

San Quentin News

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Photo by Eddie Herena- San Quentin News

Hudson Link for Higher Education
Executive Director Sean Pica

Former inmate brings higher education to prisoners

After serving 16 years in New York state prisons as a juvenile, Sean Pica has had a fundamental role in bringing college education to prisoners nationwide.

For the past 10 years, Pica has been the executive director of New York's Hudson Link for Higher Education in Prison. He also serves on the board of the newly formed Alliance for Higher Education in Prison, which includes Jody Lewen, executive director of the Prison University Project (PUP) at San Quentin.

"The Alliance is about giving access to higher learning to prisoners across the country," Pica said, "and our goal is to grow an understanding of the power of education."

In order to achieve its goal, the Alliance plans to join prison education programs throughout the nation. Its board is currently composed of 10 members from 10 states, and it's anticipated that more will join.

See **Former inmate** on Page 4

Inmates serving the community 24/7

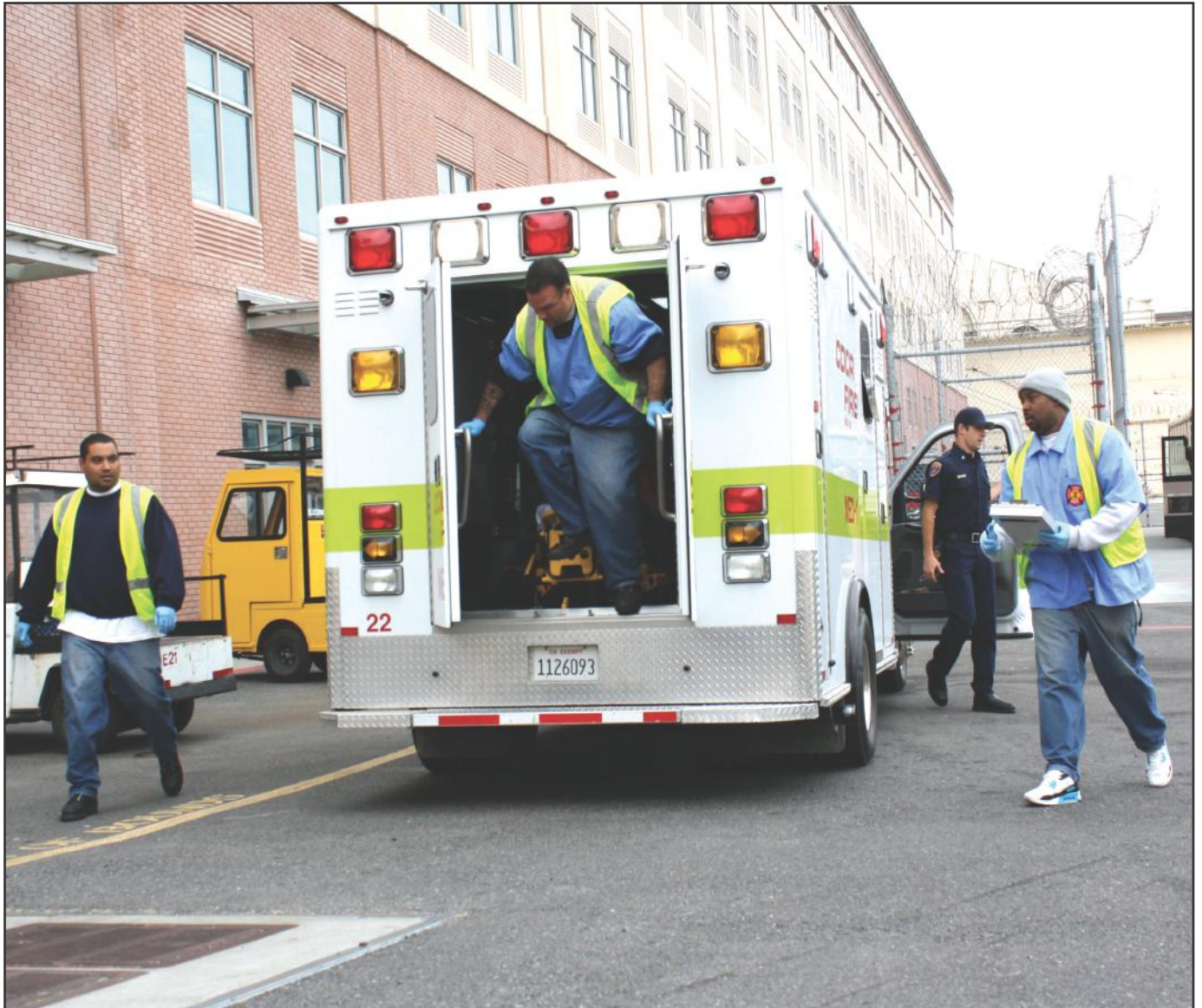


Photo by Eddie Herena- San Quentin News

Pedro Cruz, David Clifford, Captain Spencer and Rolon Morris are on the job in front of SQ medical center

By **Marcus Henderson**
Journalism Guild Chairman

Deaths, stabbings, heart attacks and attempted suicides – they are all in a day's work for the inmates who make up the San Quentin Fire Department. These first responders work hand-in-hand with

correctional and outside paramedical staff to save lives.

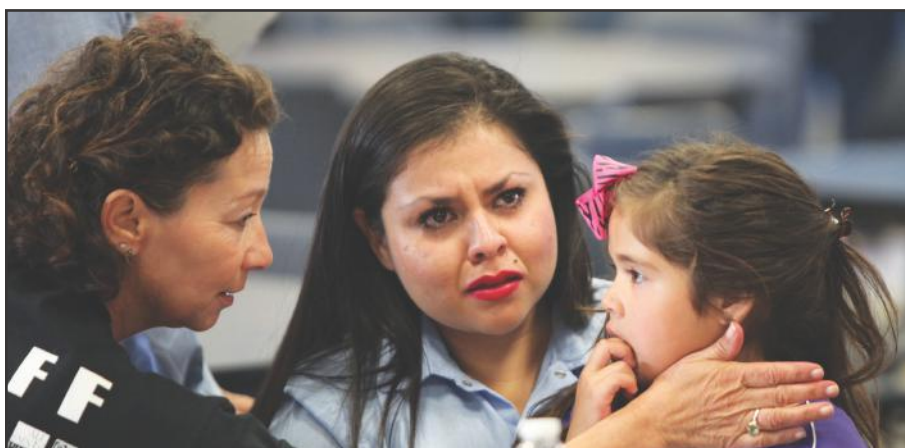
The four-member crew consists of David Clifford, Pedro Cruz, Rolon Morris Sr. and Leroy Cota.

"I've seen so many people die and that weighs on you," said Cruz. "Not so much of the natural deaths, but those who

harmed themselves through suicides – that stays with you.

"We worked on people in protective custody and on Death Row. The question for us is not what they've done; it's for us to value their life and property."

See **Inmates** on Page 4



Courtesy of Ana González-Lane

Ana González-Lane (left) at a women's California correctional facility

'Get on the Bus' unites children with their incarcerated parents

Ana González-Lane says she was "pretty scared and freaked out" the first time she came into San Quentin State Prison nine years ago.

"It was such a frightening place," she said. "It's meant to be intimidating, and it was."

She now realizes San Quentin is not the dangerous place most people believe it to be, after seeing the impact of children interacting with their fathers.

See **Get on the Bus** on Page 5

Deadly influenza virus goes unreported by sick inmates

By **Juan Haines and Kevin D. Sawyer**

When a deadly influenza virus swept through San Quentin last February and March, many sick inmates said they were reluctant to report being ill to medical personnel because they feared facing medical isolation in administrative segregation.

One inmate died during this year's

influenza season, said San Quentin Chief Medical Officer Dr. Elena Tootell.

The inmate who died was elderly and had chronic health problems, Tootell said. For privacy reasons, she would not go into details about the inmate's death but said the flu virus may have attacked his lungs thereby increasing his vulnerability.

See **Influenza** on Page 5



File photo

San Quentin's West Block housing unit

INSIDE EDITION #93

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News Briefs

- Milwaukee, Wisconsin** — County jail staff cut Terrill Thomas' access to water in his cell for seven consecutive days before he died of dehydration, *USA Today* reports. Thomas was too mentally unstable to ask for help as he slowly died, prosecutors said. The statements from prosecutors are the first official account, validating what inmates previously told the *Milwaukee Journal Sentinel*.
- Los Angeles** — The death of four inmates in jails run by the Los Angeles County Sheriff's Department in March prompted a protest near downtown Los Angeles. A spokesperson for the sheriff's department confirmed one of the deaths was a suicide, but declined to provide specific information, citing ongoing investigations, the *Los Angeles Times* reports.
- Washington, DC** — US Immigration and Customs Enforcement awarded the GEO Group a contract for the development and operation of a 1,000-bed detention facility in Texas, according to *Reuters*. The \$110 million detention facility is projected to generate approximately \$44 million in profits per year. Critics say the addition, which would house children, would place them in an unsafe and unsuitable environment.
- Denver** — In a move to reassure immigrants who are fearful of ending up in ICE custody, Denver city officials plan to restructure penalties for minor violations in order to reduce the number subject to a year in jail. They will also enact a local hate-crimes law, and try out other programs to reform the criminal-justice system. According to the *Colorado News*, these measures will make immigration sentencing more equitable and less one-size-fits-all.
- Washington, DC** — Top administrators and wardens of federal prisons were paid more than \$2 million in bonuses by the U.S. Bureau of Prisons. These administrators and wardens earned the bonuses while the agency was confronting issues such as overcrowding, sub-par inmate medical care, chronic staffing shortages and a lurid sexual harassment lawsuit that had engulfed its largest institution, government and court documents show. The awards ranged from \$7,000 to \$28,000, reports *USA Today*.
- Houston, Texas** — A federal judge ruled that Houston's jails disproportionately affect the poor

- and people of color. To address the violations of due process and equal protection, county officials were ordered to start releasing indigent inmates without bail pending trials over misdemeanor offenses, the *Houston Chronicle* reported.
- Minneapolis, Minn.** — The chief of police, Janeé Harteau, learned as a young cop policing the Third Precinct with her partner, Holly Keegel, that women use their verbal and communication skills better than men when making arrests, reports the *Star Tribune*. Both found that treating people with dignity works very well in de-escalating encounters with suspects as an alternative to using physical force. Due to their findings, the department is rethinking its use-of-force policies, while stepping up its efforts to recruit female officers.
 - Kansas** — The state has reorganized its prison system, moving inmates to other locations in its largest facilities to reduce the use of solitary confinement, says a corrections spokesman. According to accounts in the *Topeka Capital-Journal*, although prisoners welcome the policy changes, there are rising concerns about the potential for conflict erupting among opposing gang members who may now be housed together.
 - Pennsylvania** — Penn State University criminologist Doris MacKenzie and James K. (Chips) Stewart, public safety director of the CNA Corporation, were named this year's winners of the Distinguished Achievement Award in Evidence-Based Crime Policy by the Center for Evidence-Based Crime Policy at George Mason University, reports *The Crime Report*. The award is given to people "who are committed to a leadership role in advancing the use of scientific research evidence in decisions about crime and justice policies." MacKenzie is an expert on correctional boot camps, and is the author of *What Works in Corrections? Reducing the Criminal Activities of Offenders and Delinquents*. Stewart is a former director of the U.S. Justice Department's National Institute of Justice, and serves as an adviser to DOJ's SMART Policing Initiative, which provides assistance and training to 35 local law enforcement agencies.
 - Sacramento** — Jermaine

- Padilla was awarded \$950,000 in a settlement with the California Department of Corrections and Rehabilitation after he was repeatedly pepper sprayed before being strapped naked to a gurney for 72 hours, reports *The Sacramento Bee*. Padilla was dragged from his cell after the prison psychiatrist ordered that he be medicated involuntarily. Padilla had refused to take his psychotropic medications.
- Philadelphia** — Formerly incarcerated men and women have formed a political action committee to advocate for Larry Krasner, a district attorney candidate with a civil rights background, in the upcoming election. Krasner's platform includes abolishing mass incarceration, the death penalty, and stop-and-frisk policies. It is believed to be the city's first political action committee for those with a vested interest in criminal justice reform, reports Cheri Gregg, *KYW News radio*.
 - San Luis Obispo** — Children who are provided free transportation to see their parents in California Men's Colony were given handmade teddy bears. Incarcerated women at the Women's Honor Farm made them. The visitation program, Get on the Bus, is scheduled every Mother's and Father's Day. This is the fourth year the Women's Honor Farm has donated teddy bears.
 - Chicago** — A new court is offering non-violent offenders a different way to address alleged wrongdoings. The court will use the holistic approach found in restorative justice. Some of the tactics, geared to younger offenders, use mediation between the accused and accuser and restitution to the local community. The use of restorative justice is gradually gaining acceptance in classrooms and community organizations across the nation as well as being integrated into the criminal justice system, *The Atlantic* reports.
 - United States** — At year's end 2015, 33 states and the Federal Bureau of Prisons held 2,881 inmates under sentence of death, 61 fewer than at year's end 2014, a *Bureau of Justice Statistics* report shows. It was the 15th consecutive year in which the number of inmates with death sentences decreased. In 2015, six states executed 28 inmates. Twenty-one states removed 82 inmates from under the sentence of death.

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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.

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 San Quentin, CA 94964

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The process can be repeated every month if you want to receive the latest newspaper.

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CORRECTION TO LAST MONTH'S ISSUE

- #Nevertheless,ShePersisted was written by Marcus Henderson

Private prison industry to grow despite court rulings on conditions

By Jesse Vasquez
Journalism Guild Writer

The private prison industry is looking forward to an increase in business despite an earlier decision by the U.S. Justice Department to end the use of private prisons due to well-documented inhumane conditions and deaths, reports *The Daily Beast*.

President Trump's vow to lock up and deport all illegal immigrants signals a rebound for private prisons and detention centers, the Feb. 6 website story reported.

In late January White House Press Secretary Sean Spicer announced, "We're going to create more detention space along our southern border to make it easier and cheaper to detain (immigrants) and return them to their country of origin," according to the story.

Immigrant advocacy groups

have been scrutinizing the private prison industry for alleged inhumane conditions such as overcrowding and lack of medical care.

The majority of facilities that the federal government uses as detention centers are private prisons owned and operated by CoreCivic and GEO Group. Six of those facilities were the subject of a critical report by the Southern Poverty Law Center. The report listed allegations of inadequate medical care, unsafe drinking water, the use of solitary confinement as a means of punishment, and the use of rubber bullets to stop fights.

The Justice Department's Office of the Inspector General recently audited the Adams County Mississippi Correctional Center, which is owned by CoreCivic, where conditions were allegedly so bad that inmates rioted and killed an officer in 2012.

The audit revealed:

- The company had understaffed the prison, having only 367 staff members for 2,300 inmates.

- Only four staff members spoke Spanish despite the fact that the entire inmate population consisted of Mexican nationals.

- For 400 days between December 2012 and September 2015, there was only one physician to treat the facility's entire inmate population. The audit also noted that for more than 700 days during that same period of time there was only one dentist.

In response to the audit, CoreCivic told *The Daily Beast*, "Although we continue to work to meet certain requirements, significant progress has been made regarding the recruitment and retention of facility staff and facilitation of communication at the facility, including actively recruiting more Spanish-speaking staff."

Alabama considering asphyxia as another method for execution

By Charles David Henry
Journalism Guild Writer

Alabama is considering use of nitrogen asphyxia as a third option to execute prisoners.

"If SB12 is passed, Alabama would become the second state (Oklahoma is the other) to offer nitrogen asphyxiation, also known as nitrogen hypoxia, as a death penalty option," the *Montgomery Advertiser* reported.

Nitrogen is painless and easier to administer, said Sen. Trip Pittman, R-Montrose, the bill's author. Nitrogen makes up 78 percent of the atmosphere and is harmless when inhaled with oxygen, the newspaper reported April 5.

Alabama had also considered execution by firing squad, but the nitrogen option was substituted. Current options are lethal injection and electric chair.

"No country has actually used it (nitrogen) for death penalty purposes"

Oklahoma passed a similar bill in 2015, although the method has not been used.

"No country has actually used

it (nitrogen) for death penalty purposes, although deaths due to nitrogen asphyxiation have been documented and studied," the newspaper reported.

A study released in 2003 by the U.S. Chemical Safety and Hazard Investigation Board found that 80 people died from incidentally inhaling pure nitrogen between 1992 and 2002.

Although there is concern in some quarters about the safety of nitrogen, Pittman maintains that nitrogen hypoxia is more humane and easier to implement than other methods. "It is very effective. It's also very plentiful in terms of supply," he said.

Inmates sent out of state discover the power of the arts

By Eusebio Gonzalez
Journalism Guild Writer

The lives of California inmates housed in the private La Palma Correctional Facility are being transformed by the power of art.

Walk inside a multipurpose room in the rural Arizona prison and the four walls burst with colorful murals of California scenes like Hollywood movie reels, Cesar Chavez, skyscrapers, surf and Highway I-5 – all painted by Californians, reports the *Cronkite News*.

When asked why they made images of California, the inmates' responses were all from the heart and were very simple, "We started from the bottom, from Southern California to Northern California, and tried to bring a little bit of home out here."

Movies and media portray prison as a place where a prisoner is focused on survival and vigilance rather than self-expression. The truth of the matter is that prisoners have more free time than people outside.

This amount of free time often encourages inmates to work on talents that are both innate and newly discovered. Because of this, inmates openly talk about their art and talents as frequently as they talk about Arizona.

For instance, when Andrew Valencia was asked about what painting meant to him, Valencia said, "I have reached some of my dreams...because I have always wanted to teach an art class, and I was able to do that."

This statement shows that when inmates are allowed the opportunity to express themselves through art, they learn more about themselves through a deeper connection with their talent. Additionally, their talents help them to become more productive members of society.

Artwork provides an outlet for self-expression for inmates who otherwise can't find a release of pent-up energy. This pent-up energy often turns to violence and other rule breaking when left without direction or positive influence.

Artwork in prison provides that positive influence. It allows inmates who are closed off from the rest of the world to express themselves. It allows the creation of new worlds within their own minds, which can liberate them from the prison in which they find themselves.

This account reflects the importance of being creative: even when in darkness and in a dehumanizing place, there is always a light at the end of the tunnel.

Millions of dollars await crime victims

Program tracks down 12,201, awards them \$11.2 million

Because millions of dollars in collected restitution funds often go unclaimed by crime victims, Minnesota created the "Unknown Victims Unit" in 2010. It tracks down crime victims to get them their money, reported *KARE 11 Investigates*.

