknesses instead of escaping from them. I have begun to appreciate the wonderful family that I have. I have begun to view my Puerto Rican self with pride and understanding. I have begun to search for the Efrain Pagan that I know is a winner.....

By: Efrain Pagan

Almost anything man has set value on can be found at an auction. A growing number of people are finding auction-going a fun filled pastime, and sometimes a profitable hobby. If your interested in joining them, you'll find plenty of auctions to choose from over the country. To name a few, there are farm auctions, estate auctions, antique auctions, animal auctions, hotel auctions, and car auctions. Auctions offer the excitement of lots of activity, a great way to find inexpensive furniture, and a marvelous way to meet people. And who knows, you might be one of those lucky people who unknowingly buy a rare and valuable antique for a few dollars. But, whether or not you bring home a bargain really doesn't matter. What counts is the pleasure you get from attending an auction.

The collecting urge: No one has yet come up with a satisfactory explanation of what it is that compels the collector to collect. But as long as people collect things, there will be auctions. Public auctions date back to 500 B.C. Those were the days when the bachelors of Babylon hurried to an annual auction to select a bride. No matter where you live, you'll probably be able to find the whereabouts of an auction by checking the newspaper classifieds. For an all-day outing, there's nothing like an old time auction where families bring picnic baskets, and take part in the goings on. Country auctions are usually held in an old barn, the town hall, or perhaps in an old farmhouse which has been purchased and renovated to house a weekly auction.

Bidding Basics: There are many tales of people who have ended up with an unwanted purchase just because they twitched their nose, and the auctioneer mistook the twitch for a bid signal. One early tale concerns a Roman who is said to have fallen asleep while Caligula's estate was being auctioned, and woke up to find that his nodding had bought him property that he had never seen before. Ever since, novices have been cautioned about the hazards of tugging an earlobe, scratching the nose, or waving a catalog. However, todays auction goer needn't worry unduly, since all such signs are prearranged with the auctioneer.

You can improve on the fun and excitement (and profitability) of an auction if you know what your doing before you begin to bid. It's always a good idea to investigate the merchandise ahead of time, writing down the number or description of the items that interest you. The actual bidding is quite simple, although some inexperienced auction-goers get so carried away they start bidding against themselves. (One little known rule about bidding is that when two people simultaneously make the same bid, and neither will budge, the person sitting closest to the auctioneer wins the bid) Most auctions have previews where you can thoroughly inspect the items being sold. But if you attend an auction that doesn't offer a preview, then make sure the auction house offers full return privileges. After all, the auctioneer will insist on seeing your money up close, so you have every right to eagle-eye his merchandise. Another reason for making inspections is that auctioneers normally are not responsible for expounding on the defects of an item. If you buy an old chair and it colapses when you sit on it, that's your problem, not the auctioneers.

Bidding Jargon: There's a stratagy to bidding at an auction, just as there is to bargaining. Bidding adeptly does take practice, but here are some common auction terms to help you on your way: "As is" - The auction house is not responsible for the condition of any item or goods sold. The risk rests with the buyer.

"Buyers privilege" - The winning bidder on the first of the group of similar items gets the option to buy the rest at the same price. "Knocked down" - Sold. "Lots"- This is an important term to know because you can really get stung if you don't. It means that items are sold in groups, and when you buy the "Lot", you've bought the whole group, not just one item in it. At a hotel auction, for instance, you might be surprised to learn that you've purchased ten bedroom sets at \$200 each. The auctioneer might say something like "Ten bedroom sets, \$300 each, take 250, 200-sold to the lady with the white hat." The bidder who didn't understand the word "Lot" then gets ten bedroom sets at \$200 each whether she wants them or not. So again, be careful when you hear the word "Lot". "Reserve" - The set price below which an item may not be sold. For instance the owner of the item has the right to set a reserve price. And, the auctioneer also has the power to refuse a bid if it is out of line with the value of the article.

"Shill" - This is a house employee who mingles with the buyers to stimulate bids. This practice is no longer used by reputable firms.

"Signaled Bids" - This means that the bidder's signals have been prearranged with

The Facts and the Fun of Auctions (Continued from the previous page)

the auctioneer to protect the bidder's anonymity. For instance, the nod of the head, a touch of the nose, etc., may signify a bid.

Auction-going gear::: There are several things to bring along when you attend an auction: a pen and pad for taking notes about items you might want to buy, a measuring tape (there's nothing like buying a piece of furniture, then finding it won't fit through your door), a magnifying glass to help you identify such details as hallmarks and signatures, and a small magnet to help you determine whether an object is made of iron or bronze.

