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EXPERIMENTAL COURSE GIVEN AT STILLWATER

Daily 'Meditation' May Help Prisoners

Does the Maharishi Mahesh Yogi have the answer to what ails America's prisons?

The practitioners of transcendental meditation in the Twin Cities area aren't making any definite claims.

But tests have indicated a decrease in anxiety levels among 25 Stillwater State Prison inmates who have been meditating daily after an experimental course in the technique was given to them last fall.

Teacher of the course is David Ballou, a graduate student at the University of Kansas. He is writing his doctoral dissertation about the results noted in follow-up studies of the inmates.

Ballou, currently living in Bayport, holds discussion sessions with the inmates now and tries to determine if they are practicing the meditation technique properly. He is also administering tests, including the one measuring anxiety levels.

The meditation technique, called "TM" by its advocates, is practiced for 15 to 20 minutes each morning and evening. The Maharishi introduced it in the United States in 1965.

The technique brings deep rest to the nervous system and allows the mind to arrive at a new state of consciousness, according to practitioners.

Ballou said TM is not primarily intended as a rehabilitation technique, though it may have promise in this area. It is basically aimed at persons leading normal lives in society, he said, and has about 250,000 practitioners in the United States and some 2,200 in the Twin Cities area.

An article in the Kentucky Law Journal said TM has rarely been tried as a method of rehabilitation for prisoners. A correctional institution in Canada and a federal penitentiary in Texas have experimented with it.

One study has shown a substantial decrease in drug use by students who began meditating.

The inmates chosen by Ballou for the initial study are in D-Hall at the prison, a unit for inmates with special problems — including drug use, alcoholism and emotional difficulties.

The technique was presented to about 75 inmates last Sept. 24, and about 50 expressed an interest in learning TM, Ballou said. A class of 30 was chosen. Four did not complete the training, and one has since stopped practicing meditation regularly.

Ballou tested two control groups in administering the anxiety test. One group did not express an interest in the course; the second included inmates

who wanted to learn TM but could not be included in the first course.

The anxiety levels of the inmates with no interest were higher than those of the prisoners taking the course, Ballou said, and

the men interested in the course appeared even more anxious.

Ballou theorized that these inmates reflected higher anxiety than the other groups because they were anxious about when they might get to learn TM.

SUBMITTED BY

RONALD VAN BEEK

"This is a learning experience to me, as well as an opportunity to teach. I am meeting some very real people, and in our sharing, I have added a lot to me, as a person. Yes, I am glad I came to Somers to teach, for I have found a lot here..."

Speaking, was Mr. Scott Reeves, a tall and articulate young man who seems alive with the very music that he teaches here. At 26 years old, he has achieved a balance in life that shows in his attitudes as he shares his knowledge and talent; his abilities, experience and warmth with his students. With a natural ease that seems to relax those sharing with him, it is easy to see why the Guitar Class has so quickly become the alive program that it has.

A prison would be the last place that one would expect to find something beautiful happening, yet that is just what is taking place at the Correctional Institution, at Somers, Connecticut. Since his arrival last November, Mr. Reeves has managed to bring something new to classroom experiences. Both from him, and from the members of his class, this writer received a dimensional view of what a learning experience can be.

With a background of 18 years experience at learning, playing, and loving the Guitar, and Music, Mr. Reeves brought a vitality, and human concern with him, in addition to his knowledge in the music and teaching fields. The size and interest of his class attests to the aliveness of what he has offered the men of Somers.

Instead of conducting a straight and rigid question/answer interview, I would like to share with the readers what I saw and heard, what I felt and discovered as I shared with Scott Reeves and his students. This will perhaps, give you some clearer insight into why this program is a positive reflection of the fine quality of work being done by the Education Dept. here at Somers.

"Music is Beauty, Communications, and Self-Expression. It is also a training ground for self-discipline, awareness of

one's own dimensions, and offers some very constructive outlets for expression by the individuals involved."

There is a deep sincerity to his voice, which is deep and musical. He carries his head erect, and has a habit of looking into the person's eyes as they are sharing. The long blond hair and well-formed beard frame a face that mirrors his deep interest in life. His hands never wander aimlessly for there is a calm self-discipline in almost each part of his appearance.

"One of the first things that impressed me about Somers, was that the School area looks exactly like those outside, with the same type of atmosphere that schools outside of prison have. If anything, I found people in here seem to have a stronger desire to learn, and grow."

Our conversation was casual and relaxed. And I soon found myself responding to the sincerity and warmth. It was easy to see why this class has become so popular. Seated in a circle the students shared with their teacher. I asked several what made this class so interesting to them, and some of the remarks were:

"He takes the time with each of us, as individuals...." "I'm learning something that makes me feel good" "It's a place I can say some of what is inside me through my music." "I'd rather be in here doing something for myself, than sitting like a fool and doing nothing in a prison cell."

