



his first full day of freedom by cleaning up after dinner. Cephias Attica's program houses up to 14 parolees, who operate a bakery, catering service and crew.

there I made the wrong choice. I'm person and if I go out there I'll just re-ff. I don't want that. I have to

now how to change. I can't change these groups is the only place I've to see parts of myself. Parts I don't y scare me. The fact that they are in g to make me fall again scares me. tion in Cephias is the only thing that . I know that. But ... I'm scared of I mean, it's something completely lived in a family setting. I'm so as where it's easy to move around. m ever around more than a couple n I'm in the institution. But Cephias d I know it. I've never trusted know how." hat's sounds better. That gives us rk on. Would you take him into Harold asked the other man. 's sincere in what he said," the man

's young inside and a slave to his but I'd give him a shot." ck with the people back home and xt week, Al," Harold said. "You y to work, so we don't have to do so round to get something out of you." ld." ted into the Cephias residential 90- nd was released from Attica on - 38.

ow Ken Siegal don't you?" see you out here, Al," Ken said. your room and the rest of the akery and offices are downstairs. I n and you'll be down this hall across m."

you in on what happens during the uesday and after I finish showing 'll be close to dinner time. ts returning from their various jobs or supper. Willie Mae cooks during ure you've heard of her food. We sehould often, but dinner is most im- it gives everyone a chance to k about the day — maybe deal with a ne had. But anyway, don't plan on ners. he Tuesday night meeting," Ken e have it right here in the living room ho is a member of the Cephias comp. So there is a strange mix of peo- find it resembles the groups in Attica. rking out their problems."

ompatriots!" Al said. "How are you, l? What say you take me to get my ay?" ask you to wait awhile for that, and n't you have work?" Fred replied. I really want to get it done. I know a good place. I called and they have e today. It's a good day for it." until it's checked out with Ken."

"Oh man, what are you, some kind of lackey? Never think for yourself." "Relax Al. We go through this almost every day." "Bah," Al muttered as he walked away.

Day 24
"What's up tonight Ken?" Al asked.
"I figured we would go to a movie if enough people are up to it."
"That's lame. Why don't you take me to the mall? I can hang out there and do some shopping. I need some new work shoes or something."
"Stop it. I'm not taking you to the mall," Ken said.
"Well, I'm not going to no movie with you guys, that's for sure. How can you guys stand it? It's probably because you're so old."
"Fine Al, stay here."
"Oh all right, I'll come, but I'm not going to enjoy it."

Day 32
"Hey Fred, can I ask you a question?"
"Sure, Al."
"If a guy wanted to care about someone, how would he do it?"
"I'm not sure Al. Try to think about that other person and not yourself, and see if any opportunity presents itself. It's done with little things."
"Thanks, Fred."

Day 33
"Morning Ken."
"Morning Al."
"Uh, Ken, I'm about to make myself some breakfast. Would you like me to make something for you?"
"Thanks Al. I'll take a couple of scrambled eggs and a bagel."

Day 40
Al was waiting in the living room for Ken to return, and greeted him with a big hug when he walked in.

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Faced with tough choices about his life's direction, Al pauses on Good Friday for a quiet moment of reflection in his room. Although he dropped out of Cephias Attica's three-month program after 81 days, 76 percent of the parolees Cephias accepts successfully complete the program.



Cephias associate director Ken Siegal invites a departing Al to call collect anytime, but the pair's farewell hug seems to mirror the powerful emotions of a mother and crying child pictured on the wall at left.

Photos by Bruce Strong