



Public Defender Brendon Woods visits SQ



Photo courtesy of Brendon Woods

Alameda County Public
Defender Brendon Woods

By Kevin D. Sawyer
Associate Editor

Brendon Woods, Alameda County's Chief Public Defender, knows that prisoners take a dim view of lawyers from the PD's office. And he wants to change that.

Woods, 48, and a native New Yorker, is the only Black chief public defender among the 58 California counties. He visited San Quentin and met with inmates and discussed how to make California communities safer—that was also a first time

event.

"I'm annoyed at myself for taking so long to get here," said Woods. "There's a lot for us public defenders to learn." He acknowledged the bad rap and derogatory names PDs are called, such as "public pretender" and "dump truck" and wants to change that perception.

"I didn't 'clean house,'" said Woods, in response to a question about his firing staff. "Some people may have chosen to leave."

"We've changed our model of representation to create a system of trust, with one attorney from beginning to end," Woods wrote on the county PD website. "We have a lot to do still," he told the inmates.

Woods said public defenders should treat inmates as clients, not booking numbers. He doesn't like to hear judges or the sheriff's bailiffs say, "bring the body in" (to court). The county PD's website states, in part: "Our client-centered practice gives a voice to those whose voices have been silenced by poverty."

See *Public Defender* Page 4



Photo by Javier Jimenez, SQN

Teachers and students of Prison University Project's Improv Class

Navigating the unexpected: Improv offers critical life skills

By Aron Kumar Roy
Staff Writer

Roars of laughter filled the classroom as the Prison University Project (PUP) Improv Troupe put on the last of two performances for the spring semester.

The April 19 show was a result of everything that the students learned in the Improv for Life class.

"Everything that you are about to see has not been planned; it has not been rehearsed; it comes from the shoulders, or as we say it, improv," said SQN staffer, MC Aaron "Showtime" Taylor as he welcomed the crowd.

Improvisations are routines in which groups of performers act out skits without any rehearsal or planning. The direction for the skits comes from scenarios suggested by the audience.

Student Angel Villafan took the improv class after seeing improv shows on TV such as *Who's Line is It Anyway* and *Me Caigo de la Risa*.

"I didn't really know what to expect. I thought we were just going to act," Villafan said, "I didn't know there was a science behind it."

He enjoyed learning about the six pillars of improv: trust, active listening, spontaneity, presence, storytelling, and accepting offers.

See *Improv Class* Page 9

CNN's the
Redemption Project
with Van Jones
at
San Quentin's
Protestant Chapel on
Tuesday June 11th
5:00 to 8:00
OPEN CALL

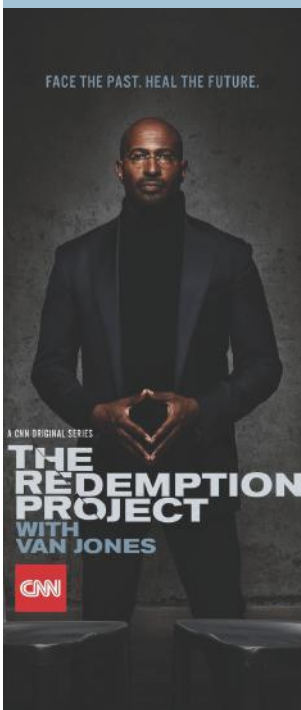


Photo courtesy of the Marin Humane Society

Dogs with their inmate trainers at SQ firehouse

Criminal canines given reprieve through rehabilitation at SQ

By Charles Glasper
Journalism Guild Writer

In the County of Marin, some animals that are stigmatized because they are pit bulls are given a second chance.

Mack is one of those dogs. He was afforded the opportunity to be trained and prepared for adoption through the Pen Pals program—a 14-year alliance between San Quentin State Prison and the Marin Humane Society. The program connects dogs with behavioral problems and nonviolent prisoners who want to care for them, according to the *Marin Independent Journal*.

Twice a week, Pen Pal volunteers provide training for the incarcerated men and help them learn to work with the canines. Dogs like Mack are kept night and day with SQ inmates until they become suitable pets for adoption. The prisoners also care for dogs that receive medical attention from Marin Humane veterinarians—those dogs that require physical rehabilitation and/or medication on a routine basis.

See *Rehab dogs* Page 6

Program helps at risk youth through music

John Wallace went to jail and prison 19 times, starting at age 18. Then he was sent to San Quentin, where he served two terms and started writing rap lyrics on his last trip there in the prison's West Block.

An initial opening to a career in music happened by chance when Wallace and other inmates created what he described as a "radio show" called K-FU** Radio in the cell block where they would sing, rap and tell jokes at night. He said it was like comedy night in the cell block, and it inspired him to write music.

"We made the best of our time," said Wallace, now 41 years old and nearly a decade removed from criminal activity.

See *Stop* Page 11



Phototo courtesy of John Wallace

John Wallace outside San Quentin

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Significant improvements in prisoner health care expected from streamlining and automating CDCR medical data system

By Harry C. Goodall Jr.
Journalism Guild Writer

The prestigious HIMSS Davies Award of Excellence was given to the California Correctional Healthcare Services for developing an automated risk classification system in an effort to improve care and reduce unnecessary hospitalizations, according to a *Healthcare IT News* article.

In past years, the California Department of Corrections and Rehabilitation relied on paper as a basis for maintaining and storing inmate patient records—a system that was “unwieldy” and prone to losing papers. As the inmate population topped 125,000, inmates’ paper healthcare records were spread out across the state of California in more than 30 institutions. With new arrivals averaging 600 per week and 11,000 inmate transferring each month, their health records were slow to follow them.

The challenges of this person-dependent paper process potentially contributed to adverse medical outcomes and eventually resulted in the appointment of a federal receiver to oversee healthcare within the California Correctional system. This inspired and accelerated a shift to paperless documentation.

The creation of an automated risk classification system improved the placement of nearly 20 percent of all patients with a high-risk designation, allowing the department to transfer inmates to prisons located closer to tertiary care centers—which had access to expanded healthcare services.

“Quality patient care is the principle function of

any healthcare organization, regardless of the patient population,” said Federal Receiver J. Clark Kelso. “Incorporating information technology solutions to le-

verage healthcare data is imperative to make informed decisions and improve organizational performance.” These changes now allow healthcare staff and the

department to quickly communicate inmate patient healthcare factors in order to appropriately place and house at risk inmate patients.

The department as a whole was able to offer appropriate patient care while reducing avoidable hospitalization for “high-risk” patients from 70.9 percent per 1,000

patients in 2015 to 43.5 percent in 2017. This reduction of paper records has saved the department more than \$2 million dollars in the first three years of operation.



Some prisoners suffer another form of death penalty

By Harry C. Goodall Jr.
Journalism Guild Writer

An alarming number, 80 prisoners, died in Texas jails in a nine month period between Oct. 1, 2017 and July 1, 2018, according to the Bureau of Justice statistics, in an article published by *Prison Legal News*.

The Texas Commission of Jail Standards (TCJS) is an agency that sets the standards for Texas jails to follow. They perform annual

inspections of local jails and prisons. TCJS is also responsible for investigating the deaths in the jails and prisons.

“We shouldn’t look to the TCJS to do what they were never intended to do. We’re putting all our eggs in one basket” said Michele Deitch, lecturer at the LBJ School of Public Affairs in Texas. Deitch is in favor of a statewide ombudsman for the prisons, jails and families, according to the article.

Although the TCJS is responsible for investigating the deaths that occur in Texas jails, no jail was found at fault for any of the 80 deaths. TCJS performs procedures such as: video evidence and documentation review to see if any standards were violated, according to the article.

The investigations can be troublesome. Kenneth Paxton Jr. of the Office of the Attorney General had to order Sheriff Sally Hernan-

dez to comply with record requests. The sheriff’s office had made claims that to provide such information would threaten the security of the guards and its jails.

The sheriff utilized a Texas law loophole that prevents any information, even in death, being released on a person not convicted of a crime, according to the article. Legislation has introduced a bill to prevent this tactic being used in the future.

In 2015, Sandra Bland committed suicide in the Waller County jail. The jail settled with a \$1.9 million settlement resulting from her death. The county also created a new law called the Sandra Bland Act, which created policies and procedures for dealing with people with mental health issues.

In 2015, three LaSalle Correction guards in McLennan County were arrested for changing jail logs to appear as if they were in

compliance with the mandatory headcounts every 30 minutes.

Michael Crittenden, Christopher Simpson and Milton Walker were the guards alleged in the tampering of documents. The charges were prompted by the suicide death of Michael Angelo Martinez on Nov. 1, 2015.

The video from the prison showed the aforementioned guards logged in headcounts they did not perform, reported the *Prison Legal News*.

“We weren’t checked every hour or every half hour. At maximum we would see the jailers twice a day,” said Barbara Nixon, a nursing student housed at the Anderson County Jail. Adding, “They’d come at the beginning and the end of their shifts. We’d also see them when they brought meals, but that was about it.”

The TCJS standards had recent violations with the Harris County Jail, in which four detainees were left and locked

in a transport van overnight in April, 2017. This was followed by the December, 2017 suicide of Maytham Alsaedy, who was scheduled for a guilty plea on capital murder charges.

Debora Lyons committed suicide in August, 2018. In 2019, Evan Parker hanged himself at the Waller County Jail. One month prior to his death, the prison was found to be in non-compliance of several operating standards.

This is the same facility where Sandra Bland committed suicide four years earlier and where the Sandra Bland Act began.

Some attributed the prison deaths to low pay and understaffing. The commission later was asked for a pay increase by Anderson County Sheriff Greg Taylor, who hoped to recruit more guards to remedy understaffing.

The annual pay was increased from \$27,000 to \$30,000, which is still around \$3,000 below the state average pay.

Study: mental health diagnoses result in high rates of prisoner isolation

By Amir Shabazz
Journalism Guild Writer

New Mexico has one of the smallest prison populations in the country at 7,300 but is fourth in the nation when it comes to confining prisoners to solitary, according to the *Santa Fe New Mexican*.

On any given day one out of 10 prisoners is being held in isolation, just because they have been diagnosed with mental illness, according to the article.

According to the ACLU, the state has routinely underreported its use of solitary confinement over the past decade, in part because it has no clear definition of “solitary” and instead uses “multiple and constantly changing terms” to refer to the practice.

Researchers from the University of New Mexico along with the ACLU found that 90% of the prisoners surveyed said they had been diagnosed with mental health problems and had been enrolled in the Predatory Behavioral Management Program and spent eight months in solitary

confinement, according to the article.

Criminal defense attorney Matthew Coyte said that solitary confinement is an issue that poses cost and safety problems for the public.

Coyte, who worked with the ACLU, says that segregation only worsens a prisoner’s mental state instead of providing rehabilitation, said the article.

“We have been manufacturing mental illness for years...”

“We have been manufacturing mental illness for years with this form of incarceration,” he said. “You don’t want people who are incarcerated to come out worse.”

Prisoners in isolation complained about a lack of recreation time, losing track of time, experiencing violent thoughts, fits of rage, and hearing voices. Some had thoughts of suicide, the article said.

The Corrections department and the governor are trying to come up with some solutions, but they are having a hard time hiring and retaining officers. At the release of this story in March, they were still looking for a Secretary of Corrections, according to the article.

Several Democrats are sponsoring a bill that would stop the isolation of juveniles and pregnant women and confine those diagnosed with mental issues to no more than 48 hours in lock-up.

The governor wants to take a look at New Mexico’s Department of Corrections policies on solitary confinement and suicides in the prisons, said the article. She said that solitary confinement “should be used in only the most extreme and narrow circumstances.”

Josh Anderson, a union representative for prison officers, said that the group is open to looking at how to improve living conditions and is reviewing policies for managing the state’s prisons, according to the article.

Inmate walks out of prison after 27 years of confinement

By Anthony Manuel
Carvalho
Journalism Guild Writer

Ten days into the new year, Quentin Morris walked out of Folsom State Prison. Last August, Governor Brown commuted his sentence to 25 years to life, allowing Morris a chance for a parole date. When released, he had served 27 years for a crime he didn’t commit.

Morris was convicted of shooting at four teenagers in the Pacoima area of the San Fernando Valley in November of 1991, according to the Associated Press.

At his trial, one teenager identified Morris as the gunman despite the fact that the true shooter was masked during the attack. Though there was no accompanying physical evidence, the testimony led a jury to convict him in 1994. He was sentenced to 33 years to life.

All the while, Morris and his attorney maintained his innocence. They claim Morris and his friends were stopped by police at a red

light near the shooting while making a beer run for a party.

The AP noted that Morris’s trial judge, Michael Hoff, displayed doubt as to the validity of the evidence in the case, asking the prosecution to consider dismissing the charges in their entirety. Hoff briefly overturned the conviction in 1994, but the district attorney’s office reaffirmed it on appeal.

In 2000, Morris was advised by a federal judge to seek clemency on the grounds that a federal court had “significant doubt” as to whether he committed the crime.

Governor Brown’s commutation statement, according to the AP, revealed Judge Hoff’s support of clemency for Morris in 2013. Hoff recently told a parole board, “I don’t think he did it.”

The governor’s report also noted the lack of physical evidence and motive, combined with the confession of another man in 2000, who insists to this day that he was the shooter.

All these facts validated the commutation, prompting the governor to release the innocent man after 27 years.

“I feel good. I feel good,” Morris repeated after his release, according to Michael Semanchik, managing attorney of the California Innocence Project.

“It was surreal watching Quentin walk out of prison after more than 27 years for a crime he did not do...To think about three decades worth of holidays, birthdays, graduations, births, and other significant events he missed is pretty overwhelming,” declared Alissa Bjerkhoel, Morris’ lead attorney.

Quentin will likely spend the next six-months in an L.A. halfway house, readjusting to society.

Semanchik told the AP, “He has a lot of PTSD. He has to live on the outside again.”

The outside: a place that, given his wrongful conviction, Morris should never left.

Oklahoma initiates new parole reforms

By Timothy Hicks
Contributing Writer

Oklahoma recently began a new way to parole inmates in its prison system.

In 2018, the Legislature approved House Bill 2286 among a host of criminal justice reform measures, reported the *Oklahoma Watch*.

They established it as what they called administrative parole, rather than the traditional way of paroling, according to the article.

“If you meet the five statutory requirements, we skip that part,” said Justin Wolfe, general counsel for the Pardon and Parole Board. Wolfe is referring to the process where inmates have had to appear in front of the board and then undergo a pre-review investigation before the board members approve them. The new “truncated” parole process cuts out those two parts, said the article.

Eligible inmates must have served one-quarter to one-third of their sentences, and they must be “substantially

compliant” with Department of Corrections case plans, the *Oklahoma Watch* said.

“Individuals... don't have access to the remedy of administrative parole”

Oklahoma has standard requirements that are similar to those implemented by California’s Proposition 57 in 2017. Proposition 57, which was passed by California voters in 2016, allows California inmates to earn good time credits that will shorten their prison or jail time by significant margins. Both non-violent and violent offenders capitalize on the bills.

Oklahoma’s bill took effect on Nov. 1, 2018, and a list of eligible inmates was recommended to the board

the following month. The initial list of 138 was eventually reduced to 74.

The board approved one-third of nonviolent offenders in Oklahoma in 2018, an increase from the 27% approved two years prior.

The new approach is drawing skepticism from criminal justice policy analysts on whether it will work or not. Damion Shade, an analyst with the Oklahoma Policy Institute, is taking a “wait-and-see” approach, said the article.

“I think the biggest issue with the administrative parole part of the process is that it began in November of last year...Those individuals who came into the system before November 1 don’t have access to the remedy of administrative parole,” Shade said.

Wolfe disagrees. Unlike California’s Prop. 57, the administrative parole of Oklahoma is retroactive. This means that the time inmates served before the law went into effect would count toward eligibility, he said.

Gov. Mike DeWine halts executions in Ohio

By Leonard F. Brown
Journalism Guild Writer

Ohio Gov. Mike DeWine has halted capital punishment in his state until a constitutional method is developed for executions.

“As long as the status quo remains where we don’t have a protocol that has been found to be OK, we certainly cannot have any executions in Ohio,” DeWine told reporters at an *Associated Press* forum. “That would not be right, at least in my opinion.”

DeWine ordered a review of Ohio’s method of execution in January. He acted after a federal judge ruled that Ohio could execute Warren Henness, because Henness had failed to provide an

available alternative method of execution that would avoid needless suffering, by Ohio’s current method of execution.

The governor delayed Henness’ execution while the review is under way, cleveland.com reported.

Earlier this year death penalty opponents and drug manufacturers challenged the constitutionality of similar methods of execution in Nevada, shedding light on the length that some states will go through to execute people, reported *The New York Times*.

California Gov. Gavin Newsom placed an indefinite moratorium on executions in his state.

“California’s death penalty system is unfair, un-

just, wasteful protracted and does not make our state safe,” Newsome said. ‘Innocent people have been sentenced to death in California. Moreover, the National Academy of Sciences estimates that as many as one in 25 people sentenced to death in the United States is likely innocent.”

“That would not be right, at least in my opinion”

Henness was convicted of murdering his drug-abuse counselor in 1982 but maintain his innocence.

