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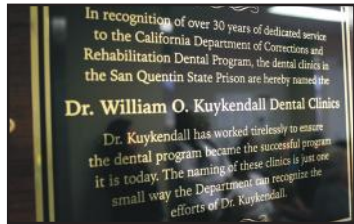
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POPULATION 3,991



SQ's dental clinic named after a beloved dentist

In late July dentists, dental assistants, and CDCR personnel assembled at SQ for the renaming of the dental facility as the William O. Kuykendall Dental Clinics.

2



Valley State Prison's Youth Offender Program

On June 08, 2017 Valley State Prison (VSP) Youth Offender Program (YOP) held its Inaugural Motivational Tour

8



The dedicated advocates for women prisoners

Two dedicated advocates used the art of storytelling and a stroke of a paint brush to bring awareness about the lives of the 200 plus women serving LWOP

9



Shakespeare troupe brings on comedy and drama

Energy was high and humor flowed like good ale when performers in costume of Old England mixed with the audience at the SQ Protestant Chapel

15



New rehabilitative pilot program launches at CIW

Healing Trauma: A Brief Intervention for Women, by Dr. Stephanie Covington, is a pilot program that started Aug. 8 at CIW

20

Robert E. Burton Adult School graduation celebrates GED and vocational achievements



Photo by Harold Meeks

GED and vocational graduates from the Robert E. Burton school

By Juan Haines
Senior Editor

Richard Johnson, 66, a columnist for the *Oakland Post*, did something he believed impossible while in prison; he attended a ceremony wearing a cap and gown to pick up a diploma for finishing a computer

literacy course.

Johnson was one of more than 150 inmates to graduate July 21 and July 28 from one of San Quentin's educational programs.

The event, held in the prison's visiting room, included the graduates' friends and family as well as their teachers and fellow prisoners.

"He's changed. I can see the growth in him. I can see the difference," Johnson's sister, Yvonne, said. "He could do something out in the world with what he's learned in here. He's a caring, loving person."

See *Graduation* on Page 10



Courtesy of CSP-Solano

Guests and inmates walking on Solano Level II yard Solano State Prison hosts Special Olympics Torch Run

By Richie Nunno
Contributing Writer

Custody staff, 165 inmates and media representatives gathered May 24 inside the Level II gymnasium of California State Prison-Solano in anticipation of the arrival of two Special Olympic athletes.

Music played on the sound system, and everyone inside lined up from the front door to the back door (half the length of a football field) in two lines facing one another with arms raised, representing a "Tunnel of Love."

See *Olympics* on Page 4

Hip-Hop artist J. Cole visits San Quentin



Photo by Eddie Herena-San Quentin News

J. Cole at the San Quentin Media Center shaking hands with Miguel Sifuentes

By Rahsaan Thomas
Staff Writer

Platinum Hip-Hop artist Jermaine Cole ("J. Cole") used a day off during his tour to come see mass incarceration up close.

In a two-hour visit with a juvenile lifer support group at San Quentin, Cole reaffirmed his belief that we need education instead of mass incarceration.

Scott Budnick, producer of the *Hangover* movie series and founder of the Anti-Recidivism Coalition, invited Cole to visit the Kids Creating Awareness Together (Kid CAT) group. By working together, Budnick, Kid CAT members and many others have gotten some harsh laws changed.

"Cole is here to help," Budnick said.

See *J. Cole* on Page 5



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SQ's dental clinic named after a beloved dentist who paved the way

A one man tour-de-force, with a spirit that is nothing short of sunshine

By Eddie Herena
Staff Writer

In late July, dentists, dental assistants and CDCR personnel assembled at San Quentin for the renaming of the prison's dental facility as the William Omega Kuykendall Dental Clinics.

The ceremony took place on the first floor of the healthcare building, where the dental clinics are located, and concluded with the unveiling of a plaque commemorating the impact Dr. Kuykendall's efforts created within CDCR dental care.

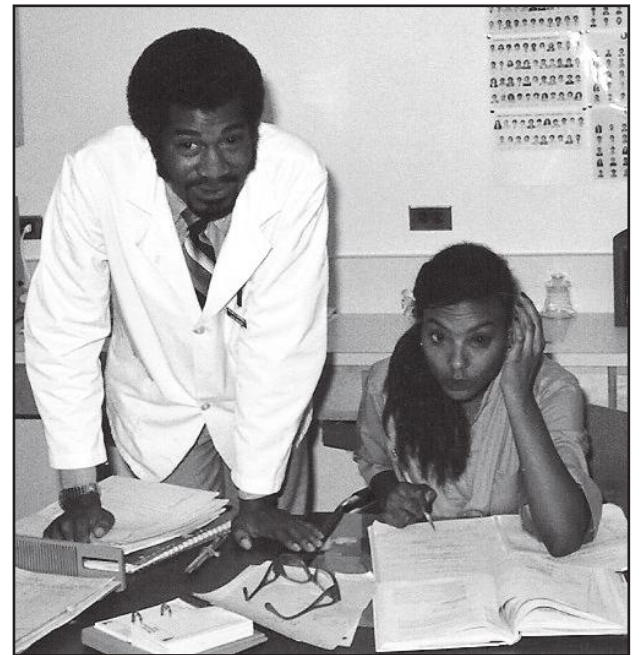
Although San Quentin's dental clinics opened in 2010, the idea of naming the clinics in Dr. Kuykendall's honor came as he battled with cancer.

A longtime friend and SQ dentist, Dr. D. Streutker, who served under Kuykendall's supervision, reached out to U.S. Senator Kamala Harris requesting that the clinics be named after "Dr. K.," as she calls him, as a tribute to his legacy.

According to Dr. Streutker, he was a man who envisioned quality dental care in a department that was at that



Mrs. and Dr. William Omega Kuykendall



Kuykendall at work in his early years

point in dire need of proper dental practices. The 2005 class action lawsuit, *Perez v. Tilton*, became an opportunity for Kuykendall's vision to manifest. It was a vision that mirrored his practice as a professional and as a caring man.

After the *Perez v. Tilton* case was settled, new policies

and procedures, created by Kuykendall, were issued to all California state prisons.

These new procedures not only required CDCR to upgrade dental clinics statewide but required each institution to be fully staffed with at least one dentist on call every hour of the week.

"I have often called him a

one-man tour-de-force, with a spirit that is nothing short of sunshine," said Dr. Streutker. "Because William knows his job, we can do ours."

The 16 operators, four laboratories, and the dental apparatus at San Quentin—like the panoramic x-ray machines and computer programs that expedite the dental

experience—now bear the name Kuykendall.

As an endnote: During the writing of this article, Dr. Kuykendall was still living, but in mid-August he lost his battle with cancer.

At the dedication ceremony, Dr. W. Kushner summed things up when he said, "We are not going to be able to replace you."



Photo by Eddie Herena-San Quentin News

Tonia Woodson speaking about her experiences with Dr. Kuykendall



Courtesy of D. Streutker

William Kuykendall receiving his degree

Missouri board accused of malicious behavior in parole hearings

By Joe Garcia
Journalism Guild Writer

Parole board members in Missouri face accusations that they played outrageous games and openly mocked the prisoners who came before them seeking to be paroled.

Two persons on the seven-member panel reportedly would choose an irrelevant word or song title, and then keep score of how many times they could each use it or get the prisoners to say it during their interviews. This alleged pattern of malicious behavior was documented in a 2016 Department of Corrections inspector general report recently made public by the Roderick and Solange MacArthur Justice Center and the *St. Louis*

Post-Dispatch.

"It seemed they were trying so hard to embed the words or song titles into their questions or statements that they were not focused on the proper questions to ask nor were they actively listening to the responses from the offenders," wrote Inspector General Amy Roderick. "Most times, it seemed the offender was being made fun of..."

Missouri Board of Parole member Don Ruzicka and another unnamed employee chose inane words like "platypus," "hootenanny" and "armadillo" along with songs such as "Hound Dog," "Soul Man" and "Folsom Prison Blues," according to the report. They would laugh derisively and acknowledge one

another's scores in the midst of the interviews while the prisoners sat there perplexed.

**"Most times,
it seemed the
offender was being
made fun of"**

When Roderick questioned Ruzicka on how incorporating the word game into the hearings could help establish risk and potential release, Ruzicka answered, "Through the complete and thorough hearing process we were able to determine the release date."

Even though other members on the board were aware of this game being played in front of them, the report said none reported it or tried to stop it.

"Who knows how many hearings were affected by this conduct?" asked Amy Breihan, an attorney with the MacArthur Justice Center who believes potentially thousands of cases may have been tainted. "Even in hearings where literal games were not played, one has to question how seriously parole staff are taking their duties."

"These activities, so far as we are aware, have never come to light in the public's eye," said Mae Quinn, director of a non-profit human rights law firm.

In recent years, the Missouri Board of Probation and Parole has been highly criticized because it operates almost entirely in secret and has become an employment destination for former elected

lawmakers who reached their term limits.

Norman Brown is one of the Missouri prisoners who was denied parole by Ruzicka's panel. He has served 28 years for a fatal robbery committed when he was 15. Brown's attorney insists his client wasn't even the shooter.

"This does not sound fair having hearings conducted by a man who sees people like my brother as a means of entertainment," said his sister Shatiega Brown at the news conference held by the MacArthur Center. "Imagine if this was your family, your father, your brother. Would you think this is right, appropriate or just?"

Brown is not alone in urging Gov. Eric Greitens to make sweeping reforms to the board, including the removal of Ruzicka.

"I am pleading with you so that my brother can have a second chance, a fair chance," she said.

Lower crimes bring on gentrification

By Charles David Henry
Staff Writer

With the appearance of falling crime rates in the majority of inner cities, households with higher incomes are moving into more low-income neighborhoods, according to a report funded by the Annie E. Casey and the Open Society Foundations.

From 1991 to 2012, the national violent crime rate fell by 49 percent. Crime rates fell even more significantly in low-income neighborhoods, the report revealed. "This same period saw growing proportions of high-income, college-educated, and white households opting to live in cities and in low-income and predominately minority (non-white) neighborhoods within those cities."

The report used survey information combined with city-level data on violent crime and homicides to determine whether the dramatic decrease in crime that occurred in U.S. cities over

the past two decades stimulated gentrification.

Researchers found that the choices of college-educated households to move into low-income city neighborhoods are more sensitive to reductions in homicides than the choices of households without college degrees.

According to the report, "many theories have ... been offered to explain urban resurgence, such as an aging housing stock that is ripe for renovation, increasing importance of knowledge in the economy leading to a growth in employment in central cities, increasing preferences for urban amenities, declining leisure time among higher income workers." Researchers focused largely on the reductions in crime.

They reviewed literature examining the causes of gentrification defined more specifically as moves by higher-status households into lower-status neighborhoods. These writings explored the types of households

most likely to choose lower-income or minority central-city communities as well as the metropolitan area and city conditions that lead to an increased prevalence of gentrification.

Consistent with the evidence on urban resurgence, researchers also found higher-income households who are young, white, college-educated, and childless are those most likely to move into low-income neighborhoods. As affordability pressures drive them to consider a broader set of neighborhoods, the established families are more likely to choose lower-income neighborhoods in cities with rapidly appreciating housing values.

The report identifies three types of households typically considered "gentrifiers". They include high-income (above median income), college-educated and Whites (non-Hispanic White). Approximately four million or 39 percent are high-income, 28 percent are college-educated, and 69 percent are White.

New investigation shows prisons are unhealthy

By Davontae Pariani
Journalism Guild Writer

Based on a new investigation, the health of many of the United States prisoners is being affected by polluted prisons throughout the nation.

Nearly 600 federal and state prisons are built within three miles of an environmentally contaminated site, and more than 100 of those are only one mile from a site on the National Priorities List, according to a *Mother Jones* article that reported on the findings of *Earth Island Journal* and *Truthout*.

"When trees have been cut down ... and everything has been contaminated and poisoned in the process, the final solution is OK, now we're going to build a prison here," Paul Wright, the executive director of the Human Rights Defense Center, a non-profit that advocates for prisoners' rights, told the *Earth Island Journal*.

In California, many prisoners are at risk of getting sick from valley fever, a flu-like sickness caused by a fungus found in the

soil of the state's central valley and spread by breathing in dust particles.

People of color are more at risk of contracting the disease, and there are disproportionately more of them incarcerated and many prisons are located in areas where valley fever is endemic.

More than 3,500 inmates in California have contracted valley fever. More than 50 of those cases proved fatal, noted the article.

Prisoners in California aren't the only ones facing health risks. The Pennsylvania State Correctional Institute-Fayette was opened in 2003 on what had been an enormous coal preparation plant.

By the mid-1990s, 40 million tons of coal refuse had been dumped there, along with coal ash, which contains high amounts of arsenic, mercury, lead and other heavy metals and minerals.

All these contaminants can lead to respiratory and heart problems, brain and liver damage, different cancers, and more, the article noted.

Many inmates housed there began to suffer from respiratory problems, kidney failure and cancer.

A 2014 report conducted by a public-interest law firm discovered that of the 17 prisoners who died between 2010 and 2013, 11 died of cancer.

Of the 75 prisoners surveyed, 81 percent said they suffered from respiratory, throat and sinus conditions, 68 percent experienced stomach problems, and more than half said they had adverse skin conditions, according to the article.

There are other environmental issues plaguing U.S. prisons — many institutions fall below the standard of safe drinking water.

The Environmental Protection Agency's enforcement database reported that more than 1,100 informal actions and 78 formal actions were brought up against prisons, jails and detention centers under the Safe Drinking Water Act.

According to the authors of the database, "It's possible that many more violations simply aren't reported."

Supreme Court rules on concealing evidence by DA's and cops

How much evidence is the prosecution required to disclose to defense counsel? The U.S. Supreme Court recently upheld a standard that continues to allow district attorneys and police to be selective with the information they choose to share with defendants.

In *Turner v. United States*, the Court affirmed the 1990 murder convictions of seven men — despite the prosecution's failure to reveal evidence that pointed to another suspect and may have led to an acquittal. Michigan law professor Samuel Gross, founder of the National Registry of Exonerations, examined this decision in *The Crime Report*.

"Turner reaffirmed a terrible old rule that has done great harm to the accuracy of criminal trials, and will continue to do so," he wrote.

The problem with the *Turner* convictions begins with the police believing a 1984 murder/rape was committed by a gang of a dozen men. The crime scene, however, was far too small an area for more than a few assailants and the victim.

No DNA or forensic evidence connected any of the accused to the crime. One witness identified an entirely different man, who was arrested several weeks later for separate attacks on two other women.

This same man eventually was convicted for raping and murdering a third woman.

The police investigation was aware of all this conflicting information, but it was kept from the defendants throughout their trial. It took 26 years for this evidence to finally come to light.

"When a prosecutor does hide evidence, chances are nobody will ever know," Gross explains.

The Justice Department agreed that the *Turner* evidence should have been disclosed at trial. But did this non-disclosure justify a new trial? The Supreme Court decided it did not.

"A prosecutor has to decide

whether to disclose favorable evidence before the trial begins," Gross continued. "How can she possibly know before trial whether undisclosed evidence might tip the jury's decision at the end of that trial?"

"A court reviewing the case faces the same impossible question — what might have happened at trial if these facts had been known to the defense? — with an added twist: Judges are extremely reluctant to reverse jury verdicts and order new trials."

Brady v. Maryland, the 1964 Supreme Court precedent, states that the government must always reveal evidence that is favorable to the defense in any criminal trial if that evidence is "material" to the case.

Later cases ruled that such evidence is only considered "material" under *Brady* if the reviewing court decides there is a "reasonable probability" that the outcome of the trial would have been different.

Federal Ninth Circuit Judge Alex Kozinski in 2013 blamed the "epidemic of *Brady* violations" on courts' narrow definition of "materiality," which realistically means prosecutors will almost never suffer consequences when they hide evidence from defense attorneys.

Professor Gross has a simple and clear solution. "Why not eliminate the 'materiality' requirement entirely and treat access to exculpatory evidence like other aspects of a criminal defendant's constitutional right to a fair trial? If exculpatory evidence is concealed, it's a violation of the Constitution, period."

The National Registry of Exonerations lists 2,061 convictions from 1989 to present where innocent defendants were later exonerated, including 802 convicted of murder. The prosecution failed to disclose exculpatory evidence in 50 percent of these murder exonerations.

