

San Quentin News

THE
REVA & DAVID LOGAN
FOUNDATION

WRITTEN BY INMATES – ADVANCING SOCIAL JUSTICE

SOCIETY OF
PROFESSIONAL
JOURNALISTS



VOL. 2017 NO. 5

May 2017

SAN QUENTIN, CALIFORNIA 94964

www.sanquentinnews.com

POPULATION 3,805

The 182 women serving life without parole

By Marcus Henderson
Journal Guild Chairman

Being sentenced to die in prison is a hard pill to swallow, especially if you are a woman.



Courtesy of CCWP

Belo's portrait of
Boualy Mangsanghanh

California women's prisons house roughly 182 women sentenced to life without parole (LWOP). The women describe themselves as "the lost population."

"My biggest dream was to become a mother and have two children," Tammy Garvin said. "I lost that with this sentence. When I leave this world, I will leave no legacy."

These women have been labeled "the worst of the worst," hopeless and beyond redemption, by the state of California, according to A Living Chance, a storytelling project of the California Coalition for Women Prisoners (CCWP).

A report about the project is included in the coalition's newsletter, *The Fire Inside*. It maintains that some of these women have made useful lives in service to their fellow inmates by being peer facilitators and mentors.

See *LWOP* on Page 20



Photo by Bo Kovitz

Women's protest march in San Francisco

#Nevertheless, She Persisted

The new generation of women activists

A new generation of women activists has risen. Their calling card is the #Nevertheless, She Persisted.

These women are challenging the male-dominated political and economic system and breaking barriers. The phrase "Nevertheless, she persisted" was lifted from the US Senate's recent decision to silence Sen. Elizabeth Warren (D-Mass)

during a debate.

Trailblazers include Tamika Mallory, Carmen Perez and Linda Sarsour, co-organizers of the Women's March on Washington in January. They stood before huge crowds on the Washington Mall and delivered powerful speeches.

The three women appeared at a March 8 "A Day Without a Woman" protest in New York

City, where they were arrested.

The New York protest, a part of International Women's Day, called for equal pay, reproductive freedom, immigrant rights and an end to sexual harassment and gender discrimination. Many businesses and schools around the nation closed their doors in solidarity.

See *Women* on Page 10

San Quentin's own quiet hero



Courtesy of Nigel Poor

Nigel Poor with the Jefferson Award

By Eddie Herena
Staff Writer

Nigel Poor, one of three members of a unique prison podcast, *Ear Hustle*, received an award dedicated to honoring public servants.

The Jefferson Award for Public Service is given weekly to one person for his or her behind-the-scenes work in the community. In Poor's case, her work is behind the walls of San Quentin State Prison.

See *Nigel* on Page 2



Photo by Eddie Herena-San Quentin News

Kathleen Jackson saying goodbye

Bidding farewell to SQ's guiding light

By Juan Haines
Senior Editor

Kathleen Jackson has spent the last nine years inside a prison guiding men, most serving life sentences, to turn their lives around. Nearly 400 of these men, along with volunteers from the surrounding San Francisco Bay Area, packed San Quentin's Protestant Chapel to tell Jackson they love her and will miss her.

See *Kathleen* on Page 4

SQN adviser ongoing commitment spans more than 35 years



File Photo

Joan Lisetor

Wanted: reporters for an award-winning newspaper. Long hours, lousy pay (\$24 a month). Requirements: ability to write coherently and be a prisoner in the California Prison at San Quentin.

Back in 1982, that is how an article "Convicts print the inside stuff" depicted *San Quentin News* in the *San Jose Mercury*. And, that's where Joan Lisetor helped inmates, including Brian Shipp, put out a weekly newspaper.

See *Joan* on Page 8

INSIDE EDITION #92

#Nevertheless, She	1	Italy's rehabilitation method:	8
The 182 women serving life	1	Happy Mothers Day	9
San Quentin's own quiet	1	May – a month of	10–11
Bidding farewell to SQ's	1	Arts & Entertainment	12–13
SQN adviser ongoing	1	Factores que incrementan	14
News Briefs	2	Más vivir y menos Parte 3	14
Aboriginal women jailed	3	Construction program	15
Only eight U.S. prisons	3	Former prisoners return for	15
Ireland takes a look at	3	Firefighters receive	15
A nation's wealth does not	3	Book Review	16
History of women in the	4	Asked On The Line	16
Canadian prisons offer	5	Back In The Days	16
Editorial	6	\$20 bill – still another	17
Inadequate medical treatment	6	U.S. has 5 percent of the	17
Letters to the Editor	6	Incarcerated mothers	17
Kid CAT Speaks	7	Upcoming Events	17
Prison therapeutic program	8	Sports	18–19



Printing and distribution of the San Quentin News is supported solely by donations and grants from the outside community. To make a donation please visit our website at: sanquentinnews.com or send your tax-deductible check or money order to: Friends of San Quentin News P.O. Box 494 San Quentin, CA 94964 Under the check memo section, please write "Friends of San Quentin News" Thank you for your support.

News Briefs

1. New Mexico — Lawmakers passed a bill forbidding “restricted housing” — defined as 22 or more consecutive hours in a cell “without daily, meaningful and sustained human interaction” — for pregnant women in the state’s county jails and prisons and for children in juvenile lockups, New Mexico in Depth reports. The measure also would limit how corrections officers and administrators in the state’s 28 county jails and 11 prisons could use restricted housing on people with mental illness.

2. Oklahoma — There are more than 1,000 inmates in the state’s prisons serving sentences of life without parole, costing at least \$17 million a year, according to the *Tulsa World*. Since 2000, about 35 inmates with life without parole sentences enter the prison system each year, while four with the same sentence leave, usually after dying.

3. Florida — Gov. Rick Scott signed a bill that requires a jury to unanimously recommend the death penalty before a judge can impose it. The bill is a response to two court challenges that left the state’s death penalty process

on hold for much of 2016, the *Christian Science Monitor* reports.

4. New York — Mayor Bill de Blasio vowed to close Rikers Island jail. The jail has brought federal investigations and waves of protests, becoming a “byword for brutality,” according to *The New York Times*. The decision to close the jail came as an independent commission was about to release a 97-page report that recommended replacing the jails on Rikers with a system of smaller, borough-based jails, at a cost of \$10.6 billion.

5. Alabama — State Sen. Hank Sanders, 74, is an opponent of the death penalty. He told *The Associated Press* that his proposals to end the death penalty have “no chance in a state that clings to capital punishment, but he believes it’s morally right to end it.” Alabama has the country’s fourth-largest death row population with 183 inmates. Records show more than half of them are Black, though African-Americans comprise about a quarter of the state’s population.

6. Lincoln, Neb. — The state legislature gave initial approval to a compromise bill that would eliminate mandatory minimum sentences for drug offenders in

what supporters say is an important first step toward comprehensive sentencing reform. The measure would apply to people convicted of possessing and intending to distribute cocaine, heroin or methamphetamine, reports *The Associated Press*.

7. Louisiana — With a higher incarceration rate than any state in the country or any nation in the world, leaders of a criminal justice task force are looking to shed 13 percent of its prison population and save taxpayers \$154 million over the next 10 years, *The Advocate* reports.

8. Louisiana — Inmates on Death Row are confined in isolation for 23 hours a day in windowless cells “the size of an average home bathroom,” according to a class action lawsuit. The lawsuit claims the conditions are inhumane and jeopardize prisoners’ physical and mental health, reports *The Associated Press*.

9. Washington, D.C. — In a 5-3 decision, the U.S. Supreme Court concluded that current medical standards must be considered when determining whether someone facing the death penalty is intellectually disabled and therefore cannot be executed under the Eighth Amendment.

Prisoners United in the Craft of Journalism in collaboration with students from the



We Want To Hear From You!

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.
- Letters to the editor should be short and to the point.

Send Submissions to:

San Quentin News
1 Main Street
San Quentin, CA 94964

San Quentin News

Current and past copies of the *San Quentin News* are posted online at: (www.sanquentinnews.com)

Permission is granted to reprint articles appearing in the *San Quentin News* provided credit is given to the author and this publication, except for articles reprinted herein from other publications.

San Quentin News Staff

Editor-in-Chief Richard A.B. Richardson
Executive Editor Arnulfo T. Garcia
Senior Editor Juan Haines
Associate Editor Kevin D. Sawyer
Managing Editor Wayne Boatwright
Journalism Guild Chairman
..... Marcus Henderson
Staff Writer Rahsaan Thomas
Staff Writer Wesley Eisiminger
Staff Writer David B. Le
Staff Writer Samuel Hearnes
Photographer Eddie Herena
Layout Designer Keung Vanh
Layout Designer Jonathan Chiu
Researcher Richard Lindsey

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

The *San Quentin News* is printed by Marin Sun Printing, San Rafael, with donations from supporters.

Administrative Review

Warden's Office Lt. S. Robinson
..... Sgt. Chris Siino
CDCR Information Officer II (Supervisor) ...
..... Krissi Khokhobashvili
Adviser Linda Xiques
Adviser William Drummond
Adviser Joan Lisetor
Adviser Steve McNamara
Adviser John C. Eagan
Adviser Jon Spurlock
Adviser Jan Perry
Adviser Nikki Meredith
Adviser Yukari Kane
Editora en español Lucía de la Fuente

Nigel

Continued from Page 1

“I was shocked,” Poor said when she was notified by the selection committee. “It feels great, but I’m usually shy about things like that.”

Poor, a Bay Area resident, artist and art history professor at California State University Sacramento, began her public service in the summer of 2011. She taught art history for the Prison University Project at San Quentin. In class, she emphasized the importance of photography and how photographs are powerful because even just one photo can tell an endless number of stories to different on-lookers.

She also found among the men

an endless number of stories and wanted to help get those stories to the outside world. So, shortly after her summer class ended, she helped produce the San Quentin Prison Report (SQPR), a radio program currently broadcast on KALW 91.7 FM.

The high quality of the work the men were producing behind the walls in the old SQ library was finally making waves, a process that Poor was instrumental in bringing about.

“If we didn’t have her, the radio program wouldn’t be what it is today,” said Tommy “Shakur” Ross, a SQPR journalist.

Now, with the rise of Ear Hustle, she is more committed than ever to continuing her work with incarcerated men.

“People in prison can be productive citizens,” Poor said. “They

can work with people who are not (incarcerated) and show that they can really work together.”

“Volunteers are the ones on the frontlines for public safety,” said Earlonne Woods, a co-creator/host of Ear Hustle, referring to Poor’s commitment to his success on the inside.

When KPIX Channel 5 reporter Juliette Goodrich and camerawoman Jennifer Mistrot heard of the prison podcasts, they went inside the prison to cover the story.

Mistrot was impressed with the work that Poor was helping to produce. She was so impressed that she submitted Poor’s name for the Jefferson Award. Mistrot came back again, this time with reporter Sharon Chin, for yet another success story.

Nigel Poor is San Quentin’s quiet hero.

CORRECTIONS TO LAST MONTH'S PRINTED ISSUE

- Daniel Lucas “Luke” Colondres is the correct in the photo caption for the April Titans of CNC America story.
- Chris Scull is the correct spelling of the six-mile race story.

Aboriginal women jailed for defending themselves

By Harry C. Goodall Jr.
Journalism Guild Writer

In Western Australia, Aboriginal women are being incarcerated at a high rate for responding with violence to unreported domestic

abuse at home, according to "Violence in the Lives of Incarcerated Aboriginal Mothers in Western Australia," a study by Mandy Wilson, et al., according to *Sage Journal*.

In 2016, 51 percent of

incarcerated Aboriginal women were in prison for violent offenses, compared to 33 percent of non-Aboriginal women. Statistics suggest the arrests for non-Aboriginal women were mainly for minor illicit drug offenses.

The study of the Western Australia prison population showed women comprise a small segment of the total prison population, 8 percent in 2016, but between 2004 and 2014 female incarceration increased by 35 percent. This makes women the fastest-growing group in Australia's prison system.

Aboriginal women were hesitant to report crimes against them because of distrust and alienation from the mainstream systems. This contributed to the women fighting back and putting themselves at risk for incarceration, the reporter noted.

"I tried to report it, but they (the police) think that I'm not all there," said Margaret, an incarcerated woman from the study. "Every time I report to the police, they're saying I'm the one that's causing trouble because I keep in and out of jail. But, I told them the reason why I'm keeping in and out of jail (is) because I'm always abused and getting bashed for no reason.

"When it comes to me, when I do something (to him), they're at my doorstep," Margaret said.

Some of the women were afraid to call the police because they feared having their kids taken away. The study reported most of the women arrested had a history of abuse from their mates.

"Abused women who may

have been arrested for offending violently, or who received little assistance when seeking police help for their partner's or another's violence on prior occasions, may feel reluctant to involve police in the future," the *Sage* article states, citing M. Dichter, author of "Women and Criminal Justice."

To empower Aboriginal women now and in the future, many underlying factors must be addressed, the report noted. Those factors include poverty, social exclusion, racism and intergenerational trauma experienced by the women.

"Victims of violence also need access to well-resourced alternative avenues of support such as refuges and Aboriginal family violence support, mediation and legal services in order that victims do not become perpetrators," the article concludes.

The majority of Aboriginal people dislikes violence and promotes a culture of non-violence in their communities, the article says. They just need to be empowered to figure out how to end violence when it occurs in their communities.

The study relies on data collected from a sample of 54 incarcerated Aboriginal and Torres Strait Islander mothers in Western Australia.

Only eight U.S. prisons allow infants with their mothers

By Charles David Henry
Journalism Guild Writer

Across the United States, there are just eight prisons that allow infants to remain with their mothers who are serving sentences. According to *The Associated Press*, Bedford Hills Correctional Facility is a maximum security prison where 24-year-old Jennifer Dumas is serving a two-year sentence for attempted burglary along with her 6-month-old daughter, Codylynn.

Dumas is one of 15 mothers and 16 babies, including a set of twins, who can spend up to 18 months in the nursery facility. In a story she told to *The Associated Press*, "She gave birth just days after accepting a plea agreement with prosecutors for the attempted burglary."

Her daughter was born inside the maximum-security facility in Westchester County, north of New York City. The bars on the window are a clear indication the facility is not a normal nursery, although instead of the industrial greens and grays of the prison system, there are brightly colored pictures on the wall, the story said.

Outside the window there are high walls topped with barbed wire, similar to any other high-security facility. In many instances, women have to hand over their babies to a relative or send them into the foster care system within hours of their birth.

"Before I came here, I thought it was a terrible idea. A baby in prison? No, thank you. But it's actually wonderful to be able to spend this much time with my little girl. I'm blessed to be able to go through this," Dumas said.

According to a recent narrative published by the *International Journal of Social Science Studies (Studies)*, infants and toddlers have a constitutionally protected right to have secure attachment with their long-term caregiver, their mothers. "This is especially true when their mothers are incarcerated by the government's action."

"These children have an affirmed right to have the

government provide them with opportunities for achieving secure attachment with their long-term caregiver. Given that mothers are usually the primary long-term caregivers, prisons should provide opportunities in the form of prison nurseries," the narrative revealed.

About 112,000 women are in state and federal prisons, mostly for drug or property crimes, the *Daily Mail* reported.

Nearly 4 percent of women in state prisons and 3 percent in federal prisons were reportedly pregnant at the time of their admission. Notwithstanding, 5 percent of female jail inmates reported being pregnant at the time of admission, the *Studies* wrote. However, there are no national statistics on the number of babies born to inmates.

Some women have been dropped from the program from time to time for breaking the rules, but corrections officials and advocates said they could not recall any instances in recent years in which a baby was harmed. Still, some argue that prison should be reserved for punishment and that women should instead consider putting their children up for adoption, the *AP* reported.

"It's still scary. At any given point if you do what you're not supposed to your baby could get sent home," Dumas said.

There are many supporters of the program who question why these women need to be incarcerated at all. Typically, they are accepted into programs that are for nonviolent offenders serving fairly short sentences.

Many advocates believe these women are ideal candidates for less-expensive, halfway-house-like programs that allow mother and child to stay together, the story revealed.

Scholars pointed out the vital need for infants to acquire secure attachments in order to have a healthy future. According to the *Studies*, secure attachment is a fundamental basis of personal growth and self-actualization.

Elaine Lord, a former superintendent, said there were many

nurseries years ago. But, they fell out of favor amid a huge influx of prisoners in the 1980s and a shift in policy that said, the privilege of living with your baby was inconsistent with the concept of punishment.

"Most of the nation's prison nurseries have cropped up in the past 20 years. The nursery at the Indiana Women's Prison houses up to 10 mother-infant pairs for up to 18 months. In South Dakota, a child can stay only 30 days. In Washington State, it's three years. The Decatur Correctional Center in Illinois opened a nursery in 2007, and 73 moms have participated."

There are no prison nurseries in California, the *AP* reported. The Community Prisoner Mother Program is a community substance abuse treatment program where nonserious, nonviolent female offenders may serve a sentence up to six years in the program in lieu of state prison. Pregnant and/or parenting mothers and their children under 6 years of age are provided programs and support services to assist in developing the skills necessary to become a functioning, self-sufficient family that positively contributes to society. In the Female Offender Treatment and Employment Program, a transitional re-entry program for eligible female offenders, children may reside with their mothers as they progress through their reentry programs.

The *Studies* reported that the physical separation of the infant and mother after birth severely impacts the development of the mother-child bond and can be viewed as traumatic for both parties. This bond is important to mothers who desire to care for their children after they have completed their sentence of incarceration.

"Some scholars argue that by not separating the mother and child, a prison nursery can provide them with an opportunity to bond, since mothers will be allowed to hold, breastfeed, change diapers, protect, and provide caregiving duties to the child," the *Studies* reported.

Ireland takes a look at mothers in prison

By Mike Little
Journalism Guild Writer

In Ireland there is a clear need for incarcerated mothers to maintain children and family relationships, according to a National University of Ireland report cited in a *Probation Journal* article.

"Being found guilty of a crime is not synonymous with being a bad parent. Also noted, there is no good reason to equate offending behavior with bad parenting," authors Sinead O'Malley and Carmel Devaney said in the report.

In 2014, 13,408 people were sent to prison in Ireland. Of those 19 percent were female. The number of women sent to prison continues to rise. Ireland has the fourth highest incarceration rate in Europe and the second highest release rate.

"The very nature of imprisonment is containment and loss of liberty, but this does not strip people of their basic rights," cited the report.

In 2014, the Irish government acknowledged the need for gender-specific responses to female offenders. This resulted in debates on how non-custodial sentences

should be enforced.

Two of the 14 prisons in Ireland accommodate women. The Dóchas Centre is the only facility with a baby unit. Mothers and their babies live among the prison's general population raising concerns because some of the other women were convicted of crimes against children, the report noted.

The report questioned whether mothers' rights are being realized in practice. It explored the needs of incarcerated mothers in Ireland with regard to family relationships and the need for a supportive practitioner role within the prison system. According to the authors, the report seeks to promote and enhance the relationship between incarcerated mothers and their children and their successful reunification after incarceration.

As outlined in the Irish constitution, the family is one of the most significant and protected institutions and is a key influence and provider of welfare.

"The loss of liberty is a sufficient punishment for those sentenced to prison for committing a crime," the report stated.

A nation's wealth does not spare women from violence

By Forrest Lee Jones
Journalism Guild Writer

In eight of the world's wealthiest countries women undergo death by violence at rates as high, or higher, than men, despite declining levels of violence overall, according to the study "A Gendered Analysis of Violent Deaths" done for the United Nations 2030 Agenda for Sustainable Development.

In rich locales like Austria, Germany, Hong Kong, Japan,

Luxembourg, New Zealand, Slovenia and Switzerland, levels of violence are on a downward spiral, but their murder rates for females either outpace or match males when those who conducted the study applied a formula called a "gendered" measurement, reports *The Crime Report*.

