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Photo by Jonathan Chiu, SQN

Pat Mahoney in Arts and Corrections

Artist and mentor Pat Mahoney retires

By Juan Haines
Senior Editor

Pat Mahoney spent the last 40 years coming inside San Quentin to mentor incarcerated artists on the finer points of art; however, he's best known as a keen listener and caring person.

Mahoney is one of the founders of the San Quentin Arts in Corrections program, sponsored by the William James Association. He retired from the Arts in Corrections program last February.

Mahoney helped create the Upper Yard mural with the Helen Caldicott quote: "We are the Curators of life - We Hold it in the Palm of

our Hands."

"He's very idiosyncratic and works in an intuitive way," said Carol Newborg, Program Manager of the William James Association. "His art is inspired by aboriginal themes. It's holistic — mind, body and earth, very untraditional."

Several inmate artists gave their comments regarding Mahoney's impact on them professionally and personally:

"What I noticed besides his artistic talents was his interest to the guys," said Anthony "Sonny" Ramirez who is in his 20th year of incarceration.

See PAT on Page 9

California legislators consider voting rights for parolees

By Jesse Vasquez
Staff Writer

This year, California legislators will decide whether a constitutional amendment to restore voting rights to people on parole can be on the ballot for the 2020 elections.

According to an article in the *Sacramento Bee*, Assembly Con-

stitutional Amendment 6 (ACA 6), also known as the Free the Vote Act, was introduced by Assemblyman Kevin McCarty.

ACA 6 will pave the way for a 2020 ballot measure that would restore the voting rights of about 50,000 parolees.

See VOTE on Page 5



File Photo

San Quentin's 52nd annual Native American Pow Wow



Photo by Harold Meeks

Healing sister, Mike "Lil Voice" Powell & Gregory "White Eagle" Coates dancing to bless the ceremony

By Marcus Henderson
Editor in Chief

Native American spiritual leaders from across California and the nation brought the spirit of family and the traditional healing dances to San Quentin's 52nd annual Pow Wow.

Colorful dancers from Oklahoma

and elders from Oregon mixed with the local Native American prisoners to celebrate the sacred circle of life.

"We came to let the men know that they are warriors and not gang members. A warrior takes care of his family," said Tish Jordan, a reform advocate from Oregon. "We came to encourage them in the Native life-

style and sobriety. One cannot enter the circle until one is purified."

Sun, Gourd and Fancy dancers twirled and stomped around the prison visiting room to bless the event with their traditional tribal steps.

See POW WOW on Page 20



Photo by Javier Jimenez, SQN

Harry Hemphill speaking about graduating from the coding program

Google attends San Quentin mixer

By Juan Haines and
Michael Johnson
Staff Writers

The morning of April 11 started with fun and games with participants from Google.org and incarcerated coding students as a way to socialize.

The first game, the circle name game, an icebreaker consisted of everyone yelling out his or her name and that of the person next to them as fast as possible, which was easy to see that the day was going to be relaxed and fun.

Subsequently, the room was broken into groups to play Charades,

Game Night and then Family Feud, San Quentin style.

The coding program is the brainchild of venture capitalists Beverly Parenti and Chris Redlitz.

This husband and wife team had a "crazy idea" after they met some incarcerated men here at San Quentin in 2010, Parenti said. They wanted to create business opportunities by integrating entrepreneurship with social justice - the result: The Last Mile (TLM). "We wanted to start The Last Mile because of the high recidivism rate, and help influence [lowering] that", said Parenti.

Four years later, they launched the computer-coding program,

Code. 7370.

Half the day consisted of games played in groups of individuals separated by personality types, an idea from coder Isaiah Love who said, "I noticed that identifying your personality builds almost immediate commonality and rapport. In other words it fosters an immediate connection."

The nine groups were separated based on personality types, such as reformers, helpers, achievers, individualists, investigators, loyalists, enthusiasts, challengers, and peace-makers.

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A Mother's Day never forgotten for Ayoola Mitchell

By Marcus Henderson
Editor-in-Chief

On Mother's Day in 2010, Ayoola Mitchell's middle son, D.V., was murdered in Oakland. His killer was never found.

Fifteen months before that incident, in January 2009, Mitchell's oldest son survived 17 gunshot wounds. Again, the assailants were never prosecuted.

"After experiencing trauma and/or tragedy, you either become bitter or you become better. One thing for sure, you will not be the same," said Mitchell, a long-time San Quentin volunteer.

Ayoola shares her experiences in various prison forums and rehabilitative programs directed at inmates who have committed similar crimes.

At San Quentin, she facilitates "Power Source," a youth offender program, and "Making Time Count," a program in Reception Center.

"Actually seeing a mother who lost a son to gun violence is impactful," said Andrew Wadsworth, who heard Mitchell's story when he attended a victim impact group meeting in the prison. "Now I understand what my victim's mother is going through. I used to think that a mother would cry at the funeral, and that would be it.

"Now I know it's hard for them to celebrate birthdays or holidays. I have to hold myself accountable for that," said Wadsworth. "Just seeing Ayoola's strength and ability to

forgive is humbling. Her story helps me to be mindful that people you hurt are going through it."

Mitchell has five surviving children, ranging in age from 15 to 40. She acknowledged that Mother's Day will forever be a trigger for all of them.

"It's a balancing act between the older and younger ones, when it comes to the manifestation of their trauma," said Mitchell. "With the girls their trauma shows up in different ways. For example, my middle daughter does a lot of writing and Spoken Word."

For her sons, it's a constant worry.

"I went through a period of time as a result of the trauma and tragedy where I was overly concerned with their wellbeing. This is called the trauma brain," said Mitchell. "My whole world was changed, and how I perceived the world was different.

"I know 90 percent of the time that they are safe, but a tape in my head starts to play if they are out with their friends and I text and they don't respond right away."

"It's even harder with my sons because they are Black men. They could get pulled over by the police and you start to wonder how are they going to deal with that? It's a challenge," she added.

Powerful memories of the death of her son can rush in, even while doing regular tasks such as shopping or driving past certain areas.

"I was taking my son shopping one day, we were laughing and having fun and we drove past Children's Hospital of the East Bay, the hospital that saved my oldest son's life. All these memories starting flooding in – I remembered sitting in the waiting room, waiting to hear the news," Mitchell said, reflecting.

"I didn't focus on arrests -- my focus has always been on the healing of my family. I have been working within the criminal justice system since 1981. Because I know the system is flawed, I didn't focus on arrest. However, that does not translate to condoning violence," Mitchell added.

"Actually seeing a mother who lost a son to gun violence is impactful"

"It's difficult because people don't know what happened," said Mitchell. "They just say 'Happy Mother's Day' and ask, 'so what did the kids get for you?' I'm forced to decide if I should be transparent--which could, in turn, traumatize the person asking.

"Those who cause harm don't think about the ripple effect of what they do," continued Mitchell. "They weren't thinking it was Mother's Day and how that's going to affect someone's life forever.

"You have some people who say they are for prison reform until they get impacted. I have been doing this work long before I was personally impacted," said Mitchell. "But I know for others who have been impacted it's more complex."

Mitchell said she grew up around law enforcement. Her father was a police officer with the San Francisco Police

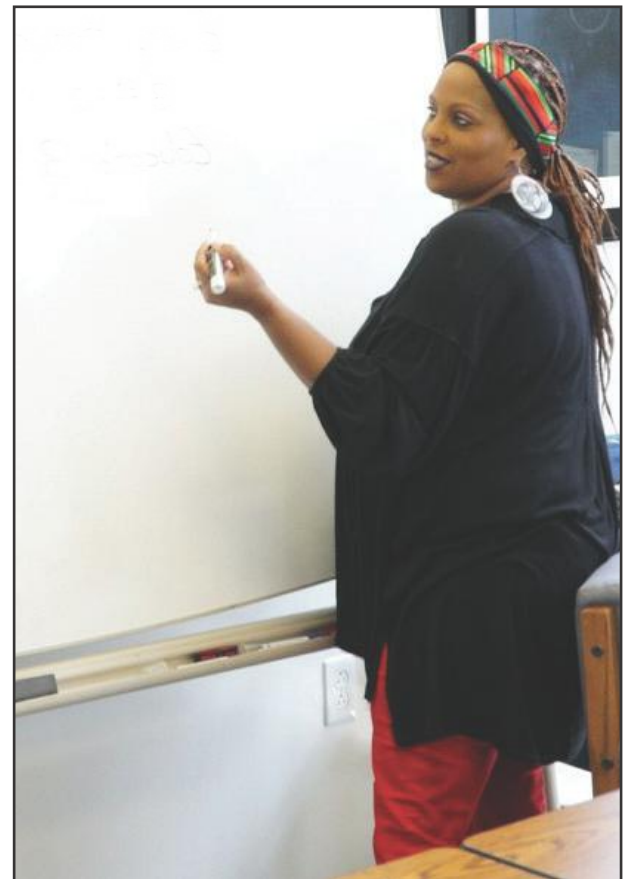


Photo by Eric Abercrombie

Ayoola on the board teaching a youth offender program

Department for 38 years. Her uncle worked for the same department for 40 years.

But it was her reading about activist and former UC Santa Cruz Professor Angela Davis that shaped Mitchell's passion for social justice.

"I started thinking: what is this system really about if this educated, middle-class Black woman can get persecuted and prosecuted?" said Mitchell. "So I went to San Jose State and obtained a degree in Criminal Justice."

Mitchell has had a long career working in the Criminal Justice System. She first came to San Quentin in 1984 when her church brought a group of teens to the SQUIRES Youth Program.

In 1987, she worked on her first Death Penalty case as an Investigator with the Santa Clara County Public Defender's Office. In more than 35 years, Ayoola Mitchell has worked in many capacities.

Her goal is to reform the flawed system, to decrease the number of people America incarcerates and to reduce the length of time they serve.

"This is my ministry, working behind these walls," said Mitchell, who is a Christian. "God called me to do this work."



Photo by Eric Abercrombie

Ayoola Mitchell

Wisconsin governor submits proposal to build more prisons

By Anthony Manuel Carvalho
Journalism Guild Writer

Wisconsin's Governor Tony Evers, whose campaign pledged to cut his state's prison population in half, has instead recommended a \$259 million expenditure to build more prisons.

According to Matt Kettle of *MacIver News Service*, the governor submitted a proposal to build seven major Department of Corrections (DOC) projects. This

is a six-fold increase from his predecessor, Gov. Scott Walker, who recommended \$41.68 million in DOC capital financing.

"The spending is just mind-blowing," said state Rep. Michael Schraa (R-Oshkosh), chairman of the Assembly's Committee on Corrections.

Prison construction, at 10% of Evers' \$2.5 billion two-year budget, demonstrates the new governor appears to have turned away from social reform. MacIver

News Service said he now plans on increasing the prison occupancy by at least 310 beds to cover a projected increase of approximately 3,000 additional inmates by 2025.

As late as last year, the state's prison population was 33% above capacity.

According to reporter Kettle, Evers successfully campaigned on initiatives that included decriminalizing small amounts of marijuana and "investing in people, not prisons."

The governor was credited with a political strategy that enabled him to agree with reforms that were in line with his more liberal opponents in the Democratic Party primary. Included in his campaign was a promise of a massive reduction of prisoners.

Now, Schraa told MacIver News Service that it appears the governor is stepping away from one of his main campaign promises, which included fiscal and social reform by reducing the prison population. During the campaign, Evers told his constituency that the prison population's reduction of 50% is a "goal that's worth accom-

plishing," Kettle reported.

Now, Wisconsin State Rep. Schraa said Evers made it clear to him in a meeting earlier this year that the governor was not talking about cutting the prison population in half anytime soon.

"That's when he backtracked and said that his goal is to have that eventually, that could happen even after he's out of office," added Schraa, according to reporter Kettle.

The DOC still says they are committed to researching any possible opportunities to reduce Wisconsin's prison population.

In an email sent to MacI-

er News Service, the DOC wrote, "Under Gov. Tony Evers' criminal justice reform, our staff is looking into many different avenues to reduce the prison population while maintaining our first priority of public safety."

Reporter Kettle concluded that Evers' reverse and search for additional prison beds, emphasizes an admission that social justice reform programs and initiatives might sound good on the campaign trail, but they don't necessarily reflect the reality of the rising prison population and the need to keep the public safe.

Iranian legal reforms reduce executions

By Charles Longley
Journalism Guild Writer

Capital punishment in Iran has roughly been cut in half because of drug law reform, a human rights organization reports.

Executions in Iran have also been cut in half after historic law reforms, according to Human Rights Watch and Harm Reduction International.

Iran had 225 executions in 2018, of which 91 were for drug offenses. In 2017, there were 507 executions, according to a March 17 story in Current Events.

The decrease in drug-related executions is due to new amendments in drug laws, which were motivated in part by international pressure and grassroots efforts.

Chief Justice Larijani's judicial order in 2018 initiated a review process for all drug offenders on Death Row, possibly to commute execution sentences under the newly changed standards. Iran's Drug Control Headquarters reported 3,000-4,000 sentences would be commuted.

"Non-governmental organizations (in Iran) are key partners in implementing drug treatment programs..."

Their constant efforts and lobbying have helped political and religious authorities to adopt new approaches to tackling the drug problem," according to a report by the U.N. Office on Drugs and Crime.

Former U.N. Human Rights Chief Ra'ad Al Hussein called on Iran to "institute a moratorium on the use

of the death penalty" because he said capital punishment is inhumane and irreversible.

The drug epidemic and the death penalty had risen throughout the decades following the 1979 Islamic Revolution when religious and governmental officials drew a hard line against drug addiction. The result: hundreds were arrested and executed each year, according to the story.

"International law requires not only the reducing of, but ideally the elimination of, the use of the death penalty for drug offenses in Iran," according to Harm Reduction International. It claimed low level drug offenders are still being executed.

Virginia believes women's sanitary products pose a threat to prisons

By Harry C. Goodall Jr.
Journalism Guild Writer

Female visitors entering Virginia State Prison have been forced to remove certain feminine products to visit their family member or friend, according to the *Capitol News Service*.

But under the new House Bill 1884, which is awaiting approval in the House of Delegates, the Virginia Department of Corrections would have to modify the policy for visitors using menstrual products. The

current policy is in place to avoid the smuggling of contraband into Department of Corrections facilities.

"If someone chooses to visit a Virginia Department of Corrections inmate, he or she cannot have anything hidden inside a body cavity," said a Department of Corrections spokesman to the *Richmond Times-Dispatch*, adding, "There have been many instances in which visitors have attempted to smuggle drugs into our prisons by concealing those drugs in a body cavity, including the vagina."

House Bill 1884, sponsored by Del. Mark Keam, (D-Fairfax) is a new bill that was approved by the House Militia Police and Public Safety Committee with a vote of 19-1 in support of the new policy. The bill is in Virginia's full House of Delegates awaiting approval to modify the

existing policy on feminine hygiene products, according to the article.

HB1884 would change the current policy to require the prison to do the following: notify visitors about the policy prohibiting menstrual cups and tampons ahead of their visit.

Second, provide visitors the option of removing any prohibited menstrual product and replacing it with a state-issued one in order to have a contact visit with an inmate. And third, allow visitors who do not want to remove prohibited menstrual products the option of a no-contact visit with an inmate, according to the article.

The bill prompted Brian Moran, Virginia's secretary of public safety and homeland security, to suspend the current practice until further review of the policy, according to the *Capital News Service* article.

Nebraska early release program suffers from failing results

A move toward "post-release supervision" in Nebraska has left some ex-offenders believing that serving time behind bars in prison was the easy part, according to a *Fremont Tribune* article.

Due to changes in 2015, people sentenced for class III, IIIA and IV felonies face mandatory "post-release supervision" programs (PRS) that are intended to prevent recidivism and include demanding regimens, according to the article.

A slew of reforms passed in 2015 under the criminal justice reform law known as LB605. In an attempt to reduce the overcrowded prison system, the law mandates offenders to enlist in services designed to keep them from re-offending. This can come in the form of requiring employment, requiring classes, requiring drug tests, and so on.

Reporter James Farrell of *The Fremont Tribune* reported that sentencing reform, led by a strict PRS program, has only shifted the burden of supervision from the state to county levels.

Farrell uses Nebraska's early release program as an example. Their PRS program includes extensive rehabilitative programs that require offenders to enlist in services designed to keep them from re-offending. Farrell reports the opposite is occurring.

Instead, the shortcomings of offenders within this shaky program now overburden the entire local justice system.

Farrell supplied Dodge County Jails data as an example of the sentencing reforms' failed results. The failures in Dodge County have led to an increase of 33 percent in their incarcerated population.

Farrell also shared figures from the New York-based organization, Vera Institute of Justice. Their report concluded the new strains on the nation's justice system have increased pretrial incarceration rates 436 percent between 1970 and 2013—many of them due to parole violations.

Data from Nebraska's Office of Probation Administration showed that 70 percent of ex-offenders successfully paroled the traditional way, whereas only 35 percent successfully paroled as PRS probationers.

Jasmine Heiss, the director of outreach and public affairs for Vera's In Our Backyards project, said the failure of over-demanding reform programs has contributed to the growing number of people in prison.

Heiss added that "These systems just create a tripwire for people going back into [carceral] systems."

Patty Lyon, chief probation officer for Dodge County's District 6, acknowledged that the new laws and programs have created some "growing pains" but stressed that keeping people on probation costs far less than keeping them incarcerated.

Dodge County Attorney Oliver Glass noted, "The rehabilitative process falls back on the probation office... (when) they begin their term of PRS."

Financial pressures flow downward to local courts, law enforcement, and the community in general. Glass noted the need for officials to use discretion when deciding which violations should trigger incarceration to control the costs.

—Anthony Manuel Carvalho

As hunger strikes continue in ICE detention centers court issues decree to stop force feeding certain individuals

By Leonard F. Brown
Journalism Guild Writer

A judge has ordered the federal government to stop force-feeding detainees on a hunger-strike at an El Paso, Tex., immigration processing center.

"This is a win for us," said Louis Lopez, one of the attorneys representing Malkeet Singh and Jasvir Singh. Both men are seeking political asylum. "They have a First Amendment right to protest," Lopez told the *El Paso Times*.

U.S. District Judge David Guaderrama ordered the government to stop force-feeding two of nine detained Indian immigrants known as the "El Paso Nine." He said it raised several questions, but the judge warned the detainee's attorneys that if their clients health started to decline, he would reconsider force-feeding.

Immigration and Customs Enforcement (ICE) reported the hunger strike began with two detainees on Dec. 30, 2018, with others joining the strike. ICE then obtained court orders in January to begin force-feeding the detainees non-consensually.

ICE told the *New York Times* four other individuals

at different detention centers were also on a hunger strike. Since May 2015, Freedom for Immigrants reported 1,396 people on hunger strike in 18 detention centers.

The World Medical Center in a 2006 statement said "the forced feeding of hunger strikers is unethical, and is never justified," the *New York Times* reported.

Dr. Michelle Iglesias, the El Paso detention center's staff physician, testified that force-feeding is implemented to prevent the damage done to the body by prolonged starvation. Iglesias further explained starvation can be very painful.

In a statement to the *El Paso Times*, ICE said that there were 12 detainees—nine from India and three from Cuba—still on a hunger strike as of Feb. 14. However, none were being force-fed against their will.

The reversal of this practice comes after public pressure by protesters, human rights advocates and the United Nations human rights office, which said that force-feeding of immigrant hunger strikers could violate the U.N. Convention Against Torture, reported the *El Paso Times*.

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- The newspaper is not a medium to file grievances. (For that, use the prison appeals process.) We encourage submitting articles that are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.
- Poems and artwork (cartoons and drawings) are welcomed.
- Letters to the editor should be short and to the point.