—Joe Garcia

Sierra Conservation Camp hosts Special Olympics softball game

By Jerry Malek Gearing
Journalism Guild Writer

As part of an effort to reach out to the Special Olympic athletic community, inmates at the Sierra Conservation Center (SCC) hosted Northern California Special Olympics athletes in a friendly exhibition softball game. "People don't expect a warm welcome when they come to prison," but that's exactly what the Special Olympics athletes got, according to a recent article in the *Modesto Bee*.

"This is part of our amends and a way of giving back, it's also finding skills we had within ourselves that we never realized we had," Ralph Contreras said.

SCC's New Professionals rehabilitation and career develop-

ment group has partnered with Special Olympics of Northern California in the past, but this is the first time that the nonprofit group has worked directly with inmates, the *Bee* reported.

"I think the athletes need to realize that everyone has their problems—some of them are by choices they've made and some are not," said Judy Burton-Andrews, Director of Volunteers for the Special Olympics.

Some of the Special Olympics team members were nervous at first, according to the *Bee*.

Trepidation melted away despite the 14-foot razor-wire fences that surrounded them. And then it was just another day on the ball field, said Tuolumne County Special Olympics Area Director Dave DeCheney, the team's coach.

Inmates at the men's state prison just outside of Jamestown welcomed a group of about 30 athletes, coaches and family members with the Tuolumne County Special Olympics, the *Bee* reported.

Special Olympics sports training and completion opportunities provide athletes of all athletic levels the chance to play and be part of a team, according to The Union Democrat.

Staff with the Special Olympics of Northern California and Nevada strive to provide athletic opportunities to children and adults with intellectual disabilities, the Union Democrat reported.

The New Professionals program is one of the more than 40 rehabilitation groups that are held at the prison. Anger

Management and Narcotics Anonymous were represented at the exhibition game, reported the *Bee*.

The opening ceremonies included an abbreviated torch run and the lighting of an inmate-made cauldron — complete with plywood flames. Inmates carried banners during a mock parade of nations.

"They are experiencing how they can change their lives. I'm proud of the other people. They did all this good stuff for us," said Timmy Robertson, a Special Olympics athlete.

After the game, people at Sierra Conservation Center presented a donation to Special Olympics of Northern California and Nevada, said the *Union Democrat*.

"It took a lot of courage for

the Special Olympics athletes to come to prison today and participate. And it took a lot of courage for inmates to step out of their comfort zones and volunteer," said Edward Quintanilla.

The inmates raised more than \$1,200 for the Special Olympics through business sponsors and community donations. The prisoners themselves donated \$500, money earned while working 8 to 32-cents-an-hour jobs, according to the *Bee*.

SCC houses 2,500 inmates in three separate security levels. The Special Olympics athletes were on the highest security level, where many inmates are serving life sentences. All the prisoners were vetted and cleared by security, reported the *Bee*.

Flame of Hope Torch Run Raises over \$5,600 for the Special Olympics

Olympics

Continued from Page 1

Then the two athletes, Tiffany and Karissa, with Karissa's mother, Christa, Captain M. Dernoncourt, Retired Associate Warden C. Arthur, C/O E. Mills and the Special Olympics director Camille Cooney walked into the gym to rousing ovation. The atmosphere was electric. The energy built as Tiffany and Karissa prepared to carry the homemade Special Olympic torch around all four prison recreation yards for the Flame of Hope Torch Run.

C/O Handy volunteered to run around each yard with the athletes along with 25 inmate runners, who donated a minimum of \$25. Event coordinator Palmer then asked the crowd, "Runners, are you ready to pass

the torch?" In unison all the people in attendance cheered loudly. Tiffany and Karissa held up their torches along with C/O Handy, and out the door they went onto the quarter mile track.

The 25 inmate runners fell in line a few feet behind the athletes. As the runners made their way around the track, all the inmates and custody staff stood still to applaud the runners as they went by.

After running the C-Yard track, Tiffany, Karissa, C/O Handy and the 25 runners walked back through the "Tunnel of Love" toward the D-yard gym door with the C-yard runners ready to pass the Torch to the D-yard runners. Once the torch was passed, the Special Olympic Flame of Hope Torch Run became official at Solano prison. The run began again onto the D-yard track.

After running the D-yard

track, the runners returned to the gym to roars of applause. After a long ovation for the runners ended, D-yard event coordinator Sami thanked everyone there for their support and participation. Sami called onto the stage Tiffany, Karissa, Christa, AW C. Arthur, Camille Cooney and Captain M. Dernoncourt, who sponsored and coordinated the event.

Tiffany shared her experience as a Special Olympics athlete and said she was proud of her gold medals. Christa spoke about how the doctors told her Karissa would not live six months after she was born. But today Karissa, does not let anything hold her back from living life to the fullest. She became a gold medal swimmer. Karissa told the audience how, in one of the Olympics, she swam with a broken collarbone and still won. While wearing her gold medals,

she spoke confidently about her ability to play sports in the Special Olympics. The crowd stood and gave the athletes a long standing ovation.

"A dream that will always be in the hearts and minds of all that attended"

Cooney addressed the crowd about how the Special Olympics meet more challenges than the average person and refuse to accept their limitations. She thanked all those who donated and was overjoyed by the crowd's enthusiasm. The inmates who donated began to realize that their contributions were mak-

ing a big positive impact to the athletes.

Torch runner Fred Hoff stated, "Karissa and Tiffany inspired me so much. If they can find purpose in life despite the odds, why should I ever allow limitations to hold me back? This has been a life-changing experience for me."

Event coordinators then prepared to present the amount raised before the crowd. Captain Dernoncourt's original goal was \$1,000, knowing some of the inmates only earn 27 cents per hour as their wages. Additionally, some of the inmate's family members and friends could donate online on their behalf.

Silas Robinson and Tim Johnson walked onto the stage with a check and unrolled it. Sami shouted the total raised: \$5,613.72. A roar came from the crowd. People were shaking their heads in amazement. A strong feeling of hope emanated from that moment because even in prison, change for good can happen.

Captain Dernoncourt said, "I was deeply touched by all the staff support. This is the beginning of a culture change here. Staff are able to see how these events can change lives and want to get involved and hopefully we can make this an annual event."

The athletes and sponsors took a one-hour break to prepare for the Level 3 Torch Run. The same vibe was in the air. Everyone on the yard stopped their activities and cheered on the runners as they went by. More music was played for the athletes when they returned to the gym.

Event Coordinator Sami said, "Special Olympics was an amazing experience for us all. Being able to connect in a different atmosphere was beyond words. We came together to make a dream come true, a dream that will always be in the hearts and minds of all that attended. Life gives you opportunity to give back the best way you can, and the best way to give is to give with where life begins, your heart. Go Special Olympics."

An idea that first floated around in a captain's office became the first-ever Special Olympics Flame of Hope Torch run, and it changed lives forever.



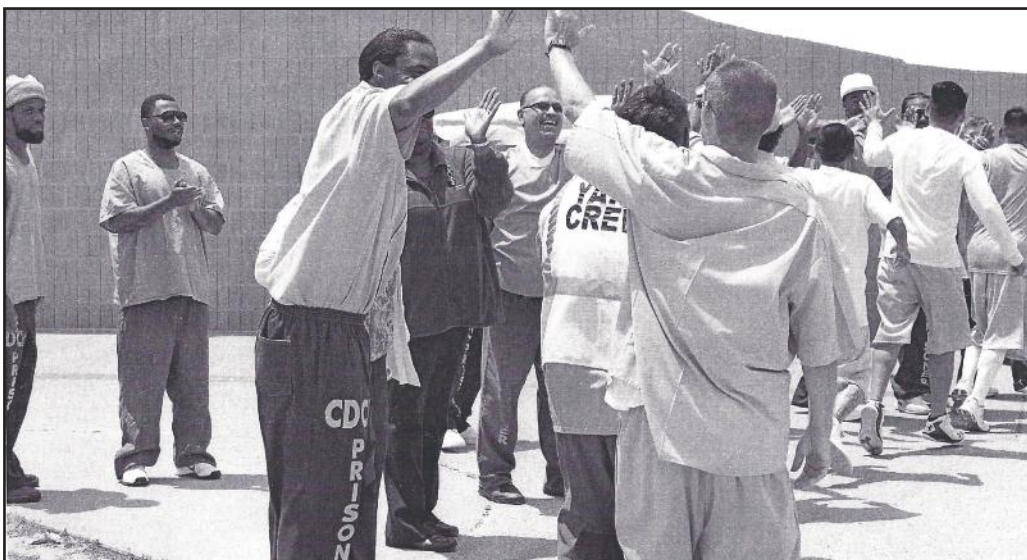
Courtesy of CSP-Solano

The Torch Run on the Level II yard



Courtesy of CSP-Solano

Special Olympian Karissa and her mother Christa



Courtesy of CSP-Solano

Inmates walking celebrating the walk on Solano's yard



Courtesy of CSP-Solano

Special Olympian Tiffany

Alameda county hiring ex-offenders comes with roadblocks

By Achilles Williams
Journalism Guild Writer

Alameda County planned to hire 1,400 ex-offenders, but was hindered by a number of complex problems, reports the *Bay Area News Group*.

Alameda County supervisors in June 2016 unanimously approved the Re-Entry Hiring Initiative to provide job coaching, court advocacy and training for county managers who would supervise formerly incarcerated participants, said the article.

"We have been working very

diligently on this for the entire year," said Kathy Mount, Alameda County's interim director of human resources. "This is a Herculean task. This is a very difficult population to place."

Formerly incarcerated Kalima Hanible, from Oakland, was fired from a construction job after the company found out about his criminal background.

"They said they don't hire felons," Hanible said. "The company didn't have liability insurance to cover him," noted the article.

The problem of employing

1,400 ex-offenders, as mentioned, is not a simple one. Most jobs are not entry-level positions, meaning that they have a low turnover rate.

"There seems to be a disconnect between county staff," said Danielle Mahones, a coordinator with Alameda Justice Reinvestment Coalition. "There are plenty of folks in the population ready to work today ... they are assuming they can't do anything."

Adding to the problem, the county employment has strict civil service demands and most

jobs may be labor-affiliated with a union.

One in four has a criminal record in Alameda County, and the county has a vital need for ex-offender employment.

Many of Hanible's "friends from North Oakland have drug-related rap sheets and have trouble finding work," reported the article. "They need jobs to support their families, and they are willing to work," Hanible said.

"I think I'll get a job because of my grade point average," Hanible said. He has a 3.8 GPA

studying accounting at Laney College, according to the article.

Criminal histories are no longer asked about by the county until after a conditional job offer is extended. If a felony is revealed at that point, it doesn't automatically disqualify the person; the county then determines if the crime affects that person's ability to do the job.

The county is also working to find jobs through its contractors and other public and private employers throughout the area, noted the article.

J. Cole

Continued from Page 1

Kid CAT didn't have a meeting scheduled, so the surprise visit began with Budnick, wearing a T-shirt that said, "#SchoolsNotPrisons," standing on the yard next to Cole surrounded by a few fans. A few feet away stood Ibrahim Hamad, president of Dreamville Records and Felton Brown, of Dreamville Creative.

The incarcerated men told Cole about how the lower security section of San Quentin is different from the higher level prisons where they started their long sentences. They spoke about how Quentin allows community members access to the prison to facilitate more than 80 programs. Some of the programs include the Prison University Project, which provides a free college education taught by professors; a coding program; SQUIRES, which mentors at-risk youth; and a media center.

These opportunities have produced rehabilitated men and led to the hit podcast *Ear Hustle*, as well as Curtis "Wall Street" Carroll's financial literacy program.

As the word spread that J. Cole was on the yard, more men circled him. Cole sat on a thigh-high ledge wearing a white Polo T-shirt, black sweatpants and original Jordan sneakers. He took the time to greet each new face that joined the group.

"He cares about people like us in blue," said Kid CAT member Israel Aguilar. "He's really down to earth and he relates to our struggle. He sees there's a flaw in this criminal justice system and he wants to see what he can do."

Budnick shared a story about meeting Cole and said bringing him to Quentin developed through a chain of mutual friends, including a lighting man and a DJ.

Budnick had gone to Cole's concert in Los Angeles and saw him come out on stage to perform "For Your Eyes Only" dressed in an orange jailhouse jumpsuit, handcuffed and escorted by men dressed as correctional officers. The song itself, named after the album, is about an incarcerated man making a time capsule for a daughter he doesn't think he'll ever see again.

While the St. John's graduate has never served prison time, Cole has friends who have. Every song on the album is meant to change perspectives



Photo by Eddie Herena-San Quentin News

J. Cole feels the confines of a prison cell



Photo by Eddie Herena-San Quentin News

Scott Budnick introduces Kid CAT members to J. Cole

about incarcerated people.

"Whole point of the album was to humanize people they demonize," Cole said. "You only get to see killing in the most glorious way, my (thing) was no, let me show the other side. I don't care how hard you are, if you have a child, that's done."

After the concert, Budnick went back stage and found Cole with his wife and their baby. Budnick said, "When you are done with your tour, I'd love to take you into a prison."

Cole answered, "Forget when I get off tour. I have a day off on Sunday. What prison is near Oakland?"

Sunday, July 15, Cole was posing for pictures with San Quentin fans surrounding him.

Someone on the yard asked Cole to perform "For Your Eyes Only" on the spot. Cole warned that it was four verses and eight minutes long and offered to do two verses. Everyone wanted to hear the complete song so Cole obliged with an a cappella rendition. The men's heads nodded to the rhythm of Cole's voice and at lines like,

"Hope you find a (brother) with

a perspective bigger than the corner, or else it will corner you."

From the yard, Lt. Sam Robinson led Cole to the prison's media center where an impromptu Kid CAT meeting took place. About 30 men sat in chairs forming an elongated circle.

Budnick suggested each person briefly tell Cole what brought him to prison and what he wants to do in the future. Curtis "Wall Street" Carroll, whose TEDx talk has over 2 million views, was the first to speak. Carroll said he wants to see financial literacy taught in all prison and schools.

"I want to hire this dude," said Cole.

Antoine "Aziz" Brown, an ex-gang member who is now a college student and one of Kid CAT's founders, said "I have a 21-year-old son I'm looking to mentor. I'm just looking to give back."

Philippe Kelly said, "I was 15 when I committed a gang-related murder and got 40 to life. Thanks to Scott [Budnick], what he's been able to do has given me light. I might have a chance to get out."

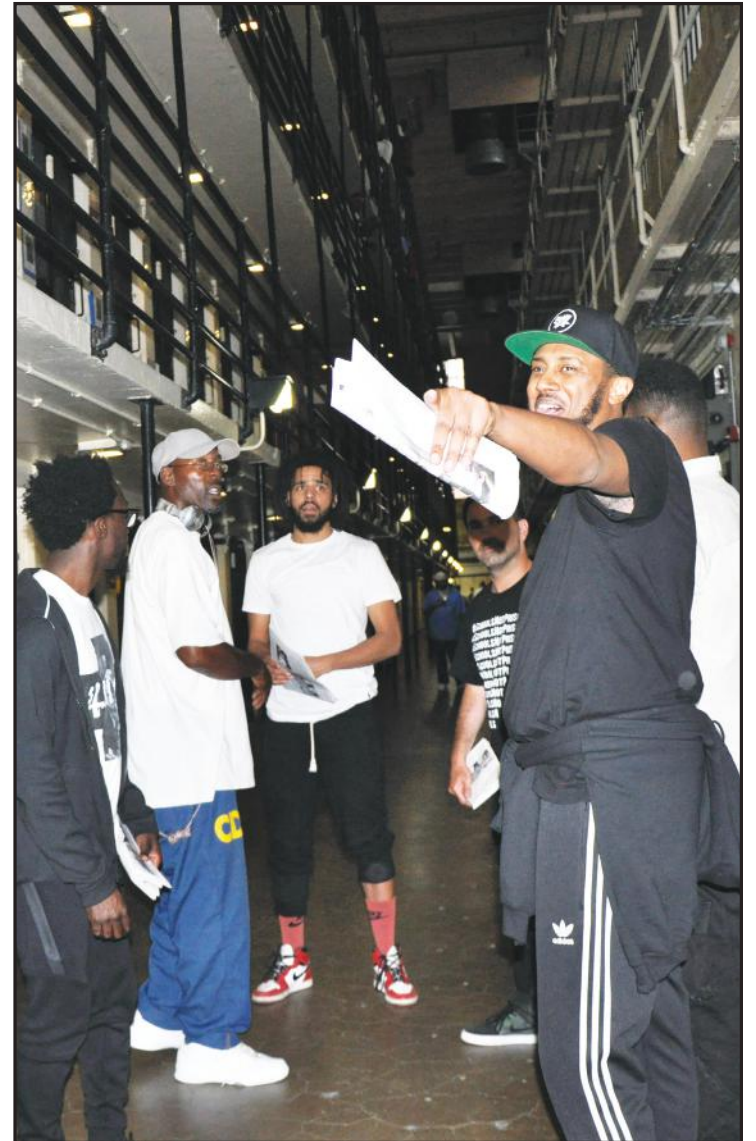


Photo by Eddie Herena-San Quentin News

Felton Brown with J. Cole and Ibrahim Hamad takes a tour inside North Block

Louis Scott spoke about his sentence of 199 years to life for pimping and pandering. Now he's part of a group called STEP, which is dedicated to stopping sex-trafficking.