If you're a novice antique collector, you might be interested to know that a recent revision of the U.S. Customs Service Law now defines any object that is 100 years old as a bona fide antique. Until a few years ago, the cutoff date was 1830.

How can you tell if a piece is really old? The experts say you should look for wear. The feet of any old piece of furniture should show signs of slow abrasion of time, and this is quite different from the deliberate physical distressing done with tools and sandpaper. Even porcelain and glass will show wear around the rims and bases. Drawer runners should always be examined for signs of wear from decades of friction. The presence of modern nails and screws in antique furniture should always be viewed with suspicion. Old dowels are slightly oblong or squarish, not round. Circular saw marks and cast-iron hardware mean the piece was made after 1840.

Antique prices have been increasing at the rate of 10 to 15 percent a year over the past ten years, so you can see that you don't have to cling to a piece for a hundred years to have it increase in value.

Auctioneers advise novices to be sure to read the "Conditions of sale" before doing any bidding.

These constitute the "rules of the game," and will be found posted in or around the auction house. The conditions are usually the same: The highest bidder gets the merchandise; the bidder must pay for the item with cash or a certified check, and remove his purchase from the premises as soon as possible.

Some auction houses will accept a sizable deposit, and allow a day or two for the successful bidder to remove excessively bulky objects. And some houses will deliver purchases to your home-at your expense, of course.

For those of you who would like to start a hobby in collecting or go for the profits there are in Antique's bear this in mind:

In the year 1958 a leading dealer in (Tiffany Glass) Lillian Nassau, of New York, purchased a Wisteria lamp for one hundred and seventy-five dollars, the same type lamp that the Tiffany Studios sold for four hundred dollars in 1904. She later sold the lamp for two hundred and fifty dollars. Then came the surge of popularity and prices..... In 1970 Mrs. Nassau attended an auction at Parke-Bernet and paid thirteen thousand, five hundred dollars for a Wisteria lamp, and expects to sell it for twice that amount.

Submitted By: Albert Johnson

"Give a Prisoner A Better Meal"

Cobleskill, N.Y. (AP)

Prison food should shift from "jailhouse cooking to a catering service for clients," says Gilbert Foss, manager of the professional assistance division of the National Sheriffs Association.

"We have know for a long time that inmates think about two things when they are in prison. One of them is, 'When am I going to get out of here?' and the other is, 'I wonder what's for supper?'"

"We generally believe that if you give a prisoner a good meal he is more likely to be at least temporarily satisfied with his surroundings."

As part of that shift, the association has conducted a seminar for jail cooks - the first of its kind - at the State University Agricultural and Technical College here.

This interesting tibbit was submitted by: Louis Roque

NOTICE

1974 SPORTS BANQUET LIST

NOTICE

The following named inmates will be allowed to participate in this year's Sport Banquet Ceremonies. Any one who participated in any Intermuaral or Varsity Sport Program during the 1973 season and who's name is not listed below, please contact "Recreation Director" immediately.

