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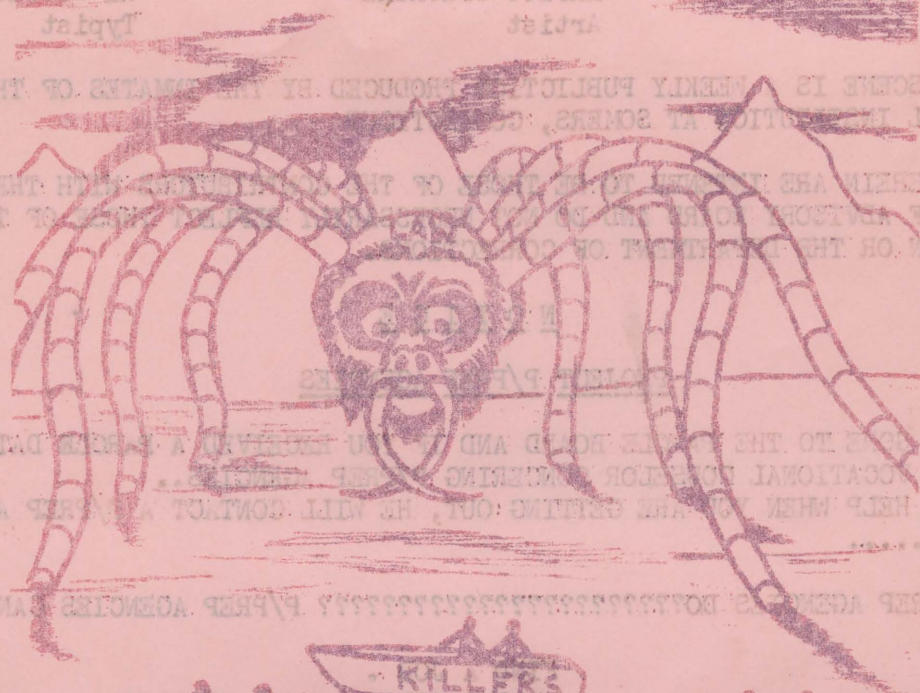
THE

WEEKLY

December 2, 1977

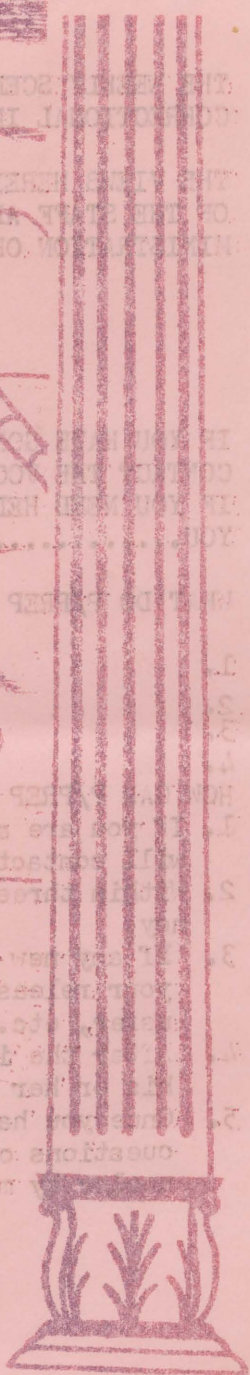
Vol. 1

No. 52



E. W. Orlowski

SCENE



A D M I N I S T R A T I O N

Carl Robinson
Warden

Alexander Cybulski
Assistant Warden
Operations

James Singer
Assistant Warden
Treatment

S T A F F A D V I S O R S

Charles J. Jones

John Reardon

Richard Orzak

W E E K L Y S C E N E S T A F F T E A M

Henry Frye
Editor

Armando Agudelo
Assistant Editor

Frank Draskovics
Typist

Enrico Orlenski
Artist

Al Steele
Typist

THE WEEKLY SCENE IS A WEEKLY PUBLICATION PRODUCED BY THE INMATES OF THE CONNECTICUT CORRECTIONAL INSTITUTION AT SOMERS, CONJECTICUT

THE VIEWS HEREIN ARE INTENED TO BE THOSE OF THE CONTRIBUTORS WITH THE SUPERVISION OF THE STAFF ADVISORY BOARD AND DO NOT NECESSARILY REFLECT THOSE OF THE PRISON ADMINISTRATION OR THE DEPARTMENT OF CORRECTIONS.