Earlone Woods, co-founder and co-host of *Ear Hustle*, stopped by to ask Cole for a tweet out.

Shadeed Wallace-Stepter, convicted of attempted murder and who has a TEDx talk on YouTube called *The New American Hustle*, said, "Everybody has the potential to run a multimillion dollar company. I really believe that."

After everyone spoke, Cole said, "Thank y'all for sharing y'all stories. When I hear y'all talk ... I see a CEO in all y'all. Everybody in those spots y'all came from have that same potential."

Again, Cole performed the single, "For Your Eyes Only," as a media center member recorded him.

Cole is one of a growing number of celebrities speaking out against mass incarceration. On Aug. 21, Budnick, Common and J. Cole met in Sacramento.

According to a Fox 40 story by Ali Wolf, Common gave a free concert featuring Cole and CNN host Van Jones to advocate for sentencing and bail reform. The following day Common visited Folsom State Prison, where he performed for more than 1,000 men in blue and staff members, and held a roundtable discussion with Budnick and a group of volunteers about criminal justice reform and the importance of rehabilitation.

Departing somewhat from the direction of his mix-tapes, Cole's first studio albums focused on making radio hits. On his second studio album, *Born Sinner*, Cole dropped the single, "I let Nas Down." It expressed how he felt hearing that Nas, a rapper he looked up to, was disappointed Cole's music had turned in a commercial direction.

Now that Cole has four studio albums, BET and Billboard Awards, several mix-tapes, his own label and a minor stake in the music streaming service Tidal, he makes the music he cares about.

"Now nobody can tell me nothing," Cole said.

The disappointment of Proposition 57

Editorial

By Richard "Bonaru" Richardson
Editor-in-Chief

Conversations about Prop 57 were once a hot topic around San Quentin's prison yard. Now it's a disappointing whisper.

For decades a lot of prisoners around California have worked hard to rehabilitate themselves, hoping that one day they would be recognized and rewarded for their growth and change.

That hope has slowly disappeared as the Department of Corrections and Rehabilitation (CDCR) continues to roll out its proposed emergency regulations for Prop 57.

These emergency regulations seem to offer some prisoners less hope to continue

their rehabilitative efforts and little incentive to change.

R. Thomas was arrested in Los Angeles in 2000 and sentenced to 55-years-to-life in 2003. Thomas found out that his minimum eligibility parole date (MEPD) changed from 2055 to 2049.

Thomas stated, "I've earned an additional 35 years in gun enhancements on my sentence for doing wrong. I hoped Prop 57 would allow me a path to earn that much back for doing right, but the way it's being implemented doesn't help me at all. It's not an incentive for me to continue bettering myself, but I'll still continue to do good for God's sake and society's."

In 2007, C. Daron Jr., from Los Angeles, was also sentenced to 55-years-to-life. CDCR reduced his MEPD from 2060 to 2046. Although

long-term offenders receive more time off their sentences than short-term offenders, it doesn't make a difference because their sentences are too long.

"Some may think, 'Wow that's a 14 year reduction,'" Daron Jr. said. "But at the age of 51, that would make me only eligible for parole consideration at 80 years old in 2046. That date is also tentative. Prop 57 in its current interpretation excluding substantive reduction in Three Strike cases is wholly ineffective."

Even though W. Boatwright was sentenced to 7 years, 8 months in 2012, he only received a little over a month off his sentence for good behavior.

K. Smith was sentenced to 19 years and had 6 months reduced from his April 2025

early possible release date (EPRD). C. Sims, like some prisoners, only received 19 days off his EPRD.

CDCR emergency regulations are adding more confusion to an already disproportionate and complex sentencing scheme in California.

"To have actual substantive reform of California's current sentencing structure, the state legislature has to be involved in a nonpartisan effort. Politics have to be placed to the side so that substantive reform can be revised into the current laws, which are draconian in nature," Daron Jr. said.

Californians United for a Responsible Budget submitted a memo dated March 27, 2017, quoting expert Jim Austin, who recommended that there should be "retroactive and sustained changes to expand Good Time Credits so that prisoners receive credit they have already earned."

Retroactive good time credits will give the chance to go home early to those prisoners who have taken it upon themselves to change their lives before they were offered any incentives.

As of now, CDCR is applying credits only toward the time an inmate has remaining on his or her sentence and not

for the prior good conduct or rehabilitative programs a prisoners achieved while incarcerated.

CDCR Secretary Scott Kernan, however, stated that applying credits retroactively "would disadvantage those inmates who could not have known that the rules would change in 2017."

In other words, before the draft regulations were written, inmates who did not take the initiative to participate in programs have gained an advantage over the men and women who took responsibility and accountability for their rehabilitation efforts by programming.

The intent of Prop 57 is to enhance public safety, improve rehabilitation, and give CDCR the authority to award credits "earned" for good behavior and other programs.

However, CDCR has made it so that a person who commits a crime today will earn more credits and be released sooner than someone who has decades of rehabilitative growth.

The opportunity to put a wedge behind the revolving door of recidivism and embrace public safety by granting credits to those prisoners who have actually prepared themselves for society has been squandered.

Prisoners find love on the internet

By Kevin D. Sawyer
Associate Editor

In the age of mass incarceration, lonely prisoners have found creative ways to connect with the outside world.

Correspondence using pen and ink pen-pal services are no longer the only option prisoners use to communicate. Low-cost dating services through the Internet have created a \$3 billion dollar dating industry that's keeping pace with mass incarceration, according to *Bloomberg Businessweek*.

"The overlap is a growing constellation of sites with names such as loveaprisoner.com, inmate-connection.com, and inmatepassions.com that promote companionship between those living inside and those living outside prison walls," *Businessweek* reported.

Prisoner access to those sites, however, is coming under attack by prison officials and law makers. They are saying, "any expense related to inmate romance, including computer

access, is too much," it was reported.

Contraband cell phones are not required to access many dating websites.

*"A small step
toward positive
change"*

"Inmates submit their profiles via snail mail, and the site operators type up or scan them to post online," *Businessweek* reported. "The sites help strip away the mindless chitchat, bad movies, and restaurant-choosing anxiety that often come with early courtship."

Prisons in Indiana, Missouri, Montana, and Pennsylvania have limited inmate access to pen-pal sites. And Florida has a complete ban on them, *Businessweek* reported.

"Prisoners are out of sight, out of mind," said University of Alberta public health researcher

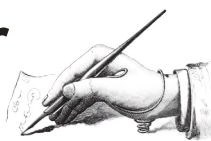
Tom Churchill, who thinks the sites are "a small step toward positive change."

The sites help prisoners to better deal with their sentences when they know someone on the outside is thinking of them, and the sites may help to reduce recidivism, according to Churchill. After surveying some 2,500 U.S. prisoners and pen pals, he said, "It can have a positive benefit for those inside and out."

Critics, on the other hand, say dating sites "give criminals a chance to prey on the emotions and bank accounts of the naive," *Businessweek* reported. "Most of the inmate sites carry hefty disclaimers, urging users to avoid giving money or sensitive personal details."

Like many things in life, pen-pal relationships don't last. One woman, according to *Businessweek*, wrote to three men in California for several years. "Eventually the jokes about living in a 'gated community' grew old, and she stopped visiting."

Letters To The Editor



Dear San Quentin News,

I know you don't hear much from Death Row, most of the inmates here don't hold much interest in the rest of the prison as it doesn't affect us. We live in a very different program so what happens in other units and places matters little to our lives.

It is rare that you put anything in the paper about Death Row except news on execution issues in the court or political scene. I have written many things to the editor and never hear back. It's as if we don't exist.

I've got 22 years here and I never seen so many inmates do the education thing. Inmates in here are serious about what they are doing, even though the prospects of ever leaving here are minimal. Still, they do; somebody should ask why and let it be seen. It can be inspirational to witness a man looking to die yet he chases progress.

Respectfully yours, S. Hajek

Dear Mr. Hajek,

Thank you for writing to let us know how some prisoners on Death Row feel about *San Quentin News*. Even if you are on Death Row you are still a part of the San Quentin community and we know that you do exist.

Reading about inmates on Death Row gives society an opportunity to view a perspective that no other prisoner has. Even if there is a large group of people who would disagree, we would still like to hear from you.

Yes, we have received a lot of letters from Death Row, however, we do not publish stories that we cannot verify the facts of. But, I do agree that a story about prisoners on Death Row pursuing growth and change is an interesting one. If we were to receive a letter from one of the inmates who is pursuing educational growth, we will publish it.

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

The psychological impact on police and correctional officers

By Salvador Solorio
Journalism Guild Writer

The pressures of prison life on prisoner's mental health has been a subject of psychological and academic research, but the cumulative impact of prison environment on corrections officers has rarely been studied.

According to the data supplied by the California Peace Officer's Association (CPOA), the suicide rate for its members in 2013 was 19.4 deaths per 100,000 as compared to 12.6 deaths for the general U.S. population, according to The Marshall Project.

"We do a decent job with saying that 'this system messes with the incarcerated; this system impacts their lives,' but what we don't say is, 'what's the impact that this job is having on the correctional officers?'" said Stephen B. Walker, director of governmental affairs for CPOA.

Mental health problems that afflict others in the criminal justice system such as suicides and post traumatic stress disorder are underreported among corrections officers and police officers. Line of duty deaths among law enforcement officers are tracked by the federal government but not suicides.

The CPOA completed the first major step of a partnership with the University of California, Berkeley, by analyzing a survey of more than 8,600 corrections and parole officers. The responses will serve as a basis for a plan to develop, test and implement a

range of mental health services for officers across the state prison system.

Associate Professor of Public Policy and Political Science Amy E. Lerman designed the survey that asked about correctional officers' experiences with violence, suicidal thoughts and how prisons can improve. The survey was shared with The Marshall Project.

According to Lerman, the findings include: three of four corrections officers said they had seen someone killed or seriously injured at work; 65 percent said they experienced at least one symptom of Post Traumatic Stress Disorder; and about one in nine correctional officers reported having thought about, or attempted suicide.

The Department of Corrections and Rehabilitation has acknowledged that there are no substantive psychological resources for their staff and is cooperating in the Berkeley partnership. The partnership's next steps include in-prison focus groups with corrections officers, and field experiments that will try out yet-to-be selected mental health services.

The federal government is also taking up the cause. In May, the Senate unanimously passed the Law Enforcement Mental Health and Wellness Act. The act calls on the U.S. military and Department of Veterans Affairs to share with Congress a list of recommended mental health practices and services that could be adopted by law enforcement agencies.

Kern Valley helps at-risk youth with new E.D.G.E. program

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

Inmates at Kern Valley State Prison are utilizing their life experiences to help divert at-risk youths from coming to prison.

The program is called EDGE (Education, Diversion and Goals to Endeavor).

"This program is designed for inmates to interact with

at-risk youths in the hopes to save them," said Pheng Ly, vice chairman of EDGE.

"We do so by educating these youth through sharing our life's experiences, our knowledge, and life skills, in hopes to divert them from continuing down a ruinous path by enlightening their minds and broadening their horizons."

Kids who participate in the EDGE program are brought to the institution three times a year to take part in an At-Risk Youth Interaction Event.

The inmate-led event consisted of a four- to-five-hour day, covering topics such as: education, family values, and drug and gang prevention.

"Within this timeframe, we share with [youths] our personal stories; we then encourage them to share their own personal stories and root out the causative factors in their current lifestyle," said Ly.

Ly, 40, who is serving 50-years-to-life for two counts of gang-related first-degree murder, has been incarcerated

since the age of 16.

Ly, who shares his story with youths, recounts his own journey to prison beginning with his premature birth when his mother fled war. "My mother gave birth ... before it's time ... I came into this world ... a still-born baby, dead, cold and blue."

Ly's mother then made the decision to let the river carry Ly away. "My mother swam after me ... safe in her arms ... I took my first breath."

Ly and his mother made it to a refugee camp, where for three years they lived "near dying from hunger and thirst, in a camp of dirt, surrounded by barbed wires and machine gun towers," said Ly.

"Saved through a miracle, to America we went."

In America, Ly faced discrimination and racism. "At 7, I lost my innocence through torturous beatings.

"By 12 years old, I took the pain and joined a gang. Hunger for revenge ... I became wicked."

At 16, Ly was shot five times, "I found myself drowning in my own blood," Ly said

"My mother warned me about those friends who would

lead me to prison, but I never listened. By 17, I took two lives.

"I once thought it was cool being a thug ... I must have been insane ... After destroying and ruining countless lives, I have come to realize and understand the (consequences)."

Inmate facilitators of EDGE are all former gang members, who were vetted by an institutional staff sponsor.

EDGE's motto is "We are here, we care. You do matter and your life does make a difference."

"Ours is a 'steer straight program' rather than a 'scare straight' one," Ly said. "Our goal is to hold at least one event a month, (because) we know that there are countless youth out there who are in need of all the help they can get."

San Quentin has two similar youth diversion programs, called SQUIRES and Project Reach.

To learn more about this program, contact:

Kern Valley State Prison
Attn: Correctional Sergeant
A. Sell
3000 W. Cecil Avenue
Delano, CA 93212

Legislators consider eliminating guardian fees for offenders

California legislators are considering a bill that would eliminate fees charged to guardians when their children enter the juvenile justice system.

"Under California's current Government Code, individual counties have authority to charge parents or guardians for the costs of feeding and housing minors in detention, as well as electronic monitors, substance abuse testing, probation and home supervision," Carimah Townes reported for *ThinkProgress*.

Democratic California Senator Holly Mitchell, who sponsored the bill, said, "These fees run counter to the overall purpose of a fair juvenile system. The primary goal should always be to help juvenile offenders re-enter society so they can be productive and successful."

The debt incurred by

juveniles in detention has a far-reaching impact.

"Many have their detention or probation time extended, as they do in California, while some are sent to a juvenile facility if they weren't already placed in one," the Juvenile Law Center stated in its 2016 report "Debtors' Prison for Kids?"

"Others are unable to get their records expunged, denied rehabilitative treatment, refused driver's licenses, and forced to skip school or work because of court appearances. There is also the possibility that they'll be removed from their families altogether, because parents have their guardianship threatened."

According to the Marshall Project, 19 states have laws on the books that allow the state itself to charge parents, and California is one of 28 states with

laws permitting counties to do so.

"Lawmakers who support the fees say the money is supposed to compensate for what the county spends on a young person in the system. ... But juvenile policy advocates argue that the sums of money earned off of families that can't pay the fees amount to a tiny fraction of counties' annual budgets," Townes reported.

In 2016, Santa Clara and Alameda Counties eliminated the practice of collecting fees after researchers discovered how little revenue they were generating while still punishing the youths and their families.

If the bill becomes law, anyone under the age of 21 – and their families – will not be charged with fees when they are involved with juvenile justice system.

—John Lam

Dear Kid CAT

Dear Kid CAT,

I am currently a chairman for the lifer group here at Chuckawalla Valley State Prison. My obstacle is this, we are extremely limited in curriculum material regarding insight programs. In my position as chairman, I believe it is my responsibility to search, create or bring rehabilitation programs so that we lifers/non-lifers can truly alter that distorted thinking that governed our lives.

I would like to make a humble request to you, Kid CAT, if we can be privileged to receive a curriculum of this program that San Quentin is operating.

On behalf of our group, we all want to thank you from the bottom of our hearts.

