

San Quentin News

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SQ celebrates the life of Arnulfo Garcia

Mexican music accompanied by rhythmic hand clapping, made SQ's Catholic chapel a place of festive eulogy in tribute to Arnulfo T. Garcia.

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Mully, the man who saved over 13,000 children

In the 1990s, Charles Mully was one of the more than 100,000 orphans struggling in the slums of Kenya

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Diabetic graduates learn self-awareness

"Apply what you learn about self-awareness to what you eat" was the highpoint for the 2017 Fall Diabetic Program graduation.

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SQ veterans donate \$5,000 to the U.S. Marines

Incarcerated veterans at San Quentin on July 11 handed over a check for nearly \$5,000 to a team of United States Marines.

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Counselors recognized at SQ Recovery Day

Seven San Quentin inmates have completed a three-year intensive program qualifying them as addiction recovery counselors.

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Beauty Behind Bars visits San Quentin Prison

By Rahsaan Thomas
Staff Writer

Beauty Behind Bars, a female self-esteem program, entered a men's prison to share how they overcame trauma.

Normally, Beauty Behind Bars seeks to free women from the mental incarceration they locked themselves in after abuse by men. However, on Sept. 28, five women of color visited San Quentin State Prison to help the men free their minds.

"This is our first time speaking to men," said Beauty Behind Bars founder Tiffany "The Spiritual Bail Bonds Woman" Love. "My job is to make you feel good. You see people on the outside and they are more incarcerated than you are in here. We're dealing with so much; our minds are incarcerated."

The five women hailing from Tennessee — Love, Clemmie "Clemmie Gee from Tennessee" Greenlee, Sonja Brown, Marleny Richiez and Mamie Jackson — shared stories of how they allowed intergenerational trauma, sexual molestation and abusive men turn them toward self-destructive behavior. But, as Brown said, even when you are lost, you never lose your value.

The Christian women overcame horrors and hit lows like immoral sexual activities, robbery, drug use and incarceration to become agents of change.

Beauty Behind Bars gave their presentation before about 45 stu-



Mamie Jackson, Sonja Brown, Clemmie "G" Greenlee, Marleny Richiez and Tiffany Love in the SQ Media Center

dents at the Financial Literacy Class held at San Quentin Lower Yard's Arc trailer.

Love has a master's degree and won three national beauty pageants. She described the im-

pact of watching her educated mother, who has several medical degrees, stay in a relationship with an alcoholic man who abused her. Looking for her dad in other men, she became "a sophisticated ho."

Her message stressed the importance of dealing with past traumas to overcome them.

See BEAUTY on Page 4



Chef Huw Thornton helping Les Hamilton prepare Chantilly crepes

Quentin Cooks gets standing ovation from 30 wardens

By Wayne Boatwright
Managing Editor

Thirty California prison wardens joined in a rare standing ovation for an extraordinary banquet prepared by inmates of the Quentin Cooks program.

"I've never felt so proud," one student said.

The third graduating class, supported by graduates of the second class of the Quentin Cooks, earned this honor for catering a July 18 Wardens' Conference luncheon with the wardens and Ralph Diaz, Undersecretary, Operations, and Kathleen Allison, Division of Adult Institutions Director of CDCR.

"Quentin Cooks is unique as it extends past the gate. This is real-world training, and all graduates get help with job placement upon completion and parole," said Helaine Melnitzer, a co-founder of the program with Chef Lisa Dombroski.

The volunteer-driven program teaches culinary skills and practical restaurant training from instructors with real-world experience. Graduates also earn a ServSafe certification, making them "job-ready" to work for any California restaurant. H-Unit residents with an Earliest Possible Release Date (EPRD) of 6 to 36 months can take this training.

See COOKS on Page 5

14th annual Health Fair held under smoky skies



USFNS nurse Norlissa Cooper taking the blood pressure of Sonny Nguyen

By Marcus Henderson
Journalism Guild Chairman

Smoke from the North Bay wildfires loomed over San Quentin, but it failed to derail the 14th Annual TRUST Health Fair. Despite the poor air quality, hundreds of inmates and volunteers braved the elements to give and receive medical services.

"It was a debate in our executive office, if we should have the fair or not," said Steve Emrick, San Quentin Community Partnership Manager. "But we made the decision to push forward; we have seen the changes this event has had on our own health services. Sometimes they capture something in someone who may not have gone

in for an appointment."

The Oct. 13 event was held on the Lower Yard where various buildings were put to new use and booths were strategically placed on the yard for services. Lines of men visited the different booths and received health information from the professionals.

"This event gets harder to organize every year," said Dr. Ian Tremayne, organizer of the chiropractor volunteers. "But with everything going on in the world, being here is awesome. I get hate mail because of what we do here, but our jobs are being servants. Healthcare is a right, not a privilege. It's not judgmental."

