

San Quentin News

THE REVA & DAVID LOGAN FOUNDATION

WRITTEN BY PRISONERS – ADVANCING SOCIAL JUSTICE

SOCIETY OF PROFESSIONAL JOURNALISTS



VOL. 2017 NO. 8

August 2017

Edition 95

SAN QUENTIN, CALIFORNIA 94964

www.sanquentinnews.com

POPULATION 4,112

Forgiveness and healing demonstrated at Restorative Symposium

By **Rahsaan Thomas**
Staff Writer

Linda White, who visits the man who murdered her daughter in Texas, spoke about how much forgiveness has done for her at a Restorative Justice Symposium inside San Quentin State Prison.

“I was really uncomfortable with all the violent responses to violence,” White said. “It seemed to me that adding more violence onto violence, you weren’t healing anybody.”

SQ resident Troy Smith and impromptu speaker Greg Winship, a former lifer who earned a master’s degree in restorative justice, also spoke at the symposium on the theme of healing, growth and transformation.

White went first. Breathing through a tube connected to an oxygen tank, the hard-of-hearing White sat before a mixed crowd of incarcerated men and outside community members on June 17.

See *Restorative* on Page 4

San Quentin hosts fourth D.A. forum



Photo by Jonathan Chiu

George Gascón along with district attorneys and volunteers listening to forum moderator Phoeun You speak

By **Juan Haines**
Senior Editor

San Francisco District Attorney George Gascón took the first step toward establishing a functioning information link between

his prosecution team members and the people they send to prison.

About a year ago, Gascón created a Formerly Incarcerated Advisory Board (FIAB), and on June 30, it met in San Quentin for the first time. The meeting brought

formerly incarcerated men and women as well as San Quentin inmates together for face-to-face discussions with two dozen staff members from the DA’s office.

See *D.A. forum* on Page 10



Courtesy of California Coalition for Women Prisoners

Sherry Graves (center) shares her loss of daughter Shaylene Graves, who died in custody

Protesters drawing attention to prison deaths and suicides

By **Marcus Henderson**
Journalism Guild Chairman

Advocates and families of prisoners have held rallies to protest the deaths and suicides

of their loved ones in California prisons and jails.

The California Coalition for Women Prisoners (CCWP) and families recently held a vigil in front of the California Institu-

tion for Women (CIW) at Corona to focus attention on the continued deaths and suicides in the facility.

See *Suicides* on Page 5

California’s death penalty remains deadlocked

By **Charles David Henry**
Staff Writer

The death penalty remains uncertain in California, with legal challenges facing lethal drug use and a voter-approved proposition to speed up executions.

California may be close to resuming executions in 2018,

though others say there are “too many variables and challenges remaining to make a prediction,” reported Don Thompson of the *Associated Press*, in an interview with Robert Weisberg, co-director of the Stanford Criminal Justice Center.

See *Death penalty* on Page 5



File photo

Viewing room in San Quentin’s death chamber



Avon Breast Cancer Walk

The 9th Annual SQ CARES 39-mile Avon Breast Cancer Walk took place on July 8-9.

4



Professional fútbol comes to SQ

The San Francisco Deltas played fútbol with the San Quentin squads.

18



Substance Use Disorder Treatment Program

Seventy-eight participants received certificates of completion.

20



San Quentin News is written and produced by prisoners. We are supported solely by grants and donations from the outside community. To make a donation, visit our website at: sanquentinnews.com or send a tax-deductible check or money order payable to:
Social Good Fund
“Friends of San Quentin News”
P.O. Box 494
San Quentin, CA 94964
In the check memo section, please write
“Friends of San Quentin News.”
Thank you for your support!

UNIVERSITY OF CALIFORNIA, BERKELEY
 Graduate School of Journalism



Cesar Chavez's grandson learns first hand about prisoners' struggles

By Juan Haines
 Senior Editor

More than three dozen Spanish-speaking men had the chance to take off their machismo masks and speak from their hearts to the grandson of a worldwide icon because of a groundbreaking self-help program in San Quentin.

Cesar Chavez's grandson, Anthony P. Chavez, sat in on the May 27 session of Guiding Rage Into Power (GRIP).

GRIP is a 52-week comprehensive offender accountability program that takes offenders on a healing journey deep inside themselves. Participants learn how to heal wounds originating in often violent and fractured lives—wounds that cause feelings of disconnection and a lack of responsibility to others, according to founder Jacques Verduin.

“You are some of the tenderest tough guys I’ve ever seen,” Chavez told the group.

Chavez said he was seeking a dialogue on the similarities in the struggles of farm workers and the incarcerated and on ending the school-to-prison pipeline.

“If it wasn’t for the compasarios (farm workers) I wouldn’t be where I am today,” Chavez said



Photo by Rapheale Casale - San Quentin News

Anthony P. Chavez, Lucía de la Fuente and Jacques Verduin

as he shared a poem, *Prayer of the Farm Workers' Struggle*. Three stanzas, he said, would drive the discussion.

Help me to take responsibility from my own life;

So that I can be free at last.

Grant me courage to serve others;

For in service there is true life.

Help us love even those who

hate us;

So we can change the world.

“You have to change laws and systems. But at the same time, you have to change the hearts and minds. That’s why I want to work in schools,” Chavez said about applying the stanzas to the dialogue.

The session began with 38 men sitting in a circle. They listened to Lucía de la Fuente ex-

plain the day’s lesson.

De la Fuente culturally adapted and translated the curriculum into Spanish in 2015, making GRIP the first program in California prisons for Hispanics, who make up 41 percent of the state’s inmate population.

Marco Villa led with a meditation exercise.

He instructed the men to take notice of any tension in their body, breathe into it, and release the stress.

Each session has a check-in component when men say how they feel physically, emotionally and spiritually.

With GRIP principles, scrolled in Spanish, the white board was angled for all the participants to see. One section instructed the students how to prevent violence by responding to stressful situations instead of reaction.

Sensations: What do you feel in your body?

Emotions: What are your emotions?

Thoughts: What are you telling yourself?

Actions: What did you do?

This exercise was tied to what Verduin called the moment of imminent danger, which is the time between thought and violence.

“Everything speeds up,”

Verduin told the men. “Being aware that you’re in a position of imminent danger gives you the chance to slow it down,” he said while spreading his arms wide.

In the next exercise, called Unfinished Business, the participant was given the opportunity to tell a loved one something they wished they’d said, but never had said.

There were two chairs in the middle of the group, a box of tissues placed nearby.

One of the men stood next to a chair and addressed everyone. He said he wanted to apologize to his parents for disgracing the family.

He read from a hand-written letter. His pace was slow as he turned the letter over and continued reading.

Afterward, he took questions from de la Fuente and other participants.

The man, in his 60s, was solemn, his eyes reddening from the emotions aroused by reading such a letter.

Verduin, smiling, applauded the man speaking in Spanish.

One person in the group dropped a bombshell. He’d recently learned his mother had a stroke and was comatose.

In tears, he talked about his regrets, failures and the remorse he’d gained from GRIP.

GRIP allows partakers to dig deep within and talk about the circumstances leading to crime. Doing so helps the person create empathy by connecting with himself and understanding the impact of crime on others, which significantly reduces chances that the person would commit future acts of violence.

Verduin repeated GRIP’s most significant lesson: hurt people hurt people and healed people heal people.

“When I think about the circle process, I think of the tremendous power of the group and how it is a way for everyone to be a teacher,” Chavez said.

“Pain shared is pain divided, and joy shared is joy added,” Chavez said. “I can respect the humanity in this place. That’s why I come here to share the struggle.”

Inmate firefighter saves fire captain's life

By Noel Scott
 Journalism Guild Writer

Firefighter and inmate Robert Kass saved the life of a Cal Fire captain, reports Sean Larsen for KEYT.

When a tree came crashing down, inmate Kass didn’t hesitate.

“Actually dove on top of him and covered him as the tree fell right there, so — it saved his life,” Cal Fire Captain John Schlickeiser said.

For Kass’ quick thinking, he just may get six months off his sentence, reports Larsen.

Kass, who works on the Cuesta Camp fire crew, humbly denied being a hero, stating, “I think God used me. He gets all the glory for that.”

Throughout California, fire camps give inmates a chance to learn life skills while they serve out their sentences. California Men’s Colony in San Luis Obispo formed the Cuesta Camp in 1962, and these inmates have been putting out fires ever since.

Qualified and proven inmates can become a part of the crew, like Jamal Ross, who was busted five years ago for robbery and sentenced to 10 years behind bars.

Ross, who has been on the fire crew since 2014, said, “I’m grateful to be able to repay with this time and my actions.”

According to Captain Schlickeiser, the camp helps inmates find meaning in

their lives. The inmates say it’s much more than learning how to cut down trees and put out fires, reported the KEYT story.

Ross regrets the robberies he did but believes that fate is what brought him to prison so he could learn how to be a better person.

“I’m very at peace, because I feel like I’m growing,” Ross says. He’s now considering a career as a firefighter when he paroled. “I have a few captains that have already offered me recommendations, which I appreciate, from them.”

For inmates like Ross and Kass, fire camps and other prison programs provide a path to success that’s transferable once they have been paroled.

States offer probation to ease prison overcrowding

By Joe Garcia
Journalism Guild Writer

Many states are shortening probation terms and offering probation more often as an alternative to prison.

The reality of prison overcrowding and budget problems is forcing states to look at easing the burden by changing sentencing guidelines for low-level offenses so that probation is an option. The Pew Charitable Trusts, an organization that funds research and analysis, follows and reported on this trend in April.

"I see this as a good thing. Shorter terms and fewer conditions for probation allow

people to become more productive citizens," said Marcus Hodges, president of the National Association of Probation Executives.

Too often, people on probation are saddled with too stringent conditions, which make it more likely that they will violate the terms of their probation and end up back behind bars, Hodges said.

"I've got to ask the question, 'Are we setting them up for failure?'" Hodges asked. "This whole notion of the probation-to-prison pipeline is something that we've got to look at."

South Dakota faced an exploding prison population in

2014, Pew noted. Most of it was fueled by people whose probation had been revoked, said Greg Sattizahn, the state's court administrator. Since then, South Dakota has worked to update its probation system, most recently enacting a law that allows people convicted of lesser crimes to be discharged from probation after one year for good behavior, Pew reported.

Missouri's "earned discharged" approach allows probationers to earn time off for complying with conditions of their sentencing, such as drug treatment. In three years, 36,000 probationers and parolees reduced their proba-

tion terms by an average of 14 months — with no increase in recidivism, Pew noted.

In Georgia, one in 16 adults is on probation — almost four times the national average. Because of strict violation enforcement, offenders may end up remaining on probation for as long as 20 years, even life in some cases, Pew stated. And often strict probation codes lead to prison time.

Gov. Nathan Deal led Georgia lawmakers who passed a probation reform bill in March to shorten probation sentences and reduce the caseloads of probation officers who are spread thin.

Deal, a Republican, has focused his efforts on revising Georgia's criminal justice system and was expected to sign the bill into law in July. Deal has introduced a slew of criminal justice reforms, including withholding salary raises for prosecutors in counties until they establish local drug and mental health courts to help struggling Georgians avoid jail time, according to *The Christian Science Monitor*.

Michigan Gov. Rick Snyder, another Republican, recently signed into law a package of

bills to minimize punishments for "technical violations" of probation and allow judges to reduce probation time for good behavior.

PEW ALSO REPORTED:

- Since 2012, Alabama and Hawaii have shortened probation terms.
- Louisiana, Minnesota and Oklahoma also have bills pending to cut the time offenders spend on probation or parole.
- Changing probation laws is currently popular with many lawmakers, from fiscal conservatives, worried about the rising costs of criminal justice, to social justice advocates concerned that too many people are locked up.
- The bills typically pass with overwhelmingly bipartisan support. Georgia and Michigan passed theirs by unanimous vote.

"After someone's demonstrated their ability to lead a productive life, to continue them on probation actually has negative consequences," asserted Marissa McCall Dodson, the policy director of the Southern Center for Human Rights.

Rehabilitative programs not enough to lower recidivism rates

By John Lam
Journalism Guild Writer

Rehabilitative programs for inmates are not enough to lower recidivism rates, according to Anthony Grasso, political science doctoral candidate at the University of Pennsylvania.

"Giving inmates an education or vocational training means nothing if there are no jobs or opportunities for economic mobility in the communities they return to," Grasso wrote in a British online opinion blog.

When governmental institutions approach rehabilitation as a "cure" for crime, they "attribute recidivism to the failings of individuals and disregard how structural socioeconomic inequalities contribute to criminal behavior," wrote Grasso.

Grasso warns of an increase in punishment for re-offenders known as "incorrigibles," who were exposed to rehabilitation.

"(The) revival of rehabilitation will likely exacerbate the

politics driving incarceration rates by prompting crackdowns on so-called 'incorrigibles,'" opines Grasso.

The first use of rehabilitation for inmates dates back to the late 1800s, when Zebulon Brockway, warden of New York's Elmira Reformatory, instituted a system to release inmates who "demonstrated adequate rehabilitative progress".

Despite Brockway's innovative approach, he believed some inmates were, "destined to lead lives of crime due to biological defects, which impeded their capacity for moral and rational thought," wrote Grasso.

For inmates he saw as incorrigible, "Elmira... locked up many inmates for extended periods and physically and psychologically abused others," wrote Grasso.

Scholars and politicians of that day approved Brockway's approach, and implemented the first use of "indeterminate sentence," which "became a two-pronged tool for reforming and

releasing reformable offenders and identifying and containing incorrigibles," according to Grasso.

"Now, as in the past, rehabilitative discourse masks the social and economic forces that contribute to crime," Grasso added.

"Rehabilitation's narrow focus on personal improvement obscures how failing schools, crippling joblessness, and government neglect contribute to crime in the low income communities most offenders hail from."

Grasso proposes public investments be made in poor neighborhoods to spur growth and create jobs for returning offenders as a way to reduce crime and recidivism.

"Without reforming the fundamental social and economic inequalities that contribute to crime, rehabilitative discourse will once again generate a backlash against some of the nation's most vulnerable citizens," Grasso concluded.

Immigration and Customs Enforcement agents target illegal immigrants

By Noel Scott
Journalism Guild Writer

Immigration and Customs Enforcement (ICE) agents are targeting courthouses to arrest illegal immigrants, reports James Queally, of the *LA Times*.

As President Trump's political platform promised, ICE agents have ramped up their efforts to rid the nation of illegal aliens.

According to Virginia Kice, an ICE spokeswoman, there are several reasons ICE agents have turned toward courthouse arrests. "In years past, most of these individuals would have been turned over to ICE by local authorities upon their release from jail based on ICE detainers.

"Now that many law enforcement agencies no longer honor ICE detainers, these individuals, who often have significant criminal histories, are released onto the street, presenting a potential public safety threat," Kice added.

Another reason is the tactical advantage. In courthouse arrests, suspects must pass through metal detectors when entering the building and are therefore unarmed when arrested, Kice said.

Courthouse arrests have been reported by attorneys and prosecutors in California, Arizona, Texas, Oregon and Colorado, Queally reported.

Although ICE agents are directed to avoid making arrests in sensitive locations such as schools, hospitals and

places of worship, prosecutors have felt a backlash effect, Kice said.

Denver City Attorney Kristi Bronson said she had to dismiss the prosecutions of four separate domestic violence cases when the complaining witnesses didn't appear to testify out of fear of being arrested.

California's Chief Justice Tani Cantil-Sakauye has even written a letter to the Trump administration urging them to stop ICE from stalking the state's courthouses to make arrests. "Courthouses should not be used as bait in the necessary enforcement of our country's immigration laws. Enforcement policies that include stalking courthouses and arresting undocumented immigrants, the vast majority of whom pose no risk to public safety, are neither safe nor fair," Cantil-Sakauye wrote.

Another negative impact that's been seen across the country is an erosion of trust between minority communities and local police departments. ICE agents are even posing as police to make arrests, a tactic that activists view as unethical, reports Queally.

Although court officials have no authority over ICE agents or their investigations, that didn't stop three judges in the Los Angeles Superior Court from ordering their staff to alert them if ICE agents were seen in their courtrooms, said an official that requested anonymity, reported the article.

Legislation seeks to overturn law barring ex-offenders from obtaining professional licenses

Legislators in Illinois, Kentucky and Nebraska are seeking to overturn laws prohibiting ex-offenders from receiving many kinds of professional licenses.

"Illinois is among a handful of states reconsidering their licensing rules...giving men and women...a chance...(and) it's drawing support across the political spectrum as lawmakers try to get more people with criminal records into jobs," the Pew Charitable Trusts reported.

"In Kentucky, legislators included changes to licensing in a bill that would also create work-release programs at jails...In Nebraska, a Libertarian senator has proposed rolling back licensing restrictions for all state residents, including those with criminal records."

On average, each state has

56 occupational licensing and 43 business licensing laws that ban applicants with felony convictions, according to the Alliance for a Just Society, a network of nonprofits.

One in four U.S. residents, 86 million, is in the FBI's criminal database, and nearly one in three U.S. workers needs an occupational license to do their jobs, according to Pew.

License restrictions for offenders have forced some to work illegally. "We have spoken with people who wanted a certain type of job without a license and have been paid under the table," said Kim Buddin-Crawford of the American Civil Liberties Union of Michigan, which supports changes in licensing.

Eliminating restrictions has support from Kentucky's licensing boards. Some of

Kentucky's 60-odd licensing boards want to get rid of blanket bans on applicants with a criminal history, said Republican state Sen. Whitney Westfield, who is sponsoring a bill to prevent state licensing entities from rejecting applicants based on felony convictions.

The Safer Foundation, a Chicago-based nonprofit that helps felons find jobs, says even health care employers, who have long been wary of hiring people with a criminal history, have become open to doing so. "They're at a point where they can no longer turn away people," said Sodiqa Williams, vice president of the nonprofit.

Research shows that ex-offenders who are steadily employed are less likely to get into trouble with the law again, according to Pew.

— John Lam

Billionaire Wayne Hughes Jr. backs criminal justice reform

'And when you look at the amount of money we're spending ... we're getting horrible results'

By Joe Garcia
Journalism Guild Writer

A California billionaire recently met with state political leaders to discuss criminal justice reform and the possibility of redemption for many previously incarcerated people.