Sincerely,

J. Ortiz, Chairman of lifer support group
Chuckawalla Valley State Prison.

Dear Kid CAT,

I've read many of your articles, and they are inspiring and uplifting. With the help of two other inmates, we want to start a "mentorship" program. I've been in Corcoran over 10 years, and with all these new youth offenders coming in, we thought it would be best to help some of them out getting ready for youth board, having a group where we can talk and help one another. I'm also a youth offender.

We are in the beginning stages of starting a youth support group, and I was hoping maybe you can share with me your curriculum, by-laws and guidelines that can help us here. We'd be really grateful for any help you can give.

Sincerely,

E.A. Novelo
California State Prison, Corcoran

Dear readers,

Great news! We have recently completed our curriculum packet and facilitators' manual to be distributed to your institutions. However, we cannot send it to individuals other than your group sponsor, volunteer or your community partnership manager, so have them reach out to our sponsor.

Hope this helps you in your endeavor to create a program like ours at your institution. Continue to be inspired and keep up the good work!

Kid CAT curriculum now available

Attention Readers: Kid CAT Childhood development curriculum and facilitator manual is now available.

If you are interested in creating a Kid CAT branch/youth offender support group at your institution, please have your sponsor/volunteer or community partnership manager contact Kid CAT chief sponsor Ronda Wisher at (415) 454-1460 or email her at ronda.wisher@cdcr.ca.gov for a copy of our curriculum and facilitators manual.

The curriculum's objective is to help participants address the root causes of criminal thinking, childhood trauma and violent behavior. It accomplishes this by helping participants explore three phases of

their lives:

- Past (childhood to pre-conviction)
- Present (current incarceration)
- Future (post-release).

The 26-week curriculum is broken into eight modules:

- Masculinity
- Self-identity
- Identifying emotions
- Consequences
- Communication
- Environmental influences
- Compassion
- Empathy and forgiveness

A typical session consists of written assignments, self-exploration, lectures and group discussion.

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!

To have once been a criminal is no disgrace. To remain a criminal is the disgrace. - Malcolm X. Many of us are caught in the cycle of incarceration. Is crime about decisions or is there more to it? For those of you who believe you have made a change in your life, what helped you transition into becoming a responsible citizen? For those in the process of transformation, what do you need to help you get out of the criminal lifestyle?

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

Valley State Prison's Youth Offender Program

Victor Trillo
Contributing Writer

On June 08, 2017 Valley State Prison (VSP) Youth Offender Program (YOP) held its Inaugural Motivational Tour, sponsored by E. Alva, CCII / YOP Coordinator and B. Hernandez, Correctional Officer / YOP Resource Officer.

This successful event motivated all staff and inmates in attendance. The purpose of the event was to highlight the positive programming of the participants enrolled in the Youth Offender Program at VSP.

Outside guests and guest speakers were invited to promote motivation and encouragement to the youth offenders. The youth offenders, youth mentors and numerous guests packed the VSP main yard gymnasium. There were approximately 185 youth offenders which consisted of 96 Level III overrides. Also in attendance were 60 YOP Mentors who are responsible to mentor the youth by providing positive advice and helping them navigate their way through prison life issues. Last but not least in attendance were five YOP Facilitators: C. Broadnax, V. Trillo, R. Delgado, R. Wright, and P. Arteché. These YOP facilitators are responsible for mentoring as well as facilitating curriculum in a classroom setting to all youth offender participants at VSP. Curriculum that is offered to the youth offenders consists of Cognitive Behavioral Therapy, Victims Impact, and Thinking for a Change (T 4 C). These facilitators also work with mentors to help establish and set goals for participants.

One by one, outside guests took their turn speaking from the podium and sharing their stories. Keith Chandler (Law graduate), Eugene Dey, CATC III (Transitional Housing Specialist), Johnny H. Saldade (ex-parolee), Kendrick Stokes (parolee) all spoke words of encouragement to the youth.

As each one of these formally incarcerated lifer's spoke, it was apparent you could hear and see the transformation in their lives.

The common consensus from their speeches was that change is possible so long as you are ready and willing to make the effort.

E. Tostado, Parole Agent III from the local outside parole region, reiterated that change is possible, by commenting on Mr. Saldades and Mr. Stokes reintegration back into society.

*Change is possible
so long as you are
ready and willing
to make the effort.*

The Freedom to Choose Project has been instrumental in the success of the Youth Offender Program at VSP. Guest speakers Barbara Van Sickle and Bernadette Vasquez both spoke on how they believe in the power of change. The audience was assured the Freedom to Choose Project is committed to offering the YOP participants Freedom to Choose workshops on Monday nights at VSP.

There could be no doubt that the energy level was high from these positive motivational speakers, but the energy level skyrocketed when VSP Youth Offenders: C. Moreno, R. Sueing, C. Konopasek, L. Quiroz, N. Riggs, C. Mathes and J. Garibay, took to the podium with their assigned facilitators by their side, and spoke on what they have learned thus far from the Youth Offender Program. Each one of these Youth Offender Program participants had extremely impactful speeches relating to positivity. Each one praised their new found growth in becoming responsible young men from, in large part, the life skills they have obtained from the Youth Offender Pro-



Courtesy of Valley State Prison

Warden R. Fisher speaks to the population



Courtesy of Valley State Prison

Youth Offender Program Resource Officer B. Hernandez

gram. There was no doubt this motivational tour was in fact a success. The Youth Offender Program at VSP was officially activated on Jan. 9, 2017, with the purpose of changing the future one youth

at a time. With all the hard work and dedication put into this program change is in fact happening. We look forward to our upcoming Youth Offender Program graduation scheduled for January 2018.

Thank you to E. Alva, CCII/ YOP Coordinator, B. Hernandez, Correctional Officer/ Resource Officer and Valley State Prison Warden R. Fisher for making this program and event possible.

Harsh choice between restraints or a violent cellmate

Officers forced him into a cell with another prisoner in the same restraints

By Joe Garcia
Journalism Guild Writer

Be shackled for days in tight restraints or share a cramped two-man cell with a crazy, violent person? That's the choice many prisoners have been forced to make at the federal penitentiary in Lewisburg, Pennsylvania.

A former inmate's lawsuit led to an investigation into Lewisburg's Special Management Unit (SMU), where men with documented behavioral problems are transferred. Interviews with prisoners and staff are contained in reports obtained by NPR and *The Marshall Project*.

"They placed the restraints on me so tight ... my hands had puffed up," said Sebastian Richardson, the lawsuit's complainant. "Each finger

looked like the Vlasic pickles. ... My wrists were so swollen the cuffs were stuck in them."

Richardson stated that after refusing to allow officers to place a notoriously erratic and volatile inmate into his cell, he was stripped into a paper suit before being cuffed at the wrist and ankles. His handcuffs were further attached to a tight chain high around his chest.

The shackling procedure, called "T-Rexing", kept Richardson's arms in an uncomfortably high bend and made it difficult to even breathe, he said. Officers then forced him into a cell with another prisoner in the same restraints.

Richardson recounted how the T-Rexing prevented him from being able to disrobe to use the toilet or climb onto the top bunk. He had to soil him-

self and sleep on the floor for 28 days. He also detailed how guards intentionally left the cell window open during the freezing winter.

"He's Lewisburg's weapon," said former inmate Deangelo Moore about the violent inmate Richardson refused to be celled up with. "If he like you, he like you. But if he don't, he's your worst enemy."

Guards checked on Richardson every two hours, but he says they ignored his pleas that the tight restraints were causing him pain, that he couldn't use the toilet, and that the cell was far too cold. According to the article, they told him they'd unshackle him when he was ready to submit and accept the cellie they'd chosen.

"If you allow inmates to dictate the terms under which they get a cellie, then you're

not in control," one Lewisburg guard explained under anonymity.

"You have to remember these guys are dangerous people," said Marc Marchioli, a former Lewisburg physician assistant. "If they don't cuff up, it's considered a direct threat."

Marchioli also stated that officers use the restraints correctly, but inmates cause their own injuries when they move around. "The more they wiggle, the more damage they end up doing."

"You are placed in a cell with shackles so tight, I've seen probably 30 guys at Lewisburg months later who have open wounds," said Lewisburg Prison Project paralegal Dave Sprout, who works in assisting inmates with visits and correspondence.

In 2015, two prisoners died

violently in the SMU, both with documented mental health issues, and each killed by their cellmate. One death was the result of a cell fight, while another was due to strangulation in a "suspected homicide," according to the article.

"My clients tell me Lewisburg is the worst place they've ever been," said assistant federal public defender D. Toni Byrd. "If you did to your dog what they do to men here, you would be arrested."

"The Bureau ensures inmates in its custody are treated fairly and with dignity," emailed Bureau of Prisons spokesperson Justin Long. "Allegations of mistreatment are thoroughly investigated and appropriate action is taken if such allegations are proven true."

The dedicated advocates for women prisoners

**By Marcus Henderson
Journalism Guild Chairman**

Two dedicated advocates used the art of storytelling and a stroke of a paint brush to bring awareness about the lives of the 200 plus women serving life without the possibility of parole (LWOP) sentences throughout California's prison system.

Adrienne Skye Roberts and artist Billie Belo, tapped into the racism, sexism and classism that affected these women's lives in their "A Living Chance" project. Some of the women dealt with rape, domestic violence and suffering under human trafficking before incarceration.

"Storytelling and visual arts for our communities are a creative form of resistance," Roberts said. "The majority of the LWOPs I work with are survivors of abuse or were in a relationship with their abuser at the time of their abuser's crime and evidence of this abuse is rarely presented in trial."

The project consisted of interviews and recorded stories of more than 50 women from the Central California Women's Facility (CCWF) and California Institution for Women (CIW). More than 70 women also sent in their stories from these prisons.

"Every single story is incredibly moving," Belo said. "They reveal so much about

our society and demonstrate the resiliency of the human spirit.

"The major aim of the art is to honor and show gratitude for the tremendous emotional labor the project asked of the women. I know it's not easy to recount these stories and in many cases relive very traumatic events," Belo continued.

"They reveal so much about our society and demonstrate the resiliency of the human spirit"

Roberts and Belo are old friends who met in college and used to live together in the San Francisco and Oakland areas. They both are volunteers for the California Coalition for Women Prisoners (CCWP).

"Billie (Belo) is an amazing, self-taught artist and has always been supportive of my work with CCWP," said Roberts, who has been working for the organization for six years. "I was updating her about the storytelling project and she suggested she participate by painting people portraits."

Belo has been involved with the CCWP for four years and was inspired by the Pelican Bay



Courtesy of Adrienne Skye

Adrienne Skye and Billie Belo at an exhibit for Belo's work

Security Housing Unit hunger strike a few years ago.

"I remember one of the requests by the strikers was for a

photograph to be taken of them every year and sent to their families.

"This request reminded me of the United Nations (UN) declaration of universal human rights, which states that everyone has a right to a name. This right is to prevent people from being dehumanized as a number," said Belo.

While humanizing and giving a voice to these women serving LWOP, the advocates gained insight into the criminal justice system.

"I knew nothing about LWOP before I started volunteering for CCWP," Roberts said. "I have learned so much from our members inside, including the felony-murder rule, special circumstances, and the particular circumstances impacting women sentenced to LWOP."

With that knowledge, Roberts and the CCWP decided to make LWOP a priority in its organizing and educational platforms. The group launched a campaign using postcards and petitions to encourage Governor Jerry Brown to commute LWOP sentences to parole-eligible sentences. The postcards feature the portraits of the women serving LWOP and their stories.

"We are using the stories and testimonies to demonstrate to Gov. Brown and the public that LWOP is inhumane and cruel punishment and disproportionately impacts people of color, the majority of whom are survivors of violence," said Roberts.

The organization members are meeting with state-elected officials, holding storytelling events, workshops, and participating in art exhibitions to bring awareness.

"I believe storytelling humanizes people that society teaches us to hate or fear," Roberts said. "I want these stories to be a starting point to engage

with the issues of incarceration, extreme sentences and the experiences of survivors and marginalized communities in prison."

Belo added, "I hope the art reflects the stories. Art should have a purpose and push our society forward by asking us where we are and why. It should inspire us to imagine better and find workable alternatives when the current systems fail us."

Many of the women serving LWOP describe themselves as the "lost population" but actually have been considered the backbone of their prisons by some of their peers. These women have become facilitators of rehabilitative groups on Restorative Justice, domestic violence and healthy relationships, noted Roberts.

"I will be forever amazed at the ways that people in prison heal themselves and their peers," Roberts said. "Regardless of the circumstances in which they are forced to live."

Both women advocates continue to be involved in the community to address criminal justice and social issues. Roberts does Restorative Justice in the Pittsburgh Unified School District to help end the school-to-prison pipeline.

Belo is working on publishing a book of the images, a graphic novel project with some of the stories and illustrations of the LWOP women from start to finish. She also is producing paintings to sell for healthcare services for a transgender friend.

"I am proud of everyone who worked on this project inside and out," Belo said.

Roberts concluded, "I know people will be moved by hearing these women's stories. My hope is they participate in the movement for prisoner rights and expand the avenues toward freedom."



Courtesy of the Fire Inside

Belo's portrait of Bobbie



Courtesy of the Fire Inside

Belo's portrait of Winona



Courtesy of CIW

The Fire Inside's Pam Fadem and Adrienne Skye

Families, friends and teachers unite to commemorate t

Graduation

Continued from Page 1

Oakland Post publisher Paul Cobb attended.

“There are ministers in Oakland who use Richard’s columns in their sermons to address some of the problems we have with our youth,” Cobb said.

Johnson is serving a life sentence. He has been incarcerated 22 years and spent the first 19 in the Security Housing Unit (SHU) at Pelican Bay.

“I didn’t start my education until I got out of the SHU,” Johnson said. “When I got to San Quentin, it was amazing to see everyone running around with books. The Oakland Post newspaper played a great part in my evolution.

“Now, I’m thinking about college to become a journalist,” Johnson said. “I like to write about different subjects — sometimes we have to tell the truth.”

Johnson goes before the parole board in 2021.

One-hundred-fourteen inmates completed vocational programs geared toward giving them employable skills, once paroled; the programs include plumbing, machine shop, electronics and building maintenance. Forty-four received diplomas for scholastic achievements ranging from high school equivalency exams to associate and bachelor’s degrees.

Inmates who participate in correctional education

programs have a 43 percent lower chance of returning to prison than those who do not, according to a study by the Rand Corporation.

The study goes on to find that a \$1 investment in prison education reduces incarceration cost by \$4 to \$5 during the first three years post-release.

“This is something that cannot be taken away”

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

Inmate Moua Vue, 37, gave a speech that focused on what brought him to want an education.

“I remember how my parents would always stress the point of a higher education and added their sacrifices on how they escaped the genocide and got to America after the Vietnam War,” Vue said. “My parents would tell me how they ran through the jungle for days and nights, being careful not to get spotted. Now, looking back, I understand the struggles my parents had to go through. I realize the difficulties of being in a foreign land, speaking no English, having to adapt, trying to raise a family and at the same



Photo by Harold Meeks

Gay Plair Cobb with Yvonne with brother Richard Johnson and Paul Cobb

time keeping to themselves their pain with no support and tools to heal.”

Vue committed murder and attempted murder at age 19 and was sentenced to 82 years to life. He said he continued denying that his family life had a negative effect on him. Ultimately, he said that life behind bars led to hopelessness and to him getting into trouble.

“Being in Ad-Seg allowed me to sit with my reality,” Vue said. “I didn’t have to go on living as I once did, holding onto the lie that there’s nothing wrong with me.”

Other students gave testimonies about what an education and graduation meant to them.

“It’s like begin born again,”

said Anthony Coleman, 57. “It’s hard to describe, because you don’t get a feeling like this every day in prison. The individual who never experienced this will be amazed when they do.”

LaDelle Jackson, while taking responsibility for his crime of murder, took pride in obtaining his educational goals. He thanked his mother, who passed earlier this year, as well as his wife and support group.

The previous Friday, Jackson had been part of that graduation ceremony, too. There he said that when he transferred to San Quentin he noticed a college campus-like atmosphere.

“I could no longer give any excuses on why I cannot graduate school, so I adapted to San

Quentin, enrolled in school and got it done,” Jackson said.

Graduate Phillip Kelly was 15 years old when he committed murder in 1999.

After arriving at prison, because of his gang mentality, he had no interest in his education or caring about people.

Everything changed for Kelly after he attended a victims’ awareness group. A mother talking about the murder of her son through gang violence weighed heavily on his heart.