Helping equip the men with a working knowledge of the fundamentals of reading music, the basic structure needed, and the paths to take in learning to play the guitar, as well as how to attain a degree of self-discipline, are all part of this course. I asked Mr. Reeves, if this was more than a job to him, and he said that it was a growth experience to him, a place where he has also learned a lot. He said that he had changed a lot of

ideas he had about prisons and prisoners since arriving here. Most of his ideas had been formed through Movies, books & TV concerning prisoners, but meeting the men in here showed him that prisoners are indeed, people.

There was one thing I really couldn't help but notice. It was the great motivation that Mr. Reeves has managed to instill in his students. The 15 members of his class, seem to look forward to each session, and have said that they leave each class with a good feeling.

Scott said that there are no disciplinary problems, mainly because there is a mutual respect shown, and they are all too deeply involved in learning, growing and sharing, to waste energies.

One of the other things that impressed this reporter, was the credit that Mr. Reeves gave to the splendid job that is being done by Mr. Charles Jones, Mr. Tom Healey, respectively the Principal & the Assistant Principal of the Education Department here, and the school atmosphere that they have managed to create in this type of setting. The quality of a program, is also measured by those that administer it. In this case there is a strong "work together" attitude that has made so many successful programs and classes possible.

When asked what else added to making his classes meaningful and successful, Mr. Reeves said, "The Students. That is what makes or breaks any class. It is their interest, their individual contributions, and their hunger to learn and grow, that is the primary reason we have a class we see filled as this one is.

Usually Summertime is a time for the outdoors. It is a time when most are out in the yard, or into something other than sitting inside a schoolroom. Yet each night, at recreation time, out come the guitars, and in come the men. Something real must be happening. And it is not only in this one class that we can see this. In many other areas, we are seeing men reaching for better tomorrows &

showing a willingness to put forth the efforts needed.

When I asked Scott Reeves how long his class lasted, when do the men graduate, he answered with a smile. "They never graduate, for as long as they are interested, and play, they are still in class, and learning something new every day.

In trying to sum up what I saw & shared during the interview, I have to say that I saw a real portrait of a teacher, for I saw more than a person who opens books, or follows set rigid patterns. I saw a person interested in the growth of other people.....

Yes, sometimes beautiful things can happen within a prison, it really all depends on what you are seeking for and daring to reach out for.

I left with a good feeling. To see and feel I am a part of what happens in a group that reaches for tomorrows, is a good feeling. Thanks for coming in to our institution, and helping build some meaningful bridges, and thanks Mr. Scott Reeves for bringing such honesty and integrity to your program.





Work Release Has Earned Convicts \$1.2 Million

Every day about 150 men and women convicts leave their cells or dormitory rooms in the morning to work in factories and shops in the community and return at night.

The convicts, whose crimes range from burglary to manslaughter, are working as plumbers, machinists, assemblers, laborers and many other jobs and are earning an average of \$116 a week.

Since the Connecticut Department of Correction began its Community Work Release program in 1969, more than 2,500 convicts have become part of the state's work force, paying \$27 a day for their room and board and helping to support their families while behind bars. To date, their total earnings have exceeded \$1.2 million.

Although there have been escapes, incidents of alcohol or drug usage on the job, and minor crimes such as petty thefts, no convict in the program has ever committed a violent crime, according to John Waters, program director.

Of the 528 convicts who participated in the work release program last year, 10 escaped and 85 were returned to jail or prison for committing minor crimes or because they violated rules. Waters said most of the violations involved drugs or alcohol.

Despite the high unemployment rate in the state, the department said it has had relatively little difficulty in getting these convicts jobs.

In Bridgeport, for example, where the unemployment rate is more than 11 per cent, there are 50 convicts presently working for about 45 different firms.

George Gentoli, the community release counselor at the Bridgeport jail, said the reason he has been successful in finding jobs for his convicts despite the shortage of work "is because we've been hustling more than the people on the street.

"We've also had more experience. We've been placing men out there now for more than two years. The employers know these men are going to be at work at time and that they've had a good night's sleep," Gentoli said.

Employers interviewed by The Courant said they have generally had a good experience with the program.

"I personally think the program is excellent," said Edward Ferris, manager of industrial relations for Pratt & Whitney Machine Tool Division of Colt Industries in West Hartford.

Ferris said only one of the three convicts he hired was

a disappointment, "but we would go that route again." He said the one convict began having an absentee problem after he was granted a parole.

He said the company tried to keep the fact that it had hired convicts from the other employees at the plant to protect the men involved, "but they (the convicts) let their situation be known to their peers." Ferris said that although some employees at the plant "raised questions" about the program, most accepted the convicts.

The only convict presently working at the West Hartford plant is serving a term for manslaughter. He is a union assembler and is earning \$4.45 an hour. Ferris described him as an "extremely fine employe."