"Among the types of violence affecting women globally, intimate partner homicide remains a concern. ... Germany and Switzerland are among just six countries in the world,

all European, where more women than men were killed by firearms," study authors, Mireille Widmer and Irene Pavesi wrote.

The study noted that the rate of homicides due to domestic and intimate partner violence "have proven particularly difficult to reduce."

The authors of the study reached their conclusion by comparing disaggregated gender data against homicide rates of the general population.

The research showed that there

were more men than women killed in the United States and around the world. However, the objective was to find a method to measure how women experience risk in different parts of the world, mostly in industrialized countries, which have seen a decline in violence.

In the most volatile and conflict-ridden countries, the report found both men and women suffer high numbers of violent deaths. However, in Afghanistan the rate of female deaths rose by

70 percent between the years of 2009-2015 and civilian deaths by 47 percent.

The study suggested this may be because the Afghanistan murders were aimed at women who were prominent human rights defenders or other women working in public life.

In their preliminary analysis, authors Widmer and Pavesi said the study indicated little progress has been made in industrialized countries when it comes to reducing domestic violence.

History of women in the Department

By Don Chaddock
InsideCDCR Editor

Editor's note: This is the first installment of a two-part story looking at the history of women in the California Department of Corrections and Rehabilitation (CDCR) as correctional officers (CO). It is also part of the ongoing series examining the history of the department. Today, thousands of women fill the ranks of custody staff at every level. Female Correctional Officers have promoted to warden and other executive level positions. CDCR now offers exceptional opportunities for women to join its custody staff.

When the California state prison system started during the Gold Rush, there was one floating institution — the Waban, a rickety ship anchored off the coast north of San Francisco.

Going ashore during the day, the prison ship inmates constructed the first physical state penal institution, San Quentin Prison.

The original guards were male, and it would take more than a century for the first females to take up duties as correctional officers. Those women blazed the way for others to follow.

The early female CO said they faced hostile working environments not only from the inmates, but sometimes also from their male counterparts. As many of those females said in interviews, they believed they had to prove themselves by working twice as hard.

They also received support from other officers and executive staff as CDCR went through the same societal changes which allowed women to take jobs previously reserved for men.

Technically, there were female guards at San Quentin almost since the beginning of the institution. They were

used to supervise the female inmates originally housed at SQ before they were transferred to Tehachapi in 1932. However, back then they were not used to supervise the male inmate population.

HERE ARE THE STORIES OF SOME OF THESE CDCR PIONEERS:

Dorothy "Dolly" Taylor

According to the San Quentin Alumni group, the first modern female Correctional Officer was a clerk who found herself promoted to the rank of officer to supervise a female condemned inmate.

"If you want to go way back, Dorothy 'Dolly' Taylor was the first CO at San Quentin. She was clerical when Barbara Graham arrived at SQ death row from California Institution for Women in 1955," according to Dick Nelson of the alumni group. "Dolly was promoted to CO to babysit her. I believe Graham was there for six weeks before she was executed as she did get at least one stay. ... After the execution Dorothy demoted back to a clerical position and worked the mail room for many years. She was again promoted to CO in the 1970s and retired as a CO."

On June 3, 1955, Barbara Graham, known as "Bloody Babs" in the press, became the third female inmate to be executed in the gas chamber. Her trial sparked media interest and the 1958 movie "I Want to Live," starring Susan Hayward. The role earned Hayward an Oscar.

Graham was convicted of the 1953 murder of 64-year-old Mabel Monahan. She and two accomplices were in search of a rumored stash of money in

the woman's home. They found nothing of value. The two male accomplices were also executed.

Linda Clarke

In 1971, Linda Clarke was only 26 years old when she became the first female officer to work at the Correctional Training Facility (CTF) in Soledad, according to CTF Associate Warden Jeff Soares in his book, "History of Soledad."

According to Soares, she was not given the title of Correctional Officer but was classified, as all the other women in her position, as "Women Correctional Supervisors," for which there were several levels.

"There was significant discrimination against all the women and they were often told they would not be given any promotion when they had applied, because they were women," Soares writes.

Clarke recounted how it was tough at first and promotions weren't in the cards.

"According to Clarke, when she had put in for a promotion, she was told to wait in a room to be called for her interview. She waited the entire day before someone came back and told her the interviews were over," Soares writes.

Clarke worked as a Correctional Officer from 1971 until 1978. From 1981 to 1987, she returned to CTF as a training manager.

Gov. Pete Wilson appointed her as the CTF's first female warden in March 1995. There were 10 other female wardens serving in the state at the time, according to Soares.

"The staff, I think, was very pleased to welcome back one of their own. I think they're very proud of that. It will be even more of a challenge not to disappoint them," Warden Clarke told the *Salinas Californian* at

the time.

Karon Larson

According to a group of retired Correctional employees, the Old Guard Foundation, Karon Larson and three others were the "first female officers assigned to a California men's prison" in 1972 at the Correctional Training Facility in Soledad.

In 1962, she began her career with the California Department of Corrections as a clerk typist. In 1971, she became a Correctional Supervisor at the California Institution for Women in Fontana.

In 1981 she transferred to San Quentin, where she worked the Security Housing Units and Condemned Row. In 1984, she transferred to Folsom State Prison, working in the SHU, Appeals and General Population.

She retired in 1996 with more than 32 years at the department.

Hlene Williams

A July 28, 1972, issue of *San Quentin News* described Williams as if she were a model instead of a Correctional Officer. The paper wrote Williams is "an attractive 30 (who) likes horseback riding, tennis and reading."

The newspaper also asked why Williams chose to become a Correctional Officer at San Quentin.

"That it was a challenge," she said. By 1972, Williams had already been working for the California Department of Corrections for five years, most recently as a Correctional Counselor at California Rehabilitation Center.

According to a letter by Williams, her career began in 1967.

"I interviewed at San Quentin Prison in the early part of 1970 ... and I was selected to get the job. Shortly after I interviewed at Quantin, the George Jackson Riot ... occurred. The plan to bring females into San Quentin as Correctional Officers



Courtesy of the Los Angeles Public Library

While waiting on Death Row at San Quentin, Barbara "Bloody Babs" Graham needed to be supervised by a female Correctional Officer.

was delayed for one year. This is why no females were placed at San Quentin until 1972," she explained in a letter dated Sept. 2, 2004. "If the two of us (along with fellow female Correctional Officer Joyce Zink) had failed, it may have been years before women would have the same upward mobility in the (department) as men."

Williams also acknowledged there is a lot of confusion surrounding the issue of the first female Correctional Officers. In her letter, she wrote, "It was not a matter of women being barred from working at San Quentin. (The prison) hired Correctional Officers, we were (known as) Women Correctional Supervisors I, II and III, which were designated positions for female institutions, not male prisons."

Her letter indicates San Quentin was a test case.

"For females, it meant they would be assigned to San Quentin only and in SQ Visiting Program only for this new venture

Kathleen

Continued from Page 1

"I have been blessed by Kathleen. She shares with integrity, love and commitment," inmate Philip Senegal said.

Kathleen told the audience that it is time for her to move closer to her family in Sacramento. But, she'll continue volunteering inside New Folsom State Prison.

"She's leaving us to work with men who have life without parole," Darnell "Mo" Washington said. "She's small in stature, but big in heart."

In a speech that began teary, San Quentin Chaplin Mardi Jackson, accompanied by her husband on stage, said, "God is sending you to a different venue, so that there will be Jacksons all out there," as she handed Kathleen a bouquet of roses.

Kathleen will be teaching the self-help program Houses of Healing, at Folsom as well as a similar class aimed at younger inmates called Power Source.

After meeting with some men at Folsom interested in the classes, she said switching from volunteering in a medium-security prison and going to a

maximum-security prison did not concern her.

"They were all just as eager for programs as the men at San Quentin," she said.

The farewell ceremony was held on Palm Sunday, April 9.

In Kathleen's honor, James Metters, Dwayne Kennedy, Orlando Harris and Michael Kirkpatrick performed a skit.

The men in blue, as well as a small cadre of her closest friends and family, echoed the skit by singing, "We thank you. We love you. We're going to miss all the things you do."

The church band kept the beat as the audience stood and clapped. Its members were Greg Dixon, guitar; Albert Flagg, keyboard; Leonard "Funky Len" Walker, bass; and Gregory Thompson, drums.

Several speakers told stories about Kathleen and her time in San Quentin.

"When I first heard my mother was going inside San Quentin, I asked her to please call me every time she leaves," her son Michael Jackson said. "I wanted to make sure that she got out," adding "I'm happy that she's now with us, but sad for you guys' loss."

Kathleen's granddaughter Jane Hildeburn said, "You guys

know what she's like and she's always been that way. Meme (Kathleen's family name) loves everyone, and when she said she was going to work in San Quentin, I knew she really loves everyone. She doesn't care what anyone else says or thinks. She's aspiring to show how to live a good life."

Kathleen told the inmates that she'd learned how people transform themselves by looking deeply into their pasts and owning their mistakes.

"You guys don't get depressed by doing the work, but you process it for healing," she said, adding, "The love and respect in what you do is what makes you human beings."

One of Kathleen's fellow teachers from more than 30 years ago also spoke.

"She listens deeply, making a person feel heard," Janet Daijogo said of Kathleen's management style. "She has a little ego that never gets in her way. San Quentin allowed her to play out her passion for social justice."

"To me, you're a giant," inmate Louis A. Scott said, adding, "I have been blessed by Kathleen's continuous effort to work, helping me with my gifts, for the greater good," referring to her help in developing STEP



Photo by Eddie Herena-San Quentin News

Kathleen Jackson and Orlando Harris

(Sex Trafficking Exploitation Prevention).

"You walk the walk, Kathleen," said A. Kevin Valvardi, referring to her humility.

Tommy Ross thanked Kathleen for the work she did in facilitating Criminal and Gangs Members Anonymous. "Your accountability stands out," Ross said. "San Quentin is a better place, because of you."

Derrick Holloway told her, "We've counted on you, and you've always come through."

Kathleen's influence went far and wide inside San Quentin.

"I have been blessed by Kathleen's integrity," Raul Samenigo said.

"I have been blessed by Kathleen's response to my paper in TRUST," Chris Scull said. "Teaching Responsibility Utilizing Sociological Training" is one of nearly a dozen self-help groups she helped facilitate in the prison. "That was the first time I had a group with her. It was impactful, insightful and she was genuine."

"I have been blessed by Kathleen showing me what it is to walk gracefully," Orlando Harris said.

of Corrections on both sides of the law



Compiled by Eric Owens, CDCR Staff Photographer

Ilene Williams helped design the original female uniform in 1972.

had to be evaluated, not only by SQ and Headquarters, but by the community as well," she wrote.

Williams said at the time there were no females who wore a uniform in a male prison or institution. So, she helped design the first female uniforms and became the first female CO to wear one.

"We wore regular clothes until we got the uniforms," she wrote.

A year after starting at San Quentin, she transferred to California Institution for Women at Frontera as a Correctional Sergeant.

Over the years, Williams worked her way up the ranks at the department. She was a Lieutenant, Night Watch Commander and a Correctional Counselor at the California Institution for Men at Chino, as well as doing a stint at the Headquarters office in Sacramento. She ended her career with the department as the Chief Deputy Warden at California State Prison, Corcoran, retiring in 1994.

In 1991, Director of Corrections James Gomez recognized her trailblazing efforts.

"You had the distinction of being one of the first women Correctional Officers in a men's prison (San Quentin)," he wrote. "You paved the way for other women employees in the department."

Joyce Zink

Alongside Ilene Williams, Joyce Zink was among the first female Correctional Officers at San Quentin in 1972.

Zink started her career the year before at the California Institution for Women and transferred to San Quentin, where she worked in the visiting room.



Compiled by Eric Owens, CDCR Staff Photographer

Linda Clarke was the first female Correctional Officer at CTF-Soledad in 1971.

She said she felt isolated in the position and thought a more challenging post might be had at Folsom.

"She transferred to the visiting room there in 1973, once again as the first woman to hold such a position," according to an article in *Correction News*, published in 2002. "The reception she got wasn't so warm."

Zink recalled being ignored when she offered morning greetings to her fellow officers. She was later transferred to a gun tower far from the main yard.

"I knew it wasn't going to be overnight that I got to go inside (inmate housing)," she said in the article.

Eventually she was given a position in the largest housing unit.

"I thought, 'Oh good, I actually get to go inside,'" she said.

In 1976, she was promoted to Sergeant, transferring to the Correctional Training Facility at Soledad and later to the California Institution for Men. In the 1980s, she rose to the rank of Lieutenant and later to Captain, after transferring back to Folsom following brief stints at Headquarters and San Quentin.

During her career she served as a Program Administrator for the administrative segregation unit at California State Prison, Sacramento, and ran housing units at Folsom State Prison and CSP-Sacramento. She retired as a Captain from Folsom State Prison in 2000.

"I always wanted to do something that's a little bit different, not to be a rebel, but do something that would make a difference in society," she said. "I



Compiled by Eric Owens, CDCR Staff Photographer

Wilma Schneider wears the modified female uniform in 1973, which she said she helped design.

wasn't trying to make a name for myself. I was more adventurous, I guess."

Wilma Schneider

Wilma Schneider was hired in 1973 and newspapers around the world picked up the story.

In March 1973, *The Associated Press (AP)* penned a piece on Schneider, declaring her the "first woman on San Quentin's correctional officer staff in the ... history of the prison."

Schneider is pictured holding a rifle while standing guard on the wall.

"I can't help but think that if I don't succeed, I'm going to ruin it for all women," Schneider told the *AP*.

Displaying the stereotypes women faced as they took "male" jobs, the *AP* article described her as "slim" and "attractive." Schneider started working at San Quentin after three years of experience as a group supervisor at the California Youth Authority's Los Guilucos School for Boys and Girls.

Associate Warden James Park said she would be expected to perform all the duties of her male counterparts.

"She qualified as a Correctional Officer. That means she will be expected to handle all the assignments a male officer does, including gun tower and gun rail duty and cell block supervision," he told the *AP*.

Schneider met resistance from other officers, inmates and media outlets.

"The men's advisory council, a group of elected convicts responsible for investigating inmate complaints, is organizing a petition against women officers,



Compiled by Eric Owens, CDCR Staff Photographer

In 1973, the *Associated Press* published this photo of Wilma Schneider on the walls of San Quentin. Today, she is known as Wendy Woods.

with privacy the main complaint," the *AP* reported.

According to a March 28, 1973, *United Press International (UPI)* news report, inmate Larrance Hand complained "in a U.S. District Court action that the women (Schneider and fellow female Correctional Officer Bonnie Briggs) made him feel romantic but prison rules barred him from showing this emotion."

He called their presence "cruel and unusual punishment" and asked for \$1.99 in damages and for the women to be fired.

According to a Nov. 2, 1973, issue of San Rafael's *Marin Independent Journal*, a judge tossed out Hand's lawsuit.

Schneider also received public criticism. An editorial in the March 3, 1973, edition of the *Spokane Daily Chronicle* referred to her employment at San Quentin as a joke.

"Whoever assigned Wilma Schneider to her present job ought to be kidding, but apparently he isn't," the paper wrote. "At the risk of being termed chauvinistic by Mrs. Schneider's more militant sisters, it seems appropriate to observe once again there are some jobs for which women just are not suited. This has to be one. ... Considering the kind of clientele San Q has and the fact that Mrs. Schneider is attractive, her very presence on the walls is likely to contribute to the foment that always is just under the surface. Prisons never lack for problems. This one San Quentin hardly needs, even in homage to equal



Compiled by Eric Owens, CDCR Staff Photographer

Joyce Zink started at San Quentin in 1972. In this 1973 photo, while working at Folsom State Prison, she's wearing the newly adopted uniform.

rights."

Wilma Schneider, who today is known as Wendy Woods, authored a book chronicling her experiences at San Quentin.

Marie Brooks

In 1973, Marie Brooks became the first female Correctional Officer at the California Medical Facility, according to the *Vacaville Reporter*.

"She was straight-up business," said fellow Officer Joyce Thompson in a 2005 *Vacaville Reporter* article. Thompson started in 1978 and trained under Brooks. "She handled inmates like you tied your shoes."

Thompson said it was difficult for Brooks.

"First, she was a woman, and she was a black woman," Thompson said. "They were not happy she was here. Male officers believed a prison was no place for a woman."

According to Theresa Brooks, Marie's daughter, the first academy for female correctional officers to graduate from the Correctional Training Facility at Soledad (April 30, 1973-June 1, 1973) comprised Lillian Bledsoe, Marie Brooks, Geraldine Copeland, Betty Gosston, Leslie B. Johnson, Dorothy Killian, Trella F. Robertson and Catherine Seward.

In part two, we look at the leadership roles filled by women in the California Department of Corrections and Rehabilitation.

Read the *Unlocking History* series, <http://www.insidecdcr.ca.gov/category/unlocking-history/>

Canadian prisons offer healing for incarcerated mothers through writing

By Jesse Vasquez
Journalism Guild Writer

Crafts groups and writing sessions help incarcerated mothers in Canadian prisons cope with separation and understand their life experiences, according to research by Magali Henry, a Masters student at Concordia University Montreal, Quebec, Canada.

Nine incarcerated mothers in a weaving class shared their experiences with Henry for the study.

"The findings of this research indicate that exploring their

experience through creative means allowed these mothers to explore their sense of self, to connect to their strengths and to use the weaving process to challenge themselves in a safe way," Henry said.

Many of the women who participated in the studies share similar backgrounds: low income, low education levels, and drug addiction, according to Henry.

Many also battle with borderline personality, post-traumatic stress syndrome, depression and anxiety.

"When a woman goes to

prison, her relationship to her children is a central emotional focus," according to research (K. Boudin, 2008) cited by Henry. In other research (K. Celinska & J. Siegel, 2010; K.J. Ferraro & A.M. Moe, 2003), "Motherhood appears to be a source of confidence, to provide a sense of worth and a positive self-image for incarcerated mothers."

Children are the most important motivating factor for incarcerated mothers in their personal growth and self-responsibility, Henry said, citing L. Giroux & S. Frigon (2011).

The *Continuité Famille*

Auprès des Détenues (CFAD), in Quebec, allows mothers to live with their children in residential units for a period of time to help them sustain their ties, according to the article.

The studies show that participating mothers showed a preoccupation with their children in activity group sessions.

"Weaving helped some of these mothers make sense of their imprisonment experience in relation to their personal history," according to the report.

For women with histories of severe trauma and abuse, art therapy is a way of venting their

feelings in a safe way.

The weaving project's challenge "seemed to give them a sense of adequacy and of ability to accomplish something difficult," said the report. "This feeling of empowerment bolstered their self-esteem and confidence in their capacity to face the emotionally challenging experience of imprisonment."

The report concluded that the group experience was "tantamount to a journey into 'self-discovery and healing,'" which empowered the mothers to make sense of their personal history and experience.



Courtesy of Richard 'Bonaru' Richardson

Barbara Bracy with grandkids

Mom's name in a tattoo

Editorial

By Richard "Bonaru" Richardson
Editor-in-Chief

When I first came to prison, I didn't know what to expect. And, like many people who have never been behind these walls, I believed everything I heard or saw on TV.

I believed prisons were filled with nothing but violent and vindictive predators. By spending time in more than 10 different prisons around the state, this belief was dispelled.

One of my early discoveries was that many convicts really love their mothers. They proudly proclaim it with that famous tattoo inscribed on their body somewhere, depicting a bright red heart, with Mom engraved in the middle.

I'm even guilty of tattooing my mom's name, Barbara Bracy, on my body in two different places. To be more specific, I have eight mothers' names tattooed on me, and I love every one of them.

After escaping an abusive relationship, my mom struggled to raise five troubled boys and one upset girl all by herself. She made sure we had a roof over our heads and food in our stomachs.

Although we have all been to jail at one time or another, my mom made sure she was there for

every one of us, every time.