“I really started to understand how much damage I caused to the mother of the person I killed; just thinking, I made another human being feel this way,” Kelly said. Gradually, Kelly said he connected with

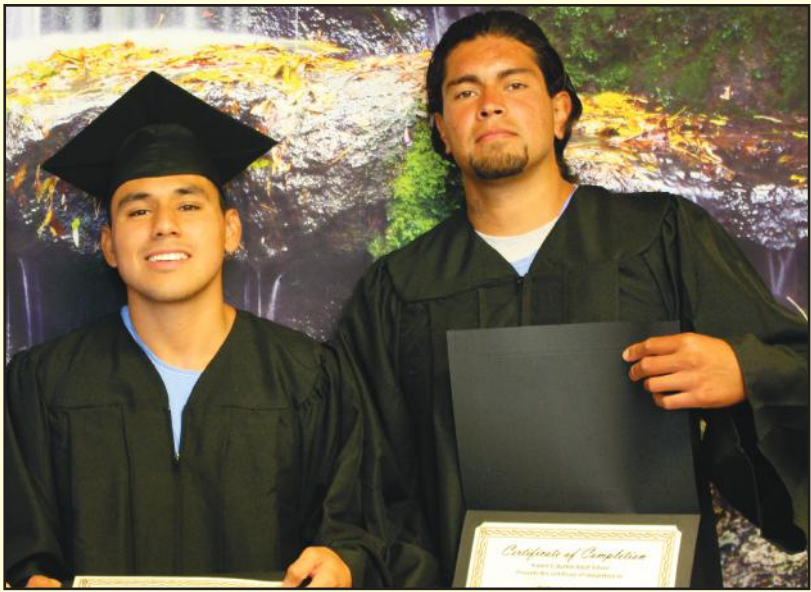


Photo by Harold Meeks

Vocational graduates Cesar Delgado and Gilberto Garcia

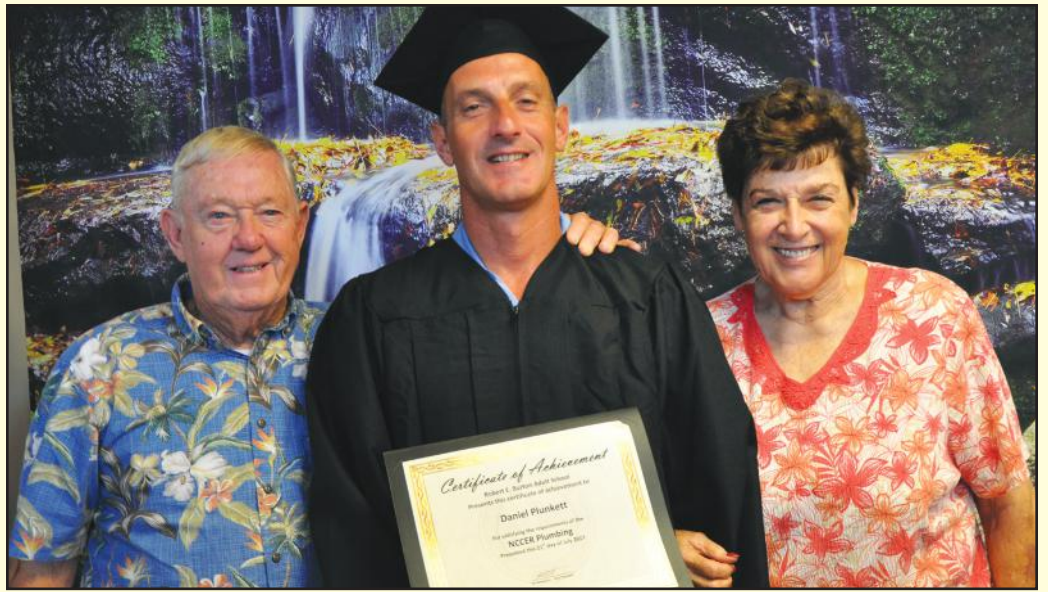


Photo by Eddie Herena-San Quentin News

Father Kelly with graduate Danny Plunkett and mother Judy



Photo by Sam Hearnes

Tessie Dunmore with his step-son graduate Troy and father Albert



Photo by Harold Meeks

Vocational graduates Chris Nguyen, Rayven Jenkins with GED graduates Charlie Srey and Richard Gonzalez

The accomplishments of GED and vocational graduates

other people, and also himself, and sought out an education.

Things were different for Andress Yancy. After serving multiple jail and prison terms, he finally earned himself a life sentence under the Three Strikes Law. Yancy spoke about overcoming low self-esteem and the power of self-confidence.

“You will never amount to anything.’ ‘You will never be anything in life but a loser.’ Those words, those statements, were said to me so many times, so much, I actually started to believe it to the heart,” Yancy said.

While in another prison, he ended up in Administrative Segregation (Ad-Seg). There, he had a spiritual awakening and developed a “no quit” attitude. Yancy began accomplishing educational achievements, including passing the high school equivalency exam.

“This is something that cannot be taken away,” Philip Leonida, one of the teachers, told the graduates. “There’s strength in vulnerability. In order to learn, you must admit that you do not know. You have learned to grow from your mistakes. Your mistakes are not your downfalls, but the stepping stones for your greatness.”

Leonida has taught in California prisons for 13 years. He teaches adult basic education as well as life skills.

“I love it, even though it can

be frustrating at times,” Leonida said. “I do my best to balance the fact that these are grown men with our institutional needs.”

“I try to incorporate the same kind of situations that they’d encounter on the streets, like going to the DMV, but you can’t get there because the bus broke down or you get to the DMV and clerk is rude.”

Leonida says he holds incarcerated students to very high standards, “Sometimes, they push back. However, I continue to push them under the philosophy of Martin Luther King, Jr.

“Be aware of the soft bigotry of low expectations.”

Other teachers commented on the graduation.

Anita Sufi has been an educator for 28 years and has taught in prison for 10 years.

Referring to how the teachers feel about their job, she cited James Baldwin:

“You cannot be taught by someone who despises you.”



Photo by Sam Hearnes

Vocational instructor Dante Callegari with his graduates Kevin Robinson, Sergio Carrillo, Donald Thompson and Fredrick Gaines

“We all care about our students as a part of doing our jobs in social justice,” Sufi said. “Seeing the men graduate gives me hope because the education that they are getting in here is the same that is provided out

there.” Educator D. Searle has her classroom walls decorated with copies of GED and high school equivalency diplomas as well as mathematical formulas and social justice posters.

“I see good things coming from the education department,” Searle said. “The students come into the classroom motivated to get their diplomas. That’s a change from before, when students used to ask, ‘Why am I in education?’ Now, they want to be here. That comes from the teachers’ teamwork.”

Searle and other teachers meet regularly to discuss curriculum development and better ways to deliver quality education to their students.

Searle has been a teacher for more than 30 years, including 20 years in the public schools and 10 years at San Quentin.

The prison’s college program executive director, Jody Lewen, walked past a long line of inmates wearing caps and gowns, pointed to them and said, “Future college students.”

Behind the scenes, operating the sound equipment is Stephen Pascascio:

“It brings a joy in my life to see the smiles on my fellow men-in-blue,” Pascascio said. “Having their families here and giving back to my community and getting the support from the teachers and administration gives me joy.”

San Quentin Color Guard:

- Carl Raybon
- Michael Elmore
- David Tarvan
- Craig Johnson.

“It’s my way of showing the veterans of San Quentin care about the community,” Johnson said. The Veterans Group of San Quentin began presenting the colors at graduations in 1999.



Photo by Harold Meeks

Vocational graduate Moua Vue speaks about higher education



Photo by Harold Meeks

Stephen Pascascio working the sound equipment

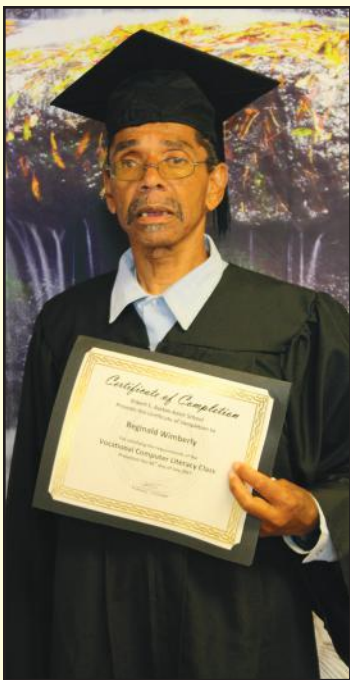


Photo by Harold Meeks

Computer Literacy graduate Reginald Wimberly



Photo by Harold Meeks

GED graduate Ryan Dietz



Photo by Sam Hearnes

Graduate Thomas Colt to shakes hands with Instructor Leonida and Principal Wheelers

From Around The World



Courtesy of Susanne KArch

SQN volunteer Susanne Karch with Donor Marty McGee in Hood River, Oregon



Courtesy of Camra Blalock

Carma Blalock at the Temple of the Headless Virgin from Algodones New Mexico



Courtesy of Yukari Kane

A friend of SQN at Mt. Osore, a Buddhist pilgrimage destination. The temple is located in the caldera of an active volcano and is believed to be one of the gates to the underworld in Aomori, Japan, the northern most prefecture in the mainland.



Photo by Sarah Horowitz

Preseason match between FC Barcelona and Brazil's Chapecoense football squad on August 7 in Barcelona, Spain. Last November, a plane carrying Chapecoense players, staff, and journalists crashed on its way to a tournament, killing 71 of the 77 passengers. Alan Ruschel, one of only three players to survive, captained Chapecoense at the exhibition match, coming off after 35 minutes to a standing ovation. Two other survivors, Neto and Jackson Follmann, did not play but took an honorary kickoff before the game. Barça won the match, 5-0.

Snippets

Snakes sleep with both their eyes open.

Chess originated in India during the Gupta empire in the 6th century known as "caturanga," which translates to "fourth division of the military" (infantry, cavalry, elephants and chariotry).

Handcuff is a corruption of the Anglo-Saxon word handcops, an obsolete word meaning "to fetter."

In the US, adults get an average of two to four colds per year, mostly between September and May.

SPAM was invented in the late Depression and became a godsend during wartime.

Mozart produced over 600 musical compositions before he passed away on Dec. 5, 1791 at the age of 35.

WORDCROSS PUZZLE

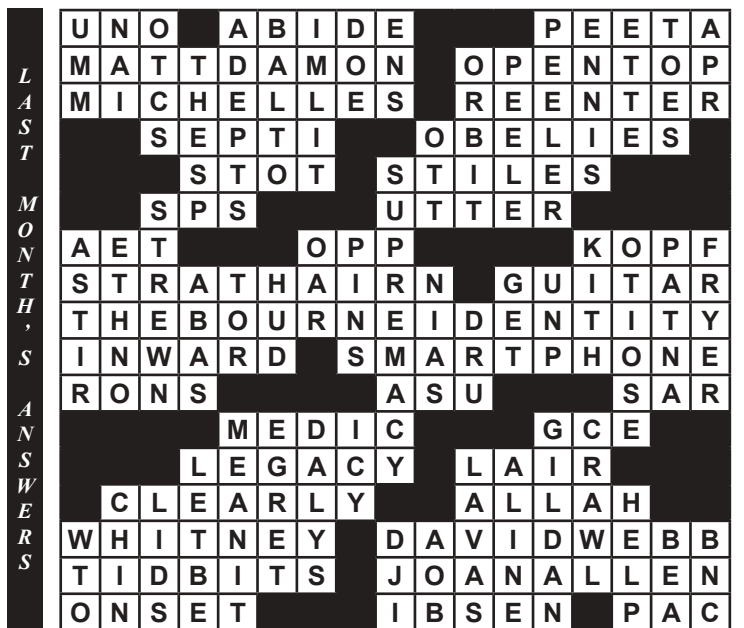
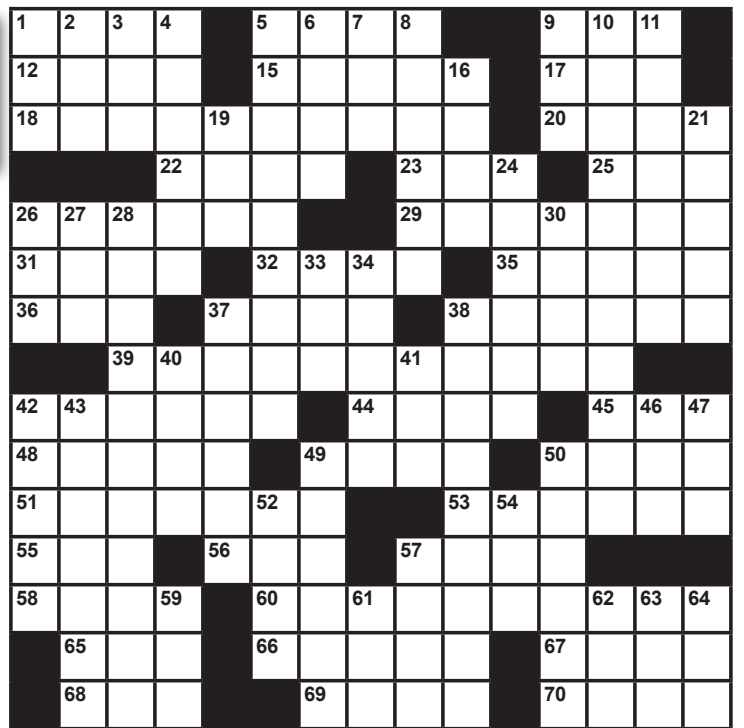
By Jonathan Chiu / Edited by Jan Perry

Across

1. It's due monthly
5. Arab ruler
9. Harmful plastic (Abbr.)
12. Healthy berry
15. Southeast Asian fish
17. City rep. (Abbr.)
18. Lead actor in *Say Anything*
20. Reid of *Sharknado* franchise
22. Smoothie veg.
23. Sunflower or peanut
25. Japanese currency
26. Natural ability
29. Magazine scroll
31. Wine alt.
32. Actress Watson
35. Indian lute
36. British mathematician
37. Set of three
38. Conveniently for use
39. Occurrence of chance or 2001 rom-com starring 18 and 60 Across
42. Torn cloth
44. Different
45. _____, *Pray, Love*
48. Aluminum company
49. Badly
50. Female horse
51. They have more fun
53. Teachings of the Buddha
55. Moon space craft (Abbr.)
56. Point on a mariner's compass
57. Jassy (Ger.)
58. _____-Mater
60. *Kate of Underworld*
65. Very long time
66. Alt-Left and Alt-Right
67. Terrible czar of Russia
68. Manufactured fuel (Abbr.)
69. Shallow container
70. Absence of difficulty

Down

1. Character on *The Big Bang Theory*
2. _____-friendly
3. Maybe not
4. Try to fix
5. Cheater
6. Rapper turned preacher
7. _____ bind
8. Halls alternative
9. Ball's mate
10. Let's figure it out when we get there
11. A gland above the kidney
16. Tulsa native
19. When doubled, a type of Parisian dance
21. Hostile
24. Life saving dog
26. Not ready for confirmation
27. Medical shocker (Abbr.)
28. The LC in LCD
30. European auto-maker
33. Type of Chinese dialect
34. Dummy
37. Leans towards
38. Let's go
40. A type of jacket
41. Sick
42. Indian drum
43. Forms of genes
46. Precedes candy, wrestle or chair
47. A type of party
49. 3-D puzzle phrase
50. Williams of *Game of Thrones*
52. _____ and flows
54. Shopper's channel
59. *Hulk* director Lee
61. Music medium
62. Actress Gardner
63. _____ Palmas
64. LA to Vegas (Dir.)



Sudoku Corner

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

Last Issue's Sudoku Solutions

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

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

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

Answer to last month's Brain Teaser: Jon won

This month's puzzle: Numbers Surrounded

The numbers in some squares in the grid indicate the exact number of black squares that should surround it. Shade these squares until all the numbers surrounded by the correct number of black squares

			2		0	2	
3	4	4					
1			2		3	4	
	1		1	3			2
1	2		3	4		3	
2					3	2	1
	4	5	5		3		
2		2			2	1	1

San Quentin News would like to know:

What prison are you at and how do you receive the *San Quentin News*? _____

Does your library provide you with a copy of the *San Quentin News*? _____

Do all facilities/yards at your prison receive the *San Quentin News*? _____

What stories did you like the most and why? _____

What story did you like the least and why? _____

What kind of story would you like to read? _____

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

El Equipo Profesional Deltas de SF Juegan Fútbol en la Prisión

Español

Por Eddie Herena
Staff Writer

Por primera vez miembros de un equipo profesional de fútbol visitan la prisión de San Quentin para ofrecer una clínica de fútbol y dirigir un partido entre jugadores de la prisión.