Gerry McGrath, plant manager of the Hartford Fair-ence Co., said he employs three convicts as semi-skilled laborers "and we're quite happy with them. They're good workers and have made a vital contribution here," he said.

Waters said the department has not had much success in getting the larger companies in the state to hire convicts in the work release program. He said repeated talks with the Southern New England Telephone Co. and Electric Boat Division of General Dynamics Corp. in Groton "produced very little."

He said he suspects that some "top" executives at these firms were just against hiring convicts in any capacity.

Waters said the reason that Connecticut's work release program has not had many escapes or other problems is because of the rigid screening process and because the convicts are only placed in semi-skilled and skilled jobs with opportunities for advancement.

Although most jobs pay an average of \$116 a week, one convict employed as a union plumber was earning \$570 for a 50-hour week.

Waters said it would be counterproductive to place these convicts in low paying and "deadend" jobs, "because they would all quit after their final parole date."

All convicts in the state's prison system who have good records while behind bars who are not considered dangerous and who have a year or less before parole eligibility are considered for work release, Waters said.

He said that work release is probably the single most important rehabilitation program in the state's prison system.

"If you put a person out without a job, he's just nowhere," Waters said.

**CONVICTION DOESN'T OBTAIN PAROLEE'S
PROMPT REVOCATION HEARING RIGHT**

Delaying hearings on revocation warrants until after service of intervening sentence denies due process.

The frequent government practice of delaying parole revocation hearings on alleged violations that have led to conviction until the parolee has served his intervening sentence denies such an inmate due process, the U.S. Court of Appeals for the Eighth Circuit holds. The inmate must be afforded a reasonably prompt hearing notwithstanding his conviction for the conduct alleged to constitute a parole violation.

While this may result in automatic concurrent sentences for the original offense and the subsequent offense, this is a problem that requires a legislative remedy, not short-circuiting of due process rights.

However, the court holds that the remedy for the delays in these cases is a prompt hearing, not quashing of the warrant.

(Cleveland v. Ciccone, 6/10/75)

Digest of Opinion: (Text) In 1973 this court held that a state prisoner had been denied due process of law when, prior to the opportunity for a hearing, his conditions of confinement were appreciably worsened as the result of a detainer lodged against him for a parole revocation pending in another state. Cooper v. Lockhart, 489 F.2d 308, 14 CrL 2341 (8th Cir. 1973). Today, in these consolidated habeas corpus actions, we hold that federal prisoners are entitled to reasonably prompt hearings on federal parole or release violation warrants and that the heretofore frequent practice of deferring such hearings until the expiration of an inmate's intervening sentence violates due process of law. A brief statement of the common events from which these appeals arise will place our holding in its proper factual context ***. (End Text)

Submitted by Henry McClain

NOTICE

Over the past few months inmates have been asking me whether the Connecticut Legislature has passed any new laws pertaining to the parole system. For all practical purposes, the answer is NO. No new parole statutes that are helpful or of interest to inmates have been passed by the Connecticut Legislature over the past few months. The sole exception is the following Special Act (No. 75-2)

AN ACT EXTENDING THE TIME IN WHICH THE COMMISSION TO STUDY PAROLE EVALUATION TECHNIQUES AND THE REHABILITATION OF CORRECTIONAL INSTITUTION INMATES SHALL MAKE AN INTERIM REPORT TO THE GENERAL ASSEMBLY.

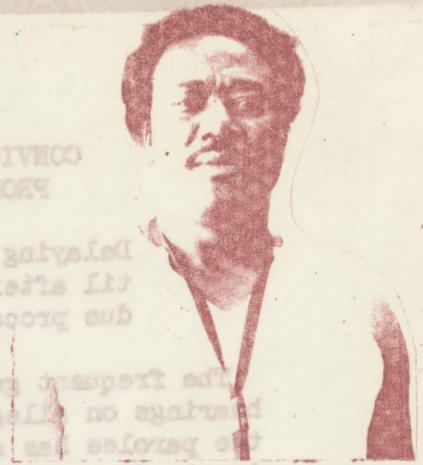
The C.C.I.S. Library has a copy of this act. Anyone wishing to read this Act should come to the library.

Craig M. Warren, Librarian

WALTERS'

JAZZ

SHOP



PROMPT REVOCATION HEARING RIGHT
 CONVICTION DOESN'T CREATE FAVORABLE'S
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 til after service of intervening sentence denies
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CHORD PROGRESSIONS

In modern music, it is possible to move one chord to any other chord. However, there are certain rules which govern the movement of chords in most music.

DOMINANT SEVENTH chords move to a chord built one fifth lower. This means that a G-7 chord usually moves to C, a D7 chord would move to G, a B chord to E, a Eb7 chord to Eb, etc. This progression in Roman Numerals is called V7-I.