State officials said that since the unit was created they have been able to locate 12,201 victims. They had been awarded \$11.2 million in restitution.

KARE 11 analyzed records of Hennepin County in Minnesota and found that from 2013 through 2015 the county had collected \$4,592,528 in restitution. "Of that, \$554,727 went unclaimed," said the article.

Kathleen Megeers was the Minnesota victim of a stolen check case in 1999. She was awarded \$750 in restitution. The record showed that \$450 had been collected on her behalf, but she never received the money until notified by KARE 11.

The article reported that the Minnesota Crime Victims Reparations Board failed to look for the owners of the unclaimed monies.

"I had no idea the money

was sitting there," Megeers said. "They should look a little harder. When you're a single mom every penny counts."

The Hennepin County Attorney's Office is in charge of distributing the collected restitution funds. County Attorney Mike Freeman said the real issue is that no one actually tries to find these victims after the initial attempt.

"When you're a single mom every penny counts"

"If the question is, could we do more to find the victim? Yes, we could if we had the resources to do it," said Freeman. However, he said his focus is on prosecuting new cases, not tracking down victims in old ones.

Minnesota expects victims to update their information with the court. Victims awarded restitution can check with the county court in which his or her case was handled to see if there has been any payment toward them, advised KARE 11.

—Jesse Vasquez

Unreliable data impedes policy making

By Salvador Solorio
Journalism Guild Writer

Incomplete and inconsistent data on Americans of Latin origin seriously hampers justice system policy making,

according to *The Urban Institute*.

"No one knows exactly how many Latinos are arrested each year or how many are in prison, on probation or on parole," the Institute said in

a report funded by the Public Welfare Foundation. This failure means Latinos are underrepresented in justice-system policy formation, the December 2016 report says.

The report showed 30 states reported race in their ethnic origins and only 15 states reported ethnicity. As the nation's Latino population is expected to rise to over 28 percent by 2060, an accurate picture is needed for this American community.

The report states that by counting people either as Black or White means there is no separate Latino label. This artificially inflates the number of White people and distorts the White/Black disparity in the criminal justice system.

The report recommends that states follow current Census Bureau standards and collect race and ethnicity data separately. This would allow descriptive categories such as non-Hispanic White and Hispanic Black.

LA county imposes the highest number of death sentences

Since 2010, Los Angeles County has recorded 36 new death sentences, more than any county in the nation, said David Savage of the *Los Angeles Times*.

"Judges and juries in Los Angeles County imposed a death sentence on four murderers during 2016, including Lonnie Franklin Jr., the so-called 'Grim Sleeper,' who was convicted of killing 10 women," Savage reported.

California has by far the nation's largest death row, with 747 condemned inmates, but it

has not carried out an execution in the past decade.

Robert Dunham, executive director of the Death Penalty Information Center, told Savage the nation is clearly turning away from capital punishment. "Whether it's concerns about innocence, costs and discrimination, availability of life without parole as a safe alternative, or the questionable way in which states are attempting to carry out executions, the public grows increasingly uncomfortable with the death penalty each year."

—Charles David Henry

250 fire camp inmates respond to Oroville Dam crisis

By Joe Garcia
Journalism Guild Writer

About 250 fire camp inmates rushed to respond to the recent Oroville Dam crisis. They cleared loose material before the debris could wash into the waterway below, KQED reported.

Inmates trained to work on fire lines have vital skills and experience needed at Oroville, such as clearing out dead tree leaves and brush. Fire camp crews receive training to work outside prison walls, and each inmate is paid \$2 per day while in camp, and \$1 per hour while on the fire line.

“Even though they do predominantly firefighting duty in the summer months, most of the time these are crews out doing conservation work at other times of the year. They respond whenever Cal Fire or, in this case, the Department of Water Resources, ask for our help,” stated Bill Sessa, a spokesperson for the California Department of Corrections and Rehabilitation.

Several days after the initial surge of emergency responses,



Courtesy of www.wikipedia.com

Photograph of Oroville Dam's emergency spillway

24 inmates in two work crews continued their cleanup efforts.

“We go day by day, based on whether or not Cal Fire asks for help,” Sessa added. “If we’re asked for help, we do, and if they do not need us, the crews go off and work on other projects.”

A crater opening forced dam managers to shut down the main spillway for assessment on Feb. 7. Heavy rains and rising water levels soon called for the damaged concrete chute to be put back in limited use to relieve the rapidly rising Lake

Oroville.

At its worst the lake’s level reached more than a foot above a never-before-used emergency spillway. Unprecedented erosion on the hillside below prompted an emergency evacuation of thousands of residents

downstream.

The dam managers chose to increase flows down the damaged spillway. This strategy proved successful, resulting in the lake’s level lowering to 42 feet below the emergency spillway.

Inmates

Continued from Page 1

The men exercise the same professional care as their free staff counterparts.

The crew is not limited to the prison buildings and grounds within the walls. These inmate firefighters also respond to calls within the civilian residential areas inside the East Gate.

“It’s about teamwork when you respond to a call,” said Cota, who has been on the crew for seven months. “It’s organized chaos. You have to deal with the yelling of concerned inmates; you have to have all your equipment for whatever tier you might be on, because there is no going back.”

“And this has to be going through your mind even before you get to the call,” Cota added. (Each San Quentin residential

housing unit has five tiers.)

Unlike other prison jobs, these inmates are on call 24 hours a day and seven days a week.

“You have to be able to learn and control yourself under pressure,” said Cruz, the crew lead man, who has been on the job for three years. “You have to be aware of the outside paramedics’ standard operating procedures. That’s why everybody is trained in everything.”

These men have been trained by staff in CPR, how to deal with a bleeding victim, how to work an oxygen tank and a gurney. The crew job descriptions are scribe, lead engineer and two gurney men, top and bottom.

Clifford added, “When they die, we have to carry the body away. They have to ride with us; it’s a surreal feeling. It’s a process just to sleep.”

The past few months the men have witnessed multiple deaths

and attempted suicides.

“You can see how dedicated and professional the guys are,” said inmate Carlos Flores, who witnessed the crew trying to save a life. “The effort they gave was inspiring. If I was the one on that ground, I know they will do everything they could to keep me alive.”

The fire captains, who are correctional officers, always check in with the crew to see if they need any counseling after a call.

“They are offered the same Post Traumatic Stress counseling that we get,” said Senior Fire Capt. Huff. “It’s always hard to process death.”

The men said they go all out to save a life, whether it’s the warden’s or that of a wounded seagull on the yard.

“It’s life-changing,” Morris said. “You start thinking, ‘What if that were me?’ and then you start thinking about his family.”

The crew does see some bright spots on the job. They remember responding to a call on Death Row, where they spent close to 30 minutes giving CPR to the prisoner — each crew member mechanically taking turns, before the patient was pronounced dead.

“The question for us is not what they’ve done; it’s for us to value their life and property”

Despite having been pronounced dead, the victim stirred when they began to roll him away. He not only started to move, but he began to breathe, too. The crew said the guy later wrote them a thank-you letter.

“This job gives you the feeling that you are giving back,” said Morris. “We went from victimizing to saving victims. This job teaches you to never take life for granted.”

Huff added, “This is a great program for the guys and the state. It helps the state save money by using inmates for these jobs, and it gives the men training before they parole.”

He admits it would be hard for these inmate first-responders to get out and become firefighters, because it is a competitive field, plus having a felony conviction usually disqualifies an applicant for a firefighting job. But he said it has been done.

“We might not be able to get a job doing this work,” said Cruz. “But we can take this training back to our communities. If it’s an emergency situation, we will know how to respond.”

Former inmate

Continued from Page 1

Pica was the keynote speaker at the PUP graduation last year. He plans to return for this year’s ceremony as well.

“Hudson Link and PUP have a mutually supportive relationship,” Lewen said. “They have inspirational leadership and do wonderful work around re-entry.”

Lila McDowell, Hudson Link’s new development director, recently visited San Quentin and sat in on some PUP classes.

Just as PUP was founded in the infamous San Quentin State Prison, Hudson Link was formed in the historic Sing Sing State Prison in New York in 1998. To date, Hudson Link has awarded 478 Associate’s

and Bachelor’s degrees in liberal arts and behavioral science.

“It was amazing to see the culture of openness at San Quentin,” Pica said. “When I talked to the men, they were not only concerned about getting the word out about the good work they were doing in their lives, but how it can impact other students nationally.”

“It hurts that some people only focus on your past...”

Pica’s prison experience allows him to be a voice for the presently and formerly incarcerated. However, from time to time he is still confronted by the stigma of his past.

“It’s about balance,” Pica said. “It hurts that some people only focus on your past, but I’m proud of the people who support me. It’s just a reminder that we were in prison. I got a second chance but a lot of the men who have impacted my life will never come home, and that keeps me going.”

Pica went to prison at the age of 16 for homicide. He found his calling through education, and was the first in his family to get a degree. He later became one of the founding members of Hudson Link.

Since becoming director, he has expanded the program from 60 students attending Nyack College at Sing Sing to more than 510 students attending college programs in six different New York state prisons.

He established the Alumni Services Program, which provides re-entry services such as

job readiness skills, job search assistance, interview attire, and computer training. It also provides mentoring and internship opportunities.

More than half of the Hudson Link staff members are formerly incarcerated men and women. Some are mentors, tutors and exam proctors, but all of the program’s professors are volunteers.

Its Alumni Youth Assistance Program arranges for formerly incarcerated presenters to speak with middle and high school students about choices and the consequences of criminal behavior.

The students are shown a Hudson Link documentary called “Zero Percent” about breaking the cycle of incarceration.

Pica is an example of rehabilitation and perseverance for educating the incarcerated

population. He said that he might be the only formerly incarcerated person to manage a prison college program, but he is confident that he won’t be the last.

Films that feature the Hudson Link program are “First Degree” and “The University of Sing Sing,” an HBO documentary. Both films showed the power of education within prison.

Pica said that education is not just a gift for the student, “It’s a gift for the men and women who are going back to their families. Back to their communities and back to the world we all live in.”

The Hudson Link program has partnered with Columbia University, Mercy College, Nyack College, Siena College, SUNY Sullivan, and Ulster Community College.

—Marcus Henderson

Call for Proposition 47 funds to be re-directed

By Charles David Henry
Journalism Guild Writer

California should use more of the millions of Proposition 47 savings to fund community groups that help addicts kick drug addiction and get off the streets, says a self-described third-generation convicted felon.

Vonya Quarles seeks housing and employment programs for the nearly 4,700 people who have been re-sentenced and released from state prison as required by the passage of Proposition 47, reports a March 29 *Los Angeles Times* story.

Quarles is a lawyer and now executive director of a Riverside County nonprofit.

For 2014's Proposition 47 to meet its promise, Quarles urged state officials not to create "an additional funding stream for the sheriff" but to pour new funds into community groups.

Quarles, who was on an executive committee that crafted the proposed guidelines for the reinvestment of Proposition 47 savings, told *The Times*, "We worked hard because Proposition 47 offered us something that we didn't have before and that was relief of carrying felony convictions on our backs. It was supposed to be with the promise to get mental health and substance abuse treatment for our folks, not to have to go to jail to get these services."

"That was the fundamental promise of Proposition 47, the sweeping, controversial 2014 ballot measure that downgraded six drug and theft crimes to misdemeanors," *The Times* wrote.

Gov. Jerry Brown's newest budget estimates saving \$42.9 million after accounting for a temporary increase in the number of parolees and the court workload that comes with re-

sentencing. State officials say they expect to distribute a total of \$103 million over the next three years.

As mandated by Proposition 47, the state is to reinvest any savings into the Safe Neighborhoods and Schools Fund (SNSF). The funds are continuously appropriated to augment existing mental health and substance abuse programs, truancy and dropout prevention and victim services.

Brown's 2016-17 budget estimated a net savings of only \$29.3 million from Proposition 47 to be deposited from the general fund into the SNSF. According to the Legislative Analyst's Office, Brown's budget proposal underestimates the savings of Proposition 47 by more than \$100 million in fiscal year 2016-17.

The state's estimated appropriation of only approximately \$30 million a year for the next

three years to keep fewer non-violent offenders in prison will be awarded to nearly 60 cities, counties and state agencies, according to Quarles.

Brown signed legislation in 2014 establishing guidelines for the grant process. It set aside 65 percent of Proposition 47 savings for the Board of State and Community Corrections, requiring that money be used for health and human service, housing and job opportunities agencies.

"In some ways, Proposition 47 has accomplished what it was designed to do. It helped reduce the prison population, allowing the state to comply with a federal court order that found overcrowded prisons in California violated constitutional standards," *The Times* reported.

In crafting the grant proposal process, the executive committee comprised criminal

justice officials, advocates, former inmates and Hollywood producer Scott Burnick. Their task was choosing which community programs received funding.

"According to their guidelines, government agencies will receive the grant awards, but more than 50 percent of the funds must go directly to the community-based organizations they contract with for mental health, drug abuse and other social services," the story said.

"Most Californians today agree that we need a set of investments that provide options beyond prisons, and many of those options work better to stop repeat crime," said Lenore Anderson, executive director of Californians for Safety and Justice. "That is going to be good for public safety but also good for saving the state money."

Get on the Bus

Continued from Page 1

She remembered watching a little boy, about 3 years old, run to his father like "a ball of energy, yelling, 'Daddy! Daddy!' It was at that point that I realized my calling."

González-Lane is the San Francisco area regional coordinators for Get on the Bus (GOTB), a faith-based organization that reunites children with their incarcerated parents on Mother's Day and Father's Day.

Nationally, the number of kids who have had a parent in jail or prison at some point in their childhood hovers around 5.1 million — a conservative estimate, according to the report *A Shared Sentence: The Devastating Toll of Parental Incarceration on Kids, Families*

and Communities by the Annie E. Casey Foundation.

González-Lane is a retired school administrator who taught children for 30 years. She said seeing children and parents together makes working with GOTB worth it.

"The children need to know that you're still around and interested in their lives and care"

She recalled seeing a young woman reunite with her father on Death Row. The girl, who was in her late teens, hadn't seen her father since the age of 6. She came to the visit alone.

"At first, she was a bundle

of nerves and didn't even know why she came to see her father but just decided to come, without knowing what to expect," González-Lane said. "When they began the visit, they sat far apart, and things looked awkward. However, as the day wore on, they talked and sat closer. By the end of the day, they were huddled. I was hoping he was going to be one of the last visitors to go back. It was painful to watch her leave."

González-Lane asked the young woman about the visit.

She was surprised. "I am so much like my dad," she said, pausing and adding, "In a good way."

"I learned a lot about my dad and I learned a lot about myself, too," she said. She told González-Lane that she'll be back next year.

"How can you put a price on something like that?" González-

Lane said.

She also remembered talking to a youngster who was preparing for high school. The boy regularly visited his father, who was incarcerated in the federal prison in Lompoc.

The visits made a big difference in the child's attitude by giving him the chance to talk about his life with his father, González-Lane said. The youngster told her no one could listen to what was happening in his life and give the kind of feedback that his father could.

Preserving a child's relationship with a parent during incarceration benefits both parties, according to *A Shared Sentence*. It also benefits society, reducing children's mental health issues and anxiety, while lowering recidivism and facilitating parents' successful return to their communities.

GOTB, which receives no

federal funding, survives through donations from faith-based institutions.

It costs about \$4,000 to lease each bus, not including donations such as teddy bears, backpacks, coloring books, games and snacks for the kids, González-Lane said. At the end of every visit, the children receive a "stay in touch" bag to write to their parents.

González-Lane recommends to incarcerated parents that they write to their children, call them and arrange for visits as often as possible.

"The children need to know that you're still around and interested in their lives and care," she said. "You should ask them about school. It means a great deal to them." She added, "Even if you write the letter and they don't write back, they are getting your letters."

—Juan Haines

Influenza

Continued from Page 1

Sufficient vaccination of staff and inmates is the key to stopping the virus and preventing the need to medically isolate inmates, Tootell said.

This flu season more than 20 inmates were medically isolated in ad-seg, according to Public Health Nurse Trina Yumang.

San Quentin uses administrative segregation for medical isolation. Ad-seg usually houses inmates for security reasons such as investigation for misconduct, rule violations or protection from harm.

Several inmates described ad-seg facilities as "nasty" and "filthy," and some said the conditions were so bad that they were traumatized by the experience.

"Nobody would willingly put themselves in a situation so that they could be treated like that," said Angelo Ramsey, who was medically isolated after he reported being sick.

San Quentin is in Marin County, which mandates that contagious inmates be placed in rooms with solid doors, Tootell said. Ad-seg fits that

requirement, while general population housing does not.

West Block and North Block are two of four housing units for general population. Tootell's concern is that the men experienced such harsh conditions. If medical isolation is necessary, "I do want them to be comfortable," Tootell said.

West Block inmate Patrick Fletcher, 53, who spent several days in ad-seg, said that he felt as if he was being punished because he got sick.

"They got this big, pretty multi-million dollar hospital, and I'm placed in ad-seg," Fletcher said.

The hospital Fletcher refers to is the prison's Health Care Facility Building (HCFB), built in 2010 for \$136 million. The designed capacity of the HCFB is 45.

"We only have 10 rooms for medical," Tootell said. Inmate patients placed in medical beds are those who are the most vulnerable, the ones who could die from their illnesses, Tootell said. "This is where my sickest patients are." The remaining beds are for psychiatric patients.

The prison's handling of the flu outbreak was flawed, said Stephen Harris, chief overseer

of San Quentin Healthcare Services.

"We did the right thing, (by isolating them) but the process is wrong," Harris said. "It's in the best interest of everyone's safety that if someone feels he's coming down with the flu that we create an environment where people don't feel reluctant to go to medical."

After being placed in medical isolation, Edward Dewayne Brooks, 53, said, "When I got there, they didn't even give me clean linen. I felt like being there exposed me to less medical care," adding, "There was no hot running water and no disinfectant to clean the cells."

Brooks, also housed in West Block, said he regularly telephones his wife, but he had no telephone access while in ad-seg.

"When my wife called to check up on me, whoever answered said that they didn't have to tell her anything," Brooks said, even though she's listed on his CDC Form 127 Notification in Case of Inmate Death, Serious Injury, or Serious Illness form. "My wife said that they talked crazy to her and wouldn't even give her their name."

Harris said it was never the intent to have inmate medical care

transferred to custody (ad-seg) and that the inmates should have received their personal property and state-issued clothing.

"When I got there, I was put on a tier that had no power," Ramsey said. "They didn't even give me a spoon to eat with. I had to cut up a milk carton, just to eat."