N O T I C E

P R O J E C T P / P R E P A G E N C I E S

IF YOU HAVE GONE TO THE PAROLE BOARD AND IF YOU RECEIVED A PAROLE DATE YOU SHOULD CONTACT THE VOCATIONAL COUSELOR CONCERING P/PREP AGENCIES..
IF YOU NEED HELP WHEN YOU ARE GETTING OUT, HE WILL CONTACT A P/PREP AGENCY FOR YOU.....

WHAT DO P/PREP AGENCIES DO???????????????????????????????????? P/PREP AGENCIES CAN HELP YOU::

- 1. FIND A JOB .
- 2. FIND A JOB TRAINING PROGRAM .
- 3. FINISH YOUR EDUCATION .
- 4. FIND A SUITABLE LIVING ARRANGEMENTS

HOW CAN P/PREP AGENIES HELP YOU, AND HOW DO YOU GET THAT HELP????????????????

- 1. If you are at the Correctional Center in Somers, Contact your Counselor and he will contact the proper and appropriate agency..
- 2. Within three (3) weeks, you will be visited by a counselor from a P/PREP agency.
- 3. If any new development occur prior to your release. (For example a change in your release date, an enrollment or completeion of a course or program, a transfer, etc.) contact your P/PREP agency counselor by mail immediately...
- 4. After the interview, your P/PREP Agency Counselor will keep you informed of his or her progress by personal visits or by mail..
- 5. Once you have met with the P/PREP Agency Counselor, if you have any further questions or concerns, it is your responsibility to contact your P/PREP Counselor by mail and tell them about it...

Jesse DeLoach
Vocational Counselor:

A PERSONAL THANK YOU

No person now existing, or heretofore, or hereafter to exist can have his life directed by the thoughts or beliefs of another unless he has a totally nonfunctioning mindless, personality. Everyone has their own living belief's and their own set of truths. We all have in each of us, good intentions, but good intentions don't make for a right or righteous person, and when applied in a wrong manner, can cause a good deal of dissention, confusion, and to some extent, a cheap avenue to hide behind.

It is really hell when one wakes up late in life, looking in a mirror day after day, seeing and knowing that such a person has been running and hiding, not really thinking so, or wanting to believe it. He did not wish to view his life as this, because he thought he was a Christian. Being a Christian is as easy or as complicated as there a number of different Christian organizations. These varied groups exist because each has it's own set of rules and guidelines. No one can be talked at, or preached to, to meet their requirements and still maintain individuality.

Sometimes this is a perfect avenue for escapism. When a person doesn't wish to face reality he can do (3) things. One, he can call it quits and razor himself into non-existence, two, he can hide his inabilities behind the righteous group, and stay safe in the shadows, or (3) run away behind the jacket of a book. I used the 3rd.. I guess a majority of people could see it, but for whatever reason didn't say anything about it. I don't really know how I feel about that. I ran all around this building acting as if I was solely responsible for human salvation. Until this morning it was really a dead trip.

I must live my own beliefs, as you, and had no right to try to direct your lives. My behavior and semi-real world caused a lot of pain and embarrassment to many whom could have been good for my overall mental development. A simple apology is not likely to do a great deal for correcting this matter, but sometimes it's a place to start. I had belief, still have it, but I'm the only it applies to. I've I've been patiently expounded by the best, to use what I believe to further my own education, not trying to change your lifestyle. You didn't live it before you got here, neither did I, and none of us is likely to live it when we leave.

There are certain matters which I may find distasteful I may find distasteful, but there is little I can do about it. As I look around me, I saw men who don't really appear outwardly concerned about their future. Maybe this is good, maybe not, but it's hot for me to say.

I don't know what further I can say. I'm grateful that I was not Chastised in the first manner, grateful that I was mentally capable of finding this out for myself, a bit late, but done nonetheless. Thanks to all of you for making, me take a good long look at myself. As I was told,

"Inventa sunt speula ut homo ipse se no'sset. Tempus erit, guo vos speeulum vidisse pigetit.

Mirrors were made that man might know himself, but the time will come, when you will be sorry to have looked into your mirror..