This means that Dominant Seventh chords move to the Tonic. A Tonic Chord in this progression may be either a major or minor chord.

A 7th chord is considered a dissonant chord (because the outside interval of a 7th is considered a dissonance), and dissonant chords are expected to resolve into consonant chords.

Major and minor chords are considered consonant chords. For that reason, the C Major chord would be a resolution of the C7th chord.

Chart giving the natural resolution of all Dominant Seventh Chords:

- G7 goes to C
- D7 goes to G
- A7 goes to D
- E7 goes to A
- B7 goes to E
- F7 goes to B
- Db7 goes to Gb
- Ab7 goes to Db
- Ab7 goes to Db
- Eb7 goes to Ab
- Bb7 goes to Eb
- F7 goes to Bb
- C7 goes to F

(LONELY MAN)

A lonely man I've come to be,
confessing the wrongs that's been done to me.

For 305 days & years I lay

at night, in the

at night, in the

at night, in the

at night, in the

at night, in the

at night, in the

at night, in the

at night, in the

at night, in the

Charles Benjamin

(MY BLACK BEING)

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

I want to tell you how I feel

Evlyn Alonso Bower

THE

(LONELY MAN)

A lonely man I've come to be,
confessing the wrong, that's been done to me.

For 365 days a year I pay,
at night, in the morning, until the next day.

All this time I've got ahead to do,
and like a child I'm sitting here crying to you, you, and you,
knowing all the time you are blue to.

Look up my friend look to the sky,
for when you were free you pass life by.

Now you can only wonder and wait,
time plus thought will make you hate.

Lonely man am I, but I don't cry,
and if you ask me why, I'll say life is too beautiful to just
pass by.

Charles Benjamin

(MY BLACK BEING)

I want to love you and hold you Black Woman
I want to love you with feeling and emotion
only your black man can give you
I long for you each night black woman
We are so far apart but yet so very close my beloved
If my thoughts could satisfy us both we would always be filled
I have no one to love or share my inner thoughts with because
I am afraid that they may be destroyed
But only you can understand my hate and misery
You are the queen of my whole being
You are a very special part of me
I hope I dwell in a part of you which seals our love forever

Ervin Alonzo Brewer



Pagina Latina

DOS HOGARES ENLUTADOS

-1-

El domingo por la noche
En Maricao de Vega Alta
Hubo un caso que sobresalta
Causando espanto a derroche
Mientras se despeno un coche
Que corria descontrolado
A dos ninos ha arrollado
Murriendo instantaneamente:
Dejando en aquel ambiente
Dos hogares enlutados.

-2-

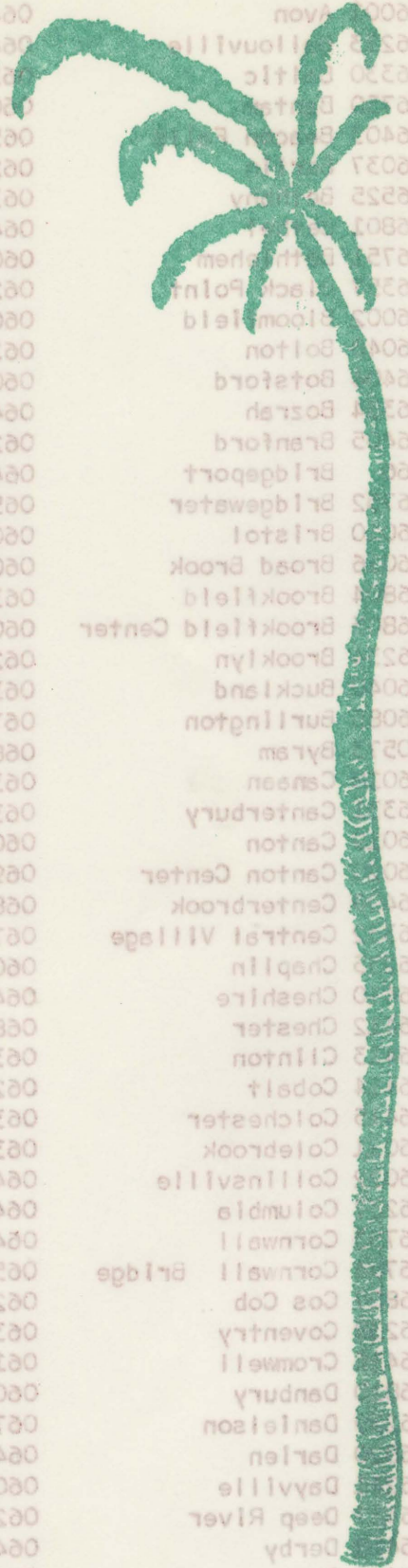
Un nino y una ninita
Por cierto dos entudiantes
Fueron muertos al instante
Afuera de su casita
Trece anos la muchachita
Tenia ya completados
Y el joven que tenia al lado
Catorce ya habia cumplido
Y dejaron los fallecidos
Dos hogares enlutados.