"They got this big, pretty multi-million dollar hospital, and I'm placed in ad-seg"

Similar to others interviewed, Ramsey questions whether the quarantine was an effective way to stop the flu from spreading.

"If medical was serious about containing the flu, they'd go door-to-door, checking everyone's temperature and treat or isolate the people who have high temperatures," Ramsey said. "The way they conducted the screening would never work. They stood at the entrance of North Block, asking people if they had a cough and expecting them to tell the truth when

everyone knew that if they said yes, they'd be sent to the hole."

According to medical staff, 60 percent of inmates and staff received voluntary flu vaccinations this year.

"We need to get at least 70 percent vaccinated," said Tootell. She called this "immunity of the herd," where the vaccine will protect the majority of the population from catching the flu and spreading it to others.

Vaccinations were provided to inmates in October, and the influenza season runs from November to April.

"If we could get a commitment from custody to sign off on inmates getting their property while in administrative segregation, it may mitigate the circumstance of their isolation," Harris said.

Medical staff suggested putting together a town hall meeting to discuss the value and purpose of flu vaccinations as well as better treatment for inmates quarantined to prevent spreading the disease.

"Flu season is about over," Harris said. "So, for next year, the goal is to create an environment where inmates feel less reluctant to cooperate with medical."

Prison officials provide tablets to reduce violence

By Jerry "Maleek" Gearin
Journalism Guild Writer

California prison officials say they are working to improve inmates' access to modern technology, while ensuring they won't abuse the changes.

"Technology in prisons can provide inmates education, diversions from harmful behaviors, and a lifeline to family support that can ease the emotional stress associated with incarceration," according to

Jason Shueh's Feb. 8 story on the *statescoop.com* website.

"Our job is to figure out how to control it," said Russ Nichols, chief information officer for the California Department of Corrections and Rehabilitation. Projects are now underway to expand controlled connectivity throughout the system, Nichols said.

Nichols met recently with state officials and technology vendors. He told them that in some facilities inmates are already using eReaders

that are not connected to the Internet to assist with their education.

**"Putting more
electronic devices
will cut down on
prison violence"**

Nichols said his office is "debunking that assumption with a vision that embraces

connectivity as a key driver of public safety and rehabilitation," Shueh wrote.

In addition to the eReaders purchased for education, CDCR has partnered with JPay to allow inmates the option to purchase their own eReaders for personal and educational use.

Nichols said his goal is to offer a rehabilitative environment through technology in prisons. It can provide inmates education, diversions from harmful behaviors, and a

lifeline to family support.

"We can use that device for educational purposes, let them sit on their bunk and take an anger management class or let them take a class to earn credit to shorten their sentence," Nichols said.

"Putting more electronic devices will cut down on prison violence, because it gives an inmate an opportunity to be useful to society" agreed San Quentin inmate L. Scott.

Inmate Troy Dunmore from San Quentin added, "It's a great opportunity for offenders because it helps save space and time. It's more convenient."

To those who object to inmates possessing this type of technology, Nichols said, "Incarceration must be more than punitive to be an effective form of rehabilitation."

Looking toward the future, and his vision for the department's use of technology, Nichols said, "We are trying to make sure that no matter where you are in a prison, you have connectivity...I want it available to every staff member, to every contractor or private company that comes in for any reason."

He also touts better security for the prison facilities by using connectivity, according to *StateScoop.com*. Nichols said the department is researching how increasing technology use can enhance efficiency in areas such as surveillance and parole operations.

He added his staff has equipped all clinical areas of California prisons with internet access.

California approves first-ever sex-reassignment surgery for prisoner

By Forrest Lee Jones
Journalism Guild Writer

For the first time in the United States, a sex-reassignment surgery has been approved and financed for a California prisoner, reports *The New York Times*.

Shiloh Quine was convicted in 1980 of first-degree murder, kidnapping and robbery for ransom, and sentenced to life without the possibility of parole.

Years later, represented by the Transgender Law Center, Quine filed a civil rights lawsuit against the California prison system. Following a lengthy court battle, the California Department of Corrections and Rehabilitation authorized Quine's surgery and a

subsequent transfer to a women's prison facility, reports the *Times*.

"For too long, institutions have ignored doctors and casually dismissed medically necessary and life-saving care for transgender people just because of who they are — with devastating consequences to our community," Kris Hayashi, executive director for the Northern California-based Transgender Law Center, said in a statement.

"With this surgery, the state is fulfilling one part of a landmark settlement that was a victory not only for Shiloh and transgender people in prison, but for all transgender people who have ever been denied the medical care we need."

Quine's lawyers said the

surgery was performed in a Bay Area hospital and that she was transferred to a women's prison upon her recovery.

However, not everyone is in agreement with the surgery, especially the daughter of Quine's victim, who disagrees with public funds financing the surgery of a convicted felon.

"My dad begged for his life," said Farida Baig, who tried unsuccessfully to block Quine's surgery through the courts. "It just made me dizzy and sick. I'm helping pay for his surgery; I live in California. It's kind of like a slap in the face."

Quine's surgery has set a precedent for other transgender inmates to apply for the state-financed, specialized surgery, according to a Jan. 9 report in *The Washington Post*.

Liz Gransee, speaking on behalf of California Correctional Health Care Services, said 64 prisoners have requested gender-reassignment surgery. Requests have been granted for two male-to-female and female-to-male surgeries. Thirteen requests are still awaiting a decision; 51 have been denied.

Marci Bowers, a California transgender physician, and Fred Ettner, an Illinois physician, in 2015 told Lenny Bernstein of the *Washington Post* that male-to-female surgery costs between \$40,000 and \$50,000. Female-to-male surgery costs around \$75,000.

Despite Quine's lawsuit, Jean Tobin, director of policy for the National Center for Transgender Equality, told the *Post* she expects state governments will resist paying for gender-reassignment surgeries in the future.

Letters To The Editor



Greetings to you all! My name is Kat Meow. I'm a transgender woman doing life. I'm currently housed in North Kern State Prison Reception Center. I'm being represented by ACLU of LA LGBTQ. My lawyer is M. Goodman.

We are suing Tulare County Jail for keeping me in severe solitary confinement for three years and not providing me my estrogen, which results in me trying to castrate my own self. I almost bled to death.

I have so much stuff I want to share and questions. I'm sure you are not in a position to bless me with a subscription to your wonderful newspaper, *San Quentin News*.

I'll send it home so my Mom can read. Thank You.

K. "Kat Meow" Katsanchez

Dear Kat,

Thank you for reading the *San Quentin News*. I hope and pray that you are well and in good spirits. *SQ News* has published a story concerning California approving its first gender reassignment operation for an inmate in this edition.

I hope this information can be useful to you as you encounter obstacles while incarcerated. Please be safe and have patience and don't do anything that would bring you harm.

Know that things will eventually work out in your favor and keep a positive attitude. Say hello to Mom from us at the *San Quentin News*.

Sincerely,
Richard "Bonaru" Richardson
Editor-in-Chief

I am currently incarcerated in the Florida Department of Corrections and have been for the past 23 years with a life sentence with eligible for parole after 25 years. The Florida penal system has no form of rehabilitation for inmates.

The word is out that great things are going on at San Quentin, with education and policy and me and my comrades would like a subscription of the *San Quentin News* to keep us informed on what's going on out West. I'll greatly appreciate it.

E. Wilridge

Dear Mr. Wilridge,

Thank you for reading the *San Quentin News*. We try hard to assimilate change and provide the public with information so that they can make informed decisions.

Of course, many of us have made terrible decisions that led us to these dire situations; however, we do not have to remain trapped in this cycle of ignorance.

We are blessed to be in an institution that allows us the opportunity to grow and rehabilitate ourselves. Unfortunately, with the U.S. Attorney General leaning more toward punishment instead of rehabilitation, that just proves that some people don't want to change and will always be stuck in a cycle of ignorance.

Please stay positive and continue to educate yourself.

Sincerely,
Richard "Bonaru" Richardson
Editor-in-Chief

Former Death Row inmate turns advocate

By Harry C. Goodall Jr.
Journalism Guild Writer

Former Death Row inmate Shujaa Graham has turned into a prison rights advocate.

Graham spent 11 years in various California prisons and was convicted of killing a prison guard, according to an *Arizona Republic* article.

**"No matter if you
were a criminal,
you're still a
human being"**

He said he was twice beaten by guards shortly after his murder conviction. He said the first beating took place in an elevator and the second when he entered his jail cell, in which he was assaulted by 12 to 15 people, according to the article.

"They encircled me, and I just stood there in the middle, stripped totally buck-naked, and they closed in on me," said Graham.

Graham believes he was framed for the murder based upon his involvement with the

Black Prison Movement.

He was exonerated and freed in 1981. He now lives in Maryland.

During a presentation at the Herberger Theater in Phoenix, Ariz., Graham spoke about his life. He was raised in the South in the 1950s and experienced segregation. Much of his adolescent years, upon arriving in California, were spent in juvenile facilities. He was sent to Correctional Training Facility in Soledad at 18.

"No matter if you were a criminal, you're still a human being. I hate the crime but still love the person," said Graham.

"I always like to say this: I am here despite the justice system, not because of it," he added.

Graham's fight also includes the injustice and violence inmates go through while on Death Row, according to the article.

"Don't be sorry for me. I am here to help all of you," said Graham.

He has participated in multiple marches opposing the death penalty.

Graham met his wife while in prison; she worked as a nurse then.

The Beat Within celebrates 20 years of publication

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

The *Beat Within* publication celebrates 20 years of teaching therapeutic writing workshops inside juvenile facilities.

"I wanted to create a safe place where kids can share their stories, poems, artwork, and just be themselves," said David Inocencio, founder of *The Beat Within*.

"I felt it was important to help these children change the narrative of their incarceration because they are not their crimes — and 20 years of continued growth just shows how powerful this mission is."

Inocencio created *The Beat Within* in 1996 while he was working as a social worker with

the public defender's office inside the San Francisco Juvenile Justice Center.

"In January 1996, I approached a judge and the chief probation officer in San Francisco with an idea to teach a writing class in juvenile hall," said Inocencio during an interview. "I recalled the judge saying to me, 'When do you want to start?'"

"For the first nine months, we brought pizza, cookies and guest speakers to figure out what worked and what didn't," said Inocencio.

"In September 1996, when rapper Tupac Shakur was murdered, I had the kids write about it, and it was really powerful. I wanted to share what they wrote and publish it in a magazine; from there it was the birth of *The Beat Within*."

As the notoriety of *The*

Beat Within grew, neighboring counties around San Francisco began calling for its services.

"Each month we publish twice, and for each publication we get thousands of submissions," said Inocencio.

Today, *The Beat Within* holds workshops in New Mexico, New York, Hawaii, Oregon, Louisiana and Michigan, all of which are staffed by more than 100 volunteers.

"Increasingly, we're working with marginalized youths and young people who are not quite in the criminal justice system but are on the fringes. We hold workshops in public libraries, homeless shelters, Boys & Girls Clubs and high schools in San Francisco, and Marin County."

Inocencio says, "One of the most meaningful aspects of *The Beat Within* is to see how people grow through the years."

Inocencio described Kevin Gentry, who was sentenced as a juvenile to 29 years-to-life. He's been writing for the program since 1996. "Through the years, we watched him grow as a person through his writings, until he was paroled last year from New Folsom, and he has since been volunteering for us."



Photo by Eddie Herena - San Quentin News

David Inocencio,
founder of *The Beat Within*

To add an adult perspective of incarceration, *The Beat Within* started holding workshops in prisons and created the section *The Beat Without* for their stories.

"*The Beat Without* has inspired the kids — they want to read stories of men who are serving decades to life terms, because many of these kids similarly face lengthy terms. They want to know about people who are worse off, yet are still determined to go home," said Inocencio.

The Beat Without's first

workshop was held in San Quentin through a partnership with Kid CAT.

San Quentin's *The Beat Without* writer Jerome Carpenter, 60, incarcerated 34 years, said, "I want to help the next generation move in the right direction; *The Beat Without* offers me that opportunity to share my story and life experiences with kids. Hopefully it can help guide them toward the right path."

Another participant, Harry Goodall Jr., 43, who is serving 25 years-to-life, said, "Writing for *The Beat Without* has allowed me to grow closer to my daughter, who I hadn't seen in 18 years until last year."

"My daughter said, 'Wow Dad, these are stories you aren't even comfortable sharing with me, and I'm learning a lot about your past through your writings.'"

"I'm in it until the wheels fall off," Inocencio said, reflecting on the past 20 years. "It has been a most moving experience and I continue to learn so much. It's incredibly humbling."

The Beat Within is a nonprofit fully funded through donations and grants. To help support this program or learn more go to: www.thebeatwithin.org

Stockton youth facility combats recidivism

Incarcerated youth in a Stockton correctional facility learn computer skills to combat recidivism.

"A bunch of computers were... donated to an East Sacramento middle school...it turns out those machines were fixed up by kids...from behind bars," KXTV reported.

The California Prison Industry Authority program at N.A. Chaderjian Youth Correction Facility has operated 14 years without state funding or financial donations.

N.A. Chaderjian was previously known as one of the most notorious youth prisons in the nation, with a recidivism rate rivaling adults at 70 percent, according to KXTV.

Of the computer refurbishing program graduates, only 10

percent were arrested again after their release, KXTV reported.

"(This program) has helped me in a lot of ways...being responsible (and) having integrity," said Ruben Gulindo, 19, serving time for second-degree robbery.

Participants in the program are paid minimum wage. The money is divided into five categories, including restitution, funds for commissary, savings and room and board.

Sutter Middle School received 40 computers refurbished by inmates in the program.

"And we're looking to expand this program to schools across California," said Robert Osborn, senior analyst at the public utilities commission.

—John Lam

California juvenile facilities ill-equipped to handle disabled youths

California juvenile detention facilities are ill-equipped to provide disabled youths with the necessary care to rehabilitate, according to Freya Pitts of Disability Rights Advocates in Berkeley.

"As many as 75 percent of incarcerated youth have a diagnosable mental health condition," Pitts said. "Due to resource constraints, administrative disorganization, or a simple lack of proper identification, many are deprived of the supports they

need to stay on track academically during their incarceration and prepare for success afterward."

The penalties for misbehavior triggered by mental disabilities include being placed in solitary confinement, which can further deteriorate the youth's mental health, Pitts expressed.

The untreated are "finding themselves stuck in a revolving door of detention and release, unable to comply with probation conditions that fail to take (into) account their disabilities," Pitts adds.

Under the Americans with Disabilities Act, the Rehabilitation Act of 1973 and other similar disability laws, youths with disabilities in the juvenile justice system are protected under law.

The acts guarantee those with disabilities equal access to rehabilitative, educational, and other programs, services and

activities offered within juvenile detention facilities.

"When a young person's needs exceed the capacity of a juvenile hall to safely and effectively provide care, they must be diverted to a more appropriate placement," Pitts wrote.

**"As many as
75 percent of
incarcerated youth
have a diagnosable
mental health
condition"**

"We are committed to pursuing reform that will bring our state's juvenile halls into line with these mandates."

—John Lam

Dear The Beat Within

(Writings from juvenile hall)

Feeling Worthless

Growing up, I never thought that it would actually bother me that I didn't have a dad. I figured he would eventually call. When he finally did, he just offered an apology.

For seven years you never even spoke to me; for seven years, man, what the hell was I supposed to think?

I'm looking in the mirror. Like I know nobody's perfect, but when your own dad doesn't want you, it's easy to feel worthless.

I know what it feels like to be living in society where everything you try to do is blocked by anxiety. So I'm trying to convince myself that I'm in control of my own happiness. Don't forget—you're in control of what happens next in life.

Randy — Roswell, New Mexico

Wishing for a Time Machine

When I was younger, all I wanted was to be like the plastics of *Mean Girls*. I started making poor decisions in life. Things I never asked for (happened.)

I didn't wake up in December asking to turn Johns on Christmas. I didn't ask to be sitting in a cell for New Year's counting bricks. All I wanted was to daydream about the boy in my sixth grade math class with the pretty eyes.

Some people wake up, get out of bed, go check the mail, a drive-by happens, and they get killed.

I wish I had a time machine to go back and start my journey over again. That toy Barbie car I wanted turned into me having the real thing.

I never wanted to be 11-years-old going on 25. I want to go back to being 11 going on 12.

I would love to—and I always do tell my little sister—that she is worth it and not to believe the bad things they say about you. I say that no man, no pimp will ever put those bad things in my baby's head.

Christina — Los Angeles

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!

That decision — Think about a decision that was made for you when you were younger, a decision in which you did not have any input. If you could choose to go back and reverse that decision, would you? Tell us, who made the decision for you? What was the decision and how did it affect you? Now, write a detailed explanation about the decision and your choice.

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.**

Substance Abuse Program makes its way into SQ

By **Rahsaan Thomas**
Staff Writer

A new program at San Quentin sponsored by the California Department of Corrections and Rehabilitation (CDCR) seeks to use an array of proven methods to help incarcerated people go home and stay there.

The Men's In-Prison Rehabilitation Cognitive Behavior Treatment Program Services, formerly known as the Substance Abuse Program (SAP), provides in-prison programs like substance abuse treatment, anger management, criminal thinking and family relationship programs, as well as transitional housing and continued substance abuse treatments on parole.

"No longer are we saying here's \$200, and I hope you don't come back (to prison)," said Mr. Jackson, the director of criminal justice programs. "I hope to see the men get out and become fathers; I hope to see people have alternatives now rather than excuses."

On March 21, Acting Chief Deputy Warden Patrick Covello came to visit the class during its "morning community meeting," where administrators make announcements and mentors



Photo by Eddie Herena - San Quentin News

Program Director Escobar, Officer J. Niccolson and Supervising Counselor Anderson

and participants warm up the class with messages about sports scores, entertainment and news.

Covello said he came on behalf of Warden Ron Davis.

"I'm really impressed to see what's going on back here," Covello said.

People with Ph.D.S, people who were formerly incarcerated and peer-to-peer mentors who are still incarcerated administer the programs.

"It's balanced," said mentor

Cleo Cloman. "Not only do the participants have a view of people who have done the educational work, but they also get peers working hands-on with them and free staff who are living testimonies."

The other incarcerated mentors include Tith Ton and Michael Kirkpatrick.

The classes have groups of 12 men in each and run three to five months in length.

"Groups of 12 are more effective — inmates more attentive,

manageable and communication is maximized in groups of 12," said Jackson.

Each group names itself. They chose names like Beautiful Struggle and Focus, Transitional Counselor Ms. Jones said.