WRITTEN BY:

PAUL GRAZIANI

REGULUM NUMER

WRITTEN & SUBMITTED BY:

A PERSONAL THANK YOU
MUSIC AND THE BODY

The relation of music to body movement and stimulation is dependent upon the complexity of the musical piece. There are three areas of the body which are activated by music: the feet, the heart or emotional feelings and finally the brain or mental comprehension.

Music with basic beats and rhythm stimulates the lower portion of our bodies, As one listens to hard rock - and - roll music, Latin "Salsa" music or African tribal music, our feet begin to tap and one might even get up and dance. As the complexity of the music increases, it will then stimulate higher parts of our bodies. Musical pieces containing lyrics about love and other beautiful themes, accompanied by sedative rhythms, will stimulate our hearts and emotions by making the listener feel sad, happy and even bring back certain memories in one's life.

Finally classical music, the most complex and difficult kind of music to comprehend and perform does not stimulate our feet, the lowest portion of our bodies, but, rather will stimulate the highest part of our body. Our mental processes will be activated for the listener to try and comprehend the theme and purpose of the composer.

WRITTEN BY: ARMANDO AGUDELO

MUSIC CORNER

THIS IS A RADIO GUIDE FOR THE BROTHERS THAT ARE NOT AWARE OF THE MANY STATIONS THAT HAVE TOGETHER MUSIC TO OFFER AND THE MOODS THAT ARE DEPRIVED OF, SO CHECK IT OUT, THEY HAVE SOUL, JAZZ, AND DISCO.

MONDAY - Sunday:

WTCC 89.1 ON YOUR FM DIAL FROM 10:00 A.M. TO 2:00 A.M. DAILY.

MONDAY - FRIDAY:

WTCC 91.0 ON YOUR FM DIAL FROM 2:00 P.M. TO 6:00 P.M. ALSO A TOGETHER STATION TO LISTEN TOO.

MONDAY - TUESDAY:

WHUS 92.0 ON YOUR FM DIAL FROM 11:00 A.M TO 2:00 A.M. DROP IN AND GET A EAR FULL OF MUSIC.

SATURDAY - SUNDAY:

WWUH 91.8 ON YOUR FM DIAL FROM 9:00 TO 12:00 P.M. HE'S WHERE IT'S AT ON WEEKENDS WHEN YOUR IN THE MOOD.

WTCC 91.0 ON YOUR FM DIAL FROM 2:00 A.M. TO 2:00 P.M. SATURDAY NIGHTS TUNE IN IN AND FIND OUT WHATS HAPPENING..

THESE STATIONS HAVE SPECIALS AND COMEDY NIGHTS AS WELL, NEWS AND WEATHER REPORTS AND THEY HAVE SOME NICE LADY D.J.s AS WELL...

WRITTEN & SUBMITTED BY:

MIGUEL NUNEZ

In response to the overall contents of the article, "America's Prisons About to expolde", I had almost to laugh that some people in such position as Cheif Peterson of the Rockford, Ill. police seriously (can) believe that the church is the answer to reform in prisons. First of all, it's obvious that the man is not totally aware of the REAL situation in jails or even why people commit crimes. Secondly, Religion as a deterrent to reform has proven nothing, even since early American reform when the Quakers imprisoned a man with only a bible to do his time. This only created more problems which led to punishment and we all know the outcome of that aspect, although it still exist on a small scale.

As for prisoners exploding into mass confusion, we the inmates create that by our faults of being guided blindly. Religion is not the answer. Where do we start? First we get strict Government controls on the media so that our children are not absorbed by crime on T.V. We develop individual court systems for specified crimes. With already imprisoned persons, we develop ties with our families, group encounters with victims of our crimes. We stop incarcerating first offenders of petty crimes with hard core offenders. We open our prison doors to all aspects of rehabilitation and stop this administrative hand on control of needs. We offer incarcerated men the rights to function normally within prisons, proper pay, and all educational needs. Better visiting procedureds, and conjinal visits to anyone who is married.

Dening a man or a woman the companionship of the opposite sex is just another form of punishment which can cause mental disorders in the long run. I don't think a religious reform would win over my ideas. To end this problem we must start on the streets with the law-makers, we are at no blame what-so-ever, as a matter of opinion, the people in prisons today in the U.S.A. are only a small percentage of the criminal body in our land. We are the only ones that got caught. The real criminals are protected by the law. Reform of this law is the answer.