B. Wayne Hughes Jr. was in Sacramento to gain support for a bill he's backing that would help veterans who've served time for low-level crimes, as reported in the *San Francisco Chronicle*.

"If you listen to the stories of the men and women who have been incarcerated, it's horrible

what they've been through," Hughes told a *Chronicle* reporter in April. "And when you look at the amount of money we're spending... we're getting horrible results. All we're doing is making better criminals."

Hughes, the billionaire whose father founded the Public Storage Company, gave nearly \$1.3 million to Proposition 47 in 2014. He also helps fund a prison ministry and runs a ranch near Paso Robles that provides faith-based mental health treatment for veterans who suffer from post-traumatic stress.

The bill that brought Hughes

to the State Capitol combines his interests in helping veterans and improving the criminal justice system. Senate Bill 339 would require the state to study the effectiveness of veterans' courts, which help veterans who commit low-level crimes involving addiction or mental illness get treatment instead of sending them to prison.

Hughes has offered to pay \$100,000 to cover half the cost of the SB339 study.

"That ought to be an easy deal," said state Sen. Jim Nielsen as Hughes and his lobbyist explained the bill in a visit to Nielsen's office. The Republican senator pledged his

support, saying the bill holds offenders accountable while giving veterans "a fair shake in the judicial system."

Hughes is just as likely to write a check to a Republican cause as a Democratic one. He left the Republican Party in 2016 and gave over \$100,000 to Libertarian candidate Gary Johnson's presidential campaign.

"There aren't a lot of people of his means that get involved with trying to improve the criminal justice system," said John Burton, long-time former Democratic office-holder. "The people that care about improving it — like me — are

a bunch of bleeding hearts."

Hughes' interest in helping the downtrodden began when he came to Christianity about 20 years ago and evolved in 2009 when he met Chuck Colson, the former Nixon staffer who pled guilty to Watergate crimes.

They sat beside each other at a fund-raiser for Colson's global prison ministry, and Hughes recalls being blown away by the former inmate's stories of redemption.

"It was a life-changing event," said Hughes. "My empathy quotient went way up to the point where I decided I was going to do something."

Avon's 39-mile Walk of celebration and remembrance

By Marcus Henderson
Journalism Guild Chairman

A small array of pink T-shirts filled San Quentin's Lower Yard as guests, volunteers and prisoners walked 39 miles celebrating the lives of cancer survivors and those who have succumbed to the disease.

The 9th Annual SQ CARES (Compassion, Accountability, Responsibility, Express through community Service) Avon Walk for Breast Cancer was a two-day event, July 8 and 9, in which the men in blue and other participants walked 26 miles the first day and 13 miles the next.

SQ CARES raised close to \$2,000 dollars through \$5 donations from prisoners, staff and volunteers.

"The great thing about this event is the men inside started it," said Chris Bailey, volunteer and CARES board member. "To honor the women in their lives who have battled

the disease, that pulls on your heartstrings because of what women mean in our lives. And honoring them helps us to be the men in somebody else's life."

The incarcerated men sported pink ribbons and pink rubber wristbands in remembrance of their loved ones, past and present. The participants took short breaks to listen to speeches and musical groups, or to sign the many posters surrounding the yard.

"This was really unique," said Lisa Clark, Prison University Project (PUP) volunteer. "It was so many guys standing in solidarity, walking for their families. It felt more like a celebration of life, than people mourning. It's so much energy here for so many causes; this kind of positivity needs to be on the outside."

Singer Pamela Delgado and guitarist Jeri Jones of "The Pam and Jeri Show" performed

courtesy of Bread & Roses, a Marin County organization that brings entertainment into the prison.

The group played cover songs like "Shining Star" and "Rock Steady," but their original songs "Trouble" and "Crossing" spoke to the event.

"There is energy in the voice whether it's poems, rap or singing. It's a war against the evil disease cancer"

"Trouble" dealt with recognizing when you have so much going on in your life that you have to call on your inner wisdom to bring you back into the positive. "Crossing" was dedicated to Pam's brother who died from cancer.

"The song is about when I will see him again, and when I do, it will be like home," said Delgado. "Coming here is wonderful. You get to connect with everybody. The volunteers get the experience to know what's going on and for the people who walked, this is the best healing."

Philippe "Kells" Kelly, who arrived at San Quentin a year ago, walked for his mother, who died from the disease, and a friend who has survived it.

"We have to be more supportive of each other. Some people are like, I'm not going through it. It's not my problem. But anything is possible if we come together," Kelly said.

Prisoners James Metters and Hamisi X. Spears rocked the small crowd with a socially conscious rap song, "Shouting for Peace." The catchy hook had people singing along. "We fight injustice. We fight the beast. We fight against cancer and every other disease."

"It's about the eternal struggle," said Spears. "It's about having faith in God, the one who can heal the cancer. I lost my mom, grandmother and uncle. I just hope it's not hereditary."

Metters added, "There is energy in the voice whether it's poems, rap or singing. It's a war against the evil disease cancer. I dedicate this to my Aunt Janet and Uncle Dave that died from the disease."

Tammy Appling-Cabading, Academic Peer Education volunteer, walked for her sister, a five-year survivor, and for friends she has lost.

"Each individual here has a complex story dealing with their situation and this disease. This is a way for them to participate in what's going on in society," Appling-Cabading said. "Eventually these guys will be getting out. We have to ask ourselves as a nation what will happen if we don't help them rehabilitate."

Restorative

Continued from Page 1

The trip from Texas marked her second time addressing the members of a Restorative Justice (RJ) program at Quentin.

Speaking from her heart, she used a combination of frankness and humor to tell the story about her latest visit with Gary, the man who killed her daughter, Cathy, and whom she helped get paroled.

This time SQ RJ volunteer Mac Lingo, who has seen a video of White visiting Gary in prison, asked her to take him. They went to the Catfish Kitchen in Beaumont, Texas, with Gary and his fiancée. They talked and talked and talked.

"We talked so long the waitress thought we were never going to order any food," White said. "It was so great, so comfortable. I just feel so full of love. A little part of me says, 'That man killed your daughter,'" Lingo said, "That's not the same man that killed your daughter."

Lingo said, "One of my ministries is thanking people, and I knew how much Gary's

appearance in that video was worth, and I also knew that nobody ever told him about that. It was really special. Yes, I know what he's done, but I also saw who he's become. We're not meeting the man who killed her daughter. The body is the same, but the man is different."

In November 1986 her daughter, Cathy, went missing. For five days, her family went crazy with worry. Then the bad news came that she had been murdered. White described going from shock and disbelief to total despair after hearing the news.

White learned about restorative justice by chance at a meeting in Houston. There she saw *The Little Book of Restorative Justice*, picked it up and read it.

In 1997, she volunteered to teach a college philosophy course in prison on death and dying. Going inside healed White.

"All my students in prison were human beings," White said. "Many of them had been victimized in many ways long before they committed a crime. It didn't take me long at all to see we had a lot in common. When you began to see the humanity and how many experiences

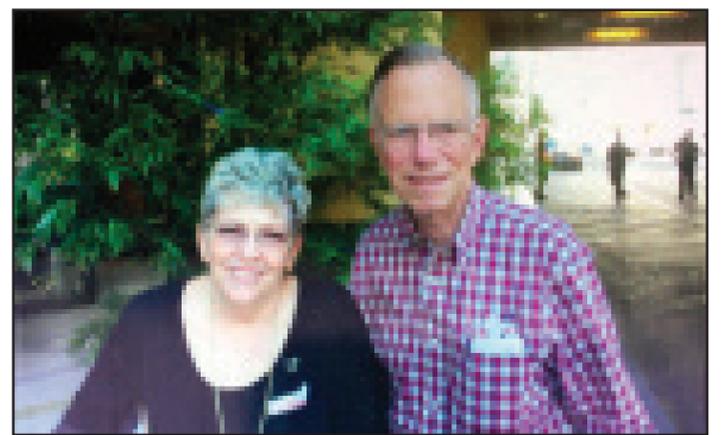
that they have had and endured in prison, it's a humbling experience."

White decided she wanted to meet the two men responsible for what happened to Cathy. Gary agreed and from him she learned that he was a troubled kid that used drugs. She also learned that her daughter's last words were, "I forgive you and God will too."

SQ resident Billy Fuller told White, "I've seen the video, like, eight times. You are by far one of the strongest, most remarkable young ladies that I've ever met. I consider you my gift from God."

Shortly after White left the podium, Smith spoke about forgiving a man that bullied him as a kid and also lives in San Quentin.

"I was bullied on a regular basis when I first came to California," Smith said. "I dealt with bullying about eight years, and I vowed to get them all back. I got them all except one — Curtis Perry. He sucker punched me and gave me a concussion. He's my friend now, and that happened over 36 years ago. Different people have different levels of forgiveness. This was the one time I forgave



Courtesy of Mac Lingo

Linda White and Mac Lingo

someone face to face."

Greg Winship drove White to the symposium and wasn't scheduled to speak until Restorative Justice Facilitator Darnell "Mo" Washington heard his story.

Winship spent over 20 years in prison. Now he does restorative justice work at the Center for Conflict Resolution in Kansas City, Mo., in schools and in state prisons, as well as a federal prison.

He earned his master's degree in restorative justice from Eastern Mennonite University in Harrison, Va. Howard Zehr,

author of *The Little Book of Restorative Justice*, delivered the commencement speech.

"Ten years from now, you don't know where you're gonna be," Winship said. "Every day you spend in here is preparation for what you'll do out there. It gave me 20 years of experience. I know the system — how can I better the system?"

Jean Ramirez added, "Greg, you are an exemplification of the power you men have. You have a power that nobody else has in terms of credibility to save others from going into that situation."

California spends \$11 billion annually on its prison system

By Kevin D. Sawyer
Associate Editor

The California Department of Corrections and Rehabilitation (CDCR) operates one of the most expensive prison systems in the world, at an annual cost of

\$11 billion, according to a news report by the *Orange County Register*.

The state also has one of the nation's largest law enforcement agencies, employing more than 30,000 corrections officers, parole agents and investiga-

tors. The average wage in May 2016 for officers annually was \$70,020, it was reported.

According to *The Associated Press (AP)*, "The cost of imprisoning each of California's 130,000 inmates is expected to reach a record \$75,560 in the

next year."

The Bureau of Labor Statistics reported that California had 37,050 correctional officers and jailers at this time last year, according to the *Register*. The number includes state, county and local state employees.

Reportedly it cost California more than \$70,000 a year to incarcerate each inmate on average because nearly half the costs go to security. Cost for medical care balanced out to about \$15,000 per inmate annually.

"That's enough to cover the annual cost of attending Harvard University and still have plenty left over for pizza and beer," the *AP* noted.

Other costs associated with an inmate's yearly incarceration include psychiatric services, \$3,359; pharmaceuticals, \$2,143; dental care, \$1,246; and food, \$2,082. The cost of an inmate's rehabilitative programs in academic education and vocational training was just over \$1,600 a year. Additional inmate expenses include facility operations, records, and other activities.

"The prison population has declined in recent years," the

Register reported. "But the population at many facilities is more than 150 percent of designed capacity."

"In 2011, California prisons were operating at 179.5 percent of design capacity," the *Register* reported, using CDCR statistics.

According to the *Register*, prisons and camps in California were at 131.9 percent capacity at the end of April 2017, with more than 118,000 men and women incarcerated throughout the state, 747 on death row. Another 4,253 are held in private prisons in Arizona and Mississippi.

California's budget for the fiscal year that started July 1 provides a record \$11.4 billion for the CDCR. According to the *AP*, "there will be 11,500 fewer inmates in four years because voters in November approved earlier releases for many inmates."

"The price for each inmate has doubled since 2005, even as court orders related to overcrowding have reduced the population by about one-quarter," the *AP* reported. "Salaries and benefits for prison guards and medical providers drove much of the increase."

Suicide demonstration at C.I.W.

By Lacey Rose
Special Contributor to the
San Quentin News

California Institution for Women, June 1: Sometime between 6:30 and 7 p.m., several vehicles simultaneously arrived and parked along the side of the road running parallel to the eastern face of the prison and recreational yard. Shortly thereafter, at least 50 people appeared in the road, making a lot of noise. Prisoners migrated to the edge of the field. Some time passed before we were able to collectively process what turned out to be an unexpected display of compassion.

Immediately following our realization that these were some

sort of activists choosing not to turn a blind eye to our plight, came the heart-breaking awareness that they were also probably the families of the women who recently died here. Little kids came carrying epitaph signs, with a different name for each of the women that passed last year. They carried other signs protesting the "Correctional Industry," or with slogans like "CARE not CAGE." The group loudly beat a drum as they marched to the nearest point of proximity to us. A woman with a megaphone prompted the two groups, convicts and civilians, to yell short phrases in unison such as: "It's not suicide!" and "We want out alive!" They said many times that they're fighting for us

on the outside and that we have not been forgotten. Their sincere gestures meant a lot to us.

The demonstration was peaceful but emotionally overwhelming; many people on both sides of the fence were crying. Generally, I try to ignore the injustices of a judicial system often controlled by inhumane government agencies because it all seems so far beyond my control. I assumed the rest of the world was ignoring me back.

I am relieved to know that this mass incarceration trend is being scrutinized by the public and that many people out there are advocating for change. Suddenly, the situational dilemma in which we live does not seem as hopeless.

Suicides

Continued from Page 1

California's state prisons recorded eight suicides in the first five months of the year. Also, earlier this year, four prisoners died in nine days at Twin Towers Correctional Facility in Los Angeles County Jail, sparking a clash between protesters and police that momentarily shut down part of a street leading to the main jail complex, according to the *Los Angeles Times*.

National attention was aimed at the suicide of ex-NFL star Aaron Hernandez in a Massachusetts jail.

The women's institutions in the California Department of Corrections and Rehabilitation (CDCR) have taken the lead in implementing preventive measures to raise awareness.

"There are a lot of reasons that someone might consider killing themselves. Often it is because they have lost hope for



Courtesy of California Coalition for Women Prisoners

Protesters hold a vigil outside of state prison CIW

themselves or something happened that throws them into a crisis," wrote the California Coalition for Women Prisoners (CCWP), a statewide support organization, in a Suicide Prevention pamphlet.

"I am a suicide survivor who has battled depression for many years," said Brinda McCoy, an inmate from CIW, reported CCWP's newsletter *The Fire*

Inside. "Locking up inmates in isolation rooms and prescribing heavy doses of psych medication is both temporary and unproductive.

"I believe we need support groups to help us process our feelings of depression/suicide. Talking about the root causes and alternatives to medication must be considered," added McCoy.

a single-drug process already approved by the U.S. Supreme Court.

Referring to lethal injections, Denno told the *AP*, "It's a complicated process, and everything has to be going right, and it's so easy in a prison context for everything not to go right."

She noted that deadly drugs must be properly measured, mixed and administered to ensure a painless death. Denno equates the current process to "letting amateurs provide anesthesia for surgery," Thompson reported.

According to the *AP*, "The proposed rules now give executioners 10 minutes to administer each round of lethal drugs. The first batch is supposed to kill, but if that initial dose doesn't work, executioners would administer four more similar doses, each with a 10-minute countdown clock to make sure

the process doesn't drag on for hours, as critics said was a possibility under the original rules."

"If the inmate is still alive after the five massive doses, the San Quentin warden shall stop the execution and summons the medical staff to assist," the regulations read.

In spite of all these new regulatory changes, execution officials' choices of drugs are limited to four powerful barbiturates: amobarbital, pentobarbital, secobarbital or thiopental. Officials in other states have experienced prolonged executions. "Their efforts to carry out the death penalty have been thwarted by a lack of lethal drugs," the *AP* noted.

Midazolam will not be used in California. According to the Berkeley Law Death Penalty Clinic, an opponent to capital punishment, amobarbital and

secobarbital have never been used in executions.

Proposition 66 currently is blocked by the California's Supreme Court, but Weisberg pointed out that even if it is completely rejected, that would not derail the executions of inmates whose appeals are exhausted. The proposition is aimed at speeding up executions.

Those executions could proceed once the state has an approved lethal injection process. However, "inmates could also choose to die in the gas chamber," the *AP* noted.

California's Supreme Court will decide whether to speed up executions by reducing the time allowed for appeals.

U.S. District Court Judge Jeremy Fogel, who halted executions in California in 2006, ordered prison officials to improve the lethal injection process.

THE PAMPHLET LAYS OUT THINGS ANYONE CAN DO IF YOU FEEL LIKE HARMING OR KILLING THEMSELVES:

- Reach out to your family or friends and let them know how you are feeling.
- Seek advice from staff or religious leaders who you trust and feel can help you.
- Believe in yourself, your worth and your ability to make changes. Try not to judge yourself or be ashamed of your feelings.
- Get help from a professional to work on some of what led to your attempt to hurt yourself and that supports you in getting closer to your goals.

SIGNS TO LOOK FOR:

- Talking about harming or killing himself or herself (even if they say it in a joking way but say it often)
- Talking or writing a lot about death
- Seeking access to something they could use to hurt themselves (i.e., pills, a knife or sharp object, a razor)
- Feeling extreme hopelessness, guilt, shame or self-hatred
- Neglecting appearance, loss of interest in day-to-day activities or showing big changes in eating and/or sleeping habits
- Dropping out of activities in which they were involved and/or isolating themselves from people they usually spend time with
- Speak up if you are worried. Check in with the person instead of waiting for him or her to come to you. If there is a trusted staff member, share your concern.
- Remind them of the things they care about that make them happy.
- Remember: Many people that have thoughts of suicide feel isolated and misunderstood. If you think someone might attempt suicide, let him or her know they are not alone. If you have overcome suicidal thoughts, you can share that with them too.

Death penalty

Continued from Page 1

California's Death Row inmates are symbolic of capital punishment gone wrong. Recent revisions to the state's proposed regulations still don't cure underlying problems that can lead to a botched execution, said Deborah Denno, a professor at Fordham University School of Law, an expert on lethal injections.

Prodded by voter opposition and lawsuits, "The nation's most populous state may now be easing back toward allowing executions, though observers are spilt on how quickly they will resume, if at all," *The Associated Press* reported.