Long-term statistics show the program, which started in San Quentin in December, is effective.

"Over 70 percent of participants with after-care don't come back to prison in their first year after release," Jackson said. "About 30 percent come back in the second year, usually not for substance abuse. These high statistics show if they participate, they won't come back to prison."

For participant Darnell Stuart, the program is making a big difference.

"It's working," said Stuart. "I came a long way. I had been in foster care for like 14 years. I had a lot of anger problems and used a lot of drugs. This program is helping me get to know myself better and accept responsibility for my wrongs."

Currently the program has about 182 men enrolled at San Quentin, and there are plans to increase to 264 with a Long Term Offender Program to prepare lifers for returning to their communities, according to Supervising Counselor Anderson.

It will include victim impact and denial management along with evidence-based substance abuse, criminal thinking, anger management and family relationship classes, according to Anderson.

"It does work," Anderson said about the program. "I wouldn't mind living next door to a lifer."

There was controversy over gym access being taken away from general population to house the Men's In-Prison Rehabilitation Cognitive Behavior Treatment Program Services.

"We had a better building picked out," Covello said. "It didn't work out because of fire codes. It was either postpone the program or have it here."

After about 40 days, the administration made the gym available for recreation to the general population during program off hours, which are nights and weekends. That decision came too late to finish an annual half-court basketball league tournament.

"I want to thank those who participated in league for the opportunity for us to try and help their fellow incarcerated colleagues to transition back home in a good way," said Mr. Escobar, a program director.

In 2012, the CDCR Division of Rehabilitative Programs made cognitive behavioral treatment part of its blueprint for providing rehabilitation services. CDCR contracted Center Point to administer the program.

Center Point was started in 1969 by two individuals in recovery from drug addiction. They rented a house together and opened its doors to other struggling addicts. Those who worked supported those who didn't, and in this family atmosphere, they talked about their problems with addiction. In 1971, the small treatment program became a nonprofit organization.

Center Point psychosocially assess incarcerated people within four years of release to find people who demonstrate a willingness to maintain appropriate behavior and to identify their needs in order to create an individual treatment program.

Transition plans enable the participant to identify the services that will be necessary for their successful parole plan once re-entering the community (i.e. transitioning to residential treatment, outpatient services, with or without sober-living, adult literacy program services and/or referral to Division of Adult Parole Operations programs.)

"We have transitional housing, where we pay their rent and allow them to save their money," said Jackson. "We give men the opportunity to practice their new lifestyle in the proper surroundings so they don't have to compete with criminal elements."

Inmates train rescue dogs to become adoptable

By **Jerry "Maleek" Gearin**
Journalism Guild Writer

Prisoners who train therapy dogs have made a supportive connection with a teenage cancer patient through a program called Pawsitive Change.

Dogs are the link between a group of inmates at California City Correctional Facility and a 14-year-old girl battling cancer, according to a *People* website article by Amy Jamieson.

"Trying to turn this frown around, but today has been a rough day," said Chloe, the 14-year-old cancer patient, in a Facebook posting.

She made the post after undergoing a bone marrow transplant and suffering frequent nausea, itching and pain, the article reported.

Zach Skow, the founder of Pawsitive Change, told the inmates about Chloe, and they had a supportive response.

"We go into the visiting room,

and the first thing we see is you smiling at us," said Tod, an inmate in the program, according to the article. "Zach brought a life-size cardboard cut-out of you. Everyone has big smiles on their faces, and are truly happy to see us. It's a good feeling."

After Skow brought a cardboard cut-out of Chloe to the prison, many of the inmates were inspired to write her letters. So far, 30 inmates have put pen to paper and sent mail Chloe's way, according to the article.

"The two couldn't be more different — but in life both have a strong connection to dogs," stated the article. "Through an intense rehabilitation program created by Marley's Mutts Dog Rescue these inmates train dogs saved from death row."

The cardboard cut-out gave the inmates an up close and personal connectivity with Chloe, motivating them to be emotionally supportive of her.

Coming from two diverse



Courtesy of CDCR

Rescue dog in action during presentation

backgrounds, the inmates and Chloe find common ground in the care and training of rescue dogs.

"Chloe has given them a chance to bond together and honestly express themselves emotionally, something they very rarely do in prison, if ever," Skow said. "She has given them an excuse to be vulnerable as

a group, outside racial lines, which is very, very rare.

"Chloe follows our Pawsitive Change prison program religiously and knows who all of the dogs and inmates are," Skow said, in the article.

In Chloe's honor, Skow is hitting the road with her cardboard cut-out in hand to raise money for lymphoma research.

Exonerated man dies 10 months after release

By **John Lam**
Journalism Guild Writer

An innocent man, who was exonerated and released after spending 18 years in prison, died 10 months later in December of 2016.

Luther Ed Jones Jr., 71, was released in February 2011 by Lake County Superior Court Judge Andrew Blum when the district attorney brought forth new evidence that exonerated him. Jones was convicted in 1998 of molesting his ex-girlfriend's 10-year-old daughter.

"The young woman, who had been the alleged victim in the case, contacted the district attorney's Office on Feb. 9 to say that her mother — who at the time the case arose,

was locked in a custody battle with Jones over a young child they had together — had coerced her into making the molestation accusation against Jones," reported Elizabeth Larson in the *Lake County News*.

Blum ordered the immediate release of Jones a week after the young woman's testimony.

After gaining his freedom, Jones was repeatedly hospitalized, raising concerns that he would die before his compensation case was awarded for his wrongful conviction. His attorney Angela Carter said that would have meant the compensation process would have ended, and Jones' family wouldn't have been able to pursue it.

The *Lake County News* reported that Jones ultimately received \$936,880 from the

California Victim Compensation and Government Claims Board for being wrongfully imprisoned for 6,692 days from Oct. 22, 1997, to Feb. 17, 2016.

District Attorney Anderson told reporters he will not bring charges against Jones' ex-girlfriend, whose daughter made the allegations, because too much time has elapsed to succeed with criminal prosecution.

"(Jones) will live on as an example of the effects of injustice and an inspiration to those of us who have an interest in righting wrongs and making sure that the justice system doesn't turn innocent people into its victims," Carter said.

Jones died surrounded by family members, including son Ko'Fawn Jones, who became his father's caretaker after his release.

A champion for underdogs retires to pursue lifelong dream

By Marcus Henderson
Journalism Guild Chairman

After working 17 years within the California penal system, Tom Bolema, 66, is set to shift his focus from working with inmates to working on his home, family and arts.

"Having a career is a blessing, but also a big sacrifice," Bolema said. "Your personal relationships suffer and you fall behind on the maintenance of the home and the completion of personal projects. As much as I'll miss seeing students turn their lives around, it'll be nice to get off the clock and be under my own supervision."

Bolema started with the department at Lancaster prison in Los Angeles County and taught ESL/ABE I classes before the principal "took off the leash," freeing him up to

expand educational services. He started a veterans group and a Criminals and Gang Members Anonymous (CGA) chapter, coordinated a re-entry program, and served as chief assistant GED administrator. He sponsored many inmate activity groups involving art, music and literacy, and pioneered the Television-Aided Instruction Program, a distance learning opportunity never before seen in California prisons. The educational programs he produced were featured on closed circuit institutional channels. He also filmed training videos for the correctional officers. It was this work, and a background in Hollywood productions, that paved the way for his transfer to San Quentin in 2006.

Burton Adult School at San Quentin was looking for a

teacher to supervise Distance Learning and coordinate college programs. Bolema showed them a promotional video he had produced about the school at the Lancaster prison and he got the job.

"It was a perfect fit," Bolema said. "I was thrilled with the abundance of programs at San Quentin and the positive attitudes of the staff and residents. I had always wanted to live in the Bay Area because of its natural beauty and progressive culture."

"I have known Tom for about 10 years," said J. Kaufman, ABE I teacher. "What he brought to teaching was street smarts. With certain teachers all you get is just the academics. With his retirement he has a lot of interests that will keep him active."

Bolema's street smarts came from growing up outside Detroit, Michigan. "Education saved my life," he said. "I got in some trouble as a kid. There was a cultural revolution going on. I dropped out of school in the 10th grade, but I got my GED at 18. I went to junior college and got straight A's. I studied constantly to prove I could do it and it paid off. That's why my mantra is 'stay in school and never stop learning.'"

"It's going to be a big void trying to replace Bolema," said inmate Orlando Harris, Bolema's former teacher assistant. "He wore many hats; he will be missed by staff and students alike. I wish him well in his next journey in life."

Bolema's first love has always been the arts; he earned a bachelor of arts degree in literature and film from Oakland University in Detroit. He moved to Hollywood in 1975 and found success as a scenic artist, working on sets for numerous

productions including Michael Jackson's "Thriller," the sitcom "Married with Children," and "The American Music Awards."

He pursued his music career as lead singer and guitar player with his band The Butchers, a socio-political rap and rock group.

"We did a documentary on homelessness called 'Justiceville,'" he said. "I wrote the theme song and we got Ice T to rap on it." But with the industrial arts business declining at the time and a new baby on the way, Bolema went back to college at the age of 40 to get his teaching credential. He taught English in Antelope Valley high schools until he got hired at Lancaster in 1999.

"Working with prisoners as an educator is powerful, rewarding, and fulfilling," he said.

"I have a penchant for helping the underclass; I'm a champion of the underdog."

Education Officer R. Reyes said, "Bolema had the experience to deal with the inmates. He was always professional. After working with him over the years, he helped me learn some things."

Reyes recalled an incident involving an inmate who couldn't find the classroom where he'd been scheduled to take an assessment test.

"The inmate was getting impatient and disruptive, but Bolema calmed the guy down and ensured him he wouldn't miss his test, and guided him to the right place. Bolema then looked at me and said, 'You never know what someone is going through or their state of mind until you first talk with them about what is happening with them,' and that stuck with me," said Reyes. Moments like that are



Photo by Eddie Herena - San Quentin News

Tom Bolema

symbolic of his commitment to provide inmates a fair access to education. He recently volunteered to supervise San Quentin's Voluntary Education Program (VEP) after its former facilitator retired.

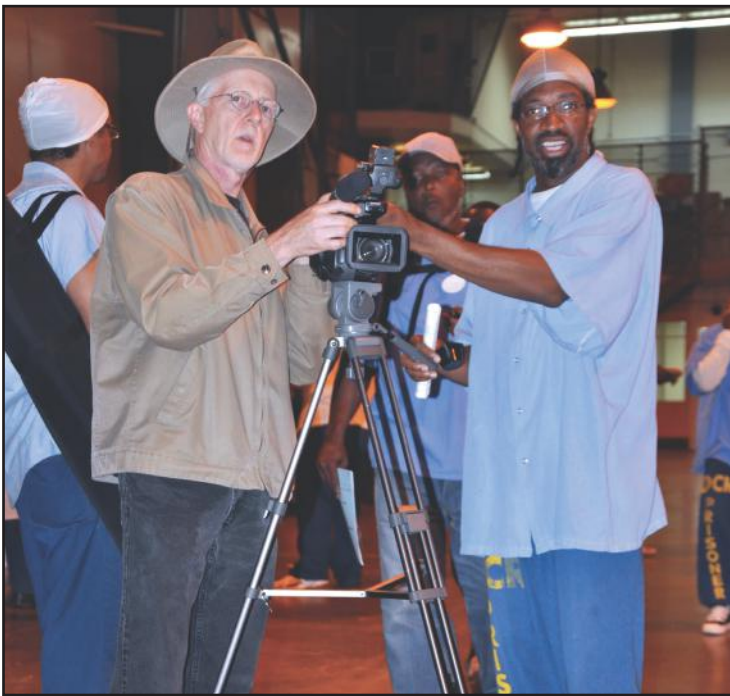
"I credit Bolema for keeping the VEP program going," said inmate Danny "Hollywood" Ho, a VEP tutor. "He was the only teacher coming over; he was easy to work with, and he always stayed the same."

"Sometimes you have to be an activist to get the job done," said Bolema.

Bolema also volunteered regularly with San Quentin Television and the *San Quentin News*, providing production and editorial support.

Bolema produced an out-of-pocket feature movie "Bird Dog — A Canine Flight Fantasy" and has more writer/director projects in development, including one about the *San Quentin News*.

"This job has been an incredible experience," he said. "Thank you."



File photo

Tom Bolema and Eric "Phil" Phillips from SQTV

Former Air Force Captain returns to San Quentin to teach

By Rahsaan Thomas
Staff Writer

Dr. L. Marez could probably teach just about anywhere, but she returned to a place she loves to teach — San Quentin State Prison.

She said she has taught at every level from K-12 to university. She even taught courses on teaching elementary and secondary math, classroom administration and management and educational psychology. In 1999, she won a Nummi's Most Promising New Teacher of the year award while teaching at Thornton Junior High School. In addition, she has a doctorate in Organization and Leadership. Despite her credentials, she'd rather teach in prison.

"(Teaching in California's public K-12 system) was like pulling teeth because so many of the children didn't want to learn," said Marez. As a former Air Force Captain in charge of engineering for the nation's Consolidated Space Operations Center, Marez wanted to encourage young people, especially students of color, to pursue careers in math and engineering. However, after nearly 10 years of teaching, it became difficult for her to inspire kids within the public school system.

While searching for deeper meaning, Marez ran across an article about a woman who taught inside a prison.

"It talked about (incarcerated people) really wanting to learn. She didn't have a classroom, 12 students shared one book, and she even taught in a shower room, but all the men wanted to learn. They didn't care how or when."

Dr. Marez realized if she wanted to continue teaching, she would have to go where people wanted to learn — prison.

She had never been inside a prison but decided to take a leap of faith. She searched the state jobs website and applied for a position as a teacher "behind the wall." When the state didn't get back to her right away, she went to teach at a Catholic school. Then there was an offer from California State Prison - Solano, but she passed, hoping to hear from San Quentin. In 2008 San Quentin called, and Dr. Marez got the job.

"I thought 'I'm going to a place where angels fear to tread' but I remembered Jesus' words, '... when I was in prison, you visited me,'" Dr. Marez said.

Once hired, Dr. Marez found out that students who don't have a GED or high school diploma



Photo by Sam Hearnes - San Quentin News

Dr. L. Marez

were forced to go to school under an old prison rule that was resurrected and enforced under Gov. Arnold Schwarzenegger.

"I ended up with students that didn't want to come to school," Marez said. "They fuss and curse. Rather than demanding, I would ask what was their experience like when they were last in school. Some students shared they were told they were dumb; some didn't want others to know they couldn't read. I learned that you have to cut through all of the vibrato first before you attempt to give anybody any work."

Two years after landing at what she calls the best job she

ever had, furloughs and layoffs started throughout the California Department of Corrections and Rehabilitation (CDCR). In 2010, Marez ended up reassigned from teaching in San Quentin to working as Associate Governmental Program Analyst — a non-teaching job — in Sacramento.

"I didn't have enough seniority to stay teaching," Marez said. "We got put in all kinds of jobs that were not related to what we came here for — to teach."

In 2012, CDCR started calling people back to teach, and Marez ended up at Soledad, 125 miles from her home. Then she went to work as a probation officer for more than two years so she could be close to home. Next, she taught at Salinas Valley State Prison, a maximum-security facility.

"I didn't give up my home here because I was hoping to one day to return back to SQ," Marez said.

In March, San Quentin hired her again to teach the Voluntary Education Program.

"She reminds me of

the movie *Hidden Figures*," said Achilles Williams, 67, who has been incarcerated for 21 years and assists Dr. Marez. "A guy came in with a quadratic equation that he copied down wrong, and she still figured it out."

Dr. Marez said, "I'm back home, and I'm just trying to get these guys ready, because they're going home. It's not just about decimals and percents. An educated individual is a civilized individual. When they say education offers hope, in my humble opinion that's what we are really here for."



Photo by Sam Hearnes - San Quentin News

Dr. L. Marez demonstrating how to solve a math problem

‘Quentin Cooks’ grads serve up a six-course meal

By Wayne Boatwright
Managing Editor

Sixty-eight confirmed guests attended the April graduating class of the “Quentin Cooks” held in the H-Unit mess hall.

The graduating class prepared and served a six-course meal that was a worthy finish to the 12-week Culinary Arts Program available to H-Unit residents with an Earliest Possible Release Date (EPRD) of 6 to 36 months.

Overseen by Chef Lisa Dombroski, the program teaches culinary skills and practical restaurant training from instructors with real-world experience. Graduates also earn a ServSafe certification making them “job-ready” to work for any California restaurant.

“This is real-world training, and all graduates get help with job placement upon completion and parole,” affirms Helaine “Lanie” Melniter of TRUST (Teaching Responsibility Utilizing Sociological Training), a co-sponsor of the program.

TRUST provides practical support for Northern California and works with Project LA for Southern California. These organizations help newly released inmates take the tactical steps necessary to return to the community and find employment, housing and a wide range of support, from getting a phone to opening a bank account. TRUST/Project LA have committed to follow-up with graduates for a year after release.



Photo by Lt. S. Robinson

Chefs Lisa Dombroski and Andrew Martin with the graduating class of Quentin Cooks

Attendees included Warden Ron Davis, sponsors and potential employers of these job-ready graduates. The Quentin Cooks had their work cut out for them, as there were approximately 70 guests, double the attendees of the first graduating class in October 2016.

As most of the guests worked in the hospitality industry or managed their own restaurants, they all anticipated a meal worthy of Chef Lisa’s talent.

In order to introduce themselves to the guests, the graduates also served the meal they had prepared:

- AMUSE (crostini, fava, ricotta, Java lump crab)
- SPRING SALAD (butter lettuce, carrot, radish, cucumber, shallot thyme vinaigrette)
- ORGANIC COUNTRY BREAD/homemade butter (donated by Peter Hughes & Pizzaiolo, Oakland)
- ASPARAGUS (served with 55° salmon, truffle, yolk,

lemon)
MEAT AND POTATOES (Allen Brothers angus, Okinawa sweet potato, mushroom, kale)

‘QUENTIN’ NO BAKE QUESO-CAKE (served with chocolate, berries)

“I saw a person at your table didn’t have water, and you filled it, and that is the real message,” Chef Lisa told Darnell ‘Man-man’ Stewart. “The goal is a complete dining experience.”

Chef Lisa’s employer, The Chefs’ Warehouse, provided the fixings. It was clear to all who enjoyed the meal how the company earned the motto “Where the Chefs Shop.” Successful participants will receive a Chef’s Knife Set upon release.

“In the kitchen, we were taught to talk to everyone and trust everyone. We are a team,” said Larry Sierengowski. “Don’t matter your race or appearance. They don’t care how it got on the plate.”