WRITTEN BY:

STEVEN HADLEY

REHABILITATION THOUGHTS

BY

RICHARD MAHER

Fixed sentences or not, the release prisoner is still largely shaped by his prison experience, be it one year or ten. The Department of Corrections blames the failure of its costly rehabilitation programs on prisoners who use them to impress prison officials and Parole Boards. To impress Parole Boards, prisoners have lent themselves as white mice to a variety of diseases once only wishpered. If they "used" the programs, as they probably did, it hardly should come as an after shock to knowledgable prison managers.

The Department as easily might have said that the "grand design" for criminal rehabilitation which left 340 Capital Ave. was met by the custodial staff at the prison gate with the same enthusiasm they afford a Sunday bus of visiting prisoner relatives. Or, as a progressive dedicated public servants, Commissioner Manson could have set Corrections ahead ten years simply admitting that criminal rehabilitation never will cut across the grain of prejudice, hostility, and low social conciousness. The "turkey" mentality at Somers dominates the entire operation with-in and holds the prison at the level of a handful of prisoners who clearly belong in a mental health facility, a group whose actions the Department shamefully protects as a normal pattern of prison behavior. Somers, in fact, has the ideal prisoner make-up and a physical plant to initiate a serious challenge to recididism, a problem far less abhorrent to the Department of Corrections that is to the criminal. The bottom line of Rehabilitation is a social responsibility which should be available to every prisoner who pledges is words and actions to it, safely 97% of the prison population. It makes no sense for society to continue to be the victim of the ugly give-and-take between witless men, both sides feeling abused and misunderstood.

CHRISTMAS PACKAGES

Christmas Packages may be mailed or delivered in the course of regular visits to men confined in C.C.I. Somers by family and friends ON THEIR APPROVED VISITING LIST, from November 27, 1977 through January 3, 1978, subject to the following conditions:

1. There will be a limit of one package from each person on the inmates visiting list.
2. All packages must have the following information VERY CLEARLY written on the outside:
 - Inmate's name and number
 - Connecticut Correctional Institution, Somers
 - P.O. Box 100
 - Somers, Connecticut 06071
 - And complete name and address of sender.
3. All packages are subject to inspection and all unauthorized items or excessive quantities of approved items will be returned to the sender at the inmate's expense or donated to a charitable organization.
4. Homemade cookies, cakes, candies, and other homemade items are not approved.
5. Items sealed in metal cans or tins are not approved.
6. Items may be sent in glass containers. However, these containers must not exceed the size of one quart and must bear the commercial merchandiser's label.
7. The following items are approved for Christmas packages or gifts and no other items of any nature will be accepted.

FOOD

Crackers, popcorn, lump sugar, peanut butter, marshmallow fluff, jams, jellies, candy, cookies, cheese, pickles, olives, nuts without shells, instant cocoa, and commercial cakes. Only fresh fruit will be permitted; no dried or candied fruit. No meats are permitted except pepperoni, Slim Jims, pickled pigs feet, pickled sausage, and pickled herring. Small bottles only of steak sauce, mustard, horseradish, cheese dips in plastic containers.

TOBACCO AND MISCELLANEOUS ITEMS

Cigars, cigarettes, tobacco and pipes in reasonable amounts. Electric shavers (non-battery type), wrist watches with a retail value not exceeding \$50.00.

CLOTHING

Sweaters (dark shades, single color, zippers and turtleneck permissible), pajamas, slippers, handball gloves and shoes. Shoes are required to have rubber heels and no large buckles. Shoes must not exceed six (6) inches in height measured from the top of the heel. (Heels cannot exceed one inch in height.) NOTE: ALL SHOES MUST BE MAILED BY THE STORE WHERE THEY ARE PURCHASED.

MONEY

Persons on the approved visiting list may send money in reasonable amounts in the form of Postal Money Orders, Bank Cashier Checks, Commercial Money Orders or Certified Checks. Personal checks are not accepted.

Since all permissible items must be consumed by January 31, 1978, it is respectfully suggested that said items be sent in reasonable amounts. Your assistance and cooperation in following the above indicated regulations will permit us to deliver your gifts without undue delay.