Weisberg noted that California's proposed lethal injection regulations are patterned after

Five men graduate with degrees from Gateway Seminary

By Wesley Eisiminger
Staff Writer

A clear sky and blue waters, seen from San Quentin State Prison's visiting room, served as the backdrop for friends and family to witness four incarcerated men earn degrees from a Christian leadership ministry course.

The men graduated on June 16 from Gateway Seminary, North Bay School of Theology (formerly Golden Gate Baptist Theological Seminary).

"I took this class to be closer to the Lord and step in my calling to preach the gospel," Anthony Prater Sr. said.

Prater's mother looking on added, "He has grown and matured as a man and will continue on and serve the purpose God has for him."

Joyous gospel singing brought the room to life through a performance by the Garden Chapel Music Ministry.

The Rev. Miguel Rodriguez welcomed the graduates and



Photo by Eddie Herena - San Quentin News

Graduates Julio Saca, Anthony Prater Sr., Louis Hunter Jr. and Edward Brooks

guests. Chaplain Mardi Jackson gave an innovation.

"God be the Glory," Jackson called the day.

Graduate Julio Saca is scheduled to be released from prison in September. He said he plans to continue with the ministry.

"It definitely gave me growth and increased my faith in the Lord by learning more about the Bible," Saca said.

Saca's mother and sister attended the graduation. Both expressed their pride and happiness in the positive changes

they see in Saca.

Graduate Edward Brooks said, "I was part of the church and when I got here at San Quentin I took the class to learn more about Christ."

Brooks, Prater and Saca earned degrees for completing

the first part of the program, while Louis Hunter Jr. earned a diploma in Theology, Christian Leadership Development, for completing part two.

Prior to being handed their degrees, each graduate gave a brief testimony.

Hunter said he began the course in 2010. He talked about the trials and tribulations of staying in the class. At times, the difficulties made him want to quit, but perseverance kept him going and before he knew it, he finished the class.

"He stayed the course and is doing what God intended him to do," Hunter's sister said. "This accomplishment is another step for God's will, as to fill his destiny."

Saca testified to his struggles while taking the class, "Staying in the class has allowed me to be closer to Christ," Saca said. "I wanted change in my life and it was well worth it to make me change and be a better person."

Shavougue Mason graduated in absentia.

Former SQ residents return with the sounds of gospel

By Marcus Henderson
Journalism Guild Chairman

Songs of struggle and redemption boomed in San Quentin's Protestant Chapel as two of its former residents brought an audience of hundreds to their feet with the sounds of gospel.

Richard Brown and Darryl Buckhana were serving life sentences before they were given a second chance under Proposition 36. The 2012 measure reformed California's Three Strikes Law, giving judges the authority to resent non-violent offenders and release them.

On June 2, they returned to the prison with their gospel group, Faithful, to perform their new album and join in fellowship with their old congregation.

"I'm not perfect. It took me

17 years for God to touch me," said Brown. "Keep doing what you're doing to get out. God sent me back out when people thought they sold me out.

"Don't feel abandoned. You haven't been forgotten. I had 25 to life. When I got arrested, I thought I was too old and wouldn't have anything. But God blessed me; now I have a wife and a house. Don't give up," Brown encouraged.

Both singers were in the San Quentin choir and were in a group called New Day along with still-incarcerated keyboardist/singer W. "Rico" Rogers. Brown and Buckhana paroled and continued New Day with longtime friend John Easter. They changed the group's name to Faithful due to another band having control of the New Day name.

"Coming here, you see a lot of brothers who love the



Photo by Eddie Herena - San Quentin News

Faithful members Darryl Buckhana, John Easter and Richard Brown

Lord. They just need a second chance," Easter said. "A lot of us were going through the same situations and struggles like everyone else — we just

wasn't caught. We just feel blessed to make it back to the church."

The group reunited with Rogers to perform a moving rendition of "Heaven Is My Home" that had guests and inmates on their feet, singing along to the chorus "I'm only passing through because heaven is my home / Jesus is going to heaven to build us a mansion / Take me home, Father, please don't forsake me."

"They look good and prosperous," Rogers said. "Seeing them made me realize how much I missed playing music with them. I can't wait to get back to the music with them."

Buckhana added, "I remember a lot of these guys; we have gone from prison to prison with each other. I felt the love and kind of the sorrow, too. I now have an opportunity to go home — it's just hard to process. I pray for all the Garden Chapel members."

The Faithful sang "It Was Predestined" and "Give God the Praise" off their album. The beautiful harmony put you in mind of the golden-oldies singing group the Chi-lites, with Brown hitting the high

falsesetto notes.

The Graced Out Ministries, an assembly of young congregation members, hosted the event.

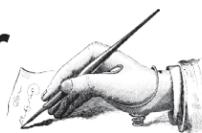
Antoine Watie and Ferrari Moody gave inspirational sermons. Moody's lecture was titled "Don't Allow Your Emotions to Destroy Your Destiny." He taught on lust for material things, lust for power, and lust for praise. He spoke especially about people who are unfaithful within religion and try to take down other believers inside the community.

Harry "ATL" Smith brought a blend of street realism and redemption through Christ with his gospel rap "Straight Up."

"Christ coming, bra / It's time to get focused and prayed up / Jesus hung on that cross, just to save us / And for that, Lord, I owe you everything / You deserve it all, Lord / I'm sacrificing everything, straight up," Smith's chorus said.

"My song is geared to the youth, because they have to be reached. Our grandmothers or uncles can't do it," Smith said. "They have to see us doing the right things."

Letters To The Editor



Dear San Quentin News,

I'm currently incarcerated in the Florida Department of Corrections with a life sentence, eligible for parole after 25 years. The current parole system doesn't work in Florida. There are about 4,500 of us left of about 100,000 inmates and a lot of these guys are old. Why is Florida not giving these guys a shot at society after 28, 30, 40 years? I admire what the state of California is doing, particularly San Quentin with the programs.

E. Wilridge
Hamilton Correctional Institution

Dear Mr. Wilridge,

Thank you for taking an interest in the *San Quentin News*. San Quentin has an abundance of programs, but the inmate population started the majority of them. We appreciate the administration for allowing us to implement these programs; however, there are many inmates who, as you suggest, are old and still float around California institutions. For example, I know a man, Mr. Alexander, who has been in the California state prison system over 40 years and was sentenced to seven-to-life. These people have paid their debt to society, been rehabilitated and should be given a chance to prove that they are more of an asset to the community they damaged—instead of wasting taxpayers' dollars sitting in a 4-by-12-foot cell.

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

Going home after 33 years and seven board denials

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

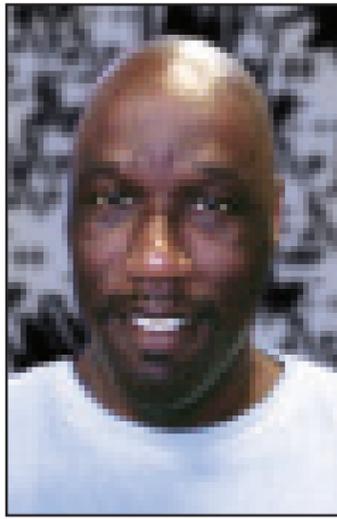
After 33 years of incarceration and seven denials by the Parole Board, Troy Smith, (52) never give up hope. He became the latest Kid CAT member to be found suitable for parole.

"I want to thank all of my brothers in Kid CAT who supported me while I was preparing for my hearing, especially Charlie Spence who spent many nights walking the yard helping me to prepare," said Smith, locked up since age 19.

"I've never been to a place where there is so much support before."

In response, Kid CAT Chairman Charlie Spence said, "The credit really belongs to him. The work he's done is amazing. He is living his truth and I'm so happy for him."

After overcoming decades of



File photo

Troy Smith

internal conflicts rooted in his childhood, Smith was found suitable on May 10.

"My biggest challenge was telling the Parole Board the truth of my childhood," said Smith. "In the past, I told them it was normal, but the reality was – I

never knew my father and my mother was a drug addict who raised five kids on her own and I was mostly left to fend for myself.

"For the longest time I also couldn't talk about the shame of being bullied when I was younger.

"But with the help of facilitators in the Kid CAT curriculum, I was able to open up about my shame in order for me to heal."

From an early childhood, Troy sought male role models from those in his neighborhood.

"Crime was prevalent where I grew up, I was small and shy, and the neighborhood kids targeted me," said Smith. "My mom, brothers and uncle told me to fight back, but I was afraid."

The turning point for Smith came at 13 years old.

"One day, when I was 13, I was beat-up real bad by older kids at school. Older gang members in my neighborhood asked me what happened and the next day, I went to school with a gun they gave me to use, but luckily, nothing happened," said Smith.

"It was the first time I felt powerful, and I was praised by the gang, for 'handling my business.'"

"At 14, I joined my neighborhood gang, and began selling drugs, committing

crimes to create an image to hide the insecurities I felt about being bullied."

From 14 to 19, Smith accumulated 10 arrests ranging from petty theft to his life crime of kidnap robbery in 1984.

"On my first night in prison, someone was murdered in front of me"

After being convicted of kidnap robbery, Smith was sentenced to seven-years-to-life plus 12 years.

"I thought my life was over," said Smith. "On my first night in prison, someone was murdered in front of me."

"That incident opened my eyes to see what I was facing so I made knives to survive."

From 1986 to 2004, Smith had 17 disciplinary infractions ranging from disrespecting staff to stabbing an inmate.

"I was angry for so long at the system I didn't understand," said Smith. "People were going home before me, doing less time for murder."

"In 2004, I had an awakening, and realized that it was me, not the system, that kept me locked

up."

Encouraged by a school administrator, Smith obtained his GED in 2006 and graduated with an associate's degree in 2008.

"When I arrived to San Quentin in 2013, I saw a family friend go home after serving 36 years," said Smith. "Seeing that gave me so much hope."

In early 2015, Smith's mother passed away and later in the same year, Smith was found unsuitable for parole for the fifth time.

"When the board denied me three years for a lack of insight in 2015, I felt demoralized," said Smith. "I questioned whether to continue on the path or say screw it."

"What pulled me through was the promise I made to my mother to never give up," said Smith. "We made amends and she's been there with me [in spirit] for the 31 years of my incarceration."

"When the board found me suitable this time, I thought of my mom, and it made me cry to remember all the times she supported me, and now she is gone. So I just have to live the best I can in her memory."

Smith will begin his new life when he paroles in August.

"The biggest advice I can give to others is to never give up and embrace yourself," said Smith.

No impact on juvenile recidivism despite high investment

California's high investment in incarcerating youth offenders is having no impact on recidivism rates, according to a report published by the Center on Juvenile and Criminal Justice (CJJC).

"California's state youth correctional system, the Division of Juvenile Justice (DJJ), is among the most expensive per youth in the United States...the cost per youth for one year could reach a record high of more than \$270,000," CJJC reported in April.

The cost of housing youth offenders has risen the past five years from \$198,465 to a high of \$271,318, according to CJJC. This cost compares with an average of \$75,560 per adult inmate in California..

Despite the increased per capita spending on youth

offenders, the California Department of Corrections and Rehabilitation (CDCR) found in a 2017 study that young people leaving DJJ maintained persistently high rates of re-arrest, reconviction and return to state custody within three years.

In a 2017 report published by DJJ, re-arrest rates were 74.2 percent, reconviction 53.8 percent, and return to DJJ or state custody 37.3 percent.

Recent recidivism data reveal that DJJ's rehabilitative programming is not producing satisfactory results. Moreover, in this fiscal year, California will spend more than a quarter million dollars per youth on a system that cannot demonstrate consistent or satisfactory outcomes for the youth in its care," CJJC reported.

— John Lam

Report shows children of incarcerated parents have increased health risks

Children of incarcerated parents have a greater degree of sleep and eating problems, according to a recent crime report.

"Children of incarcerated mothers were more likely to experience insufficient sleep on a regular basis. Moreover, the diets of these children were characterized by more fast food, sweets, soda, and salty snacks, relative to children whose mothers had not experienced incarceration," *The Crime Report* published in April.

"We also found that having a father behind bars poses simi-

lar risks to children's sleep and dietary patterns."

The report highlights several additional findings on children of the incarcerated with increases in:

- academic difficulties
- behavioral problems
- illicit drug use
- socio-emotional skill deficits

The report proposed using elementary schools as "points of intervention," citing that children of incarcerated parents can be identified better by teachers, staff and administrators.

"It may be worthwhile to

consider implementing policies that encourage and reward school systems for adopting healthier guidelines for meals and snacks, especially those in disadvantaged communities where there is a larger proportion of households affected by incarceration," noted *The Crime Report*.

"Our findings should make it clear that incarceration impacts not only the parent who is under correctional control, but also has profound and widespread effects on the health and well-being of their offspring."

— John Lam

Dear Kid CAT

Dear Kid CAT,

I have just read your article about Borey Ai, and let me just say it was both inspiring and motivating. I am currently serving a 50-to-life sentence and I have been incarcerated since 2006. As in Borey's case, I was also 14 years old. Throughout my time I've had many obstacles to overcome, but I feel I'm now on the right track. I'm currently working on my A.A. degree. I'm also taking multiple correspondence courses, both self-help and religious, but I feel I need to do more. I would greatly appreciate any advice and guidance you can give me. Thank you.

G. Hernandez, Calipatria State Prison

Dear Hernandez,

We want to applaud you for taking the necessary steps to improve your life by getting an education and participating in self-help groups. The hunger that you speak of is also what made our paroled Kid CAT members successful. So be proud of that hunger.

You ask if there is any advice we can give. It is this: take the time to practice self-introspection, to understand the drives and motives that led you to commit your crime. This is fundamental to ensure a successful future without violence or crime. Moreover, "doing the work within" is the key to freedom, not only physically but mentally as well.

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!

Locked up - How does it affect children when a parent gets locked up? When we debate crime and punishment, too often we ignore all the people who are affected when someone convicted of a crime gets locked up. How have you seen the arrest of a parent affect their children? If one of your parents were was arrested, how do you think it affected you?

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

Court rules against FCC price-caps on calls

By Kevin D. Sawyer
Associate Editor

Inmates' families and advocates have lost another battle to place a cap on the price of in-state telephone calls made from prison.

The United States Court of Appeals for the District of Columbia Circuit voted 2-1 to strike down regulations that would have prevented phone companies from charging high prices for intrastate phone calls made by inmates.

"The Federal Communications Commission (FCC) rules were challenged by telecom firms," the *New York Times* reported. These firms disagreed with the rate structure imposed and argued "the agency did not have the authority to

regulate the in-state prison phone rates."

The court agreed, saying the FCC went beyond its authority when it limited the rate of these calls in 2015. In its opinion, the court noted, "Following the presidential inauguration in January 2017, counsel for the FCC advised the court that, due to a change in the composition of the commission, 'a majority of the current commission does not believe that the agency has the authority to cap intrastate rates.'"

The FCC had placed a cap on interstate and intrastate calls in response to years of complaints by prisoners' advocates and families. But, inmate phone industry leaders Global Tel*Link and Securus Technologies filed a petition to block the regulation pending the outcome of the court's decision on the lawsuit against the agency.

The commission was preparing to defend its regulations, but President Trump appointed Ajit Pai as the FCC's new chairperson. According to the

Times, Pai said agency lawyers would not argue to defend its regulations in the court.

"Since his appointment, Mr. Pai has led a charge to overturn Obama administration regulations at the FCC," the *Times* reported. As a commissioner, Pai was against the 2015 prison phone rate rules.

The *Times* reported that Pai said he would work with legislators and other FCC members to address the high cost of prison phone calls "in a lawful manner." According to the *Times*, Mignon Clyburn, the only Democratic commissioner, has been at the head of the fight to restrict the costs of high prison phone rates, calling the rising cost a civil rights issue that prevents inmates from being able to call their children. Currently, there are more than 2 million children in the United States with at least one incarcerated parent.

It's "the greatest form of regulatory injustice I have seen in my 18 years as a regulator in the communications space," said Clyburn in a statement.

Folsom documentary highlights the value of group therapy

The film offers audiences a look at ... prison life

By Jesse Vasquez
Staff Writer

An award-winning documentary film highlights the value of group therapy in turning around the lives of convicted felons.

The film, "The Work," explores the journey of six men — three incarcerated at Folsom State Prison and three free men trying to find meaning while dealing with emotional shackles from the past, said a review in *Variety*.

"Say what you will about prison's capacity to reform, but this documentary makes clear that in its own special way (the program) is working," said Peter Debruge of

Variety.

The film unveils the "Inside Circle," a four-day journey of self-examination and dialogue.

"I didn't come here looking to cry, and I don't want to feel like I'm letting them down if I don't," said a civilian participant.

This is a sentiment that group-therapy skeptics share, reports *Variety*.

Cameras capture private moments of emotional struggle, vulnerability and life-changing realizations, according to the article.

Participants explore the past that is affecting their present and hindering their future.

These group therapy ses-

sions are aimed at helping individuals discover the cause of the rage within, in order to deal with it.

The film offers audiences a look at the other side of prison life—rehabilitation.

The inmates in "The Work" are committed to changing their behavior by understanding the cause of their temper.

By day four of the film, Chris, who had been struggling with a certain lack of direction in his life, realizes his feelings of inadequacy stem from the way his father treated him, according to the article.

The documentary by Jairus McLeary and Gethin Aldous won an award from the popular SXSW Film Festival.

Female prisoners find new home in Santa Fe Springs' transitional program

Women who have spent years in a prison cell have found a new home in Santa Fe Springs.

The Custody to Community Transitional Re-entry Program is one of several facilities where women, including some with violent offenses, can serve the final two years of their prison sentences.

The program offers assistance with job placement, drug recovery and housing, according an *ABC news* report

by Anabel Munoz.

Dodi Wasbotten, a former inmate and a hairdresser, who was arrested for stolen credit cards, spoke of the benefits of the program.

"For women, especially if we have traumatic experiences that happened to us and some of us recover from it and some of us don't," stated Wasbotten.

Several other women said the program has helped them plot a new path and also heal emotional scars, according to

the article.

It added that the program helps people grieve their losses. They deal with their trauma and understand the things that happen to them are not necessarily their fault.

Rosalinda Lopez, another former inmate, who was a preschool teacher, said the program has not only helped map out a new path but has also helped heal emotional scars.

—Harry C. Goodall Jr.

Long Beach initiates clean-up program to help with reintegration

The parole department in Long Beach started a cleanup program staffed by parolees to help them reintegrate into society, reported the *Gazette Newspapers*.