Sierengowski is a second striker on a six-year term and will work with TRUST to find a job after his release. As to the 12-week course, “It was a parade of tastes from week one to graduation. My favorite new item was the purple Okinawa sweet potatoes. I’ve invited at least 20 to take the class.”

Michael “Yahya” Cooke said

he took the class because “it’s the only profession that you don’t have to wait to be paid to eat.” By the end of the course he had gained an understanding of public safety and work training.

The certification training and testing was provided by Mike Sabella of FoodSafety-Certified.org. “I’ll be working with Mike with the National Restaurant Association to prepare for a Food Protection Manager’s examination jointly with next class,” Cooke said.

Not only did he invite many H-Unit residents to attend the next class, scheduled to begin in July, but he also has a dream of a restaurant of his own, “The Shack was an old boat-house built onto the pier and would be a dream restaurant.”

Darnell “Man-man” Stewart lives by the motto “Got to feel your way to the top.” “Quentin Cooks trained me, and I now have the courage to go ahead and talk with these people,” Stewart asserted. By the end of the night, Stewart had four different invitations to interview with potential employers.

A wait-list already exists for the next class.

This program is made possible by a partnership between TRUST and The Chefs’ Warehouse, a nationwide distributor of gourmet food and restaurant supplies.



Photo by Lt. S. Robinson

Larry Sierengowski



Photo by Lt. S. Robinson

Darnell ‘Man-man’ Stewart serves up an AMUSE (crostini, fava, ricotta and Java lump crab)



Photo by Lt. S. Robinson

Eddie Landeros (center) and Julio Saca (right) speaking with potential employers



Photo by Lt. S. Robinson

A guest at the graduation enjoys an Allen Brothers angus, Okinawa sweet potato, mushroom and kale

Prop. 57 optimistic mood was short-lived

By Juan Haines
Senior Editor

Secretary Scott Kernan of the Department of Corrections and Rehabilitation listened to suggestions from San Quentin inmates about awarding time reductions to rehabilitated inmates, but Kernan's March 24 plan included none of the inmates' proposals.

Kernan was a guest at a mid-February discussion attended by a number of inmates. Symposium host James King said, "At its core, preparing for this symposium has been an opportunity for our student body to explore its rights and responsibilities as citizens," referring to the prison college program.

He added, "We have a unique perspective on the criminal justice system and an intimate understanding of what this institution does well as well as seeing people who sometimes fall through the cracks."

Proposition 57, passed last November, changed California's constitution, giving Secretary Kernan the discretion to award time-reduction credits as he sees fit. As later published, Kernan's plan did not include recommendations made to him at the symposium.

Kernan decided to give credits to disciplinary free inmates and those taking self-help programs. Kernan's plan also considers certain non-violent offenders for early parole. Only inmates on Death Row and those serving life sentences without the possibility of parole do not qualify for Kernan's plan.

On April 13, the Office of Administrative Law approved the Prop. 57 emergency regulations. The approval means the emergency regulations are in temporary effect, and will remain in effect for 160 days from the date of approval. During this time, CDCR will complete the public participation requirements in state law for permanently adopting regulations. CDCR will publish a public notice. Following this notice, a public comment period will begin for a minimum of 45 days. Implementation of the Good Conduct Credits began on May 1. Good Conduct credits are not retroactive. The new parole consideration process for non-violent offenders is expected to go into effect on July 1. Milestone Completion, Rehabilitative Achievement, and Educational Merit credits are expected

to go into effect on Aug. 1, 2017. The prisoners gave a number of testimonials asking for a more generous approach in applying the guidelines.

"...the mood in the room changed swiftly when the secretary described his thoughts on how Prop. 57 should be interpreted"

Afterward, Kernan said, "The thought-provoking stories are ones of maturity of someone who's grown and could get out of prison and contribute to the community."

King responded, "From the beginning, the vibe in the room reflected the optimism that many incarcerated people have been feeling since Prop. 57 was passed. For the first hour, I felt even more encouraged as a series of incarcerated speakers spoke about the need for good-time credits and milestones for a wide variety of programs that hadn't offered them before."

"...the mood in the room changed swiftly when the secretary described his thoughts on how Prop. 57 should be interpreted"

"But, the mood in the room changed swiftly when the secretary described his thoughts on how Prop. 57 should be interpreted: no consideration for early release for non-violent three-strikers; no retroactive milestones, except for college and certain programs; most programs, like Victim/Offender Education Group, TRUST, GRIP and the like, are not retroactive. Graduates will have to take the program again, and the waiting lists for them are up to five years."

Tim Thompson, 41, is serving 30 years to life on a three strikes sentence. He has been incarcerated 22 years.

"I realize that this is a tough sell and that evidenced-based parole consideration for most may never happen," Thompson said. "But in the two plus decades of being at the forefront of what's wrong with our prison system, I can say with confidence that if we don't want to be



Photo by Sam Hearnes- San Quentin News

Secretary of Corrections Scott Kernan addressing how Prop. 57 will be implemented

here two years from now, debating another clone bill that excludes people based on the false labels of 'serious' or 'violent,' we have to do something different this time."

Harry Hemphill told a story about what it's like for him in the inmate visiting room.

"Often, during those visits, I see one of the most heart-wrenching scenes replayed over and over. And that is the picture of anguish, distress and pain on the faces of small children as their visit ends and their fathers are torn out of their lives once again," Hemphill said, emphasizing the need for family re-unification.

Hemphill's presentation also focused on the value of spiritually based programs and how the opportunity for programming should always be available for inmates.

"I would ask that those who are drafting the Prop. 57 regulations extend Milestone Credits and credits of achievement to non-traditional programs such as the spiritual-based programs," Hemphill said.

Larry White is serving a 25-to-life sentence. He has been incarcerated 22 years.

White talked about the power of community healing at San Quentin. He said that all of it was possible through the outside community volunteers who continuously come into the prison to teach, reaffirm and aid

in rehabilitation.

"This culture of community has created new men that stand as assets to society" White said. "We are a skilled vocational work force. We are an army of mentors for at-risk-youth; we are family leaders; we are writers; we are artists of every kind, and we are entrepreneurs, all looking to do our part, to give back to society and stimulate the economy."

Kevin D. Sawyer said, "These men exemplify the vast majority of the general population at San Quentin. They're the reason it's the state's flagship prison for rehabilitation."

"Grouped with other training, they've learned how to overcome the type of thinking that leads to criminal activity.

So, irrespective of their commitment offense, they work through a network of programs to return to society as better citizens."

King said he believes Governor Brown supported Prop. 57 "to fix a cruel and unusual situation that he helped create during his first term as governor," adding, "If Prop. 57 is implemented in the manner that Secretary Kernan described at the symposium, it will not follow the intent of the voters. Instead, it will be yet another cosmetic

change to a system of mass incarceration in this state."

"There are people that have done extensive rehabilitation before Prop. 57 was passed who will not receive milestones," King said. "It devalues the work they've already done, and, it sends the wrong signal. If the CDCR is serious about releasing people who are no longer a threat to public safety, they should make the milestone retroactive so that people who have done the work can be vetted for release."

Late April, the Alliance for Constitutional Sex Offense Laws filed a lawsuit in the Superior Court in Sacramento, challenging Kernan's definition of non-violent offenders eligible for parole consideration.



Photo by Sam Hearnes- San Quentin News

Symposium host James King



Photo by Sam Hearnes- San Quentin News

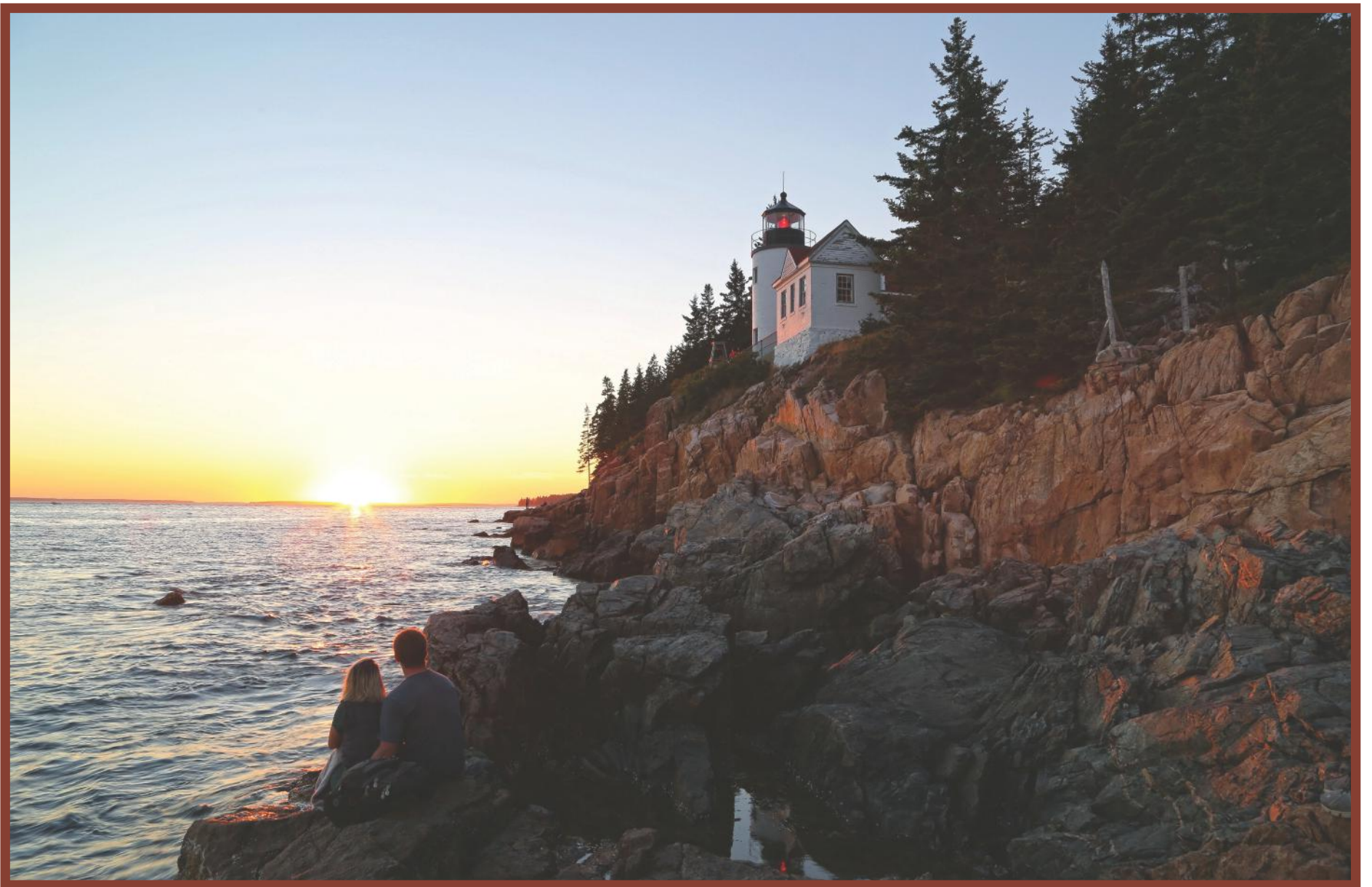
Larry White speaks about rehabilitation



Photo by Sam Hearnes- San Quentin News

The audience listens as prisoners give a number of recommendations on applying the guidelines for Prop. 57

Arts & Entertainment



Bass Harbor Head Lighthouse Acadia National Park

Photo by P. Jo

FROM AROUND THE WORLD



Rebecca Bosworth, Kate Dolan and Jason Jin in Sydney, Australia

Courtesy of Barry Zack

Attention All Artists:

We are taking submissions of artwork to be placed in the *San Quentin News*. This includes, drawings, paintings, sketches, etc. Reminder, we will not take any artwork with explicit content. Please bring your artwork down to *San Quentin News* in Education on the Lower Yard. If you cannot come, send your artwork via U Save 'EM with your information. If you're sending your work from another institution, please mail it to: San Quentin News, 1 Main Street, San Quentin, CA 94964

Snippets

Ebony is a hard dense black wood that comes from tropical trees that are largely grown in Southeast Asia.

Pigeons have monocular vision, so they have to constantly bob their heads to measure depth of perception.

In 1874, California recorded its largest swarm of locusts on record. The swarm of locusts was estimated to have reached 12.5 trillion and covered 190,000 square miles.

An average human body contains about 60,000 miles of blood vessels, which process roughly 2,000 gallons of blood every day.

Levi Strauss developed pants for miners after failing to sell his canvas tents when he first arrived in California during the Gold Rush.

WORDCROSS PUZZLE

By Jonathan Chiu / Edited by Jan Perry

Across

1. Pilgrimage to Mecca
5. What prisoners gets every quarter
12. Rise to magnetic flux (Abbrv.)
15. Bitter laxative drug
16. 2016 Amy Adams film
17. British nobleman
19. Words spoken repeatedly by Scrooge
20. Common kitchen countertop covering
21. Precedes off, in, or kick
22. Bread song, "Baby ___ Want You"
23. Taylor Swift song
24. Particular text in a certain passage
26. Samoa's neighbor
28. You
29. Common prison support group
30. One baby's bed
31. Lymph cancer indicator
33. Cavalryman in Poland
35. FBI worker prefix
37. Patty's mate
38. Five hours behind GMT (Abbrv.)
41. Every
42. 2002 Roman Coppola film
44. Bride and groom's meeting place
46. What women face in Hollywood
48. Singer Rawls or Reed
49. Phrase you say when there's a ton of people in front of you at 5, 86 Across and 12, 57 Down
53. Actress and singer Michelle
54. Tough it out
55. 80s actress Phoebe
56. Sibling (Abbrv.)
57. "Burning House" singer
59. A text, e.g.
60. Type of missile (Abbrv.)
61. Precedes Lucia or Vincent in music
62. Colonial mansion
64. Actor Astaire
66. Actress Leslie or director Michael
67. Chem sym for elem 33.
69. Common email preference (Abbrv.)
71. Singer and actor Hayes
74. Diplomatic staff
76. Country singer McEntire
78. Unfavorable
79. Hint
80. Any of the transuranic elements
82. DIY furniture store
83. Rabbit
84. Jason of *Horrible Bosses*
85. Type of prison living
86. Japanese currency
87. Prisoners' sanitary restriction

Down

1. Pattern of action
2. Famous losing battle
3. Composer Strauss
4. Macallan of cancelled *Mistresses*
5. Metallica song "Turn the ___"
6. Military force
7. Origami bird
8. Related
9. City in Central Spain
10. Layer cake with pastry shell
11. A type of engineer (Abbrv.)
12. Most prisoner ducats are for this area
13. Pop group ___ 5
14. The type of street that you never want to be on
18. Resurgent music media
23. Cigar with dark brown leaf
25. Dwayne Johnson movie *Walking ___*
27. Fugitives' accessory (2 words)
32. ___ Route
34. Jon of *Mad Men*
35. Ship's equipment
36. Change
38. Old-fashioned oaths
39. Greasy secretion
40. Wedding cake has at least three
42. Small shelters for fowl and sheep
43. Adventure
45. Travel agency
46. Actress ___-Margret
47. Main name prefix
48. Dasht-e ___: desert region in Iran
50. Famous captain
51. Greek island in the Aegean Sea
52. Identifies
57. Prisoners' grocery store
58. Actress and singer Kendrick
60. Book genre (Abbrv.)
62. Grown up
63. Sports yard cheer
65. Asian radish
66. Official language of Indonesia
68. Org. that lasted from 1955-1976 (Abbrv.)
69. Cancelled ABC show *American ___*
70. Type of wood
72. What you want to be on in a prison yard
73. Shuts (up)
74. Long waited World Series winner
77. Actors Affleck and Kingsley
79. Trial location (Abbrv.)
81. *Orange is the ___ Black*
82. Mountain in Ancient Phrygia & Mysia



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

Correction to last issue: Missing clue for 8 Across: 8. Actress Hathaway

Sudoku Corner

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

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

Last Issue's Sudoku Solutions

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

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

The Month of June

- June is the second of four months in a year with 30 days. In 2017, June has five Thursdays and five Fridays.
- World Oceans Day is on Thursday, June 8; Belmont Stakes is on Saturday, June 10; Flag Day is on Wednesday, June 14; the U.S. Open golf tournament starts on Thursday, June 15; and Father's Day is on Sunday, June 18.
- There will be a full moon on Friday, June 9, and the Northern Solstice, or the first day of summer, is on Wednesday, June 21.
- For the Muslim community, Eid al-Fitr begins at sundown on Sunday, June 25.
- For Christians, Pentecost is on Sunday, June 4; the Solemnity of the Most Holy Trinity is on Sunday, June 11; the Solemnity of Corpus Christi (The Most Holy Body and Blood of Christ) is on Sunday, June 18; the Solemnity of the Most Sacred Heart of Jesus is on Friday, June 23; and the nativity of Saint John the Baptist is on Saturday, June 24.
- For Canadian Nationals, Saint Jean-Baptiste Day is on Saturday, June 24.
- According to the World Almanac, June is National Candy Month, Great Outdoors Month, National Safety Month, and Lesbian, Gay, Bisexual, and Transgender Pride Month.
- There are two astrological signs in June: Gemini, the sign of the Twins (May 21 to June 21) and Cancer, the sign of the Crab (June 22 to July 22).
- According to the Jewelry Industry Council, the June birthstone is the Pearl, Moonstone or Alexandrite.

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

Recording artist takes men on a journey of enlightenment

By Marcus Henderson
Journalism Guild Chairman

The recording artist Krishna Das and friends took a small group of men at San Quentin on a journey of enlightenment through the soothing sounds of modern instrumentation and chanting.

The yoga rock stars filled the Catholic Chapel with ancient and contemporary melodies for the Devotional Music of the Heart event.

"Chanting is a way to train ourselves to let go of our thoughts and then we can free ourselves of the pain," Krishna Das said.

Das opened with the divine harmony of the group's first song/chant, "Shriram Jai" ("Hey God"), a funky instrumental with the drum beat of any hip-hop song. Das' baritone voice connected with the crowd of about 30 inmates as he played the harmonium, an organ-like keyboard that produces tones with free metal reeds activated by air forced

from a bellows.

The perfect and angelic background vocals of Nino Rao (who also played finger cymbals) and the rhythmic drumming by Arjun Bruggeman on the tablas touched the deepest chords in the listeners.