-3-

Basilio Agosto era el nene
La nina era Olga Mendez
Y segun lo que se entienda
La gloria seguro tienen
Gozaran los paravienes
Y Dios los tendra a su lado
Como angeles coronados
Sintiendo gloria y carino
Dejando aqui los dos ninos
Dos hogares enlutados.

-4-

Santos Gonzales se llama
El presunto matador
Quien tuvo el grande valor
De entregarse con alma sana
Amargamente el exclama
Que licor no habia tomado
Que el auto le habia fallado
Volcandose a todo costo
Dejando en Mendez y Agosto
Dos hogares enlutados.



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06078 Northampton
06079 Northampton
06380 Northampton
06086 Northampton
06081 Northampton
06786 Northampton
06787 Northampton
06277 Northampton
06082 Northampton
06084 Northampton
06790 Northampton
06611 Northampton
06382 Northampton
06076 Northampton

Name not necessary, but helpful with replies.

NOTICE
STATE LOTTERY TICKETS

THE DEPARTMENT OF CORRECTION NEITHER PERMITS NOR SANCTIONS THE PURCHASING OF LOTTERY TICKETS BY INMATES. APPARENTLY MEN HAVE ATTEMPTED TO CIRCUMVENT THIS RESTRICTION BY APPLYING FOR "PLAYERS CHOICE" THROUGH THE COMMISSION ON SPECIAL REVENUE.

THE COMMISSIONER OF THE LOTTERY DIVISION HAS BEEN SO NOTIFIED OF THE DEPARTMENT'S POLICY. MONEY ORDERS WILL NOT BE APPROVED FOR SUCH ACTIVITIES AT THE INSTITUTION AND THE USE OF CASH BY INMATES IS NOT AUTHORIZED. THOSE MEN WHO HAVE ALREADY PURCHASED LOTTERY TICKETS OR WHO HAVE HAD THEM PURCHASED FOR THEM WILL HAVE SAID TICKETS PLACED IN THEIR PERSONAL PROPERTY OR SENT HOME.

NOTICE

Books and magazines addressed to the inmates should be mailed from publishers or bookstores, rather than from home, family or friends of the inmates.....

Inmates should be certain to advise their families and friends of this policy. Recently, exceptions have occasionally been made. But in the future, books and magazines mailed from friends or family will be returned to the sender.

Thank-you
Library

NOTICE

LIBROS y revistas deben de ser enviados por tiendas de libros o por los publicadores en vez de por sus familiares o amigos. Avisen a sus familiares de esta regla. Porque si le envian un libro o una revista, sera devuelta a ellos.

gracias

La Biblioteca

If you wish to receive a TV Guide from the Jaycees, please fill out the following and put in the Jaycees mailbox near the radio station.

NAME _____ NUMBER _____ HOUSE UNIT _____

SHOWCASE CINEMAS 12

THE DEPARTMENT OF CORRECTION NEITHER PERMITS NOR SANCTIONS THE PURCHASING OF
 LOTTERY TICKETS BY INMATES. APPARENTLY MEN HAVE ATTEMPTED TO CIRCUMVENT THIS

SATURDAY 112 MINUTES JULY 26, 1975
BRING ME THE HEAD OF ALFREDO GARCIA (R)
 Stars: Warren Oats, Gig Young and Krisser Kristofferson. A million dollar bounty is offered for the head of Alfredo Garcia. A film with much bloodshed and excitement.

SABADO 112 MINUTOS JULIO 26, 1975
BRING ME THE HEAD OF ALFREDO GARCIA (R)
 Stars; Warren Oats, Gig Young and Krisser Kristofferson. Un millon de dolares se pagan por la cabeza de Alfredo Garcia. Esta pelicula es muy excitante y se ve correr mucha sangre.

SUNDAY 104 MINUTES JULY 27, 1975
THE TAKING OF PELHAM ONE TWO THREE (R)
 Stars: Walter Matthau, Robert Shaw and Jerry Sstiller. Hijacking a New York Sub way train in broad daylight is the plot for the story. The bandits demand 1 million dollars for ransom. The book was a best seller.

DOMINGO 104 MINUTOS JULIO 27, 1975
THE TAKING ON PELHAM ONE TWO THREE (R)
 Stars: Walter Matthau, Robert Shaw, and Jerry Stiller. El acto de secuestrar a un tren del ferrocarril subterraneo en pleno dia es en lo que se basa esta pelicula... Los bandidos piden un millon de dolares - por redimir al tren. El libro de esta historia tuvo buen exito.