I grew up disrespecting women. When I came to the realization that I was hurting the people who cared for me the most, I was ashamed and disappointed in myself. My mom raised me better than that.

I ended up in prison because I did not listen to my mom. When I was arrested, the first letter I received was from my mom. The first person I called from the county jail was my mom. My first CARE package was from my mom. When I was in need, my mom would be the first person to ask, "Do you need anything?" And, I did. I needed more than I was willing to admit. But, most importantly, all I wanted was her love.

For the first 10 years of my incarceration, I did not see my mom. I got into a scuffle and ended up in a cell more than 500 miles away from her because I thought my "homies" were more important than family. I was in denial. I felt alone and thought about all the things my mom would say to me.

"Those friends of yours are going to get you in trouble," my mom would say. "When you go to jail your friends are not going to bail you out, write you a letter, send you money or accept your phone calls. A hard head makes a soft bottom. One of these days you're going to look back and say, 'Mama was right.'"

Mama was right. I've cried many nights as I heard my mom's voice echo through my memories. Everything she told me was true. She has never abandoned me. I sometimes hear her voice in the regurgitated advice I give the younger generation as they travel across this same prison terrain.

Today, I'm feeling extremely blessed with the opportunities to see my beautiful mom as she visits me here at San Quentin State Prison with another wonderful mother, my wife La-Keesha Richardson. I make sure I tell them both that, "I'm sorry for all the pain I've caused you, and I love you dearly."

If it was up to me, Mother's Day would be 365 or 366 days a year. But there are so many men and women who are incarcerated that did not get the opportunity to say a proper goodbye to their mothers. My heart shatters when I think about those forgotten women who left us way too early, like my first wife, Cassandra Cooksey.

Many prisoners are ashamed to admit that they did not listen to their parents, but they are not ashamed to say, "I love you, Mom." They will also tell you that when nobody else was there for them ... Mom was.

From every man and woman on the face of this earth, I would like to say on their behalf, "Happy Mother's Day and we love you, Mom."

Inadequate medical treatment for female inmates

By Rahsaan Thomas
Staff Writer

Medical treatment is inadequate for incarcerated women in California jails, the American Civil Liberties Union of California reports. Jails also fail to provide adequate protection against rape, especially for transgender people, the report added.

Among the problems the January 2016 report lists are:

- Women forced to submit to guard-administered pregnancy tests.
- Abortions denied until the second trimester — making the procedure more difficult, painful and expensive.
- Women illegally shackled during labor and delivery of their babies.
- Coercive sterilization.
- Ignored menstruation-related hygiene needs.
- Inadequate prenatal care.
- Insufficient dietary and physical accommodations.

The claims are detailed in a 32-page report titled "Reproductive Health Behind Bars in California."

For example, in 2010, the police arrested 69-year-old Jane Harman during a political protest. While at the county jail, they required her to take a pregnancy test. While the guards administered the test themselves, no one saw to her diabetic medical needs, according to the report.

"Being forced to submit to a pregnancy test against my will was not about my health," said Nancy Mancias, who was also forced to take a guard-administered test over her objections while serving less than a day for a political demonstration arrest. "It was invasive, offensive and humiliating."

The ACLU won a lawsuit to prevent forced pregnancy tests in Alameda County Jail in 2015, making the test optional and administered by medical staff only.

"After the ACLU case against Alameda was publicized, we received a complaint from another Bay Area woman who stated that she too was subjected to mandatory pregnancy testing in a different county," the ACLU report said.

In another instance, guards repeatedly shackled a 19-year-old pregnant woman on trips to court.

"I can handcuff you in the back if I want to — being pregnant is not an excuse," the woman said the guard told her.

The ACLU reports that restraining pregnant people improperly poses medical risks like greater stress, complications, falls and even miscarriages.

A California law passed in 2012 now bars shackling of pregnant women "with leg irons, waist chains or handcuffs behind the body during any point in pregnancy," said the report. However, a 2014 report indicated that only 21 of California's 55 counties were in full compliance with the law. Two counties did not comply at all.

The problems increased with

the rise in the county jail female populations after Proposition 47 passed, reducing many low-level crimes from felonies to misdemeanors. Crimes that would have sent the person to prison are now served out in county jails.

However, the California Code of Regulations offers women housed in state prisons more medical protections and housing accommodations than offered in county jails. Since women are more likely to be arrested for low-level crimes, they now primarily serve their time in county jails where there are fewer protections, the report said.

California has continued its history of forced sterilization of incarcerated people, the report states. From 1909-1964, 20,000 people were sterilized under compulsory laws, the ACLU said.

A 2013 report shows 150 women in California were sterilized without the required approvals and/or consent between 2006-2010.

In 2014, forced sterilization was prohibited unless necessary for an emergency medical procedure.

The ACLU report also outlines insufficient protection from rapes:

Transgender women, who are often housed in male facilities, face high rates of sexual assault and harassment. A 2015 estimate said 34 percent of transgender people housed in county jails were sexually victimized. Staff committed 23 percent of the incidents, according to the report.

To combat sexual assaults, in 2012 the Department of Justice issued mandatory standards for jails to protect women, including transgender women. However, the ACLU questions whether the county jails are implementing the Prevention of Rape Elimination Act (PREA) because not all counties have policies in place that meet PREA standards.

The ACLU made these recommendations to improve the health and safety of women incarcerated in county jails, including transgender women:

- Radically expand alternatives to imprisonment programs.
- Adopt reproductive health and sexual assault policies outlined in ACLU's "Reproductive Health Care in California Jails: A Tool to Assess and Reform Policies and Practices."
- Include transgender people in applying new policies.
- Ensure implementation of policies with training, monitoring and accountability.
- Extend state prison regulations protecting incarcerated pregnant women to county jails.
- Improve protection of incarcerated people's access to lactation accommodations.
- Improve data-keeping.
- Ensure incarcerated people are informed of their health-care rights.

Letters To The Editor



To whom it may concern,

First I want to thank you for the amazing newspaper that you provide. It's very informative. My name is Korla, and I am serving a 45 to life sentence for a crime I didn't commit. The Northern California Innocence Project, with Duane Morris law firm, is helping me prepare, for which I am so blessed. When I came to prison I didn't speak any English. Now, 14 year years later, I am almost getting my AA degree. Prison hasn't been that easy, but it is what you want to get out of it.

I would love to get a monthly issue of the San Quentin newspaper. I was wondering if I am able to send more stamps in order to keep receiving the newspaper. And, if is possible, [to] one day tell my story. May God bless and thumbs up to your excellent work.

K. Baday
California Correctional Women Facility

Dear Ms. K. Baday,

Thank you for your words of encouragement. We guys here at the *SQ News* try to make sure we represent every incarcerated person and not just the male prison population. We would like to compliment you on successfully overcoming life's challenges and attaining a higher education.

We know that prison sucks, but please stay focused and strive to make your time as easy as it can possibly be. We hope you can gain your freedom soon. If you would like to send us your story, please feel free to do so, though we cannot promise you that it will appear in the *SQ News*.

If you send us stamps we will continue to send you the newspaper directly, but be aware that we do mail newspapers to every institution's library to be passed out to the general population. May God bless you too and keep up your great work.

Richard "Bonaru" Richardson
Editor-in-Chief

A leader, athlete and friend says goodbye to Kid CAT

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

Cleo Cloman III is a leader, an athlete, and a friend to many in San Quentin. He is also one of several Kid CAT members who were recently found suitable for parole under SB 261, a law that gives special consideration to youthful offenders.

"It doesn't surprise me that Cleo received a parole date. You could see the passion he has for embracing life as an accountable person, and I never have seen him be any different," said Antoine Brown, co-founder of Kid CAT, which is an organization made up of men who committed their crimes as teenagers.

Cloman says his journey to become who he is today wasn't easy — and it took time.

For the first 15 years of his life, Cleo resided with his family in a tight-knit community west of Los Angeles, known to him and his friends as "The Jungle."

"Despite being surrounded by crime, The Jungle is where we were able to play freely; we were like monkeys. Everyone knew

everyone, so it was safe," said Cloman.

He expressed gratitude for being raised by two parents in a community where single-parent households were predominate. But he still experienced hardship at home, he added.

"My father suffered from addiction, and it played a big role in my childhood ... his physical and verbal abuses led my brother to leave home when I was 9 years old."

During this turbulent time, Cloman clung to sports as a way to cope.

"Sports is where I saw my father happiest, where I felt his love and validation," said Cloman. "So I made it a point to play at a high level, so that he will always be there. But no matter how well I played, I never received the validation I wanted from my father off the field; instead, he gave it freely to other kids."

Feeling neglected and resentful, Cloman turned to the streets. "I began emulating the kids that got the attention from my father, so I ran away from home and began committing petty crimes."

In less than two years, Cloman's life fell apart. He began having various run-ins with the

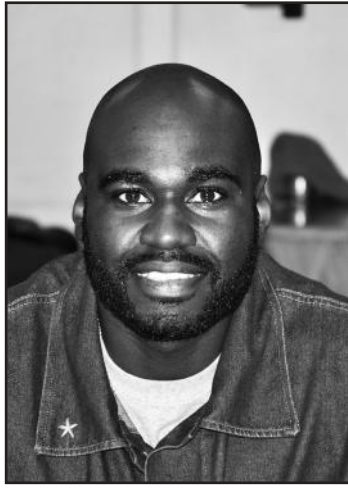


Photo by Eddie Hereana-San Quentin News

Cleo Cloman

law that ranged from shoplifting to attempted robbery — until, finally, murder at 18.

"My world was turned upside-down. I was facing the death penalty for being the getaway driver in a robbery that resulted in a murder," said Cloman. "I did the only thing I could to save my life: I took a deal for 25 years-to-life."

"When I was sent to prison, I didn't know what to expect, so I created an image to protect myself and began fighting to display my strength," said Cloman.

He continued with this behavior

for the next 14 years. Then, in 2011, he began to contemplate a new reality: people with similar crimes to his were going home.

As he reflected on his prison history, he was troubled by the 21 disciplinary write-ups he had accumulated, from battery on an inmate to disobeying direct orders from staff.

He knew he had to change. Then an opportunity came in the form of a transfer to San Quentin.

"My growth started here at San Quentin in a group called GRIP (Guiding Rage into Power). During 52 weeks, this group taught me how to talk about my fears, pain and struggles that I have gone through, including the painful relationship I had with my father," said Cloman.

"Other groups soon followed, like Kid CAT, which is my passion. Here, I learned not only about myself, but also service to the community," said Cloman. "Today, I teach this very workshop that has given me so much understanding into my life."

Volunteer facilitator Woody

Wu commented, "Cleo stepped up as a leader for our curriculum, and he learned how to use his strength, which is the story of his transformation. When he paroled, I think he's gonna be a spokesman for his community as he embodies and represents someone who has done the work and changed his life."

Cloman concluded, "The lessons I learned from these groups have given me a new opportunity in life — a second chance. It's brought healing to broken relationships and most importantly, understanding the harm I have created through the reckless choices of my youth."

On April 27, 2016, the parole board found Cloman suitable for release. He will be released on May 24, 2017

Upon re-entering society, Cloman hopes to get married to his fiancée and continue to work with at-risk youths in his native community of Los Angeles.

His advice to others: "Know that there is hope, so don't give up."

How parents talk can hinder child development

The way parents communicate with their children may hinder their kids from developing healthy self-esteem, emotions and behavior, according to a child behavior author.

"The problem is that at its core, this way of speaking is all about control. We use it to tell our kids what we want them to say ('Say sorry!')...what we want them to do ('Behave yourself!'); and what will happen if they don't ('Do you want a timeout?')," said Jennifer Lehr, author of *Parentspeak*, in a Jan. 7 *Wall Street Journal* column.

"*Parentspeak* is about compliance — and that often keeps us from understanding the feelings, motivations, thoughts and behavior of our children," Lehr adds. "Rather than teaching them to communicate and problem-solve, we are essentially teaching them to obey."

According to Lehr, complimenting and praising children into compliance may not be an effective tool to teach children either.

"Praising a child into wearing

a raincoat that she doesn't want to wear seems innocuous enough. But played out time and again, these moments teach a child that how others feel is more important than how she feels.

"As psychologists like to point out, children who learn to defer to preferences of grown-ups risk losing touch with their own."

Lehr encourages parents to talk to their children and ask for feedback. "We could try instead to ask our children why they don't want to do something and explain why it's important to us." "Perhaps Georgia was hot from playing and knew that she'd feel uncomfortable in the jacket. Maybe Paula was headed to the market and was afraid that Georgia would get too damp and cold.

"Once everyone's reasons are on the table, we can solve a problem together. That is a skill that will serve children better than blind obedience," Lehr concludes.

—John Lam

Mothers face custody and employment challenges upon their re-entry

Incarcerated mothers face challenges re-entering society, especially regaining custody of their children and finding employment.

Upon their release, mothers are more likely to have their parental rights terminated because of their incarceration, according to a 2016 Rutgers University academic paper by Janet Garcia, of the School of Criminal Justice.

According to the paper, part of the problem lies in society's belief that criminals are threatening and forceful; this conflicts with the social definition of femininity as delicate and passive.

The paper cites a study conducted by L.E. Glaze and E. Parks that found that female offenders in state correctional facilities are more likely than their male counterparts to have lived with their children pre-incarceration and to have cared for their children daily before their incarceration.

The stigmatization of incarcerated females often breaks toward social and racial lines, "Mothers of color may find themselves at the receiving end of this stigma

due to 'divergent social worlds', which distinguish them from the ideals of White, middle class mothers," said Garcia, referencing R.D. Peterson and L.J. Krivo's 2010 study, "Divergent Social Worlds: Neighborhood Crime and the Racial-spatial Divide."

"Furthermore, stigmatization is often directed toward teenage mothers, 'welfare moms,' non-resident mothers, drug addicted mothers, and mothers involved in the criminal justice system."

The implication of such stigmatization by social and correctional systems may result in mothers who do not live with their children having decreased chances "to be released on their own recognizance pre-trial and, thus receive less compassion compared to other mothers who do live with their children and conform to the norm," said J. Flavin, author of *Punishment and Parenthood: Family-Based Social Control and the Sentencing of Black Drug Offenders*.

Mothers can have their parental rights terminated if their child is in the foster care system

for 15 months of the previous 22 months, according to the Adoption and Safe Families Act (ASFA).

"This conflict places (mothers) at risk of losing legal rights to their children despite potential efforts — albeit unrecognized or undervalued — at mothering within the confines of a correctional facility," said S. Covington, author of *A Women's Journey Home: Challenges for Female Offenders and Their Children*.

Some of the problems children face when their mothers are incarcerated:

- An increase in behavioral problem;
- Increased aggression;
- Rule breaking;
- Dropping out of school.

"We must distinguish between what has been said about subordinated groups in the dominant discourse, and what such groups might say about themselves if given the opportunity," said Patricia Hill Collins, author of *Shifting the Center: Race, Class, and Feminist Theorizing about Motherhood*.

—John Lam

Dear Kid CAT

Dear Kid CAT,

I have been incarcerated for almost 10 years, since I was 21, with a 16-year and eight-month sentence. On Sept. 3, 2007, I accidentally shot and killed my little brother, Noah, playing with a sawed-off shotgun. SB 261 has brought a lot of light to people in my situation, as well as others, such as those under SB 260.

Not a night, day, hour, minute or second goes by that I do not think about my little brother and what I've done to my family. I have lost a lot throughout the years, hope and all. People, family, friends and those who I thought were real have turned their backs on me. At least it feels that way. I never thought this would be me and my life! I am truly sorry for what I have done, and I regret it. To this very day, I shed tears.

I still struggle every day, and like others I only wish that the criminal system/CDCR would help us more and rehabilitate us better, give us a real hope instead of just bringing us down and knocking us down and keeping us down, like those who don't know what it's like to be in our shoes. As humans we deserve second chances!

Christopher S.

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 may help 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!

The Forgiven — We all want to be forgiven by someone for something we did wrong. But, we also have people who have hurt or wronged us and want us to forgive them. Do you have someone you want to ask for forgiveness? Do you have someone who wants you to forgive them? Is it easier to forgive, or to be forgiven? Is it important to forgive? What happens when we don't forgive?

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 the juvenile lifers, 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.**

Prison therapeutic program makes use of the arts

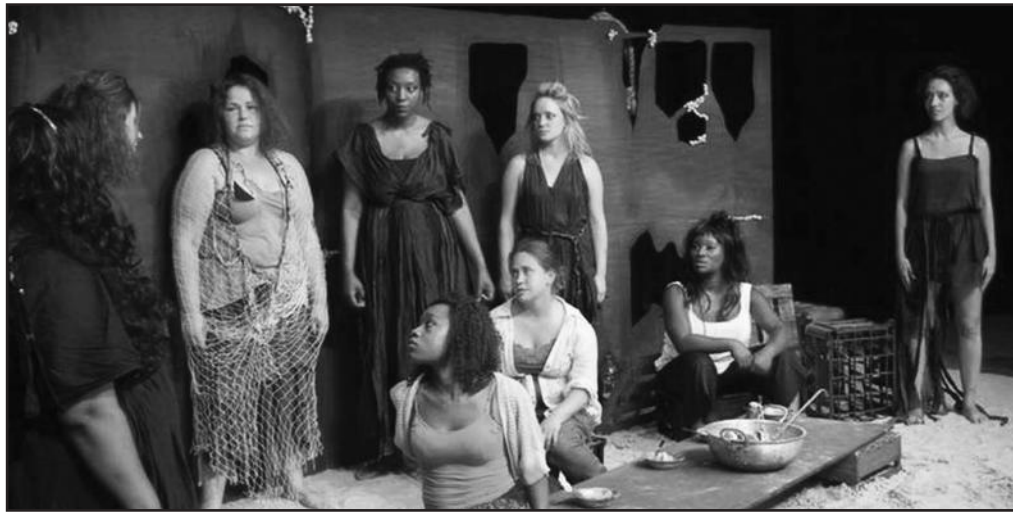
By Forrest Lee Jones
Journalism Guild Writer

For more than three decades, Clean Break, an organization based in London, England, has provided a therapeutic program for women prisoners within the United Kingdom that helps them share their stories of incarceration through the arts.

"Our training and education program helps participants to develop personal, social, professional and creative skills that often lead to education and employment," reports the Clean Break website.

Clean Break was started by two women prisoners in the United Kingdom in 1979. Its mission is to spread an awareness of women prisoners to a wider audience through playwrights and groundbreaking plays about women and crime.

The Clean Break website points out that "Most women offenders have experienced male violence and are victims of crime, yet [in the UK] first-time women offenders are twice as likely as



Courtesy of Clean Break

Women in the graduate production "She from the Sea"

men to be sent to prison."

"Our vision is of a society where women are neither unjustly criminalized nor unnecessarily imprisoned," states the organization. "We believe that theater enables women to challenge their oppression by society in general and by the criminal justice system in particular."

One of Clean Break's

developments was its "Take Five Project," a collaboration of work with women prisoners and arts practitioners comprising five prisons within the UK.

It was designed to encourage creative communication between women who continually experience relocations while in prison that limit real communication.

All the work completed in

those prisons became a catalyst for creative work in other prisons.

The project started in the form of creative writing groups, in which women were able to express their experiences and feelings with themselves and others.

Their work was passed on to Cookham Wood Prison, where women created their own work using visual arts and large scale photomontage.

Work from both was sent to Holloway women's prison, where the response was a drama praising the commonality and individuality of women's experiences behind prison walls.

A video image of the drama was sent to another institution called Bullwood Hall. In Bullwood Hall women produced a soundtrack with computer software using the human voice.

The final destination for the



Courtesy of Clean Break

Women in the Dance and Movement Class

project was in East Sutton Park prison. In East Sutton women were given permission to work in an editing studio to make a five-minute video to honor women working in other prisons.

