



Membership in EXODUS involves a commitment to personal growth and the improvement in the quality of life for yourself and those in your community. In order to achieve this you are asked to develop personal goals in the following areas.			
CATEGORY	GOAL	PURPOSE	PLAN
1. FAMILY TIES	Strengthen family ties between grandmother, oldest brother and myself that were destroyed over 25 yrs. ago;	It is only natural for a family to be close. In addition, my grandmother is my only living grandparent	Write each party (brother and grandmother) at least twice a month. Be very mindful of holidays they observe and send them cards.
2. EDUCATIONAL GROWTH	Obtaining B.S. in Business Administration during 1981, and go on to Columbia University to obtain M.B.A.	Personal Achievement, and is needed for career purposes (My career is in Sports Administration)	Enroll in Regents External Degree Program, complete all necessary bus. courses; Enroll at Marist College at D.C.E. to complete all necessary elective courses
3. PHYSICAL FITNESS	Loss 16 lbs.; reduce all unnecessary fat on body. To be comfortable and healthy in mind and body.	A healthier body allows for a healthier mind	Work out a minimum of three (3) times a week with either Paddleball, basketball, or light weights on Monday, Wednesday, and Saturday
4. COMMUNITY INVOLVEMENT	outside: Establish career contacts, Develop greater ties w/Church, Civil, Education, Social, and Interested groups, work with Exodus Group concept Inside: Increase Programs at DCF, Work to improve living conditions at DCF, Involvement with Exodus	Developing of stronger base for release and to begin ground work for release plans. A strong belief that conditions can be improved at DCF with struggle It is an Islamic Duty to study and learn one's faith	Stay abreast of community activities. Each week contact a minimum of one outside group as follow-up to existing projects, or as an introduction letter. Chairman SPEC. EVENTS COMM. and expand Comm. Begin with a minimum of 30 minutes nightly of religious study
5. SPIRITUAL GROWTH	Become affluent in the Islamic faith, improve knowledge of Arabic language, learn the last thirty Suras of the Holy Quran, expand knowledge of other major religions of the World		
THREE SIGNIFICANT EVENTS IN MY FUTURE	1. Enrollment to Columbia University while on Educational Release during 1983 or 1984.	2. Purchasing a new home for my family upon my release (1985) in Atlanta, Ga.	3. Employment in Sports Administration, and by age 45 to be co-owner of either and N.B.A. or N.F.L. franchise.

Signed *John A. M. Hassan / John Jackson*

Michele Muller

38m · 🌐

After 35 days and 484 miles I walked into Santiago at 11:30 this morning. It's been quite a journey. I thought I would cry but I haven't. Instead I feel a sense of stillness and a weird feeling of loneliness even around all of these people. I'm sure I'll be processing it for a while. Thank you all for letting me share the journey. Buen Camino!!

THE EXODUS CONTRACT

Wider Legislation of Belts Asked-Sabbath Law Repeal Sought

Major Recommendations

GAMBLING BACKED

"All the News That's Fit to Print"

VOL. CXXI, No. 41,834

The New York Times

NEW YORK, MONDAY, AUGUST 1, 1983

CITY EDITION

15 CENTS

SHRIVER APPROVAL IS DUE TOMORROW IN A SPECIAL VOTE

Members of National Panel Predict His Nomination Will Enjoy Acclamation

WIDE SUPPORT VOICED

Most Party Aides Express Pleasure at Association With Kennedy Family

By CHRISTOPHER LYDON

WASHINGTON, Aug. 1 —

Members of the Democratic National Committee predicted today that the committee would vote to support Senator George McGovern's nomination for President tomorrow.

President Jimmy Carter's administration has been in a tight spot since the release of a report that McGovern had been in the White House in 1974 and 1975.

McGovern's nomination would mean a return to the White House for a man who was once the most powerful man in America.

McGovern's nomination would also mean a return to the White House for a man who was once the most powerful man in America.

British Criminal Justice Assailed

By ALVIN BRITTON

LONDON, Aug. 1 —

British criminal justice is being assailed by a group of leading British judges and lawyers who say the system is too slow and too costly.

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Spassky Wins and Tring Fischer's Lead to 2 Points

By ALVIN BRITTON

LONDON, Aug. 1 —

Spassky won the match with Fischer, 2-1, in the final round of the World Chess Championship.