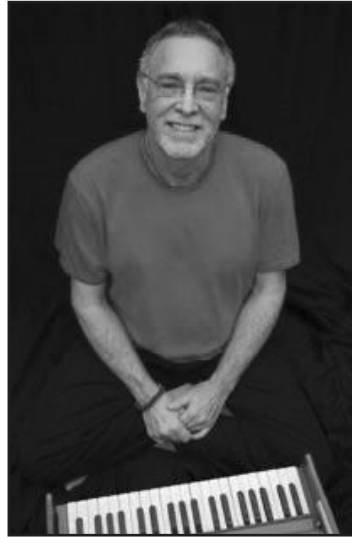
"It was light," said inmate Kenny Cunha. "It removed everything negative from my life; it was cleansing."

Gino Sevacos added, "It was like drinking nectar. It opens up the heart."

The spiritual chants praised different Indian Hindu gods and goddesses, focusing on love and the universe.

"The beauty about chanting is it's available to everyone," Rao said. "You don't feel you have to be Hindu to tap into your inner self. It's about well-being, no matter what is happening outside of you."

Das performed "Govinda Bhaja," loosely translated as "to praise" or "to remember." He blended the song with chants and English. He sung



Courtesy of Krishna Das

Krishna Das

lyrics like "My foolish heart, why do you weep, why do you cry yourself to sleep" and added the chant "Govinda Bhaja Govinda."

"We are all part of God in our hearts," Das said. "You never know why certain things happen. It might be a lesson; you just have to be present in

the moment."

Das has produced countless best-selling CDs and is currently on tour, but he stopped by San Quentin to perform for the second time.

He has become a worldwide icon in the field of chanting, and is the subject of the documentary "One Track Heart."

"I had met Krishna Das back in the late '90s, when I helped him first get gigs here in the Bay Area," said Susan Shannon, sponsor of the Devotional Music of the Heart events.

"Though we've crossed paths several times since, I was unaware of how his career had skyrocketed — dozens of CDs, a feature film about him, a constant and grueling international tour and teaching schedule, zillions of fans ... still, his response to my request was a solid 'I'd love to' and agreed to make it work sometime when he was on this side of the country."

Das talked about his travels from New York to India to study with his teacher in the

Himalayas. One of the surprising memories was of a friend asking the teacher how he should meditate, and the teacher told him to meditate like Jesus. The friend asked him what that meant, and the teacher stood still for a long time, and tears fell from his eyes. The teacher told him Jesus lost himself in love.

Das then sang "Jesus on the Mainline," causing the crowd to sing along. He said, "You should see the faces when I perform that song in India" and "They are like 'what!'"

To close the April 19 show, Das performed "Jaya Bhagavan," meaning "one with" or "one who has blessedness." The chant repeated there is blessedness in each one of us and not outside of us.

"It was a beautiful experience being here," Bruggeman said. "We been to so many places and what I realize is that everybody have the same heart."

—Charles David Henry
contributed to this story

Religious holiday transforms former inmate to rabbi

By Lee Jasper
Journalism Guild Writer

Mark Borovitz is a rabbi, a recovering alcoholic and former prison inmate who says the Jewish High Holidays helped him turn his life around.

"I was saved by the theme of the Jewish High Holy Days: T'Shuvah, which translates as repentance, return and response. When I was arrested for the last time in December of 1986, I had a spiritual experience," Borovitz told *The Huffington Post*.

His spiritual experience was that "the man upstairs is trying to tell me something, and I have to sit here until I figure it out." He has spent the last 30 years honoring this experience and responding to it.

"I am from a nice Jewish home in Cleveland, Ohio. My

parents were hardworking, decent people. ... I was not beaten or abused. I just always felt half a step off." Borovitz felt out of place and could not withstand the psychic pain of losing his father at 14 and a mother struggling to provide for the family on only \$2 an hour.

When watching successful people, Borovitz believed that they had accomplished what was important, and he wanted that life, too. "I went deeper into my psychic pain. I could not keep quiet, and I wanted to have money, so I could be 'right.'"

To feel accepted, he hung out with other kids who were drinking, stealing and hustling. He even worked for the local organized crime network, stealing and hustling stolen merchandise. "I was in my glory," he said. When forced to leave

Cleveland because someone wanted to kill him, he left for California to join his brother and help him in his business.

In 1986, "I began to study with the Jewish Prison Chaplain (a rabbi named Mel Silverman). We learned about the concept of T'Shuvah together. I studied Judah in the Bible. He did a complete T'Shuvah with his father and his brother Joseph.

"I began to realize that I was more than an alcoholic and thief. I began to have hope that change was possible. I began to believe that I was redeemable. I began to do a 'Chesbon HaNefesh,' an accounting of my soul."

According to Borovitz, his Shesbon HaNefesh included writing down:

- 1) All the paths I took that led me to living poorly
- 2) What my thinking was that

made it OK for me to do wrong things

3) Who was impacted by my actions, including God and myself

4) How these people were impacted

5) What I needed to do to restore our relationship, including an apology, restitution and a plan not to repeat these actions again. I just need a plan to remember what I am capable of and how to stop myself from erring again.

6) All of the paths/good that I had done as well

7) What my thinking was that helped me to do good

8) Who was impacted by my actions, including God and myself

9) How these people were impacted, and

10) What I needed to do to keep doing good things and

how to use my gifts and talents to do more good.

Borovitz has done an inventory and accounting of his soul based on this Chesbon HaNefesh since Yom Kippur of 1987. "It has freed me to be the person I was created to be, the person my family raised me to be, and the person I have always wanted to be," he believes.

Against all odds, by committing to do this work on his self, Borovitz has reconnected with family, friends (some of them), made new friends, and gone to rabbinical school. He has been the senior rabbi of Beit T'Shuvah for 23 years.

"I have had the honor of leading many lost and broken people to a life of hope and change through teaching and living T'Shuvah as a possibility for every last soul, no matter the sin."

California intenta erradicar el uso de celulares en la prisión

Español

By Kevin Sawyer
Associate Editor

Después de varios años de fracaso, el Sistema Estatal de Prisiones de California esta implementando una nueva estrategia para detener el contrabando de teléfonos celulares.

De acuerdo al *The Associated Press (AP)*, el Departamento de Correccionales y Rehabilitación de California (CDCR) esta equipando sus prisiones con aproximadamente 1,000 detectores de metales y cámaras de seguridad "ocultas" para detener el uso ilegal de celulares.

Entre algunas de las herramientas nuevas que estarán disponibles para localizar los celulares se encuentran monitores que detectan signos

magnéticos y otros aparatos que decodifican y analizan señales inalámbricas, informó el *AP*.

La compañía Metransens con base en Illinois, es la encargada de proporcionar los detectores de signos magnéticos, reportó el *AP*. "Los monitores tienen la capacidad de detectar objetos diminutos de metal sin importar que se encuentren dentro del cuerpo, siendo ésta una manera usual de introducir ilegalmente celulares y armas a la prisión," expresó el reportero Don Thompson.

El *AP* informó a la Secretaría de Prensa del CDCR Vicky Waters que es muy pronto para afirmar que los monitores reemplazarán el sistema existente de revisión de las cavidades del cuerpo o la supervisión del preso en cuartos aislados, mejor conocido como "Potty Watches." Lugar donde los prisioneros sospechosos de ocultar o ingerir contrabando en

el cuerpo son aislados y retenidos por varios días o hasta que hagan sus necesidades tres veces.

Hace cinco años la administración del Gobernador Brown y el CDCR otorgó el equipo para interferir el uso de celulares por parte de los prisioneros estatales. En ese momento, la tecnología fue criticada por ser "incierto y poner en riesgo la seguridad pública," según un artículo del *KQED* del periodista Michael Montgomery.

En ese momento, los miembros de ambas cámaras del Senado Estatal de California solicitaron al Consejo de Ciencia y Tecnología de California (CCST) "analizar el problema del contrabando de celulares, así mismo, la efectividad de un sistema específico para controlar el acceso de celulares en las prisiones."

De acuerdo a un estudio del

CCST publicado en el 2012, existieron "inquietudes muy relevantes" acerca de los planes para instalar una "tecnología para controlar el acceso de celulares en las prisiones del estado". En una carta dirigida al senado del estado, el CCST concluyó que "la tecnología es prometedora, pero no esta lista para su entrega."

El Director Ejecutivo del CCST, Susan Hackwood, comentó que "la propuesta para controlar el acceso de celulares no realizara la función que desea el CDCR."

Global Tel*Link (GTL) lider nacional del servicio de llamadas telefónicas en las prisiones, ofreció un servicio de control al CDCR. Mitch Volkart, gerente de producción del GTL, le comento al *AP*, "no existe una receta mágica." No puedes erradicar la demanda en su totalidad porque la demanda

siempre va a existir."

El *AP* reportó que hay aparatos instalados en 18 prisiones del CDCR que detectan las señales de los celulares. Estos aparatos interrumpieron en promedio 350,000 llamadas y mensajes de texto por semana el año anterior, lo cual representa más del doble en comparación al año 2015.

"La cantidad de celulares confiscados ha estado disminuyendo desde la instalación de los dispositivos que interceptan las señales de llamadas en las prisiones de California. De 15,000 celulares en el 2011, ha disminuido a un poco menos de 8,000 el año pasado," según el *AP*. Sin embargo, ese número esta aumentando nuevamente ya que hasta el mes de agosto del 2016 se decomisaron cerca de 8,000 celulares.

—Traducción por Marco Villa
y Taré Beltranchuc

Job training at Sierra Conservation Center

Vocational programs such as auto mechanics, carpentry, masonry and welding offered

By Harry C. Goodall Jr.
Journalism Guild Writer

The Sierra Conservation Center (SCC) in Jamestown offers inmates a variety of vocational education programs such as auto mechanics, auto body, carpentry, masonry and welding, according to a *Union Democrat* article by Giuseppe Ricapito.

"There are a lot of convicts in my trade," said welding instructor Steve Brown. "Welding doesn't care what you look like. Welding doesn't care what you did. It doesn't matter what your background is

as long as you show up and do your job."

Inmates in the vocational program at SCC hope to improve their employment opportunities when released, according to the article.

Upon release from prison, if inmates are able to explain and demonstrate familiarity with a certain kind of equipment, they are more apt to be picked up for a position, said Vocations Principal Chris Sedler.

Inmates in the auto body class restored a Calaveras County Sheriff's Office patrol car. They removed dents, stripped the car to the bare metal and painted the car.

"I learned a skill that made me feel like I should never be broke again," said inmate Brian Thorne, who has been in the program for six months. "If you know this stuff on the streets, you probably would never end up here (in prison).

"You learn in incremental steps. When you're on the outside, it's all about money issues. That's why people end up here," Thorne concluded.

Rick Garza, SCC auto body instructor, added, "This trade means they can get a job anywhere."

All California Department of Corrections and Rehabilitation prisons have education programs, but SCC falls into the "upper range" of



Courtesy of CDCR

Sierra Conservation Center in Jamestown



Courtesy of CDCR

Vocational inmate at SCC working on brick wall

what's available, said Lt. Robert Kelsey, SCC Public Information Officer, according to the article.

Inmate Ryan Hays said about the construction program at SCC, "This is what I plan on doing. It interested me, and I like being in a construction field and building things. Making something out of nothing, ya know?"

Instructional assistant to the carpentry class DeAndre Parker added, "I didn't like playing in the mud. I didn't like burning myself. But I like

working with my hands.

"When I'm finished with this, I've got something everyone can see."

"I learned a skill that made me feel like I should never be broke again"

Parker now earns 37 cents an hour after he completed all five levels of the carpentry

course, the article noted.

The masonry class is currently building a domed clay-brick pizza oven for a 2017 contest, according to the article. Inmates in the masonry class won first place with a brick barbecue oven in 2006.

"It makes me feel good that someone out there might use it," added inmate Kenneth Powell, referring to the pizza oven.

Inmates have submitted projects to the California State Fair at Cal Expo in Sacramento.

Boys Town organization offers second chance for troubled teens

By John Lam
Journalism Guild Writer

A Nebraskan town offers children in trouble with the law a last chance at redemption.

"These young people are about to become citizens of the most famous village in the world," Father Stephen Boes said at a swearing-in ceremony, CBS News reported. "In this town, almost every kid is at a crossroad."

Founded by Father Edward Flanagan in 1917, Boys Town

is located 10 miles outside of Omaha, Neb.

One of the residents is 18-year-old Chase Pruss, from Dodge, Neb., who faced 80 years in prison for two burglaries and theft, until a judge sentenced him to Boys Town.

"I took the school safe," said Pruss. "Just for money. For beer money. And gas money. And buy cigarettes."

Without Boys Town, Pruss said, "I'd be in lockup."

For Chase's parents, Dan and

Trish, Boys Town has been a miracle. His mother said, "He was dishonest, disrespectful, a thief. And now he is the Chase I always wanted him to be."

The Boys Town approach is to integrate its residents into a family. "This is a large part of what makes Boys Town so powerful: all 360 kids living here have paid Boys Town parents like Tony Jones and (his wife) Simone," CBS reported.

"It's a professional, full-time dad, brother, uncle, cousin – whatever my boys may need

me to be at that particular time in their life, that, then, is who I become for them," said Jones.

The Joneses share their house with eight Boys Town children and three of their biological children.

For Jones, being a Boys Town parent is personal, because he was also once a Boys Town kid himself. Born to a dysfunctional family in Detroit, Jones said, "I can recall my brother and I standing at a bus stop, and it was in the dead of winter. And we only

had one pair of socks to share between the two of us."

Then a priest offered the Jones brothers a chance at Boys Town, which Jones recalled as "a total transformation." Without Boys Town he said he would either be incarcerated or dead.

To operate Boys Town, it costs Nebraskans \$65,000 per student a year.

"But taxpayers pay for prisons, too – more than \$39 billion a year nationally. Boys Town says it can help keep those prison cells empty, while nearly doubling the chance that these students will graduate from high school," CBS reported.

One example of success is 17-year-old Andre Harris, who came to Boys Town for stealing a car.

"It's not even the same person," Harris said. How is it different? "My actions, the way I speak. I've grown up. I've become a young man," said Harris.

"He's a school leader now, a star on the track team and he's just found out he's headed to college next year," CBS reported.

"There are no bad boys," said Father Flanagan, "His bruised and tortured heart and mind must be nursed back to normal health through kindness."

Former correctional officer helps at-risk youths

By Tommy Bryant
Journalism Guild Writer

Former correctional officer Octavio Leal joined the San Diego Boys to Men Mentoring Network to help keep at-risk boys from traveling down the path which could lead to jail or prison.

Leal was a correctional officer at Richard J. Donovan Correctional Facility until he was injured. During a lengthy recovery period, frustration set in. He began to drink heavily, was fighting with his son's mother and not being very attentive to his son.

Fortunately Leal became involved with the Boys to Men Mentoring Network before a worst-case scenario occurred in his life, according to reporter Karla Peterson of *San Diego Tribune*.

During his low period, Leal attended a consciousness-raising workshop which he

credits with changing him, allowing him to share emotions and be more accountable. This led him to join Boys to Men as a mentor.

Leal, who eventually became a professor and adjunct counselor at Cuyamaca College, recalls, "Kids look for a mentor, one way or the other. ... I could have ended up on the other side of the criminal justice system, if I didn't have the right grown-ups in my life," he told Peterson.

Leal urged his son, Angel, to join Boys to Men too. At first, Angel had his doubts, but found the team of mentors to be encouraging and helpful. "I can open up to them about stuff I can't talk to my dad about," he said.

Medication and behavior therapy techniques have assisted Angel in getting a handle on his ADHD. He joined the wrestling team and then became ASB president

at the East Hills Academy in Chula Vista. He is now a Boys to Men mentor just like his dad, reported Peterson.

"Octavio and Angel represent us everyday," said Boys to Men program director Anthony Hutchings. "Octavio gives all the time he has. He has the patience with the boys, and he is not afraid of sharing what went wrong in his past. Angel leads by example. He shares where he was and where he is now, and they can see that change is possible."

"To be able to pay it forward in the community where I grew up, it feels like it ties everything together," Leal told Peterson. "To me it is a gift."

Boys to Men (www.boystomen.org) has mentors that serve as role models, sounding boards, counselors and friends. They have 20 locations in San Diego and other networks across the nation.

Keeping an independent thought through the struggles

Book Review

By Juan Haines
Senior Editor

Few would connect author Zora Neale Hurston with movie director Spike Lee. But, if you know Lee's *She's Gotta Have It* (1987), you're familiar with Hurston's *Their Eyes Were Watching God* (1937).

Both stories chronicle the three relationships of female characters and men who struggle to suppress the female protagonist. In *She's Gotta Have It*, Nola Darling is always in control of the men she laid with, while in *Their Eyes Were Watching God* no matter what physical abuse Janie suffered, she kept her independent thought.

Hurston through Janie's character paved the way for powerful and independent storytelling about Black women.

The story begins with Janie leaving home after getting married to begin a long journey into the world. After making it back home almost three decades later, she was "...full of that

oldest human longing — self-revelation."

Self-determination, the novel's central point, is realized through Janie's second marriage to Joe. Joe's expectations are that Janie would be subservient to him. As time goes on, Janie's disappointment in marriage grows.

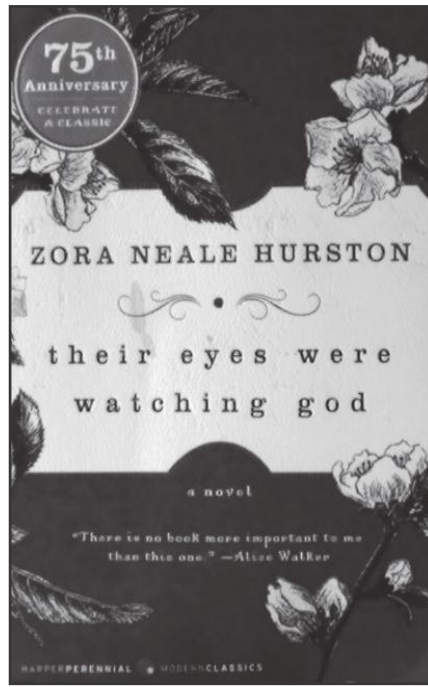
"It must have been the way Joe spoke out without giving her a chance to say anything one way or another that took the bloom off things."

The novel's plot is thought-provoking but it's Hurston's use of language that makes the book a compelling read.

In the preceding passage about Joe, for example, Hurston reveals Janie's inner beauty by simply using the word "bloom." Hurston exposes aspects of Janie's good heart by quoting her lamenting the fate of a poor old mule that local men have teased:

"People ought to have some regard for helpless things."