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Behind the Scenes



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Personnel Spotlight: Former Counselor T. Duncley



Photo courtesy of T. Duncley
Former counselor T. Duncley

By Kevin D. Sawyer
Associate Editor

Many correctional officers have long, interesting careers. Some remain nameless and their stories untold. Counselor T. Duncley worked for the California Department of

Corrections and Rehabilitation (CDCR) more than two and a half decades. He worked in many capacities and retired in late 2016.

Duncley was a counselor for 23 years; 21 of those years were spent working in the prison reception center.

In 1990, Duncley started his career in the department as a parole agent. He holds a Bachelor of Arts degree in psychology from the University of California at Berkeley and started work on a Master's degree at San Jose State University but did not complete it.

"Being a parole agent was an interesting job," said Duncley. "It's a job for a younger person," he said with a laugh, explaining how there's more law enforcement work involved, "like chasing someone or jumping over a fence."

Early in his career, Duncley worked for Richard A. McGee (1971-1973) evaluating programs and writing research papers. McGee was president of the American

Justice Institute and the first Director of the California Department of Corrections from 1944 to 1961. "McGee kind of standardized things," said Duncley.

As a parole agent, Duncley was assigned to work cases in West Oakland and Berkeley.

He supervised some high-profile cases; ones that gained publicity because of the notoriety of individuals' criminal backgrounds. He said some of the parolees were involved in the drug trade, selling cocaine.

"One guy ran a crew for Felix Mitchell," said Duncley. Mitchell was convicted on federal charges for his involvement in Oakland's drug trade and sent to prison in the 1980s. Shortly after, he was found murdered in his cell.

In 1992, because of layoffs, Duncley went to work at San Quentin State Prison as a correctional officer. "It was kind of a shock to me because it was a big change," he said.

Yet at the same time, he conceded that, "Coming here

(San Quentin) was kind of a relief for me," adding that his family thought it was safer for him to work in the prison than on the street. "They knew where I was and that I was coming home."

In 1993, Duncley started working in San Quentin's reception center. He said reception has not changed much since the 1990s. "It was the same as it is today because inmate behavior is about the same."

After leaving the reception center, Duncley worked among general population inmates; then in intake for HIV positive inmates in the old M dormitory; on to administrative segregation as a counselor; and back to the reception center as a counselor.

"A counselor has a different role," said Duncley. "Officers deal with inmates more, but in a more structured way."

He said counselors interact differently with inmates than correctional officers because inmates voice different concerns with uniformed custody

staff. He said, for example, in the housing units inmates may ask about a mattress, soap or a cell move. A counselor, however, may have to field questions about transferring to another prison, a Board of Parole Hearings report or classification for a work assignment.

Duncley says there are similarities working as a counselor and a parole agent, in that he sees the same inmates all the time as a counselor, and as a parole agent he saw the same parolees all the time.

Having worked as a local parole agent, Duncley said he knew the families of some West Block inmates from Oakland and Berkeley. He said there was one inmate on his caseload who he used to supervise on parole. "He was a youngster back then," he said. "He's in his 50s now."

While working for the department, Duncley also served for 14 years as a job steward for his union, the California Correctional Peace Officers Association.

"I've probably read as many

grievances as anyone in the state," said Duncley. He said union members raise many job-related issues ranging from safety concerns, workload, contracts, grievances and pay.

According to Duncley, political and economic decisions create many of the changes in the CDCR. Some examples are Proposition 57, former Governor Brown's response to a federal three-judge panel ordering the department to reduce its prison population, or the 1992 state budget cut that created the layoffs that caused him to shift from parole agent to working as a correctional officer.

Before retiring, Duncley said his plans were to travel. He said he wanted to work out and take some college courses, perhaps focusing on Spanish and Italian. "I like to take language classes," he said.

He's no longer on the department's payroll, but he's not anonymous after wearing so many different hats during his long career.



Code.7370 students, SQ media with Google.org representatives in the SQ's Protestant Chapel

Photo by Javier Jimenez, SQN

GOOGLE

Continued from Page 1

The rest of the day, the tech industry and mass incarceration were discussed.

Parenti spoke about a recent luncheon she had with about 15 TLM and Code.7370 graduates who paroled from prison.

"We talked about our success. Now we're giving Googlers that same experience," Parenti said. She told the incarcerated men, "There is no reason for you not to come home with these skills and fit in. You have persevered through the hardest of circumstances. You all inspire us to do more."

Jason Jones spent more than 13 years in prison, the last five in Code.7370.

He returned to San Quentin to say, "If not for The Last Mile, I would not have known what to do with my life." He then credited Brain Asey as a mentor who advised him to apply for TLM. Jason also said, "I wouldn't have come to prison if there were programs like this when I was growing up."

He added, "When you want to influence or impact people, you have to socialize with them," turning to the incarcerated men he said, "I encourage all of you when you get out to go back to your communities, your hoods, because they need you they want you. When I went back, they saw the change

in me and they wanted to follow that lead."

It was Googler Megan Wheeler's first experience inside a prison.

"I have not been more impacted in my life," Wheeler said. "It's eye opening. I learned a lot from Jason. He pushed us and made us think about why we came here. I feel that I could better explain how the criminal justice system operates because of this experience." She added.

"Now, I will be more mindful as to how it plays into my everyday life. It pushed me out of my comfort zone."

Wheeler said that she looks forward to having a conversation with her mother, who works in the juvenile justice system in Arizona, saying

"now I have a deeper understanding of her work."

One of the topics in the group discussion was on "Imposter Syndrome" and of a time that each person felt "othered."

Googler Justine Steel shared that he felt like an outsider when attending engineering school.

"If you're feeling othered in tech, you probably need to be there"

"I was in the honors program and was the only one of color in the program," adding that he, "still feels a lack of connection today at Google."

Googler Maab Ibrahim said, "If you're feeling othered in tech, you probably need to be there."

Nicola Bucci said he "felt looked down on in the past as a blue collar worker in tech... I'm a soft guy who had to put on a front when I first got to prison."

Harry Hemphill said, "Although prison is a dark place, graduating from the coding program brought me light." He said that he is ready to go home with confidence and employable skills.

Robert Barns, who recently finished the final track of the coding program, and is now a teacher's assistant for the program, said, "It's a pleasure to be part of Code.7370 I never thought I would be hanging out

with Google.org executives. It's been a blessing just being associated with Beverly Parenti and Chris Redlitz."

TLM and Code.7370 graduate Sherman K. Newman said, "It's a great day to get to know these tech folks. This is a great opportunity for us to connect with society, and it's great for them to see the people behind these walls and see that we can better ourselves."

Googler Jacquelline Fuller asked the "men-in-blue" what assets they would bring to the tech world.

"We have the resilience to overcome obstacles. We have learned coding without internet access," Hemphill said. "I have the passion and the willingness to help the next person, because we understand."

Parenti said, "Offering opportunities to at-risk communities keeps dollars out of prison beds and puts money into schools and helps the youth."

The conversation shifted to prison reform.

Jones said, "Prison is not a good thing, but having programs like The Last Mile inside prison is good. So, I can't say abolish prisons, but I wouldn't punish [prisoners] the way we do. What we can do is provide programs like The Last Mile in the community. I joined a gang at 11 because I was looking for a family."

Then Parenti said, "Meeting with governors throughout the country, I see a shift in our politics, relating to mass incarceration...The best data are the stories about people coming home

after these kinds of programs."

Gregory Morris said, "When I came to prison at 18 I was vulnerable. The worst was that I could have been raped or killed. The best has been the programs that helped me turn my life around. However, in most prisons people spend most of the time in cells and only have programs like AA/NA. There are people who will never change, but most of us want to change. So, how we look at prisons has to change so that the people who want to help prisoners change have better access."

Hemphill said, "Prisons are a result of a bigger problem... money needs to be focused on the educational system. We've lost focus and need to re-focus on not a bandage solution to a bigger problem."

The day was a way for Googlers to get to know the inmate population within San Quentin and see that there are many professional and qualified men in the Code. 7370 program and throughout the prison system that have changed their lives and deserve a second chance in society and within the tech industry.

As Googler Gayatri Divekar said, "I think this population is going to be part of the hiring pool in the Bay Area, [it's] important to get to know the population that will work at Google or other tech companies [in the future]. Google did not look to bring in this type of people in the past... So it's good for Google to look to this population and get to know them."



Photo by Javier Jimenez, SQN

(Top Row) Jason Jones, Jacquelline Fuller
(Bottom Row) Erin Hattersley, Megan Wheeler, Amanda Irizarry, Justine Steele, Maab Ibrahim and Beverley Parenti

CDCR agrees to legal settlement over disciplinary documents

"I spent five years to get them to dismiss the write-ups which should never have been filed in the first place"

By Kevin D. Sawyer
Associate Editor

The California Department of Corrections and Rehabilitation (CDCR) agreed to pay an inmate \$8,400 in a legal settlement for disciplinary and non-disciplinary documentation the inmate claimed were false and retaliatory.

The settlement agreement, entered in April 2018, also re-

quired the CDCR to remove all paper and electronic copies of the documents from the inmate's file in exchange for his dismissal of two other lawsuits.

"I spent five years to get them to dismiss the write-ups which should never have been filed in the first place," said Chung Kao, an inmate at San Quentin State Prison.

Court records show that in 2012 Kao filed a civil rights

suit in the federal district court in San Diego, CA, alleging that the prison appeals coordinator "arbitrarily and dishonestly rejected, cancelled and/or discarded 21 inmate appeals" submitted by him and placed information in his prison file accusing him of abusing the inmate appeal process.

Kao alleged the appeals coordinator documented that he filed numerous inmate

appeals "which contain(ed) veiled threats of lawsuit and requests/expectations for special treatment." The unsupported reason was "in attempts to intimidate, threaten, harass, manipulate and unlawfully influence staff for personal reasons."

At the time, Kao was housed at the Richard J. Donovan Correctional Facility. In 2017, the prison offered Kao \$1,400 and the expungement

of the erroneous information in his file to settle the case.

During the settlement process, Kao filed a separate civil rights suit in the same court, alleging the prison staff filed a false disciplinary report against him, found him guilty without evidence, and thereafter threw away his inmate appeal of the discipline to retaliate for his filing grievances and lawsuits against the prison's staff.

In a previous case, Kao was successful in state court to compel the prison to file and process his disciplinary appeal because the CDCR "is obliged to process disciplinary appeals by the regulations in the California Code of Regulations, Title 15, section 3084 et seq.," the court said in its opinion in February 2016.

The district judge dismissed the 2017 lawsuit upon filing. Kao filed an appeal to the federal appeals court in San Francisco, CA.

The CDCR then offered

a consolidated settlement in which the state agreed to pay an additional \$7,000 to Kao, along with the expungement of the disciplinary report and prior settlement offers, in exchange for Kao's dismissal of the appeal and earlier lawsuit.

Federal law prohibits prison actions which would "chill" inmates' exercise of the right to petition the government for a redress of grievances using the inmate appeals system. The prohibition includes prison policy penalizing inmate choice of language as well as retaliation for filing inmate appeals.

"Retaliation is still commonplace," said Kao. "The evil-doers knew they'd always get away because, in the end, it's the taxpayers who had to foot the bill," referring to California's indemnification law protecting state employees against legal liabilities arising from their official conduct, even if the acts are intentionally malicious.

Californians divided over results from criminal justice reforms

By Anthony Manuel
Carvalho
Journalism Guild Writer

A debate is growing on the impact of criminal justice reforms in California.

Widely differing views are surfacing on reforms approved by California voters in recent years.

That includes Proposition 47 in 2014, that reduced some crimes from felonies to misdemeanors; Proposition 57, which passed in 2016 and allowed prison officials to decide which nonviolent felonies could be reduced to misdemeanors (under Proposition 47), and a 2018 measure allowed many defendants to be released without bail pending trial.

Opponents of reform argue that California's new laws are to blame for increases in

certain categories of crime or short-term fluctuations in rates of violent crime. The opponents include state police unions, court employees, some district attorneys and politicians. They blame early release initiatives for violent episodes of recidivism, according to the Jan. 21 *New York Times*.

Ironically, overall crime rates have reached lows not seen since the 1960s, the newspaper reported.

"Proposition 47 has nothing to do with violent crime," said Charis E. Kubrin of UC Irvine. She is one of the researchers in a study that found no link between Proposition 47 and violent crime.

The study uncovered increases in larceny and auto thefts, but Kubrin and her co-author, Bradley J. Bartos, did not conclude that Proposition

47 was the cause.

The Los Angeles Association of Deputy District Attorneys criticized the study, adding that Proposition 47 had "arguably failed," due to increases in crime.

"important to understand that we are in a historic decline... we are safer than almost at any time in history"

Last year, former Attorney General Jeff Sessions warned of a "staggering increase in homicides." Violent crime

did rise in 2015 and 2016, yet, when FBI figures were released, they showed violent crime had decreased in 2017. This is why some researchers and activists say that criminal justice policies should not rely on annual fluctuations, the newspaper reported.

"Year-to-year fluctuations don't really tell you much," said Rob Smith, executive director of the Justice Collaborative. He also told the newspaper that it's "important to understand that we are in a historic decline...The reality is across California and across the country, we are safer than almost at any time in history."

In California, law enforcement unions, bail bond companies and other groups are pushing measures to define new crimes as felonies and repeal the state's recent cash bail reform.

Alabama prison failed to identify suicidal inmates

By Carlos Drouaillet
Journalism Guild Writer

An investigation has been launched into suicides by Alabama prisoners, *NPR* reported.

"The Alabama Department of Corrections (ADOC) has the highest suicide rate in the nation, with most such deaths occurring in solitary confinement and solitary-like units," according to a case summary in the legal fight.

The lawsuit was filed by the Southern Poverty Law Center and the Alabama Disabilities Advocacy Program.

There have been over 200 suicide attempts requiring hospitalization between the filing of the case and January 2019, *NPR* reported March 28. Thirty-one were completed suicides.

An investigation was launched by U.S. District Court Judge Myron Thompson on whether the state re-

sponded adequately to the suicide issue.

"prisoners with serial mental illnesses were routinely housed in solitary confinement and provided with a little to no mental health care"

This is the second investigation in five years for Alabama's prisons over the constant suicide deaths in its overcrowded and understaffed prison system, the story noted.

The state's responsibility for the many suicides has been the subject of a legal battle

since June 2014. The lawsuit challenges the conditions and treatment of the mentally ill inmates.

Thompson is hearing testimony in reference to the 15 suicides in 15 months.

The case summary says "prisoners with serial mental illnesses were routinely housed in solitary confinement and provided with little to no mental health care."

Judge Thompson ruled in June 2017 that Alabama's prison system violated inmates' constitutional protections by practicing cruel and unusual punishment.

In his 302-page ruling, Thompson noted that repeated staff absences and lasting inmate overcrowding flooded the system.

Between other complete deficiencies, the judge found that Alabama's prisons also failed in the following areas:

- Failed to identify prisoners with serious

mental health needs and properly classify their needs.

- Failed to set up individualized treatment plans.
- Failed to provide qualified and properly supervised mental-health staff.
- Failed to identify and treat inmates at risk of suicide.
- Continuously placed gravely mentally ill inmates in solitude without considering the repercussions of those circumstances.

Thompson concluded, "Simply put, ADOC's mental-health care is horrendously inadequate."

Prison Commissioner Jefferson Dunn said overcrowding and understaffing retard reform. He added that Alabama will borrow \$800 million to build four new prison facilities.

Solitary: Book depicts one man's journey through hell

By Alfred King
Journalism Guild Writer

Albert Woodfox spent almost 45-years in solitary confinement in Louisiana for a murder he insists he didn't commit and has written a book detailing the horror of the isolation.

He and one other prisoner were accused of murdering an Angola prison guard. Federal courts threw out two murder convictions, but he decided to plead no contest before a third trial.

"By pleading nolo contendere I wouldn't be innocent in the eyes of the law," Woodfox told the *Times-Picayune*. "But I knew I was innocent."

The result: he spent 44 years and 10 months in solitary, getting out one hour per day.

"Their desire was to break us—which they failed miserably at—or have us die in a 6x9-foot cell," Woodfox said. He added that he kept his sanity. He was released in 2016.

He discussed his book, *Solitary*, at the New Orleans Public Library in March.

Woodfox was serving time for armed robbery at the Louisiana State Penitentiary when he was accused of killing a guard, which resulted in him being placed in a solitary cell. Woodfox was one of

three inmates who had been identified as members of the Black Panther Party.

There is no reason to believe that Woodfox or Herman Wallace killed Angola guard Brent Miller in April 1972, *The Times-Picayune* reported. The guard's widow does not even believe it. Nor is there reason to believe that, months later, Robert King killed a fellow inmate, according to columnist Jarvis DeBerry of *The Times-Picayune*.

There is reason to believe the Angola 3 were punished for calling out the racism and the brutality bestowed upon them by prison officials and for encouraging inmates to demand better treatment, the newspaper said.

Woodfox quotes a 2008 deposition where Warden Burl Cain said that even if Woodfox had not killed Miller, "I would still keep him in CCR. I still know that he is still trying to practice Black Pantherism, and I still would not want him walking around my prison because he would organize the young new inmates."

In 2001, King was released from prison. Wallace's conviction was tossed out in 2013; he was released from prison the day before he died of liver cancer.

VOTE

Continued from Page 1

Under Article II, section 4 of California's Constitution "The Legislature shall prohibit improper practices that affect elections and shall provide for the disqualification of electors while mentally incompetent or imprisoned or on parole for the conviction of a felony."

"ACA 6 will eliminate an arbitrary barrier to voting, reduce recidivism and give formerly incarcerated people an opportunity to demonstrate their ability to become productive, contributing mem-

bers of our society," McCarty said, according to a witness.com article.

In an interview with *San Quentin News*, Eric Henderson of Initiate Justice said that the idea for ACA 6 stemmed from conversations between Taina Vargas-Edmond, Executive Director of Initiate Justice, and incarcerated people.

According to a Common Cause report titled "Democracy Behind Bars: How money in politics, felony disenfranchisement and prison gerrymandering fuel mass incarceration and undermine democracy," the practice of felony disenfranchisement was brought over by the

original colonists as the British practice of "civil death," which included the loss of property, voting, and other civil rights.

Common Cause also noted the racial legacy when felony disenfranchisement was used to bar free black men from voting after the Civil War.

In November of last year, Floridians passed Constitutional Amendment 4, which was supposed to restore the voting rights of more than half a million convicted felons, according to an article in *Politico*.

However, Florida's Republican-controlled Legislature is maneuvering a bill through the legislative process that

would limit the voting rights gained by the 64% voter-approved Amendment 4.

"This is exactly what we were worried about from the beginning—legislative attempts to undermine the will of the people who voted for second chances and to rid Florida of the last vestiges of its Jim Crow-era past," said Kirk Bailey, political director of the American Civil Liberties Union in Florida, according to *Politico*.

An article in the *Washington Post*, "What gets ex-prisoners politically and civically involved?", Credited Florida's Amendment 4 with re-enfranchising "more than one-fifth of the state's African

American population."

The Republicans' proposed bill includes a list of crimes that would disqualify someone from being allowed to vote and also requires the formerly incarcerated to pay court costs, fines, and fees as part of completing their sentence before they can vote.

"When partisan politics gets involved, the people lose," said Neil Volz, political director with the Florida Rights Restoration Coalition in *Politico*.

Under Amendment 4, people convicted of murder or felony sexual assault still are barred from voting.

According to the witness.com article, in the last two

decades there have been nationwide voting reforms that have reinstated 1.4 million Americans on either the local or state level. However, there are another 6 million are still barred from voting because of their criminal past.

"Civic participation is foundational to a sense of community—and it can play a major role in reducing recidivism," said California Secretary of State Alex Padilla, who supports the new ACA 6 bill.

If ACA 6 passes through the Legislature, the 2020 ballot proposal would restore the voting rights of people on parole, leaving disenfranchised the mentally incompetent and the incarcerated.

Prison nurseries: incarcerating newborns with their mothers

By Joe Garcia
Staff Writer

Pregnant women face heart-wrenching consequences when they are incarcerated: not only must they give birth under harsh conditions, but then, most likely, they will be forced to surrender their newborn into the hands of others.