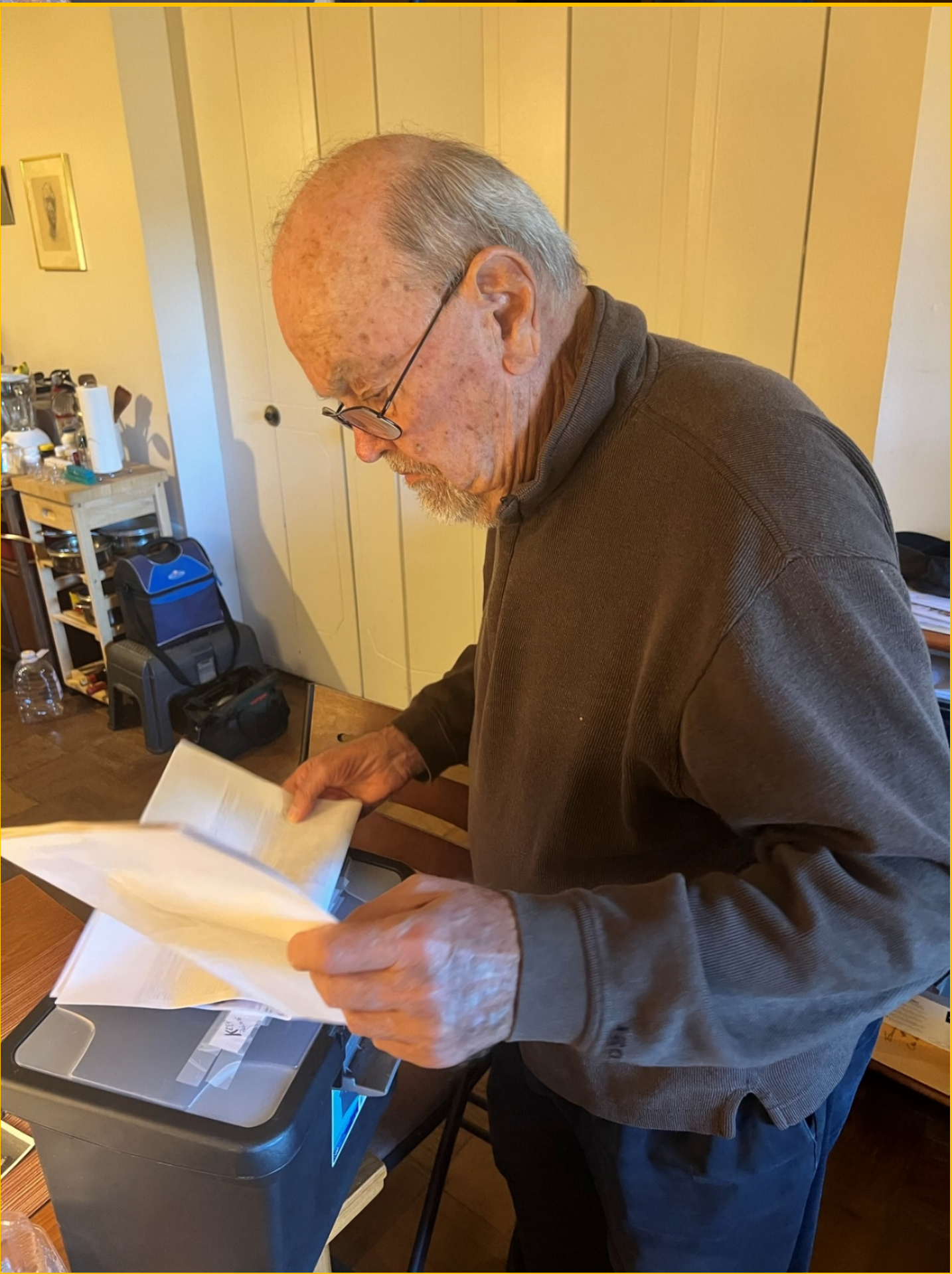
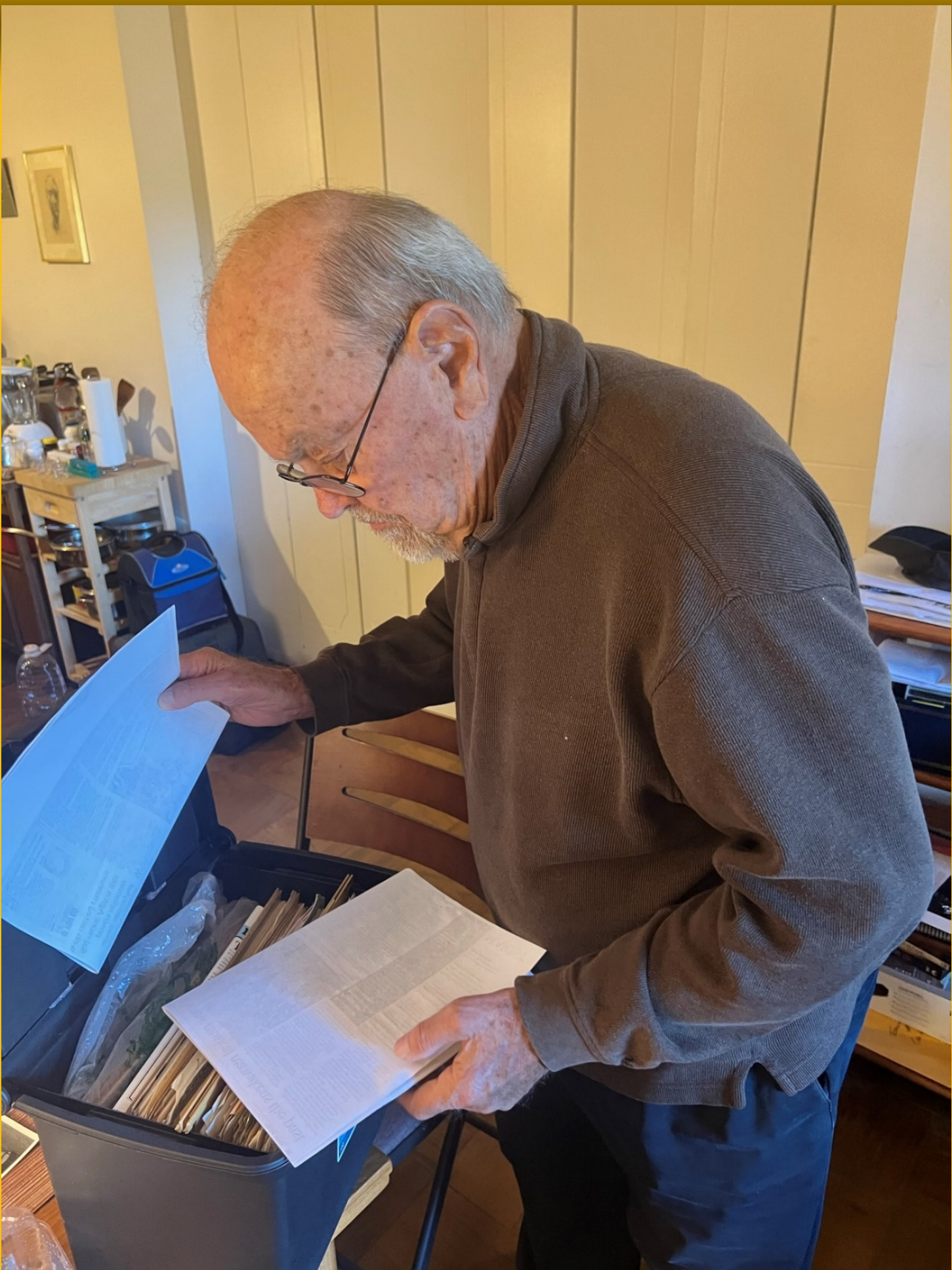
Fischer's lead to 2 points was enough to win the match.

Knapp Panel Urges State Name Prosecutor to Lead A 5-Year Corruption 'War'

Major Recommendations

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Dear Ed,

When we recall your years of dedicated service and unselfish giving to the Chaplains in the Department of Corrections, certain truths and recollections are self evident:

♦Your true spirit of Ecumenism:

You have been visible and available to all chaplains, regardless of religious affiliation, always gently, yet wisely directing our efforts on the behalf of inmates.

♦Your dedication to the inmates:

You have been a chaplain and servant of God to the inmates. You have been an example of the Christ like spirit that drives the disciple to firm but compassionate service to those on the edge.

♦Your ministerial experience and expertise:

You have been a pleasure to listen to as you explain a point or recall a specific incident from the many years of experience in the ministry. Your wisdom and knowledge has been reassuring and refreshing.

♦Your gentle and compassionate spirit:

You have been a soothing voice, a calming water and a gentle dove in each of our lives. Your love for others can be seen in your eyes as you speak and can be heard in your voice as we listen.

Ed, you have been a truly outstanding role model for every chaplain throughout the Department. May the Lord Jesus bless you, Ed, for all the ways you have exemplified for us Matthew 25. God bless you in your retirement our dear friend, brother and pastor of chaplains.

Love in Christ,

Your Flock