Prison and Jail Tour offers unique insight into incarcerated conditions

By Lloyd Payne
Journalism Guild Writer

A group of college students got a first-hand, up-close look at the California prison system on a recent tour arranged by a former inmate.

About 20 students from Loyola Marymount University went on the Prison & Jail Tour created by a formerly incarcerated man, Francisco “Franky” Carrillo Jr.

Carrillo was innocent, and he proved it several years ago with the help of the LMU Law Clinic. After obtaining his freedom, Carrillo worked to educate others about the prison industrial complex and mass incarceration.

The 2019 prison tour was organized by Charlye Sweeney and Emma Gibson. For Sweeney, a 21-year-old communications major, the journey was personal. Her father was incarcerated. She had unanswered questions about

what the systemic oppression was like for him.

The educational trip started at the California Center for Service & Action – LMU Alternative Breaks program.

LMU Alternative Breaks has a number of trips it coordinates for students. They have the option of taking trips to places like Haiti and Ghana to do humanitarian work combating poverty, hunger and genocide, or visiting jails and prisons.

Growing up, Sweeney heard stories about prison being a distant, unwholesome, crowded and noxious place for people.

They visited the Los Angeles Twin Tower Jail Mental Health Infirmary first. The first-hand account of one officer was tough for Sweeney.

“The officer was just telling us how it’s us versus them, and how he can tell who is mentally ill, and who isn’t,” Sweeney said. “It confirmed what I heard.

“It was horrible to see how people were living in there. It was dehumanizing, and they were not benefiting from being in jail like that.”

Gibson said, “They told us how they checked on them every 15 minutes, but we all felt like what they were saying was odd.”

“It was horrible to see how people were living in there”

Sweeney and Gibson reported the sheriff’s deputies explained that past reports of police brutality were not true in the mental health infirmary but happened in Central Booking.

They also visited the Reception Center and general population at the California Institution for Women (CIW).

They spoke to incarcerated peer counselors who assisted other women with anger, substance and drug abuse, education, and other cognitive behavior needs.

At CIW the students met a male guard from Corcoran State Prison. He was contemplating transferring to work at CIW because he said he hated working in the men’s prison. Originally he wanted to be a children’s hospital nurse, according to Sweeney.

“The women’s facility was so different from Corcoran. It’s too different; it doesn’t feel like a prison,” the male guard said, according to Sweeney.

Soledad was the next prison the students visited. Sweeney said the Soledad prison information officer (PIO) said, “You’re going to have a great time at Soledad.” However, Sweeney said they did not get to interact with prisoners.

“I didn’t like that it was super selective,” Sweeney said. “We did not get to see any cells or where they sleep.”

The PIO took them to a prison-based dog program where prisoners train service dogs for disabled people.

“One of the men talked about crying when he had to let his dog go,” Sweeney said. “It’s like your kids—you help them grow, and they grow up, and come back to see you, but the dogs don’t come back.”

San Quentin was the last stop on the prison tour. They went to the Museum, looked at old memorials and learned its history before going inside the prison walls.

Once inside, they were escorted by SQ Lt. Sam Robinson to the Art Building to look at the painting and art of prisoners. There Sweeney met artist La’ Mavis “Shorty” Concoiwilla, who is serving life in prison.

“La’ Mavis’ story touched me, because he told me about how his daughter was sick in the hospital, and he was just trying to take care of his daughter who died,” Sweeney said.

Concoiwilla said, “I told her I wish I had a daughter to call, and get on her nerves, but I can’t. I told her, ‘Her dad’s greatest punishment was not being there with her.’”

The group also visited the SQ Media Center, including the *San Quentin News*. Sweeney said she felt more open at San Quentin than the other prisons, because the students were able to interact with prisoners and hear their stories without a guard towering over them.



Judge rules against unnecessary sleep intrusions

A federal judge has ordered Santa Rita jailers to stop unnecessarily disrupting the sleep of female prisoner for “pill call” at 2:30 a.m. and breakfast at 4 a.m.

“No one can argue with the proposition that detainees with medical needs should get their prescription, but why 2:30 a.m.?” U.S. District Judge James Donato commented. He added that the Alameda County Sheriff’s Office offered no justification for breakfast at 4 a.m.

He ordered the Santa Rita jail to stop waking up female prisoners needlessly because it deprives them of a basic human need, according to the *Washington Post*.

Donato noted sleep deprivation has been found to be cruel and unusual punishment for those duly convicted of crimes, and stressed that these women have not ever been to trial.

Pretrial detainee Tiki-sha Upshaw said, “There are days when I can barely stay awake during the day time...I cannot problem solve. I can’t remember things people have told me.”

After lights go out at 11 p.m., sheriff deputies check on detainees’ welfare every 30 minutes to see if they’re alive.

Deputies have been accused of shining flashlights directly in the faces of the prisoners during this half-hour welfare check The *Post* reported.

The women said that “if they try... covering their head with a blanket or covering the (night) light, the deputies either bang on their cells so they remove the blanket or will write them up...”

Donato acknowledged the welfare checks are legitimate, and found that the sheriff’s office tries to minimize

disruptions, but the plaintiffs dispute this.

There are also disturbances from cleaning, ongoing maintenance, intercom announcements, and doors opening and shutting.

Upshaw said all she was asking for in the suit was “the opportunity to get enough sleep to be alert for my trial.”

“When the state takes a person into custody for any reason, the Constitution imposes a duty to provide for the detainee’s basic human needs,” Donato wrote. “Conditions of confinement that deprive detainees of those needs...violate the Constitution.”

—Lloyd Payne



Florida DAs charge fentanyl dealers with murder in cases of overdose

By Alfred King
Journalism Guild Writer

A woman overdosed and died in jail. As a result, another faces first-degree murder charges.

On Sept. 7, 2018, 24-year-old Jeniffer Patrick was riding in a car with her 49-year-old boyfriend when they were stopped by Marion County sheriff deputies, who found drugs and syringes in the car.

Patrick was arrested and booked into the Marion County Jail in Ocala, Fla., where she was then strip-searched and placed in a holding tank with other women.

This is where she came across 22-year-old Lorraine Gardner who had been in custody since July 2 on a probation violation stemming from three drug charges for MDMA, cocaine and methamphetamine, according to *The Appeal*, a non-profit criminal justice news outlet.

According to the Marion County sheriff’s department, video shows Patrick handing something to Gardner, who then put it to her face. Soon after, she began to show signs of physical distress.

Later footage shows something falling out of Patrick’s pants: a small baggie containing a tan mixture. The substance was tested and was revealed to be 2.5 grams containing fentanyl.

In November, Patrick was charged with first-degree murder. The murder charges against Patrick are a part of a push to treat fatal overdoses as homicides.

In June 2017, Florida passed a fentanyl trafficking law that increased penalties for dealers, including first-degree murder charges in cases where a homicide results from a drug overdose.

Amy Berndt, the prosecutor in the case, said, “Basically, as long as we can prove that the

person delivered the drug that caused the death—fentanyl, it’s first-degree murder.” She remains committed to putting Patrick in prison for the rest of her life, adding that small-time dealers are the problem.

Drug policy experts caution that these new harsher penalties will not save lives—in fact, the threat of more time in prison might increase the likelihood of a fatal overdose if family members, friends or other users hesitate to call authorities, Linsay LaSalle of the Drug Policy Alliance told *The Appeal*.

Simply, this acts as a deterrent to calling 911. Lawmakers stand firm stating they want to send a clear message to drug dealers in Florida. Gov. Rick Scott signed the bill and promised it would save lives.

Attorney General Pam Bondi seconded the notion that the law would protect Floridians from dangerous drug traffickers.

Public Defender

Continued from Page 1

“We’ve never had a public defender inside [the news-room],” said Juan Haines, *San Quentin News* senior editor. In the past, the inmate-run newspaper has arranged discussion forums with district attorneys, law enforcement, legislators and public school teachers.

Woods was given a tour of San Quentin’s media center and a brief history of *San Quentin News*. Later, Haines explained the forums and programs men have taken to deal with their incarceration, rehabilitation and eventual reentry to society.

Haines said he wanted Woods to hear directly from the men affected by incarceration. He said he also wants inmates to know all a PD does. He asked Woods what public safety looks like to him.

“In the name of public safety... we’re taking Black and

Brown bodies and putting them in cages,” said Haines. “That’s not going to make us safe.”

“I’m all in,” said Woods, in regard to the forum. “I was born to do this.”

But Woods didn’t come alone. He brought some of his staff along to explain the programs developed to keep charged defendants out of prison, including those with substance abuse issues and at-risk youth.

Woods’ office employs full-time social workers “to link clients with essential services throughout their criminal cases, to provide alternatives to incarceration,” according to the Alameda County PD website.

“We force the DA and judges to look at the person instead of the crime,” said Sascha Atkins-Loria, a social worker in Alameda County. “We get referrals from attorneys (PDs).” She added that Nancy O’Malley, Alameda County’s District Attorney, “is very supportive of our social program. Whether she is open to expansion, it’s

hard to say. It’s an adversarial process.”

“Our reports are completely different than what’s in a [client’s] file,” said Marynella Woods (no relation to Brendon Woods), a social work supervisor. “If people who come to the forum could come away informed and inspired, they can find ways to better assist their clients.”

Woods explained he is making an effort to provide kids with information on how to deal with the police. He has developed a youth know-your-rights program called LYRIC (Learn Your Rights In California), “aimed at empowering high school students by teaching them how to safely assert their constitutional rights,” according to the PD website.

Atkins-Loria said she wants to be involved in which prison her clients are sent to and she also wants to learn more about the success rate of CDCR’s YOP (Youth Offender Program) in each prison.

“A lot of the kids just need someone to listen to them,” observed Haines.

Alameda County employs 40 support staff and 18 investigators in the public defender’s office, according to its website, and is “devoted to serving our clients.” It has 100 lawyers, many of whom have attended some of the most prestigious law schools in the United States. These attorneys are fluent in more than 12 languages, “and come from diverse ethnic and economic backgrounds.”

“People need to be defended in immigration too,” Woods told *San Quentin News*. “The money is completely imbalanced,” he said, in regard to the funding available for public defenders compared to resources spent on prosecutors and law enforcement. “There’s got to be some changes. The ratio is terrible.”

Woods said with the passing of Senate Bill 1437, which changed the felony murder rule, all the PDs are getting “crushed” by it because they haven’t received up-front fund-

ing for it. However, he added, “I think 1437 is a better operation of law because it’s clear cut.”

However, Woods did say that Alameda County is “pretty well funded” compared to other counties in California. He said laws like Proposition 47 (the Safe Neighborhood and Schools Act) helped change things.

Prop. 47 reduced some non-violent and non-serious property and drug offenses to misdemeanors. “You don’t need a hammer to get people treatment,” said Woods, adding 88 percent of the social worker program’s clients in his county don’t return to prison.

Rodney Brooks, Executive Programs Manager for the Alameda County Public Defender’s Office, has visited San Quentin before. He compiles reports that assess the money saved by defendants not going to the prison system. “I think I learn the most when I’m here,” he said.

According to the PD’s website, Chief Public De-

fender Woods is “actively engaged with the media to shed light on instances of local law enforcement misconduct.” He and his staff “led public defenders around the Bay Area in holding a Black Lives Matter rally...”

While in office, Woods created its Racial Justice Committee, “charged with addressing the impacts of racism in the criminal justice system and the disproportionate incarceration of minorities,” the PD website noted.

Woods has worked in the Alameda County Public Defender’s office for 23 years, six of those years as its Chief. He graduated law school at the University of San Francisco. He earned a Bachelor’s degree in political science from the University of California at Santa Barbara.

“Ideas spark change,” said Woods. “I like to work. I like to fight. ‘We’ve got to make this [the discussions and forums] more of a routine.’”

Governor Gavin Newsom appoints new players in three key CDCR positions

By Salvador Solorio
Journalism Guild Writer

Gov. Gavin Newsom announced in late March three key appointments for the California Department of Corrections and Rehabilitation (CDCR). All three appointments require Senate confirmation. His appointments include a Republican, a Democrat and a person without political affiliation.

Ralph Diaz has been appointed Secretary of the CDCR. He began his corrections career as a CO at Wasco State Prison in 1991. He worked multiple jobs as counselor supervisor, captain, chief deputy administrator and warden of the California Substance Abuse Treatment Facility



Photo by CDCR
Undersecretary of operations of CDCR Kathleen Allison

ity and State Prison at Corcoran. He then served as associate director of high security institutions for the CDCR, and later as the deputy director of facility operations. He was undersecretary for operations and then acting secretary prior to his appointment to secretary of CDCR. The secretary's compensation is \$265,920 per year. Politically Diaz is without party affiliation.

Kathleen Allison has been

appointed undersecretary of operations for the CDCR. Her career began with the CDCR as a medical technical assistant at North Kern State Prison in 1993. She is a licensed registered nurse. While working at Avenal State Prison she worked as community resources manager, senior medical technical assistant and medical technical assistant. While at the California Substance Abuse Treatment Facility and State Prison at Corcoran, she served as warden, chief deputy warden, associate warden and correctional health services administrator. She was the director of the CDCR's Division of Adult Institutions from 2016 to 2018, and she has served as Acting Undersecretary of Operations since 2018. Her yearly compensation is

\$189,456. Allison is Republican.

Connie Gipson was appointed director of adult institutions for the CDCR. She began her corrections career at the California Institution for Women in 1988. She then worked at Wasco State Prison as captain, business manager and health program director. While at California State Prison at Corcoran she served as warden, acting warden and chief deputy warden. She then worked as the CDCR's associate director of general

population male offenders and as deputy director of facility operations. She has been the acting director of adult institutions since 2018. Her yearly compensation is \$174,344. Gipson is a Democrat.



Photo by CDCR
Secretary of CDCR Ralph Diaz

Two California Supreme Court justices against capital punishment

Two California Supreme Court justices have joined the debate against capital punishment.

"California's death penalty is an expensive and dysfunctional system that does not deliver justice or closure in a timely manner, if at all," Justice Goodwin Liu wrote in a published opinion.

The opinion upheld the death sentence of Thomas

Potts, convicted of two murders in 1998. Liu's opinion was cosigned by Justice Mariano-Florentino Cuellar, the *San Francisco Chronicle* reported March 28.

Liu noted the California execution moratorium imposed by Gov. Gavin Newsom and said it should be a signal for a renewed examination of capital punishment.

Justice Goodwin Liu wrote that he has voted to affirm many death sentences and would "continue to do so when the law requires," reported the *San Francisco Chronicle*.

Liu wrote, "I express no view here on the morality or constitutionality of the death penalty," then derided "the promise of justice in our death penalty system" as "a promise that California has been unable to keep." He also said the 2016 Proposition 66 initiative aimed at speeding up executions "promised more than the system can deliver."

Proposition 66, upheld by the courts, limited prisoner appeals and prohibition on regulatory review of one-drug lethal injections. But then the courts rejected its five-year deadline for deciding appeals in state court as being unfeasible and unconstitutional. Liu said the ballot measure's goal could not be met unless California devotes "considerable additional resources to its judicial branch."

The opinions were challenged by Kent Scheidegger, a death penalty advocate and legal director of the Criminal Justice Legal Foundation in Sacramento. He said other states handle death penalty appeals faster and less expensively, California could follow their example by limiting successive appeals.

Pending in the state Legislature is a measure that would place another death penalty repeal on the November 2020 ballot. A poll by the Public Policy Institute found 62 % of adults surveyed said they would prefer a life-without-parole sentence instead of death for first-degree murder.

Former Chief Justice Ronald George said in his 2013 memoir that the death penalty system "places the administration of justice... in a very bad light" because of its costs, delays and overall ineffectiveness.

After the governor of Washington declared a moratorium on executions, the state's Supreme Court struck down Washington's death penalty law on the grounds it was used in an arbitrary and racially discriminatory manner.

—Salvador Solorio

San Francisco DA office to dismiss pot convictions dated back to 1975

By Lloyd Payne
Journalism Guild Writer

The San Francisco District Attorney's office said it will dismiss more than 9,000 marijuana-related convictions dating back to 1975, according to the *San Francisco Chronicle*.

DA George Gascón announced this step following the legalization of marijuana in California two years ago.

"It's incumbent that we, as law enforcement leaders, continue to evolve how we advance fairness and public safety in our respective communities," Gascón said.

San Francisco is the first jurisdiction in the country to take this step to clear old marijuana convictions. This step has prompted other district attorneys across the state and country to take similar action, according to the *San Francisco Chronicle*.

Gascón partnered with Code for America a year ago to identify the exact number of cases that are eligible to be dismissed. Using its "Clear

My Record" technology, a computer based algorithm, Code for America identified the 9,362 cases that are eligible under proposition 64.

"Contact with the criminal justice system should not be a life sentence, so we've been working to reimagine the record-clearance process," said Jennifer Pahlka, Code for America's founder and executive director.

"This new approach, which is both innovative and common sense, changes the scale and speed of justice," Pahlka added.

Gascón said, "What we have shown with marijuana is that this can be done en masse.

"You can just go through the criminal records of thousands of people and provide the relief that they qualify for without having to have a lot of human resources invested in it."