Currently, Clean Break is running theater-based courses and training programs for ex-prisoners in its women-only building in Kentish Town. Clean Break has worked to spread its programs to all women's prisons in the United Kingdom.

"While the product, the creative art, recognizes the damage done by disruption and separation, the process of women working together to create the art forms celebrates the potential for growth and change," wrote Mary Eaton, author of *Women After Prison*, in an article about Clean Break entitled "Providing a Voice."

Joan

Continued from Page 1

"Joan worked hand-in-hand with the editors and writers of *San Quentin News*," Shipp said. "She'd always say, the first paragraph has to grab the readers, or they'd go to somewhere else. Everyone took her comments to heart and utilized them in writing the paper."

Today, Lisetor gives *San Quentin News* the same attention she did 35 years ago.

"I enjoy seeing people work together," Lisetor said. "In journalism, you have to think clearly. You have to get your thoughts in order, and you have to know how to work with people."

Lisetor said after coming to San Quentin for a graduation in the 1980s, the men found out that she had journalism experience. They asked her if she would help in producing *San Quentin News*. After she got permission from Warden George Sumner, she began volunteering.

"I didn't have too many expectations," Lisetor said. Referring to the inmates, she added, "They'd already been producing the newspaper. After a while, I was very much a part of the everyday operations."

Shipp added, "We took a certain pride in putting out the newspaper. One of our jobs was being a liaison for Death Row prisoners, letting them know what was happening in the prison."

Lisetor said she was most proud in 1981, after *San Quentin News* won first place in the American Penal Press Contest for the best printed newspaper of prisons around the country.

After the U.S. Supreme court ruled, prison officials could not censor inmate publications in 1984, California officials decided to shut down California inmate publications.

Prison newspapers and magazines around the country went from a high of 250 in 1959, to fewer than a dozen today, according to *Nation* magazine.

State sponsored inmate newspapers remained out of print for



San Quentin News archive

Joe Morse, Joan Lisetor and Jimmy Price pose with the 1981 award

nearly a quarter century until in 2008, then Warden Robert Ayers, Jr. decided, to bring *San Quentin News* back as a way to cut down the rumor-mill and give inmates the chance to disseminate reliable information to each other.

Lisetor got back into the action after she met and had a conversation with corrections officials, lieutenants Sam Robinson and Rudy Luna while attending an event for a local middle school.

"I told them that I was an advisor to the newspaper years ago and they asked me if I'd come back to help and I agreed," Lisetor said.

Shortly thereafter, Lisetor began coming back to the newsroom.

Lisetor said the biggest difference between the old newsroom and the new one is that in the 1980s, there were no computers, and the newspaper was printed inside the prison. She added, "I've been coming in for so long that nothing surprises me. It is a peaceful, friendly, productive place. I always say that I feel safer here than anywhere else."

Lisetor's journalism experience reaches from a dozen years as a reporter and feature writer for the *Marin Independent Journal*, a couple years as an investigative reporter for Crittenden News Service and two years teaching media relations at the Tamalpais District Adult and Community Education program and teaching

journalism at College of Marin. Lisetor received a Bachelor of Arts degree in Journalism in 1983 from San Francisco State University.

"Journalism picked me. I always wanted to work for a newspaper as long as I can remember, and I enjoy the satisfaction from volunteering," Lisetor said. "It keeps me in touch with journalism."

San Quentin News, Executive Editor, Arnulfo T. Garcia, said, "She brings a unique quality of journalism experience to the newsroom. She's always ready to sit with writers to make the story flow and doesn't hesitate to ask for source material when she questions someone's writing."

Editor-in-Chief Richard "Bonaru" Richardson, added, "She brings the authenticity of what *San Quentin News* is, and she never lets us forget the daily struggles of what it takes to put out the paper."

Lisetor's civic and community involvement is vast.

She currently is a member of and has served as President of Marin Shakespeare Company and Northern California Peace Corps Association, while she is a member of Marin Women's PAC, Marin Forum, National Peace Corps Association, Lowell High School Alumni Association and SFSU Alumni Association.

Lisetor's son, Scott is a lighting director who lives in Honolulu.

—Juan Haines

Italy's rehabilitation method: public interaction

By Wayne Boatwright
Managing Editor

Italian-style rehabilitation includes public interaction with prisoners to change attitudes about the incarcerated. And that's served up with risotto and amuse-bouche dishes of cheese mousse with mustard, curry and dill, according to a March 2016 article in *The New York Times*.

Italy is facing the same challenges as California with prison over-crowding. Italy repealed its harsh drug laws, which were similar to the "three strikes law" of California. That was in response to a January 2013 European Court of Human Rights order to fix its criminal justice system.

In an experiment to rehabilitate offenders and lower the recidivism rate, one prison has opened a restaurant on prison grounds. It is named "inGalera," Italian slang for "In Prison."

The Bollate penitentiary with 1,100 medium-security inmates is the vanguard of rehabilitation experimentation in the Italian prison system and has volunteers that offer an array of programs from theater and painting to training inmates to maintain a stable of horses on prison grounds.

The restaurant idea was developed by Silvia Polleri, a retired teacher who has been running a catering co-op since 2004 to help inmates.

She secured funding grants from sponsors including PricewaterhouseCoopers, the global accounting firm.

As the restaurant's manager, she hired a professional chef and a maître d' from outside to seat guests and handle the money. All the other employees are inmates. These waiters, dishwashers and cooks have been convicted of homicide, armed robbery and drug trafficking.

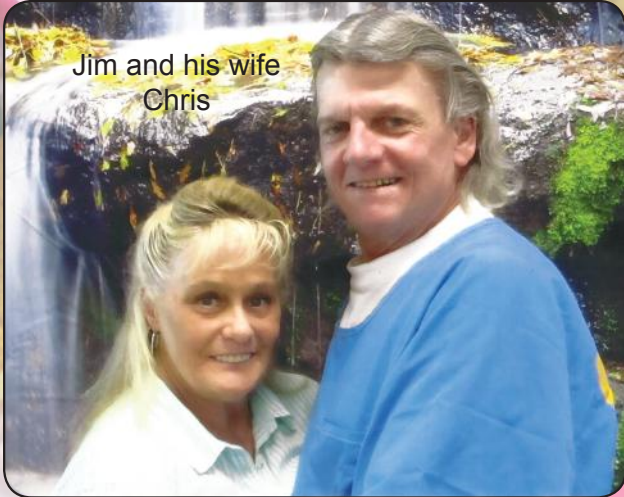
Polleri acknowledges that the restaurant may bother some people, but she doesn't seek to offend victims. She believes prison must train inmates to become responsible citizens capable of re-entering society. InGalera recently received 4.5 stars from TripAdvisor.

The restaurant is full most nights. "People are curious about prisons. It is an unknown world to many people," according to Massimo Parisi, the prison director. He said the recidivism rate of inmates trained in similar programs is far lower than the national average.

One inmate said, "It is a matter of pride, a way to make people happy and show them that even inmates can change and evolve."

Italy dropped its incarceration rate by 20 percent to approximately 89 per 100,000 citizens. This number compares to California's current post-realignment/Proposition 47 rate of approximately 320 per 100,000 in state prisons.

Happy Mother's Day

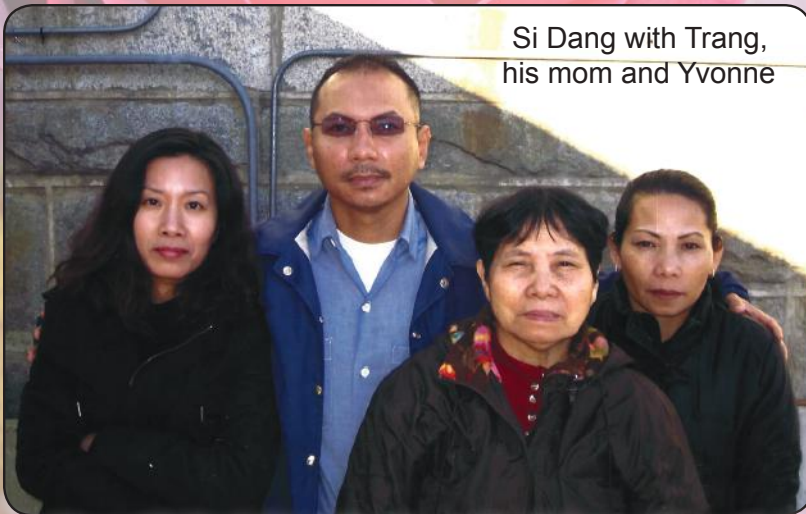


Jim and his wife
Chris

MOM. Me and my wife Chris just wanted to say Happy Mother's Day and we love you dearly. Jimbo & Chris Kale



Mother's Day is a special day because it's a day to thank your mom for her struggle to bring you up right. I love my mom, Ida because she put up with so much bs from me throughout the years; and I love my sister, Marilyn, for putting up with me my struggles in life. Thanks mom and sis. Happy Mother's Day, love, Asmar Lino Ramos.



Si Dang with Trang,
his mom and Yvonne

Happy Mother's Day. Thank you for giving me the perfect love and special affection that I don't deserve, but you gave it to me anyways. Sharing the kindness from your heart inspires me to take a deep look within myself and be able to muster the courage to navigate through this labyrinth of life. Your token of encouragement and ultimate sacrifices are not forgotten, for they are the cornerstone of hope and possibilities to your proud six children and nine grandchildren. Mom, you are my inspiration...my hero...and my breath of life. I will always love you ...and forevermore



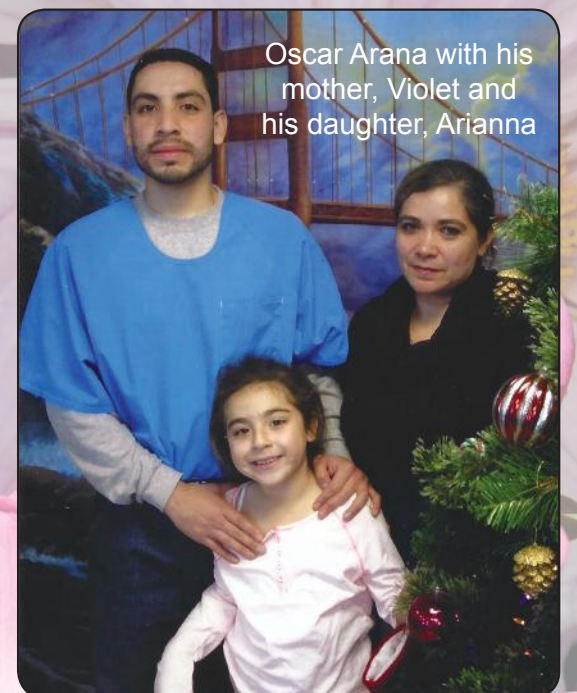
For my Mother who passed away (Gearldine Chassion) 10-11-47 to 2-8-17 The mother of three wonderful sons who she loved in a special way. She enjoyed life for every moment and her love for God exceeded everything in this world. While filled with life this loving mother would be blessed with two grandchildren. She has influenced their way of thinking and loving others. Mother you will be missed by all you have personally touched. Love your son forever Philip Senegal Jr.



I really love being your son. My Ma is my super hero. No matter how bad my choices were, Ma was just like any super hero would be. Thank you, Jesus for blessing me with my strong super hero. "We all know super heroes have a side kick and that's my Pa holding my Ma's cape for 53 years." -Tommy Wickerd



Dear Moms,
Mother, I love you. Now, after serving 21 years 6 months, I am coming home. Now it will be my honor and obligation, as a practicing Muslim, to finally be the one to take care of you.
- Lucious X. Jackson



Oscar Arana with his
mother, Violet and
his daughter, Arianna

Despite my bad choices, you continue to see me as the innocent boy that you brought into this world. I love you with all my heart.

May – a month of celebrating w

Women

Continued from Page 1

Another young activist is Bree Newsome, the woman who climbed the South Carolina State House flagpole and took down the Confederate flag in 2015.

“In the name of Jesus, this flag has to come down,” said Newsome. “You come against me with hatred and oppression and violence. I come against you in the name of God. This flag comes down today.”

Newsome was arrested and charged with defacing monuments on capitol grounds, but she made national and international headlines for her action. The charges were ultimately dropped, and a bill was passed to take down the flag.

“The space that exists for many of us, as a young black girl, is so extremely limited,” said Newsome, speaking at Spelman College in 2014. “So that you really can’t go very far without being an activist, without being defiance of something.”

Early on, Newsome was named one of the “20 Coolest Girls in America” in 2003 *YM* magazine.

Shannon Watts, a 41-year-old former public relations executive and mother of five from Indianapolis, IN, helped cofound “Moms Demand Action” for Gun Sense in America.

She created a Facebook page



Photo by R. Kurtz

Bree Newsome arrested for removing a Confederate battle flag from South Carolina State House flagpole

following the massacre at Sandy Hook Elementary, in Newtown, Conn., in 2012.

“I started this page because, as a mom, I can no longer sit on the sidelines. I am too sad and too angry,” Watts wrote on the organization’s Facebook page. “Don’t let anyone tell you we can’t talk about this tragedy now—they said the same after Virginia Tech, Gabby Giffords, and Aurora. The time is now.”

After the post, Watts talked via Skype with five women in Brooklyn, NY, and they formed the group’s first chapter.

Since then “Moms Demand Action” teams have sprung up in all 50 states with nearly 200,000 members. The organization has compelled more than a

half-dozen national restaurant chains, internet companies, and retailers to take a stand against lax gun laws, according to a *Mother Jones* article.

Tatyana Fazlalizadeh and Withelma “T” Ortiz Walker Pettigrew are two barely known activists, but they have taken major steps to tackle sexual exploitation and harassment.

Fazlalizadeh gained attention in 2012, with her “Stop Telling Women to Smile,” a poster campaign using street art to speak out against street harassment of women.

The original posters were displayed in Brooklyn, NY, where each poster featured a portrait of a woman, with a caption such as, “My outfit is not an invitation” and “No, you can’t talk to me for a minute.”

The campaign was based on interviews with women about their experiences of public sexual harassment and giving the women the opportunity to fight back against their harassers, according to Wikipedia.

Fazlalizadeh was able to run a successful Kickstarter campaign to take “Stop Telling Women To Smile” to different cities.

Fazlalizadeh created an oil painting of former Pres. Barack Obama featured in the book *Art For Obama: Designing Manifest Hope and the Campaign for Change*.

Pettigrew, 28, was forced into sex trafficking at age 10, and since then, she became a dedicated advocate so other girls wouldn’t experience the same fate, reported *Extraordinary.Org*.

Neglected by drug addict parents, Pettigrew had been transferred across 14 different foster homes, until she was lured by a man who offered her a permanent home.

All these women have persisted to bring awareness to the American public and the world.

The activist Mallory is known for her fiery speeches and her outspokenness for social justice, health care, gun violence and police misconduct. Mallory also worked as a national organizer for the 50th anniversary of the March on Washington.

Sarsour is a Palestinian-American Muslim born in Brooklyn and the mother of three. She has been in the forefront of major social justice



Courtesy of Women’s Day March Instagram Account

Tamika Mallory, Linda Sarsour and Carmen Perez arrested in New York during “A Day Without a Woman” protest

campaigns in New York and nationwide. She co-chaired the March2Justice, leading 100 marchers from Staten Island, NY, to Washington, DC.

Through her work and a progressive coalition New York public schools now close for two of Islam’s holy days, Eid al-Fitr and Eid al-Ahda.

Perez has logged 20 years of advocating for gender equality, violence prevention, and racial healing. She also criticizes mass incarceration.

“I started this page because, as a mom, I can no longer sit on the sidelines. I am too sad and too angry”

Perez has worked inside of prisons and juvenile detention centers in California and New York providing cultural, spiritual and educational events. She organized “Growing Up Locked Down,” a conference on juvenile justice.

Perez is the executive director of The Gathering for Justice, a non-profit founded by actor and artist Harry Belafonte. She is co-founder of Justice League NYC and founder of Justice League CA.

She has crossed the world promoting peace through civil and human rights.

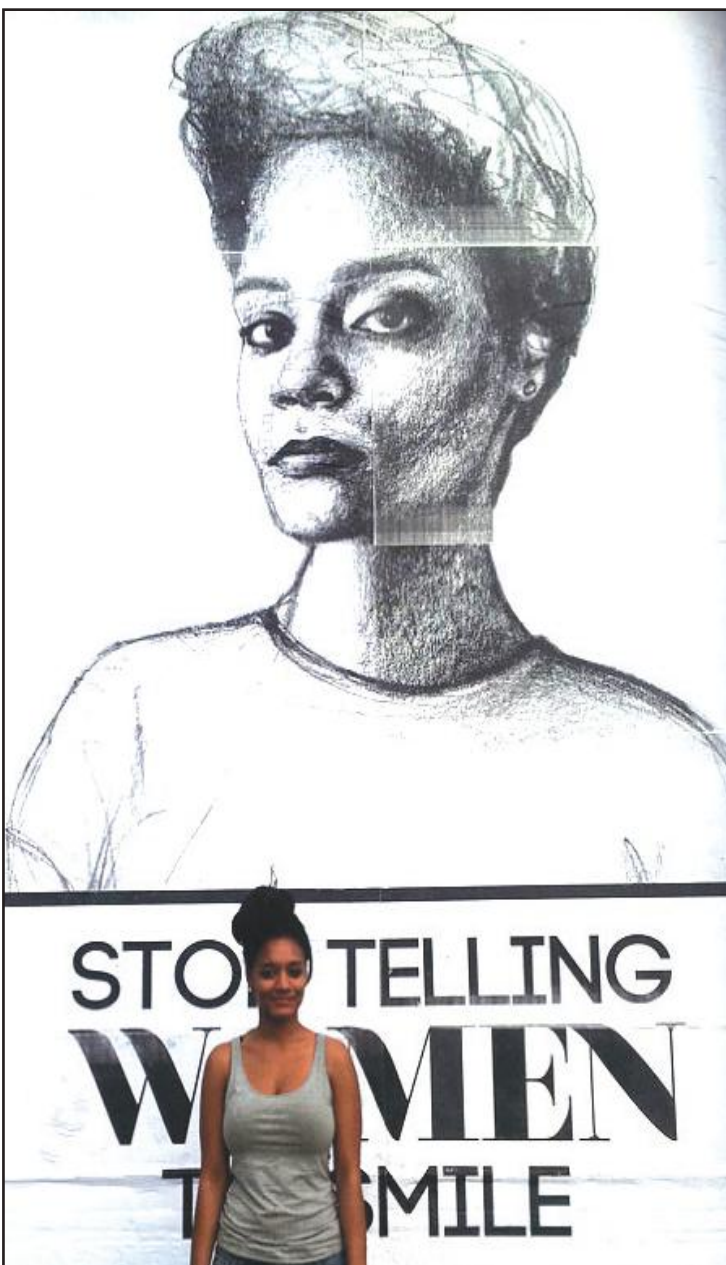
During the Washington protest, women rallied near the White House against the “global gag rule” banning federal funding for any organization overseas that discusses abortion as a family planning option. But Rebecca

Wood, 37, who brought her 4-year-old daughter, said her complaints were broader. “I used to list so many things on a sign,” she said. “Now I have so many concerns, I just have a sign that says ‘RESIST’” according to a *New York Times* article.

Pettigrew, who was abused as a child, criticized the foster care system, “When youth are approached by traffickers, pimps, exploiters, they don’t see much difference between their purpose of bringing finances into their foster home and bringing money to traffickers, pimps and exploiters’ stable”.

A man who offered her love turned her into a prostitute and sent her roaming the streets, wearing mini-shorts and pink sneakers, the article noted.

To keep her submissive, he physically abused her and kept her dependent with the offer of a place to stay. At age 17, she was rescued by a welfare worker and ever since has been working with several children’s and women’s welfare foundations to rescue victims of sexual exploitation and abuse. In 2011, Pettigrew was named one of the *Glamour Magazine*’s “Women of the Year.”