AFONTE	24621	ESQUILIN	25357	MILLNER	25349	SULLINS	25319
AMODIO	25763	ECHOLS	25549	MORRIS	25472	SANTOS	25555
ADKINS	24518	EVANS	24447	MESSENGER	26190	SMITH	26401
ANDROS	25216	EBURG	25255	MASON	25559	SNOWDEN	26145
ACEVEDO	26013	ELLINGTON	24609	MAXWELL	25065	SMITH	26575
BEARDSLEY	26358	ENSING	23905	McFARLAND	22524	SHANNON	23633
BETHER	26207	ESPOSITO	26360	McCALL	25809	SACKS	25738
BOWEN	25753	EMERY	25996	MOORE	24823	SWIFT	26148
BARTEE	25556	EPPS	25073	McMILLIAN	25340	TINSLEY	21857
BRYANT	25368	FORBES	25301	McCRARY	26297	TAVARES	26593
BRYANT	24972	FOSHAY	26232	MONTOYA	j-880	TELESCO	26052
BRIGGS	25719	FORNEY	24555	NOLNAR	25151	TUCKER	24958
BLANKS	26118	FEE	25992	NIEVES	22209	THORPE	25525
BILLINGS	26181	FULLMORE	26398	NEWTON	25810	TEVERIS	25941
BROWN	26088	FULLWOOD	23796	NELSON	25362	TELESCO	25775
BULLETT	25833	FERRER	26452	NAPPER	26254	TAYLOR	22894
BARRETT	25722	GREEN	26105	NELSON	26304	THOMILSON	25834
BAQLEY	26481	GOMEZ	21382	OWENS	26380	TYSON	26402
BREEN	26326	GIFFORD	25744	PERRY	26585	TRICE	26214
BENNETT	25130	GALLOWAY	25503	PHILLIPS	26503	WALKER	26021
BOLES	25974	GRAY	26345	PARIS	25242	WOODS	25678
BARBER	24550	GORDON	26430	PIERCE	25260	WALTON	26155
BAKER	25122	GARNER	24353	PIERCE	25260	WILBURN	25880
CROSLEY	25733	HOUGH	16776	PEKOSKE	25943	WILLIAMS	25587
CASSIDY	26289	HUCKABY	25869	PAQUIN	23985	WOMBLE	25892
COLON	26336	HUCKABY	23411	PETERSON	26183	WILLIAMS	25715
CHACON	26301	HILL	26079	PRICE	25693	WILLIAMS	24246
CHAPMAN	21882	HALL	26067	QUINTAGO	25403	WILLIS	25821
COSME	23789	HAYES	24505	QUINONES	25682	WYNKOOP	25861
COLLIER	25933	HOXIE	25588	RIVERS	26428	WILLIAMS	26274
CUBANO	26014	JONES	24126	ROBERSON	26138	WELLS	23172
CARTEP	25104	JACKSON	25814	REAVES	25565	WINGATE	26299
COBBS	22645	JONES	26411	RUTH	25318	WALKER	26270
CADE	22642	JOHNSON	26259	RUSSO	26349	WALTON	26155
CPOWLEY	26509	JEROME	26386	RAMOS	26360	FARMERS	
CHASE	25717	KLAHR	25793	ROSS	26239	BOYD	25888
CLEMMONS	25126	KYLES	25761	RIDDICK	25474	BEALL	26092
CIRILO	26643	KINION	24153	ROBERSON	26441	BROADNEX	25157
CAMPBELL	25325	LEWIS	25160	SOTO	26189	BARBER	24649
DAVIS	26152	LESSE	22938	SANTANA	25770	BRASWELL	25223
DIGGS	25218	LUCAS	25879	SALOVITZ	25299	BROWN	25507
DURSO	25148	LADEN	25846	SANDERS	24924	CADE	25131
DeBRICK	25919	LEACH	26024	SAVAGE	25328	CARTER	24446
DeDERMOTT	24655	LEWIS	26219	SHARPLESS	23926	CATO	24948
DUBY	25468	MAULDIN	25082	SMITH	25502	COPLEY	26028
DENNIE	26477	McDONALD	26136	SOTO	25404	DANIELS	25125
DURETT	25849	MCORE	25897	SHAW	25554	EVANS	25632
DANIELS	25125	MALITO	25795	STREET	23513	ELLINGTON	24609
EMANUEL	26070			SCOTT	25560		
EVANS	25488			SENO	21941		
EVANS	25632						

January 29th, The Drug Program took on the Bucks. For the Bucks it was Cade who lead points with 23, and Cannon whom lead in rebounds, snatching off nine. For the Drug Group it was Andrade, who hit an incredible 49 points and nine rebounds. Winner "DRUG GROUP", 90 to 74.

February 5th, We saw the Drug Group in action again, however they had trouble on their hands attempting to beat the Lakers. For the Drug Group, again it was Andrade with 33 points and Seven rebounds. E. Davis hit 18, F. Dardy hit 16. For the Lakers it was those two super stars, Mauldin and Otis Gordon, with 28 points a piece. Gordon also pulled down 18 rebounds. Adkins and Moore was right in there hustling! 27 points for Adkins, 8 for Mr. Moore. Winner: Lakers, 91 to 86.

The three final games of the second round, Intramural Basketball was played last week. Feb. 1st, Celtics beat the Bucks 95 to 86. For the Bucks, Debrick hit 25 points, Williams 18, Cade 15, for the Celtics, it was Bruce Terry hitting 29 points, Bines 19, Hall 18, Green 11 and Bartee 8.

Feb. 4th, The Hornets beat the Lobo's 65 to 36. For the Lobos, Beardsley lead in points with 11, Gomez 9, Andros 8, Hamilton 4. Gomez dominated the rebounds on both teams snatching off 20 big ones. Hamilton got 10 rebounds and Shannley 9. For the Hornets, it was Mad dog Allen, DC. Walker and Eddie Cradle. Allen hit 16 points, DC and Cradle hit 14 a piece.