HOLIDAY VISITING

Please note that there will be no visiting on Monday, December 26, 1977 and Monday, January 2, 1978, as both days are designated as official state holidays.

James Singer
Assistant Warden-Treatment
C.C.I. Somers

TEAM I

WEEKLY TRAINING SCHEDULE

MONDAY MORNING

50 Situps; 50 Pushups
50 Leg Lifts; 50 Toe Touch

AFTER COUNT

32 Laps
Boxing Practice

EVENING

3 Rounds on the Heavy Bag
3 Rounds on the Speed Bag
3 Rounds Jumping Rope

AFTER COUNT - (IN CELL)

15 Minutes Shadow Boxing

TUESDAY MORNING

50 Squats
50 Side Stretches
50 Jumping Jacks
50 Arm Extensions

NOON

Nothing

EVENING

Run Small Yard from 6:00
to 7:00

FROM 7:00 UNTIL...

WEIGHT ROOM

100 Situps
100 Leg-Lifts
3 Rounds Shadow Boxing

WEDSDAY MORNING

50 Situps
50 Leg-Lifts
50 Pushups
50 Toe Touches

AFTER COUNT

32 Laps
Boxing Practice

EVENING

3 Rounds on the Heavy Bag
3 Rounds on the Speed Bag
3 Rounds Jumping Rope

AFTER COUNT - (IN CELL)

15 Minutes Shadow Boxing

THURSDAY MORNING

50 Squats
50 Side Stretches
50 Jumping Jacks
50 Arm Extensions

NOON

Nothing

EVENING

Run Small Yard From 6:00
to 7:00.

FROM 7:00 UNTIL...

WEIGHT ROOM

100 Situps
100 Leg-Lifts
3 Rounds Shadow Boxing

FRIDAY MORNING

50 Situps
50 Leg-Lifts
50 Toe Touches
50 Pushups

AFTER COUNT

32 Laps
Boxing Practice

EVENING

3 Rounds on the Heavy Bag
3 Rounds on the Speed Bag
3 Rounds Jumping Rope

AFTER COUNT - (IN CELL)

15 Minutes Shadow Boxing

SATURDAY MORNING

Nothing

NOONTIME

Circuit Calistetics
10 Sets

50 Pushups

50 Squats
50 Side Stretches
50 Jumping Jacks
50 Toe Touches
50 Arm Extensions
50 Leg-Lifts
50 Situps
Neck Stretches

TEAM II

WEEKLY TRAINING SCHEDULE

MONDAY MORNING

50 Squats
50 Side Stretches
50 Jumping Jacks
50 Arm Extensions

NOON

Nothing

EVENING

Run Small Yard From 6:00
to 7:00

FROM 7:00 UNTIL...

WEIGHT ROOM

100 Leg-Lifts
100 Situps

TUESDAY MORNING

50 Situps
50 Pushups
50 Jumping Jacks
50 Leg-Lifts

NOON-AFTER COUNT

32 Laps; Boxing Prac. Boxing.

EVENING

Speed Bag &
Heavy Bag - 3
Rounds Each
3 Rounds Jump
Rope & 3 Rou-
nds Shadow

WEDSDAY MORNING

50 Squats
50 Side Stretches
50 Toe Touches
50 Jumping Jacks

NOONTIME

Nothing

EVENING

Run Small Yard From 6:00 to 7:00

From 7:00 Until...

Weight Room

100 Situps

100 Leg-Lifts

SATURDAY MORNING

Nothing

THURSDAY MORNING

50 Situps
50 Pushups
50 Arm Extentions
50 Leg-Lifts

AFTER COUNT

32 Laps
Boxing Practice

EVENING

Speed Bag & Heavy Bag

3 Rounds Each

3 Rounds Jump Rope

3 Rounds Shadow Boxing

SATURDAY NOONTIME

Speed Bag & Heavy Bag

3 Rounds Each

3 Rounds Jumpin Rope

FRIDAY MORNING

50 Squats
50 Side Stretches
50 Toe Touchs
50 Jumping Jacks

NOONTIME

Nothing

EVENING

Run Small Yard From 6:00 to 7:00

FROM 7:00 UNTIL...