Courtesy of Alchetron, The Free Social Encyclopedia

Tatyana Fazlalizadeh campaigning against street harassment of women with her poster “Stop Telling Women to Smile”



Courtesy of TheExtraordinary

Withelma “T” Ortiz Walker Pettigrew advocates against sex-trafficking

Women activists present and past

By Marcus Henderson
Journal Guild Chairman



Courtesy of Wikipedia

Yuri Kochiyama

(May 19, 1921 – June 1, 2014)

Holding the head of a dying Malcolm X at his assassination in New York City only highlights the courageousness of this Japanese-American activist.

"The legacy I would like to leave is that people try to build bridges and not walls," Yuri said, on Debbie Allen's "Cool Women" television show in 2001.

Yuri was born in San Pedro, California, and graduated from Compton Junior College in 1941. She was placed in a Japanese-American internment camp during World War II due to the executive order of President Franklin D. Roosevelt, which forced approximately 120,000 people of Japanese ancestry into various camps across the nation, according to Wikipedia.

Yuri and her family spent three years at the War Relocation Authority camp in Arkansas.

In 1960, Yuri joined the Harlem Parents Committee and the Congress of Racial Equality (CORE). She protested the Vietnam War and became a mentor to the Asian American movement. She organized the East Coast Japanese Americans for Redress that spearheaded a campaign for reparations and a government apology for the imprisonment of Japanese Americans during World War II.

In 1988, Pres. Ronald Reagan signed the Civil Liberties Act awarding \$20,000 to each Japanese-American internment survivor, among other things. Yuri used the victory to fight for reparations for Blacks. In her later years, she was active in protesting the profiling of bigotry against Muslims, Middle-Easterners and South Asians in the U.S., viewing the similarity to the Japanese-American experience during World War II. Yuri spent time teaching English to immigrant students and volunteering at soup kitchens and homeless shelters in New York City. She supported many controversial movements and people throughout the years.

In May 2016, Yuri's 95th birthday anniversary was acknowledged with a U.S. Google Doodle, which prompted both public praise and criticism of her activism. That, in turn, caused Sen. Pat Toomey (R-Pa.) to call for a public apology from Google.

On June 6, 2014, the White House honored Yuri on its website for dedicating "her life to the pursuit of social justice, not only for the Asian American and Pacific Islanders (AAPI) community, but all communities of color."



Courtesy of The Chronicle of Philanthropy

Cristina Jimenez, 31, is a co-founder and managing director of "United We Dream," a national advocacy group powered by young immigrants. They share their stories publicly, and as activists they risk being targeted by federal authorities. Their faces became the faces of the immigration debate. Jimenez continues to advocate for undocumented people.



File Photo

Grace Lee Boggs (June 27, 1915 – October 5, 2015)

American author, social activist and philosopher Grace Lee Boggs died at the age of 100. She was one of the nation's oldest human rights activists. Her Chinese given name was Yu Ping meaning "Jade Peace." She wrote five books, the last being *The Next American Revolution: Sustainable Activism for the Twenty-First Century*. She founded "Detroit Summer," an intergenerational multicultural youth program that has received numerous awards. The Boggs Center was founded in 1990 and continues to be a hub for grassroots organizing and social activism, both locally in Detroit, Mich., and nationally.



Courtesy of PIELC.com

Amy Goodman (April 13, 1957 – Present)

Amy Goodman is the host of Democracy Now! a daily independent global news program on radio, television and the internet. She is a syndicated columnist and investigative reporter. She received the Gandhi Peace Award in 2012 for her contribution promoting international peace. She is the author of six books. In 2016, she was charged criminally for her coverage of the North Dakota pipeline protests. The riot charges have since been dropped.



Courtesy of imagecrow.com

Donna Hylton, a New York justice activist and formerly incarcerated woman, addressed the Women's March in Washington on January 21, 2017.

Hylton said she was marching for all the women still incarcerated and standing up for those who are tossed aside and told they have no voice, reported a *Truthout* article. "Today we are marching in solidarity to change that narrative," she said. "Changing that narrative is key to changing policies related to parole."



Courtesy of Wikimedia

In 1991, **Ellen Ochoa** (June 10, 1958) became the world's first Hispanic female astronaut. She was a mission specialist and flight engineer. Ochoa is a veteran of four space flights, logging more than 950 hours in space. She received her Master of Science and Doctorate degrees at Stanford University. She was born in Los Angeles and now lives in Texas with her family.



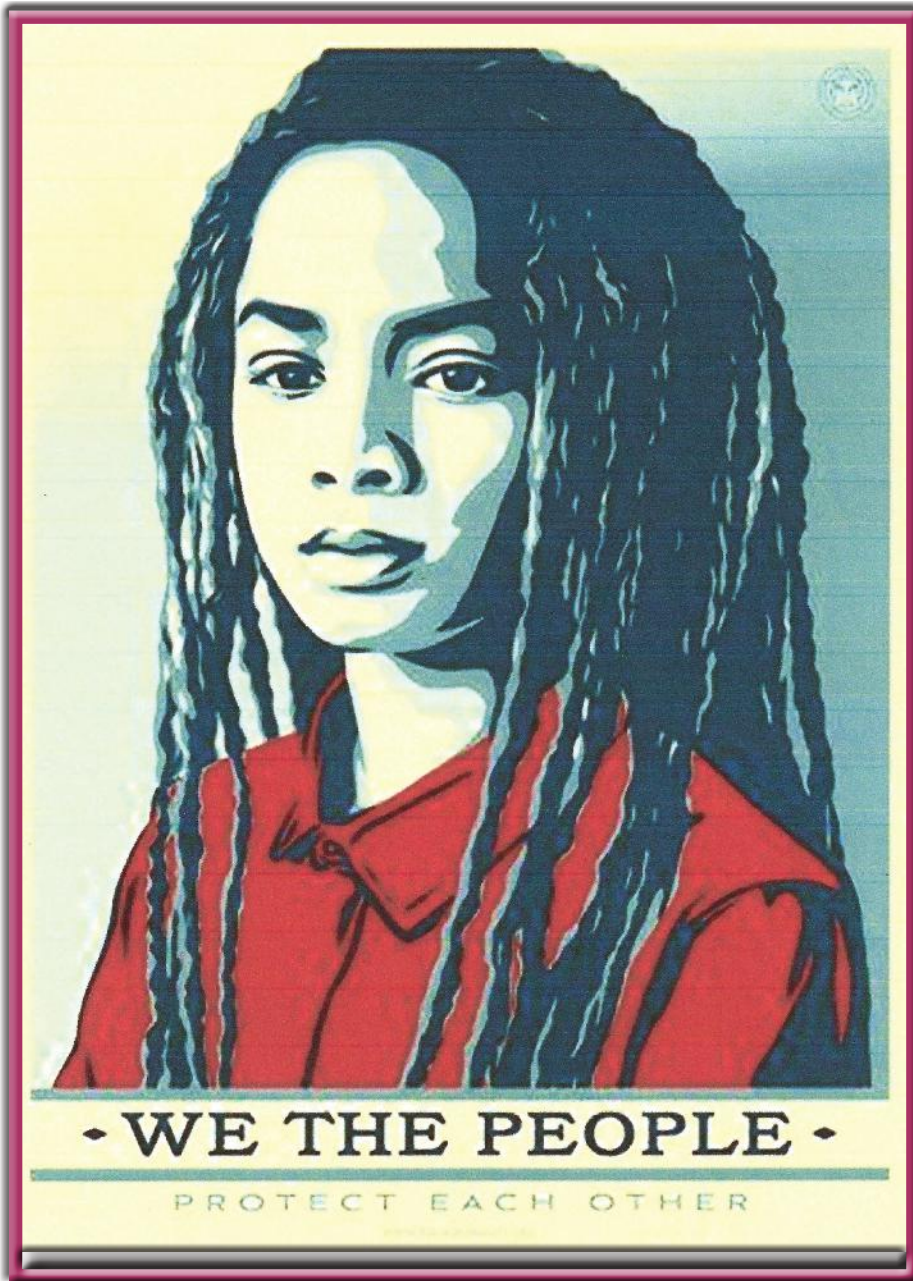
Courtesy of Wikimedia

Rosario Dawson (May 9, 1979 – Present)

Actress and Activist Rosario Dawson has been lending her voice to different causes for years. On April 15, 2016, Dawson was among the protesters arrested during Democracy Spring in Washington, D.C. She gave support to the RESPECT! Campaign in 2008, a movement aimed at preventing domestic violence.

She was arrested in 2004, protesting against Pres. George W. Bush. She was at the Bernie Sanders rally in Washington Square Park in 2016.

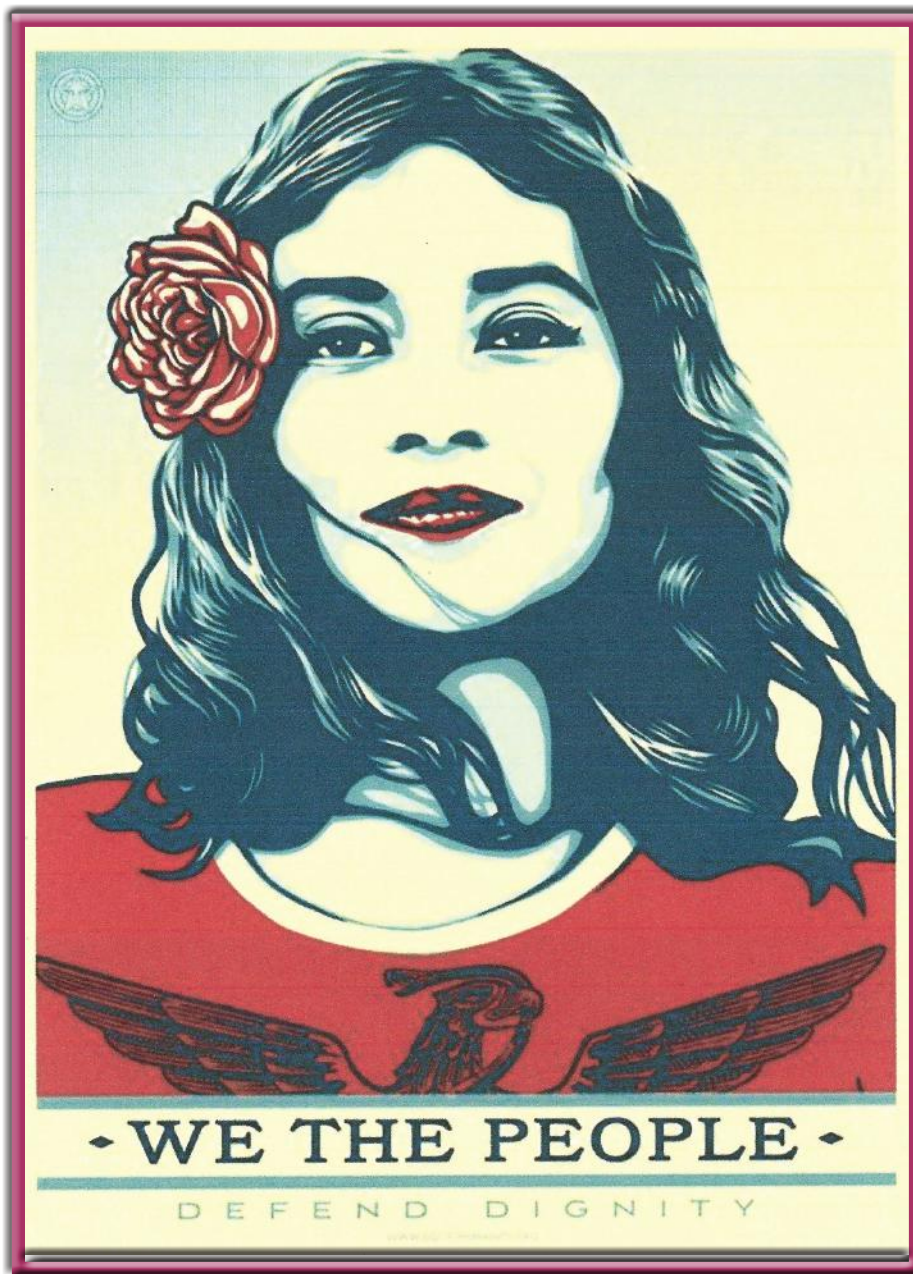
Arts & Entertainment



Painting by Shepard Fairey



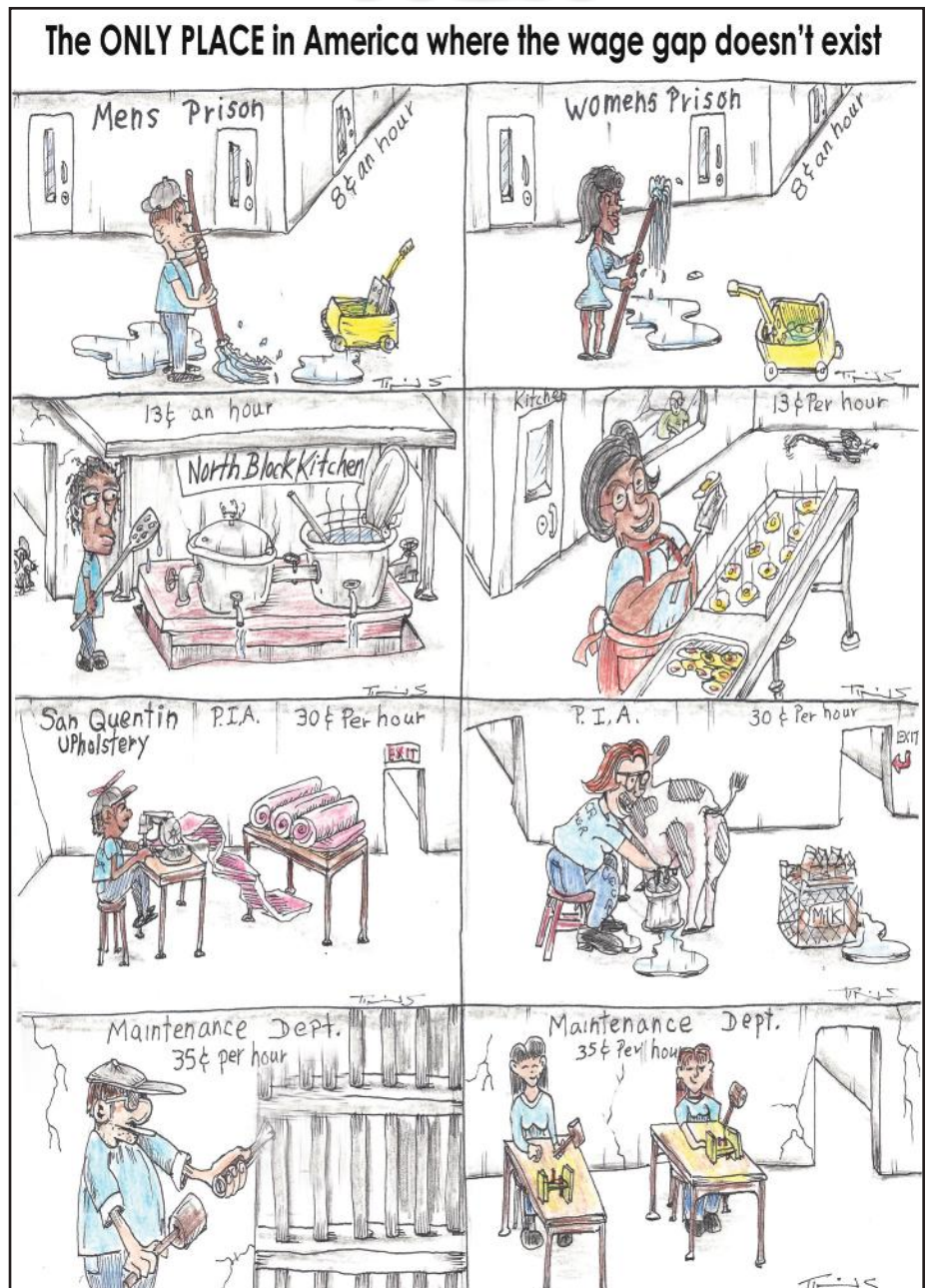
Painting by Shepard Fairey



Painting by Shepard Fairey

COMIC

Illustration by Fred Tinsley
Concept by J. Chiu



Snippets

Lina Medina of Peru gave birth on May 14, 1939 via C-Section to a 6 pound baby boy at the age of 6-years-old.

Earhart was a founder of the Ninety-Nines, an organization for the advancement of women pilots.

Gray hairs can be blamed on pigment cells lacking melanin, which determines whether you are blond, brunette or redhead.

Eleanor of Aquitaine (1122-1204) inherited the Duchy of Aquitaine when she was 15-years-old.

Rosa Parks' iconic refusal led to one of the most successful mass protests against American racial segregation.

Iconic feminist Gloria Steinem once said, "A liberated woman is one who has sex before marriage and a job after."

The bra market took off in 1917 when the U.S War Industries Board called on women to make the switch from corsets to save metal. This freed some 28,000 tons of metal, enough to make two battleships.

Your Mother's Day fact: it was originally observed by members of women's peace groups and the mothers of soldiers who died in the Civil War, also originally called "Mothers' Friendship Day."

WORDCROSS PUZZLE

By Jonathan Chiu / Edited by Jan Perry

Across

1. Cadillac vehicle model
4. Kunis of *Family Guy*
5. Hathaway of *Family Guy*
12. Vegas casino or Brazil city
15. Actress in *Ferris Bueller's Day Off*
16. PM Thatcher and Queen of Navarre
18. Craft
19. Gugin of *Sin City*
21. Popular texting abbreviation
22. EDM group Major
24. High school club
25. Southern state (Abbr.)
27. Football lineman (Abbr.)
29. Unkind odor (Abbr.)
30. Fire remains
32. Member of SE Europe group
34. Cartoon char. _____ the Explorer
36. Hospital personnel
39. Heavy weight (abbr)
40. Petty of *Tank Girl*
41. Desertion term
42. Support group (Abbr.)
43. A Bachelor of Science degree (Abbr.)
44. A bite
45. 27th Congressional District rep. Judy
47. Mercedes car model
49. MPAA label
50. Bygone Windows software
51. Smartphone tool (Abbr.)
52. Childhood game
53. Architect's assoc. (Abbr.)
54. Abbr. for element 20
55. Phrase you say on May 14
60. Leeward
61. U.S. Territory (Abbr.)
62. Classroom helper (Abbr.)
63. Multinational financial group (Abbr.)
64. ____CL (salt)
65. Child's type of car
67. What every mother deserves (Slang)
69. Opposite of out
70. Countryside mail designation
71. 1900s Sp. painter Joan
73. Actresses Forlani and Danes
76. What kids sometimes tell their moms
78. Part-time worker (Abbr.)
79. Russian assent
80. "I can't hear you!"
81. Locale near the Ethiopia/
Eritrea border south of Asmera
82. Grade school class
84. One of the three *Ear Hustlers*
88. New England university (Abbr.)
89. Breakfast nook
93. Perspiration

Down

1. Bay Area music channel
2. Actress Mowry or Carrera
3. Abraham's wife
4. Rousey's assoc. (Abbr.)
5. Police investigative depart. (Abbr.)
6. Abbr. for elem. 103
7. The past
8. S. American country (Abbr.)
9. Patriots' locale (Abbr.)
10. 2nd half of the Bible (Abbr.)
11. Class taken by immigrants
12. Beard's nemesis
13. Anger
14. Some types of interviews (Abbr.)
17. Actress ____ Breneman
20. Luxury handbag brand (Abbr.)
23. Blood type
25. ____ Joes
26. Vehicle
27. ____ Jones (stock index)
28. Surgical instrument for a wall cavity
30. Priyanka Chopra's char. in *Quantico*
31. Princess of Monaco
32. A comfy shoe
33. A queen of England or a PBS show
34. A mother is also this
35. Janney of *Mom*
37. Crime-solving literary character
38. Actress in *Ferris Bueller's Day Off*
44. Back of the neck
46. Head covering
48. "Smooth Operator" singer
56. Chili rating
57. Cop on horseback (Abbr.)
58. Popular video game maker
59. Especially sharp
66. Electronic component in a camera (Abbr.)
69. "Sort of" (Suffix)
71. One hour east of PST
72. Be against
74. Type of computer network (Abbr.)
75. Electrified fish
76. Cohen of *The Walking Dead*
77. One of the continents (Abbr.)
83. Always
85. Young people get asked for this (Abbr.)
86. NBC's former owner (Abbr.)
87. Celeb mag. (Abbr.)
88. City on southwest England
89. Doofus
90. Coastal town of East New Britain on the Solomon Sea
91. Admit
92. "Outer" (Prefix)
94. Exercise equipment
95. Prefix meaning "three"
96. Thompson of *Caroline in the City*
97. Not mine (Abbr.)
99. Presidential action (Abbr.)
100. Teton state (Abbr.)