Feb. 6th, Knicks beat the Lakers 89 to 83. For the Lakers, Mauldin hit 36, Gordon 28, Moore 8, Adkins 8. Gordon also got 9 rebounds and 2 assists. For the Knicks, it was Eli Turner hitting 24, Walker with 22, and Ross with 16. Georg Walker showed the fans that he was one of the finest ball players in the Peni.. "Right on George W.

Leading Teams

Leading Scorer

Lead in Rebounds

- 1. Lakers 6 4
- 1. Hornets 6 4
- 1. Knicks 6 4
- 1. Celtics 6 4
- 2. Bucks 5 5
- 3. Lobos 0 10

- 1. Mauldin 262
- 2. Marvin Allen 242
- 3. Eli Turner 235
- 4. Debrick 190
- 5. Otis Gordon 188
- 6. Cade 168
- 7. Bo Terry 166
- 8. Adkins 163
- 9. Williams 160
- 10. Bines 155
- 11. L. Green 130
- 12. W. Cannon 128

- 1. Marvin Allen 106
- 2. Mauldin 97
- 3. Gomez 94
- 4. W. Cannon 93
- 5. Bines 90
- 6. Bo Terry 77
- 7. Williams 75
- 8. Walker 68
- 9. Hall 66
- 10. Otis Gordon 60

Pro Material for this round: Mauldin, M. Allen, E. Turner, W. Cannon, Hall, Otis Gordon, Gomez, Debrick, Cade, Bines, Adkins, Moore.

1974 SPORTS BANQUET LIST (CONTINUED)

- ENSIGN 23905
- EPPS 25073
- GALLOWAY 25503
- HALL 26067
- JACKSON 25769
- MAXWELL 25065
- McCALL 25809
- NAPPER 26354

- ORTIZ 25796
- PAQUIN 23985
- REAVES 25565
- SCOTT 25560
- SULLINS 25319
- TUCKER 24958
- THORPE 25525
- TRICE 26314

- HAYES 24505
- ALLEN 26082
- BENDER 25729
- LESSE 22938
- NELSON 26304
- SHARPLESS 23926
- TYSON 26402
- CARCARE 21941

THIS WEEK'S MENU

MENU FOR THE WEEK OF FEBRUARY 17, THRU FEBRUARY 23, 1974

	BREAKFAST	LUNCH	SUPPER
SUN FEB. 17	Fresh Fruit Hot Cereal Crumb Cake Coffee	Roast Fresh Ham Buttered Whole Potatoes Boiled Carrots Ice Cream Coffee-Cereal	Chili con Carne Steamed Rice Corn Bread Cole Slaw Chilled Peaches Coffee-Cereal
MON FEB. 18	Orange Juice Cold Cereal Scramble Eggs - Toast Coffee	Beef Stew w/Noodles Hot Biscuits Tossed Salad Raspberry Jello Tea-Cereal	Pea Soup Baked Macarroni & Cheese Stewed Tomatoes Iced Cake Coffee-Cereal
TUES FEB. 19	Pineapple Juice Hot Cereal Donuts Coffee	Corned Beef Boiled Potatoes Boiled Cabbage Blueberry Pie Tea-Cereal	Veal Cutlet & Gravy Mashed Potatoe Whole Kernal Corn Chilled Apricots Coffee-Cereal
WED FEB. 20	Tomatoe Juice Cold Cereal Griddle Cakes w/syrup Coffee	Italian Sausage & Spaghetti w/ grated cheese Antipasto Vanilla Pudding Tea-Cereal	Chicken Pot Pie Mashed Potatoes Green Beans Cookies Coffee-Cereal
THURS FEB. 21	Apple Juice Hot Cereal Muffins Coffee	Grilled Minute Steak Pan Fried Potatoes Asparagus Bread Pudding Tea-Cereal	Clam Chowder Cold Cuts & Cheese Potatoe Salad Chilled Pear Halves Coffee-Cereal
FRI FEB. 22	Fresh Fruit Cold Cereal Fried Eggs & Toast Coffee	Fried Flounder w/tarter sauce Baked Potatoes Mixed Vegetables Ice Cream Coffee-Cereal	Cheese Burgers French Fried Potatoes Sweet Peas - Catsup Iced Cake Coffee-Cereal
SAT FEB. 23	Blended Juice Hot Cereal Crumb Cake Coffee	Spanish Meat Loaf Mashed Potatoes Frozen Spinach Fruitcocktail Coffee-Cereal	Vegetable Soup Franks & Beans Beet & Onion Salad Jelly Roll Coffee-Cereal

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

They will start to serve
BREAKFAST in approximately
5 min.