"When I first got out I thought everyone was looking at me," said parolee Starla Richmond. "I thought everyone was going to know."

Richmond paroled in 2011 after 23 years in prison. She had been in a reintegration program that did not work, she said. It did not address her needs. She was dealing with self-consciousness, according to the article.

The Parole Community Clean Team (PCCT) is modeled after a similar program that has operated in San Francisco for 20 years. It brings to-

gether parole officers and parolees in a joint effort to clean up the community's recreation areas.

The PCCT helps parolees who struggle with negative social skills and self-efficacy, said the February article.

"Research has shown that parolees exposed to community programs oftentimes stay out of jail longer than a parolee having never been exposed to a community program," said Karen Reed, a parole unit supervisor.

Reed was a part of the San Francisco program and said that her supervisor, Ken Wong, inspired her to make a bigger impact in the community, said the article.

"This approach is designed to change dysfunctional social

patterns and restore healthy functioning within the family system," said Reed. "When a parolee is treated and seen as a team member of the PCCT picking up trash alongside parole agents, it promotes healthy social patterns and promotes restoring healthy functioning within their social networks."

Participating in the program is voluntary or through remedial sanction, which is when: "a parolee has violated one of his or her parole conditions and the unit finds the parolee is not a danger to the community and a program is better suited for the parolee," said Reed.

So far 10 parole agents and three parolees have participated in the cleanups.

— Jesse Vasquez

East Palo Alto re-entry making an impact despite limited funding

By Harry C. Goodall Jr.
Journalism Guild Writer

An East Palo Alto re-entry facility with limited funding reports it is helping to change lives.

"Now I just want to build up the community I once helped destroy as a kid," said Jose Cabrera, a former gang member who has been incarcerated three times.

People can be referred to the David Lewis Reentry Center only from jail or prison. Funding for the program comes from the state, county, and city, according to a recent *Peninsula Press* article.

"All I knew is that I didn't want to go back, but I didn't know how I was going to do that change. This turned out to be a blessing," said Cabrera, a public speaker and community worker at the re-entry center.

The program eventually kept Cabrera away from prison and changed his life, according to the article.

The center's programs include mental health services, drug and alcohol counseling, career development, vocational training, and housing assistance.

All the services offered are under one roof and are available to both parolees and probationers.

"The county provides these services but not a one-stop shop like this. Here you see probation offices and parole offices working together," said Carlos Morales, interim director of correctional health services for San Mateo County.

The program graduated 61 participants for fall 2016 through the spring 2017 cycle,

said Cabrera.

Cabrera and Morales spoke on the limitations of the program. Once the participants complete their parole or probation time, they are gradually removed from the program. The center lacks the resources to keep tabs on them once they leave, noted the article.

"All I knew is that I didn't want to go back, but I didn't know how I was going to do that change"

"If you're not getting locked up, you're doing good, but you have to be careful. Once you get back on that lifestyle, it changes everything," Cabrera said. "I want to help everyone who was formerly incarcerated, you know, do what I can. I'm not going to leave my people behind."

Due to high crime in the East Palo Alto area, the program resources offer the community aid in trying to curb recidivism, noted the article.

"These folks have trauma. We think that no one will give you a shot or an opportunity or a chance. At least, that's how I used to think," said Cabrera.

The program is a collaboration between local community leaders, the city of East Palo Alto, and the East Palo Alto Police Department.

The program and its building were named to honor the late community leader David Lewis.

Two journalism teachers combine their talents ...

By **Rahsaan Thomas**
Staff Writer

Ryan Lindsay, wearing a t-shirt listing names of Black men killed by the police, a curly afro and glasses, taught a college journalism class at San Quentin.

Twice a week, she discovers a classroom of respectful men eager to learn how to use their voices.

"I've been on a journey to find my voice in a time when it's necessary to use it to make a difference," John "Yahya" Johnson said. "Taking this class, I've learned how to make my voice more impactful in addressing social justice issues."

Lindsay said, "If there is a desire to learn, then why not be a part of the learning process? Being in prison doesn't intimidate me. I think the difference between so many of my students and people who aren't incarcerated is just a matter of who got caught."

The U.C. Berkeley graduate student says she has been writing since she learned how. She was an associate editor for her high school newspaper. She has an undergraduate degree in journalism and African-American studies from Northwestern University. She's published regularly in *Oakland North* covering community and culture. Also, she's taught high school students. Coming into San Quentin was her first time



Photo by Samuel Hearnes

Ryan Lindsay going over a writing assignment with one of her students

teaching in prison.

"It's incredible," Lindsay said. "Having taught high school, I really appreciate that the students here are ready and willing to learn and that they are not afraid to ask questions about concepts or skills they don't understand."

"Teaching here has also revealed to me how much joy and resilience still exists within people who society has written off, passed judgment or conveniently chosen to forget about. I will never forget my students, their words and the spirit and the enthusiasm that they brought to the class."

Lindsay first became interested in teaching inside a prison while at Northwestern.

"There was a woman that received a 20-year sentence. We visited her while I worked for the Medill Innocence Project during the seventh year of her sentence," Lindsay said. "She ended up being released a few years later because there wasn't enough evidence."

Her incarcerated journalism class undertook assignments covering sports on the yard and producing a food magazine, *The Things We Eat*.

Students Tommy "Shakur" Ross and Lawrence Pela acted

as the editors.

"It's not something put together just by some prisoners. It was done with professionalism," Pela said. "We really put something out. Everybody was real serious about making sure it wasn't bogus. *San Quentin News* layout designer Jonathan Chiu did a real good job of laying out the magazine."

Lindsay hopes to accomplish a lot with the magazine.

"Food is something that everyone can relate to," Lindsay said. "Food is so much more than food, though, and I think that's what is expressed through their stories. I learned so much

more about them as people and as writers through these pieces, so we decided to make it a magazine. We hope to be able to share it with the Bay Area community and beyond, and we hope that the writers will be able to share it with their family and people here or the SQ community.

"Words have a particular way of existing longer than any human could, so whether or not my students are given the opportunity for a new life outside of SQ, their words and their stories will have lives," Lindsay said.

Lindsay co-taught the journalism class with Gabriel Tolliver, a documentary filmmaker.

"I learned a lot from Ryan," Tolliver said. "She brought structure and more formal organization. I learned more here about journalism than I did at school."

Lindsay said she moved from Washington, D.C., to attend U.C. Berkeley.

"I left my family, and I'm by myself," Lindsay said. "To have something to look forward to every Friday and Sunday helped me get my footing. This has made me believe in teaching again and in people again."

Student Daryl Farris said, "I enjoyed getting my papers back laced with red ink ... I really appreciate people like me, teaching me. If ya'll come back and teach a journalism two, I'll come back and take it."

... to guide their students' voices to make an impact

By **Juan Haines**
Senior Editor

In a criminal justice system that Gabriel Tolliver says encourages people to make bad choices, he co-teaches a journalism class to incarcerated men at San Quentin State Prison.

"I teach journalism to prisoners so that the 'each-one, teach-one' philosophy would inspire people to help each one tell another's story," Tolliver said referring to the more than half Black class.

"Gabriel taught me how to find my voice," said Tommy "Shakur" Ross. "I learned how to come from my own perspective by writing an Op-Ed. I'm able to tell readers how I feel about prison because I live it and experience it."

Ross is serving a life sentence and has been incarcerated for more than 30 years. He produces radio stories that tackle various prison-related issues, such as financial literacy, restorative justice, college, volunteers and sports in prison, as well as individual profiles.

The fact that incarcerated men want to learn shows that they want to improve their lives, Tolliver said. "They are going to have to reintegrate into society."

Tolliver moved from New York City to Berkeley after serving in the U.S. Army from 2007-2011.

"I see parallels with being

a military veteran and transitioning to civilian life and someone getting out of prison and returning to the community," Tolliver said.

He is the son of an Air Force veteran and said the military was his family's "life-saver."

"We still had to deal with racism. At many times, at a duty station, we were the only Black family," he said.

After Tolliver's father finished his military duties in 1968, they moved to Shaker Heights, Ohio, a middle-class suburban neighborhood.

It was progressive regarding integration, Tolliver said.

He is the youngest of six children. Watching his sister raise three children without their father had an impact on him. He also realized that growing up in a middle-class neighborhood estranged him from the Black community.

"In elementary school, I was that square kid who everyone thought talked White," Tolliver said.

He said what guided him into the military, on to college and on to a film career were the examples of family members and friends who'd made mistakes.

"I've learned not to snatch failure from the jaws of success," Tolliver commented as to how he avoided contact with the criminal justice system. "I have seen the good and the bad in how it affected me."

Tolliver learned about teaching in San Quentin by



Photo by Eddie Herena - San Quentin News

Gabriel Tolliver returning homework to his students

reading a post by Berkeley Professor William Drummond that sought out University of California journalism students who wished to assist *San Quentin News* writers.

He ended up taking a position with Prison University Project to co-teach Journalism 101 with Ryan Lindsay. As part of a class project, the students are producing a 32-page magazine that gives readers a taste of what it's like to eat a meal in prison.

"I'm impressed that Gabriel doesn't let his success and education go to his head," said Seth "Venus" Rountree. "He's humble enough to say that he's learning things about teaching, like organization and

structure from his co-teacher, Ryan."

Tolliver's own storytelling style, however, veers toward visual art through documentaries that allow viewers to "bear witness" to people telling their story.

His subjects include Black cultural aspects such as urban farms and employment.

Black Unemployment and *Fleeing Led Zeppelin* are two of his films.

Black Unemployment takes place in Colonial Williamsburg and is about slavery and its history.

Tolliver says the goal is to give Americans a serious history lesson about what it was like for the person who was

enslaved. He accomplishes this by hiring Black scholars who are knowledgeable about every aspect of slavery.

"A lot of people didn't know about Williamsburg," Tolliver said. "This film gives them accurate information about what slavery in the U.S. was really like."

Fleeing Led Zeppelin is a fictional story based on an actual \$20,000 robbery of the band in 1973. The story is about a man who finds the money in his mother's house and begins connecting it to the robbery.

"I hope to become a philanthropist through my creative work," Tolliver said. "Giving back is worth the effort."

San Quentin News hosts forum with the FIAB, dist

D.A. forum

Continued from Page 1

Gascón said he hopes that dialog with rehabilitated inmates and formerly incarcerated men and women could be used to help prevent at-risk youth from winding up in prison.

The resulting conversations, which were held in the Protestant Chapel, centered on ways to improve public safety by taking a broader approach to why people come to prison and what happens to them afterward.

“The only way to fix some of these kinds of problems is for us as a society to come together,” Gascón said. “Traditionally, a prosecutor gets convictions, locks them up, and waits for them to do the time and get out. If they mess up again, you lock them up again.”

Gascón said that the cycle does not work, and he wants to break it.

“We have to learn about what happens to people when they are in prison and the struggles they have getting out and address those struggles. That’s what the FIAB is helping us with,” Gascón said.

The visit to the state’s oldest prison was to give his staff a better understanding of the role rehabilitation plays in public safety, Gascón said.

“Nobody wants to be judged by their worst mistake,” Gascón told the inmates. “But



Forum moderator Phoeun You speaking to the crowd about the importances of rehabili

people still have to be made accountable while being given a chance for rehabilitation.”

Alex Bastian, the DA’s director of communications, added, “I’m pushing for criminal justice reform, but it

takes the entire community. What if we had a forum like this for all the district attorneys in the state so that they could see this kind of emotional intelligence?”

The meeting began with

a short film about one of the most successful rehabilitative programs available to inmates, Guiding Rage Into Power (GRIP).

Going into its sixth year of service, GRIP offers a 52-week, comprehensive offender-accountability program that takes participants on a journey deep inside themselves. Offenders concentrate on how to use practical approaches to heal wounds that often result from leading violent and fractured lives.

The goal is to learn how to feel connected, responsible to others, and part of a world beyond their own needs—and beyond their past mistakes, according to psychologist Jacques Verduin, whose Insight-Out organization created GRIP.

The key is understanding that hurt people hurt people, and healed people heal people, says Verduin. “I believe that the public should know that the facilitators are seeking to serve their fellow man,”

said inmate Fateen Jackson, a GRIP facilitator. “Teaching these lessons of change to those who need it is a part of my redemption.” He added, “I hope that the public sees GRIP facilitators as change-agents and peacemakers. It’s important that the public see the men who graduate from GRIP so that incarcerated people don’t have to be labeled as criminals for the rest of their lives.”

After the film, the meeting separated into three groups of about 15 each. Within each small circle, participants discussed incarceration, rehabilitation and re-entry.

Gascón sat in the circle with moderator Phoeun You. “The programs taught me how to question what I thought. They also showed me how to connect with my emotions,” Phoeun You said. “I started understanding who I am and what happened in my life. In the programs, I had the chance to listen to survivors of crime tell their stories. That took me



Photo by Jonathan Chiu

John Eagan, Susan Shannon, George Gascón and Joan Lisetor



Photo by Jonathan Chiu

Fateen Jackson (center) tells the district attorneys attending the forum how rehabilitative programs have impacted him



Photo by Jonathan Chiu

Jorge Heredia and FIAB member Amika Sergejev

District attorneys and the incarcerated to find solutions



Photo by Jonathan Chiu

ation and re-entry services

to another level of understanding of my impact on the people I harmed. After doing this work and then listening to survivors speak about their hurt, their hurt became mine.”

Several other inmates talked about their upbringing and the criminal thinking that led them to prison.

“Nobody wants to be judged by their worst mistake”

John Hays, another inmate, said rehabilitative programs allowed him to connect the dots between his lifestyle choices and what led up to the crime that sent him to prison. That crime was murder.

“Please don’t mistake my understanding of the factors that led me to killing another person as an excuse to what I did,” Hays said. “I made a choice and am paying for that.”

Hays described the negative effects of drugs and alcohol on his life, how that sub-

stance abuse contributed to the downfall of his marriages, disconnected him from reality and reinforced his criminal thinking. Hays said that rehabilitative programs taught him how to stay mindful, identify and process his emotions and get an understanding of how people and communities are impacted by crime.

“Those causative factors that you talk about, what led you to crime, is what I talk about in the DA’s office,” said FIAB member Vandrick Towns. “Once I became honest with myself, I freed myself from the guilt and shame of going from a star athlete to a murderer. I now have a responsibility to myself and to the world. I see you guys as being accountable for your actions.”

Assistant District Attorney Marisa Rodriguez added, “This has been a remarkable journey. We get a useful perspective from the FIAB. I don’t know anywhere else where we can sit down together and get this kind of learning. It’s like we’re all a family and have been impacted.”

Gascón told the inmates that



Photo by Jonathan Chiu

Alex Bastian, Kim Carter and Troy Williams

bringing his staff to San Quentin helps them to get grounded and gives them an experience that enables them to make public safety decisions in ways that are more effective.

“Holding people accountable is needed for re-entry,” Gascón said. Speaking to the inmates, he added, “What you are doing here is of incredible value. I think any of you, with the right support, could make a big difference outside of prison.”

FIAB member Troy Williams said, “I always feel awkward coming back inside prison. I’m here to represent what a rehabilitated person looks like to the other side. Sometimes, when I’m talking to people, they are wondering if the change they are seeing in me is real. So, I am overwhelmed with joy that you’re able to articulate what you’re doing—that you have your heads on right.”

FIAB member Kim Carter, executive director of the Time For Change Foundation, told her circle members, “I have women coming out of prison after serving 20-25 years. There’s so much for them to learn, like how to use a phone,

and other kinds of technology. Something as simple as how to turn on a microwave—they’re seeing all of these changes in the world.”

Carter added, “To the men in here, there’s family out there for you to get back to. They need you. There’s women out there trying to rebuild a community, and they need people like you to help. We need everyone on the free side of society to understand. It is missing men with the perspective you all have. You owe us to come home

and put your footprint in the community.”

Gascón said that these kinds of meetings are an opportunity to educate prosecutors to look beyond prosecuting.

“It’s great if we do this in San Francisco, but greater if it spreads,” Gascón said. “We incarcerate more people in the United States than any other country in the world. Even though there will always be a place for custody, at the rate we are doing it, it’s socially irresponsible and financially unsustainable.”

Executive Editor Arnulfo T. Garcia created the *San Quentin News* Forum after listening to District Court Judge Thelton Henderson’s suggestion that the public needs to come inside San Quentin to observe the vast amount of programs inmates take to advance their rehabilitative efforts.

The first forum brought Assistant District Attorney Marisa Rodriguez, along with several of her colleagues from the San Francisco District Attorney’s Office. After relaying what she learned to San Francisco District Attorney, Gascón, he attended the second forum four months later.

Gascón, impressed by the knowledge gained from participating in the forum, created the Formerly Incarcerated Advisory Board.

The June 30 event was the fourth time that members of the San Francisco District Attorney’s Office attended a forum.

Other *San Quentin News* Forums have brought together judges, teachers and even United States Congresswoman Jackie Speier for interactions with the men of San Quentin.