WEIGHT ROOM

100 Situps

100 Leg-Lifts

SATURDAY EVENING

Nothing

SUNDAY

Day of rest for both teams

ATTENTION BASKETBALL PLAYERS

IF YOU WANT TO PLAY INTRAMURAL BASKETBALL THIS SEASON YOU MUST SIGN UP NOW !!!!!!!
THE DEADLINE IS DECEMBER 4th. NO REQUEST RECEIVED AFTER THIS DATE WILL BE ACCEPTED.
FILL OUT THIS SLIP AND PLACE IT IN THE WEEKLY SCENE MAIL BOX IF YOU WISH TO PLAY.

NAME _____ NUMBER _____ HOUSING UNIT _____

PLAYER _____ / MANAGER _____

" APPLIED EMPLOYMENT SKILLS "

THIS IS A JAYCEE PROGRAM WHICH CAN BE BENEFICIAL TO EVERY INMATE. THIS PROGRAM WILL PROVIDE THE INDIVIDUAL WITH THE INFORMATION HE NEEDS TO KNOW ABOUT FOR OBTAINING AND HOLDING A STEADY JOB. THIS CLASS WILL ALSO SHOW THE INDIVIDUAL HOW TO FILL OUT THE VARIOUS FORMS SUCH AS: LOAN APPLICATIONS, SOCIAL SECURITY JOB APPLICATIONS, ETC., ETC.

CLASSES ARE HELD ON WEDSDAY NIGHTS FROM 6:00 P.M. TO 7:00 P.M. IN THE SCHOOL AREA.

LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...LOOK...

CHRISTMAS FURLOUGHS

THE CHRISTMAS FURLOUGH PERIOD SHALL BE FROM SATURDAY, DECEMBER 24, 1977 8:00 A.M. TO MONDAY, DECEMBER 26, 1977, NO LATER THAN 6:00 P.M.

PERMISO DE SALIDA EN NAVIDADES

El pase de salida durante las Navidades sera desde Sabado, 24, 1977 de Deceimbre en la manana hasta el Lunes 26 de Deceimbre 1977 no mas tarde de las 6:00 P.M. (Noticia-Eso 9:00 en la manana).

(FORMER INMATE SEEKS FEDERAL JAIL REFORM - CONTINUED)

But little more. Sure, we're plagued with some substantive (considerations) about the shame of prisons. Few, I find, are more than momentarily troubled, if at all by prison's corrosive effect on the bodies and minds and souls of prisoners. When an Attica erupts, or a guard is found face down with a shiv sunk deep in his back, or a James Earl Ray goes over the wall, there is a flurry in the press and spate of piety among politicians and assorted hand-wringers. But it subsides quickly. Prisoners, after all, have no large vocal, well-heeled lobby, and few are respectable spokesmen.

In "The Scarlet Letter," Nathaniel Hawthorne in 1850 damned prisons as "the black flower of civilized society." I emerged convinced this civilized society-starting with the President of the United States-has a solemn obligation to take a hard look and do something about the largely scandalous state of the so-called American "correctional" system. An ideal place to start is the Federal Bureau of Prisons (BOP), penal network, partly to run the federal prison system. Most reform measures take years. The BOP could be shaken up and straightened out by a determined national administration and a responsive, responsible Congress in the space of a single year.

NEXT: Why Prisons Don't Rehabilitate

Answers to last weeks puzzles

Jumbles: KETCH ACRID CAMPER SALOON
Answer: Why the turtle turned lawyer was exhausted - HE HAD A HARD CASE

Wordy Gurdy Answers:

- 1. PIGS GIGS 2. DOWH JOE 3. CLOUT DOUH
- 4. SCRUBS TUBS 5. BLURRY MURRAY
- 6. MOOING SCREWING 7. HEATHERS FEATHERS

PUZZLE-LE-DO Answers:

- 1. Half Calf 2. Near Dear
- 3. Moth Cloth 4. Hound Sound
- 5. Green Screen 6. Top Drop
- 7. Bell Shell

Answer to Cross Word Puzzle:

Across: ACTS, HOARD, CURB, BARDER, TREE, AVERSE, OVA, ARE, ATA, RESIGN, SLIM, USES, PAVE, FARED, TIMER, EVER, SEES, RICE, TALBOT, RAI, IER, OUR, ATEASE, ASTA, ROSTER, DORI, ARTIE, AMEN.