El dueño del equipo Deltas, el gerente general, entrenadores y jugadores activos, Cristian Portilla y Tyler Gibson, se presentaron con entusiasmo a los equipos de San Quentin.

Brandon Hidalgo, capitán del equipo de los Jóvenes, comentó "es un honor tenerlos aquí".

Miembros del equipo Delta dirigieron los dos equipos. Marc Dos Santos, director técnico de los Veteranos acomodó una alineación de 4-4-2, en tanto Andrea Di Pietrantonio, utilizó una alineación de 3-4-3. Los delanteros Hidalgo, Delgado y el "güero" Montez estuvieron al frente de la ofensiva.

Entrenadores del equipo Delta llevaron a cabo una serie de ejercicios de calentamiento en un campo de fútbol que en su mayor parte es tierra.

Gavin Robinson, jugador del equipo de los Veteranos, comentó "esta es la primera vez que jugadores profesionales vienen a entrenarnos. por 10 años he esperado este momento".

Chris Brown, entrenador de porteros del equipo Deltas, se encargó del calentamiento de los dos porteros, Moses Fuentes y Marco Villa, lo cual fué vital debido a que el partido culminaría en una serie de tiros penales.

Dos Santos, con un acento entre portugués y francés, mencionó "Estamos comprometidos con ustedes, así que daremos lo mejor de nosotros".

Brian Andrés Helmick, fundador y CEO del equipo Deltas, comentó "Los deportes profesionales no fueron creados para ser un negocio, sino como una forma para unir a la comunidad y el fútbol es precisamente lo que hace.

Deltas es el equipo de fútbol

profesional mas reciente en el area de la bahía desde que se formaron los Earthquakes de San Jose en 1974. Los Deltas se encuentran en la segunda posición en la Liga de Soccer de Norte America (NASL) con una puntuación de 23-6-2-5 (puntos-ganados-perdidos-empates).

De acuerdo a Helmick, el éxito repentino de los Deltas se debe a su diversidad, humildad y responsabilidad como atletas profesionales dedicados a unir a sus comunidades, "Somos personas humildes y excelentes jugadores a la vez".

En el minuto 13 Taré "Cancún" Beltranchuc anotó el primer gol del partido gracias a la asistencia de Todd Dunivant, gerente general de los Deltas. Dunivant fue cinco veces campeón con los Earthquakes de San Jose y los Galaxy de los Angeles en la liga MLS.

La habilidad de Dunivant en el campo de juego dió ventaja a los Veteranos. Dunivant y Beltranchuc se juntaron para realizar una triangulación que culminó con la segunda anotación de los Veteranos, por parte de Carlos "Venado" en el minuto 18 poniendo el marcador a 2-0 al término del primer tiempo.

Di Pietrantonio expresó, "Los veteranos solo se defienden, no atacan. El entrenador de los Veteranos, Dos Santos, le quita la diversion al partido con su sistema defensivo".

Las recomendaciones de Pietrantonio hacia su equipo después del primer tiempo fué de que se dieran cuenta que el equipo de los Veteranos se concentra mucho en el medio del campo y descuidan las orillas. "Juguemos por las bandas", dijo Pietrantonio.

En el minuto 49, Cesar Delgado del equipo de los Jóvenes anotó el primer gol de los Jóvenes, aumentando así el ánimo de sus compañeros.

Con tan solo dos minutos para terminar el encuentro los Jóvenes anotaron el segundo gol debido a su incansable presión.

El enfrentamiento terminó con un empate a dos goles por equipo. Cabe mencionar que al equipo de los Veteranos



El equipo de los Veteranos de San Quentin

Photo by Rahsaan Thomas-San Quentin News



Tyler Gibson, Marco Dos Santos, Chris Brown and Todd "The Champ" Donivant

Photo by Rahsaan Thomas-San Quentin News

se les anuló un gol polémico en los últimos segundos del partido. No habiendo tiempos extras se procedió a determinar al ganador con una serie de penaltis.

El jugador estrella, Beltranchuc del equipo de los veteranos, anotó fácilmente el primer tiro penal.

El tiro de Luis Díaz Lopez paso muy retirado de la portería defendida por Marco Villa: 1/0 Jesus "Morelia" Lopez, falló el primer penal por los Veteranos. En tanto, Cesar Delgado falló el segundo tiro

penal por los Jóvenes. 1-0/0-0. Julio Martinez del equipo de los Veteranos amplió la ventaja al anotar. Posteriormente, Hidalgo del equipo de los Jóvenes anotó su tiro penal: 1-0-1/0-0-1.

El Veterano Le "Lamsuy" Lam erró su tiro penal, en tanto que Adrian el "Güero" Montez anotó su penal, emparejando el marcador a dos goles por equipo.

Carlos Meza tuvo en su botines la posible victoria, pero su tiro fue bloqueado por el portero Moses Fuentes. La

responsabilidad y presión cayo en Jose "Magina" Mendoza del equipo de los Jóvenes, quien anotó el gol del triunfo para los Jóvenes.

Villa comentó, "Vi venir el balón tan despacio que estaba seguro que lo detendría. Me confié demasiado".

La ayuda del ex-jugador profesional Dunivant, no fue suficiente para el equipo de los veteranos, ya que los Jóvenes se llevaron el triunfo con un marcador global de 5-4.

-Traducción por Marco Villa y Taré Beltranchuc

Death penalty ballot fails to impose strict inmate appellate deadlines

By Charles David Henry
Staff Writer

A key provision in last year's death penalty ballot initiative to speed up executions failed to impose strict deadlines on how much time is allowed to resolve an appeal filed by an inmate's attorney, according to the *Los Angeles Times*.

"Proposition 66, sponsored by prosecutors and passed by 51 percent of the voters, was intended to remove various hurdles that have prevented the state from executing an inmate in more than 10 years at San Quentin State Prison," the *Times* reported.

In an August ruling, the California Supreme Court preserved most of the Prop 66 language intact, prompting one of its sponsors to predict that executions will resume in the coming

months.

Five of the seven Supreme Court jurists agreed the initiative's language that death penalty appeals must be decided within five years was meant as a "directive," not mandatory, the *Times* reported.

Justice Carol A. Corrigan, who wrote the majority opinion for the court, said that the deadline is merely "an exhortation to the parties and the courts to handle cases as expeditiously as is consistent with the fair and principled administration of justice."

According to the article, in order to complete the review of the backlog of cases, the court would have to spend 90 percent of its time on death penalty cases for at least the next five years to meet the five-year deadline, legal analysts said.

Those who complained about the court's decision said without

imposing deadlines, appeals can take decades to resolve.

There are currently 18 inmates on Death Row who have exhausted their appeals, and according to Michael Rushford, president of a pro-death penalty group, they don't have much time left. "I think months is a reasonable estimate" of when the next execution will occur, he said.

Pleased with the court's ruling, Kent Scheidegger, another proponent of the initiative, said if the court decides appeals more quickly, "we should see a very substantial speedup".

"Nobody is going to be executed tomorrow," said Christina Von der Ahe Rayburn, who represented the challengers to the initiative. However, this ruling does make executions more possible in the short term.

She is very optimistic that

federal courts have the authority to delay the resumption of executions in the future, said Von der Ahe Rayburn.

"I just can't imagine the federal case gets resolved that quickly, especially if it can go up on appeal," she said.

Despite her optimism, Rayburn said that the decision surprised and disappointed her. She was heartened by language in the ruling "that they won't make much effort to honor the deadlines."

Justice Corrigan said "it remains to be seen" how effective Proposition 66 will be in expediting death penalty appeals. Much will depend on whether the Legislature provides more funds for the courts.

California law gives each person convicted of the death penalty an automatic appeal and a separate habeas corpus chal-

lenge in the Supreme Court.

According to the article, an inmate's appeal is based on the written record of what happened at trial and could involve, for example, a challenge of a judge's ruling on whether to admit or exclude evidence.

The court also considers the inmate's habeas corpus challenge. Those arguments are based on events that were not reflected in the trial transcripts, such as newly discovered evidence or juror misconduct.

This entire review process can take a decade or longer for the California Supreme Court to rule on an automatic appeal.

The *Times* article concluded, "The state has 748 inmates on Death Row - the largest number in the country - and legal challenges over lethal injection have prevented executions since 2006."

Shakespeare troupe brings on comedy and drama

Brought to life with a modern twist of music and dance, plus lots of jokes

By Wayne Boatwright
Managing Editor

Energy was high and humor flowed like good ale when performers in costume of Old England mixed with the audience at the San Quentin Protestant Chapel prior to the performance of two plays. The Shakespeare at San Quentin troupe held performances of *Measure For Measure* on May 12 and *Richard II* on May 19.

Like *Hamilton*, these characters from the deep past were brought to life with a modern twist of music and dance, plus lots of jokes and sword fights.

On Oct. 19 and 20 the actors will perform original skits based on the lessons learned in the Shakespeare plays.

As if under stage direction, the outside guests arrived and were greeted to the sight of a group photo being taken of the cast and crew. The inmate-performers mixed with professional members of the Marin Shakespeare Company, have been working twice weekly for months.

Measure For Measure deals with criminal justice, and its plot was summarized before the performance began. "How do we as a society determine what is moral, ethical and legal and



Photo by Eddie Herena-San Quentin News

Inmate actors with Jason Robinson performing in the SQ Chapel

what is not? How do we enforce the law? Duke allows Angelo to step in and enforce the laws while the Duke travels. Really he plans to watch how Angelo governs disguised as a monk," said Suraya Keating, director of the play.

King Richard II was set up by Lesley Currier, echoing our current national politics. "Richard's not a good king. His advisors are not experts, and even so Richard II won't listen to

them, therefore, he says things that he shouldn't. Disputes are settled by force and justified by God's will — the duel."

"The power of the duel was right out of the movies with swords, tumbling and all sort of acrobatics," said one guest.

If you were the king, what would happen if you lost everything?

"Programs like this make the prison safer for staff, inmates and are a true means of rehabilitation"

"The best things in life aren't things," was Keating's takeaway from presenting this wonderful show. "Acting is 90 percent listening to others and ourselves" and the drama is what happens when we don't really listen to each other. We seek to work with our performers to bring out this tension, said Keating.

The guests in the audience included the parents of Sara Sincell, who played Isabella. Her parents came from Maryland, as did her brother and sister-in-law, who also came to

see the show.

"Programs like this make the prison safer for staff, inmates and are a true means of rehabilitation," said Currier, who has organized such plays in San Quentin for 14 years.

This feeling was echoed by the actors.

"It set the tone for us by having the professionals perform with us. The physical humor was wonderful and helped me to understand the play," said Eddie DeWeaver, who played the Warden in *Measure for Measure*.

"I used to wait for others to give me justice. By being able to see mercy (as a performer), I am able to give my younger self justice and peace," said Jason Robinson, a South Central LA seventh-grade dropout grown into a Shakespearean actor in *Measure for Measure*.

"Make lemonade out of life. Whatever you believe about yourself, you can make come true. Imagine that," said Belize Villafranco, who portrayed both the First Herald and Lord Willoughby in *Richard II*.

Performing before a live audience really makes a difference. "We humans often live in the past. Then we neglect to live in the moment. Acting brings your full attention to the moment," said Jad Salem, who



Photo by Eddie Herena-San Quentin News

Actress Caroline

portrayed Sir Stephen Scroop in *Richard II*.

Most transformational was the admonition "Don't own what you don't create," a realization that LeMar "Maverick" Harrison has gained through performing.

Juan Meza added, "I think about justice every day — is this what my victims wanted for justice? What about the youth that committed a crime? Did they have justice? Everyone wants justice — even that young man I was that committed the crime that sent me here."

The performances were coordinated by the professionals of the Marin Shakespeare Company, which has sponsored Shakespeare at San Quentin since 2003. This organization has taken its San Quentin-learned process on the road and currently has programs launched or planned at eight California prisons.

Coming Oct. 19 and 20, 2017 at 10 am: Parallel Play: Original Theater Inspired by Shakespeare: autobiographical theater pieces written by the men of the SQ Shakespeare program.

Thanks in part to the California Arts Council; individuals can see videos of past SQ performances at www.marinshakespeare.org



Photo by Eddie Herena-San Quentin News

Sonia with Sara in *Measure for Measure*

Prop 47 reduces overcrowding and saves over \$100 million

By Forrest Lee Jones
Journalism Guild Writer

California Proposition 47, the 2014 voter initiative that reduced certain low-level property and drug-related crimes from felonies to misdemeanors, has significantly reduced the jail and prison population by 18,000 with 40,000 fewer convictions, saving taxpayers \$103 million dollars in prison and jail related costs, reports the Bay Area News Group.

This \$103 million in savings will go to cities and counties to fund the treatment of drug and alcohol addictions, and illnesses that create high risk for people who are released from jails and prisons. Alameda County

will receive \$6 million of that savings for their community-based re-entry programs, said the report.

"For each person that it costs \$70,000 to house in prison, the voters said we want to move that money into treatment programs that will help people," said Hillary Blout, staff attorney for Californians for Safety and Justice. "It took a lot of advocacy to make sure that the promise of the Prop reallocation number was real, it was at \$50 million, then it was at \$60 (million) and it took people going to Sacramento and banging on doors and making calls to get to the amount that it is today."

County officials said the re-

allocation funds are part of a statewide effort to help the formerly incarcerated to overcome the obstacles they will face, which include discrimination in housing, employment, and denial of public resources. Formerly incarcerated individuals face multiple barriers to public resources, which contributes to the 44.6 percent recidivism rate, said the report.

In 2013, Alameda County Public Defender Brendan Woods started a program called "Clean Slate," a program that helps those formerly incarcerated who have completed serving their probation, but still face many obstacles.

"People would call and say how can I find a job and how

can I get the convictions off my record, can you help me," Woods said. "And we couldn't."

Woods said under the Clean Slate program 5,000 people have gotten their felonies reduced and legal services to obtain their occupational licenses, which have eliminated other barriers to employment.

Los Angeles County, which houses about a third of California's prisoners, will receive about \$20 million of that funding to go toward an existing program called Office of Diversion and Re-entry that houses and treats people re-entering society after being released from hospitals, clinics, and jails.

According to the *Los Angeles Times*, in 2016, L.A. Mayor

Eric Garcetti's Office of Re-entry designed a pilot program to direct offenders to treatment, counseling, housing and employment. L.A. City Attorney Mike Feuer created a program to specifically address drug use and treatment. Both Garcetti's and Feuer's programs will receive \$6 million over the next three years.

But critics of Prop. 47 don't share the same sentiments about its success. They say that voters should not have passed the proposition until those resources were already in place. However, the report notes there could not have been any programs without this new source of funding that came from prison savings.

An account of a small American town by an orphaned chronicler

Book Review

By Juan Haines
Senior Editor

Wendell Berry created an all-embracing character, a portrait of perfection, in protagonist Jayber Crow. *The Life Story of Jayber Crow, Barber of the Port William Membership, as Written by Himself* is an account of small-town America as seen from the eyes of a twice-orphaned chronicler.

Jayber clung to his adopted town and all its citizens until everything he beheld and cherished broke up, piece by piece. An example is after Jayber adjusts after the elementary school in Port William is closed and the children are bused to the neighboring town of Hargrave. As a barber, Jayber paid close attention to his customers and gave them all the space they needed to tell their stories:

"My shop was a democracy if ever anyplace was. Whoever came I served and let stay as

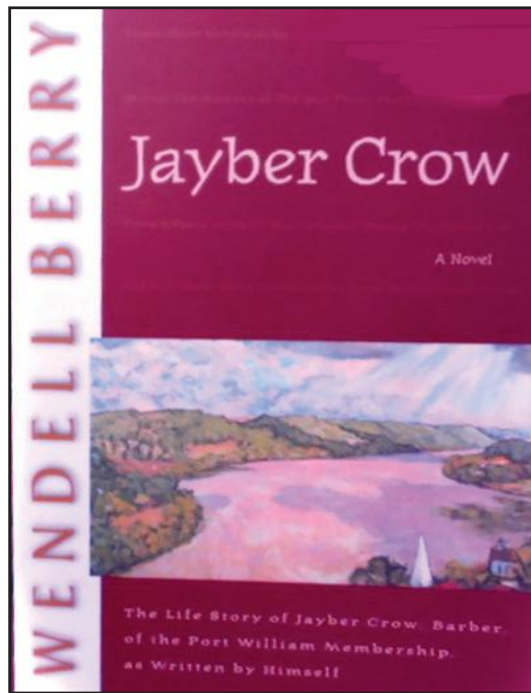
long as they wanted to. Whatever they said or did while they were there I had either to deal with or put up with."