Photo by Jonathan Chiu

ADA Marisa Rodriguez (left) listens in on the discussion

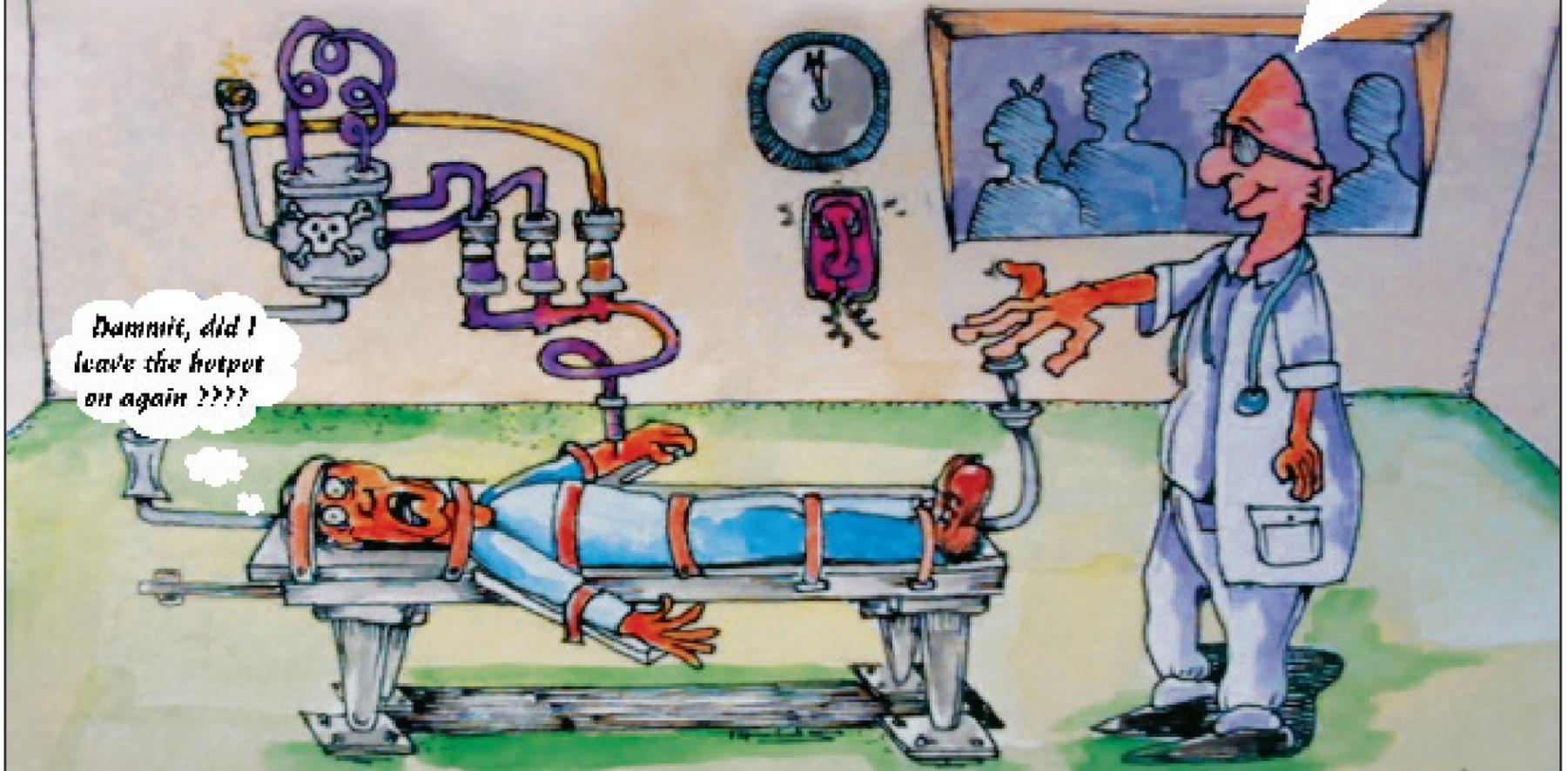


Photo by Jonathan Chiu

David Cowen (right) talks about the challenges he faced during his re-entry process

Arts & Entertainment

Now, before I give you this drug, I should warn you of the side effects which may include: long term memory loss, blindness, dry mouth, lock jaw, nausea, dizziness, vomiting, diarrhea, headaches, paralysis, and possible death. Also, the drug may not work on the first attempt; therefore this process may have to be repeated. Good Luck!



Artwork by Fred Tinsley

From Around The World



Bagpiper at Blair Castles in Scotland

Photo by Yukari Kane



Alice enjoying the beach in Santa Monica, California

Photo by Nikki Meredith

Snippets

During the execution of Pedro Medina in 1997, witnesses reported flames shot from the top of Medina's head.

An urban legend asserts that Twinkies have no expiration date, which is not true. Twinkies are able to last up to 26 days because they contain no dairy ingredients.

Liger is a large hybrid cat that is a cross between a male lion and a tigress.

Legendary NASCAR driver Dale Earnhardt crashed and died on the last lap of the Daytona 500 in 2001.

Elephants have nearly 10,000 muscles alone in their trunks.

Sugar cane is a plant that is a member of the grass family.

WORDCROSS PUZZLE

By Jonathan Chiu / Edited by Jan Perry

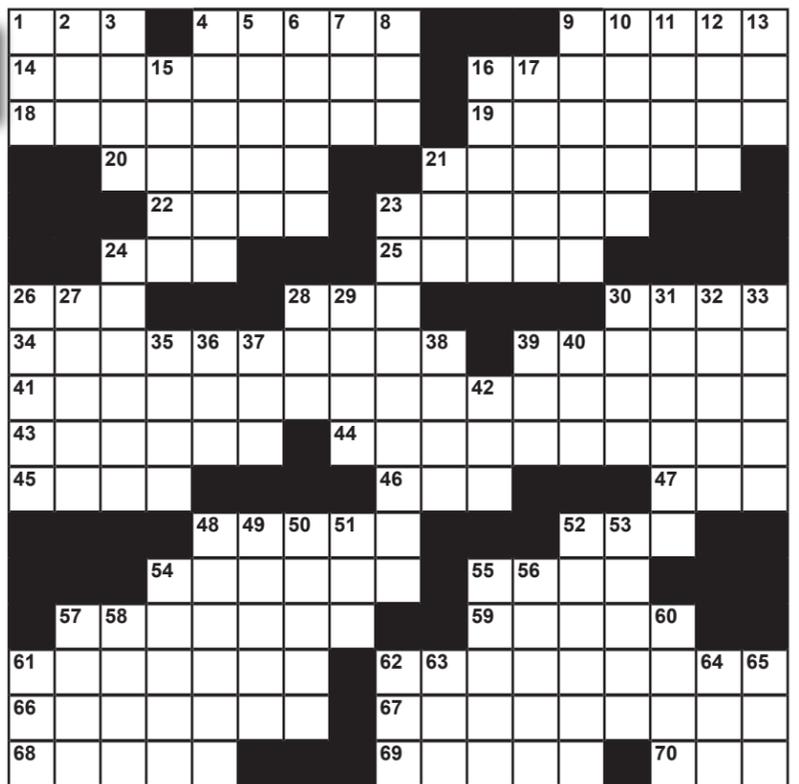
Across

1. One (Sp)
4. Act in accordance with
9. *The Hunger Games* Mellark
14. Oscar winning screenwriter who starred in 41 Across' franchise
16. Type of 2-door vehicle
18. Ex-FLOTUS Obama and actress Monaghan
19. Join again
20. Having seven (Prefix)
21. Marine animals that attach to the ocean bottom
22. An antelope's leap in the air
23. Julia of 41 Across' franchise
24. Without surviving issue (L) (Abbr.)
25. Absolute
26. At the age of (L) (Abbr.)
28. Cousin of ant. (abbr.)
30. Quartz.com reporter Dan
34. David who starred in the third installment of 41 Across
39. Douchebag's equipment
41. Movie franchise adapted from Robert Ludlum's 1980 novel
43. Sometimes we look this way
44. Galaxy, e.g.
45. Burgundy and comic White
46. Party school (Abbr.)
47. Cambodian communist leader Saloth of the Khmer Rouge
48. MASH unit worker
52. UK examination set for secondary-school pupils (Abbr.)
54. Spin off of 41 Across starring Jeremy Renner
55. Flashily dressed man who enjoys showing off (Slang)
57. "I can see _____ now"
59. God's Islamic name
61. Singer Houston or comic Cummings
62. 14 Across character's actual name in 41 Across
66. Pleasurable pieces of gossip
67. Actress who starred with David of 34 Across in the third installment
68. Beginning of something
69. *A Doll's House* playwright Henrik
70. Video game ____ Man

Down

1. Uh

2. Barber (Indian)
3. Cold medicines, e.g.
4. People who are proficient
5. _____Slavic
6. What you say when under the influence (Slang)
7. Unknown John
8. Naval flag of nationality
9. Potato or fruit utensil
10. County town of Clare, Ireland
11. Jazz great James
12. Zac Brown Band song
13. Credit card term (Abbr.)
15. Actor (Brit.) (Abbr.)
16. Eye socket cavity
17. *Get Out* director Jordan
21. Excessive or exaggerated (Abbr.)
23. The second installment to 41 Across
24. Scattered over a surface
26. State of excited movement
27. Peoples (Prefix)
28. Flat-bladed pole
29. _____ and needles
30. One's friend
31. Serving no practical purpose
32. Capital of the state of Bihar
33. A kind of chicken
35. Arab loose sleeveless robes
36. Hill or rocky peak
37. Paul Newman film
38. Pulau _____: island west of Sumatra on the Indian Ocean
39. Retrieve
40. Former term for dubnium (Abbr.)
42. R&B group Hill
48. Do you really _____?
49. A kind of heron
50. Sibling actors Tim and Tyne
51. Frigid
52. T-shirt brand in prison catalogs
53. A kind of space
54. Abandon
55. Molten rocks
56. What you draw in the sand
57. Member of people of SW Burma
58. Containers' mate
60. Aid
61. International economic body founded in 1995 (Abbr.)
62. Bus. symbol on a TV screen
63. Agenda at the end of a meeting (Abbr.)
64. Arthur of *Golden Girls*
65. Type of cable connectors



Sudoku Corner

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

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

Last Issue's Sudoku Solutions

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

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

Brain Teaser

Answer to last month: Sally did it

This month:

The office team is out running on the yard. Jon beat Richard. Eddie was not last. Juan was beaten by Wayne and Eddie, in that order. Richard was not first. Wayne lost to Richard. Who won?

San Quentin News would like to know:

- What prison are you in 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

Más vivir y menos sobrevivir: yo, tú, él y nosotros *Parte 5*

Español

Por **Lucía de la Fuente**
 Editora en español

Yo fui herida. Yo herí de regreso; muchas veces, a quienes no tenían “velo en mi entierro”. Yo corrí, me caí, caminé, me paralicé y me adormecí. Yo subí y bajé porque creía tener el derecho para hacerlo. Porque pensaba que si subía, los que estaban arriba dejarían de pisarme y si bajaba, aplastaría a los que me tiraban hacia arriba para no

verme entre ellos. Y en todas esas ocasiones, mientras subía y bajaba, una parte adentro de mí moría lentamente, porque arrastraba conmigo a los que no estaban involucrados en el entierro. Me iba perdiendo a mí misma. Yo ya no era yo. Yo era otra. Ajena a mí. Ajena a los demás. Desconectada de la tierra. Sobrevivía a la vida y vivía la supervivencia. Nunca aquí, nunca allá. Jamás en el presente. Me asumí sola, aunque sola no estaba.

A ti te hirieron. Tú heriste de regreso; muchas veces a quienes no tenían “velo en tu entierro”.

Tú corriste, te caíste, caminaste, te alejaste y te adormeciste. Tú subiste y bajaste porque creías tener el derecho para hacerlo. Porque pensabas que si subías, los que estaban arriba dejarían de pisarte y si bajabas, aplastarías a los que te tiraban hacia arriba para no verte entre ellos. Y en todas esas ocasiones, mientras subías y bajabas, una parte de ti moría lentamente, porque arrastrabas contigo a los que no estaban involucrados en el entierro. Te ibas perdiendo a ti mismo. Tú ya no eras tú. Tú eras otra persona. Ajeno a ti. Ajeno a los demás. Desconectado de la

tierra. Sobrevivías a la vida y vivías la supervivencia. Nunca aquí, nunca allá. Jamás en el presente. Te asumiste solo, aunque solo no estabas.

A él lo herimos. Él nos hirió de regreso; casi siempre, porque teníamos “velo en su entierro”. Él corrió y nosotros lo perseguimos. Cuando se cayó, lo humillamos y cuando caminó, lo empujamos. Se quiso alejar y no lo dejamos. Terminó anestesiándose. Cuando estaba abajo, lo pisamos porque creíamos que teníamos el derecho para hacerlo. Cuando estaba entre nosotros, lo lanzamos hacia arriba para no tener que verle más. Cada vez que lo aislábamos de nosotros, una parte de él iba muriendo lentamente. Se volvió ajeno. Ajeno a todo y a todos. Ya no estaba en esta tierra. Jamás volvió a vivir en el presente y aprendió a sobrevivirnos. Lo dejamos solo.

“Tú me haces. Yo te hago. Nosotros te hacemos. Yo me hago a mí mismo”. Tenemos rabia. Rabia de las injusticias que hemos vivido. Rabia de la injusticia de la justicia; pero, estimado lector, nosotros también somos injustos. Nosotros, como ofensores o víctimas, en nuestro papel de autoridad, juez, activista, maestro y estudiante, o padre, madre, hijo, hija, hermano, hermana y compañero, solemos correr a ciegas con una espada en la mano. Pensamos que nuestra justicia también puede ser

distribuida, como si fuéramos pupilos de Rawls, pero no es así. La justicia no se distribuye, sino que se construye, se dialoga y se acuerda.

El sistema criminal de justicia se cambia desde adentro... y nosotros somos mayoría. Los hispanos representamos el 42% de todos los presos adultos del Estado de California (*Public Policy Institute of California*). “La unión hace la fuerza”. Y, pese a que las leyes no son justas, la mujer justiciera no es ciega y su balanza no está equilibrada, no tenemos el derecho de aventarnos sobre las escaleras ajenas. El que quiera subir, que suba. El que quiera bajar, que baje... pero dejemos la espada en el suelo.

Aquí, adentro de estas cuatro paredes construidas por la autoridad penitenciaria, el sistema criminal de justicia se está transformando, porque tú estás cambiando. Nosotros estamos cambiando. Entonces, lector, si has llegado conmigo hasta esta quinta parte, es porque tú (al igual que yo) sabes que tenemos la necesidad de entendernos más entre nosotros. ¿Quieres cambiar? Empieza por ti mismo. Florece, como si fueras un jardín.

Estoy sentada con “mi mujer ciega y justiciera”. Estoy dialogando con ella por última vez. Hoy la voy a dejar libre. Hoy me voy a liberar. No voy a castigar más. No voy a seguir llorando ni doliéndome, porque me voy a regar un rosal...

La Importancia de una Buena Comunicación entre Padres e Hijos

Por **John Lam**
 Journalism Guild Writer

La manera en que los padres se comunican con sus hijos puede causarles que no desarrollen un autoestima saludable, emociones y comportamientos, según al autor del comportamiento infantil.

“El problema central con este tipo de comunicación es que se basa primordialmente en un control sobre nuestros hijos. Recurrimos a este tipo de comunicación para imponerles a nuestros hijos lo que queremos que digan (‘pide disculpas’)... lo que deseamos que hagan (‘compórtate bien’); y que pasara si no obedecen (‘quieres que te castigue’), mencionó Jennifer Lehr, autora del *Parentspeak*, en una columna del *Wall Street Journal* el 7 de enero.

Parentspeak se trata a

cerca del cumplimiento- y eso a menudo nos impide entender los sentimientos, motivaciones, pensamientos y comportamientos de nuestros hijos”, añadió Lehr. “En lugar de enseñarles a como resolver problemas y comunicarse, simplemente los estamos obligando a obedecer”.

De acuerdo a Lehr, elogiar a nuestros hijos para que cumplan con nuestras peticiones puede que tampoco sea la herramienta más efectiva para educar a nuestros hijos. “Elogiar a nuestro hijo para que use un abrigo para la lluvia que no desea usar, parece muy ingenuo. Pero si lo hacemos una y otra vez, nuestros hijos aprenden que lo que sienten otras personas es más importante que lo que ellos sienten”.

“Psicólogos señalan que los niños que aprenden a cumplir con los deseos de los adultos corren

el riesgo de perder contacto con sus propios deseos y necesidades.

Lehr alienta a los padres a platicar con sus hijos y pedirles sus opiniones. “Podríamos tratar de preguntarles a nuestros hijos la razón por la cual no quieren hacer algo y explicarles el por que es importante para nosotros. “Quizás Georgia estaba acalorada de tanto jugar y sabia que se sentiría incomoda usando el abrigo. Tal vez Paula se dirigía al súper mercado y temía que Georgia tuviera frío”.

“Una vez que las dos partes (padres e hijos) hayan expuesto sus razones, podemos enfocarnos a la resolución del problema de manera conjunta. Esta es una habilidad que será de mayor beneficio en vez de imponer una obediencia ciega”, concluyó Lehr.

—Traducción por Marco Villa y Taré Beltranchuc

Dialogo entre Madre e Hijo

Por **Charles David Henry**
 Staff Writer

Muchas mujeres encarceladas pueden ayudar a prevenir las conductas de riesgo en sus hijos adolescentes a través de la forma en que se comunican con ellos.

La separación entre madre e hijo puede estar vinculado con altos niveles de ansiedad y depresión, reveló un estudio publicado por el *Johns Hopkins University Press*.

Los Estados Unidos está clasificado como el país con más mujeres encarceladas. Aproximadamente, el 60% de las mujeres vivieron con sus hijos antes de ser encarceladas. Una tercera parte de estas madres reportaron tener más de un hijo. Más de la mitad de estos niños están entre las edades de 10 y 17 años.

Muchos de los niños bajo el cuidado de niñeras han experimentado traumas en el pasado como resultado de las condiciones de vida que llevaron y principalmente por el encarcelamiento de sus madres. La falta de contacto con sus madres genera sentimientos de aislamiento y abandono, lo cual contribuye a un estrés psicológico.

“Realmente deseo esos momentos que

acostumbrábamos a compartir antes que la encarcelaran”, comentó una joven en el estudio. “Algunas veces me enoja el que no este conmigo... y que haya hecho lo que hizo, por que me pregunto ¿Porqué tenía que hacer eso? ¿Porqué esta encarcelada? Es difícil el no poderla ver. A veces me entristezco al ver películas y me enoja observar como los otros niños se reúnen con sus padres y sus madres”.

Muchos de los problemas abordados en el estudio se referían a la conducta infantil, educación y planes a futuro. De acuerdo al reporte, las madres estaban muy interesadas en la vida de sus hijos y frecuentemente participaban en la disciplina de sus hijos junto con las niñeras cuando se les permitía.

“Cuando hablamos, es como si fuera una conversación. Es como si me preguntara como estoy, que hay de nuevo y cosas por el estilo, yo le pregunto a cerca de sus amigas en la prisión y otras cosas”, comentó un jovencito.

Muchas de las conversaciones con sus madres abarcan diferentes temas entre los cuales se encuentran, deportes, escuela, novios, novias, circunstancias de la vida diaria y la fecha de salida de la madre.