Under Proposition 47, which reduced many theft and drug-related felony offenses to misdemeanors, there are thousands of more cases that

are eligible for reclassification or expungement. Still, few people come forward to have their cases changed.

"What we have shown with marijuana is that is can be done en masse," Gascón said.

"You can go through the criminal records of thousands of people and provide the relief that they qualify for."



Photo by Jonathan Chiu, SQN
San Francisco DA George Gascón

AB32 would prohibit contracts with private prisons

By Anthony Faulk
Staff Writer

California would phase out the use of private prisons under pending legislation.

AB32 would prohibit new contracts with private prisons and phase out existing contracts over four years, the *San Francisco Chronicle* reported.

The measure was introduced by Assemblyman Rob Bonta, D-Alameda.

Bonta said he introduced the bill because corporations that run private prisons put making money for their shareholders above rehabilitating inmates, according to the March 31 *Chronicle* article.

"It's just the wrong approach to a government service that should be public," Bonta said. The bill is part of his broader goal to move California "away from mass incarceration, from mass warehousing" and refocus on "the rehabilitation side. We've lost sight of that over the years."

Shutting down private prisons will require California Department of Corrections and

Rehabilitation to reduce the state prison population to make room for the 2,000 inmates currently housed in private prisons in Kern and San Bernardino counties, the *Chronicle* said. This decline will need to be achieved at a time when the 113,656 non-private prison population is only about 3,300 below a federal court-ordered cap, according to the article.

Gov. Gavin Newsom campaigned for an end to the use of private prisons in California. His campaign website said that for-profit prisons "contribute to over-incarceration." In his inaugural address, he also promised to "end the outrage that is private prisons in the State of California once and for all."

Newsom spokesman Brian Ferguson wrote in an email: "Addressing inequities in the criminal justice system is among the governor's top priorities.

"The governor and his staff are also working closely with corrections department officials to reduce the state's reliance on out-of-state and private prisons to house inmates.

However, there is still more to do, and we'll be looking at all of our options when the time is right," Ferguson wrote.

A spokeswoman for the prison guards union said the group "believes the state of California is responsible for people who are tried, convicted and incarcerated ... not a private corporation who answers to shareholders."

California should pay counties to house overflow inmates, Bonta said. However, the California State Sheriff's Association opposes the bill. Association lobbyist Cory Salzillo said county jails are already overcrowded because of former state prisoners remaining in county jails under realignment. Many of those prisoners are more dangerous, have mental health issues, and serve longer sentences than former county jail inmates, Salzillo said.

Bonta has also proposed legislation to require the state's public employee and teacher pension funds to divest from private prisons. The retirement system for teachers announced it would do so in November.

San Quentin News

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The *San Quentin News* encourages inmates, free staff, custody staff, volunteers and others outside the institution to submit articles. All submissions become property of the *San Quentin News*.

Please use the following criteria when submitting:

- Limit your articles to no more than 350 words.
- Know that articles will be edited for content and length.
- 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.
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Send Submissions to:
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For inmates that want to receive a copy of the *San Quentin News* in the mail, send \$1.61 worth of stamps for postage to the above address. The process can be repeated every month if you want to receive the latest newspaper.

Behind the Scenes

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Editorial

By Marcus Henderson
Editor-in-Chief

I am proud to have worked and walked the journey of prison journalism with a remarkable group of men for the past five years. These dedicated men have produced the award-winning *San Quentin News* while also balancing college and rehabilitative programs.

That hard work has paid off for some of those in the newsroom: Six of our fellow staff members received commutations from former Gov. Jerry Brown, while other staff members have been “found suitable” by the parole board and are home now.

I am honored to have my name recently added to the distinguished list of editors-in-chief of *San Quentin News*. Coming off a Level Four yard with a life sentence, I never

thought I would find more to my life than just doing time. I thought I was OK because I was functioning. I wasn’t self-medicating with drugs or prison wine. I still had my hard exterior, but I was dead inside.

I locked up a lot of the real me. I didn’t know what “making amends” was until I came to San Quentin. The first day I arrived, my old cell-mate from Calpatria State Prison, Rahsaan (“New York”) Thomas, asked me to help cover a baseball game in which the prisoners were playing a team from outside, an event that would be unheard of in my former prison world.

Thomas told me to interview those people. My mouth dried up, and I realized I haven’t talked with anybody besides prisoners and guards for more than 15 years. That was my introduction as a reporter. I had to learn the power of capturing history and fairness, no matter if you like a topic or not.

I have been working for the paper for five years now, after beginning as a member of the Journalism Guild and working my way up to become the Journalism Guild Chairman. I learned the importance of telling our stories.

When we produce this paper, we do have all of you in mind, your families and ours and those who have paroled and are trying to reintegrate back into society.

We read all your letters, your complaints, support and grievances. We want you to know and understand that we are a news agency; it’s our responsibility to report on different aspects of our prison life. Our mission statement is to report on rehabilitative efforts to increase public safety; that is our task.

Some question us on why we are reporting on sports and entertainment? I would like to say San Quentin has a long history of entertainers performing within the prison—from Eartha Kitt, Tennes-

see Ernie Ford, Johnny Cash, B.B. King, Common and many others.

By coming in to entertain us, these visitors give us a sense of normalcy. It is a moment in time to allow us to imagine being free. These same people are using their celebrity status on behalf of criminal justice reform, including Kim Kardashian, Common, J. Coles and many others we have covered in the *San Quentin News*.

Bob Meyers, Golden State Warriors general manager, and Eric Reid, former 49ers safety, who took a knee with Colin Kaepernick, sat on a Sports and Social Justice Roundtable at San Quentin that was moderated by Van Jones, a *CNN* political commentator and founder of #Cut50, an organization to reduce U.S. prison population by 2050.

These people make contributions beyond sport and play by adding their voices to our cause. Meyers gave a

former San Quentin resident a shot at the D-League. Golden State Warriors star Kevin Durant produced a documentary, called “Q-ball,” about the basketball program here and its rehabilitative nature.

We recently hosted a team of CDCR recreational coaches from around the state prisons system to discuss how they could bring some of these sports programs to their institutions. We continue to work to show that change is possible for those who want it.

Some readers want more legal advice, but not one of us is a lawyer, and we wouldn’t want to misdirect anyone.

But we will always report on CDCR policy changes and any new laws that are passed. Believe me, we hear you—and we are doing time just as you are.

Even if you don’t like something or someone, it is not for us to take away their voice. Our stories are intended to give voice to all

of our audience, including volunteers, staff and administration.

San Quentin News has been working for our incarcerated population since its revival in 2008 and that’s more than a decade. Our staff will continue to get a newspaper out and into your hands, despite lock-downs, quarantines and searches.



Photo by Eddie Herena
Editor-in-Chief
Marcus Henderson

Rehab dogs

Continued from Page 1

Participants in the program believe the process is profoundly therapeutic for dogs and humans alike at San Quentin.

According to the *Marin Independent Journal*, a special bond is forged between each dog and prisoner, and it gives inmates the chance to nurture

living creatures who need help. And, of course, the presence of the pooches provides daily fun and excitement—a much needed relief from the rigors of incarceration.

Contrary to negative beliefs about pit bulls, Mack is just the opposite. Mack is a 3-year-old fun-loving pooch who came to Marin Humane Society as a stray. To better his chance for adoption into a permanent home, the Pen Pals team intervened and situated Mack with one-on-one, 24/7

love and attention at SQ. Jeremy, the inmate put in charge of Mack’s socialization training, forged a lasting connection with the pet.

Under the guidance of the Pen Pals volunteers, Jeremy trained Mack in all of the fundamentals of good canine behavior.

After several weeks of training, Mack appeared to be ready for a stable home. He was taken back to the shelter but showed signs of separation anxiety, according to the article. The Pen Pals staff figured that Mack should re-

turn to the prison to help work through what they viewed could be an impediment to adoption.

After a happy reunion, Jeremy gave Mack equal doses of behavior training and love. And eventually, Mack became suitable for adoption, demonstrating the success of the Pen Pal program formula. Not long after, a man and his son saw Mack’s photo on the Marin Humane Society website, “fell in love,” and adopted him, according to the article.

The Pen Pals program continues to facilitate productive relationships built on love between San Quentin inmates and dogs who get a second chance to find a forever home.



Photo courtesy of the Marin Humane Society
Former firehouse member Harold Martini in the SQ fire truck



Photo courtesy of the Marin Humane Society
Rashid Lockheart and Prince



Photo courtesy of the Marin Humane Society
Jeremy Mayfield and his dog



Photo courtesy of the Marin Humane Society
Frank Hoaglin and his pitbull



Photo courtesy of the Marin Humane Society
Love Pauis training his dog

Letters to the Editor

By Eddie Turner

Many of us didn’t have the rare privilege of having a father in our lives when we were children. The lack of a father’s love and guidance caused us lots of pain. It is naturally in the heart of a child to want to do right. But without the natural love, discipline and proper teaching that comes from a father, most young men will surrender to pain and shame, which will lead them later on in life to mistreating the people they grow to love.

Then these young men start to look for love in all the wrong places. This newfound love turns out not to be love at all, a false love that lies, steals and even kills. It usually starts out innocent, or even fun. But once the poison of deception enters the heart of these young men, they become corrupt. From that point on, their lives start to slowly go downhill.

If we can’t stop this stagnation in our young men of today, they will stay children in morals, manners and actions forever.

Many of us have something to give to these young men. They’re seeking love and understanding from us, but unfortunately they fall into the arms of those other older men who continue acting like delinquents themselves. These men may dress, look and even speak like us, but they’re not. And their presence among us creates a hole where our young men can stumble and fall.

This generation of lost young men looking for fathers is a problem that was caused by us and must be fixed by us. We must make them our first priority, coming up with ways that will keep this from happening to the next generation.

May peace and love be with you.



Photo courtesy of the Marin Humane Society
Firehouse member Jimmy Vue with a puppy

The complicated role of an SQ Correctional Counselor

Youth offenders keep CCI V. Sibley's hands full

KidCAT Speaks!

By Joe Garcia
Journalism Guild Chairman

Ask any prisoner about his or her experience with correctional counselors and the responses will vary greatly—from torrid expletives to heartfelt praise. That’s the nature of the inmate/counselor dynamic: Does the prisoner feel he got helped or got screwed over?

Correctional Counselor V. Sibley knows all about this tricky duality.

“There’s plenty of inmates pissed off at me, I’m sure,” she told *SQNews*. “We counselors do what we can, but we can’t please everybody.”

Still, some young men in San Quentin’s Youth Offender Program (YOP) point out CCI Sibley for making a meaningful difference in the trajectory of their incarceration.

“Because she took the time to believe in me—that made it possible for me to see my true potential,” said Sumit Lal. “I didn’t realize what I could do with my life by being at this prison.”

Lal received two back-to-back Rules Violation Reports (RVRs)—or “115”s—for possession of a cell phone, and then, separately, the phone’s charger. Facing transfer to a higher security prison put all the opportunities available to him at SQ in jeopardy.

CCI Sibley remembers the incident well: “Lal came into my office and immediately told me, ‘I know I f--ked up.’ And he had no idea he was in the process of getting a second RVR—because while he was there talking to me they were searching his bunk area and found something else.

“He got caught with whatever he got caught with, but I knew he’d really been trying to program—going to school, learning to code, working with Lt. Sam Robinson.”

Lal went before a YOP disciplinary committee where his fate would be determined.

“At any committee like this, there always has to be at least two counselors and one captain,” said Sibley.

Although the final decision was not hers to make alone, Sibley spoke up about Lal’s hard work in The Last Mile’s coding program, his progress in the Prison University Proj-

ect (PUP)—and all the positive efforts he’d made within the YOP program.

“It’s because of that one moment, that one chance—a second chance, really—that I’m getting my AA this June,” said Lal. “And I’m in Joint Venture (earning minimum wage), so I’ll be able to walk out of here with more than \$200 when I get released.”

Sibley explained: “The YOPs (guys in the program), they have to sign a contract. They’re being given a chance to program at a programming facility, so they agree not get into trouble, essentially.

“I’ve transferred out quite a few YOPs for 115s—or rather, I should say I’ve been present at committees where YOPs were transferred out. Counselors can speak up because they usually have the most info, but it’s a collective decision, with a Captain there.”

Gabe Uribe, another YOP who faced transfer, said, “Sibley doesn’t want to see young guys fail and have to go to other prisons to learn lessons they’d have to learn the hard way. She actually takes the time to understand your situation.

“She’s the best counselor when it comes to helping out YOPs—getting them into programs and staying at SQ.”

“It feels weird—the recognition,” said Sibley. “I’m just doing my job.”

Not all YOPs at SQ share the same good opinion of Sibley. “She’s the worst counselor ever,” said one guy when he heard about the other YOPs praising her efforts. “She’s shipped out all kinds of dudes—for doing nothing, just looking at her funny.”

Other YOPs around him heard this and echoed their same opinion about CCI Sibley.

“Often, there’s really nothing I can do,” said Sibley—after erupting in laughter when told about the ‘worst counselor ever’ comment. “People seem to think counselors can get past rules and wave our magic wand.

“Some guys, you can just tell—they want to program here or try anyway.

“Other guys, you can tell they’re still in the game.”

Richard Prosser is a YOP waiting for Sibley to initiate a program review process—where he hopes his current Level 3 points can be reduced

to Level 2 points so he can stay at SQ.

“She made it a point that we shouldn’t just stand by, be idle and get pushed around by the whole system—but instead be more proactive and utilize the resources available to us here,” said Prosser. “She really encouraged me to continue going to groups, going to school—just stay out of trouble. That impacted me big time.

“It made me feel like I had someone, other than my family, who’d go the extra mile—not look at us as just young kids going around doing dumb stuff.

“She’s the only counselor so far that’s shown any hope in me. Made me feel human.”

Prosser took Sibley’s advice to heart and is committed to immersing himself in SQ’s self-improvement atmosphere. He currently apprentices as a roofer in Career Technical Education, participates in ELITE (Exploring Leadership Improving Transitional Effectiveness), regularly attends Alcoholics Anonymous meetings and is enrolled in PUP.

Once YOPs arrive at SQ, the responsibility is on them to become involved in programs that will benefit them.

“There’s no structure,” said Lal. “YOPs are just put on the yard and told ‘Hey, go stay out of trouble.’”

When new YOPs came to Sibley’s caseload, she would often call Lal to her office to try and help show them the ropes.

“It’s easier to talk to someone who has more in common with you,” said Sibley. “Obviously, I’m not, like, 20—not a male.

“I’d introduce them to Lal and say, ‘This guy can help you.’ He’d walk around with them and point out the programs here that can benefit them.”

“Sibley utilized me to help get these guys in school, college, groups—whatever,” said Lal. “YOPs that aren’t even on her caseload, she’d call me because maybe their



Photo courtesy of Firstwatch
Correctional Counselor V. Sibley

counselor doesn’t know me like that.”

“She definitely gave me a hard time—made sure to remind me of how short of a leash I was on.”

Not only did Lal progress successfully through the ranks as a coder in The Last Mile, but he now teaches coding to prisoners at other facilities, male and female, via video phone conferencing.

“I can relate to these young men and women through coding, but it’s about much more than coding,” he said. “We end up talking about the daily struggles that, as youths, we all go through.”

Sibley offered these words to youth offenders who are trying to navigate their way through being locked up: “They have to figure out what they want. Without a plan or idea, they’re going to go nowhere. If their plan is to stay in a gang or whatever—then that’s what they’re going to do.

“If they want to program, if they want to get out, they’re going to work toward that.

“Some people just aren’t ready—no matter how old they are.”

In an ironic and recent twist, the same YOP inmate who spoke negatively about Sibley ended up having her reassigned as his counselor.

“I still stand by everything I said before,” he told *SQNews* right before press time. “But she was real cool today. She helped me out a lot. She was great.”

It's easier to build STRONG CHILDREN than to repair BROKEN MEN.

-Frederick Douglass

Support Project Avary on June 22nd for its Third Annual March for the Next Generation. Send your donation to the following address:

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They are also more likely to suffer from PTSD and other mental health issues, to have behavioral problems and developmental delays, and are more at risk to get expelled or drop out of school and to become homeless.	<ul style="list-style-type: none">- a supportive community- leadership development- mentoring- life & job skills training- sleep-away summer camp- family camp- outdoor enrichment- emotional development- case management & family support	90% show growth in resiliency and in other critical developmental assets.
		86% show success in communication, anger management & conflict resolution.

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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

Kid CAT and *The Beat Within* hold monthly writing workshops. *The Beat Within* conducts writing workshops in juvenile detention centers throughout the country. Kid CAT 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 Kid CAT Speaks!

What makes you different? There are so many things that we all have in common. We all laugh at what’s funny; we all cry when we’re sad; we all bleed when we’re cut; we’re all born and we all die. But what makes each of us different from everyone else? What makes you one of a kind? Look around at your homies and family, and tell us what’s different about you from all of them. Is it how you think? How you dress? Your dreams and plans for the future? Without getting into whether you are “better” or “worse” than anyone else, tell us how you are unique.