Prison nurseries offer some of these women a chance to keep their babies with them, but is that always in the child's best interest?

"Incarcerating babies may strike many as unconscionable," child welfare advocate Naomi Schaefer Riley said recently in a *National Affairs* article. "We must grapple with the ethical implications of the alternatives.

"Such programs raise a number of complex questions. While they tend to produce better outcomes for the incarcerated mothers, it is less clear that they are beneficial for their infant children."

With over 200,000 women currently incarcerated in this country, not many U.S. prisons have nursery programs available for the estimated 10,000 women who are pregnant and housed in our jails and prisons.

The A&E reality series, "Born Behind Bars" takes

viewers inside Indiana's Wee Ones childcare program—a special housing unit where female prisoners live with their babies after giving birth. Only women with 18 months or less left on their sentences are allowed to participate—that way, the child can go home with them upon their release.

"You're incarcerated with me and didn't do anything," Riley quotes one young mother on the show talking to the infant in her arms.

"It makes you feel guilty," that same young woman said. "Pregnancy and prison are the two worst things in life together"—not both bad, but a terrible combination.

The nation's oldest prison nursery, Bedford Hills in New York, allows pregnant women with lengthy sentences—even life—to give birth, breastfeed and then live with their infant for several months before the child is surrendered to an alternative caregiver. Bedford Hills continues to operate since 1901.

The question remains as to whether the formation of the maternal bond behind prison bars is worth the baby being exposed to such a stressful environment alongside their incarcerated mother. "Because the program is inside a correctional facility, the mothers are



Mother and child housed together in a prison nursery

File Photo

involuntarily together and are subjected to an atmosphere of observation, suspicion and discipline," the Institute on Women and Criminal Justice wrote about New York's prison nurseries at Bedford Hills and adjacent Taconic Correctional Facility.

Riley, however, noticed in Indiana that "the tightly managed environment inside the prison nursery wing is almost certainly preferable to the kind of chaotic and neglectful environment that many of

these babies would experience if they went home."

Nebraska holds the women in its prison nursery unit to a "zero-tolerance" standard, where even the slightest disciplinary infraction can cause a mother to be removed from the program and separated from her child.

"These decisions are often made in less than 24 hours," said Riley. "Prison guards, who already have extraordinary power over their wards, now also have the power to

take away their children at the drop of a hat.

"When you take account of the fact that these women have just given birth and are also dealing with substance-abuse withdrawal, mental illness, and a criminal past, it's surprising more of these women aren't kicked out of the program."

According to Riley's report, "Women who keep their babies with them during these early years have significantly

lower rates of recidivism later on."

A small study in Nebraska showed that 33% of female inmates who gave birth behind bars and had their infant taken away later reoffended. Once Nebraska started its prison nursery program, only 9% of the pregnant inmates who were allowed to keep their newborns with them ever returned to the system.

"Even if some kind of secure attachment may occur in a prison-nursery environment,

it is important to remember that no sooner do these babies and mothers bond than something might separate them completely, and for a long period of time," said Riley.

"This kind of bonding followed by extreme and sudden separation seems to be one of the worst imaginable outcomes for a child."

But without the rare option of being housed in a prison nursery, pregnant mothers must rely on someone else in their family—or child services—to help raise their young.

"What happens to these children when their primary caretaker is incarcerated?" Riley asks.

She offers Sentencing Project numbers: "about a third (37%) of the children of incarcerated women are living with their fathers. Most of these children are living with grandparents or other relatives, while one of every nine (10.9%) women in prison has a child living in foster care."

What appears to be the most important factor for any infant child is a reliably consistent attachment to at least one caring adult. Studies indicate that their very first year—and ideally the first three years—are crucial for healthy and normal mental, emotional and physical development.

Tracking the healthcare of postpartum female prisoners



File photo

Pregnant mother in custody

By Michael Jace
Journalism Guild Writer

The U.S. has four percent of the world's female population, but thirty percent of its female incarcerated population. Yet the first systematic investigation to collect perspective data on pregnancy frequencies and outcomes

among women in U.S. prisons didn't occur until 2016, according to Carolyn Surfin, MD, PhD; Lauren Beal, MPH; Jennifer Clarke, MD, MPH; Rachel Jones, PhD and William D. Mosher, PhD, the authors of the study.

Prison pregnancy data is critical in ensuring that incarcerated women's pregnancy-related health care needs are addressed. And in helping optimize outcomes for them and their newborns, according to the study.

"Documenting pregnancy outcomes in prisons is a matter of health equity and reducing maternal health disparities. Black women are imprisoned at twice the rate of White women, a manifestation of the racism embedded in the U.S. criminal legal system, said the authors of the study.

Prisons are constitutionally required to provide health care, however no mandatory

standards, oversight or requirements for data reporting are in place. Although voluntary accreditation programs exist (e.g., the National Commission on Correctional Health Care), this lack of standardized health services results in tremendous variability in pregnancy in care in prisons, according to the study.

There are numerous complexities of birth in custody, such as the medically unsafe practices of shackling pregnant women in labor and placing them in solitary confinement. Other issues are ensuring proper pregnancy and postpartum care, and determining who will care for the infants born to mothers in custody, according to the study.

The far-reaching consequences of the health of incarcerated people for the public's health and that of a broader society are well

documented. These consequences are compounded for incarcerated pregnant women given that incarceration affects not only their health but also that of subsequent generations, according to the study.

Information about imprisoned women's pregnancies can help improve outcomes for mothers and their chil-

dren beyond pregnancy. The majority of women who give birth while in custody will be separated from their newborns soon after delivery, which imposes significant limitations on breastfeeding, bonding and parental rights, according to the study.

Further research is needed, because data from this study (and subsequent stud-

ies) can be used to develop national standards of health care for incarcerated pregnant women. The data can also be used to advocate for policies and legislation that ensure adequate and safe pregnancy care and childbirth; as well as develop alternatives to incarceration for pregnant women, according to the study.

More credits offered under Prop 57

"As of May 1, 2019 (under new emergency regulations), people can earn 10 days of (Rehabilitative Achievement) credit for every 52 hours of participation (in eligible self-help and volunteer public service activities), up to a maximum of 40 days credit per year."

By Michael Johnson
Staff Writer

The programming credits under Proposition 57 have been enhanced once again, and many inmates are happy to see these changes.

Inmate David Hill said, "I think it's a good thing; it's going to make me more inclined to stay in my groups now that the credit hours roll over into the next year." These Rehabilitative Credits will get me out of prison at least five months early. Which means I'll get to my family almost six months sooner."

The voters of California passed Prop. 57, the Public Safety and Rehabilitation Act of 2016 with more than 64% of the vote. Prop. 57 gave the California Department of Corrections (CDCR) the authority to make changes regarding credits by issuing new emergency regulations in order to keep the prison population within the federal court-ordered limit aimed at reducing crowding in prisons.

Since then, CDCR made small changes that increased the programming credits for inmates. For example, a college student who successfully completes a course with a

grade of C or better now receives 3 weeks of Milestone Completion Credits rather than 2 weeks for each course. This change went into effect August 1, 2018.

Now, according to the Prison Law Office, "as of May 1, 2019 (under new emergency regulations), people can earn 10 days of (Rehabilitative Achievement) credit for every 52 hours of participation (in eligible self-help and volunteer public service activities), up to a maximum of 40 days credit per year." In addition, "If a person earns excess credits, the excess credits will be rolled over and can be applied during following years," said the Prison Law Office.

Another change affects the Educational Merit Credits. "Starting on May 1, 2019 (under new emergency regulations), a person who earns a high school diploma or equivalent earns 180 days of credit; people who previously got only 90 days of credit under the older rule will be granted an additional 90 days of credit," according to the Prison Law Office.

"I got my GED back in 2016, here at San Quentin, I did it to show my mother that I was changing for the better,"

said inmate Ryan Dietz. "I was stoked to get 90 days off of my sentence and it's even better now that I'm going to get another 90 days off and get home to my family this July."

The U.S. Departments of Justice and Education said in 2013 that education dramatically improves the lives of incarcerated people, improves employment opportunities, reduces recidivism, and saves money for the state.

Most inmates are able to earn credits for successful participation in approved rehabilitative programs, but it's important for inmates to verify with their Correctional Counselor to make sure that they are eligible for programming credits.

The information on how Milestone Completion Credits, Rehabilitative Achievement Credits, and Educational Merit Credits, are processed can be found in section's 3043.3, 3034.4, 3034.5, of the 2018 California Code of Regulations, Title 15, Division 3.

It's important to know that can Milestone Completion and Rehabilitative Achievement Credits may be lost due to rule violations; however, Educational Merit Credits cannot be taken away.

Letters to the Editor

Dear San Quentin News,

My name is Robert Anderson and on January 23, 2019 I died! I don't take this situation lightly and for some of you, you shouldn't either.

I'm like most incarcerated, a struggling drug addict. I struggle to get the drugs, I struggle to pay for the drugs, and I struggle to kick the drugs all together.

Here's my story: One day after a 2-night run on speed, I was offered a shot of heroin. It had been about 3 weeks since I was able to obtain any, so needless to say I was craving it badly! I snuck the shot on the yard, thinking I was slick even with the C/O's watching the yard. As soon as the needle came out of my arm, I was down. I don't remember anything during the 10 minutes the 2 correctional officers were administering the C.P.R on me, but I do remember the shame and embarrassment I felt when I came to in the TTA on a gurney with the pale faces of the scared and concerned nurses and doctors who couldn't believe I had made it back. I got hit with the paddles 3 times and 10 doses of Narcan, but that's not what saved me. It was the determination of the 2 C/O's I owe my life to. The nurses pronounced me dead at 11:34 am. If they had stopped, I wouldn't be here, my beautiful wife of almost 2 years and my 6 children would be left alone all because of my selfishness. I consider Jan 23rd, 2019 at 11:34 am as my re-birthday. It's the day the Old Me died and the New Me was born. I haven't touched a drug since and I don't plan to. I want to thank all the staff who helped me at R.J.D, but I owe a special amount of gratitude to the C/O Gaspar and C/O Nelson. THANK YOU FOR NOT GIVING UP ON ME.

DON'T LET THIS HAPPEN TO YOU. YOU MIGHT NOT GET A SECOND CHANCE!!!

Thank you for your time.
Sincerely,
Robert Andersen



Shedding reputation to step into a new role in society

KidCAT Speaks!



Photo courtesy of Eddie Ruvalcaba
Richard Solano

By John Lam
Journalism Guild Writer

Editor's Note: This is the third in a three-part series on the cost of earning a reputation in prison.

A person can earn a bad reputation in prison for any number of reasons: being a snitch, a drop-out (former gang member), a child rapist or a homosexual.

Prisoners with those reputations are often ostracized, assaulted, extorted or even murdered.

In some cases, it can lead to

real-world consequences.

From the age of 12 to 18, 41-year-old San Quentin inmate Richard Solano attended 22 funerals of his fellow gang members.

"Ten months before my current incarceration, I was identified in my neighborhood as a drop-out in prison and was shot by members of my former gang," said Solano, 41, on his sixth term of incarceration. "I was given a code to live by when I became a gang member. I knew the ultimate consequences of breaking that code could mean being murdered by my own gang. This code applied in prison and it applied in my neighborhood."

Solano joined a gang at age 12 and was the third generation in his family to do so.

"Being a gang member was all I knew growing up, and it was a full time job," Solano said. "It entailed protecting our neighborhood from rival gangs, committing retaliations, selling drugs and collecting debts."

"By living up to the expectations of the gang, you earned a reputation as a solid individual; this, in turn, earns you respect, position and opportunities to make money," he added. "However, when

you fall short of those expectations, the consequences were getting 'checked' by your peers. This meant getting beat up or placed on a mission to reclaim your reputation as a loyal gang member."

The severest punishments are reserved for those who snitch or leave the gang; a member could be murdered for either.

Solano accumulated 10 arrests between the ages of 12 and 41—four as a juvenile and six as an adult.

"When I first came to prison at 18 years old, it felt like a homecoming," Solano said. "Old enemies in the street were now my best allies—we were all united."

"On the flip side, being a member of my gang in prison meant that we were aligned to a bigger entity with one purpose – to generate money for a larger criminal organization."

After successive prison terms, Solano began questioning his gang allegiance.

One of the turning points for Solano came when two of his childhood best friends from his gang were murdered by three of his other childhood best friends.

"I was devastated by the loss of my friends, and it

made me realize that there was no loyalty in my gang," Solano said. "I really regretted not having enough courage to set aside my pride to live for my family and myself sooner."

During his third prison term in 2004, Solano renounced his gang affiliation.

His wakeup call came when he was sent to solitary confinement for conspiracy to traffic narcotics. While there, he ran into his older brother, who was in protective custody. Solano started reaching out to him, but his gang told him that he couldn't talk to his brother.

Active gang members are not permitted to associate with "non-active" gang members—even if they're family.

"After I got into a fight with my cellmate over this issue, I made a decision to join my brother in protective custody," Solano said.

"When I made that decision, I set myself free from the bondage of my gang, but I also knew I would have enemies."

After dropping out of his gang, Solano remained in the criminal lifestyle.

"Being a drop-out didn't affect my activities when I got out of prison. I still sold drugs and people kept coming to me, knowing that I had a reputation to handle my business," Solano said.

His continued criminal lifestyle led him to his latest incarceration.

In spite of his prison status as a protective custody (Sensitive Needs Yard-SNY) inmate, Solano found himself being integrated back into general population in his recent return to prison.

"I was told by my counselor that they had been sending SNYs since January to San Quentin, but when I arrived, long and behold I was one of the first," he said.

As of Jan 1, San Quentin became a non-designated prison where general population inmates and SNY inmates are housed together.

As a "non-active" gang member, Solano and others who are known as drop-outs were targeted by active gang members when they first arrived.

Since his arrival in April, Solano has been in multiple fights, once against three active gang members.

In spite of these confrontations, Solano expresses gratitude for being in San Quentin.

"After 41 years, I finally rediscovered myself in here and, in the process, I've also found my voice," he said.

Solano served as a member of the Men's Advisory Council in San Quentin, advocating for SNY inmates.

Solano's leadership helped reduce conflict between SNY

and general population inmates.

"When I was younger, I tried to build a reputation as a solid gang member, but this resulted in multiple terms of incarceration and getting shot," Solano said. "This time when I get out, I'll work on giving my life back to society and steering the youth in the right direction," says Solano. "At the end of the day, only your family truly matters; their love is unconditional."

Solano paroled in September.

Is the pursuit of a "good" reputation by prisoners out of touch with society?

It is not, according to a study conducted by psychologists at the University of North Carolina.

In its online survey of 111 Americans, it found 53% would choose immediate death over a long life as a suspected child molester; and 30% would take immediate death over a long and happy life followed by postmortem rumors of child molestation.

Additionally, 40% of those surveyed said they would choose a year in jail and a clean reputation over no jail and a criminal reputation.

"Incarceration is directly harmful, but reputation is what helps you gain access to all of the things you want in society," said Andy Vonasch, lead psychologist in the study.

Illinois offers young offenders hope

By Lloyd Payne
Journalism Guild Writer

Most young adults who are serving long-term sentences can apply for parole in Illinois under a new law.

"The historic legislation will create a long-awaited and vital new parole system for youth facing long sentences," said Democratic Gov. J.B. Pritzker.

The measure allows the granting of discretionary parole for people who committed a crime before the age of 21, *The Chicago Tribune* reported April 3.

"Everybody deserves a

second chance, but especially our youth. In the juvenile justice system, our youth often get their rights trod upon," said former public defender Lindsay Parkhurst.

After 10 years, many youth offenders can petition the Illinois Prisoner Review Board for parole consideration. Victims, witnesses and others will be given the opportunity to testify to the parole board.

Those serving life sentences or convicted of predatory criminal assault on a child will not be eligible. Those convicted of first-degree murder or aggravated criminal sexual assault will be eligible

for review after 20 years.

"I believe in redemption. I believe in rehabilitation," said Barbara Flynn Currie, the former state representative who sponsored the bill. The bill was the final piece of legislation to be passed in Currie's 40 years as a lawmaker.

Pritzker has also created a Justice, Equity and Opportunity Initiative by power of an executive order.

The initiative will conduct research and advocate for more laws with a restorative justice model to make rehabilitation the priority over incarceration and punishment.

Dear KidCAT

My name is Dennis Vazquez, and I am currently serving a juvenile life sentence (7 – 20 years) at CCI II Tehachapi State Prison. I'm in my eleventh year of incarceration for a murder that occurred in 1975 when I was 16 years old. Mine is an unfortunate case and an even stranger story. I wasn't arrested for this case as a youth. In fact, I was arrested for this case at the age of 49. I fought my case in LA County Jail for almost six years, then lost at trial—and I am now 60 years old.

Needless to say if there would've been a KidCAT branch or youth offender support group available to me as a young man, my situation may be different. I have three children whose lives I have missed out on.

I would very much like to start a youth offender support group here at Tehachapi and wherever I could because I feel its value is something that can help shape a lot of lives and could help many avoid valuable time lost with their families as I have. I know it will help a lot of young men make the right choices.

Thank you for listening, and I hope to hear from you soon.

Dennis Vazquez,

One of the main goals of KidCAT is to help you understand that you are not alone. Yes, your particular case may be strange and unfortunate, but there are KC members here at SQ right now who were prosecuted for youth offenses years after the fact. Perhaps the greatest benefit of a support group is how—no matter how unique all our circumstances may seem—in the end, when we open up and share our experiences, we realize how damn similar we all are.

A genuine support group can happen anywhere—on the yard, in the day room, at chow. It's all about the willingness between peers to open up, speak and (most importantly—listen). That's how true change can begin. It's how KidCAT started out.

As a mature person with plenty of hindsight, you can be of tremendous service to the generations behind you—don't let them down or yourself down. In terms of our curriculum, the policy is for you to contact the Community Partnership Manager (CPM) or Community Resource Manager (CRM) at your facility. They will determine how to proceed in contacting SQ's CPM.

Hang in there and continue to do the right thing.



Photo courtesy of Eddie Ruvalcaba
Richard Solano rediscovering himself after incarceration

Any inmates interested in receiving the KidCAT curriculum must ask the Community Partnership Manager (CPM) at their facility to contact the CPM at San Quentin. As of February, 2019, KidCAT's curriculum can only be distributed to inmates through their CPM.

The Beat Within

A Publication of Writing and Art from the Inside

KidCAT and *The Beat Within* hold monthly writing workshops. *The Beat Within* conducts writing workshops in juvenile detention centers throughout the country. KidCAT Speaks will publish one topic each month. Your writing should reflect a positive message that helps the youth make a better decision in life. Your stories will be read by the youth in detention centers. If published, you will receive a free copy of the publication. Your story can make a difference. Tell *The Beat Within* you read about them in KidCAT Speaks!

What do your dreams mean? Some people have sweet dreams about family and friends and wake up feeling refreshed and happy. Some people have frightening nightmares of being pursued through the streets by monsters, and wake up feeling drained and nervous. We'd like you to describe a particularly vivid dream you've recently had, and tell us what you think it means. Was something going on in your life that led to this dream, or was the dream a way of leading you toward something new in your life? Be as detailed as you can when remembering this dream, and also explain what you think it means.

The Beat Within
P.O. Box 34310
San Francisco, CA 94134

KidCAT (Creating Awareness Together) is a group of men who committed their crimes in their teens and were sentenced as adults to life terms. The group's mission is to inspire humanity through education, mentorship and restorative practices. KidCAT Speaks wants to hear from all offenders, educators, and policymakers concerning juvenile justice issues and rehabilitation. Contact us at San Quentin News, Attn: KidCAT Speaks, 1 Main St., San Quentin, CA 94964.