Hurston's narration not only



conveys a sense of the characters, her use of authentic dialect and the way it captures southern attitude add dimensions to the story:

"Dat's how come us don't git no further than us do. Us talk about de white man keepin' us down! Shucks! He don't have

tuh. Us keep our own selves down."

With her use of unique imagery, Hurston builds tension by creating sympathy for Janie and dislike for Joe.

"She stood there until something fell off the shelf inside her. Then she went inside there to see what it was. It was her image of Jody tumbled down and shattered."

The following passage contributes to our understanding of Janie's perspective while married to Joe.

"... mostly she lived between her hat and her heels, with her emotional disturbances like shade patterns in the woods—come and gone with the sun."

It wasn't until she meets Tea Cake, her third relationship, that Janie's life improves. When Hurston describes their lives together, Hurston weaves sparkling and energetic prose into the story that gives the reader a sense of happiness:

"the train beat itself and

danced on the shiny steel rails mile after mile."

However, a sudden hurricane foreshadows what's to come — symbolizing events out of control.

Hurston's vivid description of the powerful way the hurricane affected the characters places the reader in the scene:

"Through the screaming wind, they heard things crashing and things hurling and dashing with unbearable velocity."

As I was reading the book, I was curious about the title and was pleasantly surprised when I came upon this passage in the middle of the hurricane:

"They seemed to be staring at the dark, but their eyes were watching god ... the mother of malice that trifled men ... death found them watching, trying to see beyond seeing."

The publication of *Their Eyes Were Watching God* in 1937 demonstrates that powerful and independent Black women have existed in the U.S. for quite some time.

What did you learn from your father?

Asked On The Line

By Angelo Falcone
Journalism Guild Writer

Father's Day is always on the third Sunday of June. Many of the men in blue learned about fatherhood from their dads or father figures.

"Asked On The Line" asked men on the mainline to describe the qualities of a good father. "What would you say is your dad's (or the man who raised you) most important or inspiring characteristic? Are you just like him or his opposite?"

M. Ronald: A good father is a provider, a teacher and a good role model to his family. My dad was a great provider. I remember the times he took my sister and me to the amusement park to get on the rides and then to the beach. I remember he used to also take us to church every Sunday to worship.

J. Jones: A good father is the one that is there when you need him the most. He loves his children and works to put food on the table. A good father is someone who loves his children through thick and thin and helps his kids with their homework.

V. Nguyen: A father should be a loving and caring person. I grew up without a father because he left me when I was 5 years old.

My father achieved the rank of Lieutenant Colonel during the Vietnam War. He was an ally to the American forces. After South Vietnam fell to the Communist regime, they took my father to a re-education labor prison camp for 13 years, so my mom raised me and my five older siblings on her own.

S. Saldana: A good father

must be loving, humble, respectful, caring, responsible and compassionate. He teaches his children, supports his children, carries his children, and has a good sense of humor to make them laugh. My father taught me good values. I am respectful and humble like my father.

B. Benitez: Being responsible is the most important quality of a good father. My father was a very responsible person. He was always with me when I needed him.

J.L. Velasquez: I remember my father had the capacity to teach me good things. He taught me how to work in the agricultural fields. He taught me good manners. To me, my dad is my hero because when I needed him, he was there to help raise me.

W. Wimberly: A father is a person who looks out for his kids and family. My dad was a fun person to be with, and he was good to all eight of us. My father raised us all along with our mother.

J. Flores: My dad was a hard-working person who never abandoned his family. My mom and their kids were the most important people in his life. I learned to love my wife and children just like my father. He tried his best and paid the bills on time.

B. Bridges: I had one of the best dads a person could ever have. He was a wonderful man that God gave me to ask about things and spiritual support. He would always give me love and paid me an allowance for keeping the house in order.

My dad loved my mom so very much; he worked hard for the family and later owned a business. Life was great with him!

Goodbye, valued reader.

This is the last "Asked On The Line" that shall be written for the San Quentin News, so this is goodbye. The first "Asked On The Line" was published for the May 2011 issue of the *San Quentin News*, and it asked the men on the mainline if they knew the meaning behind Cinco de Mayo.

Now, more than 70 articles later, this column shall be retired. But fear not, valued reader, this writer shall continue to write the MAC Corner column, focused on informing the men in blue of the ongoing and ever-changing policies of the institution.

The brainchild of Executive Editor Arnulfo Garcia, Asked On The Line had a most interesting six-year run.

However, this column was by no means my idea or my invention. It was developed in collaboration with talented and award-winning editors and journalists: John Eagan, Steve McNamara, Joan Lisetor, William Drummond, Richard Richardson, Garcia, Juan Haines, Kevin Sawyer, Marcus Henderson, Keung Vanh, Jonathan Chiu, Ali Tamboura, Julian Glenn Padgett, and many, many other people, outrageously talented men and women who have worked tirelessly for a great periodical. They are the true heroes and the true authors of this column.

My primary intent was to help remind our readers of the humanity that exists behind prison walls. It was never about the inmate perspective but of the human perspective.

So, for those on the other side of the wall, who have never felt cold steel on their skin, the slam of a cell door, or the condescending tone of authority's voice, my driving message was this: the reality for state prisoners is that there is no comfort in punishment.

No human being likes the hard accommodations of a concrete cell, but the fact that we are compelled to adapt to our environment does not mean that we have lost our humanity. We are people. We are grandfathers, uncles, nephews, brothers, husbands, fathers and sons. We are human beings, and we matter. Our lives matter.

Granted, there are a lot of men at San Quentin who have done great harm, and many of those men live with the shame of their crimes and of knowing that there is nothing that may ever restore their victims.

And sadly, there are some mainliners who feel no shame and are unable to feel it because of mental illness or lifelong trauma. Yet, even those men feel the sting of incarceration every day. And in the minority of the inmate population—there are some at this institution—are those who have lost all hope and just don't care about themselves anymore, much less other people.

They cannot be reasoned with or bargained with. They feel no shame, pity or remorse, and they will not stop hurting other people because dysfunction and abuse is all they know. However, valued reader, they do not represent all of the men serving time in prison.

Interestingly, some outside visitors have asked how we get used to being here. I can only respond with a question: How else should we respond to state-sanctioned retribution? We respond like any other person would respond. We respond like human beings.

Now, Hollywood and violent isolated incidents in prisons and jails across the country have painted a very negative image of inmates, one that has developed into a deep-seated prejudice by some free people in society.

Yes, mischief and crime does occur in prison, but setting aside those incidents, many of the men at San Quentin actually work hard, every day, to make amends to their victims while healing themselves in the process—a tall order, given the accommodations and limited resources.

We do not need to remind anyone that retribution is hard or that punishment is painful. Yet, many San Quentin volunteers and state employees would agree that the humanity of the men serving time at San Quentin is no different from that of free people.

The men in blue laugh, love, cry, mourn and rejoice, just like people who live in the free world. We have children, parents, siblings, grandparents, spouses, partners and friends on the outside.

Most mainliners actually support, participate in, and desire more rehabilitation programs and only hope that we are not forgotten by those on the other side of the wall.

Such a notion that the men in blue are less human than free people has never been true and has only served to feed the prejudicial agenda of those who dislike us or do not understand us. So, we hold on to the hope that someday, those outside individuals might come around and visit us, maybe even volunteer.

—Angelo Falcone

Law enforcement implements new use-of-force policy

By Forrest Lee Jones
Journalism Guild Writer

Law enforcement agencies across the nation are being encouraged to employ a new use-of-force policy that stresses “de-escalation,” reports Tom Jackson of the *Washington Post*.

A new model policy recommends that police departments declare “It is the policy of this law enforcement agency to value and preserve human life,” Jackson reported.

The new policy states: An officer shall use de-escalation techniques and other alternatives to higher levels of force consistent with his training whenever possible and appropriate before resorting to force and to reduce the need for force.

According to the *Washington Post*, that means “talking and trying to calm a subject,

waiting for backups and supervisors to arrive, and trying to resolve a situation without gunfire, when the subject does not have a gun.”

The new policy was spurred on by the International Association of Chiefs of Police (IACP) and the National Fraternal Order of Police Officers Union (FOP) with the goal of creating a “National Consensus Policy on Use of Force” due to a high volume of officer-involved shootings, said former IACP President Terry Cunningham.

The two associations brought together a group of elite police organizations: The National Organization of Black Law Enforcement Executives, the National Association of Women Law Enforcement Executives and other agencies.

“These are the people who are on the street every day

doing the job,” Cunningham said. “You want to have their buy-in.”

Stakeholders like the Major Cities Chiefs Association support the new policy but objected to a component that allows the firing of warning shots or shots at moving vehicles under certain circumstances.

This question of whether to fire shots from or at a moving vehicle aroused controversy within the conferring agencies. The IACP’s own policy “strictly prohibited the use of warning shots” and firing from a moving vehicle. The new consensus policy allows for warning shots and allows shooting at a moving vehicle when the vehicle is being used to hit someone or the person in the vehicle is threatening the officer or others with a weapon.

Not every law enforcement agency agrees with the new

consensus policy. One deputies’ association called it “a ridiculous piece of claptrap,” according to the *Washington Post*.

“It is the policy of this law enforcement agency to value and preserve human life”

In a joint statement, the National Sheriffs’ Association and the Major County Sheriffs’ Associations said “the model policy does not have national consensus” and that they would not be supporting it.

Sheriff Sandra Hutchens of Orange County and Greg

Champagne of St. Charles Parish, La., said the policy was “well-intended” but that “a one-size-fits-all policy is impractical; what is proper and accepted in one city or county may be contrary to law and/or community tolerances in another.”

Responding to their statement, Cunningham said the policy “isn’t an IACP policy. This is a national consensus policy. We see administrators asking for it, and we see communities asking for it.”

A collaborative statement on de-escalation by IACP and FOP said, “We cannot reasonably expect law enforcement officers to walk away from potentially dangerous situations and individuals in the hope that those situations resolve themselves without further harm being done.”

MAC is barred from intervening in inmates’ personal complaints

MAC Corner

By Angelo Falcone
Journalism Guild Writer

There are often incidents or situations that can disrupt the life of a state prisoner. At San Quentin, the men in blue have several options to address the issues that affect them.

Mainliners often approach the Men’s Advisory Council (MAC.) Many are unaware that by state law, the MAC is an advisory body which acts as a liaison

between prisoners and staff.

By state law, the MAC is prohibited from becoming involved with individual or personal complaints but may advise the administration for the welfare of prisoners as a whole. According to prison regulations, MAC representatives have no powers or authority.

Therefore, mainliners must know that they have a choice in how to resolve their issues. Prisoners can resolve their issues informally through dialogue with staff or they can seek to resolve them formally through an inmate

request, a 602 appeal and, if need be, with court litigation.

For matters affecting the population as a whole, relief can sometimes be obtained through the advisory function of the MAC.

Prisoners should first try to resolve their issue informally through dialogue with custody staff or other institutional staff. Often, a respectful verbal request can resolve an issue, but sometimes it does not.

If it is an individual or personal issue, state prisoners may file a written grievance with the prison’s appeals coordinator. It begins with a request form, CDCR-22.

By state law, prisoners have a right to file a request using form CDCR-22 with the involved staff member who can resolve the issue.

If prisoners are unable to resolve the issue with a form 22, they have a state and federal constitutional right to file a CDCR-602 with the appeals coordinator. To help ensure that 602s make it to the appeals coordinator, locked 602 boxes for delivery of inmate appeals are located in various areas of the prison.

If the issue is appealed all the way to the Third Level in Sacramento, it means that the prisoner has exhausted all administrative remedies and may engage in court litigation. Depending on the issue, court litigation can occur in state or federal court.

Finally, if it is not a personal or individual issue and it does not involve disciplinary action (115 RVRs/128-As) or staff misconduct, and if the issue is affecting the population as a whole, the

MAC may be able to help.

Prison regulations specifically state that the MAC may not involve itself with inmate appeals, shall not function as a grievance committee, and shall not have any responsibility or authority over state employees.

The MAC may only address issues of concern to the general inmate population and bring these matters to the attention of the warden and other administrative staff having authority to act on the matter.

The MAC has 12 advisory committees for the mainline population: Canteen, Food Services, Health Care, ILTAGs & Groups, Inmate Movies, Laundry, Mail, North Block, R&R, Recreation, Visiting and West Block. Dorm Representatives in H-Unit also advise staff through many of the same committees.

Salvaging Human Lives

August 24, 1921

Back In The Days

Let those who enter here leave hope behind, would have been a most appropriate sign to have placed over the gate of a penitentiary several years ago. It would not be appropriate today, at least at San Quentin, for there is hope for those who exchanged a name for a number at the grim institution.

Read this statement by Vierling Kersey, State Superintendent of Public Instruction. He says:

“Since H. A. Shuder became education director at San Quentin two years ago, 500 convicts who attended or completed prison classes have been released. Of these, fully 10 percent were equipped for some trade when they left San Quentin. About 20 per cent realized that their rehabilitation and successful re-entry into society depended upon a further program of education.

“Those men - the 20 percent - have gone into educational institutions in and out of California.

“The largest number have entered trade and business schools to continue the very practical

training to which they were introduced at San Quentin.

“The next largest group is in the secondary schools: night schools and regular public high schools where they have been taken as pupils without question.

“The third largest group - about 20 - has enrolled in the junior colleges of California, pursuing courses leading to college graduation eventually. About half of these desire to enter the professions, law and medicine predominating.

“And finally there is a fourth group - between 10 and 15 men - in the universities, teachers’ colleges and other four-year institutions of collegiate rank. Some are interested in religious work. Some want to become educators. Two of the men intend someday to return to the prisoners as teachers in San Quentin or some like institution.”

Ignorance and lack of education distinguishes most criminals. The man who can conquer his educational lack behind bars and keep up his courage so that he does not let a prison sentence ruin his future life, has the stuff in him from which real men are made.

California Senate bill allows inmates to receive contraceptives

By Harry C. Goodall Jr.
Journalism Guild Writer

California inmates will be allowed to receive contraceptives based on a new law.

A California senate bill introduced by Sen. Holly Mitchell enables female prisoners to request contraceptives. The legislature passed senate bill 1433, and Governor Brown has signed it, reported the *Los Angeles Sentinel’s* online news service.

“The state has both a principled and economic stake in supporting the decisions of women who choose to use contraceptives while serving time,” said Mitchell, according to the article. “This law means that

an inmate will be able to more fully engage in family planning before she’s released, enhancing the likelihood of a successful re-entry into society.”

Female inmates now have the right to request both contraceptives and family planning services.

California Correctional Health Care Services sponsored the bill, and the American Civil Liberties Union (ACLU) and Planned Parenthood Affiliates of California endorsed the bill.

All incarcerated people who are capable of becoming pregnant can receive these services. In particular, the bill clarifies that the department, upon an inmates’ request, will

provide any incarcerated person who menstruates “materials necessary for personal hygiene with regard to her menstrual cycle and reproductive system, Contraceptive counseling and their choice of birth control methods ... unless medically contraindicated,” according to the senate bill.

The bill would require incarcerated persons to have access to non-prescription birth control methods without the requirement to see a licensed health care provider. It also requires that the provider be “provided with training in reproductive health care and shall be non-directive, un-biased and non-coercive.”

The bill requires these services be provided to all incarcerated persons capable of becoming pregnant at least 60 days, but no longer than 180 days, prior to a scheduled release date” according to the bill.

UPCOMING EVENTS AT SAN QUENTIN

- June 16th. Golden State Seminary
- June 17th. Restorative Justice Symposium
- July 8th & 9th. Avon Breast Cancer Walk

Intramural Basketball League begins 2017 season

By **Rahsaan Thomas**
Staff Writer

In the 2017 Intramural Basketball League season's first game, Kingdom Warriors beat Them Boyz 79-63 with a surge in the final minutes, despite the 25-point effort of guard Donta Fields. The game kicked off with an announcement that all basketball players are under one program, which unites the league with San Quentin's best basketball players — SQ Warriors and Kings.

The Intramural league has eight teams made up of players on the yard. They do not have uniforms or sneakers donated from outside organizations, as do the Kings and Warriors. The newly formed board seeks to change that.

"We have a vision that includes what we do in here and, hopefully, translates into the world," Robert "Bishop" Butler, general manager for the Warriors and now the chairman of the board for the San Quentin Basketball Program.

SQ Warriors Head Coach Rafael Cuevas added, "I want people not only to play hoops, but also to benefit from the connections with the outside people. That shouldn't be limited to 12 players."

The first game of the season had playoff intensity, with more lead changes than a NASCAR race.

Kingdom Warriors stacked talent from the SQ Warriors including Harry "ATL" Smith, Andre "NBA Dre" Belion, Wilson Nguyen and head coach Cuevas. Still Them Boyz hung with them.

Earlier on, Them Boyz took a 10-4 lead off the back-to-back 3-point shooting of 5-foot-9, 270 pound guard Fields.



Photo by Eddie Herena- San Quentin News

Donta Fields driving past Rafael Cuevas. Andre "NBA" Belion and Harry "ATL" Smith look to help on defense

"Everybody played a part by getting me open looks to shoot the ball — it was a team effort," said Fields, who led his team with an array of threes and drives to the rack.

When the two teams weren't trading baskets, they traded runs until the final 13 minutes of the two half college-style games.

Kingdom Warriors' Torrior Hart came off the bench and nailed a three for the tie at 54-54. Teammate Matthew Carnegie's And One play took the lead. From there, the Kingdom Warriors went on an offensive run while Them Boyz struggled to score.

"It was a close game," Carnegie said. "We kept going, kept fighting, and we made a few adjustments on defense."

Belion increased the lead with back-to-back three point plays — first a three, then an And One. Belion led all scorers with 27 points.

"Me and NBA Dre (Belion) go back to 2014," Smith said. "He's one of the best players I've ever seen incarcerated. It's gonna be a special season."

Them Boyz guard D'Romeo

Allen tried to single-handedly bring his team back, but he forced fast breaks, missing lay ups and opportunities to pass the ball to open teammates. He finished with 22 points.

"We're pretty good," Fields said. "We just have to come out with the same intensity that we did in the first half all 48 minutes of the game."

With 53 seconds left on the clock and the Kingdom Warriors up 75-63, they didn't let up.

Guard Nguyen stole the ball and led a fast break down court that ended with an alley-oop pass and a monster dunk from Smith.

Then on the next play, Nguyen dropped a deuce.

Nguyen finished with 13 points, Carnegie added 15 with 10 rebounds, Smith had 16 with 10 rebounds, and Hart added 10.

Ricky Joseph scored 7 and Taylor "Flock" Johnson added 6 for Them Boyz.