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

Kid CAT (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. Kid CAT Speaks wants to hear from all offenders, educators, and policymakers concerning juvenile justice issues and rehabilitation. Contact us at San Quentin News, Attn: Kid CAT Speaks, 1 Main St., San Quentin, CA 94964.

The Beat Within celebrates 21 years of giving youth a voice



Photo by Jonathan Chiu, SQN

Dave Inocencio (second from left), The Beat Within and KID CAT members

By Lisa Strawn
Journalism Guild Member

For the past five years, Dave Inocencio has been coming to San Quentin to lead a writing workshop for The Beat Within publication that he started 21 years ago in San Francisco. He got involved with San Quentin through Karen Drucker, who, at the time, worked with the KID CAT program and emailed him asking him to be a part of it. The first time he saw the CAT program, Inocencio was blown away. “[KID CAT shows] all those who are incarcerated that they matter and have a story and a place for them at the table,” he said.

Prior to meeting Drucker in 2013, Inocencio had started The Beat Within after working as a social worker for juveniles in San Francisco’s county jail. He wasn’t afraid to go into jails. It was inspiring for him. “The system would label the kids, but once I saw them, I found that they had dreams, loves and fears,” he said. According to Inocencio, the meaning of *The Beat Within* is to listen and connect with the souls and wisdom of those who often don’t have a voice. In January 1996, Inocencio had his first workshop. It was the same year Tupac Shakur was killed. The kids began to tell Inocencio stories about Tupac Shakur and how he im-

pacted their lives. Tupac ended up being featured on the first cover of the publication, and so *The Beat Within* began. When Inocencio brought the publication to San Quentin, Miguel Quezada, a San Quentin inmate, helped him run *The Beat Within* workshop. Today, Michael Webb and Michael Mackey help to facilitate and lead the publication. “*The Beat Within* has helped me to communicate better with others,” Webb said. “I needed *The Beat Within* to be a better person.” Each month four topics are passed out to the group. Everyone has time to write on as many of the subjects as they wish. The subjects range from

how to deal with racism, to how an adult has helped you in the past. “The subjects passed out have a lot of meaning,” Mackey said. Michael Weeb spoke about how, even though he isn’t around them, his kids don’t have any resentment against him because *The Beat Within* carries his voice to them. He added that The Beat Within has given him a voice to help other kids hear his message as well. When asked about the beginning stages of The Beat Within, Inocencio explained that he had a lot of interest from friends who wanted to help, leading to partnerships

with the Ella Baker Center for Human Rights in Oakland and the California College of Arts, to name just a few. Now there are 25 outlets of *The Beat Within* in the U.S., including Hawaii and New Mexico, with more than 100 volunteers. “I have pinch me moments, and I don’t take anything for granted because I wanted to learn from everyone and the volunteers,” Inocencio said. “It’s not about me.” At the most recent San Quentin workshop, one of the prompts was how spending time alone has affected you. Hieu Nguyen, a prisoner in the program, spoke about his experiences growing up without a father and being left

home alone. He would watch other kids get picked up after school by their parents, and it bothered him that nobody was there to come get him. To fill this void, Nguyen turned to gangs and looked at the older guys as father figures. “*The Beat Within* has helped me learn express those feelings that I had had as a kid,” Nguyen said. For the future, Inocencio hopes that *The Beat Within* will get more funding to expand to other prisons and jails. “I have no plans to retire, and as long as people are incarcerated, I will have *The Beat Within*,” Inocencio said.

***Correction to May issue page 8:
Bread & Roses is a nonprofit organization that has sponsored volunteer music events for over 40 years, currently including about one each month inside San Quentin.

RE:STORE
JUSTICE

Trino Jiménez
Contributor

My name is Trino Jimenez and on February 27, 1986, my oldest brother Julio stepped out of our home and never returned. Julio became a victim of a horrible crime as he was brutally beat to death. He had sustained massive trauma on his head and his throat had been slit from left to right. This killing was so violent that at my brother’s memorial service the casket had to be closed, and this event turned my world upside down. Never in my life had I experienced such deep pain of justice. Soon after the crime, a suspect was apprehended and as the trial process took place, all I could see was a man filled with hatred, a cold callous person. There before me was a man who had no regards to another human. This was the only picture that was painted- A vicious crime and a man responsible. As the years passed, we as a family never discussed Julio’s death due to it being too painful to bring up. Then in the late 90’s there was an event that caused me to soul search as I was subpoenaed to testify as a character witness for a murderer. As I sat on the witness stand I felt I was betraying who I was, for I was a victim who stood with victims, yet I saw my friend as a human and not this cold hearted killer who sits today on death row in San Quentin. What I saw that day was two hurting mothers who lost their sons, one in death the other in going to prison. This event caused me to ask what about the man responsible for Julio’s life, the man who caused my family so much pain and devastation? Twenty-nine years later in 2015 God brought in a special friend, a man who had paroled from prison for murder. He knew the system well, connected me with Victim Services and put me on the path of restoration as I wrote to the man who murdered Julio. I wanted to convey to him that there is a God who loves him, who wants to free him of his guilt and This God who I serve requires me to forgive him. To my surprise he wrote back to me and expressed his remorse. What I saw in his letter was a contrite man and not the cold hearted person I saw in the courtroom. Through the transcripts I read a lot of his past and learned that in many ways our system failed him by not offering rehabilitation. Through the offender I was introduced to the Victim Offender Dialog and on March 16 of 2017 we both participated in this healing program. I thought that this was all for his healing, not realizing that I had tucked a hurt so deep down inside that I didn’t even know it was there and I was able to release my hurts that day, healing came upon two lives. In April of 2018, I attended his parole hearing in support of his release, yet he was denied and still now sits in prison today. This journey was meant to be a personal one and I was happy to keep it that way, as he was the most important person to reach. Still as life has it, I was given the special opportunity to tell this story, and as I share my brokenness for the purpose of mending has brought me great joy, and I hope to someday share a space with the man who brought so much pain to my life for the purpose of healing. Words cannot express how much pain I have been forced to live with and I hope that our world can be change for the better one person at a time. I will go wherever healing is needed and continue on this journey of promoting healing for I believe in Restorative Justice.

The origin story of New Hope: San Quentin's LGBT church

In 2014, two transgender inmates founded an LGBT church at San Quentin called New Hope. Kim McBride, a minister for 19 years, and Adriel Ramirez wanted others to have a place to worship without judgment. New Hope is made up of primarily LGBT people, but doesn’t exclude anyone who wishes to attend New Hope. Kim said, “The meaning of New Hope is a fresh start in the Lord Jesus Christ as a family.” “I was inspired to have New Hope at SQ because I saw how I was received by other inmates,” Kim said. “I was welcomed at the door and asked to sit among them, but the snide remarks under their breaths and the non-fellowship outside the church made me sad. “I prayed and asked God for guidance, and He lead me to Adriel, and the rest is history,” Kim added. Father George Williams of the Catholic Church is who Kim and Adriel went to with the idea of New Hope. “Father George,” Kim said, “is the biggest supporter for New Hope.” New Hope meets on Saturdays 9 to 11 a.m. and Sundays 11 a.m. to 2 p.m. with staff on Saturdays and inmates only on Sundays, with oversight from Father Williams. “My role in the church is music,” Adriel said. “I would

either share a special song or lead the congregation in song, as well as leave time aside where if someone needed to talk I would make myself available for the individuals to do so. “The goal for New Hope is not to be recognized as a gay church but open to all who seek to have an intimate relationship with God who loves them all. “My experience in New Hope has given me a strength where I can attend other churches or participate during a service without having to hide who I am and what I truly mean to God.” Michael Adams, who has attended New Hope for four years, said, “I got involved with New Hope because it is the first time in 20 years of incarceration that there was a place for me to celebrate and function in all of me, not just my faith.” When asked what he would like to see for New Hope in the future, Michael said, “Growth that opens us up to those from the outside who have learned to be sincere and navigate their faith in light of so much holy opposition. “We need to learn from each other. “New Hope has been a safe place for me to

express my faith. However I understand it to be a by-product of trauma, I will rise above someday.” “We at New Hope would like more of the LGBT population to attend,” Kim said. “All we require is an open mind, open heart and a hunger for the Word of God. We will treat you like family in the chapel and promise once you join us you will return.” When asked if she were released today, would she continue the work she has done in prison with New Hope on the outside, Kim said, “I plan to start New Hope wherever my feet land. From this home church at San Quentin, I will establish other New Hope Congregations.”

—Lisa Strawn



Photo by FirstWatch

Minister Kim McBride

“Improv gave me a chance to practice everything I've learned in self-help groups”

Improv Class

Continued from Page 1

“Improv gave me a chance to practice everything I’ve learned in self-help groups, college, and interactions in prison in a real life setting,” Villafan explained. “If you told some guys at other higher level prisons, they wouldn’t believe us. This class is very unique. At any other prison, you couldn’t bring the races together. Now, I can call these guys my brothers”

The premier skit was based on a style of game called Super Scene.

Troupe member Dashawn Nicholson explained the rules: three actors, Mike Moore, Devin Torrance and Jonathan Chiu, would direct the other team members to act out scenes in a fictitious movie with imaginary props. When the Improv troupe decided that the scene was over, they would say, “End Scene.” After each director presented a scenario, the audience voted on their favorite 2 scenes, which they

would like to see another act from. After the second round, a winner would be chosen for a third and final scene.

Torrance directed the first act in which Steve Brooks — “the quickest gun in the West”—played the main character in a Western movie. As he walked into a saloon, Aaron Taylor, playing a bartender garnered laughter from the crowd as he said, “We don’t serve your kind around here,” while pouring imaginary drinks. Both men are Black, which made this scene uniquely surprising and light-hearted — given the culture of racial segregation and tension in many prison settings. Sheriff Losdini played by Carlos Meza then stood up on the other side of the saloon with his deputies and told Brooks to leave.

AND SCENE

The next skit was directed by Jonathan Chiu — a superhero movie in which a main champion, accompanied by his devoted sidekick and a set of Siamese superheroes were all searching for a bad guy to battle. Troupe members Brooks and Shatka were the star actors, playing the Siamese

twins as Jonathan Chiu directed them to stand back to back with their arms interlocked. In the tradition of improv, audience members were encouraged to participate in the form of suggesting topics or even by voting for their favorite scenes, but the whole room was pleasantly surprised, including the PUP Improv Troupe, when audience member George “Mesro” Coles courageously and spontaneously stepped out of the crowd to play the evil super villain. Everyone prepared for a battle.

END SCENE

The final act of the first round was Mike Moore’s newsroom scene in which three reporters were creating quirky stories. Michael Moore not only directed the scene, but also played the editor in the newsroom. He asked a writer what their story was about and the reporter replied it was about cats in the hood. As the crowd was still laughing, the next reporter explained that his story was about rats in the hood. The chemistry between the performers was evident in their ability to seamlessly develop a story upon each other’s last

line. Moore then suggested that the two writers combine their stories into a story about cats and rats gangbanging in the hood.

END SCENE

Nicholson conducted the voting round, during which the crowd cheered the loudest for the Western scene and the superhero scene. He bid goodbye to the story about the reporters in the newsroom.

The actors were taught in class that when a story is voted out, they should say goodbye to the story and not to the person who created it. By doing this, they created a culture that celebrated failure as a learning experience and encouraged their team to try again in the future.

The second round started with Devin’s Western scene.

This time Brooks came back to the saloon with his sidekick Jack so that they could finish off the sheriff and his crew. Both Brooks and Jack rode their imaginary horses to the bar and tied them up outside. The following gunfight had the whole crowd laughing as all of the deputies fell to the ground before Brooks was even seen drawing his imaginary gun.

“The fastest gun in the West,” said Brooks. The only people left standing were Sheriff Losdini and Brooks.

END SCENE

Next, Chiu opened up his second scene with the main superhero losing his life in the battle while his dedicated sidekick was crying in distress. The Siamese Superheroes were somehow split up during the battle and the sidekick ended up trying to stick them back together.

END SCENE

The crowd then voted for Chiu’s superhero movie to move on to the third round.

The scene opened with the Siamese Superheroes and the sidekick all somehow getting stuck together. With their backs together and their arms interlocked, they had to keep rotating in a circle to fight the bad guy, who was the main superhero resurrected from the dead.

END SCENE

The show ended with comments from the audience.

“Now y’all have let me know that all y’all crazy,” said Jack Benford, “It was hella good.”

Wife and husband Elena and Martin Lichtenthaler

taught the improvisation class. They are also part of the Berkeley Improv Troupe, where they practice improvisation in their free time. The unexpected duo, from Germany, are both visiting scholars at UC Berkeley, with Martin studying chemistry and Elena studying Chinese food politics.

“When attending an improv show, the audience should expect to have a good time, to be surprised, and to experience emotions,” said Elena, “It’s much more than just comedy.”

In the class, they aim to teach the scholars-in-blue improv skills that will benefit them in their everyday lives. These skills include: celebrating risk, building trust, supporting others, failing well, and being generous. The troupe practiced these skills throughout the semester, which gave them the cohesion needed for such an entertaining performance.

“If you can be vulnerable, develop empathy, and fail well; it makes you a better person,” explained Martin, “You don’t have to be funny or witty. Just be present, and I’m confident good things will happen.”



Improv students acting out Western Scene



Professors Elena and Martin Lichtenthaler watching their pupils



Improv student Michael Moore presenting his Newsroom Scene



The Siamese superheroes and sidekick stuck together



Students taking questions from audience



Improv Students Deavon Terrence and Jonathan Chiu

Two Marin professional classic musicians join Zuill Bailey to perform at San Quentin



Photo by Jonathan Chiu, SQN

Jeremy Constant, Zuill Bailey and Jenny Douglass performing at San Quentin Protestant Chapel

By Kevin D. Sawyer
Associate Editor

Grammy Award winning cellist, Zuill Bailey, returned to San Quentin State Prison’s Protestant Chapel for a third time to perform for an audience of inmates, staff and outside guests.

“Thank you for taking me out of prison for a while,” an inmate in the audience said.

It was by far the best turnout for one of Bailey’s performances. The audience kept growing during the performance as inmates and staff trickled into the chapel for the nighttime show.

It was a sunny afternoon at the prison, so Bailey was competing for attention with men playing basketball and activities on the Lower Yard while others waited for the performance to begin.

Bailey opened with a solo performance of the The Swan by Johannes Sebastian Bach, written in 1717. He followed with a piece by Tchaikovsky, and the audience quietly listened as they watched the emotion Bailey displayed as he played his 326-year-old Stradivarius cello.

“Thank you,” Bailey said in a humble greeting to the audience. “It’s really great to be back.” Remaining consistent with his prior engagements at the prison, he spoke candidly on the stage about his path to music.

“I didn’t ask to play the cello,” said Bailey. “It was destiny.” He shared a story of his first run-in with the cello at age four when he accidentally knocked the instrument out of a girl’s hand at a concert and broke it.

Moving through his selection of songs, he played faster and used more of the instrument’s fret board to demonstrate the auditory range of the instrument from high piercing notes to low bass tones.

“You smoked Eddie Van Halen,” one inmate in the audience called out, arousing laughter.

“Don’t tell him,” Bailey responded with a smile.

Some parts of his next slowly played melodic composition sounded sad, then picked up with quick striking phrases that morphed into a range of what sounded like an ensemble of musicians. When he was done, the applause that filled the room was anything but obligatory.

“Pretty cool, huh?” Bailey asked the audience. “The slow

parts are the hardest to play,” he said.

At age 19, Bailey said he was told by an accomplished musician, “Congratulations, you can play the cello. Now go get a life so people will care.”

Because of his age and years of dedication playing the cello, Bailey said he had not experienced hardship and “didn’t even have a girlfriend.” He said unlike many kids of that age, he didn’t know loss, suffering and other things life brings to someone, so he had to get some life experiences to play some songs well. Now he says: “It’s not what I do but how I feel is what sticks with me.”

Halfway through the show, Bailey welcomed Jeremy Constant, Marin Symphony’s concertmaster and Jenny Douglass, Marin Symphony’s principal violinist to the stage to play violin and the viola respectively.

The trio performed three parts of a five-piece movement, reading from charts. The first movement opened with a strong attack, filling the chapel with centuries-old sounds; the second was a pleasant piece played with single low notes from the cello that supported the high notes played by the violin and viola.

In the third movement, the cello growled as Constant and Douglass played the violin and viola, at times in what sounded like a call-and-response style. “You have to be able to read together,” said Bailey.

“The key is to let yourself go there,” explained Bailey. “Music lets me know I’m alive.”

“Have you named your cello?” an inmate in the crowd asked during a brief question and answer session after the show.

“I’ve considered calling it Rose,” said Bailey, referring to

the rose painted on the centuries-old instrument. He told the audience they’re lucky to hear such an old cello because most are in museums.

Constant played a 1850 violin. “It’s amazing to be able to play borrowed instruments,” he said. “In a sense, these are our voices.”

It was Douglass’ fourth visit to the prison and her second time performing at San Quentin with Bailey. She is the Director of Education at Marin Symphony. She said the program trains children, ages 8 to 19, in orchestral ensemble. She’s been playing the viola since age four.

“When the three of you played, it seemed like there were more of you,” an audience member told the group. “When are you coming back?”