Bread & Roses presents tribute to honor Audrey Auld

By David Ditto
Staff Writer

A parade of San Quentin musicians entertained about 100 inmates while honoring the late folksinger Audrey Auld, a favorite performer at the prison.

"She opened up her heart; she brought her music. She was amazing!" guitarist Richie Morris said of Auld.

"Audrey's final performance at San Quentin was the performance of a lifetime—the show to top all shows. She left exhilarated. It's an example of the healing power of music," said Lisa Starbird of the music organization Bread & Roses.

Audrey Auld, commenting about that night: "If I died in my darling's arms today, I would be the happiest woman knowing that I have succeeded in connecting with those men in such a true way. I am so touched by their heartfelt statements of connection and acknowledgement."

Starbird welcomed the crowd and promised high-caliber music—after a video tribute to Australian folk singer/musician/songwriter Auld.

The Sunday night concert showcased in-house musicians in a tour-de-force of jazz, blues, funk, pop, R&B, rap and rock 'n' roll.

Starbird told the *San Quentin News* that Auld brought her heart, soul, and talent into San Quentin to collaborate with incarcerated talent.

"Inmate musicians wrote lines that Audrey weaved together into songs." Auld recorded their songs, including "Hey Warden" and "I Am Not What I Have Done" in Nashville and produced the CD in 2015. The music



Photo by Eddie Herena

Audrey Auld singing for Day of Peace on lower yard in SQ

is available for loan in the San Quentin Catholic Chapel loaning library (on CD) and for purchase through Walkenhorst and online.

"Audrey came back home from Nashville because she got cancer," Starbird said. "She died in 2015, about a month after her last performance in San Quentin."

"In Loving Memory—We Love You 2015," began the video featuring Auld's folk music performance with Pam Delgado and Jeri Jones on the San Quentin Day of Peace on the prison recreation yard in April 2015. "I love you like the storm, I love you like the sea, I love you like the birds that are flying free," Auld sang in her peace sign tie-dye t-shirt. The audience applauded the video.

Then the live music by five groups of San Quentin musicians began.

Jazz and Friends, featuring Lee "Jazz" Jaspar on electric guitar, got the crowd moving. Dwight Krizman on drums and Mark Kinney on keyboards completed the jazz trio. They began with "Impressions" by John Coltrane, followed by Jaspar singing the bluesy jazz number "Gee Baby." Their finale, "Well You Needn't," energized the audience, responding with cheers.

Next up was the group Just Us featuring Jeffrey Atkins on keyboards and vocals, Charles Ross on drums, Lynn "Funky" Walker on bass and Liam "Lee" Atkins on electric guitar. They began with the '80s pop song "Rumors."

Then they switched to upbeat funk that got the crowd's heads nodding and J. Atkins' dreads flying, "giddy up," "do some blues." Then L. Atkins' guitar solo took over the

Tower of Power song accompanied by the "oohs" of the backup singers: Jason Griffin with Paul Comaux and Tony O'Neil from music group NSF. The crowd roared.

"She opened up her heart; she brought her music. She was amazing!"

The final number by Just Us, "Rejuvenation/Play That Funky Music White Boy," burst the audience into ovation.

The solo act hip hopper "Flame" took the stage next. After a sound check, he rapped, "Ease the Pain," then sang—a cappella—"Your Love Is Like Magic" into an R&B groove.

Gino & Friends filled the stage next, featuring Gino Sevacos on lead vocals and guitar, Mark Kinney on keyboards and vocals, and Jaspar on bass. Liam Atkins on cajon, Dwight Krizman on drums, and Chris Thomas on mandolin completed the sextet.

They played three conscious awareness songs, beginning with "Planet Love." Gino introduced their second song, "We learn to love

each other...diversity is what I like about our country." The crowd of inmates was fired up as the band moved into its final piece, featuring "too busy to connect..." in the lyrics.

The final act was Quentin Blue, featuring three guitarists: Richie Morris on acoustic guitar, Chris Koppe on lead electric guitar, and Dwight Krizman on bass. Mark Kinney on keyboards, Liam Atkins on percussion, and Thomas on mandolin completed the group of six.

Quentin Blue began its set with "I'd Send You Home to Mama." Morris then introduced their next piece by telling the audience, "Music is an opportunity to do something beneficial for the outside—beyond the wall." The song, "Upward I Fall," was a peaceful, more tranquil style, reminiscent of Guns N' Roses' "Patience."

The final Spanish-sounding number, "Baby I Knew You Were Leaving Me," got the audience rockin' again. The "Olé" ending triggered applause, but signaled the end of the concert—just in time for lock-up.

Here are comments about Audrey Auld from those present:

Gino Sevacos – "I knew her for 10 years. I was there for her first visit—cool, collaborative writing. Audrey was friendly, fearless, like a breath of fresh air."

Lee Jaspar – "Her biggest impression was her willingness to bring what she loved—her music and her friendship—into this institution and make us part of her family."

Charles Ross – "She was always warm-hearted and smiling. It's an honor to be picked to play in her memory."

Comments on the in-house talent concert:

Chris Thomas – "This is a great venue to showcase the rehabilitation, dedication, and drive to be better people."

Jeffrey Atkins – "It's so nice of Lisa to showcase the in-house talent."

Inmate in audience – "It's always good—you always get your money's worth around here."

Lee Jaspar – "It was good. The evening went off really well. Thanks to Lisa—she gives tirelessly."

Tom Lapinski of the Through The Bars Foundation – "Enjoyed watching all these musicians mixing into different bands. It was great!"

Lisa Starbird – "A wonderful success...a lot of fun having the diversity of music."

This year marks the 40th anniversary of Bread & Roses, a nonprofit organization that sponsors volunteer music events, including about one each month inside San Quentin.

San Quentin celebrates Holy Week



Photo by Eddie Herena

SQ Catholic Chaplain Father George Williams

By Michael Johnson
Staff Writer

Holy Week is the Catholic Church's most sacred time of the year. It is the remembrance of Christ's crucifixion and resurrection.

The celebration at San Quentin's Catholic Chapel, which was open to all, started with the Mass of the Lord's Supper on Holy Thursday, April 18, and ended with Vespers on Easter Sunday.

"This is the high point of the Christian year, and it goes back to the earliest celebration of the Church," said SQ Catholic Chaplain Father George Williams.

Thursday night's mass began with the Last Supper cel-

ebration. "It continues with the washing of the feet, communion, and the solemn procession of the Eucharist to the altar of repose where the faithful spend time in adoration and prayer," according to the Inland Catholic Byte.

On Friday there was a noon service for the Stations of the Cross, which commemorates Jesus' ordeal on the road to Calvary. Later in the day there was also the Good Friday evening service in remembrance of Christ being crucified and buried.

"On Holy Saturday night, in silence and in darkness, we enter into the Easter Vigil... Thanks be to God!" said the Inland Catholic Byte.

The main celebration took place Saturday night—Eas-

ter Vigil Mass and the celebration of Christ's Resurrection. It included Baptism, Confirmation and Oblate Vows.

Everyone received their own candle upon entering the Catholic Chapel. Before the service began, SQ's Deacon Matt went around getting all the candles lit.

The lights went out, and candlelight filled the chapel.

"The candle is a sign of the light of Christ," said Deacon Matt.

More than 70 inmates and 20 visitors from the outside had a candle in hand.

"It was a glorious vigil. There had to have been more than 20 visitors from outside of San Quentin," said inmate Greg Jordan.

Ken Miller, a visitor from San Francisco, said, "I'm a converted Catholic myself, went through confirmation in the 90's. It's always a neat experience. I attend the vigil every year. This is my first vigil at San Quentin."

Later, in the service inmate Eric Rives was baptized, fully submerged under water by Deacon Matt.

Rives said, "I feel the love of Christ." In explaining why he became Catholic and decided to get baptized, said Rives by saying "Simply love, love of God, love of Christ, love of the Holy Spirit, love of the church. I feel loved; deep tender, compassionate love. This love impels me to love others with the depth of God's love and Christ's love; to walk in service of others just as Jesus did. I am free."

**RE:STORE
JUSTICE**

By Philip Melendez
Re:Store Justice Impacted Leadership Manager

On April 11 Re:store Justice held its Second annual Day of Healing at Lancaster State Prison.

The event brought survivors of crime from the outside community and incarcerated community together to celebrate the lives of those we've lost to violence.

Also in attendance were representatives of CDCR's Office of Victim and Survivor Rights and Services.

The label of "Survivor" was placed on each and every participant regardless of background or incarcerated status. Everyone was given the space to mourn, grieve or celebrate the loved ones they have lost.

The day began with a big circle in which we introduced ourselves and the loved ones we were honoring that day. It was followed by meditation and personal space to reflect on our loved ones and how we would like to share them with the group.

After these reflections everyone divided into smaller groups for a painting activity in which we drew or made paintings representing our loved ones and what they left us with. From these artistic representations and conversations that were had around them, people from the inside and outside were able to connect, share and support one another on their respective healing journeys.

From then it was on to lunch; sandwiches, chips, pastries; cookies and soda. The simple, yet profound act of breaking bread together, is deeply meaningful in acknowledging our shared humanity.

After everyone had eaten it was time to work off the food with a walking meditation. We were invited to imagine walking with our loved ones, knowing that they can continue accompanying us, even if they are not physically present.

Lastly, we reconvened in the big circle to share the experience of the day. Many shared their gratitude for the support and community that was built that day. This sentiment was echoed from participants who are currently incarcerated as well as from those who came in from the outside.

Often times incarcerated people aren't seen as anything more than their crimes. On the day of healing, the need to be seen as someone who has suffered trauma and loss was met. The Day of Healing was an opportunity for people who are currently incarcerated to see that they aren't forgotten by the outside community, that they are more than the worst decision of their lives, and that their feelings and experiences of loss are respected by those they might not expect to be empathetic.

Survivors from the community had the opportunity to let the men inside know how much the healing and restoration of people in prison mean to people working in the community for peace, and how powerful their peacemaking work is, and will be.

Bringing these two communities together was a great example of how much more stronger the similarities between human beings is than their differences.

Bio:

Philip Melendez the Impacted Leadership Manager for Re:store Justice returned home in September of 2017. While inside, he facilitated many self-help and restorative programs, mentored neglected and traumatized youth, and organized numerous events linking community members with incarcerated people at San Quentin. He's passionate about sharing his experience and the knowledge he acquired along his journey to ensure that no one takes that same path.

Correction to the April issue:

TLM students Vah Saechao (center) with Gregory Morris and Stanford students Dillon Rose Schoen & Ryan Youra; Vah Saechao should be replaced with Chai Saetern

Forty years later: Pat Mahoney bids SQ farewell

PAT

Continued from Page 1

Ramirez has been at San Quentin for around eight years and in the Arts in Corrections program for seven years.

"Guys would start off talking about their art, and then the conversation of the inmate

would switch over to someone in his family, like his wife or daughter. What I noticed is that he had the ability to pay attention. I think one of his greatest assets was his willingness and ability to listen."

Ramirez continued, "Pat likes to portray figures seen on the walls of caves and canyons. Not too many people see them unless they are archaeologists, and they search for

that kind of art — those tiny figures are enjoyable to see."

Lamavis Comundoiwilla has been involved in the Arts in Corrections program since he arrived at San Quentin about 18 months ago. He has been incarcerated 24 years.

"Because of Pat, I start creating my own style of painting," Comundoiwilla said. "I have a unique form of pointillism, cubism, surrealism

and impressionism that are merged together. I learned how to do that from what Pat taught me."

Jeffrey Isom has been at San Quentin for about a year. He got right into Arts in Corrections and credits Mahoney for improving his art.

"Pat inspires me because he's very patient when he works with someone," Isom said. "You can see the love

from all of his students. He make me feel accepted. When he teaches, he encourages at the same time."

Mark Stanley-Bey, has been in the Arts in Corrections eight years. He's been incarcerated 35 years.

"Pat Mahoney's character and experience in the art field only increased my ability to express my point of view by using art as my medium, and

his instruction has been welcomed and honestly appreciated," Stanley-Bey said. "The Arts in Corrections program brought to me an opportunity to express the beauty of art and to give back to the community—a sense of purpose and peace through art."

Mahoney continues to be involved in the art community through his painting, drawing and working with family.



Photo by Jonathan Chiu, SQN

Pat Mahoney speaking with AIC students Lamavis Comundoiwilla, and Gary Harrell



Photo by Jonathan Chiu, SQN

Ben Chandler shaking Pat Mahoney's hand

Examples of Pat Mahoney's work



Gathering of Angels



Angel Play



In a Bucket



In Her Garden



Prayer



Duo



Him and Her



Ducks at Play



Swan



Graceful Life



HAPPY MOTHER'S DAY



**TO MY BEAUTIFUL DAUGHTER.
HAPPY MOTHER'S DAY
FROM YOUR DAD, VINCENT AND SONS ZORION AND ZY'IR**



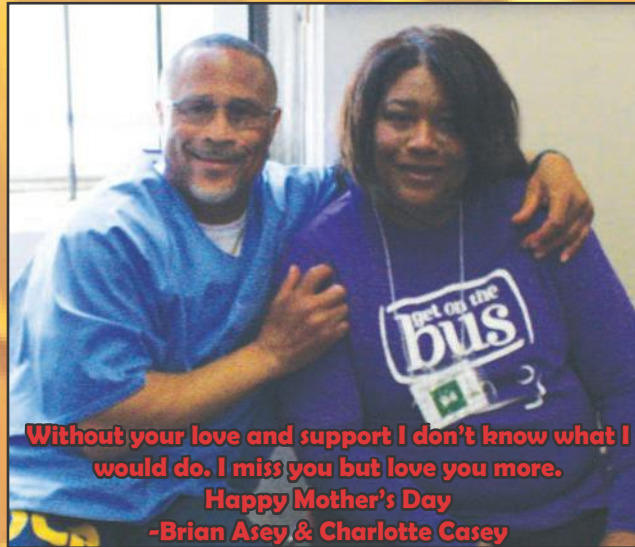
**MOMMY YOU'VE ALWAYS TRIED YOUR BEST TO
BE MY MOM, NOW IT'S MY TURN TO BE YOUR
SON.
-RONNIE J. JR**



**HAPPY MOTHER'S DAY
-MICHELE**



**GRACIAS MOMMY POR ESTAR CONMIGO EN ESTA
SITUACION Y POR NO DEJAR DE CREER EN MI.
-ANGEL**



**Without your love and support I don't know what I
would do. I miss you but love you more.
Happy Mother's Day
-Brian Asey & Charlotte Casey**



**FOREVER GRATEFUL FOR YOUR LOVE
AND SUPPORT
-LUCAS**



**DAS TODO SIN RECIBIR NADA. QUIERES DE TODO
CORAZON CONFIAR EN TUS HIJOS CUANDO TO-
DOS LOS DEMAS SE AN PERDIDO. GRACIAS POR
SER ESPECIAL Y TIERNA, ME AS AYUDADO A SER
QUIEN SOY AHORA. GRACIAS POR TU AMOR
TE QUIERO
-JUAN**



**MAY ALLAH TA'ALA FOREVER REWARD YOU
& SUPPORTIVE WOMEN I
-HALIM**

MOTHER'S DAY



**MOTHER'S DAY WE LOVE YOU
ELLE SMITH & CARLOS SMITH**



**HAPPY MOTHER'S DAY!
TO THE MOST AMAZING WOMAN
IN OUR LIVES, LOVE YOUR SONS
-VENTURAH, JIMMY & VINCENT**



**PRIMERO QUE NADA GRACIAS MADRE POR TRAER ME
A ESTE MUNDO. FELIZ DIA DE LAS MADRES ME HER-
MOSA MADRE.
-OSCAR**



**FOR ALL YOUR UNDYING LOVE
T, I LOVE YOU MOM
DUSTIN**



**NOTHING IS MORE PRECIOUS THAN THE GIFT
OF LIFE. 59 YEARS AGO YOU SHARED THAT GIFT
WITH ME. HAPPY MOTHER'S DAY MOM
-DARWIN**



**WHEN I THINK ABOUT MOTHER'S DAY I THANK GOD FOR
BLESSING ME WITH ONE OF HIS MOST PRIZED POSSESSIONS,
YOU. HAPPY MOTHER'S DAY
-YOUR SON "ORLANDO"**



**WARD THE BEAUTIFUL
N MY FAMILY**



**I LOVE YOU MOM, YOU THE BEST!
-FRED**



**LOVING MOMENT WITH WOMEN OF
GREAT STRENGTH
-AARON**

Happy Mother's Day from the women at the Ventura Youth Correctional Facility

Photos courtesy of Ericka Mutchler MSW, Casework Specialist at the Ventura Youth Correctional Facility



For this special woman in my life, who never lost hope in me. I love you always and forever.

♡ Skye

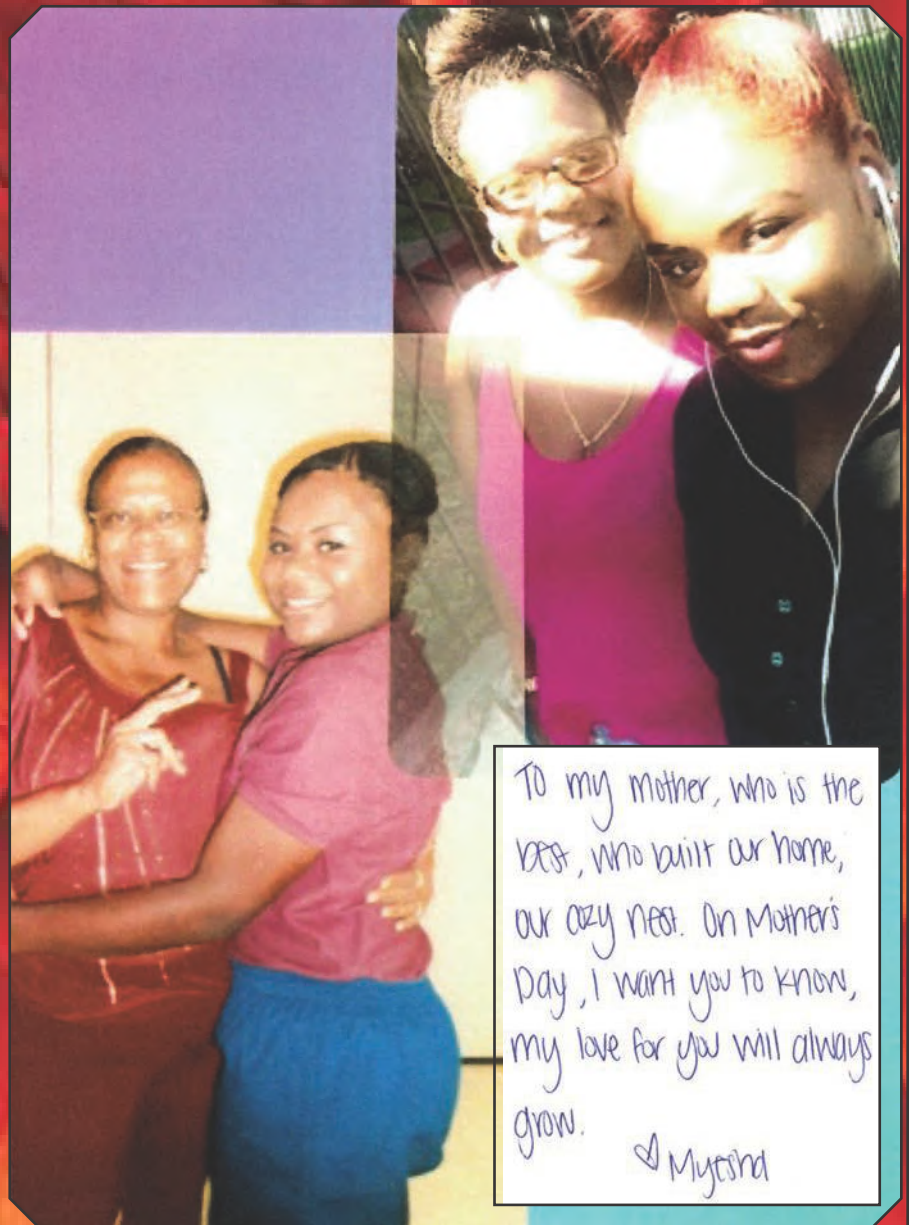


The fun & silly time w/ my mamma ♡
 Being here won't let the memories fade,
 f No other can take her place! I love you
 Momma Bear ♡
 - Monique Dobbs 2019

Jerimiah & Brandi (my amazing mom)
 Happy Mother's Day Mom! You & Jerimiah are my world. I love you both! Sending lots of love ♡
 - Rizzo



Jerimiah & Momma (Carissa)
 Near or far, you're always in my mind & heart
 Te quiero a la luna y otros para siempre ♡



To my mother, who is the best, who built our home, our cozy nest. On Mother's Day, I want you to know, my love for you will always grow.
 ♡ Myesha

Snippets

Iodine is one of the earliest elements whose radioisotopes were used in what's now referred to as nuclear medicine.