Belion commented, "It's a real surreal thing to have camaraderie with like-minded people. It gives you a sense of humanity. It feels nice to be called a player or a teammate instead of an inmate or criminal."



Photo by Eddie Herena- San Quentin News

Ryan Steer dribbles down court led by Greg Tang SQ Kings' improve record with victory over New Guys

The SQ Kings crisp team basketball improved their record to 3-1 with a 77-65 victory over the visiting New Guys coached by Ryan Steer, a man who two years ago wouldn't reveal his real full name to prisoners.

Ryan Williams Steer announced that he became a sponsor for the program.

"I feared the unknown," Steer said. "I didn't know anyone in here, didn't know what it was like. Then I met the guys, and they're regular guys. Seeing the humanity in a tough place like this is an uplifting experience. That's why we keep coming back."

King guard Tare "Cancun" Beltran said, "This sport means a lot to me. You don't see me as my crime. I made a bad decision, but that's why I take so many self-help groups—to find myself. Thank you for giving me this opportunity to play the sport I love."

Things started bad from the first quarter for the New Guys as the Kings, led by Demond Lewis' four steals, capitalized on turnovers. The quarter ended with a buzzer beater from behind the arc shot by Paul Oliver

that put the Kings up 32-18.

"It's Ryan's coaching debut," said sponsor and Bittermen coach Ted Saltveit. "If things go bad, it's because of Ryan's coaching. If we win, it will be because of my 3 points and 2 rebounds."

Led by Steer, the New Guys came within 10 by the end of the second quarter, still down 49-39.

The second half was all Kings, as the New Guys' outside shooting fell short against the zone defense. King Oris "Pep" Williams led his team with 18 points. Joshua Burton added 12.

Steer led the Bittermen with 21 and 11 rebounds followed by teammate Greg Tang with 17 points and 11 rebounds.

Robert Mailer Anderson, author of the best-seller *Boonville*, the indie film *Pig Hung and The Death of Teddy Ballgame* (a play in book form), played for the New Guys. He scored 9 points and snatched 11 rebounds.

"Combining sports and writing gives me the opportunity to delve into individual and team concepts at the same time," Anderson said about *Teddy Ballgame*.

—Rahsaan Thomas

Hard work and determination helps to improve running records

Thanks to the training of well-known runners from the outside community, members of a San Quentin running club improved their records in the annual one-hour race.

Markelle Taylor broke his 2015 One Hour 1,000 Mile Club record but just missed his goal of completing 10 miles in one hour.

"Markelle went down when he thought there was an alarm," said Coach Frank Runa, 69, who has run 38 ultra-marathons and was considered the nation's number one roadrunner for ages 55-59 by USA Track & Field. "He lost 15-20 seconds, and that knocked him out of the ball park of completing 10 miles."

When an alarm sounds, all the incarcerated people must sit on the ground until correction officers signal everything is clear. During the race, someone announced "All inmates down," and Taylor and a few other runners sat on the ground; however, there wasn't an alarm. Despite the setback, Taylor ran 9-31/32 miles, beating his old record by 1/8 of a mile.

"I ran this race for women and children who have suffered from domestic violence," said Taylor who dedicates every race to a different cause.

Accomplished runners from the community train and support the running club members.



Photo by Ralpheale Casale

Diana Fitzpatrick and Dylan Bowman counting laps as Markelle Taylor passes

"We have almost the number one runner in the world here," said runner Vince Zuehlke. "He took first place in Croatia."

"Some of the trainers are professionals, and they give us tips on how to run faster," added Zuehlke.

The professionals include Diana Fitzpatrick, who qualified for the Olympic marathon trials in 1992, 1996 and 2000. She won the Dipsea race twice, in addition to completing 100-mile races. Another is Dylan Bowman, who took first in the Istria Ultra Trail Race spanning 100 miles through Croatia, despite being bitten by a dog.

"I got bitten on the butt 65 miles into the race," Bowman said. "When I got to the aid station, I realize the dog ripped off the back of my shorts, and there was blood everywhere."

Bowman slogged through the rest of the April 7 Istria race, and two weeks later, he was counting laps for runners on the prison yard.

"This is a rewarding way to give back to the sport of running that has given me so much," Bowman said. "I've developed a good relationship with the guys, and I like to see everybody improve and get faster."

Runner Steve Reitz, who took fourth in the one-hour race, said, "It's extremely motivating to have a connection with the ultra-marathon community. I appreciate how they give us pointers on techniques and breathing."

Reitz completed 8-15/32 miles.

The April 21 race was scheduled for one hour to show the runners how many miles they could run and at what pace in preparation for the annual marathon in November.

"The most I've run is 11 miles, so I have a lot of work to do to complete a marathon," Zuehlke said.

The 59-year-old joined the 1,000 Mile

Club to stay healthy. He said he's had two heart attacks, has four stents in his heart, and he's a diabetic. Fellow club member Darren Settlemyer told him about the club. He completed 6-3/8 miles in the hour

Steve Brooks, who joined the club at last year's marathon, ran 7-3/5 miles in the One Hour Race.

"Humanity is important," Brooks said. "I've been inside 22 years and I've never had community support like this, so it means a lot to me. I am happy the club exists, and I'm looking forward to the marathon next year. Running a marathon is a lifetime achievement a lot of people don't accomplish."

Eddie Herena reclaimed his spot at second place, overtaking Chris Scull in the ongoing rivalry between the two training partners.

For the first seven miles, Scull had a 40 ft. lead on Herena. Then Herena took the lead and completed 8-29/32 miles while Scull came in third, finishing 8-5/6 miles.

"Good race," Herena told Scull afterward.

Reitz sees the club as about more than just running.

"This race reminds me of my rehabilitative journey," Reitz said. "As I was starting to flutter, our coaches helped me see past the pain to rewards at the finish line."

—Rahsaan Thomas

A's lose season opener

By Marcus Henderson
Journalism Guild Chairman

In the season opener, a double header, the visiting Club Mexico baseball team outsmarted the San Quentin A's to win game one 4-2. But a 45-minute alarm ended the game against the San Quentin Giants with Club Mexico up 5-1.

The A's John Windham was the last chance to keep the team alive with two outs in the bottom of the ninth. Windham check swung a 2-2 pitch causing a bunt up the first base line. Windham's speed beat the catcher's throw and he arrived safe at first. When the next batter stepped to the plate, Windham leaned off first base and the first baseman tagged him out with the baseball hidden in his glove for the third out and the game.

"It was a well played game," said Elliot Smith, A's sponsor and manager. "We played a great physical game; we just have to work on some mental stuff, but overall we have a lot to be proud of."

Club Mexico opened the first inning with a single by Anthony Galindo. Then Joe Elias, Club Mexico's coach, smashed a deep ball to left field for a double to drive in Galindo. A's pitcher Brendan Terrell was able to get out of the inning down 1-0, with a strikeout and two fly balls.

"I told my young kids I was coming here," Elias said. "They asked 'Are you going to stay?' and I told them 'No, daddy is just going there to give back.' I know if I was in this position I would want this positive outlet; only one mistake can land you here."

This is the second year coming in for Club Mexico, a semi-pro team from the California Mexican Baseball



Photo by Eddie Herena- San Quentin News

Club Mexico Manager Jim Ryan trying to make the play

League in Stockton. Most of the league is second- and third-generation players and very family orientated.

The league is celebrating its 62nd year. It was formed in 1955 by Mexican-American field workers in response to racism from other leagues. The league started with six teams and has grown to 20. Club Mexico is the last original team and holds 29 league championships.

"I take a chance to play baseball anywhere; it can be in a parking lot," said Joe Piombo, a third-generation player who is now with Club Mexico and has at least 12 family members in the league. "I was nervous at first, but everybody was cool. They played hard, and that's what it's about."

In the third inning, Club Mexico extended its lead 4-0, adding three runs off of four singles and two errors. Jim Ryan, Club Mexico manager, hit a line drive off the glove of the shortstop, who bobbled the ball, allowing Ryan the base.

Leon Duron hit a high pop-fly over third base, but miscommunication by A's defense allowed the ball to drop between three players. The error

moved Ryan to second base and Duron made it to first.

Chris Urbistondo singled, allowing Ryan to score and moving Duron to third. Ray Sanchez hit a sacrifice fly to center field and Duron scored. Orlando Lopez smashed a line drive between center field and right field to bring in Urbistondo.

"This is a good program," Ryan said. "They are doing the time they are supposed to, but they need programs like this to teach them people skills."

The A's scored runs in the sixth and eighth innings. Windham drove a triple deep into center field in the sixth and Royce Rose singled him in. Chris Marshall doubled in the eighth to allow Tamon Halfin to score and close the lead 4-2.

The April 29 double header gave both San Quentin teams quality play to build on for the remainder of the season.

"Brendan pitched a great game," said Mike Klein, A's second baseman. "We got the butterflies out of the way. We always want to show gratitude to the people who come in here, for giving us a half day where we are not in prison."

SQ Warriors' new strategy fails

The San Quentin Warriors tried a new strategy in their season opener against the visiting Prison Sports Ministry team, and boy, did it backfire. They lost 86-68.

"I'm sticking by the new system, although it looked really bad," said new Warriors head coach Rafael Cuevas. "I give the other team credit. They played good defense. Evan and Pat made us change our shots and miss."

Evan Fjeld played professional basketball overseas and in the NBA D-League. Patrick Lacey played for Claremont-McKenna, as did his Prison Sports Ministry (PSM) teammates Remy Pinson, Jack Grodan and new recruit Kevin Macpherson.

Cuevas' new system includes man-to-man defense, a squad of hungry talent ready to take spots and a staff of assistant coaches.

In the May 6 opener, three of last year's stars didn't start. Harry "ATL" Smith came off the bench, Tevin Fournette went on

a visit, and Anthony Ammons found himself on the practice squad. In their place were newcomers Cornell Shields and Andre "NBA" Belion, along with veteran Greg Eskridge.

"ATL and Ant, that's two of their best players. I think they should get them back out there," Pinson said.

PSM, aka the Green Team, came out strong, taking a 17-2 lead with 6 minutes left in the first quarter. Then Shields drove to the rack, scoring in the chest of a defender. The basket ignited his team. Allan McIntosh dropped 10 points in the quarter, followed by Dave Lee with 7 points and Shields' 4 to close the first down two at 23-21.

At half time, Annie Smith, who became curious about where her husband and PSM sponsor Don Smith has spent his Saturdays for almost two decades, gave a message about telling God your complaints because "you can't get healing until you tell the truth."

When the game resumed, the

Green Team piled up more baskets. By the fourth quarter, McIntosh's shooting cooled off. He finished with 26 points on 9/22 shooting. Shields scored 14.

Green Team guard Pinson burnt the defense when he took a step back, passed the ball between his legs and made an in-your-face three pointer that brought the score to 80-67 with 1:15 seconds left.

Pinson and Lacey dropped 16 each, Fjeld 22 with 11 rebounds and 5 assists. Lacey had 14 rebounds with 6 assists. Johnas Street scored 12 on 4 for 14 shooting.

"Michael Jordan said you miss every shot you don't take," Street said.

Despite the game's result, Cuevas said, "Prison Sports Ministry changed my life in a way I never expected. We always want to win, but we don't mind losing to you guys. It means a lot that you come through those gates to bless us through this game of basketball."

—Rahsaan Thomas



Photo by Eddie Herena- San Quentin News

Tim Thompson and Candace Davenport playing doubles

Tennis season starts in San Quentin

By Rahsaan Thomas
Staff Writer

The Inside Tennis Team (ITT) split the matches, 2-2, with an outside guest in the San Quentin Tennis Season opener, where the only thing that mattered was community and having fun.

Ronnie Mohamed, the ITT captain since the club started in 2003, talked about the positive effect of being accepted as part of the community. Growing up, he put a lot of emphasis on wanting to be like the gangsters in the movies and guys he grew up with. Later he noticed that a tennis racket is wrapped with the same type of tape his .25 Cal. semiautomatic was. He said he has traded the old ways for a tennis racket and a transparent life.

The community members who entered the prison on April 15 for the 2017 Tennis Opener view Mohamed and the other ITT members as human beings.

Jeff Hely, one of the guests, said six weeks earlier he was in Manhattan meeting with former President Bill Clinton.

"I stepped up," joked Hely about his meeting with Clinton.

Hely, builds bridges, railroads and ports nationwide.

Hely, a religious man, told a parable about hundreds of bottles of wine falling into a pool and all the labels coming off. From that point on, each bottle of wine couldn't be judged by a label.

"If you open the bottle and let it breathe, everyone is a good bottle of wine," Hely said. "I've gotten to know the guys over coming in for four years, and each one is a good bottle of wine."

Hely teamed up with sponsor Sharon Skylor against ITT members Timothy Thompson and Orlando "Duck" Harris for the first match. Skylor nearly scrapped the ground with her racket as she tilted low to return a ball driven toward midcourt, but Thompson hit it back over her head for a point. ITT went on to win 4-2.

"I can come out here and just be free," Harris said. "I can escape all the stress and drama of the everyday prison routine."

The second game paired ITT members Robert Barnes and Steve Sidharta against Candace Davenport and Eddie Metairie. The guests won on a wicked lob over both the ITT guys' heads.

"They have better placement," Sidharta said. "Before playing

with them, I was concentrating on overpowering the other person. Now I learned about better placement."

Despite the loss, Sidharta enjoyed the match.

"It was great," Sidharta said. "By them visiting us, it makes me feel like we are accepted as individuals instead of prisoners."

Skylor and Hely took the court again for the third match, against Paul Oliver and Paul Alleyne. ITT won 4-1.

In the fourth match, Davenport and Metairie faced ITT's Clay Long and N. Young. ITT lost 4-0.

"By them visiting us, it makes me feel like we are accepted as individuals instead of prisoners"

"You can never tell what happened by the score – it doesn't tell you the full story," said Metairie, a design architect who has completed half-triathlons.

Skylor finally got a win when she teamed up with ITT member Noel Scott to play against her partner Hely and ITT's Chris Schuhmacher.

"If we didn't split, we could have lost them all," joked Hely about Skylor's win.

"It's fun to see people who love tennis as much as I do," Scott said.

In the final mixed match of the day, ITT's Alleyne teamed up with guest Davenport, who's working on her first novel. They played against Mohamed and Metairie. Tied up 3-3, Alleyne and Davenport came out of sudden death the winners.

After the final match, the guests and ITT members huddled around Alleyne.

"To have these guests in here, somebody put in a lot of work and that person is Sharon," Alleyne said. "Thank you. Also, Chris got a parole date after serving 17 years."

Schuhmacher responded, "The people inside and the community coming in, you guys were a big part of my rehabilitation. I've learned so much from this game – patience, tenacity – and I just wanna say thank you."

Project Avary's ways to work with inmates' children

By Marcus Henderson
Journalism Guild Chairman

By reading letters to their children, men incarcerated at San Quentin contributed to a documentary, *Love Letters to Our Fathers*, about building a relationship with imprisoned fathers.

In addition, the documentary features children, supported by Project Avary, reading letters to their incarcerated fathers.

The theme of the letters is "Love Lost and Love Found."

"The film stories highlight the parents' and child's struggles," said Zach Whelan, Project Avary executive director. "It captures the hurt and the pain, but also how the love is still there and how the parent and child want to reconcile."

The men were from San Quentin's Guiding Rage into Power (GRIP) self-help program, a longtime partner with Project Avary Prison Reconciliation Program and Insight Project Reach program.

"One of our goals is to show the parents how their incarceration impacts their children," said Whelan. "It's about encouraging them to reach out to their kids — no matter what you are, you are still a dad."

"The question parents need to ask is how this is affecting my child and understand they have to have patience. The kids are also living their sentence."

"Some of the kids could be living in poverty or dealing with abuse. The kids need time to heal; to just understand that because they are not writing you, they are working out things," added Whelan.

Project Avary is a San Francisco Bay Area-based organization that gives a 10-year commitment to about 125 kids with incarcerated parents. It has numerous programs such as summer camps, teen leadership and family-unity programs.

"It's about one kid at a time," said Whelan. "It's about giving them a long-term family feel."

In a recent outing, Project Avary trained the kids in



Courtesy of Project Avary

Learning life skills and discipline through the art of boxing

boxing and visited an indoor rock-climbing wall.

"It's a great release for the kids and helps them process things," said Whelan. "It's a good way to teach them the important life skills of discipline, positive thinking, self-empowerment, and anger management."

The kids, ranging from ages 8-10, are able to form lasting bonds with other children dealing with the same issues. The object is for them to form lifetime relationships. As the kids grow into adults, most of them return as counselors to help the next generation of children.

"Before Avary, I was all alone," said Patty. "I didn't know anyone else in a position like mine. But after Avary,

everything changed. I met people who know what I was going through. I didn't even know these kids existed."

"It's about giving them a long-term family feel"

At summer camp, Patty met long-time friend TT as 8- and 9-year-old kids, "She's 'fam,'" said Patty. Now in their 20s, both returned to Camp Avary as junior counselors.

"I remember looking up to the counselors when I was younger," said TT. "So now to come back as one that will be very special. I want to share everything I've learned."

The camp holds therapeutic campfire discussions, where the kids talk about the shame, stigma and the grief of having a parent in prison.

These discussions help the kids process their feeling in a safe place for self-discovery and reflection with other kids who are experiencing what they are going through.

"We have collaborated with

the San Francisco Unified School District to bring the Avary Fire Circle to the schools," said Whelan. "It's a support group with an eight-week curriculum."

Project Avary believes the 10-year commitment of 125 children is the best investment in a kid's life. Therefore, they are providing an organizational model that other community groups could follow for other kids.

They also offer the caregivers retreats and spa days.

"It's about self-care for them," said Whelan. "They can be financially stressed out, and we take them out and pamper them. Also with the camp, it gives them a week off."

Project Avary provides free year-around programs and summer camps, funded by contributions and donations.

This September San Quentin will hold the "March for the Next Generation" sponsored by the Kid CAT program to raise money for the kids. The Kid CAT group is made up of youth offenders, who came into prison as young as 14 to 16 years old.

Avary programs are also at Avenal, Solano and Soledad state prisons.

"I'm grateful to be part of an organization that is doing something rich and meaningful," said Amy Deleon, Project Avary director of community resources. "These kids are amazing; you can see how they value the programs. This is a life that is happening, and it's different seeing this side where the parents are."

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To donate you can go to <https://donatenow.networkforgood.org/projectavarydonatenow> or <https://www.facebook.com/ProjectAvary>.



Courtesy of Project Avary

The boxing program helps kids develop their confidence



Courtesy of Project Avary

Project Avary allows kids to form lasting relationships