“This is my personal third time,” said Bailey. “I guarantee we’ll be back.”



Photo by Jonathan Chiu, SQN

Marin Symphony's principal violinist Jenny Douglass at SQ



Photo by Jonathan Chiu, SQN

Cellist Zuill Bailey for the third time at SQ



Photo by Jonathan Chiu, SQN

Marin Symphony's concert master Jeremy Constant at SQ

“Feeling humiliated, embarrassed and shame”

Stop

Continued from Page 1

Wallace said when he paroled, he experimented with drugs and got involved with gangs and later left both alone. “I didn’t want to come back” (to prison), said Wallace. “I was exhausted and wanted to make some changes.”

When he ran the streets, his family used to tell him he was disgracing himself. But what made him enter recovery was something his daughter said to him on Father’s Day. “I don’t want to bury my father,” she told him.

Feeling humiliated, embarrassed and shame, Wallace decided to deal with his addiction.

Another change came in the form of music. After serving time at California Rehabilitation Center, California Medical Facility-Vacaville, and the ranch at Folsom State Prison, Wallace paroled for the last time in 2008 and discharged from parole in 2011.

Getting out of prison, Wallace said it made him realize his real friends didn’t offer him drugs or try to invite him to commit criminal activity. His good friends, he said, encouraged him to go to school.

Wallace returned to San Quentin in May. But this time he wasn’t wearing prison blues. Dressed in all black attire with red, high-top Timberland boots, he visited the prison’s media center to discuss his nonprofit Surviving The Odds Project, STOP for short, where he is the founder and CEO.

Wallace’s wife, Melissa Greene, is the co-founder and

executive director of STOP. She said “John is the face of the program,” and she works behind the scene. We’re “so opposite but (we) work well together,” she said.

“I was trying to hold back tears,” said Wallace. “It was emotional coming back. It’s eye opening to come here.”

“STOP will improve the lives of local youth through engagement in therapeutic self-exploration and self-expression by providing an innovative music and video production program to the under-served and marginalized...population in Marin County,” its website says.

Wallace learned about equipment and video production at Community Media Center of Marin. While in the Marin county jail, he learned about a grant for mental health. He said funding was available for people to write about life experiences, so he applied.

Wallace said it was Cesar LaGleva of Behavioral Health and Recovery Services, who clued him in on available funding for kids. LaGleva’s wife, Liz Prior, is the principle viola player for the Marin Symphony.

STOP targets at-risk youth who attend Marin County schools, such as Marin Oaks

High School, Madrone, and San Andreas. “The kids are really getting an opportunity by coming through our program,” said Wallace. He built a multimedia studio at Marin Oaks, where he decided to make the studio a one-stop shop.

“Kids hear about the program through word of mouth,” said Wallace. “And no experience is necessary for kids to participate in STOP.”

The program starts with a group of about 15 kids. Wallace said about 11 to 12 finish the program, which meets twice a week for several months. There, they feed the kids, teach them

song writing, recording and videotaping skills.

Wallace does on the outside what artist and producer David Jassy does with youth offenders on the inside of San Quentin. The two met in the prison’s media center and shared some ideas. Jassy extended an invitation to Wallace to participate in the 16 Bars Behind Bars project at the prison.

“I think it’s cool for you to come back to do 16 Bars Behind Bars,” said Jassy.

Jassy said “Some people don’t understand the impact this music has on kids.” He said Wallace’s influence will help make a difference.

Jassy prepared Wallace to record a few rap lyrics. After Wallace selected music created by Jassy he was ready to record.

On playback they overdubbed some ad lib tracks and layered the previous vocals with a duplicate track to expand the dynamic presence of the sound. The two of them discussed the possibility of STOP, YOP mix tape inmates and San Quentin’s SQUIRES program collaborating to help youth inside and outside of prison.

“I’m super excited to work with you, especially from prison,” Wallace told Jassy.

—Kevin Sawyer



Youth participants of STOP program

Courtesy of John Wallace



John Wallace and David Jassy at SQ media center

Photo by FirstWatch



STOP participants at the studio headquarters

Courtesy of John Wallace



John Wallace at his studio

Courtesy of John Wallace



STOP participant performing

Courtesy of John Wallace



John Wallace training STOP participants

Courtesy of John Wallace

AROUND THE WORLD



HANS-WERNER HARDER
IN HAMBURG,
GERMANY



SETH MALCOLM
IN GUILDHALL LONDON

Snippets

Chichimeca means "dog people" that was the name of the first founders of Tenochtitlan. Later known as Mexicas.

In 1962 a Mexican militia led by General Ignacio Zaragoza defeated far better equipped French expeditionary forces on Cinco de Mayo.

Napoleon was a military and political leader who rose up to become the emperor of France.

Cinco de Mayo first gained popularity in the U.S. in the 1950's and 1960's.

Officially, Cinco de Mayo marks the Battle of Puebla.

CROSSWORD PUZZLE

By Jonathan Chiu / Edited by Jan Perry

Across

1. Sets of martial art movements

6. Some grades

9. Place

13. Type of branch extension

14. Teachers' org.

15. Promise

16. Copier necessity

17. Rip

18. Beauty store

19. "Stand out from the rest"

22. Former British PM Teresa

23. Body of water

24. Bravo (Sp.)

27. Vin Diesel char.

29. Sport movements

34. Stiller of *Meet the Parents*

35. *The _____ U Give*

36. Mock

37. "Person who gets it done"

41. Back tooth

42. Cavities connected to the lung

43. Flightless bird

44. Outdated transmission

46. O₂

47. Rockwell of *Matchstick Men*

48. Apple system

50. Big ____

52. Result of 19 and 37 Across

61. Epps of *The Mod Squad*

62. Expensive watch brand

63. Treasure-_____

64. Genesis maker

65. ____ money

66. River in NW China

67. Plant that blue dye comes from

68. Female sheep

69. To anoint for last rites

Down

1. Hoda of *Today*

2. Curative substance

3. T.I.'s significant other

4. Chevy small vehicle

5. Follows blood, truth, or anti

6. Again

7. Pinto, white and soy

8. Floor covering

9. 25 Down's taste

10. Buddies

11. Actress Miranda

12. Sooner rather _____ later

17. Honda rival

20. Submarine's necessity

21. Livable planets

24. Former President

25. Citrus fruit

25. _____Gay

28. High IQ org.

30. Motorists' org.

31. _____ of Hazzard

32. Purgative

33. Play a guitar

35. Action hero quality

38. Kilmer of *Top Gun*

39. Platforms

40. Purge

45. Parent's order

49. Comes mostly in plastic

51. Actress in *Bad Girls*

52. Baseball's Sammy

53. Prediction

54. Wise men from the East

55. Asian mountain range

56. Conceal

57. Vietnamese name

58. Ripped

59. Dr. _____

60. English military org.

12x12 grid with numbers 1-69

Creator's note:

Apologies to last issue's crossword.

Wrong clues were given to the puzzle.

LAST MONTH'S ANSWERS

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

Sudoku Corner

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

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

Last Issue's Sudoku Solutions

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

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

Last month's Brain Teasers:

Tree: Elm, Ash, Beech, Lime, Poplar.

Person: Bill, Jim, Tony, Sylvester, Desmond.

Club: Squash, Golf, Tennis, Bowling, Soccer.

Bird: Owl, Blackbird, Crow, Robin, Starling.

Year: 1970, 1971, 1972, 1973, 1974.

Tony likes tomatoes. He only likes words that start with prepositions.

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 June would 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

BRAIN TEASERS OF THE MONTH

The following box will remind you of the weather (at least in the northern hemisphere). fill in the letters HEAT so that those four letters are in each row, across, down, and on the long diagonal, but not two letters may be the same in any line, nor two identical letters be next to each other. One line is filled in to get you started.

H			
	E		
		A	
			T

The following cryptogram is simple substitution of an unusual sort. Each letter or symbol represents one letter, the same one each time. Decipher the sentences.

JS1/41/4OMRDD OD S DYPVL YJSY

D1/4;OYD YJTRR GPT PMR YJR

FSU SGYRT UPI NUI OY

Eight coins represent a Christmas tree, as shown. Three tails-up coins (shown in grey) form the Christmas tree's garland. There are six different challenges in the puzzle. The rules of each challenge are the same: by moving one coin at a time, in a few single moves as possible, make another Christmas tree of exactly the same shape and orientation, but with another arrangement of the garland. When moving at coin, the coin must be placed so that it touches at least two other coins (fixing its position in relation to the coins).

Presos en California pueden aplicar para un perdón gubernamental

Por la oficina del Gobernador

Las personas que han sido convictas de un crimen en el estado de California pueden aplicar para un perdón gubernamental. El gobernador de California no puede conceder un perdón por una condena dada en otro estado o por procedimientos federales.

Hay dos maneras para solicitar un perdón en California: un certificado de rehabilitación y un perdón directo. *Aplicación de perdón por certificado de rehabilitación:* una manera de aplicar por un perdón es pedirlo primero a la corte superior del condado en donde vive el solicitante. Una vez que la corte le conceda una petición para el

certificado de rehabilitación, la corte debe enviar la orden a la oficina del gobernador, donde ésta automáticamente se convierte en una petición de perdón. El solicitante no necesita hacer algo a futuro a menos que sea contactado por la oficina del gobernador, o el Board of Parole Hearings. *Aplicación de perdón por petición directa al gobernador:* el segundo paso

para aplicar por un perdón es someter una petición directamente a la oficina del gobernador. En los dos casos, el solicitante debe notificar al abogado de distrito en el condado en donde fue convicto y el porqué la petición de perdón ha sido sometida. Antes de que el gobernador pueda conceder un perdón a cualquier persona que ha sido convicta por uno o más delitos, la Corte Suprema de California debe primero recomendar la concesión de clemencia. La oficina del gobernador mandará a la Corte Suprema de California la petición de perdón y todos los documentos relacionados a la misma para su revisión.

INVESTIGACIÓN Y REVISIÓN: El Board of Parole Hearings investigará las peticiones de perdón para la oficina del gobernador para decidir si éste perdón es concedido o no. La oficina del gobernador revisará cuidadosamente cada petición y considerará:

- El impacto que causará la concesión de un perdón a la familia y a la comunidad del solicitante, incluyendo si la concesión es consistente con la seguridad pública y el interés de la justicia, y si ésta es relevante, cualquier circunstancia extraordinaria que justifique la restauración del derecho a la portación de armas o un perdón en un caso de ofensa sexual.
 - La edad y circunstancias de la ofensa y la edad del solicitante al tiempo de cometer el crimen;
 - El desarrollo personal del solicitante y la conducta que ha mostrado desde la ofensa, incluyendo si el solicitante ha hecho uso de todos los programas de rehabilitación a su alcance y ha identificado y enfrentado las necesidades; y
 - La necesidad del solicitante por el perdón.
- Los solicitantes del perdón serán notificados cuando el gobernador decida actuar sobre la petición.
- COMO APLICAR PARA UN PERDÓN-REAPLICACION**
- Si usted sometió una petición por perdón, ya sea una petición directa o por certificado de rehabilitación a un gobernador en el pasado y no recibió ninguna notificación de que un perdón le fue concedido, su petición ha sido cerrada. Si usted sometió una petición para ser perdonado en los últimos tres años y quisiera que el Gobernador Gavin Newsom habrá y reconsideré su petición, usted puede someter una petición para ser perdonado. Para reaplicar por un perdón usted debe tomar los siguientes pasos:
- Someta una forma de re-aplicación para perdón. No envíe su petición original u otros documentos a menos que estos sean requeridos por la oficina del gobernador o el Board of Parole Hearings.
- PERDÓN –PETICIÓN NUEVA**
- A los solicitantes que son elegibles para un

certificado de rehabilitación se les sugiere que usen las posibilidades para someter una petición por perdón. Contacte a la Oficina de los Defensores Públicos en el condado donde reside para obtener información adicional.

Para someter una petición directa por perdón por primera vez en tres años, usted debe toma los siguientes dos pasos:

- Someter una petición para perdón completa a la oficina del gobernador. Usted puede pero no es requerido a someter información adicional o copias de documentos relevantes que apoyen su petición, como cartas de apoyo o certificados de logros. Explique las circunstancias extraordinarias que justifican la restauración a su derecho a portar armas. Por favor no mande documentos originales porque los documentos no pueden ser devueltos; y
- Someta una noticia de intento para petición de clemencia al abogado(s) de distrito en el condado o condados de su(s) convicción(es) por ofensa(s) por las cuales usted está pidiendo un perdón.

Su usted desea formas de petición por correo, favor de mandar una carta a la:

Office of the Governor, State Capitol, Attn: Legal Affairs/Clemency, Sacramento, CA 95814.

—Traducido por Juan Espinosa

Pasos para conmutación o reducción de sentencia

Reos reincidentes ven más esperanzas de rehabilitarse en San Quentin

Por Juan Espinosa Diseñador gráfico y escritor

Algunos reos reincidentes ven más esperanzas de rehabilitarse si son transferidos a la Prisión Estatal de San Quentin, en California. Boris Tamayo de 46 años, dice que ha estado en prisión en repetidas ocasiones “cinco para ser exactos. Yo soy chofer de camiones, pero debido a mi adicción al alcohol me meto más fácil en problemas”, dijo Tamayo a SQN. Tamayo argumenta que durante las temporadas que ha pasado encerrado, la mayoría de las veces salía sin ningún oficio. “En la cárcel no aprende uno nada, en la calle puedo aprender algún oficio. Nada más me servía para dejar el alcohol pero una vez afuera volvía a recaer”, dijo Tamayo. San Quentin se ha vuelto el principal programa piloto del Departamento de Correcciones de California en lo que se refiere a la rehabilitación. San Quentin cuenta al momento con cerca de 100 programas en donde

los reos reciben información y enseñanza sobre cómo tratar con los problemas que les aquejan. Programas como AA, NA, Justicia Restaurativa, GRIP, VOEG entre muchos otros, están enfocados en la rehabilitación de la población carcelaria y en evitar la reincidencia en la comisión de delitos. “San Quentin tiene muchos programas; también puedes asistir a la escuela”, dijo Tamayo. “Yo pienso que si estos programas existieran en otras prisiones menos gente regresaría a la prisión. Aquí sí te hacen pensar seriamente en tu rehabilitación”. Tamayo dijo que en el condado de San Mateo participó en varios programas como CHOICES y otros programas que abordan el consumo de drogas, alcohol y defectos de carácter. “Estos programas me han ayudado a reconocerme a mí mismo y a identificar mis defectos de carácter”, dijo. Tamayo tiene una sentencia de dos años por lo cual pronto será liberado y podrá volver a

la sociedad. Dice que en estos casi dos años ha tratado de mantenerse ocupado, se levanta temprano y hace mucho ejercicio. “Esta vez sí me quiero mantener afuera, reportarme con mi oficial de parole, estar con mi familia y ser capaz de mantener mi trabajo, algo que no ha pasado anteriormente”, concluyó.

—Daniel López contribuyó con esta historia



File photo Reos de San Quentin en un grupo de auto-ayuda

La música es un medio para combatir la soledad en prisión

Por Taré Beltranchuc Escritor contribuyente

En los 17 años que lleva encarcelado, José Herminio Pedroza Quiñones nunca se ha separado de su guitarra. “La música se ha convertido en mi mejor herramienta para lidiar con la soledad y el estrés”, dijo Quiñones de 77 años de edad, en una entrevista con SQN. Quiñones es un residente de la prisión de San Quentin que cumple una sentencia de 27 años a cadena perpetua. La música ha llegado a ser como una adicción, “si no toco la guitarra no me siento bien”. Quiñones añadió que cuando toca la guitarra se siente libre



Photo by First Watch Herminio Quiñones

como el viento, se olvida que está preso y le trae bonitos recuerdos de su juventud.

“La música es... una vitamina para el alma”

Con una sonrisa en el rostro Quiñones relató como nació su amor por la música. “Mientras trabajaba como carpintero a la edad de 15 años, me llevaron una guitarra para repararla. Con la ayuda del encargado de la carpintería reparé la guitarra en un mes. Después empecé a practicar y me fascinó el sonido de las cuerdas. Así que no la devolví hasta que compré mi propia guitarra”. Quiñones tuvo que realizar muchos sacrificios para comprar su guitarra. Incluso prefirió no pagar la electricidad para poder realizar sus pagos semanales de un dólar por un año. Su primera guitarra fue una Valenciana y le costó 48 dólares. Quiñones ha tocado la guitarra por 62 años y está muy agradecido con Anastasio Zárate, a quien se refiere como maestro y mentor. Al inicio le salían ampollas en las yemas de los dedos, pero eso no lo desanimó. “Mi deseo por apre-

nder a tocar la guitarra era mayor que el dolor de las ampollas”, Quiñones dijo. “Muchas veces prefería tocar la guitarra que comer”. Al cabo de dos años de perseverancia y dedicación, fue invitado a ensayar con el famoso “Grupo Solitario”, que se interesó en él, pero por razones personales rechazó la oferta. Posteriormente, en compañía de dos amigos formaron un trío para llevar serenatas. Su amor a la música era tan grande que el dinero paso a ser secundario. No tocaban por dinero. En muchas ocasiones llevaron serenatas gratis. “Tocábamos por amor al arte, y cuando nos iba bien nos invitaban unos ricos tacos”, mencionó Quiñones. En el 2002, su vida cambió radicalmente al cometer un asesinato que lo llevo a la prisión. “Cuando llegué a la prisión estaba muy lastimado, me sentía solo y abandonado”, dijo Quiñones. Fue en ese entonces que decidió comprar una guitarra y descubrió que “la música es una terapia para el estrés y una vitamina para el alma”. Quiñones concluyó, “me fascina ayudar a los jóvenes que tienen interés en aprender a tocar la guitarra. Creo que es una herramienta de rehabilitación y una forma de hacer enmiendas por el crimen que cometi”.