1	2	3		4	5	6	7		8	9	10	11		12	13	14
15				16				17						18		
19			20				21				22	23				
		24			25	26				27	28		29			
30	31			32			33		34			35		36	37	38
39				40					41						42	
43			44				45	46			47		48		49	
50			51				52				53				54	
	55	56					57				58			59		
		60					61		62			63				
	64			65	66		67	68			69			70		
71			72		73	74				75			76			77
78					79					80			81			
			82	83		84	85	86	87			88				
89	90	91			92		93				94			95	96	97
98							99				100					
101											102					

LAST MONTH'S ANSWERS

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

Sudoku Corner

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

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

Last Issue's Sudoku Solutions

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

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

The Month of May

- May is the third of seven months in a year with 31 days. In 2017, May has five Mondays, five Tuesdays, and five Wednesdays.
- Mother's Day is on Sunday, May 14; Armed Forces Day is on Saturday, May 20; and Memorial Day is on Monday, May 29.
- For the Muslim community, Ramadan begins at sundown on Friday, May 26.
- For Christians, the National Day of Prayer is on Thursday, May 4; the Memorial of Our Lady of Fatima is on Saturday, May 13, the Solemnity of the Ascension of the Lord is on Thursday, May 25, and the Feast of the Visitation of the Blessed Virgin Mary is on Wednesday, May 31.
- For Canadian Nationals, Victoria Day is on Monday, May 22.
- For Mexican Nationals, Labor Day is on Monday, May 1; Battle of Puebla Day (Cinco de Mayo) is on Friday, May 5; and Mother's Day is on Wednesday, May 10.
- According to the World Almanac, May is Clean Air Month, Get Caught Reading Month, National Barbecue Month, Asian Pacific American Heritage Month, National Inventors Month, and National Mental Health Month.
- There are two astrological signs in May: Taurus, the sign of the Bull (April 20 to May 20) and Gemini, the sign of the Twins (April 21 to June 21).
- According to the Jewelry Industry Council, the May birthstone is the emerald.

San Quentin News would like to know:

- What prison are you at and how do you receive the *San Quentin News*? _____
- Does your library provide you with a copy of the *San Quentin News*? _____
- Do all facilities/yards at your prison receive the *San Quentin News*? _____
- What stories did you like the most and why? _____
- What story did you like the least and why? _____
- What kind of story would you like to read? _____

Mail to: San Quentin News
1 Main Street
San Quentin, CA 94964

Factores que incrementan o disminuyen las posibilidades en la “tabla”

Español

Por Wayne Boatwright
Managing Editor

Recientes cambios legales y en materia de regulación, han incrementado las posibilidades de los presos, cumpliendo una sentencia de vida, a obtener su libertad condicional.

El período de “duros con el crimen” (tough on crime) implementado en California en décadas pasadas, se podría comparar con un juego de fútbol. En este deporte es muy difícil anotar un gol y de igual manera, los presos rara vez obtenían un día de salida.

Debido a los recientes cambios en las leyes, actualmente existe una gran oportunidad de adquirir un día de salida. Aunado a esto, tenemos un gobernador que en muy pocas ocasiones, revoca la decisión de los comisionados.

A pesar de que no existen garantías seguras para obtener la libertad condicional, sí existen ciertos factores que podrían mejorar las probabilidades de adquirir un día de salida, según un reporte de la Universidad de Stanford publicado en abril del 2016 por el Federal Sentencing Reporter (Stanford Report)- el reporte analizó 754 audiencias.

The Stanford Report utiliza un método de razonamiento estadístico para analizar los resultados del comité de

audiencias. Este método se basa en el uso de estadísticas y probabilidades para medir más de 150 factores diferentes, para estimar qué tanto valor el comité de audiencias le asigna a cada factor.

LA PREPARACIÓN PARA EL COMITÉ DE AUDIENCIAS (LA TABLA), ES EL EVENTO MÁS IMPORTANTE PARA LOS PRESOS CON SENTENCIAS INDEFINIDAS

La mayoría de los presos que tienen que presentarse ante el comité de audiencias sienten que el proceso de preparación es muy estresante. Kim (All-Amin) McAdoo mencionó en un comunicado del Prison University Project en el mes de noviembre del 2014, “la preparación para mi audiencia representa el evento más importante de mi vida durante mi encarcelamiento. Es una gran oportunidad para volver a obtener mi libertad”.

Al no existir algún registro de las consideraciones finales de los comisionados, el equipo de investigación de Stanford identificó 12 factores y 152 variables en cada transcrito: información básica, antecedentes penales, el crimen cometido, comportamiento en la prisión, progreso adquirido durante el encarcelamiento, planes al ser liberado, reporte

del psicólogo, declaración del Fiscal del Distrito, testimonio del preso, participación en los programas y las razones por la decisión del comité de audiencias.

Debido a que el índice de concesión en el año 2015 fue de casi un 30%, el entender el proceso de la toma de decisiones de la “tabla”, adquiere gran importancia para las personas que enfrentan sentencias indeterminadas.

FACTORES IMPORTANTES

De las variables demográficas (raza, sexo, edad, etc.), solamente la edad tiene un impacto importante. Entre más edad tenga un preso cuando asista a la “tabla”, sus posibilidades para obtener un día de salida aumentan. Por cada 10 años, las probabilidades incrementan de 1.3 a 5 veces.

Sin embargo, la edad en que se comete un crimen tiene un impacto negativo. Por ejemplo, cometer un crimen a la edad de 30 años en vez de 20 reduce las posibilidades de ser encontrado elegible en un 50%.

En una serie de estudios, el Stanford Report mencionó que “la raza del preso o su género no son factores determinantes” para otorgar o negar libertad condicional.

Comportamientos positivos o negativos en la prisión,

tienen un gran impacto para obtener un día de salida. La participación en programas de abuso de sustancias tiene un impacto positivo. “Sorpresivamente, la participación en otros tipos de programas que incluyen educación y carreras técnicas, “no tuvieron un impacto muy significativo para obtener la libertad condicional. Según el Stanford Report.

El comportamiento negativo en la prisión fue medido por el número de acciones disciplinarias adquiridas. Los # 128 (no son considerados graves) en tanto que los # 115 (son acciones disciplinarias serias). Entre más #115 tenga el preso sus posibilidades de obtener un día de salida disminuyen drásticamente, comentó el reporte.

El reporte del psicólogo es muy importante para obtener un día de salida. “Los presos que reciben una puntuación baja (referente al nivel de peligrosidad para la sociedad), duplican sus posibilidades para adquirir su libertad, en comparación con un preso que recibe un reporte alto”, reveló el Stanford Report.

La conducta del preso durante la audiencia tiene un gran impacto para obtener un día de salida. El Stanford Report encontró tres categorías que aumentan las probabilidades del preso de recibir una decisión favorable:

1. Las características de la

audiencia; 2. El testimonio del preso; y 3. Si la víctima, familiares de la víctima o conocidos hacen acto de presencia durante la audiencia. El horario de la audiencia (mañana o tarde) no afecta las decisiones de los comisionados. Los presos tienen las mismas posibilidades de adquirir su libertad condicional, ya sea durante la primera o la última audiencia del día.

Las respuestas de los presos a las preguntas de los 12 pasos de A.A demostraron si habían participado en el programa. Los que no contestaron correctamente las preguntas, como “cuál es el cuarto paso”, solamente tuvieron un 20% de oportunidad para conseguir su libertad, comparado con aquellos que contestaron correctamente.

A pesar de que aproximadamente un 10% de los familiares de las víctimas asisten a las audiencias, su presencia no afecta demasiado los resultados de la tabla.

Los Fiscales del Distrito asisten a la mayoría de las audiencias, regularmente para oponerse a la liberación del preso. En casos donde el Fiscal muestra su apoyo al preso o no se presenta a la audiencia, las probabilidades de adquirir un día de salida incrementan.

El término “introspección” (insight) define de una manera clara los factores que pueden tener un impacto en la audiencia. “Uno de los retos que muchos de nosotros, los presos, enfrentamos, es articular el entendimiento sobre nuestro crimen”, McAdoo enfatizó. “Una de las lecciones más importantes que he aprendido es ser responsable”.

Jody Leven, Director General del Proyecto Universitario de la Prisión (PUP) en San Quentin, quien trabaja diariamente con prisioneros, expresó el significado del concepto “introspección” en una carta informativa del (PUP), en el mes de abril del 2016, volumen 22, número 1.

“Una de las mayores ironías de San Quentin es el nivel de inteligencia emocional y responsabilidad personal que la mayoría de los presos de ésta institución han desarrollado; características que rara vez se observan fuera de la prisión. La mayoría de los presos han hecho su mayor esfuerzo a través de los años para adquirir un entendimiento personal y aceptar responsabilidad por el daño que han causado. Quizás es en parte, ese alto grado de responsabilidad personal lo que ocasiona que la audiencia sea un proceso abrumador.”

PUP fue galardonado con la Medalla Nacional de Humanidades en el 2015.

Una copia del Stanford Report esta disponible en el edificio de educación para los estudiantes del PUP.

—Traducción por Marco Villa y Taré Beltranchuc

Más vivir y menos sobrevivir: perdonar y no castigar Parte 3

Por Lucía de la Fuente
Editora en español

La justicia restaurativa no pone énfasis en las riquezas de la persona, el color de su piel, la cultura y costumbre de donde viene, el nivel educativo que posee, ni el trabajo que desempeña; sino que se enfoca en resarcir las relaciones humanas que se han dañado o roto, como consecuencia de una ofensa. A diferencia del sistema criminal de justicia, la justicia restaurativa promueve la sanación entre personas que se han lastimado (o han sido lastimadas) e involucra a todas las partes, tanto al ofensor, como a la víctima(s), y las familias y comunidades de ambos.

El “Center for Justice and Reconciliation” define la justicia restaurativa como una “teoría de la justicia que enfatiza en el reparo del daño causado por el comportamiento criminal. La mejor forma de lograrlo, es a través de procesos de cooperación que permiten que todas las partes interesadas se reúnan”. Dentro de estos procesos se persigue (1) el reparo, (2) el encuentro y (3) la transformación. Esto se debe a que una ofensa o crimen, no sólo

daña a la persona directamente involucrada (la víctima), sino que también deteriora las relaciones sociales de la comunidad. Por ello, facilitando un espacio en el que el ofensor asuma las responsabilidades y consecuencias de su ofensa, todos los involucrados hacen saber sus necesidades, para lograr una resolución de común acuerdo. En palabras más sencillas: en la justicia restaurativa no existe una mujer con los ojos vendados que pesa en su balanza la clase socioeconómica y raza de la persona, para decidir qué tanto debe empuñar su espada.

Castigar a quien cometió una ofensa a través de una sanción económica o la cárcel, no repara el daño cometido —aún más, no considera las necesidades de la víctima para sentirse resarcida, más allá de una pena social o económica (aislamiento de la persona a través del encarcelamiento). Del mismo modo, la justicia restaurativa no concibe al ofensor como un mero criminal, ni limita su existencia al crimen cometido; la persona no es “un asesino” o “un violador”, si no alguien quien cometió un asesinato o una violación. Esta distinción es fundamental,



Justicia rota

ya que permite ver al ofensor como un ser humano y no como un mero trasgresor de la norma. Además, mediante el diálogo, ambas partes tienen la oportunidad de conocer las razones por las cuales el ofensor hirió y así brindar respuestas a la víctima, a sus familiares y a la comunidad.

Buscar el perdón y no el castigo no sólo redefine la forma en la que concebimos un crimen y nuestra respuesta a él, sino que nos permite enfocarnos en las causas que originaron el crimen, hacer responsable al ofensor de sus

acciones, reintegrar a ambas partes a la comunidad y reducir la probabilidad de ofensas en el futuro.

No quiero ser igual que la “mujer justiciera” de la balanza. Esa dama que de manera ciega, castiga. El castigo no me hace sentir mejor, ni caminar hacia adelante con la cabeza en alto, ni dejar de lastimar a los demás. “No voy a ser como ella”, me dije. La mujer de la balanza se puso a llorar.

La cuarta parte de este artículo será publicada en el siguiente número de San Quentin News.

Construction program graduates 15 women inmates

By Lt. Michael Dunn
AA/PIO, CCWF

The Central California Women's Facility (CCWF) and the Inmate Ward Labor (IWL) successfully graduated 15 inmates in the offender pre-apprenticeship program.

The program consisted of a 30-week classroom component along with 40-hours a week of on-the-job construction training.

Eligible inmates must have a high school diploma, or be in the process of completing their General Education Development (GED). The curriculum is categorized into seven chapters: Apprenticeship Orientation; Health and Safety; CPR and First Aid; Blueprints; Industry Awareness and Opportunities in the Crafts; Construction Management; and Heritage of the American Worker. Development of the Program



Courtesy of CCWF

Graduating class of the pre-apprentice program displaying their certificates

included collaboration with the State Building and Construction Trades Council of California, the Local Trade Unions, and the institution's executive and

education staff. Each inmate must attend four hours of classroom training and 36 hours of field training per week. They also must complete 120 hours of

classroom training to receive a certificate of completion.

On Feb 21, CCWF celebrated as the graduates wore their hard hats and stood before their

friends, family, construction supervisors, CCWF administrative team and distinguished guests, who supported them throughout their training.

Warden (A) Derral Adams; Deborah Hysen, CDCR Director of Facilities Planning and Construction Management; and Construction Supervisor II Marty Haight congratulated the offenders for their completion of the program.

"I am proud of all the IWL pre-apprentice graduates at CCWF. Attitude is the key to success. As someone who started in the department in carpentry, I would rather have someone with no experience and a good attitude, than have someone with all the skill and a bad attitude," Warden Adams said.

At the conclusion of the ceremony, the graduates received their certificates of completion for Building Trades, Multi-Craft Core Curriculum.

Former prisoners return for TRUST graduation to help re-entry

By Juan Haines
Senior Editor

Three highly acclaimed self-help programs at San Quentin Prison held a graduation for more than 80 inmates on March 30. Dozens of San Francisco Bay Area volunteers came to the prison's Protestant Chapel to witness the event along with formerly incarcerated men who once participated in the same programs.

"It feels good to be back here," said Kenyatta Leal, a former TRUST (Teaching Responsibility Utilizing Sociological Training) graduate. "This room has so many significations, from being an usher to praying to the most highest for deliverance from this place."

Leal was released from San Quentin in 2014, after passage of Proposition 36, which changed the Three-Strikes Law and allowed a judge to re-consider his life sentence.

"There are a lot of people that don't believe that anything is possible," said Leal, wearing a business suit and standing before an audience of more than 150. Pointing down he added, "I used to clean this floor," then with raised hands, "and slept in those cells. People look, at me and don't believe that I've been to prison."

Leal encouraged the graduates to continue taking self-help

programs, saying it would pay off in the future.

"There are people betting against you," Leal said. "But you can do it, because there are also lots of people out there ready to support you; keep the trust and keep pushing."

Formerly incarcerated Robert "Red" Frey talked about the challenges of being out of prison and into society.

"Thank goodness that I have had programs that have taught me how to respond to things out there, instead of reacting," Frey said. "But, one of the biggest challenges for you guys is looking in the mirror and seeing the person who's really there and not the person we're trying to project on those Level Four yards," referring to doing time in a maximum-security prison, instead of San Quentin, a medium-security prison.

Joseph Paul Jr. is a sponsor for Project LA, which assists newly released inmates in their return to the community.

"E-22842 was my prison number," Paul said. "I can't replace the man whose life I took, but for the grace of God, my motivation is that I know that lives can change, because mine did."

Paul called inmates like Leal



Photo by Eddie Herena-San Quentin News

The graduating class of TRUST and Project LA

and Frey, "the inmates who have blazed trails in leadership." Then Paul addressed the graduates and acknowledged that they had "used their time wisely."

Along with Project LA and TRUST graduates were Spanish Anger Management and Health and Wellness graduates.

The Health and Wellness program is a 12-week course that goes deeply into trauma and the way it affects a person's behavior. The purpose of the course

is to bring healing to the unresolved traumas, according to its program director, Ameeta Singh.

"What you have in this environment — folks in mainstream society don't have that kind of checking system. So you guys are ahead of the game, because you know yourself better than those out on the streets," Paul said.

"Seeing Red and Kenyatta was very inspiring," said

TRUST Chairman, Orlando Harris, who has been incarcerated for 34 years. "They exemplify what hope looks like."

"These guys are part of TRUST and are now thriving in the community. Now I know that people want to help us. They will extend a helping hand. We aren't asking for a handout, just a little help getting on our feet, once we get out."

Harris goes to the parole board in 2020.

Firefighters receive more than praise from local ministry

By Joe Garcia
Journalism Guild Writer

Female inmates working at a Malibu fire camp annually receive donated gift bags from a local prison ministry.

Members of Emmanuel Presbyterian Church in Thousand Oaks collect cosmetic and hygiene items, candy, snacks, and other available treats and necessities for the women year-round, according to a *Thousand Oaks Acorn* article by Becca Whitnall.

Each winter, the gift packages are put together and given

to the 100 or so women serving out the tail-end of their sentences at Malibu Conservation Camp 13.

"It's a way to thank the women for what they're doing," Bob Fitch, a founding member of Emmanuel's prison ministry, told Whitnall. The prison ministry was formed about 20 years ago when a past employee of Fitch's was convicted of murdering her husband.

Fitch believes the woman was wrongly convicted. He and his family regularly visited her at the California

Institution for Women (CIW) and asked church members to pray for her. During their visits, the Fitches also met and spoke with other prisoners.

Most notably among these other women was Gloria Killian, a former law school student convicted of murder. After 16 years of incarceration, Killian was eventually exonerated of her conviction, the article reported.

Once vindicated, she began an action committee at the prison that, besides its other functions, initiated a gift bag program for prisoners.

"Our gift bags are a break-off of Gloria's program," Fitch said. "They were providing them for so many prisons that we agreed to put together bags for Fire Camp 13."

The 100 or so women at the camp are on call 24/7 to provide assistance in suppressing wildfires. They have earned the right through good behavior to finish out the remainder of their sentences there, explained Bill Sessa, a spokesperson for the California Department of Corrections and Rehabilitation's fire camps program, to reporter Whitnall.

"They work in crews of about 12 or 14 people and start with a chain saw..." said Sessa. "Often they have to hike into backcountry with 60 or 70 pounds on their backs before they even get to the fire line."

When women inmates ask why the church members do this, Fitch said the answer is easy. "We're doing it because the Bible tells us to." He added, "Also, these women are human beings who have made a terrible mistake early in their lives but now are making amends somehow for the past. We want to help them with that."

Beliefs and rationale challenge when catastrophe hits

Book Review

By **Juan Haines**
Senior Editor

In a fictionalized future world, the worst possible global scenario occurs (nuclear annihilation). Robert Mailer Anderson brings three characters on stage, struggling to rationalize their beliefs in individuality and collective humanity.