Neurons in the human brain are 100 billion on average.

Ultraviolet (UV) rays are a part of the sunlight that is an invisible form of radiation.

Raindrops are actually circular but it appears oval because gravity pulls on the front as the raindrop is falling.

Energy has two types, stored (potential) & working (kinetic).

CROSSWORD PUZZLE

By Jonathan Chiu / Edited by Jan Perry

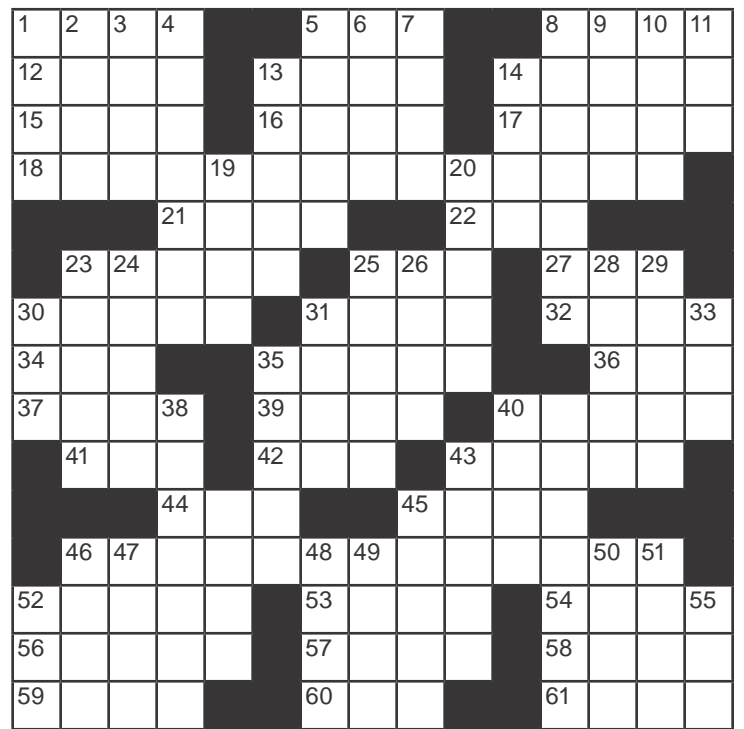
Title Artist: Sara Bareilles 2

Across

1. Really scored
5. Open-____
8. Steak sauce
12. Actress Kate or Rooney
13. Apple helper
14. Title artist's tune or protective equipment
15. Lena of *Romeo Is Bleeding*
16. Many
17. Arena
18. Title singer's tune or a ruler over stuff
21. Title singer's tune or place of paradise
22. Pro-____
23. Uncovers
25. Woman's undergarment
27. Cable network
30. _____ skirt
31. Pitt of *Deadpool 2*
32. Absorbs
34. Oxygen
35. Having wings
36. Restroom
37. Kiss (Brit.)
39. Campbell of *Scream*
40. Hawk's weapon
42. Axel Rose's band (Abbre.)
43. Type of ball
44. Actress Mirren or Hunt
45. "That's good"
47. The _____ makes the dream
48. Title singer's tune or an emotion on ice
54. The principal gods and goddesses
55. SW Asian sea
56. Wyle of *The Red Line*
57. Sauce made from basil
58. Rugs
59. NASCAR's Earnheart
60. Serving _____
61. Records
62. Vehicle on runners

Down

1. Run _____
2. Nickname for the Golden State
3. Andrews of Fox Sports
4. Perils
5. Fashion city
6. _____ Man
7. Title singer's tune or a metropolis
8. Musicians
9. Gulf in the Arabic Sea
10. Christmas drink
11. Before (historically)
13. Protective lockers
14. Arthur of tennis
19. Poems
20. Palate
23. Convey
24. Packer's Rogers
25. Title singer's tune or a Pixar movie
26. Donavon of *Macgyver*
28. Sunglasses brand
29. Alternative music band
30. Vapor
31. Type of cheese
33. Kid
35. Type of chile
38. Title singer's tune or earth's force
40. Rip
41. Type of nuts
44. Type of shoe
46. Prefix of dynamic
47. "_____ amazing!"
48. Grin suggestively
49. Bones (Lat.)
50. Identify
51. Deception
52. Pollution creator
53. Type of salad
54. Cabin
57. Pertinent



Sudoku Corner

				8	4		3	
	7			1	6			
			9	7		1		6
8	6					5		3
3		9					1	4
5		6		9	1			
			8	5			2	
	8		4	6				

8	3		2	6		5	9	
	2							
	7		3	5				
1				3	8			
	5	2				8	3	
			7	2				1
				7	3		8	
							1	
	1	5		8	6		2	9

Last Issue's Sudoku Solutions

7	3	8	6	5	2	1	4	9
5	1	6	3	4	9	2	7	8
9	4	2	7	8	1	6	5	3
8	5	3	1	2	4	7	9	6
2	6	1	9	7	3	5	8	4
4	9	7	8	6	5	3	2	1
1	2	9	5	3	8	4	6	7
6	8	4	2	1	7	9	3	5
3	7	5	4	9	6	8	1	2

1	8	6	4	5	2	9	7	3
7	2	5	9	6	3	1	8	4
3	9	4	8	1	7	5	6	2
2	4	9	3	7	8	6	1	5
8	6	3	1	2	5	4	9	7
5	7	1	6	9	4	2	3	8
4	1	7	2	3	6	8	5	9
6	3	2	5	8	9	7	4	1
9	5	8	7	4	1	3	2	6

Last month's Brain Teasers:

The digits have been alphabetized as if they were spelled out. Thus, 3 (three) should precede 2 (two) in order to complete the pattern.

Eight, Five, Four, Nine, One, Seven, Six, Three, Two

The package will cost 5 cent. If, as many people assume, the package cost 10 cent and the widget cost \$1.00, then their total cost would be more than \$1.00.

The knight will arrive at 12:45. The princess might do better with someone who knows he shouldn't just average speed and distance.

"Push" on one side; "Pull" on other side.

This month's Brain Teasers: Treasured Trees

Local sports clubs take turns to plant a tree each year in the town's main street. A bird has established a nest in each tree.

1. The crow lives in the beech tree.
2. The lime was planted two years after the tree planted by the golf club.
3. The robin is in the tree planted by the bowling club, which is next to the tree planted by the soccer club.
4. Jim planted his tree in 1971.
5. The starling is in the poplar tree planted by Desmond in 1974.
6. The robin lives in the tree planted by the bowling club, which is next to the tree planted by the soccer club.
7. Tony planted the middle tree - a beech.
8. Bill has an owl in his tree, which is next to the ash.
9. The tree at the right-hand end was planted in 1974 by the soccer club.
10. The elm was planted in 1970.
11. The tennis club planted in 1972.
12. The squash club planted in 1970.
13. Sylvester planted his tree in 1973 and it has a robin in it.
14. The blackbird is in the tree planted by Jim.

TREE								
PERSON								
CLUB								
BIRD								
YEAR								

Work out which tree was planted by which member of each club and in year.

True or False-Logic

Tony likes indigo but not blue. He likes onions but not turnips; he likes forms but not shapes. According to the same rule does he like tomatoes or avocados?

If you would like to submit a photograph to be placed in SQ News just because, please send it with name(s) and a brief message to go with your photo. Please understand, we may not be able to return your photo so send a copy and address the letter to:

San Quentin News, 1 Main Street, San Quentin, CA 94964

Cinco De Mayo: Una batalla histórica para México

ESPAÑOL

Por Juan Espinosa
Diseñador gráfico y escritor

Muchos mexicanoamericanos y estadounidenses confunden el Cinco de Mayo, que conmemora la Batalla de Puebla, con el día de la Independencia Mexicana.

El Cinco de Mayo celebra la victoria de los mexicanos en contra de los invasores franceses.

Las fuerzas armadas de emperador Napoleón III, sobrino de Napoleón Bonaparte, eran consideradas como el ejército más poderoso del mundo. Este ejército no había sufrido ninguna derrota en 50 años y disfrutaba de victorias recientes en Europa y Asia.

El ejército francés arribó al puerto de Veracruz acompañado de las tropas de la Reina Isa-



Mexico's flag

File photo

bela II de España y el ejército de la reina Victoria de la Gran Bretaña. Estos ejércitos llegaron con el propósito de recolectar los pagos de la deuda exterior que mantenía México con dichos países. Pagos que habían sido suspendidos por el presidente mexicano Benito

Juárez porque el tesoro mexicano estaba en bancarrota. Pero Juárez había prometido reiniciar los pagos en un lapso de dos años.

Francia, España y la Gran Bretaña no querían esperar y querían cobrar la deuda ya e invadieron el puerto de Vera-

cruz para obligar a la agencia aduanera a que le pagaran la deuda al momento.

Las relaciones entre los cuatro países eran muy tensas y al parecer no podían llegar a ningún acuerdo.

Eventualmente los representantes de España y la Gran Bretaña llegaron a un acuerdo con el presidente Juárez y decidieron regresar a sus países. Pero Napoleón no quiso ser parte de dicho acuerdo y decidió quedarse en México. Desembarcó 4500 tropas y se dirigieron a la Ciudad de México.

La mañana del Cinco de Mayo de 1862, el General Lorenz liderando a las fuerzas francesas se encaminó a Puebla, México, 100 millas al este de la Ciudad de México.

El General Lorenz creía que los nativos le recibirían con los brazos abiertos. Pero el ejército mexicano comandado por el General Ignacio Zaragoza lo esperaba con un ejército de

2000 combatientes así como muchos civiles quienes se habían unido al ejército portando sus herramientas de trabajo como armas.

El Brigadier General Porfirio Díaz tomo su ejército de caballería y se dirigió a enfrentar a la fuerza de caballería francesa y eliminarla. El tumulto de invasores fue encontrado por una estampida de indios mexicanos quienes con

machete en mano literalmente terminaron con el ejército francés en solo dos horas. El ejército francés abandonó la batalla y las fuerzas mexicanas derrotaron a un ejército mejor armado y considerado el más poderoso del mundo en ese momento.

La Batalla de Puebla encendió el orgullo mexicano y el Cinco De Mayo se convirtió en un día de celebración para todos los mexicanos.

AVISO

Invitación para los hispanos encarcelados en California.

SQN les invita a enviar historias en español que sean relevantes para la rehabilitación o que inspiren a otros prisioneros a ser mejores miembros de la sociedad.

Favor de enviar sus historias a:

San Quentin News, 1 Main Street, San Quentin, CA 94964

Vendedores de documentos falsos aprovechan incertidumbre migratoria

Por Taré Beltranchuc
Escritor Contribuyente

La falta de una reforma migratoria y la demanda laboral en los Estados Unidos ha beneficiado a la industria de la falsificación de documentos en Los Ángeles, California.

"Mica, mica", son palabras que se escuchan con frecuencia en el parque MacArthur, en Los Ángeles, informa The New York Times.

Wayne Cornelius, académico de asuntos migratorios de la Universidad de California en San Diego, mencionó "una de las consecuencias de no haber atendido el problema de la demanda de la migración laboral ha sido el surgimiento de la industria de falsificación de documentos".

Los inmigrantes indocumentados saben que para poder trabajar en este país se necesita una tarjeta de Seguro Social y una Green Card o tarjeta de residencia permanente.

De acuerdo al artículo, los documentos falsos pueden tener un costo entre "\$80 y \$200 dólares dependiendo de la calidad de falsificación y el poder de negociación del cliente".

Un inmigrante ecuatoriano comentó que todo lo que necesitó fue proporcionar su nombre y fecha de nacimiento, dos fotografías y \$150 dólares. Al cabo de un par de horas recibió una tarjeta de Seguro Social y una Green Card.

Cornelius mencionó que los inmigrantes indocumentados no escatiman el alto precio de los documentos de buena calidad porque entienden que es un gasto necesario para poder obtener empleo en los Estados Unidos.

El éxito de esta industria ilegal es evidente. De acuerdo con reportes del Buro del Censo, en Estados Unidos viven alrededor de 12 millones de indocumentados.

Otro factor que ayuda al negocio de la falsificación de papeles es la exigencia de la economía de Estados Unidos.

Existen muchas vacantes para los recién llegados y los empleadores están dispuestos a contratarlos.

Norm Langer, dueño de un restaurant en Los Ángeles, mencionó, "me necesitan y yo a ellos. No hay nadie más que haga el trabajo".

Debido al éxito de esta industria, los falsificadores han sofisticado sus métodos de falsificación. Las computadoras e impresoras de última generación han reemplazado a las máquinas de escribir, tijeras y laminadoras que se utilizaban al principio, menciona el artículo.

En el 2017, el Servicio de Ciudadanía e Inmigración de Estados Unidos (USCIS) comenzó a emitir green cards con holográficas incrustadas para mayor seguridad en los puertos de entrada de Estados Unidos. Sin embargo, los empleadores difícilmente notan la diferencia debido a la tecnología sofisticada que utilizan los falsificadores.

De acuerdo al artículo, entre octubre de 2017 y

septiembre de 2018 la unidad encargada de dismantelar la organización de falsificación de documentos acumuló 1,258 arrestos, 997 acusaciones formales y 710 sentencias.

Mientras los miembros del Congreso llegan a un acuerdo sobre cómo resolver la crisis migratoria, los inmigrantes indocumentados cruzan la frontera por Los Ángeles continuando haciendo una escala en el parque MacArthur para obtener sus "micas".

Entre octubre de 2017 y septiembre de 2018 la unidad encargada de dismantelar la organización de falsificación de documentos acumuló 1,258 arrestos, 997 acusaciones formales y 710 sentencias.

México y Canadá buscan reintegrar a jóvenes delincuentes

Los gobiernos de México y Canadá firmaron en marzo un acuerdo binacional para crear un modelo que pueda ayudar a la reintegración a la sociedad de jóvenes delincuentes en el estado de Yucatán.

Este proyecto pretende involucrar "a las secretarías del estado, asociaciones civiles y demás especialistas en un fin común," reportó el Diario de Yucatán.

El artículo indicó que el equipo canadiense hizo varias visitas a diversas instituciones juveniles con el fin de familiarizarse con "la legislación, metodología de trabajo y operación e instalaciones de los organismos operadores y los relacionados con la justicia juvenil".

El reporte final dice que "México debe construir una política de reinserción social para adolescentes,

puesto que lo está en juego es la posibilidad de dotar a la juventud de herramientas que les permitan reincorporarse de manera sana y productiva a la sociedad".

La ley Nacional del Sistema Integral de Justicia Penal para Adolescentes, así como el Acuerdo 70/2017, por el que se regula la Comisión Intersecretarial para la Reinserción Social de Adolescentes del estado de Yucatán, apoya el desarrollo y los programas de reintegración juvenil.

"El diseño e implementación del proyecto piloto debe sustentarse sobre las bases de la coordinación interinstitucional, la especialización, el establecimiento, y seguimiento y cumplimiento de metas y compromisos", dijo María Fritz Sierra, titular de la secretaria general de gobierno.

—Por Juan Espinosa

La baja autoestima puede manifestarse en agresividad



Photo by Eddie Herena, SQN
Gudalupe Aranda

Alberto Mendez sufrió abuso emocional y físico desde muy temprana edad. En su hogar, su padre lo golpeaba con un palo, cinturón o lo que tuviera a la mano.

"Cuando me estaba golpeando me decía que era un bueno para nada. A los nueve años me fui de mi casa

porque creí que mi padre me iba a matar a golpes", recuerda el hombre de 62 años, de los cuales lleva 29 años en la prisión.

El abuso continuaba en la escuela, en donde sus compañeros le hacían comentarios hirientes. "Me decían que era feo y que los espantaba. Incluso mis propios hermanos se burlaban de mí porque era muy moreno. Llegue a pensar que no valía nada porque todos me maltrataban".

Con el paso de los años, Mendez se volvió susceptible a todo comentario. Aun si era positivo, lo interpretaba como una crítica negativa. "Crecí pensando que todos querían hacerme daño y desconfiaba de todos, como resultado desarrolle una actitud agresiva".

Estas experiencias negativas contribuyeron a que tuviera una baja autoestima, lo cual provocó que se involucrara en muchas peleas. Mendez tiene seis acciones disciplinarias (115's) por golpear a otros

presos.

Profesionales de salud mental afirman que las experiencias y mensajes que recibimos a temprana edad tienen un significado importante porque son internalizados como verdad. Lo que una persona escucha, observa y experimenta en la familia, escuela y comunidad influye en el concepto que se tiene de sí mismo.

La psicóloga y doctora Lars Madsen menciona que la baja auto-estima frecuentemente se origina del abuso experimentado durante la niñez y de las situaciones estresantes de la vida como maltrato de padres y maestros, hostigamiento y otras.

Guadalupe Aranda, de 60 años, de los cuales lleva 33 años en prisión, vivió una situación similar. "Desde muy pequeño tuve una imagen muy pobre de mí mismo como resultado del abuso que sufrí", dijo. "Mis tíos con los que vivía, me decían que era un tonto,

que nada hacía bien, que no era lo suficiente bueno, y me sentía que no pertenecía".

De acuerdo al Dr. Stanton E. Samenow, en la publicación Psychology Today, la baja auto-estima ocasiona que una persona se enfoque principalmente en lo que hace mal. Estos individuos tratan de probarse a sí mismos que su auto-percepción es correcta.

"llegue a creer que era una persona sin valor"

Los mensajes negativos que Aranda escuchó y experimentó durante su niñez lo llevaron a tener una opinión de inferioridad en relación a otras personas. Aranda mencionó, "cada vez que cometía un error me decía a mí mismo que era un tonto y llegue a creer que era

una persona sin valor".

La doctora Madsen comenta que los efectos de la baja auto-estima afectan nuestra vida adulta negativamente.

Aranda dijo que "el haber sufrido hostigamiento contribuyó a que tuviera una personalidad muy sensible. Los comentarios de otras personas me herían y utilizaba la violencia física para defenderme", agregó. "Mis tíos siempre me incitaban a pelear".

Aranda comentó que su baja auto-estima fue un factor que lo llevo a tomar malas decisiones, permanecer en relaciones destructivas, e incluso a recurrir al uso de sustancias adictivas.

"A pesar que la baja auto-estima fue un factor que contribuyó a que le quitara la vida al Sr. Víctor Armendáriz, asumo responsabilidad total por mis acciones negativas", dijo Aranda.

Para Mendez, el reconocer su problema de autoestima le

ha cambiado la perspectiva.

"Ahora entiendo que mi valor no depende de lo que otras personas piensen o digan de mí. Entiendo que no puede cambiar las experiencias del pasado, pero si puedo cambiar la opinión de mí mismo".