Por la oficina del Gobernador

Las personas que han sido convictas de un crimen y actualmente están cumpliendo su sentencia en California pueden aplicar para una conmutación o reducción de su sentencia. Para decidir si se reduce una sentencia o no, la oficina del gobernador revisará cuidadosamente cada petición de reducción de sentencia y considerará:

- El impacto de la reducción de sentencia en la comunidad, incluyendo si dicha concesión es conveniente con la seguridad del público y el interés de la justicia;
- La edad y circunstancias de la ofensa y la sentencia impuesta, y la edad del solicitante al tiempo de haber cometido la ofensa;
- El desarrollo del solicitante y conducta desde el día que cometió el crimen, incluyendo si el solicitante ha hecho uso de los programas accesibles de rehabilitación y ha identificado las necesidades del tratamiento de su problema;
- La necesidad de la reducción de sentencia del solicitante; y
- Los planes del solicitante cuando sea liberado.

Los solicitantes serán notificados cuando el gobernador tome acción sobre la aplicación de reducción de sentencia.

INVESTIGACIÓN Y REVISIÓN

El Board of Parole Hearings, una división del Depar-

tamento de Correcciones y Rehabilitación, investigará las aplicaciones de conmutación, reducción de sentencia. La investigación incluirá una revisión de los archivos de la historia criminal del solicitante, archivos policíacos y de los juzgados, y archivos de información del periodo de encarcelamiento del solicitante y otros fuentes de información relevante.

COMO SOLICITAR UNA REDUCCIÓN DE SENTENCIA-RE APLICACIÓN DE LA MISMA

Si usted sometió una petición para reducción de sentencia al gobernador previo y no recibió noticia de la reducción de sentencia, su aplicación ha sido cerrada. Su usted sometió una aplicación para la reducción de sentencia en los pasado tres años y quisiera que el Gobernador Newsom reabra su aplicación previa y que ésta sea considerada, usted puede someter una re-aplicación de clemencia. Para re-aplicar para reducción de sentencia:

- Someta una forma de re-aplicación de clemencia. No re-introduzca su aplicación original u otros documentos a menos que estos sean requeridos por la oficina del gobernador.
- Someta una autorización de consentimiento de información médica si usted está aplicando porque sufre una enfermedad terminal o tiene una discapacidad severa y crónica que podría substancialmente

mitigarse por medio de su salida de prisión o reducción de sentencia.

CONMUTACIÓN - PETICIÓN NUEVA

Para aplicar por una reducción de sentencia por primera vez o por primera vez en tres años:

- Someta una re-aplicación de conmutación a la oficina del gobernador. Usted puede, pero no es requerido someter información adicional o copias de documentos relevantes que apoyen su aplicación, como cartas de apoyo o certificados de logros. Por favor no mande documentos originales porque los documentos de aplicación no serán devueltos; y
- Someta una noticia de intento de aplicación para clemencia al fiscal de distrito del condado en donde fue convicto y cometió la ofensa;
- Someta una autorización de consentimiento Para información médica si usted está solicitando conmutación porque sufre una enfermedad terminal o tiene una discapacidad crónica que substancialmente puede mitigarse por su libertad de prisión o la reducción de su sentencia. La forma de conmutación solamente esta accesible en inglés.

Para obtener formas de conmutación por correo, envíe una carta a: **Office of the Governor, State Capitol, Attn: Legal Affairs/Clemency, Sacramento, Ca. 95814**

—Traducido por Juan Espinosa

San Francisco Glens vence a los Earthquakes de San Quentin 8 a 2



Photo by Javier Jiemenez, SQN

Jugadores de SF Glens y SQ Terremotos muestran compañerismo después del juego

Por Carlos Drouaillet
Escritor Contribuyente

El equipo de San Francisco Glens puso una extraordinaria goliza a los Earthquakes de San Quentin en un partido en el que los jugadores de ambos bandos trataron a toda costa de imponerse sobre sus rivales

EL Partido dio inicio a las 5:45 p.m. del 16 de abril, cuando Chris Marshall, árbitro central dio luz verde a la competencia con las indicaciones de rigor: "jueguen limpio, duro y respetuosamente".

Por ser visitantes sacó primero el equipo San Francisco Glens, tocando el balón con gran destreza, mientras los jugadores de los Earthquakes, recibían indicaciones verbales de los técnicos. Fue un partido perfectamente bilingüe, con el director técnico Garvín "YoYo" Robinson dando instrucciones en inglés, mientras Refugio "Cuco" Juárez lo hacía en español.

Los camarógrafos de Los S.F.Glens y de *SQ News*, tomaban fotos y video para

los archivos de los equipos y la prensa local.

El primer gol se dio a los 5 minutos del juego, cuando en una entrada fuerte por parte de los S.F.Glens, Jimmy Conrad, (mundialista con el equipo de U.S.A. en el 2006), le pasó el balón a Steve Cordova intentando una jugada de pared, pero éste en vez de regresar el balón, hizo una finta y se acomodó solo el esférico para tirar de derecha venciendo al portero Hugo Eduardo López.

Los Earthquakes avanzaron con buen estilo ponien-

do en problemas a la defensa de S.F.Glens que concedió dos tiros de esquina para evitar cualquier otra sorpresa.

Ronald Luna, delantero del equipo local recibió la pelota en el segundo tiro de esquina haciendo un tiro "ráfaga" a la puerta que salió poco desviado, sacándole un susto al portero visitante.

Desde el comienzo del partido los dos porteros recibieron tiros de "artillería" pesada, dándoles la oportunidad de lucir su agilidad y destreza.

Al minuto 17, en una jugada que empezó por la derecha le enviaron un pase elevado a Conrad quien la bajó de pecho y al rebote, anotó el segundo gol de la tarde.



Photo by Javier Jimenez, SQN

SF Glens Jimmy Conrad muestra sus habilidades futbolísticas en la cancha

El equipo visitante siguió dominando y en el minuto 33, el mediocampista Francisco Rangel, anotó el tercer gol para los Glens.

Casi al final del primer tiempo, cuando los earthquakes veían la dificultad del partido, un gol por parte de Jonathan Rivas salvó la honra, dejando el marcador del primer tiempo 3-1.

Segundo tiempo

EL segundo tiempo inició mal para los earthquakes, pues en los primeros 11 minutos recibieron tres goles: doblete de Jimmy Conrad, al minuto 53 y el minuto 55, y el otro de Andrew, quien portaba el número 21 al minuto

56, para poner el marcador 6 a 1 Glens.

Durante las jugadas que ocasionaron esos goles, López el portero recibió un golpe fuerte en el muslo izquierdo, lo que le impidió seguir jugando.

Al minuto 60, Refugio "Cuco" Juárez, mandó a calentar al portero suplente Luis Gutiérrez para hacer el cambio.

En una descolgada por parte de Taré Beltranchuc que presionó a la defensa de los Glens, la pelota salió para tiro de esquina a favor de los earthquakes. Francisco "Chicali" Huizar recibió el balón anotando de tres dedos para el segundo de los locales, dejando el marcador en 6 a 2.

Con la balanza a favor de los visitantes en el minuto 75, el delantero de los Glens en jugada individual, jaló la marca de tres defensas y dió el pase perfecto a "El güero" Medina que quedó solo frente al portero Gutiérrez, vencéndolo con un tiro a bocajarro. El marcador se fue 7 a 1.

El portero López reingresó al campo al minuto 32.

Al minuto 79 con despliegue por el centro del campo, Tariq Puljkamp de los Glens, disparó un tiro cruzado anotando el octavo y último gol, quedando el marcador final 8 a 2.

Al terminar el partido, los aficionados aprovecharon para hacer preguntas y tomarse fotos con el veterano de fútbol, Jimmy Conrad, exjugador mundialista de Estados Unidos en el 2006. Uno de los aficionados Ramiro Badajoz, después de hablar con Conrad comentó, "Jimmy Conrad, en su trayectoria deportiva se dio el gusto de anotarle a Osvaldo Sánchez, portero de la selección de México".

El evento concluyó con los saludos y abrazos acostumbrados en el deporte, demostrando agradecimiento mutuo entre todos. Después formando un círculo entre todos, intercambiaron comentarios positivos. Jimmy Conrad said, "I will speak on behalf of the group... and thank you for letting us win";(hablaré de parte de todo el equipo...y gracias por dejarnos ganar). Javier Ayala, director técnico de S.F.Glens comentó, "to make friends and play together, it doesn't matter where we come from, or whether we are Brown, Black, White or whatever; we just have to do it (Para hacer amigos y jugar juntos, no importa de donde venimos o el color de nuestra piel, nadamas jugamos); el portero de los Glens, solo dijo, "I got a lot of bruises but it was fun thank you". (tengo muchos moretones, pero estuvo divertido, muchas gracias".

Judges overwhelmed with immigration case backlogs makes it difficult for them to work

The Trump administration's controversial strategy to reduce the growing backlog of immigration cases has failed, according to a university study. The average wait for an immigration hearing is now more than two years, *The San Diego Union Tribune* reported .

The plan to reduce the backlog of immigration cases by forcing judges to take more cases was implemented in October 2017. Since then, the number of pending cases has grown from 655,932 to 830,000, according to Syracuse University's Transactional Access Records Clearinghouse, which tracks data from immigration courts.

The backlog is likely worse than figures provided by Syracuse University due

to the 35 day-government shutdown in December and January, the Feb. 21 story said. That resulted in the cancellation of roughly 60,000 hearings because around 400 immigration judges were absent or furloughed. Thousands of cases were rescheduled, thus extending the already long wait times.

The plan was described as a "comprehensive strategy for significantly reducing the caseload by 2020." It was intended to reverse the growth of the caseload and reduce it, according to the Executive Office of Immigration Review (EOIR), which administers immigration courts

The plan "has not only failed to reduce the backlog, but has eroded the

court's ability to ensure due process," according to the American Immigration Lawyers Association, a group made up of more than 15,000 lawyers and professors.

The group said the administration has failed by pressuring judges to rule "at a breakneck pace" on whether an immigrant should be deported.

In defense, the Trump administration stated, "Policy changes in recent years have slowed down the adjudication of existing cases and incentivized further illegal immigration that led to new cases."

Trump administration officials said illegal border crossing were encouraged by former President Barack Obama's attempt to deport

immigrants with serious criminal records and defend immigrants known as Dreamers who were brought to the U.S. as children.

Another argument regarding the aggravated situation was brought up by Stephen Legomsky, Homeland Security's chief counsel for immigration.

"Immediately upon taking office, President Trump essentially advised Border Patrol agents and ICE officers that they were to begin removal proceedings against anyone they encounter that they suspected of being undocumented, without sufficiently increasing resources for immigration judges," Legomsky said.

Another aspect of the immigration equation is the need for autonomy of the

immigration judges. Immigration judges are not independent, in contrast to the regular court judges. The immigration judges are part of the Justice Department, which means that the attorney general is both the chief prosecutor in immigration cases and the boss of the judges, who are classified as government attorneys, The Union-Tribune reported.

The National Association of Immigration Judges has called for Congress to end the built-in conflict of interest and to create an immigration court apart from the Justice Department.

"As long as we continue to allow the court to be used as a law enforcement tool, you are going to get these kinds of backlogs and inefficiencies," said Ashley

Tabaddor, president of the National Association of Immigration Judges,

The Trump administration increased the number of immigration judges by 74 percent to 414 by the end of 2018. House Democrats requested an investigation by the Justice Department Inspector General's office based on the suspicion that hiring was politically motivated.

The Immigration Lawyers Association wrote, "The current administration has taken advantage of the court structural laws by introducing numerous policies... that dramatically reshape federal immigration law and undermine due process in immigration court proceedings."

—Carlos Drouaillet

Applying for a Governor’s pardon in California

Two distinct processes available to California prisoners

From the Governor’s Office

People who have been convicted of a crime in California may apply for a gubernatorial (Governor’s) pardon. The

Governor of California cannot grant a pardon for a conviction from another state or a federal proceeding. There are two ways to apply for a pardon in California:

a Certificate of Rehabilitation and a Direct Pardon. Pardon Application by Certificate of Rehabilitation: One way to apply for a pardon is to first petition for and obtain

a Certificate of Rehabilitation from the superior court in the county where the applicant lives. Once a court grants a petition for Certificate of Rehabilitation, the court is required to send the order to the Governor’s Office, where it becomes an automatic application for a pardon. The applicant does not need to take any further action unless contacted by the Governor’s Office or the Board of Parole Hearings.

Pardon Application by Direct Request to the Governor: The second path to apply for a pardon is to submit an application directly to the Governor’s Office.

In both cases, the applicant must notify the district attorney in the county of a conviction for which a pardon application has been submitted.

Before the Governor can grant a pardon application to someone who has two or more felony convictions (in different cases), a majority of the California Supreme Court must first recommend a grant of clemency. The Governor’s Office will send the California Supreme Court the pardon application and all related documents for their review.

INVESTIGATION & REVIEW

The Board of Parole Hearings investigates pardon applications for the Governor’s Office. In deciding whether to grant a pardon, the Governor’s Office will carefully review each application and consider:

- the impact of a pardon grant on the applicant’s family and community, including whether the grant is consistent with public safety and in the interests of justice and, if relevant, any extraordinary circumstances that justify restoration of firearm rights or a pardon in a sex offense case;
- the age and circumstances of the offense and the age of the applicant at the time;
- the applicant’s self-development and conduct since the offense, including whether the applicant has made use of available rehabilitative programs and has identified and addressed treatment needs; and
- the applicant’s need for a pardon.

Pardon applicants will be notified when the Governor takes action on an application.

HOW TO APPLY FOR A PARDON – REAPPLICATION

If you submitted a pardon application, either by a direct application or by a Certificate of Rehabilitation to a prior governor and did not receive notice of a pardon grant, your application is deemed closed. If you submitted a pardon application in the last three years and would like Governor Newsom to re-open and consider it, you may re-apply for a pardon. To re-apply for a pardon you must take the following step:

- Submit a completed Reapplication for Clemency Form. Do not re-submit your original application or other

documents unless requested to do so by the Governor’s Office or the Board of Parole Hearings.

PARDON – NEW APPLICATION

Applicants who are eligible for a Certificate of Rehabilitation are encouraged to use that path to file a pardon application. Contact the Public Defender’s Office in your county of residence for additional information.

To apply for a direct pardon for the first time or for the first time in three years, you must take the following two steps:

- Submit a completed Pardon Application to the Governor’s Office. You may but are not required to submit additional information or copies of relevant documents in support of your application, such as letters of support or certificates of achievement. Explain extraordinary circumstances that justify restoration of firearm rights. Please do not send original documents because application materials cannot be returned; and

- Submit a completed Notice of Intent to Apply for Clemency to the district attorney(s) in the county or counties of the conviction(s) for the offense(s) for which you are requesting a pardon.

If you would like to request forms by mail, please send a letter to: Office of the Governor, State Capitol, Attn: Legal Affairs/Clemency, Sacramento, CA 95814.

From the Governor’s Office

People who have been convicted of a crime and are currently serving their sentence in California may apply for a commutation (reduction of sentence).

In deciding whether to grant a commutation, the Governor’s Office will carefully review each commutation application and consider:

- the impact of a commutation on the community, including whether the grant is consistent with public safety and in the interests of justice;
- the age and circumstances of the offense and the sentence imposed, and the age of the applicant at the time;
- the applicant’s self-development and conduct since the offense, including whether the applicant has made use of available rehabilitative programs and has identified and addressed treatment needs;
- the applicant’s need for a commutation; and
- the applicant’s plans upon release from custody.

Applicants will be notified when the Governor takes action on a commutation application.

INVESTIGATION & REVIEW

The Board of Parole Hearings, a division of the California Department of Cor-

rections and Rehabilitation, investigates commutation applications. The investigation will include a review of the applicant’s criminal history records, court and police records, and records and information about the applicant’s period of incarceration from the applicant’s C-File and other sources.

HOW TO APPLY FOR A COMMUTATION OF SENTENCE COMMUTATION – REAPPLICATION

If you submitted a commutation application to a prior governor and did not receive notice of a commutation grant, your application is deemed closed. If you submitted a commutation application in the last three years and would like Governor Newsom to re-open your prior application and consider it, you may submit a Re-application for Clemency. To re-apply for a commutation:

- Submit a completed Re-application for Clemency Form. Do not re-submit your original application or other documents unless requested to do so by the Governor’s Office.