Los hijos de las madres encarceladas todavía obedecen la disciplina de sus madres. Una niñera describió como unamadre, a pesar de estar encarcelada, todavía tenía influencia sobre el comportamiento de su hijo.

“Mi mama todavía realiza su función como madre porque tengo que platicarle a cerca de la actitud de mi hermano... mi madre tiene casi la misma actitud que él, creo que mi hermano lo heredo de ella”.

“Algunas veces le digo a mi madre, tienes que hablar con él a cerca de esto. Así que ella platica con mi hermano y en realidad lo tranquiliza a pesar de estar encarcelada. Cuando la madre platica con su hijo, este mejora su actitud”, añadió la niñera.

Algunas de las relaciones entre madre e hijo pueden describirse como cercanas y otras como caóticas. La mayoría de los niños describieron sus relaciones con sus madres como cercanas. Después del encarcelamiento, muchos niños reconocieron los errores de sus madres y expresaron desilusión y enojo a cerca de sus malas dediciones. “A pesar de esto, la gran mayoría de los jóvenes respetaron a sus madres y anhelaron una relación mas cercana”, reveló el estudio.

—Traducción por Marco Villa y Taré Beltranchuc

Programa de limpieza inusual

Por **Jesse Vasquez**
 Staff Writer

El parole (departamento de libertad condicional) de Long Beach inició un programa de limpieza con parolees (personas bajo libertad condicional) para ayudarlos a reintegrarse a la sociedad, reportó el *Gazette Newspapers*.

Starla Richmond, una mujer en libertad condicional comentó, “Cuando salí de la prisión pensaba que todos me observaban” y “que todos se darían cuenta que había estado presa”.

En el 2011, Richmond fue puesta en libertad condicional después de 23 años en prisión. Posteriormente, asistió a un programa de reintegración a la sociedad que no le funcionó ya que no cumplía con sus necesidades. Richmond luchaba con su auto-conciencia, de acuerdo al artículo.

El programa The Parole Community Clean Team (PCCT) adquirió el modelo de un programa similar que ha estado operando en San Francisco por 20 años. Reúne a los oficiales de parole y a las personas en libertad condicional para mantener limpias las áreas de recreación en la comunidad.

El PCCT ayuda a los parolees que luchan con su forma negativa de dirigirse a la sociedad y a auto valorarse, subrayó el artículo de febrero.

“Investigadores han

mostrado que los parolees que han sido expuestos a programas comunitarios, mantienen su libertad por más tiempo que los parolees que nunca han participado en estos programas”, comentó Karen Reed, una supervisora de la unidad de parole.

Reed fue parte del programa de San Francisco e indicó que su supervisor, Ken Wong, la inspiró a crear un impacto más grande en la comunidad, mencionó el artículo.

Reed mencionó, “Este acercamiento esta diseñado para cambiar los patrones sociales ineficaces y restaurarlos con unos más efectivos dentro del sistema familiar” y que “Cuando un parolee es considerado como un miembro del equipo PCCT levantando basura con los agentes de parole, promueve patrones sociales efectivos y restaura el sistema social”.

La participación en el programa es voluntaria o impuesta por medio de una sanción. “Cuando un parolee desobedece alguna condición de su libertad condicional, la cual no representa un peligro para la sociedad de acuerdo a la unidad de parole, el parolee es referido al PCCT”, indicó Reed.

Hasta el momento 10 agentes de parole y tres parolees han participado en el programa de limpieza.

—Traducción por Marco Villa y Taré Beltranchuc

¡Santuario Si! ¡Criminalizacion No!

Por **Claudia J. Gonzalez**
Contributing Writer

Ciudades santuarios, recintos santuarios, iglesias de santuarios – estamos escuchando estos términos en las noticias últimamente por los ataques de la actual administración contra las comunidades de inmigrantes. Un santuario se define como un lugar de refugio o protección, tradicionalmente dentro de un espacio o edificio religioso. Ahora, como el presidente Trump promete “hacer América importante otra vez” criminalizando a los inmigrantes y prohibiendo a la gente de muchos otros países, el santuario esta adquiriendo un significado nuevo y expandido.

Trump dice que “cada Estadounidense tiene derecho a vivir en paz y con seguridad” y afirma que “la aplicación de la ley es la fuerza entre la civilización y el caos total”. Sin embargo, sabemos que para

muchas comunidades de color, la fuerza del caos y el terror llega en forma de agentes ICE deteniendo a las personas en las escuelas, la policía local acosando y brutalizando a los niños Negros y Latinos, los tanques de la Guarda Nacional protegiendo tuberías privadas que amenazan la itera y el agua de los Nativos Americanos.

En Febrero del 2017, una mujer transgénero indocumentada, la Sra. González, acudió a los tribunales en El Paso, Texas para buscar protección contra su agresor. Fue inmediatamente detenida por agentes de ICE, agregándola a la larga lista de sobrevivientes de violencia doméstica cuyos llamados a la policía resultaron en detención, criminalización y otros abusos.

Para evitar este tipo de detención injusta, Jeanette Vizguerra, una madre indocumentada, se refugio con sus hijos en una Iglesia Unitaria en Denver en Febrero

de 2017. Vizguerra explico como la están criminalizando. “Supuestamente, soy una criminal porque conduje sin licencia, porque la registración de mi coche había expirado, porque tenía documentos falsos para trabajar y poner comida en la mesa para mis hijos”. Al reclamar santuario en la iglesia, Jeannette no solo esta luchando por si misma, sino por millones de otras personas en la batalla contra la deportación.

A veces, el campus, la ciudad, la iglesia o la biblioteca pueden proveer santuario, pero con demasiada frecuencia estas instituciones no proporcionan las necesidades más básicas de atención y seguridad para las personas. El santuario radical va mas allá de las instituciones oficiales y se ve en las formas en que la gente esta constantemente encontrando y haciendo todo tipo de santuarios para si mismas y para las personas a quien aman. Este es el tipo de refugio que

no escuchamos con frecuencia en las noticias, pero a menudo lo hacemos en canciones, poemas, y espacios espirituales. El santuario es el espacio donde nacen la resiliencia y la resistencia, un sentimiento conocido por el corazón.

Sabemos que en las cárceles de mujeres, las personas están continuamente luchando por crear espacios seguros, esos lugares y relaciones en los que es posible separarse de la violencia general de la institución y sus agentes. Cuando Charisse Shumate y otras mujeres se unieron para resistir la atención medica inhumana en las cárceles de mujeres y comenzaron el CCWP, estaban tratando de crear un espacio de curación y resistencia. Cuando una de nuestras fundadoras, quien estuvo previamente encarcelada, creó nuestro lema “Cuidando Colectivamente a las Mujeres Prisioneras”, estaba imaginando un espacio de ayuda y apoyo

mutuo. Más recientemente, las mujeres y los transeúntes de CCWF y CIW han desarrollado espacios intencionales para apoyar a las personas que han intentado suicidarse, que han sufrido una sobredosis, que viven con enfermedades mentales, o que son sobrevivientes de violencia doméstica y que cumplen penas de LWOP.

Ahora más que nunca necesitamos imaginar y nutrir estas formas de santuario radical y rechazar la criminalización de todas nuestras comunidades. ¿Qué significa santuario para las personas en las cárceles de mujeres? ¿Qué significa para las personas que son inmigrantes y se enfrentan a la deportación después de cumplir sus sentencias? Por favor, envíenos sus experiencias e ideas para crear santuario para ustedes y los demás. Escríbanos a CCWP y publicaremos sus pensamientos en el próximo número de The Fire Inside.

Sanctuary Yes! Criminalization No!

By **Claudia J. Gonzalez**
Contributing Writer

Sanctuary cities, sanctuary campuses, sanctuary churches—we’re hearing these terms a lot in the news lately with the current administration’s all out attacks on immigrant communities. Sanctuary is defined as a place of refuge or protection, traditionally within a religious space or building. Now

as President Trump promises to “Make America Great Again” by criminalizing immigrants and banning people from many other countries, sanctuary is taking on new, expanded meaning.

Trump says “every American has the right to live in safety and peace,” and he claims that “law enforcement is the force between civilization and chaos.” Yet we know that for many communities of color, law enforcement itself

can be experienced as a force of chaos and terror in the form of ICE agents detaining people in school, local police harassing and brutalizing Black and Brown kids, or National Guard tanks protecting private pipelines that threaten Native American land and water.

Earlier this month an undocumented transgender woman, Ms. Gonzalez, went to court in El Paso, Texas to seek protection from her abuser. She was immediately detained by ICE agents, adding to the long list of survivors of domestic violence whose calls for help are met with arrest, criminalization and further abuse.

To avoid this type of unjust detention, Jeanette Vizguerra, an undocumented mother, took refuge with her children in a Unitarian Church in Denver in February 2017. Vizguerra explained how she is being criminalized. “Supposedly, I am a criminal because I drove without a license, because I had expired stickers on my car, because I had false documents to work and put food on the table for my children.” By claiming sanctuary in the church, Vizguerra is standing up not only for herself

but for millions of others in their fight against deportation.

Sometimes the campus, the city, the church, and the library can provide sanctuary, but too often institutions themselves fail to provide for people’s most basic needs for care and safety. Radical sanctuary goes beyond the official institutions to the way people are constantly finding and making all kinds of unofficial and unsanctioned sanctuaries for themselves and the people they care about. This is the kind of refuge we don’t frequently hear on the news but often do in songs, poems and spiritual spaces. Sanctuary is the space where both resilience and resistance are born, a feeling known by the heart.

We know that in women’s prisons people are continually struggling to create safe space—those places and relationships in which it becomes possible to carve out some breathing room from the overall violence of the institution and its agents. When Charisse Shumate and other women came together to resist inhuman health care in the women’s prisons and started CCWP, they were trying to create a space of healing and

resistance. When one of our founding, formerly incarcerated members created our slogan “Caring Collectively for Women Prisoners,” she was picturing a space of mutual aid and support. More recently, women and trans people at CCWF and CIW have developed intentional space to support people who have attempted suicide, people who have overdosed, people who are living with mental health challenges, people who are serving LWOP sentences, people who are DV survivors.

Now more than ever we need to envision and nurture these forms of radical sanctuary and reject the criminalization of all our communities.

What does sanctuary mean for people in women’s prisons? What does it mean for people who are immigrants and face deportation after their sentences are served? Please send us your experience and ideas for creating sanctuary for yourself and others. Please write to CCWP, 1540 Market Street, Room 490, San Francisco, CA 94102, and we will publish your thoughts in the next issue of The Fire Inside. Also please feel free to visit our website at www.womenprisoners.org

Palestinian prisoners protest conditions at Israel prison

By **Harry C. Goodall Jr.**
Journalism Guild Writer

Thousands of Palestinian prisoners are objecting to prison conditions at Ofer Prison, according to an article, “Israeli Extremists Taunt Hunger-Striking Palestinian Prisoners with BBQ,” by *Mint Press News*. Nearly a quarter of the Palestinian prisoners held by Israel are participating in the open-ended hunger strike, according to the *Ma’an News*.

The inmates were taunted with the smell of barbecue during a hunger strike.

Fatah leader Marwan Barghouti, an inmate serving five life sentences plus 40 years, inspired the hunger strike. He hopes to put an end to detentions without trial, ease visiting conditions and end solitary confinement, according to the article.

“Surrender to a hunger strike?... Anyway, it’s not clear why there’s no death penalty for terrorists. We wish these terrorists luck in their hunger strike. They should take it all the way,” said Avihai Greenwald, former chairman of the National Union, according to the *Jerusalem Post*.

A group of several far right Zionist Israeli political parties participated in the barbecue to

“celebrate the hunger strike” and to “break the spirit” of the hunger strikers, adding the prisoners “will enjoy breathing in the smoke and suffer from the smell of the meat, and [we will] show them that we will not give in to their whims,” the article stated.

An Amnesty International (AI) report specifically addressed the policy of visitation prevention, calling it “ruthless policy,” and Magdalena Mughrabi of AI called it “a flagrant violation of the Fourth Geneva Convention.”

The human rights organization Addameer said Israeli prisons hold approximately 6,500 Palestinians, including 300 children, according to the article.

The Israeli Prison Service (IPS) has warned the inmates who participated in the hunger strike of serious consequences for participation, which it considers a violation of the law.

Twenty-two days into the hunger strike, the IPS decided to suspend payments it provides for prisoners to purchase items from the prison commissary. The IPS started to deduct hunger strikers’ accounts by 200 to 500 shekels (\$55-\$140) according to the Head of the Palestinian Committee of Prisoners’ Affairs Issa Qaraq.

Prisoners sew their lips shut in protest

By **Joe Garcia**
Journalism Guild Writer

A group of Afghan prisoners has sewn their lips closed to protest serving their sentences outside their home provinces, according to an online story by Ayesha Tanzeem at voanews.com.

The movement started when 300 prisoners, who are being held just outside of Kabul, went on a hunger strike against a presidential decree that denies them the right to do their time near their homes and families. Of those 300, about 20 inmates stitched their lips sealed in silent solidarity, Tanzeem reported.

Afghanistan’s Ministry of the

Interior confirmed the hunger strike but declined to comment on whether any inmates had sewn their mouths shut. A joint delegation of Interior officials and attorneys general plans to meet with the protesters to discuss their demands at the Pul-i-Charkhi prison near the nation’s capital of Kabul, said Najib Danish, an Interior spokesperson.

The protesters also want to be considered for routine presidential pardons that are typically granted around religious holidays, such as the Muslim holy festival of Eid, said Abdul Halem Kohistani. He is the official in charge of prison protests.

Hundreds of prisoners at this

same facility had gone on a hunger strike earlier this year over claims of human rights violations. This is not the first time that Afghans have sewn their lips shut to draw attention to their prison conditions.

Human rights groups have criticized the conditions at Afghan prisons. A 2015 report by the United Nations Assistance Mission in Afghanistan revealed that one-third of Afghan prisoners were mistreated or tortured during their detention.

Mohammad Hasham Alakozai, an Afghan senator, said that among the protesters are some arrested on drug-smuggling charges and some with links to the Taliban.

Women's power and individuality lost in a dystopian society

Book Review

By Juan Haines
Senior Editor

The Handmaid's Tale, by Margaret Atwood (1985), is an account of a woman's life in a world deprived of the expression of individuality and personal desires. It chronicles what Offred, the protagonist, endures while subjugated to servitude in Gilead.

Gilead is a dying Orwellian world. Birthrates are falling for some unknown reason. All societal institutions have become narrowed with a religious fervor for two purposes — procreation and perpetual war.

While Offred exists for procreation, she quickly realizes that compassion, empathy and affection are missing.

...nobody dies from lack of sex. It's lack of love we die

from. There's nobody here I can love, all the people I could love are dead or elsewhere.

Offred's diary drops readers into this world of no artistic freedom, no deviation from the party line, no diversity of ideas, and no dignity for its citizens.

Since *The Handmaid's Tale* is premised on men having control over women, the following passage is telling:

You will never be subject to the temptation for feeling you must forgive, a man, as a woman. It's difficult to resist, believe me. But remember that forgiveness too is a power. To beg for it is a power, and to withhold or bestow it is a power, perhaps the greatest.

From time to time, Offred's self-talk and reminiscences about her former husband Luke and daughter reveal that her individuality is not lost. She fights, first in her mind, then

directly, to keep her identity intact. She refuses to surrender what no rule or decree or institution or government agency could erase — her thoughts and imagination.

However, to prevent a citizen from acting on personal beliefs or ideas, the State uses the most primitive instinct human beings have — the fear of certain death (to be hung on The Wall). Though the option to commit suicide — a uniquely human ability — remains a choice.

Offred's perceptions, dreams and memories give readers a steady sense of the most complicated human attribute — the want of self-determination, knotted into the advantages of social interaction.

So after Offred has a conversation with The Commander about the human race, he responds:

...everyone's human after all. I wait for him to elaborate

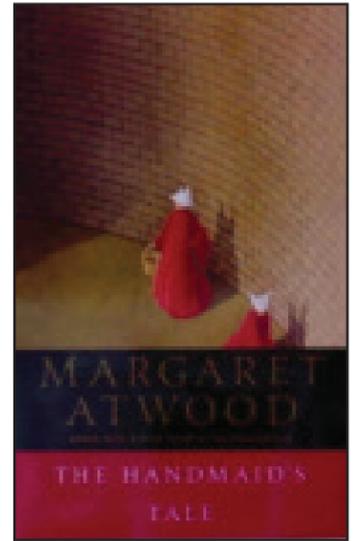
on this, but he doesn't, so I say, what does that mean? It means you can't cheat Nature, he says.

Their conversation digs into the purpose of Gilead. The Commander, loyal to the State, asserts his truth, while Offred questions it:

We thought we could do better. Better? I say, in a small voice. How can he think this is better? Better never means better for everyone, he says. It always means worse, for some.

The Handmaid's Tale is a long, somber and melancholy account of a community that has extinguished loving relationships and the connection between family and happiness. The community has eliminated the importance of empathy. The book is, ultimately, a story about the haves and have-nots as well as a story about how the powerful dominate the powerless.

The powerless Offred struggles against Gilead's powerful dystopia. She gains the slimmest control first by satisfying The Commander's need for socialization, then by



going through the motions of having an intimate relationship with The Commander's driver, Nick.

A government this controlling may be unthinkable, yet there are many examples of totalitarian societies today. To name a few contemporary examples: prisons everywhere, Isis and Saudi Arabia in the Middle East and, if we aren't careful, the United States of America in the future.

News Briefs

1. Sacramento — Matthew Beck, 26, suffered fatal head, neck and back injuries when a 120-foot tree uprooted and fell on him, *Vice News* reports. Beck was leading a crew clearing brush in the remote Hoopa Valley area of Northern California. Beck was convicted of burglary in 2014. He was serving a six-year prison sentence at one of California's 43 fire camps. This October, Beck was scheduled for parole.

2. Sacramento — A report, released in late March by the state Office of the Inspector General, faulted a "critical shortage" of doctors at California State Prison, Sacramento, despite a "seemingly unprecedented ability to recruit and retain" primary care providers, *The State Worker* reports. Doctors there "complained that current work conditions were unsustainable and many were actively looking for employment elsewhere." According to the report, medical staff at the prison struggled to respond quickly to emergencies, properly review medical records, maintain oversight of inmates receiving opioid-based medication and arrange medical appointments for new inmates.