GOOD FLICS FOR THE WEEKEND

NOTICE

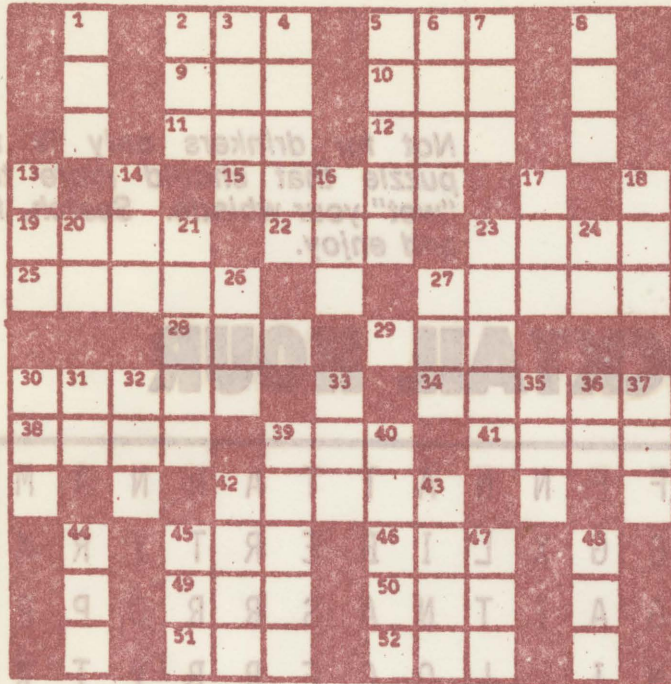
THIS WEEK'S WINNERS IN THE C.C.F. SOMERS INMATE SWEEPSTAKES ARE:

- | | | |
|-----------------|--------|--------|
| THOMAS DIXON | #21983 | E-6 |
| Michael Hendrix | #45660 | Q-1-33 |
| Joseph Lieto | #55611 | JD2-68 |
| Stanley Wilson | #62668 | C-67 |



If you wish to receive a TV Guide from the Jaxces, please fill out the follow-
 ing and put in the Jaxces mailbox near the radio station.
 If you have any poetry or articles you may want to have printed in the Weekly Scene,
 please put them in the Weekly Scene mailbox next to the radio Station.

CRUCIGRAMA



HORIZONTAL

- 2. Punto cardinal
- 5. Perjuicio
- 9. Amarré
- 10. Onda
- 11. Composición poética
- 12. A nivel
- 15. Lesionar, lisiar
- 19. Divinidad escandinava
- 22. Hermana religiosa
- 23. Hillera
- 25. Predio de terreno
- 27. Lujurioso
- 28. Observar
- 29. Tela para hacer velos
- 30. Mujeres nobles
- 34. Ciudad de Rusia
- 38. Ciudad de Rusia
- 39. Preposición
- 41. Maíz
- 42. Varonil
- 45. Yunque para plateros
- 46. Preposición
- 49. Alta
- 50. Doce meses
- 51. Ciudad de Irán
- 52. Aire musical

- 30. Número
- 31. Terminación verbal
- 32. Treinta días
- 33. Monja
- 35. Letra griega
- 36. Antigua ciudad de Caldea
- 37. Aumento
- 39. Poner el pie sobre algo
- 40. Expresión de alegría (Pl)
- 42. Madero
- 43. Hillera de árboles
- 44. Monarca
- 45. Igual
- 47. Impar
- 48. Indigno

VERTICAL

- 1. Gobernador turco
- 2. Condimento
- 3. Estado de la Unión Americana
- 4. Monarcas
- 5. Finar
- 6. Parte del tejado
- 7. Artículo
- 8. Hamaca
- 13. Detrás
- 14. Ocre, color
- 16. Roda
- 17. Número
- 18. Tranquilidad
- 20. Nota musical
- 21. Relativo a las naves
- 23. Engañoso, mentiroso
- 24. Artículo
- 26. Cuadrúpedo
- 27. Preposición inseparable



"Soy empleado de la Academia Gimnasia por Correspondencia... Le ruego nos perdone. Por un error muy lamentable le hemos enviado ciento treinta y siete veces la misma lección."