Jayber tells this story over a long period giving readers historical perspective:

"I remember old men who remember the Civil War. I have in my mind word-of-mouth memories more than a hundred years old. It is only twenty hundred years since the birth of Christ. Fifteen or 20 memories such as mine would reach all the way back to the halo-light in the manger at Bethlehem."

Jayber's values are distinctively revealed while making his way from Frankfort to Port William. After struggling through stormy, flood-ridden weather, he rejoices after finding safety:

"I got my bowl and my spoon and my piece of bread and went



off to the side again and sat on my box and leaned my back against the wall. I stuck my nose into the steam rising off of that hot soup and let my heart rejoice."

While Jayber's character

lacks moral defects found in most boys while passing from adolescence to adulthood, Berry is able to keep readers engaged in his dramatic life. Jayber navigates through his misfortunes without behaving egotistically. This moral perfection questions character flaws created by the badness in us all, especially those that we act on, resulting in moral violations. Jayber, too, is a flawed person as he can't extricate hate from his heart and mind while coveting another man's wife. There's a tension built in the story, but, Jayber never acts on his

thoughts, making him a Christ-like hero.

An indication of Jayber's rightness is shown through his infatuation for Troy Chatham's wife, Mattie:

"The world doesn't stop be-

cause you are in love or in mourning or in need of time to think."

And, when Jayber lived on the river, readers are put into his mindset regarding *The Nest Egg* and its connection to Mattie.

Jayber says, "The dignity of continuity has been taken away. They were the last of their kind," referring to the children.

What's most remarkable in *Jayber Crow* is the fine language Berry builds alongside its narrative.

Even though at times I was dragged through the story by colorful language, in the end I found that all of the details were necessary to get to the point of the story — listening to everything and everyone around you creates the most powerful narrative.

"...a burgeoning degree of certainty that they and their destinies had converged, that as long as the adult world did not pursue them, they were not going to waste any energy pursuing it. Then, one unassuming Wednesday, the monotony was broken."

News Briefs

1. Miami—An initiative has enabled more than 70,400 incarcerated individuals to earn more than 32,000 college credits, according to a press release by a tablet manufacturer, JPay. The program, available on JPay tablets, is called Lantern. JPay, in partnership with Ashland University, has provided access to more than 4 million education course files. Lantern is available in prisons located in Georgia, Ohio, Louisiana and West Virginia.

2. Bristol County, Mass.—About 900 people incarcerated in county jails could be affected if the county sheriff's office carries through with replacing in-person visitation with video conferences at two jails, the *Boston Globe* reports. Under the plan, instead of in-person visits, friends and family members would be taken to a separate building for video conferences with the person locked up.

3. Seattle—A proposed ordinance approved by a City Council committee last August would nearly end landlords' ability to screen prospective tenants based on their criminal histories, the *Seattle Times* reports.

4. Sacramento—California correctional officials are seeking a revised method for executions, *The Associated Press* reports. The new regulations would allow inmates to be executed using one of two different drugs or choosing the gas chamber. The revised regulations were filed one day after the state Supreme Court upheld a voter-approved measure to speed up executions.

5. Sacramento—Kim Carter, founder and executive director of the Time for Change Foundation, has been recommended by the Board of Parole Hearings for a pardon of her crimes, *Inland Valley Daily Bulletin* reports. Carter has been recognized by *CNN* as one of the top 10 *CNN* heroes for assisting more than 1,000 people returning to the community after incarceration. Carter said the felony record prevented her

from reaching her full potential. "If you think I've made an impact now, just wait until I'm out from under this shroud," Carter said.

6. Kincheloe, Mich.—Steve Pine of Sault Ste. Marie has worked for Trinity Services Group at Kinross Correctional Facility as a food worker since July 2016. He was fired after refusing to serve rotten potatoes to inmates at a northern Michigan prison and speaking up about the incident, *CBS Detroit* reports. Pine told the *Detroit Free Press* about 100 bags of potatoes were moldy and a corrections officer agreed that the potatoes should be thrown out, but a Trinity supervisor disagreed.

7. Sacramento—Pasadena attorney Charles W. Funari II is sponsoring a bill that would allow parole hearings for prison inmates who are 80 or older, have served at least 10 years behind bars, have not been sentenced to death or life without possibility of parole, and who are not covered by parole prohibitions imposed by other ballot measures to be eligible for parole, *Sacramento Bee* reports. In California's current Elderly Parole Program, inmates who are 60 or older and who have been incarcerated for 25 years or more are eligible for the program.

8. Nebraska—The state's prison population went up more than a percentage point in the last part of 2017 to 161 percent of capacity, according to a new report issued by state officials. The statistics are based on the average daily population in 10 prisons for the months of April, May and June. The average daily prison population was 5,278 during the quarter. A year ago, at the same time, the average was 5,241.

9. Nashville, Tenn.—An updated lawsuit against detention contractor CoreCivic claims inmates were denied prescribed medication and staff ignored a scabies outbreak for a full year, *News Channel 5 Nashville* reports. The updated suit claims that CoreCivic, formerly known as Corrections Corporation of America, knew about scabies outbreaks in



late 2016. Action was not taken until family members of inmates demanded the Health Department get involved.

10. Louisville, Ky.—Applying the death penalty to defendants younger than 21 at the time of their crimes amounts to an "unconstitutionally disproportionate punishment," a Kentucky judge has ruled. The ruling came in the case of Travis Bredhold, who was 18 years and five months old when he was charged with the 2013 slaying of a gas station attendant, *The Associated Press* reports.

11. Louisiana—Officials are reviewing the sentences of 16,000 inmates, who could have their prison times shortened as changes in the criminal law take effect Nov. 1. That's around 45 percent of the 35,500 people the state has locked up now, reports NOLA.com. Gov. John Bel Edwards and the state legislature enacted sentencing changes this year, aiming to reduce Louisiana's highest-in-the-world incarceration rate.

12. USA—The following are incarceration costs around the nation. All figures are costs per inmate per year: Illinois, \$38,268;

Kentucky, \$14,603; Indiana, \$14,823; Missouri, \$22,350; Michigan, \$28,117; Iowa, \$32,925; Wisconsin, \$37,994; Connecticut, \$50,000; New Jersey, \$54,000; New York, \$60,076; California, \$75,560, *Bellefonte News-Democrat* and CDCR report.

13. Topeka, Kan.—Low wages, starting at \$13.95 an hour, make it difficult to retain uniformed officers at the state's prisons. One in every five jobs is open, and there is a high staff turnover, *The Associate Press* reports.

14. San Luis Obispo—The FBI is investigating 11 deaths in the county jail since 2012 to see if they were civil rights violations, *The Tribune* reports. The district attorney's office, which has received several "inquiries of concern" from county residents, is referring all inquiries to the FBI. The DA's office said it is not investigating the jail or inmate deaths itself.

15. Florida—Mark James Asay was executed Aug. 24. Asay's execution was the first since a January 2016 U.S. Supreme Court decision temporarily stalled the state's death penalty, *Orlando*

Sentinel reports. He was the first white man ever executed for killing a black person in the state.

16. Florida—Nine Death Row prisoners are challenging the state's policies, saying it is unconstitutional to keep them in solitary confinement for more time than other prisoners, according to *The Crime Report*. They are the latest in a nationwide movement aimed at equalizing conditions for prisoners, arguing that just because someone is condemned he or she should not be treated badly until executed, the *Washington Times* reports. Lawsuits also have been filed in recent years in Virginia, Arizona and Louisiana, and prisoners in some cases have won policy changes.

17. Alabama—State officials do not have to notify tens of thousands of former felons that they have recently regained the right to vote, a federal judge ruled in August. The judge also found that the state does not have to automatically restore voting rights to citizens who tried to register but were denied before the state's law regarding felon disenfranchisement changed this year.

Students protest university investment in for-profit prisons

By Salvador Solorio
Journalism Guild Writer

At a protest earlier this year, at California State University at Sacramento (CSUS), students demanded the university divest its financial ties to for-profit prisons.

CSUS students have followed student demands that took place in 2015 at Columbia University and the University of California. Students pressured the universities to divest their shares in G4S, the GEO Group and CoreCivic. The University of California divested \$30 million from those companies, according to *Sacramento News & Review* reporter Scott Thomas Anderson.

“We don’t agree with what these private prison companies are doing,” said Aya Khalifeh, president of Students for Justice

in Palestine. “We’re completely aware of the grave issues going on and the role these corporations play in mass incarceration.”

“We don’t agree with what these private prison companies are doing”

The Sacramento students held a meeting to discuss the resolution for CSUS to divest from Wells Fargo, because of the bank’s key investments in private prison companies.

California legislators were already in the process of dealing with the private prison issue and

had passed a bill just prior to the students’ meeting.

East Bay Assemblyman Rob Bonta (D) authored Assembly Bill 1320, which would halt all new contracts between the California Department of Corrections and Rehabilitation (CDCR) and the private prison industry by 2018. The bill would phase out all inmates in private custody by 2028.

The bill passed unanimously through the public safety committee and will be heard by the Assembly Appropriations Committee; from there it will move to a final vote in the state house. It will also need the senate’s and governor’s approval, said the article.

The *Sacramento News & Review* reported that Bonta argued there is a clear monetary incentive for private prisons

to shortchange rehabilitation efforts: more victims of crime and incoming convicts equal a higher earning trajectory.

CoreCivic representative reminded committee members why CoreCivic’s services were called upon. Federal judges in 2007 ruled that due to prison overcrowding and inmate deaths, the state had to reduce its prisoner population by 40,000. CoreCivic lobbyist John Latimer said, “We were simply part of that process, and we’re proud of that,” even though CoreCivic is taking no position on AB1320.

A CDCR report in January 2016 showed that more than 23 percent of that initial reduction of 40,000 prisoners was achieved by shipping inmates to private prisons.

Critics of private prisons

have noted that CoreCivic and rival prison corporations GEO Group and G4S have faced mounting lawsuits alleging that low-wage guards, underfunded background checks and other cost-cutting measures have led to prisoner abuses while profits soared. In 2015 GEO Group reported profits of \$1.8 billion.

Paraphrasing keynote speaker Ahmad Saadaldin of Peace House, Anderson wrote, it’s vital for the public to educate itself on the untold story of the private prison industry, particularly how the companies used the American Legislative Exchange Council to financially support politicians who championed so-called ‘tough on crime’ bills, driving up both the number of incarcerated Americans and private prison contracts at the same time.

San Quentin Field Meet Cheered by Thousands of Inmates; Record Falls

Back In The Days

September 10, 1931

Inmates of San Quentin prison’s athletic circles turned out yesterday to participate in the eighteenth annual track meet. Thousands of men who did not deem themselves athletes, although each had his favorite sport, stood on the side lines and cheered the winners. It was once when the penal institution let them enjoy the freedom only an athlete and sport enthusiast can know. For weeks the *Wall City News*, which claims to be the best newspaper in America within prison walls, has been forecasting as to who would be pronounced the winner after the starting gun had long since echoed.

There were events which would satisfy the tastes of 4,600 men in attendance. Among the feature events of the day were: The tug of war, Filipinos vs. Chinese; obstacle race, centipede race, each race, rope climbing, lifers’ race and three-legged race.

The meet was won by the mess team with 115 points. The shops took a poor second with 84 points, while the jute mill boys were third with 56.

Four men tied for first place as high-point men with 15 points each. They were: Nathaniel Smoot, 24, Los Angeles burglar; M. Moore, a Los Angeles robber; Theodore Brooks, of Los Angeles, serving from 35 years to life for robbery, and Charles Davies, from Imperial County, serving a life term for murder.

Today the prison has a new hero in Paul (Dutch) Kellner, 23, who won over Manuel Ponchetti, 35, from San Diego who is serving a life term for murder in the first degree. Kellner was victorious in the two-mile race over Ponchetti, an old prison veteran, who came into the penitentiary in 1916.

Alvin Cain, from Sacramento, serving 15 years for robbery, broke his own



Sack Race

File Photo



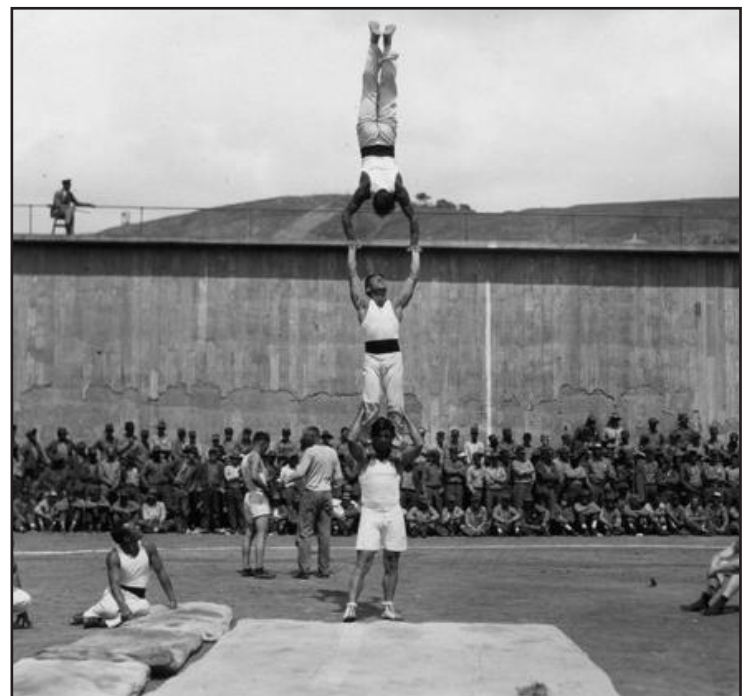
Fifty-yard crawl race

File Photo



The pole-vault competition

File Photo



Tumbling competition

File Photo

record for the pole vault when he vaulted 11 feet 6 inches. Cain’s previous record was 11 feet 1 inch.

Floyd C. Rutt was chosen as “Miss San Quentin,” who was stylishly gowned in beach pajamas and who competed against a field of eight men. Rutt, 23, from Los Angeles, is serving a term for forgery, having arrived at San Quentin on May 17, 1930.

At 1 O’clock the men answered the bell and went in to the mess hall to eat a delicious dinner. On this day of day, instead of the prison fare, the inmates were served roast pork with applesauce, cream and sugar in their coffee (a rare treat), potatoes, vegetables, apples, and bananas.

The athletic committee was composed of J.E. Brown, E.G. Eckhoff, J. Baker, M. Palmer,

Roy Parker, S.E. Lawson and J. Saucedo; field officials were Lieut. H.E. Brookfield, director, and J.B. Brown, manager; managers were: W. Hamilton (shops), D. Sloan (mess), Charles Wilson (mill); captains, Roy Wolff (shops), Fred McCarthy (mess), and Art Hill (mill).

Members of the state board of prison directors are: Charles L. Neumiller, president; Julian

H. Alco, Henry Eickhoff, Raymond A. Leonard and Frank C. Sykes; J.B. Holohan, warden, and Mark E. Noon, clerk. Members of the board of prison terms and parolees include Charles I. Neumiller, chairman; Frank C. Sykes and Joseph H. Stephens.

Music was furnished by the San Quentin Military Band, under the direction of Ralph Martin.

Green Team sweeps in doubleheader against Kings and Warriors

By **Rahsaan Thomas**
Staff Writer

Despite both San Quentin home teams playing great basketball, the visiting Green Team swept them. They beat the Kings 87-79 and the Warriors 67-60.

"They're strong defensively; we just adjusted in the second half," said Evan Fjeld, a former NBA D-Leaguer.

The San Quentin Warriors played without starters Allan Macintosh (suspension), Tevin Tourette (injury) and Anthony Ammons (out to court).

The Green Team showed up with Fjeld (University of Vermont Catamounts) and former All-Americans Chris Blees (Claremont-McKenna) and Blake Schultz (Williams College 2010). All three brought former teammates in to play, including 6-foot-7 Luke Apfeld (University of Vermont), Shane

Davis, Beau Heidrich, Patrick Lacey (Claremont-McKenna), and Jordan Mickens (Williams). Lacey even brought in his dad, Tom, who played in San Quentin 37 years ago. Plus, Golden State Warriors Assistant GM Kirk Lacob came with the Warriors' former Director of Finance and Development, Ben Draa.