—Taré Beltranchuc

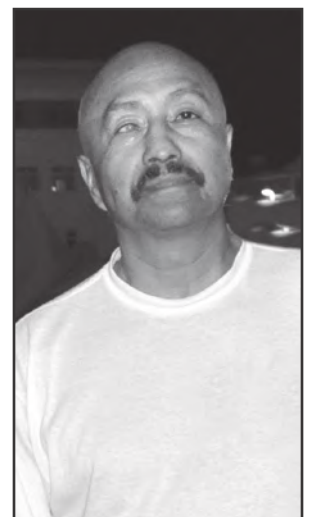


Photo by Eddie Herena, SQN
Alberto Mendez

Programas de rehabilitación dan esperanzas a reos

Por Juan Espinosa
Diseñador gráfico y escritor

La estrategia del departamento de correcciones de California para comenzar un programa de rehabilitación más efectivo ha dado como resultado las Undesignated Yards. Estas unidades son para aquellos reos que han decidido abandonar las pandillas o simplemente buscan una oportunidad de salir de prisión.

El programa comenzó en el 2018 en la prisión de San Quentin, California con un aproximado de 20 reos transferidos desde otras instituciones. Desde entonces decenas de reos han sido integrados a la población general.

La idea del programa fue integrar a presos que estaban



Photo by Javier Jimenez, SQN
Julio Martinez

en prisiones de protección especial a la población general y ayudar a su rehabilitación.

Julio Martinez es un reo que se ha beneficiado de las oportunidades que se ofrecen

en San Quentin. “Estoy muy contento de haber tenido la oportunidad de haber llegado a San Quentin. Todo el tiempo quise tomar clases de colegio pero nunca se me dio la oportunidad, más que nada por el estilo de vida que llevaba”, dijo Martínez.

“Aquí no tengo que preocuparme por estar forzado a seguir reglas ni políticas de otros reos y me siento libre para decidir y hacer lo que quiera con mi vida. Estoy enfocado en mis estudios y en ser un ejemplo para otros de mis familiares que han visto el cambio en mí”, agregó Martínez.

San Quentin se ha convertido en la Meca de los programas de rehabilitación, ya que esta institución cuenta con un aproximado de cien programas enfocados

en la ayuda personal y la rehabilitación de los reclusos.

Mario Rodríguez un reo que ha estado encarcelado por 20 años y sirve una sentencia de 21 años a cadena perpetua dijo a SQN “nunca espere tener las oportunidades que estoy teniendo aquí en San Quentin, en otras instituciones en donde he estado internado no había programas como los que ofrece este lugar. Aquí he asistido a varios programas como GRIP (Guiding Rage Into Power), VOEG, AA, Ira y estoy en la lista de espera en CGA (Criminal and Gangs Anonymous) y NVC (Non-Violence Communication) porque sé que esto me hará una mejor persona y un miembro responsable y más comprometido con la sociedad.”

Las oportunidades que se

ofrecen en San Quentin han cambiado la vida de varios reos que hasta hace poco no tenían esperanzas de nada. Aquí han encontrado la oportunidad de mejorarse no simplemente a nivel personal sino también a nivel académico.

El Programa de la Prison University Project (PUP) la Universidad de Patten quien tiene sus aulas de estudio dentro de la prisión le ha abierto las puertas y las oportunidades a muchos de los reos que quieren estudiar sin importar de donde vengan, clase social, género, o ideas religiosas.

Muchos de los estudiantes de PUP han expresado que nunca pensaban que se pudieran relacionar con otros individuos de otros grupos étnicos. “Se debía más que nada porque en otros lados

esto simplemente no está permitido; “las políticas de los prisioneros son muy rígidas y es difícil romper las reglas porque puedes salir seriamente lastimado”, expresó Rodríguez.

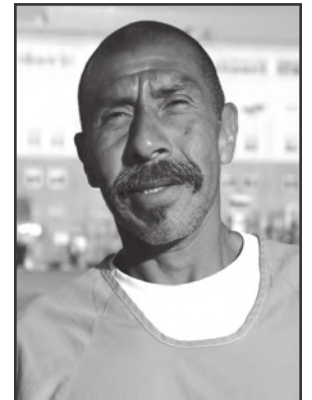


Photo by Javier Jimenez, SQN
Mario Rodriguez

Outsiders y Terremotos empatan 2 a 2

Carlos Drouaillet
Escritor Contribuyente

Los Outsiders y Los Terremotos de San Quentin se enfrentaron nuevamente el sábado 13 de abril en un partido amistoso en el campo deportivo de La Prisión Estatal de San Quentin (SQSP).

En una tarde soleada con una temperatura promedio de 85 grados, los equipos empezaron a tocar el balón en preparación, antes de iniciar el partido. Los Outsiders frecuentemente visitan la prisión de San Quentin para motivar a los internos a mantenerse físicamente activos, fomentando un ambiente amistoso y a la vez competitivo entre los reclusos.

El director tecnico de los Outsiders Andrew Crawford y Francisco “chicali” Huizar, director tecnico de Los Terremotos presentaron la alineación de su equipo incluyendo los nombres de la reserva.

Antes de iniciar el juego, el árbitro Chris Marshall llamó a los jugadores al círculo central, y les explicó las reglas del partido en inglés, mientras Tare Beltranchuc mediocampista de Los Terremotos las tradujo al español. Marshall invitó a los participantes a mostrar respeto y cortesía con los rivales, pero también a jugar duro

En los primeros minutos de juego, ambos equipos mostraron buen estilo tanto a la ofensiva como a la defensiva.

Al minuto 25 del primer tiempo en jugada individual Ronald Luna, mediocampista de los locales sorprendió al portero de Los Outsiders con

un tiro desde fuera del área grande anotando el primer gol del partido.

Los Outsiders ajustaron su táctica poniendo en dificultades al portero Hugo Eduardo López de Los Terremotos quien se lastimó levemente al defender la portería.

El primer tiempo terminó con una ventaja de un gol para Los Terremotos.

Durante el descanso los técnicos dieron palabras de ánimo a los jugadores, mientras el portero López era revisado por otros jugadores. López insistió en continuar jugando.

En el comienzo del segundo tiempo Los Terremotos estaban dominando,

En una jugada la defensa de Los Outsiders sacó la pelota del campo concediendo un tiro de esquina al minuto 4 del partido. Luna, autor del primer gol, se encargó de ejecutar el tiro de esquina de pierna derecha y tomando ventaja del viento que soplab a su favor, envió el tiro cerrado sobre el área chica. El balón se incrustó entre los tres palos anotando el segundo gol del equipo local. El gol fue catalogado por los aficionados como un gol “olímpico” y fue celebrado con mucho entusiasmo.

Al ver el giro que tomaba el partido, Los Outsiders ajustaron su alineación reforzando la delantera y llevaron a cabo un ataque combinado entre los mediocampistas y delanteros.

Al minuto 9 del segundo tiempo, un tiro al área local fue bien controlado por Alex Lentz en el área grande. Lentz dando la media vuelta disparó un cañonazo, que rebotó dentro del área chica y se le coló entre

las manos al portero López, lo que puso el partido 2 a 1 a favor de los locales.

En el minuto 16 del segundo tiempo, el portero López del equipo local se quejó de una dolencia en el brazo derecho, lo que obligó a Huizar a meter al partido al portero suplente Juan Navarro.

Al minuto 19 del segundo tiempo disputando un balón difícil en una jugada peligrosa, salió lastimado Kai Yonezawa, del equipo visitante. Yonezawa fue asistido por su compañero de equipo Sugadan Barathy, mientras el resto de los

jugadores se hidrataban para mitigar el calor. El entrenador Crawford, hizo cambios en la alineación. Devin Harvey entró en lugar de Yonezawa.

El partido transcurría muy parejo, sin dominado, ni dominador, hasta el minuto 27 del segundo tiempo, cuando en una jugada individual, el delantero Harvey venció a la defensa y anotó el gol del empate, poniendo el marcador 2 a 2.

La lucha por tratar de dominar el partido continuó en los minutos restantes, pero ninguno de los dos equipos

pudo imponerse. A los 45 minutos del segundo tiempo, el árbitro Marshall dio por terminado el encuentro con un empate 2 a 2.

Los jugadores y técnicos se reunieron en medio de la cancha y con un gesto muy amistoso y deportivo se saludaron intercambiando expresiones de mutuo agradecimiento y respeto.

“Vengo a estos eventos porque han sido algo muy especial a través de los años”, dijo Crawford,

David Simonson, defensa de Los Terremotos agradeció a

los visitantes el haber venido a San Quentin.

Al término del partido Ronald Luna autor de los dos goles para los locales dio su impresión del partido.

“Me sentí muy complacido al sentir que íbamos ganando” control y al final pudimos empatar, dijo Luna. “Desde que llegue a San Quentin, en mayo de 2018, siento que ya conozco al equipo y ellos me conocen”.

“Estoy agradecido de los muchachos que vienen a jugar con nosotros, pues el deporte es una parte grande en nuestras vidas”.



SQ Terremotos y Outsiders después del juego

Photo by Eddie Herena

Nhiều Cơ Hội Cho Cựu Tù Nhân

VIETNAMESE

Tác giả: Amir Shabazz
Hội Đoàn Tác Giả Nhà Báo

Có nhiều cơ hội và điều kiện hiện đang mở ra cho cựu tù nhân và những thành viên từng có tiền án theo lời tường thuật của CNBC.com.

Theo nhiều thống kê của các trại giam được ước lượng sự thiếu hụt việc làm cho cựu tù nhân lên đến 27%, nhưng hiện tại cũng có nhiều công ty lớn và hội điều hành bên quảng lý nguồn nhân lực đang đưa ra những biểu hiện thích thú về việc thuê mượn các cựu tù nhân, theo thống kê và thăm dò của hội quảng lý nguồn nhân lực (S.H.R.M).

Đây không phải là một vấn

đề của khát vọng, mà là một vấn đề của cấu trúc bao gồm với sự phân biệt và thiếu hụt cơ hội làm khả dụng và hữu hiệu cho những người đã từng vào tù. Được tường trình qua lời của Lucius Couloute, một nhà phân tích ủy ban chính sách của nhà giam. “Thật ra chúng ta cần những giới chủ, những ai sẵn sàng bỏ đi hết những thành kiến xấu về tù nhân để theo đuổi cho sự bình đẳng mà đề tiềm được những ứng cử viên tốt nhất. Loại trừ đi được các thành kiến và suy nghĩ không hoàn hảo về một quá khứ tội phạm là điều được quyền ưu tiên tại Greyston, một lò bánh mì ở Yonker, N.Y., chỗ hiện đang sáng xuất bánh số có la hạnh nhân cho nhiều công ty lớn bao gồm cả Ben & Jerry, Whole Food, và Delta Airline. Greyston được

thành lập bởi một nhà sư và ông đã dùng cách tuyển mộ bằng khuôn mẫu mà bất cứ ai đã được qua một chương trình đào tạo học nghề có thể xin được việc làm sau đó.

Một tù nhân trước đây buồn bán ma túy, Dion Drew, hiện đang làm tại Greyston. Ông Drew rời nhà giam vào năm 2008 và đi làm như người mới học nghề được trả mức lương \$7.50 một giờ. Hiện tại ông được trả \$25 một giờ, và làm với tư cách là một đại diện cho công ty tuyển chọn người. Ông cũng phát biểu thêm về đề tài này với nhà lãnh đạo của Greyston là ông Mike Brady.

Có hai yếu tố then chốt để thuê người, một là xác minh kinh nghiệm nghề nghiệp và ghé đôi lại với mức học hoặc là sự huấn luyện trước

đó. Điều này có thể xác minh được sự phát triển cá nhân trong lúc bị giam. Drew tin rằng sự thành công của ông xuất phát từ lúc ông quyết định thay đổi khi còn trong trại giam. Tôi đã đặt ra mục tiêu và kế hoạch cho tương lai trong lúc còn đang bị giam. Drew ke lại cho CNBC. “Tôi muốn dành dụm tiền ngay bây giờ để lập gia đình. Tôi mong muốn được đem lại nụ cười cho mẹ tôi.”

Greyston đang tích cực hoạt động và cố gắng thu hút nhiều công ty khác thích thú qua sự tiếp cận vào dự án của họ. Là trung tâm tuyển chọn nhân viên, họ huấn luyện nhiều công ty trong việc nên đầu tư vào huấn luyện hơn là lãng phí thời gian và tiền bạc để tránh né và tìm kiếm khuyết điểm xấu hay là tiềm “cờ đỏ”.

Để thay đổi thái độ của người chủ hướng về việc làm chung với người đã từng vào tù vẫn còn khó khăn và phức tạp. Trong khi đó có nhiều công ty đang hoan nghinh và thật cởi mở đến ý làm chung với cựu tù nhân, chỉ có 5% là đang tích cực thuê mượn tù nhân theo lời tường thuật của “S.H.R.M”.

Chính phủ liên bang đang đưa ra đề nghị với cách khích lệ giảm thuế cho những ai đang thuê người, và những chỗ đang tuyển chọn cựu tù nhân hoặc cựu quân nhân, và bất cứ một ai muốn việc làm và gặp phải chướng ngại và khó khăn. Nếu như công nhân chỉ làm 120 giờ một năm thì công ty đó có thể khai báo thuế đến 25% cho năm đầu tiên của số tiền lương và 40% nếu công nhân làm đến 400

giờ. Một nghiên cứu của cơ quan RAND cho biết rằng điều khuyến khích có hiệu quả hơn là ràng buộc tay chân họ, đặt tên cho bộ phận phục hồi lệ phí là một cách tốt để gắn hơn với chỗ thuê người.

Nhà tư vấn tại New Jersey, ông Eric Mayo nói rằng có nhiều chủ nhân nổi tiếng cũng đang thuê mượn cựu tù nhân trả với mức lương trung bình. Họ bao gồm những công ty như McDonald’s, CNBC, Comcast, và sống bài ở Atlantic City.

“Tôi khuyến khích mọi người hãy xin các công việc mà họ cảm thấy có đủ khả năng,” Mayo nói. “Ngay cả những người không có tiền án, sẵn tiềm việc làm rất là thú vị”

— Dịch giả: Tú Trần

America struggles with racial identity 50 years after Malcolm X



Malcolm X - May 19, 1925 – Feb. 2, 1965

By Marcus Henderson
Editor-in-Chief

When an icon dies in a hail of bullets for his ideas, beliefs and works, the community forever mourns the loss of potential progress. More than 50 years after the death of Malcolm X [El-Hajj Malik El-Shabazz] America is still struggling with the rise of White nationalism, Black on Black crime and police brutality.

In the 1960s, Malcolm X represented the hope of Black manhood. His intelligence and uncompromising speeches made him a people's champion, plus he was formerly incarcerated.

"White folks do not need anybody to remind them that they are men. We do!" said actor Ossie Davis, who gave

Malcolm's eulogy, recorded in The Autobiography of Malcolm X. "This was his one incontrovertible benefit to his people.

"Protocol and common sense require the Negroes to stand back and let the White men speak up for us, defend us, and lead us from behind the scene in our fight. This is the essence of Negro politics.

"But Malcolm said, 'to hell with that! Get up off your knees and fight your own battles. That's the way to win back your self-respect.'"

Malcolm was a hustler, a pimp, drug dealer and a robber, all the negative trappings of Black youth street life. He earned the nickname "Detroit Red." Then Malcolm transformed his life.

He became a Minister in the Nation of Islam, a respected orthodox Muslim leader, a fierce debater and a revolutionary thinker about change and reform.

Malcolm connected with the people because he understood the plight of Black youth.

"What makes the ghetto hustler yet more dangerous is his 'glamor' image to the school dropout in the ghetto," said Malcolm. "The ghetto teenagers see the hell caught by their parents struggling to get somewhere, or see that they have given up struggling in the prejudiced, intolerant White man's world.

"The ghetto teenagers make up their own minds; they would rather be like the hustlers whom they see dressed 'sharp' and flashing money and displaying no respect for anybody and anything," Malcolm added.

It's because of the lack of Black businesses that the Black man can't employ his people and stabilize their community, Malcolm said.

Malcolm was called "the angriest Black in America" for comments such as "Chickens coming home to roost" when speaking of the assassination of President John F. Kennedy and for his infamous "By Any Means Necessary" comment.

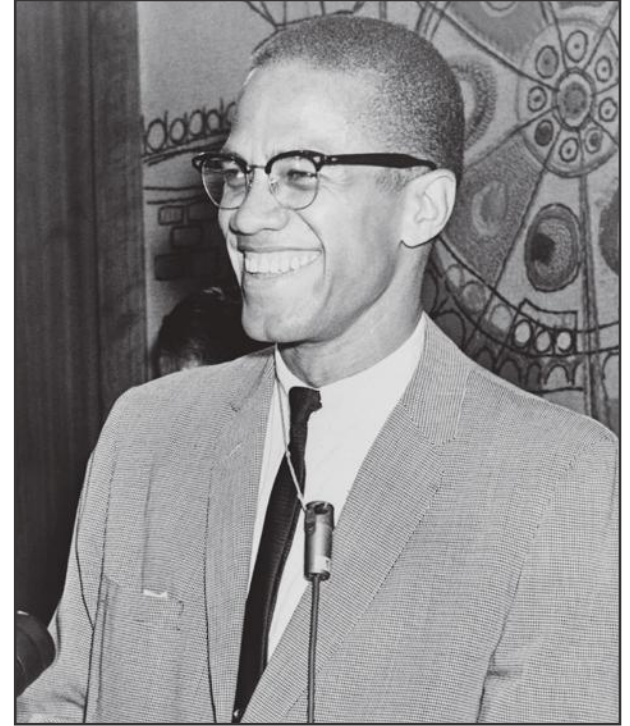
But Malcolm felt that the White media wanted to make him the scapegoat for the country's failures to address the issues in the Black community.

"It takes no one to stir up the sociological dynamite that stems from the unemployment, bad housing, and inferior education already in the ghettos," said Malcolm. "The explosively criminal condition has existed for

so long, it needs no fuse; it fuses itself; it spontaneously combusts from within itself."

As Malcolm grew spiritually in his Islamic faith, he believed it would take everyone to correct America's human problems; even if it meant working separately, there would be collective action.

*"Where else
but in a prison
could I attack
my ignorance
by being able to
study intensely,
sometimes as
much as 15
hours a day?"*



Malcolm X addressing the crowd

"Let sincere Whites go and teach non-violence to White people. We will completely respect our White co-workers. They would deserve every credit," said Malcolm. "In our mutual sincerity we might be able to show a road to the salvation of America's very soul. It can only be salvaged if human rights and dignity, in full, are extended to the Black man.

"Only such real, meaningful actions as those ... can get at the basic causes that produce the racial explosion in America today," Malcolm added.

Malcolm's time in prison is where he learned about himself, his people and world affairs. He credits the rehabilitative culture at Norfolk Prison Colony for his enlightenment. He joined group discussions and the

debate team with instructors from Harvard, Boston University and other educational institutions that taught the rehabilitative programs.

"Many who hear me somewhere in person, or on television, or those who read something I've said will think I went to school far beyond the eighth grade," said Malcolm. "This impression is entirely due to my prison studies.

"Where else but in a prison could I attack my ignorance by being able to study intensely, sometimes as much as 15 hours a day?"

Malcolm was both loved and hated by Blacks and Whites alike. But his passion to speak truth to power could not be questioned.

"Sometimes I dare to dream to myself that one

day, history may even say that my voice – which disturbed the White man's smugness and his arrogance and his complacency – that my voice helped to save America from a grave, possibly even a fatal, catastrophe," said Malcolm.

Ossie Davis summed up Malcolm's life at his funeral.

"But in explaining Malcolm, let us take care not explain him away. He had been a criminal, an addict, a pimp and a prisoner, a racist, a hater; he had really believed the White man was the devil. But all this had changed. Two days before his death ...he said 'That was a mad scene. The sickness and madness of those days! I'm glad to be free of them.'"

And Malcolm did become free.

An interview with former Death Row prisoner Alfred Sandoval, from Pelican Bay's Newsletter "The Pelican"

By Kunlyna Tauch
Contributing Writer

K: Thank you for sitting down with me and for agreeing to do this interview. If I remember correctly, you said you've been in prison for about two-thirds of your life? That... is a long time.