Down: ACTOR, CURVE, TREASURECHEST, SDE, FERRARA, AVIATOR, ISERE, ATI, AGED, ISEE, DARNs, STEER, HAVE, TEAR, ABRAHAMSDOSOM, RESTIVE, OUTRE, DREAMER, TRAIN.

FLOWER ORDERS

Starting December 5th, 1977, any inmate wishing to order flowers for the Christmas Holiday may put a request in to the Chaplins office. THE DEADLINE FOR THESE ORDERS WILL BE DECEMBER 15th, 1977. REV. Matthew R. Shanley - Catholic Chaplin

MOVIES...MOVIES...MOVIES...MOVIES...MOVIES...MOVIES...MOVIES...MOVIES...MOVIES...

DECEMBER 3, 1977 "BIG MO"

Discusses the incredible story of 4 extraordinary people-two men and two women whose lives became dramatically intertwined. It has been acclaimed by Audiences and critics alike as one of the most exciting and heroic motion pictures of recent years.

STARS: Bernie Casey, Bo Svenson
110 MINUTES RATED PG

DECEMBER 4, 1977 "NEW YORK, NEW YORK"

During a V-J Day celebration in honor of World War II's end, trash Robert De Niro annoys USO girl Liza Minnelli. Since they have mutual friends, fate throws them together. A saxophone player and a singer. Stars: Liza Minnelli, Robert De Niro, Lionel Stander, Barry Primus.

155 MINUTES RATED PG

MENU FOR THE WEEK OF DECEMBER 4, 1977

MENU FOR THE WEEK OF DECEMBER 4, 1977

	<u>BREAKFAST</u>	<u>DINNER</u>	<u>SUPPER</u>
SUN DEC. 4	Fresh Fruit Pastry: Hot Cereal Coffee/Milk	Roast Beef w/Gravy Whipped Potatoes Cut Green Beans Ice Cream	Soup of the Day Baked Macaroni & Cheese Scalloped Tomatoes Apple Betty Beverage
MON DEC. 5	Tomato Juice Scrambled Eggs w/Toast Dry Cereal Coffee/Milk	Grilled Cube Steak Hash Brown Potatoes Cream Style Corn Vanilla Pudding Beverage	Frankfurters Oven Baked Beans Sauerkraut Mustard Pastry: Cheeseburgers w/Catsup French Fried Potatoes Cut Green Beans Orange Jello w/whip Topping
TUES DEC. 6	Grapefruit Juice Pastry: Hot Cereal Coffee/Milk	Ravioli w/Tomato Sauce Grated Cheese Tossed Salad Fruit Cocktail	Meat Loaf w/Gravy Mashed Potatoes Yellow Wax Beans Pastry: Italian Sausage Grinder Chicken Noodle Soup Potato Chips Tossed Salad Chilled Sliced Peaches
WED DEC. 7	Blended Juice Waffles Two w/Syrup Dry Cereal Coffee/Milk	Grilled Ham Steak Oven Brown Potatoes Fried Cabbage Mustard Ice Cream	Fried Fish w/Tartar Sauce Pan Fried Potatoes Mixed Vegetables Ice Cream
THUR DEC. 8	Fresh Fruit Pastry: Hot Cereal Coffee/Milk	Baked Chicken w/Gravy Buttered Rice Whole Kernel Corn Butterscotch Pudding Beverage	Turkey Noodle Soup Hot Turkey Sandwich Whipped Potatoes w/Gravy Cut Green Beans Pastry:
FRI DEC. 9	Orange Juice Boiled Eggs w/Toast Dry Cereal Coffee	Beef Vegetable Soup Cheese Apizza Antipasto Salad Fruited Lemon Jello Beverage	
SAT DEC. 10	Grapefruit Sections Pastry: Hot Cereal Coffee/Milk	Grilled Hamburg Steak French Baked Potato Fresh Cooked Carrots Catsup Rice Pudding	

**** *
 This week's winners in the C.C.I Somers Inmate Sweepstakes are:

John Lindstrom	#37331	Q-1-5
Richard Capparelli	#53738	B-46
Frank Harris	#68194	H-121
William Cooper	#69435	D-72