The Warriors trailed in the first, 19-14 but caught up with the help of a defensive stop.

With 2 minutes left in the half, Warrior Greg Eskridge blocked Blees' layup from behind as teammate Brad Shells fronted him. Then Eskridge snatched the ball and passed it on the fast break to Shells, who converted to tie the score at 23-23. The quarter ended with the score tied at 24-24 from free throws.

"We're trusting each other on the back side defense," Shells said.

At the start of the third, Apfeld



Photo by Eddie Herena - San Quentin News

Pat Lacey makes a lay-up on the Kings

set the tone, dunking on Green Team's first possession.

"He (Apfeld) was nice," said Warrior Terrell Price Sr. "They (the Green Team) always bring a certain level of talent."

Apfeld said, "It's a humbling experience (playing in San Quentin). Basketball has been the best thing in my life, family aside, so I love to share that."

Andre "NBA" Belion responded with a layup. Harry "ATL" Smith led the Warriors with 18 points, 14 rebounds, 5 steals and 2 assists. Shells finished with 10 points and 7 boards.

Fjeld led the Green Team with

18 points, 7 rebounds, 4 steals, 3 assists and 3 blocks. Apfeld added 13 points, 9 boards, 3 assists and 2 blocks and Schultz contributed 10 points, 5 rebounds, 6 steals, and 3 assists, while Blees, who has gained 15 pounds playing more golf than basketball lately, scored 5 points with 8 rebounds.

The lead went back and forth until the final two minutes. Both the Kings and Warriors games came down to Heinrich.

"Someone needed to go get two steals and a couple of blocks and I decided that person would be me," Heinrich said about the

Warriors game.

Heinrich made key defensive stops and nailed a clutch three-pointer with 1:45 on the clock, increasing the Green Team led 63-58. Then Heinrich stole the ball and got it to Fjeld, who added another deuce with 1:01 left. Heinrich added two more points from free throws to finish with 7 points, 3 steals, two blocks and 3 rebounds from off the bench.

In the second game under the scorching sun, the Kings took an 18 point lead.

Heinrich led the comeback push with back-to-back three-pointers. He finished in the second game with 20 points, 5 rebounds, 2 assists, 1 steal and a block. Blees came alive against the forty-and-over Kings, scoring 24 points with 17 rebounds, followed by Lacey with 16 and 15 to close the game out, 87-79.

Julio Saca led the Kings with 17 points and 13 rebounds.

Lacey expressed that coming into San Quentin was about more than basketball.

"You guys are an inspiration. Life is not always fair. It could be me in here. You guys deal with a lot and through it all, you keep your head up and try to be better people. When I go through troubles, I think about you guys and how you handle things."

Giants ends season with 3-8 loss



Photo by Eddie Herena - San Quentin News

Giants sponsor Elliot Smith talking to coach Terry Burton

By **Marcus Henderson**
Journalism Guild Chairman

In the season finale, the visiting Bay Area Cubs baseball team out-played the San Quentin Giants for an 8-3 win.

The Giants took to the field a little flat. The team struggled securing ground balls and over-threw bases. Giants starting pitcher Mark Barger walked in three runs in the first inning. After two high pitches close to the head of a batter, Barger was relieved by Gary "Cool Aid" Townes.

"You have to have a work ethic," said Terry Burton, Giants inmate head coach. "We weren't in shape this year; you have to practice and work out to get better."

"It's frustrating and we can't take this program for granted," Burton said. "Next year we will focus more on coordinating."

Barger explained that everybody came out stressing that they might be transferred to Pelican Bay (level II) and some of the season was cut short because of the prison lockdown back in August.

"I believe we still ended our season on a high-note. I'm 41 dealing with a lot of injuries, but I will put in the work and be a better pitcher next year."

The Cubs extended their lead 7-1 in the fourth. With the bases loaded, the Cubs' Orion DeNevers doubled to left field to clear

the bases. DeNevers was singled in the next at bat.

"You get various perspectives of prison life until you come on this side," DeNevers said. "You can forget where you are at. It's a very humanizing experience. It's a reminder that it's not an us-against-them thing. The people you meet are just as cordial as anybody you might meet on the outside."

The Giants' Anthony Redwood singled in a run in the first. Rubin Harper hit a double in the fifth to score two runs. Power hitter Robert Polzin led the rally with a deep ball to center-field. But with every potential rally the Cubs defense remained crisp, turning double plays and striking out batters.

"Going through this program you learn a lot of patience," Polzin said. "I learned a lot about myself as a teammate. I learned from the diversity of the team. I could not be more thankful for being around these guys all season."

Even with the loss, the Sept. 2 game ended with smiles, high-fives and handshakes with the opposing team and each other. Both teams vowed more training for next season.

"I had fun this season," Redwood said. "Hopefully I'll come back next year. I want to thank all the coaches for giving us the opportunity to play. This program is all about positivity."

Lincoln Hill beats SQ Kings by a block

Lincoln Hill Community Church (LHCC) basketball team blocked the San Quentin Kings' final shot attempt and secured a 72-70 win.

"I heard around halftime that Pep (Oris Williams) was one of their strongest players," said LHCC's Dominique Thompson, who made the block. "With the clock ticking down, I know I had to play him tight."

A minute and 30 seconds preceding the block, LHCC was down by three. But they surged ahead, sparked by 5-foot-10 guard Brandon Hargrave. He jumped up and tipped in a teammate's missed shot to make the score 69-70 with 1 minute and 30 seconds left in the game.

"I'm a big man in a guard's body so every once in a while I get the tip," he commented later.

On the next play, LHCC's Chaze Russell stole the ball from the Kings and passed it forward. Hargrave caught the pass and drove to the rack for the layup and the 71-70 lead with 1:07 left.

Hargrave led all scorers with 18 points.

With the clock winding down, Williams shot a floater and missed, then got his own rebound and shot again but missed. Center Jason "Boo" Robinson, who normally plays for the San Quentin Warriors but subbed in for the short-handed LHCC, grabbed the rebound. The Kings fouled the poor free-throw shooter immediately. However, he made one free-throw, increasing the LHCC lead to 72-70.

"Boo was huge," Thompson said. "He got us offensive rebounds after we missed the

ball."

Robinson finished with 10 points and 14 rebounds.

The game came down to the final Kings possession. They had the ball with 12 seconds remaining in the game and trailing by 2. Just as shooting guard Demond Lewis raised the ball up to shoot, Kings Assistant Coach Ishmael Frelon called time out. The three-point attempt clacked on new fiberglass backboards that were installed while the prison was on a three-week lockdown.

After the timeout, the Kings tried to execute an isolation play for power-forward Thad Fleeton.

He caught the pass, backed his man down and spun inward for the shot but it circled out of the cylinder and into the hands of Kings guard Burton. He passed the ball to Oris "Pep" Williams in the corner. With two seconds left, LHCC's

Dominique Thompson jumped at Williams as he went for the game winner. Thompson blocked the shot at the buzzer to secure the LHCC win.

"I had to shoot, wasn't no time to do nothing else," Williams said. "They play good. They are younger and faster."

Williams finished with 9 points and Fleeton had 10. Despite the loss, the Kings still have a winning record, going 8-5 so far this season.

Normally, LHCC comes in to play the San Quentin Warriors but on Aug. 26, they tried their hand against the 40-and-over Kings.

"The biggest difference between the Kings and Warriors is how much more orientated and methodical the Kings are," Thompson said. "They take their time to take shots. It makes us slow down our game and play theirs."

—Rahsaan Thomas



Photo by Eddie Herena - San Quentin News

Lincoln Hill players hustling back down the court

Coach Ruona help runners complete half marathon

By **Rahsaan Thomas**
Staff Writer

Under the coaching of 1000 Mile Sponsor Frank Ruona, improved running helped 20 out of 21 men complete a 13.1-mile race around the San Quentin prison yard.

Ruona, 71, remembers when Ronnie Goodman, since paroled, suggested the 1000 Mile Club hold a marathon at San Quentin in 2008 or 2009.

"Ronnie was the only finisher the first two races," Ruona said.

Since then, Ruona has helped the men improve, and it showed at the July 28 half-marathon race.

"John Levin dropped 15 minutes from his time," Ruona said. "Steve, Tommy and Keeeyes also made big improvements."

While Markelle Taylor

took first place with a time of 1:24:08, Levin accomplished a personal best time of 1:46:58 for seventh place.

Chris Scull dusted his training partner Eddie Herena to take second with a time of 1:34:52.

"I taught Chris how to eat, and he ate my lunch in this race," Herena said.

Steve Reitz just missed taking third, falling behind Herena's time of 1:36:02 by three seconds.

Tommy Wickerd came in fifth at 1:40:07.

Michael Keeeyes came in eighth at 1:47:01 and set the 70-year-old half-marathon record, as the first finisher in the club at that age.

Ruona became the 1000 Mile Club sponsor in 2005 after

Laura Bowman Salzsieder, the former community partnership manager at San Quentin, called out to the Tamalpa Runners Club for someone to sponsor a track club inside the prison. When no one else volunteered, Ruona agreed to do it. He's come into the prison almost every week since.

"I approached it like it was a club I coached on the outside," Ruona said. "I took the attitude that they're runners. We did workouts same

as the outside.

"I enjoy it. We have an usually good group of guys here. It's as good a group as I'm gonna find whether coaching here or on the outside. They work together as a team. They encourage each other."

"He come in and everything come together. He keeps us disciplined"

Other volunteers came on board after Ruona. First there was Mary Flagan and Mike McManus. When Flagan couldn't do it anymore, Diana Fitzpatrick took her place.

Fitzpatrick qualified for the Olympic marathon trials three times. The assistant coach also runs 100-mile races, and she's a two-time Dipsea champion.

Next Kevin Rumon, another member of the Tamalpa Runners Club, came on board.

"You are basically volunteers for us," Rumon said. "All of us are a flawed people. You guys have a perspective I don't have. At the least, I can walk out of here."

Since then, many other volunteers have come on

board, including professional runner Dylan Bowman, who won the Istria Ultra Trail Race in April; Tim Fitzpatrick, Diana's husband; Jim Maloney; and others, including 1972 Olympic Gold Medalist Eddie Hart.

"I appreciate the volunteers coming," Keeeyes said. "He [Frank] and the other volunteers are the glue that holds the club together."

Incarcerated 1000 Mile Club Member Ralph Legions used to run with Hart and told Ruona about him.

"I contacted Eddie, and he agreed to come in," Ruona said.

That was back in 2014, and Hart has held a track meet in the prison every year since. At each meet, Hart gives running advice. "It's amazing," Wickerd said. "Eddie Hart's my inspiration."

Ruona himself brings years of experience to the club. He's run more than 78 marathons and 38 100-mile runs, and USA Track and Field recognized him as the number one road runner in the nation for ages 55-59. On



Photo by Jonath Mathew

Runner John Levin

Friday mornings, he can be seen running around the San Quentin Lower Yard with incarcerated club members.

"He's our chieftain," club member Tone Evans said. "He comes in and everything comes together. He keeps us disciplined."

Ruona continues to coach the club despite battling heart problems. On July 20, he had surgery to correct an atrial flutter. That marked the second time Ruona underwent the two-hour procedure to correct his heart rhythm. The last time was in 2002, and it lasted 15 years before the problem reoccurred.

"I'll keep coming as long as I'm physically able," Ruona said.



Photo by Jonath Mathew

Coach Frank Ruona

The San Francisco Delta return to SQ for another soccer match



Photo by Rahsaan Thomas-San Quentin News

Marco Dos Santos talking to the San Quentin OGs

By **Eddie Herena**
Staff Writer

For the second time this summer members of the Delta, San Francisco's professional soccer club, participated in a match between San Quentin's two soccer teams: the OGs and the Youngsters.

Delta defender, Andrew Lubahu, coached the OGs while Pablo Diegio, the Delta winger from Brazil, coached the Youngsters.

Kily Thron, head of human performance for the pro club, loosened up both teams with pre-game drills.

"I came to be a part of this," said Delta goalkeeper Steward Ceus, who shared his expertise with OG Marco Villa and Youngster Moses Fuentes, SQ's two goalies.

Ten minutes into the match Carlos Moreno scored on a kick

over the outstretched limbs of Villa, the OG goalkeeper, 1-0 Youngsters.

The five-time-champ Todd Donivan responded from 25 yards out in minute 11, beating the Youngster keeper for the equalizer. Donivan solidified his rep inside prison walls as an OG.

In minute 26 Moreno put the Youngsters ahead, 2-1, and was on pace for a first-half hat trick. He looked unstoppable.

"I'm very impressed," said the six-footer Ceus from the sideline.

A few substitutions made by coach Lubahu before the half held off the Youngster attack. The score remained 2-1 Youngsters.

"When Todd gets the ball, we need to run behind him," said OG coach Lubahu during his half-time speech. "We need to stop giving the ball away."

"We're good, everybody's playing together," said coach Diego, whose team dominated the first half.

At the start of the second half 62-year-old Jose "Shorty" Viera, who stands under five feet, was brought in. To no one's surprise, except for the Delta, he scored in minute 53, tying the match at 2-2.

The Youngsters, who had relied heavily on their speed in the first half, looked tired as two more goals came in minutes 65 by Donivan and 78 by Jeff Williams.

"This is where we slowly twist the knife," said Lubahu as the OGs seem to have found their fountain of youth.

The match ended at 4-3 with a goal at minute 79 off the leg of Miguel Flores, the Delta equipment manager. He said that he was surprised to see some real quality players inside a prison.

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Behind the Scenes

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New rehabilitative pilot program launches at CIW

By Lt. Rosie Thomas
California Institution for Women AA/PIO

Healing Trauma: A Brief Intervention for Women, by Dr. Stephanie Covington, is a pilot program that started Aug. 8 at California Institution for Women (CIW). Thanks to recent training at CIW, this gender-responsive treatment for women has 20 new peer facilitators.

Dr. Covington is known for her other successful rehabilitative program, Beyond Violence.

“After attending the training, I know there is hope”

Healing Trauma offers an opportunity for imprisoned women to begin healing from the effects of trauma, particularly violence or other abuses. The women are able to identify and acknowledge the traumatic experiences they have faced in life and the impact of these experiences.

Topics include trauma;



Dr. Covington teaches new peer facilitators at CIW

Courtesy of CIW

power and abuse; process of trauma and self-care; anger; and healthy relationships and love.

During the six sessions, the groups provide a safe environment for the women to explore their thoughts, feelings and

experiences. The women have an opportunity to be heard and realize there is hope and take the journey toward personal growth.

Dr. Covington trained the peer facilitators at CIW as well as another group at Central California Women’s Facility. CDCR staff provide oversight to the program. Retired annuitant Capt. Rochelle Leonard has worked with the Beyond Violence facilitators for almost four years and she is recently joined by Karen Vertti, Supervising Psychiatric Social Worker.

“Women in correctional settings have one of the highest rates of adversity and trauma in our society. We know that this history is linked to substance abuse, sex work, mental health issues and other personal challenges. Providing this service to women is a core part of their healing process and their ability to successfully move forward in their lives,” said Dr. Covington.

Peer facilitator Elizabeth

Randall looks forward to the sessions.

“After attending the training, I know there is hope,” she said. “This program will help all of us understand our past trauma, move through and heal so we can be able to grow.”

Peer facilitator Leann Medsker said, “I believe in this program because it helps answer the questions of why I am here and not just focusing on the how.”

Peer facilitator Tracy Little, who referred to herself as a recovering gang member, said, “Being invited to this seminar with Dr. Covington is an experience of a life time. The trauma as an ex-gang member that I caused to my children, my victims, as well as society left a profound effect on me. Healing Trauma is something I feel I can give to my community and be effective. I never had a guide to be able to help the women of my gang community. With Healing Trauma, I can help.”



Courtesy of CIW

From left, peer facilitators Leann Medsker, Tracy Little and Elizabeth Randall



Courtesy of CIW

From left, CRM Ronnie Shupe; Karen Vertti, Supervising Psychiatric Social Worker and Healing Trauma Facilitator; retired Capt. Rochelle Leonard, Beyond Violence/Healing Trauma facilitator; S. Calhoun, Criminologist Researcher; and Dr. Stephanie Covington