S: Trust me, it's been very long. From the boy's home to death row – I came into the system in '79.

K: Has it been hard?

S: No. It's life. It's survival. Out there, in the streets, you have to deal with everything – bills, jobs, boss, kids. In prison it's the same. Life. It doesn't mean it's easy or hard. It's just part of living.

K: So what have you learned from doing all of this time?

S: That there's always a tomorrow. At the time, you don't always realize how you get through things but there are moments when you wake up and it almost surprises you!

K: It sounds like you've come to accept your situation.

S: Well. Yeah. I knew what I was doing when I did what I did. So I can't come in here and not accept it like I wasn't supposed to be here. It's, as I like to call it, an "occupational hazard". Just like the risk that you will hurt yourself on the job, our lifestyle comes with the risk of going to prison.

K: That sounds like a wise perspective. Why do you think a lot of youngsters come in here and have such a hard time?

S: I think these kids can't accept responsibility. It's never their fault. I mean everyone I meet is innocent now-a-days. (We share a laugh at this)

S: They act like they're the victims, always blaming everybody but themselves.

You see, with me, I always make my own decisions. I'm in here and I'm living with my choices. Now I'm surviving. Living. To progress is a choice.

K: I see you going to a lot of programs – when did you make the decision to "calm down"? I'm assuming you haven't always been like this.

S: What's that supposed to mean?!

K: Uhh...

S: I'm just messing with you youngster. Somewhere along the way I got old. (He laughs) But it started in '94. I was 5 days away from execution-

K: 5 days? How did you feel about that?

S: I was ready. Like I said, it's an occupational hazard. I had this saying on my wall "Life is but the sleep from which death awakes the soul". It's a Native American saying. It's always stuck with me. The first few days felt like Russian roulette. But after seeing something

called the 'many faces of death', my only goal was to show my kids that the system didn't break me – the 'many faces of death' was a collection of mug shots of all the people they had executed. Everyone in those pictures looked mad or sad or depressed. I wasn't going to be that, so in every photo I had a big smile on my face.

K: What happened to the... execution?

S: My lawyer filed some paperwork and had it stopped. 5 years later, I got a reversal and they gave me life without. During those 5 years, a friend of mine taught me how to meditate. I had way too much energy. I was in my 40's and had to deal with my inner self. Things happen in life and you have to learn from them, move forward. There's this saying, "A fool will lose tomorrow looking back on yesterday". Once I calmed down, I started to want to be better for myself. That's the key. It's not about doing programs because they look good on paper, but because you want to be better for yourself.

K: With all of these programs, have the people changed? Is it better? Worse?

S: No. It's still the same type of people. The way I see it, it's just evolution. Things change. Not everything has to be good or bad. It's just life. Survival.

K: You use that word a lot. Survival. Why?

S: Well, back when we didn't have so many programs, we had two types of convicts. We had the hustlers and we had the survivors. The hustlers were the ones who always tried to get over...

*"I think these
kids can't accept
responsibility. it's
never their fault.
I mean everyone
I meet is innocent
now-a-days"*

K: What do you mean when you say 'hustler'?

S: I mean the types of people who would steal a bar of state soap even though they had a locker full of personal soap. The types of people who had no respect for the well-being of others and who always tried to game the system. The survivors just wanted to live, and every once in a while maneuver within the system. We had respect and thought about everyone who would be affected by our actions. This was our community. This was where we lived. So we treated everyone and

our environment with care

The hustlers thought that they could get away with everything and didn't care if they put others at risk. I remember when I first came to prison. I was at Old Folsom. They put us on Fish Row. At night, after 9, some of the new guys were still being loud on the tier. When one of the homies called down to them to keep it down so the other people could sleep, the guy who was making all the noise said, "F\$!& you. I'll do what I want". The next day, one of the older homies was schooling me. I had my fish kit in my hands, and right as he was telling me about the importance of respect and how to be mindful of others – even to c/o's and other races – here comes the guy that was making all the noise the night before, with a knife in his back. (laughs) That's how it was back then. You learned fast.

K: You mentioned something about c/o's?

S: Why bring heat to yourself and make life harder? It was the same for c/o's back then. They handled their own, too. It was so violent back then that they didn't want to have to come to work worrying about their safety. Respect, youngster, that's what it's all about. At the end of the day, we are all humans, trying to make it through the day smoothly as possible. They had a job to

do, and so did we.

K: It kind of seems like that's been lost, or at least isn't as prevalent now as it was back then. There are a lot of 'hustlers', today. What do you think happened?

S: Too many youngsters, and not enough old-timers to school them. Back then, the older homies sat us down, taught us manners, the do's and don'ts, how to live and how not to live. They taught us how to carry ourselves because they actually cared.

K: Why do you think youngsters come in here so wild?

S: They didn't have proper role models in their lives.

K: You think having a male figure is important to a child's development?

S: Yeah. Strong women can do it, too. Kids need structure. There are a lot of kids in here, now. It's our job to teach them. We've lost our sense of unity and community. It takes a village. We're all in this together, you know?

K: I know we're in prison, but our community, this environment, can still be a place where we can grow, right?

S: Right.

K: Thank you for all of your insight. I think some guys can really learn from this interview.

S: They can and will, if they want to. That if, that's the problem we have to fix.

Scott J. Lawrie's poetry was inspired by an ex-con poet

BOOK REVIEW

By Juan Haines and Zoe Mullery

When the young Scottish lad Scott J. Lawrie was introduced to the country's most famous poet, Robert Burns, it was the beginning of his fondness for poetry. His introduction to American poetry came through the Beat movement. However, his connection to San Quentin came through an obscure poet who did time here—the late Ed “Foods” Lipman.

After Lawrie researched

Lipman's works, he published *Only By Flashlight* and sent a copy to Zoe Mullery, who holds a weekly creative writing class at San Quentin. *Only By Flashlight* was reviewed in the March 2018 edition of *SQN*.

Lipman's “deliberate and brutal honesty, wit, humor and intelligence” moved Lawrie.

He added, “I feel that a poet must leave part of themselves on the page. No matter what the subject matter is, the reader will connect emotionally and that is what will bring people together and help people understand one another.”

Haines: After taking in

Lipman's poetry and what your research has revealed, describe your understanding of San Quentin, then and now.

Lawrie: My understanding or first impression of San Quentin came to me in my early teens through Johnny Cash's concert. I have listened to that album hundreds of times, especially during this project. Reading Lipman, I developed a sense of its early injustices, its violence and solitude. This inspired me to find out more about how the prison is today. I discov-



Photo courtesy of Scott J. Lawrie
Scott Lawrie

Quentin and everything it is achieving.

My understanding now of the prison is that there seems to be a collective effort to better its inmates and to encourage art in all its forms. I recently watched the short film *More Than Basketball* (there's a link to the film at www.sanquentinnews.com), I was truly moved and inspired by it. I have never played basketball; I have never been to prison, but I was touched by the humanity nonetheless. I hope that is what Lipman's poetry can, for others, go some way to achieve.

Mullery: Did or does this affect the way you feel or think about prison and prisoners?

Lawrie: Before this project, I hadn't given much thought to prison and prisoners. Which I suppose is the unofficial mission statement of the system:

you don't see them and you don't have to worry. During the time I have been working on this project, I started to explore my own moral self. How was I in society? What was my place? Was I that ignorant? How did I feel about the justice system—about prisons and rehabilitation? This took a lot of time. I was torn creatively and morally. I was going to release a collection of poetry by a man who had broken the law. On the other hand, I was going to release a collection of poetry by a poet. I asked myself, “Can one man be both?” I think you can. I think the existence of his and many others' poetry proves that you can. I think the existence of art in the most desperate of surroundings proves it. I came to the understanding that a man who is in prison has already been judged. I am not a judge.

Guards union seeks better relationship with Gov. Newsom

By Michael Jace
Journalism Guild Writer

California's prison guards union is taking steps to foster good relations with new Gov. Gavin Newsom.

The union withdrew a \$2 million contribution to a ballot initiative opposed by Newsom, the *San Francisco Chronicle* reported Feb 17.

The \$2 million check was in support of the Reducing Crime and Keeping California

Safe Act of 2020. It was made by then-President Chuck Alexander of the California Correctional Peace Officers Association (CCPOA) just before his term ended on Dec. 31. It was pulled back by the new union president, Kurt Stoetzel, according to the *Chronicle*.

“The smart move right now is to work together with the governor on the issues that matter most: wages, benefits and working conditions,” said former Newsom media aide

Nathan Ballard, who is now advising the union. “The CCPOA's leaders would rather work collaboratively with the governor than pick a fight at the ballot box.”

The CCPOA was the only law enforcement group to endorse Newsom for governor. It donated \$1 million to an independent committee to support his campaign.

The union begins negotiations for a new contract with Newsom in July

ered the wonderfully accomplished podcast *Ear Hustle*, which I have been promoting alongside the sales of the collection to help people have a deeper understanding of San

SB 1421 gives public access to police misconduct records

By Alfred King
Journalism Guild Writer

The public now has access to police misconduct records, thanks to a new law.

This legislation grants access to the public of all investigations in the use of force and officer misconduct.

A state appeals court has ruled the law has immediate statewide impact.

Presiding Justice Stuart Pollak and Justices Alison Tucher and Tracie Brown

upheld a decision by Superior Court Judge Charles Treat. Police groups in several counties asked the California Supreme Court to take up their case, but the court refused.

Michael Rains, the police union's lawyer, said the ruling reflected the courts attitude that they don't “give one hoot about the rights of police officers.”

For decades, California has had some of the nation's most stringent confidentiality standards for police personnel

records, the *San Francisco Chronicle* reported. The new law is SB1421 by Sen. Nancy Skinner, D-Berkeley.

Tenaya Rodewald, the lawyer who argued the case before the appellate court, said, “For the first time in a long time, the Legislature has decided it's really important for public trust in law enforcement and the administration of justice in this state for people to be able to obtain records of serious incidents of police misconduct.”

RISE founder helps returning citizens rebuild their lives



Photo courtesy of RISE

Tracy Brumfield

By Marcus Henderson
Editor in Chief

After incarceration Tracy Brumfield did not sit back with her arms crossed when it came to her recovery and reentry: She founded RISE, a newspaper and resource guide to help Cincinnati's returning citizens get the services they need to rebuild their lives, reported on RISE website.

Brumfield overcame drug addiction, homelessness and unemployment before running her own business. She launched RISE (Reenter Into Society Empowered) in 2017. The first edition was called the Recovery issue.

“Five years ago, I was downstairs in the holding cell after being arrested for drug possession. I didn't know what to do, who to call or how to get help,” Brumfield wrote in the first edition. “I knew my addiction had taken over my life, and this arrest was just the first of many horrible consequences.

“I still had prison and homelessness waiting for me,” she added. Once released, Brumfield was living in her car and panhandling for money, but she knew she needed a shift in her life and found a program to get clean.

“I had to work like hell to reclaim my life. But the first

thing I had to do was ask for help,” said Brumfield. “(It) seems like an easy thing to do, but for me and many others it was actually the hardest part of getting sober.”

Brumfield began to reach out to family, friends and agencies like the Salvation Army, the Center for Addiction Treatment, and the Health Resource Center. She realized that she could help other formerly incarcerated by relating to them her own experiences.

Brumfield continued to network with people and organizations. Eventually, she connected to People's Liberty, a Cincinnati philanthropic entrepreneurial lab, from which she received a grant, reported the website.

She put together a small editorial team that consisted of a writer, a designer, a managing editor and an intern. She contracted with a vendor to print the newspaper.

The newspaper then commenced its mission to provide people a pathway to new beginnings, finding purpose and hope. The RISE has published issues on recovery, housing and an issue called Community Voices.

“Every issue of RISE is about getting back up again—even at your lowest point,” said Brumfield. “Whether it's seeking recovery, getting off the streets, or finding a job, you can rebuild your life.

“For whatever reason—we're here to connect people with the hands of hope in the community,” she added.

The newspaper distributes more than 40,000 copies every five weeks. It's free of charge; half are distributed to five correctional facilities in three counties between Ohio and Kentucky, according to the paper's website.

It's also distributed to health clinics, shelters and food banks.

“Going to jail and eventually prison was an experience I needed to have to find my humility and

humanity,” Brumfield said “While inside, I realized that I was no better or worse than anyone else, and success in this life could never be defined by money or material things.

“I envied those who found peace behind bars—the ones doing real time seemed more content than those who only had a few months. It wasn't because they had given in, but because they had found purpose,” Brumfield added.

She said she found her purpose by coming to grips with her life situations.

“I am no expert, but I found mine [purpose] through pain. The pain of living with substance use disorder—and getting arrested for it—first angered me,” said Brumfield. “I felt angry at the system and angry at myself. I couldn't understand why I kept making the same mistakes.

“Once I began to realize I had more to do in this life, I began educating myself. For some, education might mean getting a GED or diploma. For others, it might mean going to college or trade school. But education can be just learning something new,” Brumfield added.

Brumfield is not only providing those who are system-impacted a resource guide to reentry, she continues to give back by volunteering and mentoring women in Cincinnati jails and addiction treatment centers, reported on the paper web.

“The greatest gift I can give you in these four pages is what I like to call ‘the real real,’” said Brumfield. “I go into the Hamilton County N32 G pod every Thursday and we talk about the things in life that can really change us, and how in those moments, if we listen to our gut, we can make good decisions,” said Brumfield.

“The difference in my life has been my willingness to listen to my ‘real real,’ and follow what I knew was the right thing to do,” she concluded.

NEWS BRIEFS

1. Muscatine, Iowa – Democratic presidential candidate Sen. Bernie Sanders (I-VT) said that more states should let people with felony records vote while they're in prison in an article in the *Des Moines Register*. “I think that is absolutely the direction we should go,” Sanders said in response to a question regarding voting from prison.

2. Nevada – An estimated 90,000 Nevadans were unable to vote in the 2016 election because of prior convictions, or about 4% of the voting age population, reports *The Nevada Independent*. A new bill would remove any waiting requirement and automatically apply voting rights to any person regardless of the severity of their crime, or if they are on parole or probation.

3. Washington – (*Reuters*) On a 5-4 vote with the court's conservatives in the majority, the US Supreme court reversed two lower court decisions that delayed the execution of Alabama inmate Christopher Price, 46, for 60 days. Price has requested execution by lethal gas instead of lethal injection.

4. Sacramento – The California Department of Corrections and Rehabilitation (CDCR) has awarded \$4 million in grants to volunteer and community-based organizations in its continued effort to enhance rehabilitative programs and activities in California state prisons. The grants were awarded for a period of three years, for a total of \$12 million in funding. CDCR will use the Innovative Programming Grants to help balance offerings



and provide opportunities at prisons that historically may not have a large number of volunteer-led programs.

5. Pennsylvania – Brandon Flood, 46, has a new job as secretary of the five-member Board of Pardons, a panel that give felons a chance for clemency or wipe their slate clean by pardoning past convictions, *The Inquirer* reports. What makes the appointment remarkable is that Flood's past includes boot camp for juvenile offenders, felony convictions for dealing crack cocaine and carrying an unlicensed gun.

6. Pennsylvania – State lawmakers approved a dozen victim-centered bills that include restrictions on cross-examinations of rape victims, eliminating the statute of limitations for child sexual abuse, making it easier for people with intellectual disabilities to testify in court, as well as a formal bill of rights for crime victims known as Marcy's Law.

7. Simi Valley – Craig Coley was released from prison in 2017 after then Gov. Jerry Brown who said that DNA evidence and re-investigation proved his innocence pardoned him. Coley has since reached a \$21 million

settlement with the city of Simi Valley for being wrongly imprisoned for nearly 40 years.

8. USA – There were 101 exonerations for violent felonies in the US, including 68 homicides, 7 child sex abuse convictions, 10 sexual assaults on adults. Two of the homicide exonerees had been sentenced to death. Thirty-three were of drug crimes; Twenty-three were based on whole or part DNA evidence; Seventy were of convictions in which no crime was actually committed; 107 included misconduct by government officials; forty-nine were based on guilty pleas; thirty-one involved mistaken eyewitness identifications; nineteen involved false confessions; 111 included perjury or a false accusation; and ninety-nine were the result of work by prosecutorial conviction integrity units or innocence organizations.

9. Minnesota – Ex-offenders on parole or supervised release can use medical marijuana under a new policy, the *Star Tribune* reports.

10. New Hampshire – Last April state lawmakers passed a veto proof measure to end the death penalty, the *Los Angeles Times* report.

Finding freedom on the field with soccer on Lower Yard

By Aaron Taylor
Sports Editor

Oscar 'Flaco' Aguilar is a member of the San Quentin Earthquakes Soccer Club. He was convicted of murder and given a life sentence, however, he's eligible for early parole due to his age (23) at the time of his crime; in 2015, the voters in California deemed that individuals up to the age of 25 are still mentally developing and aren't fully responsible for their actions. This is the first interview for SQ Sports that we've done that's bilingual.



Photo by Jonathan Chiu, SQN
Aguilar in a game against Team Black

SQN: How long have been playing soccer?

Oscar: I began playing soccer in prison, at the age of 24. I've been playing this sport for 11 years.

SQN: ¿Cuánto tienes jugando fútbol?

Oscar: Yo empecé a jugar fútbol en la prisión a la edad de 24 años y tengo jugando este deporte 11 años.

SQN: How does it feel to be a member of the SQ Earthquakes?

Oscar: I feel privileged to be allowed to participate and be a member of the SQ Earthquakes.

SQN: ¿Cómo te sientes siendo un miembro de los Terremotos de SQ?

Me siento privilegiado que me hayan permitido participar y ser un miembro de Los Terremotos de SQ.

SQN: What self-help groups are you in?

Oscar: At the moment, I'm involved in several programs like Alcohol Anonymous and Transformando la Ira en Poder (TRIP). TRIP is Guiding Rage Into Power (G.R.I.P) in Spanish.

SQN: ¿en cuales programas estas participando?

En este momento, estoy varios programas como Alcohólicos Anónimos y en Transformando la Ira en Poder TRIP. TRIP es la versión de G.R.I.P. en español.

SQN: And what's been



San Quentin earthquakes Fútbol Club 2019

Photo by Javier Jimenez, SQN

your education pursuits while here at The Q?

Oscar: I'm working toward getting my G.E.D.

SQN: ¿Y cuál ha sido tu meta a cumplir aquí en Q?

Estoy trabajando en obtener mi GED.

SQN: If you could give a message to any kid who's thinking about joining a gang or selling drugs, what would you say to them?

Oscar: I would tell the youngster not to join a gang because the older guys are just going to use him/her for their own benefit. I have met

too many people that did many negative things for others that destroyed their own lives too.

I would also tell the youngsters in general that selling drugs is the worst thing you can do in this world. Drug dealers make people irresponsible, thieves, manipulators, liars, prostitutes and mentally unstable.

Drug dealing causes collateral damage that is compounded by other social issues like poverty and delinquency as well as marginalizing those individuals.

SQN: ¿Si le pudieras dar un mensaje a cualquier joven que esté pensando en unirse a una pandilla o vender drogas, que les dirías?

A un joven como consejo yo le diría que no se meta en una pandilla, porque los líderes de la pandilla solo lo van a usar para su propio beneficio. Yo he conocido a bastantes personas que hicieron muchas cosas negativas por otros y al final también les destruyó la vida.

También les diría a los jóvenes en general que vender drogas es la peor cosa que

uno puede hacer en este mundo. Los vendedores de drogas hacen a la gente irresponsable, rateros, manipuladores, mentirosos, prostitutas, y mentalmente inestables. Vender drogas causa un daño colateral que está compuesto de otros problemas sociales como es la pobreza y la delincuencia así también marginaliza a esos individuos.

SQN: If the SQ Earthquakes could play any team in the world, which team would like to take the field against?