3. Colorado — The state's highest court ruled on May 22 that decades-long sentences handed down to juveniles are constitutional because they will be eligible for parole eventually. The sentences are combined or aggregated, and the parole eligibility falls within the inmates' expected lifetimes, even if that means they are in their 70s, *The Denver Post* reports. Across the country, 2,089 offenders incarcerated for crimes committed as juveniles are serving virtual life sentences, according to *The Sentencing Project*.

4. Austin, Tex. — This past March, the city passed an ordinance called Fair Chance Hiring. The measure requires private employers to postpone questions about a criminal conviction until later in the hiring process. Austin is the first



Southern city to do so. Formerly incarcerated people joined forces in order to fight discriminatory hiring practices, the *Alternet* reports.

5. Texas — The state still contains the largest inmate population in the country. However, new data shows that criminal justice reforms, begun in 2007, may have slowed the state's incarceration growth rate, *The Daily* reports. The data shows that the prison population is shrinking at a faster rate than half the country. In 2010, the state's prison population was 173,649 inmates. But the report by the *Sentencing Project* shows that in five years, there has been an almost 5 percent reduction in the number of incarcerated people in the state.

6. Louisiana — Three key bills in a criminal justice overhaul package, which will reduce sentences and expand opportunities to parole for inmates, have been moved forward in the state's legislative process. The bills rewrite sentences for most drug offenses, reduce penalties for low-level drug possession offenses and scale prison terms based on the amount of drugs involved. The legislation also overhauls the state's numerous theft statutes and reduces or eliminates mandatory minimum sentences for several other non-violent crimes, *The Advocate* reports.

7. Connecticut — Gov. Dannel P. Malloy is considering a new bill that places limits on the

use of solitary confinement in the state's prisons, the *Hartford Courant* reports. The measure would provide greater transparency on the use of solitary confinement and limit the ability to place prisoners under 18 in the harshest form of solitary confinement.

8. Alabama — On May 24, his eighth scheduled execution date, Death Row inmate Tommy Arthur, 75, was put to death by lethal injection for the 1982 murder for hire of Troy Wicker Jr., *AL.com* reports. Arthur did not admit to or mention anything about the crime. On June 8, inmate Robert Bryant Melson was executed by lethal injection for the 1994 murders of three fast-food restaurant workers, Nathaniel Baker, Tamika Collins, and Darrell Collier.

9. Washington, DC — The federal prison population is projected to grow next year by 4,171 to 191,493 as the federal government steps up prosecutions of illegal immigrants and drug offenders, reversing the trend toward a smaller prison population under former President Obama, the *Wall Street Journal* reports. The 2 percent growth estimate in fiscal 2018 was in a Justice Department budget proposal, which also calls for 300 new federal prosecutors and 75 new immigration judges. The plan is expected to be a boon to private prison companies as government-run prisons are 14 percent above capacity.

If the reader is interested in other dystopian stories, I'd like to recommend: A Clockwork Orange, a futuristic story that solves criminal thinking with psychotropic drugs and 1984, about controlling and policing thoughts. An interesting story about historical fiction is The Book Thief, a story that explains Nazi Germany and the Holocaust through a child's desire to read.

Honorable mention the power of the letter (June 30, 1978)

Back In The Days

By Daniel Travitzky

Even though prisoners are allowed the comforts of television and radio, and a few other luxuries, "The letter" is still the longed for treasure in prison, short of freedom. It is a principle factor in curbing the loneliness and frustration due to separation from loved ones.

On any given day, slightly past four o'clock men wait patiently, hoping they will be lucky and receive a letter from a loved one or friend; some wait at the bars, others lay on their bunks hoping the mailman will stop, and a few even pretend they are sleeping, yet every convict hopes a letter will come for him.

A letter is a primary link between prisoners and the outside world; visits are special too, though a letter is forever and doesn't fade or distort with time.

A few words of cheer from a love one have a wonderful way of making prison life more bearable, helping to give an added lift to prisoner's moral, giving him an incentive towards self-improvement.

It is amazing what the power of one letter can do to change a prisoner's whole outlook on life. Rehabilitation didn't work, punishment didn't work, and it won't work again, yet it is startling to see a bitter convict's expression to cheer with just one letter.

It doesn't have to be a long letter, in fact, some of the best letters are short and to-the-point letters, expressing love and respect which is almost nil behind these walls.

In return, don't be surprised if you receive a letter back expressing love, the desire to get a good trade, the desire to advance oneself academically, or a letter depicting a new man with vision...

The letter is an old established means of communication, though the postage rates are continuously rising, and still more and more people are writing letters, and the convict behind walls, the letter is of the mightiest in power.

In spite of the cut-backs with Jarvis/Gann, the cost of living still going up and other events going on the free world, when you go to the ballot poll to vote for cut-backs please don't vote for cutting back on "letters" to the men behind the walls.

Accused give up their constitutional rights to dodge jail

By Charles David Henry
Staff Writer

Many Californians accused of crimes give up their constitutional right to fight these charges because a guilty plea will get them out of jail.

In a 2017 study by Human Rights Watch, “Prosecutors often argue for high bail because a defendant is ‘too dangerous to let out’ before trial, then offer the same ‘dangerous’ person a time-served, go home sentence,

in exchange for a guilty plea. Some judges set bail a defendant cannot possibly pay to encourage guilty pleas for the sake of rapid processing of cases.

The purpose for setting bail is to protect public safety by preventing potentially dangerous people from causing harm before their cases are adjudicated and to prevent people from fleeing the jurisdiction or otherwise evading their obligation to go to court.

The almost year-long study

revealed that 77-91 percent of “felony defendants who stayed in jail until they received their sentence were released before the earliest possible trial date. They all pled out before they had a chance to assert their innocence.”

According to Human Rights Watch, bail and pretrial is determined on wealth. Affluent people simply pay bail and buy their freedom. Seventy to 80 percent of arrestees could not, or did not, pay bail.

Most defendants rely on

bail bondsmen to get out of detention.

Bondsmen charge as large a down-payment as they can, sometimes the full amount of the fee, or work out payment plans that they enforce with the threat of revoking the bond and sending the accused back to jail, the study revealed

Some bondsmen charge a fee of up to 10 percent of the actual bail amount, which is not refundable, even if the case is dismissed or charges are not filed,” the study discovered

In California, more than 63 percent of prisoners in county jails have not been sentenced but are serving time because they cannot afford to pay bail. Studies have calculated California’s median bail is five times greater than that for the rest of the country.

California should adopt a system that favors release and assesses the risk of danger in an individualized, contextual way, according to the study. “As a default rule, only those accused of serious felonies should merit consideration for pretrial detention in the first place.”

The defendants who do stay in custody should have a full adversarial hearing with an enforceable legal presumption of release absent proof by the prosecutor of a specific need to detain. This proposed system would make significant changes in California courts’ approach to administering justice, Human Rights Watch concluded.

THE STUDY MADE MANY RECOMMENDATIONS THAT SHOULD PROVIDE A BETTER APPROACH TO ADMINISTERING JUSTICE:

- Prioritize public safety by causing courts and prosecutors to focus on those defendants who truly pose a danger, while releasing those who do not;
- Mitigate the income-based discrimination of the current money bail system;
- Decrease the number of people, particularly innocent people, coerced into pleading guilty; because of their custody status
- Save the public money by cutting jail costs;
- Honor the presumption of innocence and treat people in court as human beings, not numbers.

USC law students are changing the legal landscape for the incarcerated

Law school students are changing the legal landscape for the incarcerated serving life sentences in California.

Inmates’ prison terms and life sentences are being altered under the direction of Professor Michael Brennan and co-director Heidi Rummel.

They are with the University of Southern California Gould School of Law’s Post-Conviction Justice Project, said spokesperson Gillen Silsby in a recent news release.

This high-stakes work and hands-on legal training project has been mentoring hundreds of fledgling lawyers for more than 30 years. For dozens of people wrongly serving life sentences or whose constitutional rights were violated, the project at USC has had a significant impact.

Brennan has taught them to “be forceful when arguing in court, diligent when filing habeas petitions and sensitive when meeting fretful clients.” His Trojans have represented clients at parole hearings, state and federal habeas peti-

tions and appeals challenging violations of their constitutional rights, Silsby said.

“Mike’s even-keeled devotion to his student’s development, along with his willingness to allow students to own their cases and take risks, is something I will always appreciate,” says Adam Reich, an attorney with the law firm of Paul Hastings.

*“If you told me
30 years ago that
I would still be
here, I’d think
you were crazy”*

USC law students have represented juvenile offenders serving life terms and women convicted of defending themselves against abusers. That’s what has kept him going for the more than 30 years, said Silsby.

The Justice Project’s students initially represented male prisoners at the Federal

Correctional Institution on Terminal Island. However, in the ‘90s, “The project also began working with clients serving life-term sentences for murder at the California Institution for Women. Many of them had been convicted of first-degree murder for killing their abusers,” Silsby wrote.

“Word spread among the women at the institution, and Justice Project’s caseload grew exponentially. Still, it was a struggle. Few governors were releasing life-term inmates, not even women who were survivors of abuse, despite a new law allowing expert testimony on battered women syndrome,” the release said.

The students argued on behalf of Sandra Davis Lawrence after her due process rights had been violated by the governor’s decision to reverse her fifth grant of parole. In 2008, the Justice Project attained a historical victory in the California Supreme Court for her, the release noted.

The court concurred that she was completely rehabilitated. This subsequently

opened the door to judicial review of arbitrary denials for paroling inmates who were no longer a danger to society, Silsby added.

According to the release, this ruling’s impact was dramatic. “At the time of the Lawrence decision, 21 Justice Project clients had been released from prison in nearly two decades. In the next five years, another 100 clients were released through grants of parole or successful habeas challenges.”

As the project continued to expand, in 2010, co-directors Brennan and Rummel began taking on juvenile cases when they received adult life sentences. The news release said the Justice Project “helped draft and pass the California Fair Sentencing for Youth Act, which took effect in 2013.”

Brennan graduated from law school at University of California, Berkeley in the mid-1960s. “If you told me 30 years ago that I would still be here, I’d think you were crazy,” he said. “But this is what keeps me going.”

— Charles David Henry

Honoring Black veterans is critical to solving present-day issues

Honoring the burden borne by Black veterans during the lynching era is critical to recovering from the terror of the past as we face challenges of the present, according to the Equal Justice Initiative’s 45-page exposé, *Lynching in America: Targeting Black Veterans*.

“It is impossible to create a dual personality which will be on the one hand a fighting man toward the enemy, and on the other, a craven who will accept treatment as less than a man at home,” according to Philip Klinkner and Rogers Smith’s “The Unsteady March: The Rise and Decline of Equality in America,” as quoted in the Equal Justice Initiative report.

Throughout the Black man’s existence in America, he looked hopefully to the military as a way to achieve racial opportunity and equality. “The dream that donning a military uniform and fighting for national honor would earn Black soldiers respect and human dignity conflicted with the status Black

people in America had held for centuries and often resulted in disappointment,” according to the report.

“No one was more at risk of experiencing violence and targeted racial terror than Black veterans who had proven their valor and courage as soldiers during the Civil War, World War I, and World War II,” said Bryan Stevenson, EJI director.

President Lincoln expressed fear that the armed Black soldier would ruin White soldiers’ morale and be harmful to the war effort. One Ohio congressman warned if the Black soldier was to become an essential part of the victor, “That victory would weaken White supremacy,” the authors said.

“Whites terrorized and traumatized Black veterans during the first decades of the era of racial terror in order to maintain the system of racial insubordination that existed during slavery. ... Southern newspapers fueled Whites’ fear of Black veterans by pub-

lishing sensational accounts of so-called ‘race wars’: conflicts between supposedly innocent White police and drunk and armed former Black soldiers, intent on starting trouble,” the exposé says.

*“... fighting for
national honor
would earn Black
soldiers respect
and human
dignity ...”*

Black veterans were seen as a particularly strong threat to racial hierarchy and were targets of discriminatory laws. To eliminate Black gun ownership, which had reached unprecedented levels during the war due to Black military service, caused several southern states like Alabama and Mississippi to

pass laws making it a crime to possess a firearm, said Alfred Avins.

Sen. James K. Vardaman of Mississippi, speaking to fellow senators in 1917, warned that the reintroduction of Black servicemen to the South would inevitably lead to disaster.

A White mob in Lincoln, Ark., murdered Black veteran Clinton Briggs for allegedly “insulting a White woman ... by moving too slowly out of her way as she tried to walk past him.” She responded angrily and let her companion assault him. A mob gathered and threw Briggs into a vehicle, drove him into the country, shackled him to a tree and shot him 50 times,” revealed Vincent Mikkelsen, Ph.D.

“On Nov. 2, 1919, Rev. George A. Thomas, a first lieutenant and chaplain, and at least one other Black veteran were attacked in Dadeville, Ala. for wearing ‘Uncle Sam’s Uniform.’” According to the report, at least 13 Black veterans were lynched after World War I.”

Despite disappointments experienced in World War I, Black men entered World War II with even more enthusiasm when they created the “Double V” Campaign, which called for victory over fascism abroad and victory over racism at home, said the report.

No matter the sacrifices of Black servicemen, Jim Crow remained the law of the land at home and in the service, the report derived.

It was Feb. 8, 1946. Marine Timothy Hood removed a Jim Crow sign from a trolley in Bessemer, Ala. Moments later, William R Weeks, a White conductor, unloaded his pistol into Hood, who staggered off the tram and crawled away. He was arrested by Chief of Police G.B. Fant, placed in a patrol car and murdered with a single bullet to the head. The county corner returned a finding of “justifiable homicide” and cleared Fant of any charges, the *Birmingham News* reported.

— Charles David Henry

San Francisco Deltas play fútbol on a prison yard

By Eddie Herena
Staff Writer

For the first time in memory, professional soccer club members visited San Quentin Prison for a clinic and game with about two dozen incarcerated players.

The owner, general manager, several coaches and active players Cristian Portilla and Tyler Gibson for the San Francisco Deltas greeted the San Quentin squads.

"It's an honor to have them with us," said Brandon Hidalgo, The Youngsters' team captain.

Delta members coached both teams. Head coach Marc Dos Santos put the OG's into a 4-4-2 formation. Assistant coach Andrea Di Pietrantonio took charge of The Youngsters with a 3-4-3, with strikers Hidalgo, Cesar Delgado and Adrian "Güero" Montez leading the attack.

Members of Delta ran drills and barked orders on the prison's mainly dirt field in warm-ups.

"This is the first time that we had professionals come and coach us," said OG player Gavin Robinson. "I've been waiting for

this for 10 years."

Among the visiting club on June 27 was Chris Brown, the Delta goalie coach, whose pre-game drills would prove to be crucial for both opposing goalkeepers, Moses Fuentes and Marco Villa, in a match that hinged on penalty kicks.

"We are committed, and will give our best to you guys," said Dos Santos with a heavy Portuguese/French accent.

"Professional sports was never meant to be a business but a way of bringing the community together, under one umbrella," said Delta founder and CEO Brian Andrés Helmick, a belief that he said is lacking in professional sports, "Fútbol does that."

Delta is the newest Bay Area professional expansion team since San Jose Earthquakes was formed in 1974. They are second in North American Soccer League (NASL) this season at 23-6-2-5 (points-wins-loses-ties).

Their rapid success stems from diversity, humility and their responsibility as professional athletes to be one with their community, according to Helmick,



Photo by Rahsaan Thomas - San Quentin News

San Francisco Deltas on SQ's Lower Yard

"We're humble bad asses."

In minute 13, Taré "Cancun" Beltranchuc scored off an assist from Delta GM Todd Dunivant, a 22-year retiree and five time MLS champion with the San Jose Earthquakes and Los Angeles Galaxy.

Dunivant's presence on the field seemed unfair as the OG's Carlos "Venado" Ramirez, on a Beltranchuc assist, scored in minute 18. It was 2-0 at the half.

"They (OGs) just defend!" ex-

claimed Di Pietrantonio. "Their coach (Dos Santos) takes the fun away from soccer!"

Di Pietrantonio's halftime speech was aimed at beating the OG's clogged middle. "Take the ball wide," he said.

In the 49th minute, four minutes into the second half, Youngster Cesar Delgado scored, which tilted the momentum toward The Youngsters. Their relentless pressure resulted in an additional goal by Hidalgo with two minutes left

in regulation.

The match ended in a 2-2 tie after an extra time goal was dis-qualified. Instead, both teams selected shooters for penalty kicks.

Beltranchuc, the OG's star-player, scored easily.

Luis Diaz-Lopez's shot was nowhere near the goal: 1/0.

Jesús "Morelia" Lopez, like Diaz-Lopez, missed.

Cesar Delgado's shot was wide-left by inches. 1-0/0-0.

Julio Martinez, OG, scored.

Youngster's Hidalgo, scored with authority: 1-0-1/0-0-1.

OG's Le "Lamsuy" Lam missed, while Adrian "Güero" Montez scored: 1-0-1/0-0-1-1.

Carlos Meza's shot for the lead and possible win was blocked, leaving the match in the legs of Youngster José "Magina" Mendoza. He scored on goalkeeper Villa. 1-0-1-0-0/0-0-1-1-1.

"The ball came so slow that I was sure I was going to stop it," said Villa. "My confidence got the best of me."

The professional play by Dunivant was not enough help for the OGs. The Youngsters stripped away the OG's lead to win 5-4.

Suns beat the San Quentin A's and Giants in double-header

By Marcus Henderson
Journalism Guild Chairman

The visiting Santa Monica Suns outshined the San Quentin A's and Giants baseball teams in an intense double-header. The Suns edged the A's 14-12 and held off the Giants 15-10.

"As a visitor it's good for you to come here. It helps you remember what's going on in the world," said the Suns' Will Green. "Now I understand what it means to lose your freedom and what it takes to get it back. I think the country is designed where we think people in prison are just characters in a movie and not real human beings."

In the first game, the A's Anthony "T-Tone" Denard almost hit a trifecta: he smashed a triple his first at bat, then crushed a double in the third inning to score two runs. In the fifth, Denard performed an amazing feat, reaching third base off a pass ball. Facing a 3-2 pitch and



Photo by Eddie Herena - San Quentin News

Bob Sharka at bat for the Suns against SQ Giants

a man on third base, the Suns pitcher threw the ball in the dirt, causing the catcher to scramble. Denard's cheetah-like speed had him rounding the bases as the catcher regrouped and over-threw first. A runner scored and Denard made it to third base before the ball reached the infield.