An unassuming coffeehouse, Café Dante, is the setting for Anderson's play, *The Death of Teddy Ballgame* (2016).

This setting works because coffeehouses in America are places where people gather to think about creating "the next big thing" or to meet friends and socialize. They are places for like-minded people, yet at

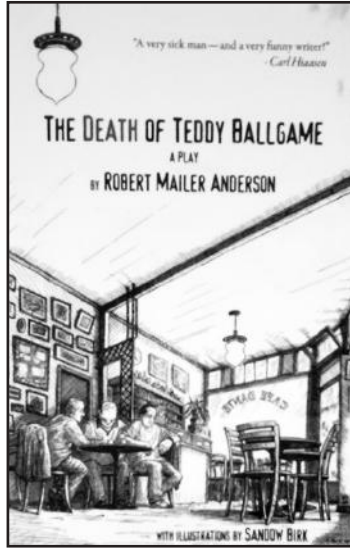
the same time, if desired, patrons can stay in their own little worlds. Regardless of circumstance, coffeehouse patrons feel exceptional.

Since Café Dante is still open after the catastrophe, "with electricity comes responsibility" is a reoccurring statement of authority that is interjected throughout the play.

The authoritative nature of responsibility is revealed through Paul, Café Dante's cashier. Karl, Marcus and Dean, regular patrons, support two American-based themes.

The first, in spite of the powerful and elite, democracy is rooted in a keen sense of individuality. Subtly interjected is the collective power of voting.

As an example, after a guy named Crimins threatens Paul for his for personal lifestyle choices, the impact of the group is demonstrated when



Paul uses his authority to kill Crimins. (Karl and Dean support Paul).

It is noteworthy that Paul kills Crimins right after Marcus commits suicide. Marcus, the 70-something

Jewish character, goes upstairs and puts a bullet in his head instead of waiting to face the final days of civilization. Marcus exercises his choice as he sees fit.

Before taking his life, Marcus says, "...making a decision means making a choice, and a choice means we are responsible for who we are. Most people don't want that responsibility, or the suffering that comes with it."

The second, more significant theme, is history.

The history teacher, Randy, comes from the African country Mauritania. Only one of the Americans knows anything about Mauritania.

However, Randy, now a cabdriver, knows a lot about baseball. In fact, he and another character debate the accomplishments of Joe DiMaggio and Ted Williams to point out important aspects of what Americans do and how they act. As a country, we need to pay attention to people like DiMaggio and Williams.

The other character makes his point about the relevancy of history by noting that soon after Ted Williams retired, there was a shift in sports, from emphasizing the "team concept" to focusing on the "superstar."

Terry is telling the patrons that drifting too far away from the collective is damaging to the individual.

Despite the dire circumstances in *The Death of Teddy Ballgame*, people still are willing to work together and bring in new ideas, even when they come from vastly different cultures.

Finally, *The Death of Teddy Ballgame* reminds readers of the importance of family. When Karl's daughter calls on the payphone, just the impact of her voice eases the tragedy of misplaced power and ruin.

In the end, the themes — the potential for the survival of capitalism in the wake of destruction, or the choice to move north to Canada for a new beginning—are more than symbolic.

What is your mother's most interesting characteristic?

Asked On The Line

By **Angelo Falcone**
Journalism Guild Writer

In the United States, Mother's Day is always on the second Sunday of May, but in countries like Mexico, Mother's Day is always on May 10, regardless of the day of the week.

The diversity of the men in blue and their deep love for the women who raised them means that at San Quentin, both days are observed.

"Asked On the Line" asked men on the mainline, "What would you say is your mom's (or the woman who raised you) most beautiful or inspiring characteristic? Did you inherit her trait?"

B. Asey: "I would say that my mother's most beautiful characteristic is her giving nature because she gives until she has nothing for herself. I inherited her trait of giving because I'm the same way."

Z. Moore: "My mother's most inspiring characteristic is her ability to reinvent herself during adversity. This same trait has enabled me to have the courage to change my character and life to reflect my true self."

M. Dickman: "Her ability to see the good in everyone. No, I did not inherit that trait."

M. Sahnun: "Her strength in the face of many difficulties. That strength has helped me deal with the years of incarceration."

J. Flores: "She loves to laugh and dance. She can be serious when the situation calls for it. She can mourn when there is loss. But she prefers to live life with joy. I did inherit this trait, but it is difficult to keep it up in prison."

J. Martinez: "My mother was a loving person, and I send her my most deepest regards from San Quentin."

M. James: "To love and

respect other people as you do yourself. To never show self-hate because that will never become you. You reap what you sow. God bless you, Mom. RIP!"

R.A. Johnson: "To see and respect people for who they are and not who she wanted or expected them to be. I'd like to think I inherited her traits."

M. Gomez: "My mother was a peaceful person. I send my loving regards to her and her family. I wish her peace and happiness."

M. Carter: "I'm happy that we love each other and can be open about any and every thing."

V. Gomez: "I was blessed with a good mother. I send my most sincere regards to my beloved mother. God bless her."

D. Billingsley: "My dear Mom, I am thankful. This time of year pays tribute for your efforts as a teen mom raising me through heartaches, sacrifices and what you knew. God blessed me 56 years ago when he assigned me to you. Happy Mother's Day!"

M. Bridges: "What makes my mother so very special is when I got sick, she would hold me and then take me to the doctor. When I was older and had to go to work, she would pick me up."

N. Andino: "When I was a child, we were so poor in my country that whenever she had a little money, she would go and buy some good food from the market and cook my favorite dish: Arepa con Queso."

G. Pureco: "My mother, Alicia, was a wise woman who raised a very large family. She is very special because she still loves me despite my committing a crime."

P. Feliciano: "My mother gave me existence and taught me to respect people and animals. She is very special because she taught me all about family love."

A. Torres: "My mother brought me into this world. She took care of me when I was a

little boy. I was her eldest son and used to help her with everything when I was living at home with her."

B. Muro: "I grew up without a father, so my mother was both a father and mother to me! I remember that she bought me many toys every single Christmas and always cooked me the most delicious food."

R. Wimberly: "My mother was the sweetest person in the world. She always tried her best to help us. I have four sisters and four brothers, so she raised a very big family. We all loved our mother with all of our hearts. We miss her."

J. Velazquez: "My mother was special because in my infancy, she always washed my clothes by hand and cooked all of my food from scratch. She always treated me with love."

Y. Jose: "I used to make my mother happy by being around her, by being home, and by staying out of trouble."

V. Nguyen: "My mother raised my five older siblings and me on her own. My mother got up early every morning and walked to a bakery five kilometers away and returned with pastries to sell and make a profit. She would use the money to provide for her family and save money for my older brother to go to college. My mom was the best mom in the world."

M. Saldana: "My grandmother raised me since I was 8 years old. She took care of 13 children and provided us with everything we needed, but most importantly, she gave us much love."

N. Burn: "My mother is special every day! She always gave me love and made me feel special every time. She often tells me that she loves me."

M. Jones: "My mother is special to me because she brought me into this world. She is a wonderful woman who helped a lot of people at the food bank. She was a good person. She worked at a school."

Historian on the Yard

Back In The Days

By **Casey Burke**

Mainline prisoners have been baffled with the unknown identity of young women strolling around in their mist the past few months.

Is she a cop, a counselor, a nurse, or what? Has been asked silently by all.

The *News* was able to track down this elusive mystery person to reveal her identity and purpose here at San Quentin.

Her name is Nickola Frye, a published author, and her purpose is to write an historical account of the Bastille by the Bay and help put together a San Quentin museum and archives.

Originally called upon to act as historical advisor for the museum. Frye saw a need for true, in-depth account of the infamous prison.

She has been working on both projects for approximately a year now and, chronologically place order a lot of information and historical facts dating from the opening of the Corte Madera Prison, original name of San Quentin, up until the present. Frye expects the projects will take her another two years to complete.

Frye is a former elementary school teacher. She holds a B.A. degree in public history, a self-written degree title, and is currently attending Sonoma State University part-time, working toward her master's degree in the same field.

This authors is a freelance historical consultant and a curator of the Santa Rosa Museum. She spends 30 hours a week working on her book and helping to put together the museum. This time is spent at her personal expense as she is not on anyone's payroll.

In order to feel the heartbeat

of San Quentin Frye has subjected herself to the rigors of various custodial duties throughout the prison, as well as spending time with inmates.

Frye prides herself on remaining impartial toward both staff and prisoners alike. However she does point out that should she see a Shank or any other instrument of destruction, that her moral convictions to report its location to staff.

Frye's sources of historical data include the following: Dr. Stanley journals, Diary kept by a SQ medical doctor from 1913 through the mid 1940's. These journals are on public record at the Stanford University Library.

Old photos and files kept here in the identification department are another valuable source, as well as the State Archives in Sacramento, the Marin County Historical Society, the Bancroft Collection located at the University of California at Berkeley, and the Huntington Library.

Possibly the largest donation of artifacts and historical information, however, can be obtained from private sources, said Frye.

It's like fitting together a giant jigsaw puzzle," she said sitting through all the information and placing it in a factual order is a tough job, but I enjoy it immensely, as I love history, and I feel that San Quentin's true story needs to be told.

In her attempts to gain any and all facts concerning the Bastille's history and operation both past and present, Frye openly solicits information concerning anything that has to do with San Quentin from all prisoners, including ex-cons all staff members both officers and free men—past and present, and anyone else that might have knowledge of the prison history.

Frye may be contacted in person on the yard or by writing Nickola Frye, San Quentin Historical Department, Administration Building, Tamal CA 94964.

\$20 bill – still another struggle for Harriet Tubman

By **Rahsaan Thomas**
Staff Writer

Donald Trump's election raises questions as to whether Harriet Tubman's face will grace the new \$20 bill, the *Philadelphia Tribune* reports.

After listening to the voices of thousands of Americans, former U.S. Treasury Secretary Jack Lew decided last year to replace the images of Andrew Jackson, who owned slaves, with Harriet Tubman, who freed slaves, on the \$20 bill, according to *The New York Times*.

Trump appointee Steven Mnuchin replaced Lew as treasury secretary. Mnuchin now has final approval on whether the bill redesign with Tubman's image

happens. No one asked him how he felt about the currency's facial changes during his confirmation hearing, nor has his office commented on the issue, leaving uncertainty, according to a *Philadelphia Tribune* article.

Trump criticized the decision to put Tubman on 20 dollar bill during his campaign, calling it "pure political correctness," according to the *Tribune*.

Trump has also said, "I think Harriet Tubman is fantastic. I would love to leave Andrew Jackson and see if we can come up with another denomination, maybe we do the \$2 bill or another bill. I don't like seeing it," according to an NBC "Today Show" interview mentioned in the *Tribune* story.

Jackson founded the

Democratic Party and is known for his military expertise. The seventh president also passed the Indian Removal Act of 1830 that resulted in the upheaval of Native American tribes from their land in Oklahoma and gave it to White settlers, according to womenon20s.org. Thousands of Indians died during the migration called Trail of Tears due to exposure, disease and starvation, according to the web site.

Also, Jackson favored hard money — gold or silver coins — over central banking and its paper money system, making him an ironic choice, the site reported.

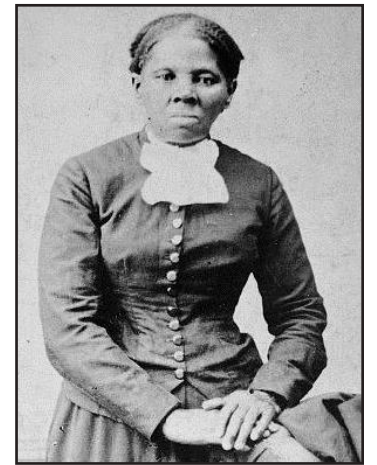
Tubman escaped slavery in 1849, leaving her family behind. However, she made at least 19 trips back to the South to get her

family and hundreds of other slaves out via the Underground Railroad, the *Times* story reported. Tubman also acted as a spy, scout and nurse for the Union Army during the Civil War. After the end of slavery, she turned her home in Auburn, New York into the Home for Indigent and Aged Negroes.

The currency redesigns planned by Lew, starting with a new \$10 bill, were set to be revealed in 2020, which is also the 100th anniversary of the 19 Amendment prohibiting the denial of women's voting rights.

The \$10 bill is supposed to keep Alexander Hamilton, due to the popularity of the Broadway hit of his namesake, on the front and add portraits of five civil rights leaders on the back: Lucretia Mott, Sojourner Truth, Susan B. Anthony, Elizabeth Cady Stanton and Alice Paul among a depiction of a 1913 women's voting rights march, reported the *Times*.

The reverse of the planned new \$5 note would depict the 1939 performance of Marian Anderson, an African-American classical singer, singing at the Lincoln Memorial after she was barred from singing at the segregated



File Photo

Harriet Tubman

Constitution Hall nearby. Accompanying Anderson would be Eleanor Roosevelt, who arranged the Lincoln Memorial performance, and Martin Luther King Jr., who gave his 1963 "I Have a Dream" speech at the memorial, the *Times* added.

"The whole country should be reflected in the history that we show in our currency," said Lew, according to the *Tribune*.

If allowed to proceed, the bills honoring America's diversity would go into circulation later on in the decade.

U.S. has 5 percent of the world's women but 30 percent of its female inmates

By **Kevin D. Sawyer**
Associate Editor

Female prison populations have been increasing rapidly in past decades. Explanations, according to several studies, often overlook are many of the factors that contribute to this increase, rendering women's sagas invisible.

Numbers produced by the U.S. Department of Justice, Bureau of Justice Statistics show that since 2010 the women corrections population has grown annually by an average rate of 3.4 percent.

"The U.S. has 5 percent of the world's women, but 30 percent of its women prisoners," Kristina Costa reported in an article for the website *Hillary for America*. She said the number of mothers in prison has also doubled since the early 1990s, and approximately two-thirds of the mothers lived with their children prior to incarceration.

Women's incarceration is linked to drug use, violence at the hands of men, and trauma from childhood sexual abuse, according to studies.

The *Journal of Prisoners on Prisons (JPP)* reported, "The enforcement and intensification of drug policies, the so-called war on drugs, during the last four decades contributed to this astounding increase in women's incarceration rates."

Another study by Human Rights Project for Women reported that the sexual abuse of girls also serves as a "pipeline to prison."

Comparable to studies done by Human Rights and *JPP*, CNN reported that "Most

women in prison are there because of nonviolent drug or property crimes," and "Over 60 percent of them report drug dependence or abuse in the year before they went to prison. Many of them grew up in abusive households... and are more likely than men in prison to have experienced sexual abuse or trauma in their life before prison."

"It is a crisis of national proportions that cuts across every divide of race, class and ethnicity"

"It is a crisis of national proportions that cuts across every divide of race, class and ethnicity," Human Rights reported. "And in a perverse twist of justice, many girls who experience sexual abuse are routed into the juvenile justice system because of their victimization."

A report by the Human Rights Project for Girls, Georgetown Law Center on Poverty and Inequality and Ms. Foundation for Women reveals how the U.S. criminalizes girls, "especially girls of color." According to the report, women enter correctional systems that are "often ill-equipped to identify and treat the violence and trauma that lie at the root of victimized girls' arrests."

The *JPP* cited a report by California Coalition for Women Prisoners stating

nearly 80 percent of the women in California's prisons have experienced some form of abuse as a child or as adults. Sixty percent of them reported physical abuse as an adult, "primarily perpetrated by spouses or partners."

Relying on 2016 statistics from The Sentencing Project, *JPP* reported that from 1997 to 2014 the U.S. women prison population grew by more than 800 percent. During this same period, the men's population grew by 400 percent.

During her campaign for the presidency, Hillary Clinton said, "Women and the families they support are being crushed by a criminal justice system that costs far too much — in state and federal budgets and in lives derailed and economic opportunity lost — without making us safer," she wrote for CNN.

It was also reported that nearly one-third of all female prisoners worldwide are held in the United States, and African-American women are more than twice as likely to be in prison as White women.

The Sexual Abuse To Prison Pipeline: The Girls' Story" study authors said they do not know enough about the trajectory to prison for girls because "Research typically excludes girls from study samples, data is often not disaggregated by gender, race and ethnicity, and public agencies do not collect information about trauma and gender-specific issues."

The study concluded that the "real and distinct lives of girls, especially when their lives play out at the intersection of race and gender, remain invisible."

Incarcerated mothers can reduce children's risky behaviors with communication

By **Charles David Henry**
Journalism Guild Writer

Many incarcerated mothers can help prevent risky behavior in their adolescent children by how they communicate with them.

Separation may be linked to higher levels of anxiety and depression, a study published by the *Johns Hopkins University Press* revealed.

The U.S. ranks first in the world in the incarceration of women. Approximately, 60 percent lived with their children prior to incarceration. One-third of these mothers reported having more than one child. Over half of these children are between the ages of 10 and 17.

Many of the children placed with caregivers have experienced past trauma as a condition of their living situations and their mothers' incarceration. Lack of contact with their mothers causes feelings of alienation, thus contributing to psychological distress.

"I really do want that time that we used to have before she left," one teenager said, in the study. "And sometimes it makes me angry that she did... and that she did the things that she did to leave cause I would say to myself, Why did she have to do that? Why is she in there now? It's hard, cause we can't see her. I mean, I watch these movies sometimes, and I see all these kids seeing their moms and dads, and sometimes I get upset."

Many issues raised in the study were concerns about the children's behavior, education and future plans. Mothers

reportedly were very interested in the lives of their children and often participated in disciplining them along with caregivers when allowed to do so.

"When we talk, it's like we are having a conversation. It's like she ask about how I'm doing," said a young male. "And what's new and stuff like that. And I ask her about some of the friends she got in jail and stuff."

Many conversations with their mothers cover a variety of topics, including sports, school, boyfriends/girlfriends, daily life occurrences, and the mother's expected release date.

Mothers were still seen as disciplinarians. One female caregiver described how the mother, although incarcerated, still had influence over her son's behavior.

"She is still parenting from there, because I have to tell her a lot of times about his attitude... She kind of had that same attitude. So, I guess that's where he got it from."

"Like, 'You need to talk to him about this.' So she talks to him, and it actually calms him down, even though she's incarcerated. He does get better with it," added the care giver.

Some of the child-mother relationships were described as close and others as chaotic. Most of the children described close relationships with their mothers. After incarceration, many recognized their mother's mistakes, expressed disappointment and anger about her poor decisions. "In spite of this, most youth respected their mothers and desired close relationships with them," the study revealed.

UPCOMING EVENTS AT SAN QUENTIN

- May 12th: Marin Shakespeare presents: Measure for Measure
- May 19th: Marin Shakespeare presents: The Life and Death of Richard 3rd
- May 20th: San Quentin Day of Peace
- June 2rd: Get On The Bus
- June 9th: Prison University Project Graduation

Graced Out Youth basketball tournament begins

By Larry White
Contributing Writer

As 30 Black men gathered at half-court on March 25, the noise level in the San Quentin Prison gym dropped. Dwight Kennedy discussed the rules for the basketball game about to begin, including: the first team to score 11 points wins. Then the men crowded around, placed their hands on the shoulder of the man to their right and bowed their heads as Kennedy said a silent prayer. They broke with a loud, "Amen." Hands clapped, men embraced, then the Graced Out Youth Basketball Tournament began.

"It wasn't about basketball; it was about the hearts and souls of men"

After battling through several elimination rounds, God's Soldiers beat Running Gun, 11-7 in the final game, to emerge as champions. The YOGs took third place.

"It wasn't about basketball; it was about the hearts and souls of men," said Kennedy, a Graced Out member, who helped organize the event. "Basketball was just a tool."

Graced Out puts on events—like the basketball tournaments and Friday night services that include Christian rap music—to appeal to the youth and help them deal with the spiritual aspects of their lives.