EL POZO DE LA DICHA

5	3	7	5	2	4	6	3	5	2	8	4	6
A	A	R	V	N	L	Z	F	I	L	T	Z	O
4	6	2	8	6	3	7	4	6	3	5	2	7
M	T	E	R	I	E	E	A	C	C	S	V	U
7	5	3	6	4	2	2	8	4	2	5	7	3
N	O	T	I	N	O	V	A	A	A	A	I	O
6	3	7	1	8	6	4	6	3	5	4	6	2
A	F	O	M	B	D	Z	E	A	L	A	V	B
5	7	2	5	3	8	4	7	2	8	6	3	7
I	N	I	O	M	A	I	A	E	J	I	I	L
8	4	7	3	8	7	2	8	4	6	3	5	4
O	D	E	F	B	G	Z	L	E	A	I	S	A
7	3	6	2	5	8	4	8	3	8	6	2	7
R	A	J	T	S	O	E	L	Z	R	O	E	E

3-25
He aquí un interesante entretenimiento que traerá a Ud. un mensaje diario. Se trata de un rompecabezas numérico que delatara su fortuna. Cuente las letras de su nombre. Si el número de letras es de seis o más, quítele cuatro. Si el nombre es menos de seis, añádale tres. El resultado será su número-clave. Entonces anote en un papel todas las letras bajo su número-clave, de izquierda a derecha y aparecerá el mensaje diario que le trae "El Pozo de la Dicha."



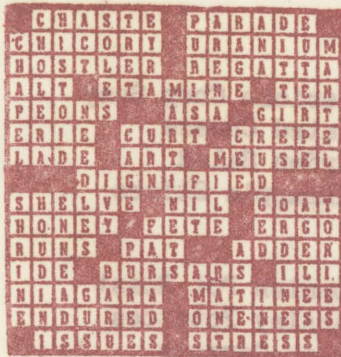
Not for drinkers only is this puzzle that should more than "wet" your whistle. Search, find and enjoy.

COCKTAIL HOUR

- ALEXANDER
- BEACHCOMBER
- BLOODY MARY
- BOOSTER
- BULLDOG
- CASINO
- COLLINS
- CREOLE
- CUBAN
- DAIQUIRI
- DANDY
- DARBY
- DIXIE
- DREAM
- DU BARRY
- FRISCO
- GIMLET
- GRASSHOPPER
- KANGAROO

- LIBERTY
- MARGUERITE
- MANHATTAN
- MARTINI
- MINT JULEP
- OLD-FASHIONED
- PERFECT
- PINK LADY
- POLO
- ROB ROY
- SANTIAGO
- SAXON
- SCREWDRIIVER
- SINGAPORE SLING
- SLOE GIN
- STINGER
- SUNRISE
- ZOMBIE

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



ACROSS

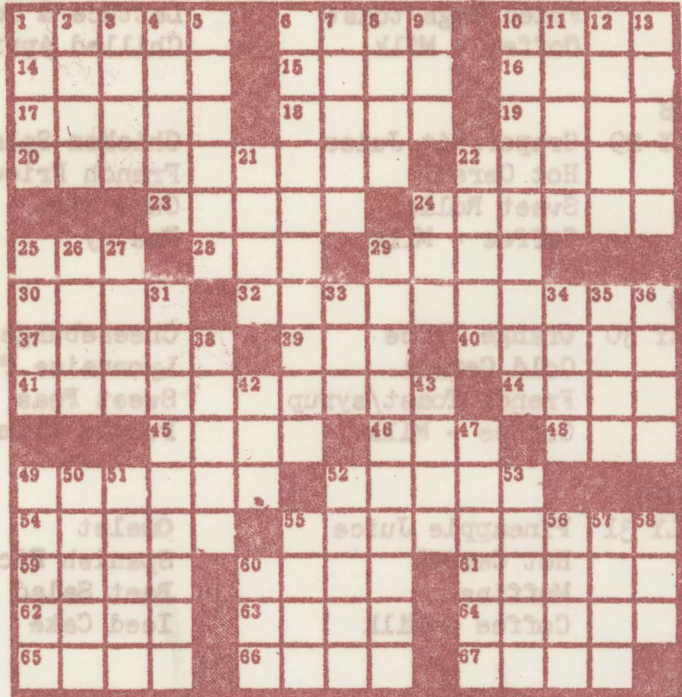
- 1 Brew.
- 6 Sprint.
- 10 Part of a church.
- 14 Type of house.
- 15 Miss Fitzgerald or Miss Raines.
- 16 Forehead.
- 17 Landed estate.
- 18 An Apostle.
- 19 Dress.
- 20 Listing previously.
- 22 Proposer.
- 23 Give.
- 24 Bets.
- 25 ——— carte.
- 28 Field.
- 29 Verdi opera.
- 30 Bait.
- 32 Act of standing still.
- 37 Deposit.
- 39 Hostelry.
- 40 Combine.
- 41 Inundation.
- 44 Dreadful.
- 45 Leave.
- 46 Salt, in France.
- 48 Indian weight.
- 49 Fir tree.
- 52 Perfume from flowers.
- 54 Nurses.
- 55 Musical passage.
- 59 Girl's name.
- 60 ——— jockey.
- 61 Roman magistrate.