- Submit an authorization for release of medical information if you are applying for a commutation because you are suffering from a terminal illness or have a severe and chronic disability that would be substantially

mitigated by release from prison or reduction of sentence.

COMMUTATION – NEW APPLICATION

To apply for a commutation for the first time or for the first time in three years:

- Submit a completed Commutation Application to the Governor’s Office. You may, but are not required to, submit additional information or copies of relevant documents in support of your application, such as letters of support or certificates of achievement. Please do not send original documents because application materials cannot be returned; and

- Submit a completed Notice of Intent to Apply for Clemency to the district attorney in the county of the conviction for your commitment offense; and

- Submit an authorization for release of medical information if you are applying for a commutation because you are suffering from a terminal illness or have a severe and chronic disability that would be substantially mitigated by release from prison or reduction of sentence.

If you would like to request forms by mail, please send a letter to: Office of the Governor, State Capitol, Attn: Legal Affairs/Clemency, Sacramento, CA 95814.

ÂN XÁ GIẢM ÁN

Từ Văn Phòng Thống Đốc Những ai đã bị kết tội hình sự và đang thụ án tại California có thể nộp đơn xin thông đốc giảm án. Để đưa ra quyết định giảm án, Văn Phòng Thống Đốc sẽ cân thận duyệt đơn theo những điều kiện dưới đây:

- Tầm ảnh hưởng của lệnh ân xá trên cộng đồng nếu đơn được chấp thuận có thích hợp với việc an ninh cộng và công lý hay không.
- Thời điểm, hoàn cảnh, và án phạt của sự phạm tội cũng như tuổi tác của đơn sự lúc phạm tội.
- Hạnh kiểm và sự tự cải huấn của đơn sự kể từ lúc phạm pháp, xem ra đơn sự có mượn cơ hội theo học những chương trình tự cải thiện có sẵn của nhà tù và đã biết nhận diện khuyết điểm cũng như cố gắng học cách sửa đổi.
- Đơn sự có nhu cầu cần được ân xá.
- Kế hoạch của đơn sự sau khi được thả.

Đơn sự sẽ được thông báo nếu Thống Đốc ban lệnh ân xá.

ĐIỀU TRA & DUYỆT SÉT Ban Hội Đồng (một đơn vị của bộ California Department of Corrections and Rehabilitation) sẽ điều tra đơn

xin. Cuộc điều tra sẽ bao gồm việc duyệt sét lý lịch tiền án của đơn sự, hồ sơ lưu giữ từ tòa và cảnh sát, hồ sơ C-File, và những dữ liệu khác về đơn sự trong thời gian thụ án.

LÀM THÊ NÀO ĐỂ NỘP ĐƠN XIN ÂN XÁ GIẢM ÁN

Nếu bạn nộp đơn lần đầu tiên hoặc lần đầu tiên trong vòng 3 năm qua, bạn cần làm những điều sau:

- Gửi mẫu đơn Commutation Application đến với Văn Phòng Thống Đốc. Văn Phòng không bắt buộc, nhưng bạn cũng có thể kèm theo những dữ liệu hoặc giấy tờ có liên quan đến việc ủng hộ đơn xin, chấn hạn như thư ủng hộ hoặc chứng chỉ thành tỵ. Xin vui lòng đừng gửi bản chính vì văn phòng sẽ không gửi trả lại tài liệu.
- Gửi mẫu Notice of Intent to Apply for Clemency cho văn phòng biện lý nơi quận hạt mà bạn đã bị kết tội.
- Gửi mẫu authorization for release of medical information nếu bạn nộp đơn xin ân xá vì bị mắc bệnh hiểm nghèo hoặc bị bệnh nặng và tàn tật lâu năm mà chỉ có việc được thả hay giảm án mới có thể làm thỏa dịu được.

LÀM THÊ NÀO ĐỂ TÀI NỘP ĐƠN XIN ÂN XÁ GIẢM ÁN

Nếu bạn đã nộp đơn xin ân xá giảm án với cựu thống đốc và đã không nhận được lệnh ân xá, hồ sơ của bạn kể như đã bị đóng. Nếu bạn đã nộp đơn xin ân xá giảm án trong vòng 3 năm qua và muốn Thống Đốc Newsom mở lại hồ sơ của bạn để duyệt sét, bạn có thể tái nộp đơn xin ân xá. Bạn cần làm những điều sau:

- Gửi mẫu đơn Reapplication for Clemency Form. Đừng gửi lại bản gốc trước đây hay bất cứ tài liệu gì khác, chỉ khi nào Văn Phòng yêu cầu bạn mà thôi.
- Gửi mẫu authorization for release of medical information nếu bạn nộp đơn xin ân xá vì bị mắc bệnh hiểm nghèo hoặc bị bệnh nặng và tàn tật lâu năm mà chỉ có việc được thả hay giảm án mới có thể làm thỏa dịu được.

Nếu bạn muốn yêu cầu đơn qua thư tín, xin vui lòng gửi thư qua địa chỉ sau: Office of the Governor, State Capital, Attn: Legal Affairs/Clemency, Sacramento, CA 95814

—Dịch giả: Danny Hồ

Những ai đã từng bị buộc tội tại tiểu bang California có thể nộp đơn xin ân xá. Thông đốc tiểu bang California không thể ân xá cho bất cứ ai bị buộc tội ngoài tiểu bang hay liên bang.

Có hai cách để nộp đơn xin ân xá tại California: Một là Giấy Chính Nhận Cải Huân (Certificate of Rehabilitation) và thứ hai là xin Trực Tiếp Ân Xá (Direct Pardon).

Đơn xin Ân Xá Qua Giấy Chính Nhận Cải Huân (Pardon Application by Certificate of Rehabilitation): Việc đầu tiên cần làm để nộp đơn xin ân xá là yêu cầu Giấy Chính Nhận Cải Huân từ tòa án thượng phẩm trong quận mà người nộp đơn đã từng trú ngụ. Một khi tòa chấp thuận Giấy Chính Nhận Cải Huân của người nộp đơn, tòa tại quận này phải gửi tờ phát lệnh đến cho văn phòng của Thống Đốc để xét duyệt cho được ân xá. Người nộp đơn không cần phải làm thêm bất cứ gì trừ khi được sự liên lạc từ văn phòng của Thống Đốc hay là văn phòng của Hội Giám Thị Tù Nhân (Board of Parole Hearings).

Đơn Xin Ân Xá Qua Sự Trực Tiếp Với Thống Đốc (Pardon Application by Direct Request to the Governor): Cách thứ hai để được xin ân xá là gửi đơn đến thẳng văn phòng của Thống Đốc. Cả hai trường hợp này, người nộp đơn phải thông báo cho công tố viên trong quận mà đã từng bị bị buộc tội là bạn đã gửi đơn xin ân xá.

Trước khi Thống Đốc chấp thuận ban ân xá cho những ai có từ hai tiền án trở lên (tùy theo trường hợp), phản đồng của Tòa Tối Cao ở California khuyến khích trước hết phải xin ơn khoan hồng. Sai đó văn phòng của Thống Đốc sẽ gửi hồ sơ có liên quan đến đơn

xin ân xá cho Tòa Tối Cao của California để được xét nghiệm.

ĐIỀU TRA VÀ XÉT DUYỆT

Hội Đồng Giám Thị Tù Nhân sẽ xét duyệt đơn xin ân xá cho văn phòng của Thống Đốc. Để quyết định cho hợp lý một sự ân xá nào, văn phòng của Thống Đốc sẽ cần trọng xem xét mỗi trường hợp.

- Sự ảnh hưởng của sự ân xá đối với gia đình và cộng đồng của người nộp đơn, bao gồm với sự an nguy của xã hội và hợp đáng với công lý, và nếu có quan hệ, bất cứ trường hợp đặc biệt nào chứng minh hồi phục lại quyền sở hữu súng ống hay là ban ân xá cho những trường hợp phạm tội tình dục;

- Sáu tuổi thành niên và trường hợp lúc phạm tội, và tuổi tác khi nộp đơn xin ân xá;
- Sự phát triển và hạnh kiểm của người xin ân xá từ khi phạm tội, bao gồm những hoạt động tham gia vào các trường trình cải huấn và nhận biết được những yếu tố cần thiết để thay đổi cuộc đời;
- Và lý do của người nộp đơn ân xá.

Người xin ân xá sẽ được thông báo khi Thống Đốc xét duyệt hồ sơ.

CÁCH TÁI LẬP NẠP ĐƠN XIN ÂN XÁ (REAPPLICATION)

Nếu như bạn đã từng nộp đơn xin ân xá qua Giấy Chính Nhận Cải Huân hay là qua trực tiếp với Thống Đốc của nhiệm kỳ vừa qua và không được thông báo ân xá, tức là đơn của bạn đã bị đóng lại. Nếu bạn nộp đơn trong vòng ba năm trước và muốn được Thống Đốc Newsom mở hồ sơ để xét duyệt, bạn có thể tái lập nộp đơn xin ân xá lại. Để làm đơn xin ân xá lại, bạn phải làm theo những thủ tục này:

- Nạp vào một tờ đơn Xin Khoan Hồng (Reapplication

for Clemency Form) với đầy đủ tin tức vào đó. Không nên nạp lại bản chánh hay bất cứ giấy tờ gì khác trừ khi được sự yêu cầu từ văn phòng Thống Đốc hay là văn phòng Giám Thị Tù Nhân.

ĐƠN XIN ÂN XÁ MỚI

Những người xin ân xá mà thích hợp với Giấy Chính Nhận Cải Huân thì được khuyến khích chọn cách đó để xin ân xá. Liên lạc với văn phòng Luật Sư Biện Hộ của nhà nước (Public Defender’s Office) nơi bạn đã, cư ngụ để biết thêm chi tiết.

Để nộp đơn xin ân xá từng qua sự trực tiếp với Thống Đốc lần đầu tiên hay là lần đầu tiên trong vòng ba năm, bạn cần phải theo hai bước này:

- Gửi một tờ đơn Xin Ân Xá (Pardon Application) với đầy đủ tin tức đến văn phòng của Thống Đốc. Bạn có thể gửi nhưng không cần thiết bổ xung thêm bất cứ dữ hay liệu tài liệu thích đáng để trợ giúp cho hồ sơ của mình, chẳng hạn như các lá thư ủng hộ và giấy chính nhận thành đạt. Giải thích rõ ràng cho trường hợp đặt biệt nào có thể hồi phục lại chủ quyền sở hữu súng ống của mình. Làm ơn đừng gửi bản chánh của hồ sơ bởi vì những giấy tờ này sẽ không được trả lại;
- Gửi một tờ đơn Thộng Báo Xin Lệnh Khoan Hồng (Notice of Intent to Apply for Clemency) tới văn phòng của công tố viên nơi bạn đã từng bị buộc tội, và tội danh mà bạn đang xin được ân xá.

Nếu bạn muốn yêu cầu đơn xin ân xá qu thư, làm ơn gửi một lá thư đến: Văn phòng của Thống Đốc, Thủ Đô của Tiểu Bang, Attn: Legal Affairs/Clemency, Sacramento, CA 95814.

— Dịch giả: Tú Trần

Physical Education teachers meet at The Q to hear about rehabilitation through sports

By Anthony Faulk
Staff Writer

Physical Education (Recreational Coordinator) instructors from various CDCR institutions visited San Quentin on March 12 to check out The Q's recreational program and see if any of it can be replicated at their institution.

The group of 10 coaches, as the instructors are referred to by many incarcerated people, toured the prison and participated in a panel discussion with their SQ counterpart, K. Bhatt, members of the San Quentin Athletic Association and Media Broadcasting that are made up of incarcerated persons.

"For years I've heard about the amazing recreational opportunities available to the inmate population at San Quentin," said Principal Hoffman, Kern Valley State Prison Adult School principal. "Seeing them for the first time is impressive! ... The Q is the standard that the other 34 prisons in California are chasing."

Hoffman was referring to the Q's sports facilities that included the well-kept baseball, football and soccer fields, where minor and farm league players are hosted and the basketball court with its fiberglass backboards and breakaway rims, that hosted members of professional sports organizations such as the Golden State Warriors.

The visiting group included 10 coaches including Coach Padilla, PBSP; Principal Hoffman, Kern Valley Adult School; Coach Gambill, CCI-Tehachapi; and Coach Wippel, CSP-Corcoran. Also present was Alicia Legarda, M.Ed., the Student Support Services Administrator from the Office of Correctional Education.

After a brief introduction and presentation by the San Quentin Athletic Association made up of the incarcerated coaches of the San Quentin's intermural teams, the panel was opened up for discussion about how sports can support the rehabilitative goals of CDCR.

Coach Wippel asked the panel members how sports has changed their lives?

"I was attached to my former self and that person was selfish... until I became involved with sports inside of prison, specifically here at San Quentin. Then the racial and social barriers began to fall, and I could become who I was meant to be. This is part of how sports helps to rehabilitate a person," replied Rob Polizen, coach of the SQ Hardtimers Softball team.

Anthony Evans added, "I'm a runner with the 1000 Mile Club as well as the SQ Warriors head coach. Sports has helped me to connect to others in ways I hadn't before because I had to become mentor to others."

When talking about participation, visiting coaches were visibly impressed when the panel members stated that it was they themselves who upheld accountability standards that have to be met to be involved in the sports programs, especially as it relates

to activities involving outside teams.

"We've had to sit some of our star players from very big games because they've received 115's for various reasons," said Evans. "We're about building character and protecting the program, it's not all about winning. We want to win, but we want to win the right way."

"We want to win with humility and lose with honor," said Coach Williams of the SQ Athletics.

"What can we do at (CDCR) headquarters to help facilitate this move towards incorporating sports as part of the rehabilitation?" asked Alicia Legarda.

Williams and Evans both responded by addressing the need for CDCR to invest the time and resources to make connections with local professional, collegiate, junior colleges and adult leagues near institutions.

Coach Hollyand from Vacaville echoed these views, "I had a Christian Softball

team come into my prison and play a game against and with the inmates, and it was the best thing that happened for both sides. We need more help to get more people inside (of prisons) to connect community to the convicted."

When asked about his thoughts on the power of rehabilitation in sports, Aaron Taylor, the *SQNews Sports* Editor and SQAA board member --talked about his coaching and sports organization experience starting at Centinela State Prison, where he arranged cooperation between ethnic groups to start a basketball league that contributed to 38 months without any racial incidents.

"When people have something to do, they will choose positive behavior," Taylor said. "When they feel human they start to take accountability because they want more of the action."

Taylor said that each institution should first build

solid intermural leagues, then begin to do outreach to their communities.

At the end of the discussion, Coach Gambill of CCI-Tehachapi said, "Thank you to all inmates who shared their experiences and insight about SQ and the programs that are provided." He said he thought the SQAA was "very professional, well-spoken and sincere in their stories of how athletics have contributed to their rehabilitative process, stress relief, and in providing participants an opportunity to give back."

"The heartfelt conviction from the SQ panel members confirmed that fitness and sports in the prison system is key to rehabilitation," Coach Wippel said.

Taylor said it was good to meet with the visiting coaches and have the opportunity to present the value of the SQAA, adding "If you invest in sports as a way to rehabilitate and figure out way to get people and you'll be amazed at the results."

SQ Kings Round Up

Slyvester hits game winning free throws in Kings victory

By Aaron Taylor
Sports Editor

SAN QUENTIN KINGS

SQ Kings records: 1-3 .250
4/22/2019:

In the fourth game of the season, the SQ Kings loss to The Bittermen 60-54. The Bittermen were lead once again by Ryan "The Rifleman" Steer, who dropped 20pts, and the Kings were led by Joshua "JB3" Burton with 13pts.

5/4/2019:

With :05 remaining on the clock, and the score 65-63 in favor of the Kings, Charles "Pookie" Slyvester secured a Kings win by hitting two free throws, making the final score 67-63.

"I didn't score a bucket all game," Slyvester said with a laugh. "Feels good to step to the line and knock down some big shots. We needed that win." The Kings were led by Derrick "Outloud" Gray with



Photo by Eddie Herena, SQN
SQ Warrior on tip-off game

18 points, while the visiting Trailblazers were led by Geoffrey "Free" with 17 points.

As of 5/4/2019, The SQ Kings are 2-3 on the season.

SAN QUENTIN WARRIORS

SQ Warriors Round Up

Jordan scores 27 points to beat the Warriors

"The Destroyer" Wohl, who scored 30pts.

At the end of regulation, the score was tied 69-69 as Allan "PTSB" McIntosh tied the game with a layup, leaving only a :04 on the game clock.

However, late in the overtime period, the Warriors were up by four points with 1:27 left in the game, and missed several shots, which led to the Green Team victory.

The SQ Warriors were led by the dynamic duo of McIntosh and Anthony '1/2 Man 1/2 Amazing' Ammons, both with 15pts.

5/4/2019: The Green Team returned with Jordan Mickens, who scored 27 points in a 93-85 victory over the Warriors.

"It's been a while since I've been here," said Jordan. "I had long hair the last time I was here, now I'm back... yeah, I channeled Air Jordan today."

The Warriors were led by Allan McIntosh with 18 pts.