"I see it making a difference," Graced Out member Carl Saldano said. "We are

trying to get them to see what role Christ can play in their lives and that God didn't create them for the things that led them to prison, but to get them to see that they have a greater potential."

The tournament consisted of 12 teams, with names like March Madness, Just Do It, Raiders, and Triple OGs playing four-on-four half-court basketball. Each game went to 11 points with the losing team eliminated from the competition.

Graced Out members Fanon Figgers and Kennedy were referees of the games.

God's Soldiers consisted of mostly guards. It included Isaiah "Zay Bandz" Lawson, David Silva, D'Romeo Allen, Deshonnte Jones and Angel Parra.

"We had a good team with chemistry and a mixed-race team, too, which is good," Jones said.

In the final game, God's Soldiers came out hot, knocking down long-range shots and taking an early lead after scoring five straight unanswered baskets.

Running Gun responded, scoring the next five. Then God's Soldiers took the game with back-to-back buckets.

"We worked as a team," Allen said.

Lawson added, "The team speaks for itself. We had a great time."

Kennedy hopes to see the young men that played basketball show up at church.

"Seeing people of all ages come out and participate in the basketball event was something very special," Kennedy said. "I hope that we can all continue to come together for one another now and in the future."



Photo by Eddie Herena-San Quentin News

K. Uch, Philip Melendez, Vi Chau, and Phirak "Kid" Kim

The young lead the old in Asian championship games

By Timothy Young
Contributing Writer

In a San Quentin basketball tournament where the youth were team captains, Team Charlie beat Team Wilson, 30-23.

Young men in the Youth Offender Program go to lower-security prisons to serve their time under the mentorship of older men who are group facilitators and leaders. The Asian and Islander YOP Championship Basketball tournament held on March 26 at San Quentin put the youth in charge to teach them leadership.

"I didn't mind taking instructions from these young men because we are teaching them to make positive choices and how to become leaders," said Tom Saevang, who played in the tournament.

Player Philip Melendez added, "It's good to see these young men take initiative where teamwork is key. It's one way to get these youth involved in living a lifestyle that is positive."

Four teams competed for a spot in a championship game. The teams, named after their captain, were: 19 year-old Wilson Nguyen's Team Wilson, 18 year-old Charlie Srey's Team

Charlie, 19 year-old Dahvee Jenkins's Team Dahvee and 21 year-old Kevin Neang's Team Kevin.

Kevin Neang and Vi Chau organized the event.

"This creates a fun, learning and positive community for these youth here," said Robert Lee, who refereed the games alongside Ishmael Freelon and Isiah Caldwell.

"It's good to see these young men take initiative where teamwork is key"

Team Charlie started hot, winning the opening game 32-22 with Srey scoring 9 points on Team Kevin. Julio Saca contributed 11 rebounds and Phirak "Kid" Kim scored 8 points with two rebounds.

In round two, K. Uch led Team Wilson to victory, scoring 13 points with three rebounds against team Charlie. Team Wilson won, 30-19.

In round three, Nguyen dropped 15 points to secure

Team Wilson a 30 to 25 win over Team Kevin and a spot in the championship game.

The final game came down to Team Charlie and Team Wilson. Saca scored 19 points with six rebounds followed by Kim's eight points giving Team Charlie the win.

"It was an honor to be a part of the Asian & Islander YOP League," Sou Liem Saechao said. "I'm very proud of them (the youth); they did an excellent job of putting these games together. An event like this demonstrates that we are moving in the right direction with our younger generation. All they really needed was a little positive encouragement to help them in the right direction."

The Team Charlie members were Srey, Kim, Saca, Chau, Tith Ton, Toamsi Latu, and Blue.

On Team Wilson were E. Fejeran, Upu Ama, Saechao, Jeremiah Stephens, Sou Saechao, Lee and Davis.

"At other prisons there weren't any opportunities to have tournaments, but in San Quentin, the tournaments allow us to have fun among our community," Vah Saechao said. "It's a positive activity to learn how to lead and come together."

Rick Barry's free-throw style didn't look cool...it just worked

By Rahsaan Thomas
Staff Writer

If you saw a man shooting free throws differently than everybody else — like by holding the ball below his waist, crouching down slightly and launching it underhanded or shooting the ball one-handed—you might think they looked weird. However, being weirdly different is how one of the best NBA shooters of all time made over 90 percent of his free throws.

"From the physics standpoint, it's a much better way to shoot," NBA Hall of Famer Rick Barry said in a 2016 interview on *This American Life*. "Less things that can go wrong, less things that you have to worry about repeating properly, in order for it to be successful."

Barry, who played for the Golden State Warriors for six years in the 70s, explained that

shooting underhanded is more natural, more relaxing, and the softer shot often falls in the basket, even when a little off, which gives you a little more margin for error.

The technique served Barry well over his NBA career.

"I think I shot 93.5 (percent) or something and 94.7 (percent), something like that," Barry, one of the greatest free throw shooters of all time, said.

The technique also improved the percentage of one of the worst NBA free throw shooters, Wilt Chamberlain, according to the interview. Chamberlain shot 40 percent from behind the foul line.

However, when Wilt Chamberlain scored 100 in a single game, he used Barry's technique, which improved his scoring from behind the foul line to 87.5. Chamberlain made 28 free throws that night, "the most

anyone has ever made in a regular season game NBA history," said Malcolm Gladwell, the interviewer.

However, Chamberlain abandoned the technique and went back to horrible free throw shooting, according to Gladwell.

"I just joked with him and said, 'your technique was terrible. Had you stuck with it ...' the numbers he would have put up would have been insane because the only way they defended him was to foul him."

Chamberlain stopped the successful style because "I felt silly, like a sissy, shooting underhanded. I know I was wrong. I know some of the best foul shooters in history shot that way. Even now, the best one in the NBA, Rick Barry, shoots underhand. I just couldn't do it," he wrote in his autobiography, according to the interview.

Barry said he also tried to get

Shaquille O'Neal to change his free-throw shooting style, but Shaq said he would rather miss them all than shoot underhanded.

Barry didn't care about people making fun of him, as long as he didn't miss. For him, winning trumped appearances.

San Quentin's Antonio Manning also shoots free throws differently from most — he uses one hand. He says he made 87 percent of his free throws while playing for Compton High School back in 1980.

"Coach Tang trained us to shoot with one hand behind my back at a tape mark on the wall," said Manning. "It became a habit. No one teased me. They just said, 'Man that dude has a one-handed shot, and it's accurate.' On the Kings, they called me Cobra."

The current NBA culture of free throw behavior kills Barry.

"A guy shoots a free throw, misses," said Barry. "Everybody goes up, slaps his hand. Where the hell did that come from? ... Let's go up, disturb his concentration when he's supposed to be focusing on shooting his free throws."

"Plus ... if he misses it, you should go up and smack him in the head for missing the free throw, not slap him on the hands and saying it's OK. Because it's not OK, you just cost us a point."

While only a few people ever used Barry's technique, his son, Canyon Barry, listens, according to a *Sports Illustrated* article by David Gardner.

Canyon, a 6-foot-6 senior guard, plays for the Gators, where he shoots a team-best free throw rate of 89.9 percent, yet he can't convince his teammates to try the Barry approach, wrote Gardner.

San Quentin Kings starts off season with a win

By Marcus Henderson
Journalism Guild Chairman

In the season opener, the San Quentin Kings senior basketball team mounted a spectacular comeback to defeat the visiting Bitterman in overtime, 76-73.

The Kings overcame a 16-point deficit with the solid play of Kings' new recruits Damon Cooke, center, and Julio Saca, guard. Cooke hit clutch free-throws in the final minutes of overtime to ice the game. Saca put up 21 points by going hard to the basket, creating his own shots and getting fouled in the process.

The March 18 game highlighted both teams' new talents and their will to win.

"I expect to win," Cooke said, "and bring a sense of camaraderie to the team through fellowship, friendship and fun."

Saca added, "I've seemed to fit in right where they needed somebody. We need to keep our turnovers down, but it makes you feel great to play teams from the outside."

The Bitterman dominated from the opening tip and rained down a whopping 13 three-pointers to end the first half.

In the first quarter, Bitterman newcomers set the stage with forward Sunny Margate making three three-pointers. Guard Greg Tang knocked down two threes and made two mid-range jump shots. Margate closed the quarter with a buzzer-beater three for the 21-16 lead.

"I played pro (professional) in the Philippines," Margate said. "This is a great opportunity. It's a different feeling; I went to sleep late, but I woke up for this."

Margate scored 17 points, including a four-point play late in the third. He was fouled by



Photo by Eddie Herena-San Quentin News

The Kings on Defense

the Kings' Saca, falling to the ground and nailing the three. Tang had 15 points for the game.

"These guys are in good shape," Tang said. "It was a little intimidating driving up here. But getting on the court and making my first shot, I got comfortable. It's just playing ball with regular cats, just in another environment."

The Bitterman veterans extended their lead in the second quarter by draining more threes by Ted Saltveit and Aidan Cofino. Damian Cosby cleaned up the boards by grabbing rebounds and putting them back up for the scores. The Bitterman ended the half, 46-30.

At halftime the teams formed

a circle at center court for inspirational speeches and prayers. The incarcerated men and the guests expressed the joy of starting the season and what it means to interact as a community.

To start the third, it was straight down to business for the Kings; 6-foot-2 point guard Oris "Pep" Williams took over. He made a three and was fouled while hitting a mid-range jumper. He knocked down the free-throw, bringing the Kings within 10 points. Bitterman's Saltveit responded by making a three-pointer to stop the run, but the rest of his team went cold.

"We had to grind this game

out," said Ishmael Freelon, Kings' assistant coach. "They started to miss their shots, but we are going to be good." He added, "We got some work to do."

"It's just playing ball with regular cats, just in another environment"

In the fourth quarter, the Kings' D. "Zayd" Nicholson grabbed three rebounds for put-

back scores to cut the lead by two, 72-70.

With a minute left the Bitterman tried to run out the clock, forcing the Kings to foul. The Bitterman failed to convert the free-throws, leaving the Kings with six seconds left. The Bitterman's overly aggressive defense fouled Williams shooting a three. Williams missed the first free-throw but sank the last two to send the game into overtime.

"Our new guys brought energy — I was impressed with that," said Orlando "Duck" Harris, Kings' head coach. "Defensively we have to get better. But overall I was satisfied with everyone's effort."

Teamwork helps 72-year-old complete six-mile race

By Rahsaan Thomas
Staff Writer

More than two dozen members of San Quentin's running club ran 24 laps around the prison yard in a six-mile race, while a 72-year-old runner showed how coming in last could feel like coming in first.

Steve Wilson, 72, was the last runner on the track. As he ran the final mile of the race, two club members, Mike Keyes, 69, and Darren Settlemeyer, 51, joined him for the final laps.

"A lot of good friends were

egging me on. Darren and Mike had finished their races then they jump in with me to help me keep up my pace," Wilson said. "It sped me up, probably knocking a minute off my time."

Settlemeyer added, "It's about picking up our teammates. I see guys do that quite often out here."

"I run to wake-up alive in the morning"

The 1000 Mile Club members and sponsors cheered as Wilson came in last with a time of 1:03:58 in the April 14 race.

John Levin, 52, beat his personal best record by more than five minutes with a time of 46:35.

He started running after surviving a near-fatal heart attack and triple bypass surgery back in 2012.

"I realized after surviving that I needed to take better care of myself," Levin said. "I dreaded running the first six months, but the more I ran, the more it became part of my lifestyle. I run where inspirations are; how can you

see Mike and Steve and not be inspired?"

Wilson added, "I run to wake-up alive in the morning"

For Chris Skull, the six-mile race meant beating his training partner and running rival, Eddie Herena, to come in second with a time of 39:08. Herena came in third at 40:25.

"It's beautiful when you see people accomplish their goals," Herena said. "Chris gunned me down. It was humbling, but at the same time, I'm really glad for him."

Steve Reitz came in fourth with a time of 41:21, and Chris Schuhmacher took fifth place at 43:18.

The Prison to Employment Connection sponsor, Diana Williams, watched the race.

"I saw a lot of guys working really hard and streaks of Markelle going by and a lot of camaraderie," Williams said. "I love the way the men are all supporting each other."

Markelle Taylor came in first place time with a time of 35:16, missing breaking the club record he set at 34:10:03.

Later he dedicated the race to "never giving up and staying positive and overcoming adversity."



Photo by Krissi Khokhobashvili

Chris Schuhmacher



Photo by Rapheale Casale

Darren Settlemeyer and Mike Keyes racing around the San Quentin Lower Yard

The California women facing life without parole

LWOP

Continued from Page 1

"As an inmate facilitator and peer mentor here, I have dealt with many women wanting to commit suicide and finding out that their own children have attempted suicide while they were incarcerated," Natalie DeMola was quoted as saying, "I have helped the mother through the guilt of not being able to be there for their child.

"I also have helped women heal from rape, molestation, incest, being abused in relationships, losing their loved ones, and helped them understand and deal with the fact that they started out as a victim and turned into a victimizer," DeMola said.

These women have tried to change the narrative by rephrasing "LWOP" to mean Life With Possibility or Life With Purpose and not Life Without Parole; but they still feel discrimination.

"We are not a priority in rehabilitation since we have no chance of parole" said Amy Davis. "We are excluded from prison jobs, groups and opportunities. Some groups only let in one or two LWOPs at a time.

"Our peers question why we are allowed into a group since we do not have to face the (parole) board. This discrimination hurts. We are worthy of rehabilitation," Davis said in a *Fire Inside* issue.

In 1976, California added LWOP to its Penal Code; it went into effect in 1978 and by 2012, California had sentenced 4,603 people to LWOP. By 2013, there were 39,250 people imprisoned for life terms, the report noted.

California also has sentenced many more people to multiple consecutive life sentences or 50- years (or more) to life sentences.

"Lots of us are here for actions of others," Boualy Mangsanh said. "It's wrong and the day it happens to someone important and people are forced to look at this, things will change."

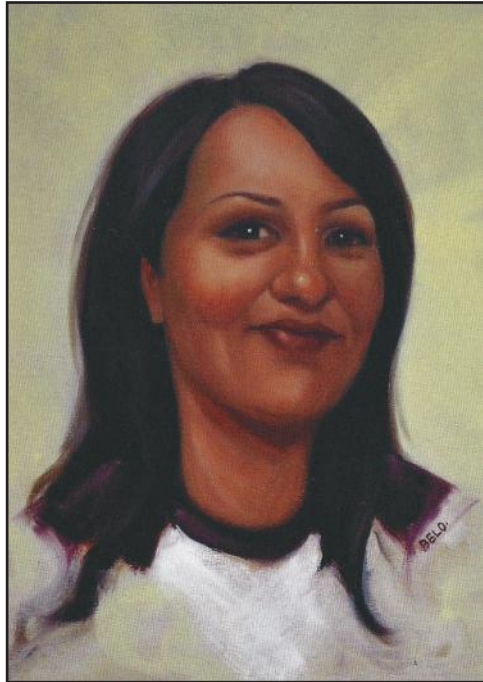
California prosecutors may apply what is known as the felony murder rule. This provision of law increases penalties for people charged with an unintended killing while committing another felony, such as a burglary, which resulted in a murder. The rule also makes an accomplice as responsible for murder as the "trigger man."

"It's crazy to give someone that much time, who was just there when something happened," LaToya Daniels said. "To give them life without parole, to never be able to leave this place, when you never picked up a gun, never touch a gun in your whole life, never took any thing, never played a huge role in this crime.

"I still can't believe it; it hasn't hit me yet, and I hope it doesn't ever hit me," Daniels said.

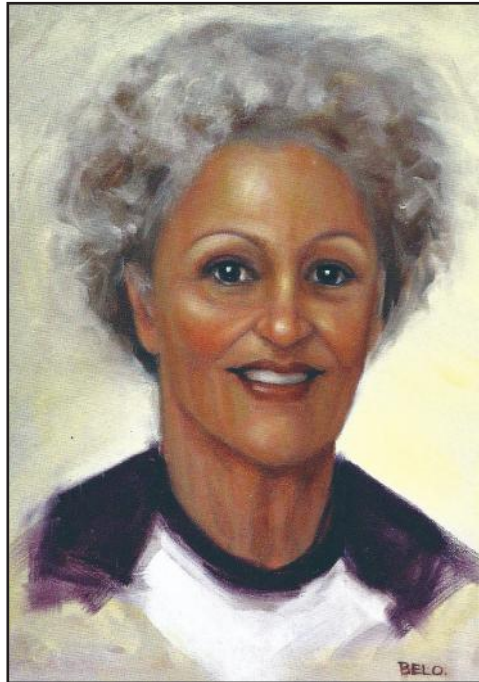
Racism and the role of sexism in LWOP sentencing is not well documented, the report noted, but 66.4 percent of the total LWOP population in the United States is classified as non-white.

The overwhelming majority



Courtesy of CCWP

Mimi's protrait by Belo



Courtesy of CCWP

Judith's protrait by Belo



Courtesy of CCWP

Natalie's protrait by Belo

of women in prison are survivors of domestic violence; three-quarters have histories of severe physical abuse by an intimate partner during adulthood and 82 percent suffered serious physical or sexual abuse as children, according to Correctional Populations in the United States, 2013-Bureau of Justice Statistics published Dec. 19, 2014.

"And prove through actions that love does exist in this ugly world I'm involved in"

"The truth is I was stuck in a prison of abuse, pain and fear my whole life, and upon entering CDC (California Department of Corrections) I found my voice and my ability to stand up for myself," Kelly Savage said. "And for others when they can't, so as I reframe my thinking, I reach out to others and find my powerful LWOP sisters are just as driven as me to educate our community, to be free right where we are."

Savage is a domestic-abuse survivor who was convicted of

first-degree murder for aiding and abetting her abusive husband in murdering their child, the report stated.

"I may never drive down the 405 freeway again," Savage continued. "But as I reframe my thinking, I walk down the highways and byways, sometimes even with traffic jams, right here at CCWF, (Central California Women's Facility).

"I know as I help my sisters learn what they need for parole, I am making a difference in someone's life," Savage said.

These women who see themselves as lost and forgotten still find ways to deal with their emotional health and come to grips with their situation.

"Healing in prison comes from complete strangers who come into your life," Mangsanh said. "And prove through actions that love does exist in this ugly world I'm involved in."

Judith Barnett added, "Somewhere you begin to understand that everything takes time and impatience serves no purpose."

Laverne Dejohnette, an inmate at CCWF, shared her story with CCWP's *Fire Inside*.

"More people would learn from their mistakes if they weren't so busy denying them. I was thumbing through some random book and saw that quote," Dejohnette said.

"It has become a focal point of my rehabilitation. Was it a mistake I participated in that murder? No, that was intentional. Was it a mistake when I committed my first crime and went to prison? No, that was a result of me wanting fast money....No, those were choices. My mistakes were the constant finger-pointing, denying, blaming, deflecting, blatant refusal of any responsibility for my actions.

"I've made peace with my life behind these concrete walls," Dejohnette said. "Only when my life was interrupted, and I got kicked out of the world, did I begin to see my gifts, talents, strengths and my true essence, along with my shortcomings, distorted thinking patterns and areas needing improvement."

Mimi Lee concluded, "To believe that a person is not capable of change and so therefore must live out the rest of their life in prison is ... cruel and unusual punishment."

Billie Simões Belo working with Adrienne Skye Roberts on the A Living Chance project has painted portraits from photographs of people serving LWOP in California's women's prisons.

"It is an honor to be a part of this project; to be standing with those who are fighting for their lives," Belo told *Fire Inside*.

For more information, contact adrienne@womenprisoners.org.



Courtesy of CCWP

Tammy's protrait by Belo



Courtesy of CCWP

Anna's protrait by Belo



Courtesy of CCWP

Tracee's protrait by Belo



Courtesy of CCWP

Latoya's protrait by Belo