DOWN

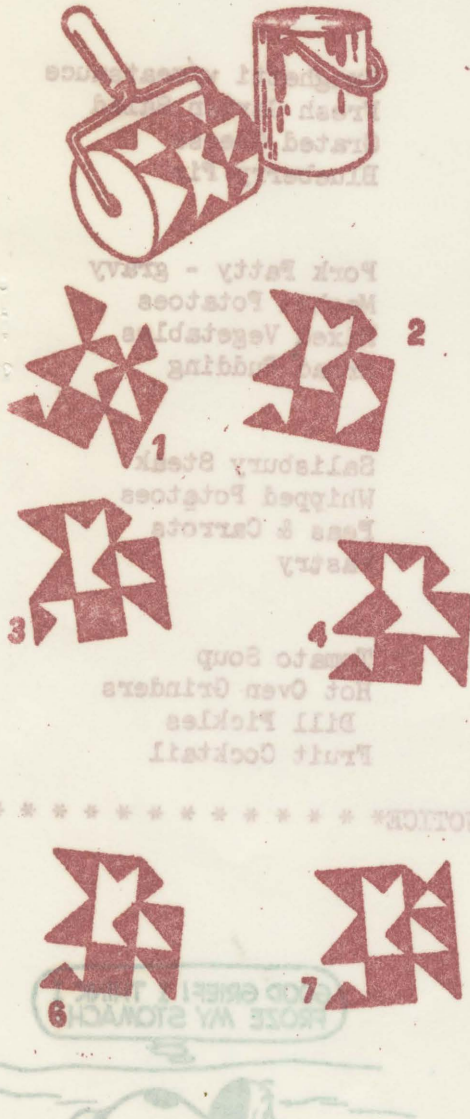
- 1 Light.
- 2 Hebrew month.
- 3 Past.
- 4 Wood.
- 5 Stir again.
- 6 Wool or hair remover.
- 7 Baltic island group.
- 8 Hit the ball fiercely.
- 9 English king.
- 10 Abolished.
- 11 Test.
- 12 Temperate.
- 13 Pitchers.
- 21 Mounds.
- 22 Feminine title.
- 24 Conquer.

- 25 Mountains.
- 26 She is a ———.
- 27 Horse.
- 29 Skeptical.
- 31 Babylonian deity of vegetation.
- 33 Cuckoo.
- 34 Egyptian messenger of the gods.
- 35 Monster.
- 36 Not at any time: poetic.
- 38 State of the union.
- 42 Edge.

- 43 Gross less tare in England.
- 47 Wail.
- 49 Lordly title.
- 50 Chemical prefix.
- 51 Afterward.
- 52 Gods of the Teutonic pantheon.
- 53 Riding contest.
- 55 Italian coin.
- 56 Row.
- 57 Not well.
- 58 Having the air of doom.
- 60 Hold back.



ROLL 'EM



Which of the eight numbered imprints is that left by the roller?



"Seeing you once a month is gonna make the next two years a lot easier."

MENU FOR THE WEEK OF JULY 27, 1975

SUN	JULY 27	Fresh Fruit Hot Cereal Coffee Cake Coffee - Milk	Baked Virginia Ham Candid Sweet Potatoes Black-eyed Peas Ice Cream	American Chop Suey Grated Cheese Garden Salad Pineapple Slices
MON	JULY 28	Tomato Juice Cold Cereal Fried Eggs/toast Coffee - Milk	Grilled Franks Boston Baked Beans Lettuce & Tomato Salad Chilled Apricots	Spanish Pot Roast Parsley Potatoes Fresh Carrots Butterscotch Pudding
TUES	JULY 29	Grapefruit Juice Hot Cereal Sweet Rolls Coffee - Milk	Chicken Salad on Lettuce French Fried Potatoes Cole Slaw Pastry	Braised Liver-gravy Whipped Potatoes Green Beans Orange Jello
WED	JULY 30	Orange Juice Cold Cereal French Toast/syrup Coffee - Milk	Cheeseburgers-rolls Lyonnais Potatoes Sweet Peas Purple Plums	Spaghetti w/meatsauce Fresh Garden Salad Grated Cheese Blueberry Pie
THURS	JULY 31	Pineapple Juice Hot Cereal Muffins Coffee - Milk	Omelet Spanish Rice Beet Salad Iced Cake	Pork Patty - gravy Mashed Potatoes Mixed Vegetables Bread Pudding
FRI	AUG 1	Fresh Fruit Cold Cereal Griddle Cakes/syrup Coffee - Milk	Fish Cakes Tartar Sauce Oven Baked Beans Ice Cream	Salisbury Steak Whipped Potatoes Peas & Carrots Pastry
SAT	AUG 2	Blended Juice Hot Cereal Crimb Cake Coffee - Milk	Baked Chicken Mashed Potatoes Whole Kernal Corn Cherry Jello	Tomato Soup Hot Oven Grinders Dill Pickles Fruit Cocktail

*****MENU IS SUBJECT TO CHANGE WITHOUT NOTICE*****