Oscar: The team that I would like to play against on the field would be Barcelona F.C. because, in my opinion, they have one of the best players in the world: Messi

SQN: ¿si los terremotos de SQ pudieran jugar con cualquier equipo del mundo, cual equipo te gustaría enfrentar en el campo de juego?

Un equipo con el que me gustaría enfrentarme en el campo es el Barcelona F. C. porque, en mi opinión, ellos tiene uno de los mejores jugadores del mundo: Messi.

—Spanish Translation by Juan Espinosa

Former US National Team Captain scores Hat Trick against the Earthquakes



Photo by Javier Jimenez, SQN

Former 2006 U.S. National Soccer team captain Jimmy Conrad having fun at SQ Lower Yard

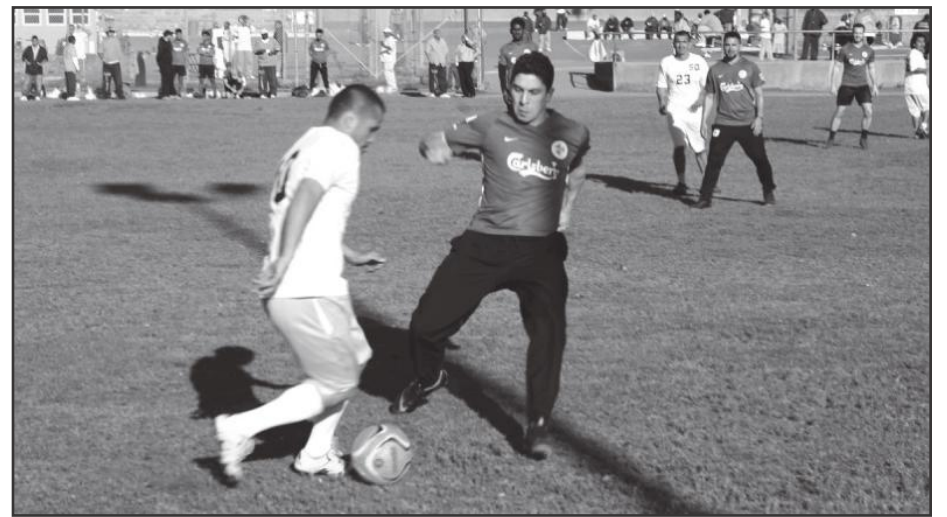


Photo by Javier Jimenez, SQN

Terremotos and SF Glens' players battling for the ball at SQ Lower Yard

Former 2006 U.S. National Soccer team captain Jimmy Conrad scored three goals in the San Francisco Glens 8-2 victory over the SQ Earthquakes.

"I haven't had a hat trick since high school," Conrad said with a huge smile after the game.

The team SF Glens are a semi-pro that's part of the USL League 2, a league that has 74 teams in North America and Canada. They are ranked 16th overall.

Conrad scored his first goal in the 27th minute, followed by back to back goals in the 53rd

and 55th minute. SQ Earthquake player 'Francisco' scored for the home team in the 42nd minute.

Francisco is The Q's version of one name identity, like Pele, Messi or Reynaldo.

"I was a little scared when first asked to come play inside

a prison," said Goalie Roberto Llamas. "But I wanted to come, so I cleared my schedule for this."

Javier Ayala, one of several coaches who took part in the game, stated "People make mistakes but it doesn't necessarily make them bad people. I've

had family members do time. So, part of the reason I'm here is challenge those perceptions that some may have and to play a good soccer game."

"When these guys come in, it's like a visit for me and the team. Some players don't get a visit, so it gives many a chance

to actually have some social interaction. In that sense, no matter what the score says, we're always winning," said Angel Villafone.

The SQ Earthquakes at the close of this game, are 0-1-1 on the season.

—Aaron Taylor

News & Notes

AT THE Q:

Handball:

David "Clout" Williams and Eric "E-Man" Post won the 1st annual "Showtime Handball Tournament" sponsored by SQ Radio. This tournament was filmed and will be available via institutional channel soon.

Intramural Basketball Teams for the 2019 season:

- Dub Lyfe 1-0
- The Franchise 1-0
- Pookie & The Boys 1-0
- Goonies 0-0
- Canada Dry 0-1
- The Knicks 0-1
- Free Bands 0-1

SOCCER:

Opening Day, Team Black v. SQ Earthquakes 2-2.
Team Black: Alex, 3:54; Devin, 4:61;
SQ Quakes: Luna, 1:25 & 2:44

SOFTBALL:

Prison Sports Ministries beat the Hartimers 34-31 in the Hartimers season opener on 4/14/2019

AROUND THE STATE:

CMC 2015

4-Man Push Up: Byrd, Lomax, Ramirez, Sudduth (40 in a minute)
Arm-Hang Challenge: Warren, 4:33

CMC 2016

One-Arm Bandit: Williams, 6:04
Polymetric Pull Ups: Adkins, 21 in 2:00

CMC 2017

Polymetric Burpees: Hernandez, 58 in 2:00
Handstand Push-Ups: Bateman, 30
20 yard shuttle run: Carter, 4:29

SAC 2017

Plank: Beltran, 11:59
Behind The Back Push Ups: Robles, 31
Polymetric Push Ups: Anguiano, 106
Wall-Sit: Blanks, 10:00

CCI TEHACHIPI 2019

Pull Ups: Hubbard, 50

KVSP 2019

Squats: Ayala, 541 in 10:00



Photo by Eddie Herena

Ryan "The Rifleman" Steer

THE SAN QUENTIN KINGS opened the 2019 season with an exciting overtime victory against The Bittermen 88-87. Ryan 'The

SQ Kings & Warriors Round Up

Rifleman' Steer scored a San Quentin career high 51 points in the loss for The Bittermen, while Jamal 'Do-It-All' Harrison led the Kings with 21.

Both teams were very rusty, with no points being scored by either team until 8:35 mark of the first quarter. Tare 'Cancun' Beltranchuc knocked down a free throw in overtime to seal the deal.

ON 3-23-2019, SQ Kings lose to The Trailblazers 100-77. Will '2-Piece' Wheatley returned to The Q after sitting out all last season and led The Trailblazers with 26pts. Geoffrey 'Free' Gary scored 24, and 54 year old Ted 'Teddy Hustle' Saltbeit went 5-8 from 3pt land, scoring a total of 17. Gregory 'G Styles' Jones led The Kings with 14, all scored in the 4th quarter.

ON 4/13/2019, SQ Kings lose 80-67 to The Bittermen. The Rifleman led all scorers

with 23pts, followed by new Bittermen teammate Chris with 16. Derrick "Out Loud" Gray led the Kings with 16pts.

Season record: 1 - 2
THE SAN QUENTIN WARRIORS open the season 1-0 with a blowout 104-52 victory over Lincoln Hill. Allan "Programmed To Score Baskets" (PTSB) McIntosh led the SQ Warriors with 28pts 4 rbs, followed by Delvon "Del the Funky Basketball Player" Adams with 21pts 5rbs and 3stls. Veteran 2-Guard Marvin "Lunch Pail" Cosby had 4pts 3rbs 7ast and 6stls.

For Lincoln Hill, they were assisted by three San Quentin Warrior players to fill out their roster. First time SQ Warrior Cleontee "The Truth" Kennedy had 15pts 5rbs and 2stls.

—Aaron Taylor



Photo by Eddie Herena

Allan "PTSB" McIntosh

SQ Student-Athlete of the Month: Jason Robinson



Photo by Eddie Herena

Robinson and Warriors Power Forward, Draymond Green

**By Aaron Taylor
Sports Editor**

Jason “The Panamanian Panther” Robinson has played for both the SQ Warriors and Kings. He’s coached a team (No Fair Ones) to a championship in the half-court 38-and-over Championship Basketball League (CBL) at The Q,

and he’s also this month’s featured interview...

SQN: In 2017, you were part of the SQ Warrior team that beat Bob “Big Money” Myers in his last game played here at The Q; what was your personal game plan against Myers in that game?

JR: Continuously hit his body. Now setting up on the box, make him feel me.

Whether he scored or not, I wanted him to feel me.

SQN: Now you’re with the 40 and over SQ Kings. What’s the transition been like, as far as getting a little older as well as coaching styles between the two teams?

JR: Coaching... The team, it’s more discipline on the Kings and camaraderie with the Kings.

SQN: How would you describe sports as being a vehicle for rehabilitation? What’s the relation that connects these two?

JR: In order for you to rehab, you need to get to your authentic self. You use your talent and ability for a greater good; you need this to succeed in society. You don’t have to force yourself onto others. It gives you sense of belonging

SQN: What self-help groups are you involved with?

JR: Alternative to Violence Program, Criminals and Gangsters Anonymous, Criminal Thinking Anger Management, Guiding

Rage Into Power (G.R.I.P), Critical Thinking, NA/AA, ARC Recovery, No More Tears and Project L.A.

SQN: Are you or have you taken any college courses here at The Q?

JR: Prison University Project and Business Management in Coastline.

SQN: Let’s say you get to speak to a room filled with junior high school students, 6th through 9th graders; what’s one sentence that you would really like to impress on their minds in relation to avoiding negative influences in their lives?

JR: The key to empowerment is Knowledge of Self and Love of Self; once you attain these two, no one can stop you.

SQN: Define the term ‘Role Model’ in relation to how you’re currently living your life from within these walls.

JR: I take advantage of every opportunity to pass on my knowledge through my personal experience. I have to listen as well pass my wisdom on to others.



Photo by Eddie Herena

Myers scoring a lay up on Robinson during the game, 2017

SQN: Alright, you get the opportunity to pick your all time all-star NBA roster, starting 5, but, you can only pick White players... whose your starting 5?

JR: (Laughing) That’s a nice twist. Okay, I’m going... PG Larry Bird, SG Steve Nash, SF Dirk Nowitski, PF Bill Lambier, C Rik Smits

SQN: I appreciate

you taking time for this interview, peace.

JR: I want all the young guys at The Q to take advantage of the opportunity to be in an environment without violence and racial politics... and use this time wisely in order to go back home and be a benefit to those around you and not becoming another statistic.

Various Bay Area clubs represented for Lower Yard tennis opener

**By Salvador Solorio
Journalism Guild Writer**

The opening day of the 2019 Tennis schedule could not have been better. The outside visitors from Bay area tennis clubs once again expressed their tennis camaraderie and friendship with the San Quentin Tennis team at the season opener the morning of March 16.

The weather was clear, sunny with a light breeze, a perfect setting for the games.

The first two games of the season were mixed doubles, that is one San Quentin and one outside player matched against another mixed team.

Pat Leong of Oakland Hills Tennis Club teamed with San Quentin’s Paul Alleyne versus Ted Storey of Cal Tennis Club of San Francisco and Chester Boddie. Alleyne and Leong were able to out hustle their first opponents and win the game 4-1. She also won another game 4-3.

“It feels great to be undefeated here at San Quentin, I also won all my games during my last visit here.”

The third game paired Ted Storey and Kelvin Trinh versus Mark Denne and San Quentin’s Troy Smith. Kelvin smashed many returns while playing the net while defeating Denne and Smith



Photo by Jonathan Chiu, SQN

Paul Oliver (L), Paul Alleyne (R) and tennis club members

4-1.

The forth game featured Denne of the Cal Tennis Club of San Francisco teamed with Oakland’s Leong versus San Quentin’s Trinh and Boddie. The visitors were unable to return Trinh and Boddie well place return shots and were defeated 4-2. Leong stated after his first loss he is recovering from serious knee injuries but nonetheless is pleased with his efforts.

“I enjoy the guests coming in and for the respect tennis guest show for prisoners,” Harris said. “And long live tennis!”

The last game featured San Quentin’s Orlando Har-

ris and Alleyne versus Leong and Denne. Harris’s well placed returns with Alleyne’s speedy mobility triumphed over the outside club players 4-2.

During the closing circle tennis commissioner Alleyne thanked the visitors for coming to San Quentin. Alleyne stated the tennis team’s appreciation for the visitor’s presence as a contributing factor to prisoner rehabilitation and eventual successful return to the free world. Denne responded saying, “I loved being here today.”

Lastly, participants joined hands and cheered together, “Inside Outside Tennis!”

“Jamal & the General Manager”

January 2018.

Five men are running laps. It’s cold. Its frigid cold at San Quentin at night.

They are preparing for the upcoming 2018 San Quentin Warrior basketball season.

They are getting in tip top condition because they all understand that the season is about stamina.

They need endurance.

Five men.

2018 try outs begin and all five make the team. These five have a head start.

With all the preseason preparation, only one of the five has seen significant playing time during the season.

All that preparation.

All those laps.

All the grueling physical exercises.

Jumping Jacks.

Squats.

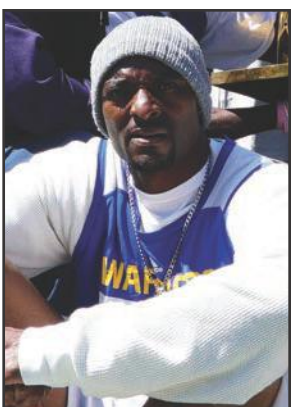


Photo by Harold Meeks

Jamal Green

Running lines.

Slide drills.

Lay up lines.

Free throw shooting.

Strength and conditioning.

And all five men have played a total of 17 minutes combined at the mid-season mark.

A 2-month head start.

17 total minutes.

Combined.

One player in particular never complained out loud, but inside, in his head, he was ready to quit. He was questioning if what he started out doing, two months before any other player, was it worth it?

He wondered why he wasn’t getting on the court; what was different about him?

The day before he was going to take off his jersey and leave the team, he was watching a post-game interview during the middle of the NBA Finals. Mindi Bach was speaking to Golden State Warriors general manager Bob Myers after the Golden State Warriors won game 3.

Bob Myers was wearing a new San Quentin Warriors basketball jersey.

And that’s when this one player decided not to quit.

He finally figured out why he was on the team, and what his preseason work was all about.

Because the entire basketball world had just seen the general manager of the reigning NBA champs wearing a

jersey that represented this player’s current team, the San Quentin Warriors.

Bob Myers could’ve worn any shirt after winning that game that day, but he chose to wear a SQ Warrior jersey.

In doing so, he affirmed his commitment to this basketball program, his commitment to helping those whose life circumstances and life choices may not have been like his, but he was letting everyone know, by wearing that jersey, that basketball is more than just a game.

If you don’t realize how important the link between sports and rehabilitation actually is, you should speak to Jamal “Dr. Junk” Green, winner of the “Give Me My Money” award for the 2018 SQ Warrior season.

He just made the Warrior roster, again.

However, he didn’t quit last season because he saw that basketball at The Q is more than a game.

It was a place to exercise every lesson he had learned in every self-help group he’d ever taken.

He realized what wearing a jersey actually meant to a larger audience.

It wasn’t about him personally.

It was about the program he represented.

San Quentin Warrior’s Basketball.

—Aaron Taylor

Sports Pic’s Around The Q



Photo by Jonathan Chiu, SQN

Dashawn Nickolson, Defensive End, All Madden 2018



Photo by Eddie Herena

Rookie members of the San Francisco 49ers, 2014

Native American spiritual leaders bring tradition to SQ



Native American spiritual leaders from across the nation. Photo by Harold Meeks



Jingle dancer I. Madril Photo by Harold Meeks



Lee Planco Photo by Harold Meeks

Pow Wow

Continued from Page 1

A Grass and Jingle dancer rounded out the ensemble, representing another part of Native Indian spiritual life through dance.

"It was amazing that this prison helps the people in their culture, where they can wear their regalia and sing their songs," said Cindy Famero of the Comanche Nation, who traveled from Oklahoma. "I'm really honored to have connected with the people here, to hear their stories and hold prayer."

"It's because of that feeling of being disconnected that this cycle of incarceration continues," Famero added.

The March 22 event also celebrated the life and death of Myra Smith, a long-time San Quentin Native American Group volunteer. Smith was dying of cancer in the hospital, while the Pow Wow was underway.

"She touched a lot of people's lives," said Bill Churchill, a

visitor, who performed the "Offering" (funeral) prayer for Smith at the ceremony. "She helped a lot of people get sober. She made the path of sobriety attractive and helped a lot of people become empowered."

Churchill's song and spiritual chants filled the room. He sought to evoke a vision of Smith's soul traveling over the plains and rivers of America as she makes her way back to the "Great Grandfather" (Creator).

"My friend, it's me, I'm dancing in the west and watching you," Churchill chanted in his Native tongue, "it means the sun rises and ends," he explained.

Lee Planco, a visiting elder, 81, warned the small crowd not to take life for granted, nor to take for granted holding this event inside a prison.

"We never had jails or prisons in our ancient world," said Planco. "So remember, behind that blue uniform there is an Indian. A woman gave you birth, and she is sacred, remember that."

Planco is a retired correctional officer, chaplain and advocate for Native

American prisoners' rights throughout the nation.

"We would have liked the men's children to have been a part of this event," said Jordan, the prison reform advocate from Oregon. "Most departments of corrections don't allow the children to participate, but our circles are inter-generational; it teaches the future generations."

"When we come together as a people, it's medicine and our kids' spirits are innocent," Jordan added.

San Quentin resident Gregory "White Eagle" Coates was given the honor to lead the ritual Grand Opening Dance. Everyone left the visiting room and danced their way back in forming a circle, representing the infinity of life. The dance was done before the meal was served.

"I had to learn my culture in prison," said Coates. "So having others come in from out of state helped expose us to more of our traditions. The best was dancing for Myra (Smith, who was gravely ill) -- she was a great woman."

"Our women have been

holding it down. They have been keeping the language alive and the sweats (sweat lodge ceremonies). They are teaching the children. It's time for us men to do our part," Coates added.

"The drum is the heartbeat of the people. It feeds the spirits and the ancestors we carry within us"

Mike "Lil Voice" Powell, the colorful Fancy Dancer, performed the traditional Buffalo and Horse dances. The dances are for purification and healing as the steps are intended to banish evil.

Powell's regalia was based on a spiritual vision he had. He created the dress that blended the colors of tall green grass, rainbows and eagle feathers. Powell is from the Ponca Tribe

and is traveling the country to bring healing through the dances.

"I've been in and out of jail myself. I've been an addict and homeless, so I pray for the men here," said Powell. "Once my family broke up, I stopped dancing and that started my downfall. But I prayed and received help. I was led back to dancing -- now it's tradition over addiction."

The dancing and singing blended with percussions sounds of the Central Valley Native American Drumming Group. The rhythmic drumbeats are to simulate the human heartbeat, fast or slow.

The drum is one of the major parts of Native life; it is used for prayers, calling people together even announcing lunchtime. The songs and drum rhythms are passed down like the dancers' steps through the grandparents or elders.

Most of the drummers are versatile in Southern and Northern tribal drum rhythms and officiate at inter-tribal marriages.

"The drum is the heartbeat of the people. It feeds the spirits

and the ancestors we carry within us," said Jordan. "Who are we if we don't identify with our traditions and culture?"

The men in blue learned the Hoop Dance, taught by visiting Grass dancer Eddie Madril, who also MC'd the event. Madril's sister was the Jingle dancer, her dress made of healing bells for the community. James Gregory performed the Tracking and Scouting dances. He is from the Men Southern Traditional dancers.

"It is important for the men here to know the dances that heal the community," said Madril. "They need to understand that we used dance to tell our stories."

Gregory also danced for Myra Smith, who helped him get clean and sober.

"She taught me how to dream again. If it wasn't for her I wouldn't be sober now."

The ceremony brought together the various forms of tribal healing, steeped in tradition and grounded in family, which included the Native Indians who are incarcerated; the music and chants intended as a symphony of love.



James Gregory, Elijah Williams & Mike "Lil Voice" Powell Photo by Harold Meeks



Healing sisters symphony of love Photo by Harold Meeks



Eddie Madril teaches inmates the traditional Hoop Dance. Photo by Harold Meeks



Mrs. Gregory Photo by Harold Meeks



Eddie Madril Photo by Harold Meeks