"We appreciate this program and those that come out to play us," Denard said. "They are showing us the true meaning

of giving back. It's about unity, love and respect for the game and the community."

Leading 3-0 in the second inning, the Suns added five runs. Head Coach Bob Sharka hit a pop-fly that bounced off the third baseman's glove. The Suns hit two singles to load the bases. Andy Greene smacked a double to score all the runners. With the bases reloaded, Patrick Monahan hit a single down the

third-base line to score two runs for the 8-0 lead.

"Bob Sharka is a great friend of this program," said Elliot Smith, SQ baseball sponsor. "He is a major donor of equipment and historically he has the most players who have brought their own teams in. This program helps take the myth out of prison and give the outside community first-hand experience with the rehabilitative programs and the work being done here."

The A's gained four runs in the third and fifth innings to tie the score, 8-8. The Suns and A's both scored three runs in the sixth to stay tied, 11-11. The Suns distanced themselves in the eighth, when the A's relief pitcher loaded the bases off walks. Green doubled deep to the center-field gap to clear the bases and gain a 14-11 lead.

"I'm grateful to be a part of this. By playing outside teams it lets us know we are not dead to the world," said the A's Markeith

Mason. "It also lets the community see we are not animals."

In the second game, Suns took a 9-0 lead over the Giants in the second inning.

The Giants scored four runs in the fourth and three in the fifth to close the gap, 9-7. The Suns batted in five runs in the sixth and Giants pitcher Ruben Harper walked a batter for a 15-7 lead. In the seventh, Harper smashed a homerun with two men on base to rally the Giants with five at 15-10. The Suns tightened their defense and pitching to secure the June 10 win.

"We appreciate them coming in. It's a trickle-down theory. This program helps us become better people and keep up our morale," Harper said.

The Suns' Tom Shepherd added, "The guys have solid teams. Coming here gave me a chance to see a life I'm not used to. These people are living their lives in here the best they can."

The Green Team beats the new 2017 Warriors, 79-67

By Montrell McDuffie
Contributing Writer

The visiting Green Team basketball players encountered something unexpected when they came to San Quentin's Lower Yard. What they noticed was a youthful bunch of new players for the San Quentin Warriors.

Only two older men, Allan McIntosh and Brad Shells, were in the SQ starting lineup.

Dajon Moore, 19, said Warrior's Coach Rafael Cuevas approached him and a group of younger basketball players and asked if they wanted to play a game against the SQ Warriors.

Lead by Matthew Carnegie, 30, the younger players beat the veterans.

"We beat the Warriors so now we get to suit up against the

Green Team," Moore said. "As long as we keep winning, he's gonna let us keep playing against the outside teams. That Warriors jersey feels good on me."

On June 17, the Green Team showed up loaded with talent and beat the SQ Warriors, 79-67.

The Green Team was made up of former oversea pro Reilly Griffin, five former Claremont-McKenna College basketball players, a former Washington and Golden State Warriors Assistant General Manager Kirk Lacob.

"I'm glad to be back; I'm sorry I couldn't make it during the finals," said Lacob, the 2017 NBA champion.

In the first three minutes of the game, the Green Team went on a 9-0 run, capitalizing on sloppy SQ passes and forced shots.

The Green Team stayed composed and unselfish.

Seven minutes into the first quarter, the Green Team's Beau Heidrich missed a three-pointer from the left corner. Green Team's Patrick Lacey grabbed the offensive board, stepped back and knocked down a deep three-pointer, putting the Green Team up, 15-4.

With four seconds left in the second, the Green Team's Chris Blees crossed over and drove baseline, high off the backboard that made the score 42-23 at the half.

"I love coming in here. I love playing with these guys; we're all a big family. Definitely the highlight of my week," Lacey said.

During the second half, Carnegie, Shells, and McIntosh started picking up the slack

on offense and defense. Nine minutes into the third quarter, Shells grabbed a rebound and found McIntosh with a half-court pass. McIntosh drove to the rack for the and-one, completing the three-point play.

Carnegie logged 17 points, 11 rebounds, 4 steals and an assist. SQ Warrior McIntosh dropped 18 points. Shells led both teams in blocks with four. He also finished with 10 points and 8 rebounds.

"The YOPs (youngsters) played an outstanding game," Shells said. "They were thrown off in the beginning by the enormity of the game, but once they slowed down, they played great. I'm really proud of them."

Griffin led all scorers with 21 points, 9 rebounds and 3 assists. Blees added 11 points and 12 rebounds; Lacey, 9 points, 6



Photo by Eddie Herena - San Quentin News

GS Warriors' Kirk Lacob

rebounds and 4 assists; Heidrich dropped three treys.

In this specific encounter, the roster of mostly new comers wasn't experienced enough at playing organized basketball against former pro and college basketball talent. They have the athleticism, but one-on-one basketball couldn't beat a team that shares the ball and stays calm like the Green Team.

Top 49ers rookies tour prison

By **Rahsaan Thomas**
Staff Writer

Meeting Forty-Niners first-round draft pick Solomon Thomas motivated Deshonnte Jones, 21, an incarcerated standout high school running back, to keep pursuing his NFL dreams. The tour of San Quentin State Prison gave the San Francisco Forty-Niners 2017 class of rookies perspective.

“Those guys are where I want to get to,” Deshonnte Jones said. “I got detoured, but when I get out in a couple of years, I’m going right back to school.”

Jones said he had 3,025 all-purpose yards for Taft High School in Los Angeles and made it to the championship game his senior year. College scouts circled him. He wanted to go to the University of Southern California, but he needed to start at community college to bring his grades up. However, one of his brothers was murdered and another died three months later of sickle cell anemia. Without any other male figures in the house, Jones lost direction. He ended up in prison, serving six years for robbery.

“I didn’t care anymore,” Jones said. “I committed a robbery with no gun for \$15 and changed everything. It was the stupidest thing I have ever done.”

Jones met and talked with the rookies like CJ Beathard (Iowa) and Thomas (Stanford), who played against each other



Photo by Samuel Hearnes

49er Rookie Solomon Thomas meets Deshonnte Jones

in the Rose Bowl. Now they may be teammates.

“It’s really great to talk to the people here and get their perspective,” Thomas said. “It’s really life-changing.”

The Forty-Niner organization sends their rookies on a tour of San Quentin every year so they can gain perspective on the opportunities they earned and the potential effect of one bad decision.

“I bring them every year, and the reason I do is that I need you guys to answer whatever questions they have,” said Rev. Earl Smith to 20 incarcerated men waiting to greet the rookies. “I need you guys to straighten them out and lace them to what it is.”

Smith worked at San Quentin as a chaplain before becoming the chaplain for the Golden State Warriors and the Niners. Retired Niner Parys Haral-

son also escorted the rookies inside the prison. They came with about 25 young football players.

“I think it’s a good experience,” Haralson said. “I think it helps.”

Darrell Williams (West Kentucky) said, “Not everybody is bad, whether they are in prison or not, and we’re living in a different world. All I knew was what I saw on TV. It’s good to be here and see what’s real and what’s fake.”

At the start of the tour, the rookies gathered before the incarcerated men and heard what other prisons are like, compared to San Quentin. They were told about the Prison University Program and self-help groups. They asked questions like, “What’s your day like? What kind of classes can you take here?” Then they walked the yard and went inside cells.

Some of the rookies, like Adrian “AC” Colbert, were only a father away from ending up in prison. “Three of my best friends died from gang violence, and I’m only 23,” Colbert said. “I feel like a lot of men fail because their fathers aren’t there or don’t give a damn about them.”

Colbert met his grandfather in prison on a visit when his father was incarcerated. However, his father turned his life around and taught his son not to follow a negative lifestyle. Colbert played for the University of Texas and the University of Miami.

Cornerback Ahkello Witherspoon added, “My father’s from Compton. He wanted better for me.”

Witherspoon grew up in Sacramento. The 22-year-old played for the University of Colorado.

Jones may see the Forty-Niners again thanks, in part, to a program that allows men who committed their crimes as juveniles to do their time in a lower-level prison.

“I got a second chance coming here,” Jones said. “An organization that gives scholarships to foster kids committed to give me one when I’m released.”

Some of the other rookies that visited included: Trent Taylor, Jimmie Gilbert, Kendrick Budne, Zach Franklin, Chance James, Erik Maynison, DJ Jones, Matt Walsh, Noble Nwachukwu, Richard Levy and Nick Mullens.



Photo courtesy of Frank Ruona

Frank Ruona, Kevin Rumon, Eddie Hart, Mark Stevens, Science In Sport's Tonya Wearer and Jim Maloney outside San Quentin State Prison

Olympic gold medalist visits SQ

The 1972 Olympic Gold Medal winner Eddie Hart shared tips about running and overcoming adversity with the runners of San Quentin’s 1000 Mile Club.

“No matter where you are in life, you have to deal with adversity – that’s life,” Hart said. “I trained every day for 10 years for that race, and the coach had the wrong time schedule. I had to deal with it.”

Hart set a world record in the 100-meter Olympic trials. Many expected him to go on to win the gold at the Olympics in Munich, Germany, but the coach’s scheduling mistake cost Hart a chance to race the 100-meter. He went on to win his gold medal in the 4 x 100 relay.

Hart also dealt with the death of his best friend, who drowned when he was 13 years old.

His book, *Disqualified*, tells the complete story.

Standing on the prison yard, talking with the incarcerated runners, Hart recognized that he shared that persevering spirit with the men striving to do something positive with their prison time.

“I’m uplifted and motivated by these guys,” Hart said.

The June 23 visit marked Hart’s fourth at San Quentin since 2014. He returns every year for a meet called the Eddie Hart-Ralph Ligons Track Meet. Ligons, once incarcerated at San Quentin, ran track with Hart when they were in high school and college.

With the Eddie Hart Foundation, Hart also holds track meets for middle school kids.

At the meet in San Quentin, Markelle Taylor, the 1000 Mile Club’s top runner, dedicated breaking the Half-Mile Run record, with a time of 2:12.28, to Eddie Hart and for world peace.

Tommy Wickerd broke the Over 50-year-old Half-Mile record with a time of 2:44, which he credits to Hart’s advice.

“Eddie Hart’s my inspiration,” Wickerd said. “Last year, I was one of the slowest. I took his advice about pumping your arms, and I used it the last lap. I got extra speed from that.”

Hart advised runners to pump their arms, bringing

them up high and to lift their legs so that their feet hit the ground almost straight down and push through, rather than extending far out. He also said to keep your whole body relaxed, hips, face and torso. If they tighten up, other muscles may tighten as well.

“Last year I got to hold his medal; this year I got golden advice,” Wickerd said.

Newcomer Robert Seabock, 66, took off with surprising speed in the 400-Meter race. Just feet from the finish line, he fell, bounced up and fell again. He got up slower and completed the last steps past the finish line with a time of 1:24.37.

The current over-60 record for 400 meters is 1:21.86 set by Alberto Mendez, 60, in 2015.

“The new guy would have broken the 60-and-over record if he didn’t fall twice at the end,” head sponsor Frank Ruona said. “He ran pretty well.”

In the 100 Meter and 200 Meter Dashes, Oscar Aguilar, 34, took first with respective times of 0:11.88 and 0:25.12.

Tone Evans, 53, won the 100-Meter Dash in the 50-and-over category. (0:12.63)

Eddie Herena, 34, smoked the One Mile Run. (5:16.19.)

The 4 x Quarter-Mile Relay went to the team of Sergio Carrillo, Charles Truman, Mark Stevens and Michael Keyes. (5:36.55)

Herena, Wickerd, Al Yaseng and Chris Scull won the Distance Medley. (14:12.00)

Tonya Wearer of Science in Sports (SIS) attended the race. Her company makes nutritional products for Olympic athletes. They donated electrolyte hydration to the 1000 Mile Club.

It was Wearer’s first time on a prison yard but not her first time in a prison. Growing up in Baltimore, she visited friends who were incarcerated.

“When Frank invited me, I thought of all my friends that have been through the process,” Wearer said. “I wish there had been programs that offered them these opportunities. It shouldn’t be rare. It should be normal. When someone messes up, you shouldn’t throw them away, you should help them get better.”

— **Rahsaan Thomas**

San Quentin News

San Quentin News Staff

Richard Richardson, Editor-in-Chief
 Juan Haines, Senior Editor
 Kevin D. Sawyer, Associate Editor
 Wayne Boatwright, Managing Editor
 Marcus Henderson, Journalism Guild Chairman
 Rahsaan Thomas, Staff Writer
 Wesley Eisiminger, Staff Writer
 David Lê, Staff Writer
 Samuel Hearnes, Staff Writer
 Charles David Henry, Staff Writer
 Jesse Vasquez, Staff Writer
 Eddie Herena, Photographer
 Keung Vanh, Layout Designer
 Jonathan Chiu, Layout Designer
 Richard Lindsey, Researcher

Staff Administrative Review

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

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

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

We Want To Hear From You!

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

Please use the following criteria when submitting:

- Limit your articles to no more than 350 words.
- Know that articles will be edited for content and length.
- The newspaper is not a medium to file grievances. (For that, use the prison appeals process.) We encourage submitting articles that are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.
- Poems and artwork (cartoons and drawings) are welcomed.
- Letters to the editor should be short and to the point.

Send Submissions to:
 San Quentin News
 1 Main Street
 San Quentin, CA 94964

For inmates that want to receive a copy of the *San Quentin News* in the mail, send \$1.61 worth of stamps for postage to the above address. The process can be repeated every month if you want to receive the latest newspaper.

Behind the Scenes

The San Quentin News is printed by Marin Sun Printing, San Rafael.

78 participants receive certificates of completion from the Substance Use Disorder Treatment Program

By **Rahsaan Thomas**
Staff Writer

Incarcerated graduates who took a mandatory Substance Use Disorder Treatment Program said the experience inspired them to change.

“At first I was pissed off,” graduate Jason Gibau, 36, said. “I felt like, I’m already doing time, now I’m being forced to into a program five days a week, for three and *forever* hours a day. Then I met Mr. Anding, and we connected. He’s from Harlem, just like me. He understood, didn’t judge, and didn’t force things on us. He’s the best teacher.”

Anding added, “Our first challenge was building up that trust. It was hard getting a diverse group to share. It turned around when we all started sharing. Even I had to share my background.”

Gibau, serving four years for making a criminal threat, has volunteered to take the in-treatment program called Health Right 360, when released.

“I chose this,” Gibau said. “It’s do or die for me. Just another criminal threat can get me all day. I just want to be a good father.”

The Center Point program called Substance Use Disorder Treatment Program, (SUDTP), uses cognitive behavior therapy to teach classes in substance use treatment, anger management, criminal thinking and family relationships.

June 15 marked the second graduation for the new group. Before issuing 78 certificates for completing the various programs, several speakers took the podium, including San Quentin Warden Ron Davis.

“It’s been a long road to get here,” Warden Davis said. “We started to activate this program almost two years ago, and we didn’t get the funding. We hired a CCIII (counselor), had plans going to convert a space, and the program didn’t make it into the budget.”

“Last year the budget comes and then we hit a snag with the fire marshal on the space. We started looking at where we can do this. Went to the gym; it’s not ideal, but we can make it work.”

“We provide the opportunity,



Photo by Eddie Herena - San Quentin News

The audience congratulating graduates as they receive their certificates

but it’s up to you to take advantage. Some of you might not have been in that place mentally, but once you got in the program and saw what it’s about, hopefully, you took advantage. That’s public safety, getting out better men than you came in. Appreciate what these staff members do for you and take advantage— because this can go a long way in preventing you from coming back to prison. Congratulations to all of you.”

The program’s success comes from a combination of professionals, formerly incarcerated men and currently incarcerated mentors as administrators.

“One thing I’ve heard in prison is ‘you are gonna give me \$200, take me to Greyhound and expect me to change’... it doesn’t work,” said Center Point’s Director of Criminal Justice Programs Steve Jackson. “My last bid was 16 years. I did my time and within 30 days, I had a new commitment. Eight children and I was a father to none of them. I gave up a lung to cigarettes. I’m not willing to give up no more, not another child, another dream. The hardest part is following through. Aftercare is the component that will maximize your success.”

For graduate Julio Saca, seeing incarcerated mentor

Michael Kirkpatrick in action inspired him. Saca, who is scheduled to parole in September, applied for a scholarship to become a drug counselor at Merritt College in Oakland and got it.

“It was a good experience because I got to see what a substance use counselor is,” Saca said. “It confirmed this is what I want to do. Using drugs and living a criminal lifestyle was a

waste of time, but at the same time I’m going to use it to help my community.”

Center Point Director Escobar said, “The worst thing that happened to you can end up being the best thing. Our true identity is how we respond to the world.”

Transitional Counselor Ms. Jones guided Saca through the process of getting the scholarship.

“I saw a lot of passion in him about what he wanted to do outside of prison,” she said. “I knew there were resources. I gave him the paperwork and let him know what he needed to do. He used his San Quentin address, and they accepted him.”

Cory Warren was among the several graduates and counselors from the various classes who gave short speeches.

“I was in it for the milestones, but why get the milestones and not learn the curriculum then get out just to fail?” Warren said.

Substance Use Counselor Bankston said, “As a result of their egos, their images, they put up a good fight until they could not fight any more against warmth, empathy, non-judgment and laughter. They let their guards down and recovery happened, which made it beautiful.”

For entertainment, a live band played, and the Asian Pacific Islanders performed a Samoan Haka dance that represented the war within one’s self.

The event ended with each graduate receiving his certificate, shaking hands and posing for pictures.

CCIII Palmer left the crowd with one message: “Spread the word that we have something going on in the gym. If they haven’t been there, tell them to come on down.”



Photo by Eddie Herena - San Quentin News

Xavier Wiggins posing with Substance Use Disorder Treatment Program counselors



Photo by Eddie Herena - San Quentin News

Sean Morris speaks to the audience



Photo by Eddie Herena - San Quentin News

Jason Gibau receives his certificate of completion from CCIII Palmer



Photo by Eddie Herena - San Quentin News

Vernon Roberts and Gagik Karapetyan proudly display their certificates of completion