As of 5/4/2019, the Warriors are 1-2 on the season.

4/22/2019In the second game of the season, the SQ Warriors fell to Bill Epling's "Green Team," in an exciting overtime game 82-78. The Green team was led by Dan

Shocking 3-0 victory for the Earthquakes

By Tare Beltranchuc
Journalism Guild Writer

The Quakes scored their first victory of the season, crushing the Outsiders 3-0.

On April 30, the Outsiders walked into the SQ field with a squad of 16 players for their second match of the season. After being warmly welcomed, each team stretched as the coaches prepared their line-ups.

Angel "Pinocho" Villafan said to the new players of the visiting team, "Don't be scared of us. We are just teddy bears with tattoos", which caused everyone to laugh.

In the first 20 minutes, the Outsiders were hustling and began to play collaboratively, with quick passes back and forth to each other. They were breaking down the left side of the defense with one-touch passes, creating countless opportunities that could have ended up as goals.

Refugio, "El Tuca" Juarez and Garvin Robinson, Coaches of the SQ Earthquakes, made some substitutions on the defense to stop the attack

of the visiting team. The strategy paid off immediately.

Jorge Lopez-Meza, Earthquakes striker, scored in minute 33. The goal created an eruption by the fans, who shouted "Gooooo!!!"

In the second half, the Outsiders attacked, looking to cut down the lead. However, their effort was overshadowed by a goal from Carlos Ramirez, who scored the second goal for the Quakes in the 50th minute.

In minute 85, Rolando Tut, a striker for the Earthquakes, broke away in a fast break, but the goalie blocked his first attempt to score. Luckily, the ball bounced off the goalie's body, giving Rolando another chance. He then softly kicked it in to seal the victory for the Earthquakes 3-0.

Seeing how the soccer program transforms the players' lives, Andrew Crawford, a soccer sponsor for SQ, described his vision of establishing a soccer program in the Prison of Folsom. Coach Robinson said, "Tell those guys that if we could play with them, we would demolish them."

The Quakes are 1-1-1.

Jack 'Big Body Benz' Benford Student Athlete of the Month

Jack 'Big Body Benz' Benford has been a sports staple at The Q since his arrival from CTF-Soledad in November 2011.

He began his sports career at The Q with the All-Madden team. "All Madden Flag Football was kind of soft here," Benford stated. "They played a more technical style due to them playing teams from outside. However, at Soledad, we played hard hitting flag football. Football, even with flags, still has the hitting element, and All Madden wasn't really ready for what was coming from other institutions."

Benford first played Center for the West Block Warlocks, the first team formed to play against SQ All Madden within the prison. The Warlocks won both games.

Benford played football off and on over the next 8 years, but also took time to keep statistics for the various basketball leagues here at The Q: Kings, Warriors, Intramural and the CBL.

"Well, there was a need to have accurate stats being kept for the games, and basketball -- like most sports -- is about keeping numbers, and what a players tendencies are based on the numbers. Just like in fantasy football, numbers are important," Benford stated during the interview.

Also in basketball, Benford has played in the "Meat & Potatoes Basketball Game," an annual event for guys at The Q that must meet a minimum of 225lbs.

"I love the 'Meat & Potatoes' game. Some of us have gotten bigger over the years, but we're still athletes. We've

gotten older, but can still move; the Big Man game is perfect for us because we still love the game, just a little harder to run after these younger athletes," Benford said with a smile. "And? I still love my Meat & Potatoes too."

Benford is close to earning his Associate Arts degree through Prison University Project, as well taking part in Self Help groups such as CGA (Criminals and Gangsters Anonymous), NVC (Non

Violent Communication), Kit CAT, and others.

—Aaron Taylor



Photo by Eddie Herena, SQN
Jack Benford

Throwback Pic from the Q June 1980 Handball Champions

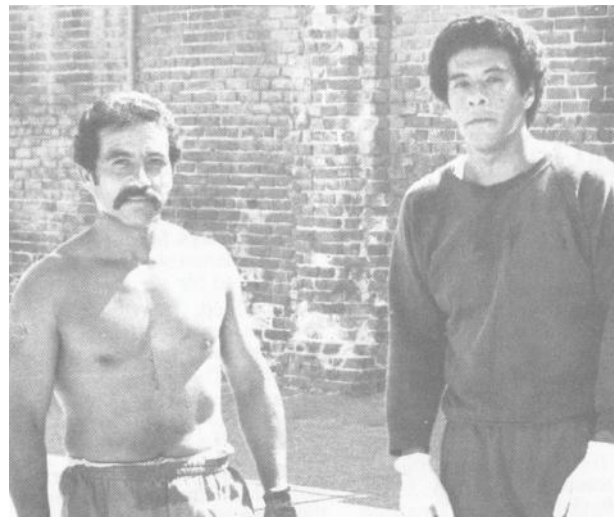


Photo from San Quentin News Archives
Ronnie Acosta and Juan Gomez

“The Facets of Markelle: Past, Present and Future”



Photo by Eddie Herena, SQN
Markell running at SQ

Markell Taylor getting at the finish line at the Boston's Marathon

Photo courtesy of Frank Rouna

**By Adamu Chan
Journalism Guild Writer**

For the last several years, Markelle Taylor has become synonymous with the San Quentin 1000 Mile Running Club. Now that he has completed the Boston Marathon, and is off to conquer the world of competitive running, it seems like a good opportunity to reflect back on his legacy at San Quentin.

Markelle was San Quentin's finest runner during his time here, a prodigy who not only shattered all of the existing distance running records, but also set high standards for the next generation of runners who will grace the Lower Yard at The Q.

As fellow 1000 Mile Club member, Rashaan Thomas said, "His training spoke to his focus. He broke records, then broke his own. He has all of the significant (records)".

Markelle's work ethic was second to none and fellow runners would marvel at the drive of a man who it seemed running came easy to. "Markelle worked hard and was big into doing speed work", says fellow club member Troy Dunmore, "he would run 200 and 400 yard sprints weekly".

Despite being the fastest and most visible member of the club, Markelle maintained his humility and used his skill to inspire others.

Close friend and competitor Chris Scull explains it in this way, "What I got from him was a higher purpose of running – my victims, my community, not just my health. He dedicated every run to a cause. It could be his victim, it could be his daughter who had lupus."

Markelle's legacy is a testament to the power of purpose and hard work. As the men of San Quentin watch him from afar, ensconced in the race of life in the free world, he still is an inspiration and pace setter. Thomas sums it up in this way, "Before I could run 1 mile, he would lap me twice. It was like trying to keep up with a gazelle".

**By Rahsaan Thomas
Contributing Writer**

Since leaving The Q, Markelle "The Gazelle" Taylor has ran in the Boston Marathon. His training regimen has changed a bit though: Taylor trains on Mt. Tam, as well as having a new diet to stay healthy for races.

"I eat a whole lot healthier now. I get to train better too," Taylor said. "I train on Mt. Tam, but, Mt. Tam trails ain't nothing because I had it harder in prison. My next marathon will be a whole lot faster."

His official time was 3:03 but his watch said 2:57:12.

3:03 breaks his personal best record set at San Quentin this year. 3:10. (by 7 minutes)

He ran for charity this year which put him in the fourth heap. His results qualified him to run in the 1st wave next year.

While running Markelle said he kept thinking about the 1000 Mile Club to keep his focus.

"It was the 1000 Mile Club at San Quentin that prepared me for it. I had to run around thousands of people. I was in the fourth wave with over 32,000 people and only 300 behind me."

Taylor, who picks a cause to run for in his races, ran for the Urban League, a group that helps people overcome social and economic barriers and violence, like women who need housing. Unofficially, he also represented the 1000 Mile

Club and all lifers in prisons in California.

"You guys were with me in spirits."

"He didn't seem tired after the race," said film director Christine Yoo. "He looked like he could still go."

Coach Kevin Rumon went to the Boston marathon, where he roomed with Taylor.

"Kevin was a great help, great support," Taylor said. "He's a good coach. No one can replace Frank though."

When asked about how he was adjusting overall to his new freedom, Taylor responded "Life is moving so fast out here, I'm still taking it all in."

—Aaron Taylor contributed to this story

San Quentin A's Season Opener

**By Aaron Taylor
Sports Editor**

With 2 ceremonial pre-game pitches, one by an octogenarian, and a national anthem complete with the presentation of the Stars and Bars, the San Quentin Athletics opened their season with a 16-3 thrashing of the San Francisco Mission on 4/20/2019.

"It feels good to get back to the game that we love," said Brandon Riddle-Terrell, veteran A's player. "We've been training and doing off season work outs, it's time for us to shine now."

Coach Mike Kremer brought his grandmother – who also attended the first annual SQAA Awards – to the game, and she threw out the first of two ceremonial pitches. She stood on home plate and threw a twenty foot left handed strike.

It also must be mentioned that she's in her eighties.

Public Information Officer Lt. Sam Robinson threw the second pitch (from the mound, with some heat behind as well) and was also awarded an honorary SQ A's jersey with his last name on the back. Then, he received his SQAA plaque and award for service to the athletic department overall, as well as the first SQAA baseball cap.

"How many hats can one man wear?" one of the players asked that drew a laugh from players around Robinson.

For the first five innings, Rob 'Big Smooth' Polizen was on the mound, only giving up one run. He was followed by new pitching sensation, Carrington 'Suit & Tie' Russell. He also gave up one run in his debut.

Russell is unique because his fastball is averaging around 77-79 mph, which is faster than many are used to seeing at The Q.

"As I get my fundamentals back into alignment, then velocity and speed will increase," said Russell. "I can easily get into the mid-eighties once I get my mechanics totally back together."

"It feels good to be back here at The Q," said starting Mission pitcher Big Aaron. "We come in here and have some really good games and this team has improved dramatically."

The A's have a full slate of teams coming in this season, from a military team to DodgerTown from Los Angeles, as well as a returning team from last season based in Seattle.

It'll be good to see how the season turns out.



Photo by Javier Jimenez, SQN
Lt. Sam Robinson receiving his Athletics' jersey



Photo by Javier Jimenez, SQN
Coach Parratt on A's opening day game

Cultural differences affect the way peoples’ sexual orientations are treated



Photo by Terry Thornton
ACT sponsor Billie Mizell



Photo by Terry Thornton
ACT members in a class session

By Juan Haines
Senior Editor

Acting with Compassion and Truth (ACT) is a first of its kind of prison program that explores how cultural differences affect the way people with diverse sexual orientations are treated. The group consists of LGBTQ people as well as heterosexual/cisgender people.

California prison officials and a journalist came to San Quentin, on April 10, to see how ACT functions.

A Hmong inmate, Lee Xiong, told a compelling story about how his culture treats gay people.

He said that if a father, traditional Hmong values, learned that his child was gay, “that child would be taken out fishing or hunting and he’d never come back.”

Xiong then revealed that his youngest brother had recently come out as gay. To gain insight to his conflict, he sought out and had a conversation with people in the San Quentin LGBTQ community. He said coming to ACT opened his awareness about his brother.

“This class literally saved my brother’s life,” Xiong said.

ACT’s outside sponsor, Billie Mizell said, Xiong’s response to his younger brother serves as an inspiration, “for all those brave enough to join [ACT]. Mizell added, “Hopefully we can soon replicate ACT in other prisons. Lee revealed a deep love of family and community by showing up for this group and he has worked as hard as anyone I’ve ever seen to acquire the tools needed to be a good brother and good ally. I have seen the ripple effect go far beyond the walls to bring healing and relationship to family and friends on the outside.”

Holly Stuckey, a transgender inmate, quietly sat across from Mizell. She listened to inmates talk about sexual identity issues.

She said she stayed away from ACT for several months, because of shyness.

“I want to start coming back regularly,” Stuckey said. “I’m a meek person. Billie does a good job and that keeps me motivated to come back.”

ACT first began four years ago as an idea presented by

Mike Nelson. Before the class started, Mizell said, “I remember asking LGBTQ community what they wanted ACT to be about. I kept hearing that they want to educate the larger community about what it means to be a LGBTQ member in order to reduce the violence, build empathy and to bring both LGBTQ and women’s issues into a man’s prison.”

After some preliminary introductions, Mizell asked the group to use a couple words to describe their feelings about inviting guests that day: excited/nervous; anxious/confused; curious/awkward; and older/wiser were just a few.

After the check in, Juan Meza and Michael Adams stood in front of a white board.

Meza referred to a ginger bread sketch with brains drawn inside the head, a heart inside the chest area, and symbols for male, female and male/female in the genital area.

Meza pointed to the heart and asked what it represents. “Romantic attraction,” said one participant.

“Sexual orientation,” said another.

“Right,” said Meza. “What about this?” he asked pointing at the brain.

“Gender identity,” shouted several participants.

Also on the board, LGBTQIA was written.

Meza asked what the “T” referred to.

“Gender,” the class responded.

“What about the ‘G?’” Meza asked.

“Sexual Orientation,” several participants said.

Meza asked where to place “girl” on the ginger bread sketch. A participant called out, “That’s biology.” Another said, “That’s in your head.”

He went through all the words to show how gender is constructed by various terms.

“Terminology is important in the way we communicate,” Meza said as he drew four long lines on the board and labeled the columns, 1-Racial Slurs, 2-Derogatory Terms for Women, 3- Derogatory Terms for LGBTQ and 4-Terms to disparage the Prisoner Masculinity.

The room sat in momentary silence after the participants filled in the columns with slurs and terms. (The majority of the terms are not appropriate for publication.)

Meza then drew a line across the column to demonstrate the intersectionality of the LGBTQ community with ethnic groups as well as incarcerated people.

“When we see the intersectionality of these words, we can see how we ourselves give these words power,” Meza said. “If we didn’t use these words against women, other races and the LGBTQ community, then they’d have no power to be used against us as incarcerated people.” He added, “Sticks and stones will

break your bones, but words will break your spirits.”

Eddie DeWeaver chimed in to say, “These words are precursors to violence. They demean people and are used to justify violence.”

Mizell added, “When many people hear these words, knowing that they are precursors to violence, fear comes into play. We all want to live in a place where we feel safe.”

R. “Nephew” Bankston raised his hand and told a story about getting a rules violation about 10 years ago, because he refused to let a LGBTQ inmate become his cellie.

“I’m not living with a homosexual,” Bankston said about how he felt. “We don’t do that,” he added, referring to peer pressure.

Bankston said he came to prison as a teenager in 2001. He then lowered his head and said, “I know what hate looks like. It was a long struggle for me, but now I know that I have to treat people different from that. When I first came to this class, I came just to get a chrono (laudatory informational letter), but when my older brother told me to start calling him she, she taught me all those things in my past were wrong. Now, I’m not here for the chrono. I need to understand my sister.”

“It’s going to be a struggle to learn,” Bankston said. “The board didn’t tell me to come to this class. I’m doing it for me. I sent my sister a

visiting form and I’m taking baby steps. It’s for me to figure out where we go from here.”

Mike Adams talked about a time while being housed in North Block that he was afraid of people like Bankston.

“Hearing that Nephew is striving to be a better person helps me heal,” Adams said.

Bankston responded, “When Mike told me that he feared me. That sat with me for a long time.” Bankston looked at Adams and said, “I’m going to do my best to treat you better.”

He added, “I didn’t know the power of words.”

The federal Prison Rape Elimination Act (PREA) makes sexual harassment or assault in prison a serious crime. Amy Miller, an Associate Director for CDCR, asked the class, if anyone ever accepted a derogatory term directed at them, or used a slur against someone else just to be accepted. Nearly all the hands in the class went up.

Miller has more than 23 years of experience in working in California corrections. She oversees CDCR’s Female Offender Programs and Services/Special Housing. The office manages and provides oversight to the state’s three female correctional facilities, Folsom State Prison, California Medical Facility, California Health Care Facility, community correctional facilities, and three conservation camps that house women wildland firefighters. It

also manages special programs including policies regarding transgender inmates and the implementation of PREA.

The PREA Statewide coordinator Captain Shannon Stark noted that everybody had a choice where they sat in the classroom. She noted that in other prisons that she’d visited blacks would have sat with blacks, whites with whites and Mexicans with Mexicans. Here, she said there’s diversity.

The class ended with inmate Zakir “Egypt” Jones performing an original rap/hop-hop song, called I know. She was the inspiration for the song came to her in a dream and an epiphany to where her life was going.

The entire class, including CDCR officials, had their heads bobbing and fingers snapping.

In a later interview, Bankston said that what he learned from the ACT class, he could take to the rest of his community.

“This shows that it’s possible. It’s a good thing to see. People need to hear your struggles. Nephew shows that it’s real,” Stark said.

“It is important to honor the original pilot group who built ACT,” Mizell said. In addition to Meza and Adams, they are Michael “Yoshi” Nelson, Lady Jae Clark, Azrall “Big Az” Ford, Todd “Silk” Williams, C.J. Smith, Mark Hensley, John Windham, Philip Melendez, and Ray Aldridge.



Photo by Terry Thornton
ACT participant (front middle) Nate Collins, (left) Jerry Seanphensiki, Brian Alejandro, Lee Xiong, Lam Le and Jerome Watts



Photo by Terry Thornton
Carlos Meza and Zakir “Egypt” Jones