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San Quentin celebrates the life and achievements of Arnulfo Garcia

By Juan Haines
Senior Editor

Traditional Mexican music, accompanied by rhythmic hand clapping, made San Quentin's Catholic chapel a place of festive eulogy in tribute to Arnulfo Timoteo Garcia. Two large flat-screen televisions showed the once editor-in-chief of *San Quentin News* relaxing on the prison's Lower Yard during the 2017 Day of Peace celebration.

Those in attendance – inmates, volunteers, advisers and prison staff – flooded in wearing wristbands handed out by Arnulfo's long-time friend and self-help mentor Jacques Verduin. The black bands with yellow lettering read, "I am Arnulfo Garcia."

Jorge Heredia said. "He is my friend. There is no past tense. He's always here."

The standing-room only audience of more than 300 people chanted, "I am Arnulfo Garcia, I am Arnulfo Garcia, I am Arnulfo Garcia."

...audience of more than 300 people chanted "I am Arnulfo Garcia, I am Arnulfo Garcia, I am Arnulfo Garcia."

Arnulfo died in a car crash on Sept. 23. As his friends and



Photo by Eddie Herena, SQN

SQN Adviser Steve McNamara colleagues took to the stage to pay tribute to Arnulfo, the televisions showed images of him with the many people he touched.

The stories about the larger-than-life reformer were mixed with humor and a celebration of his ability to unite everyone, even now in his death, and his deep understanding of rehabilitation.

San Quentin News adviser and UC Berkeley Professor William J. Drummond referenced Arnulfo's personality through a salient passage from *The Tour*, a chapter in Arnulfo's memoir, which told the story of his transfer from Pleasant Valley State Prison to San Quentin in 2008. The Tour smartly addresses prison politics, fair treatment and transformation.

In the chapter, Arnulfo wrote of how the bus made an overnight stop. Correctional officers questioned Arnulfo about a gang affiliation before deciding where to bunk him for the night.

"Are you Sureño or Norteño?"

Arnulfo replied, "I am Christian."

Upon hearing those words, the chapel erupted in applause. "Amen" echoed throughout.

Arnulfo impacted everyone he met. *San Quentin News* adviser Steve McNamara read the words of Marisa Rodriguez, prosecutor and director of community relations for San Francisco District Attorney George Gascon. She is also McNamara's daughter. Here is an important part:

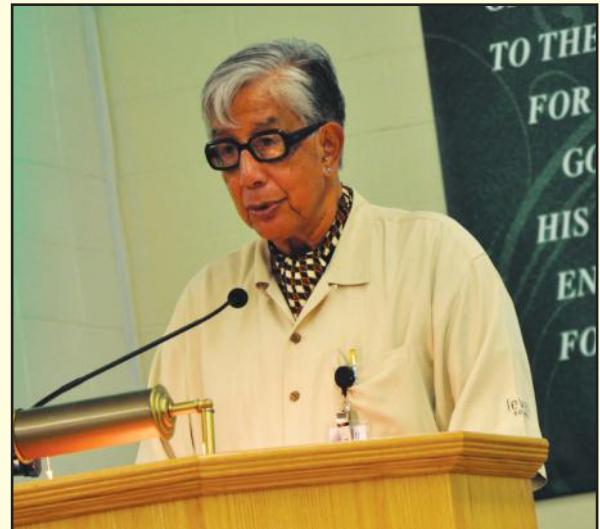


Photo by Eddie Herena, SQN

SQN Adviser Professor William Drummond

"Arnulfo has been able to impact the lives and thoughts of a great many people working in the criminal justice system. He has directly shifted the mindset of prosecutors for many jurisdictions throughout the country, who after meeting Arnulfo want to bring members from their office into the prison. He has worked with judges, politicians, and lawyers to shed light on improving the way we approach and look at mass incarceration, rehabilitation, juvenile justice and reentry."

Lt. Sam Robinson said Arnulfo demonstrated authentic rehabilitation. He compared Arnulfo's ability to transform himself and be rewarded with freedom with "hitting the lottery."

Robinson, an experi-

enced correctional officer, knows the sentiment of inmates — dying in prison is an agonizing reality for many incarcerated men and women. Robinson said, Arnulfo, at least for a short while, had the chance to be with his family and died free.

Lt. Robinson is the prison's public information officer and supervisor of *San Quentin News*.

Angelo Falcone summed up how Arnulfo built a dedicated team of journalists intent on serving their readers.

"When I doubted myself or was thinking of quitting, Arnulfo would say, 'We need you, brother!' and I'd keep going."

Arnulfo was born July 27, 1952. He was 65 when he died September 23, 2017.

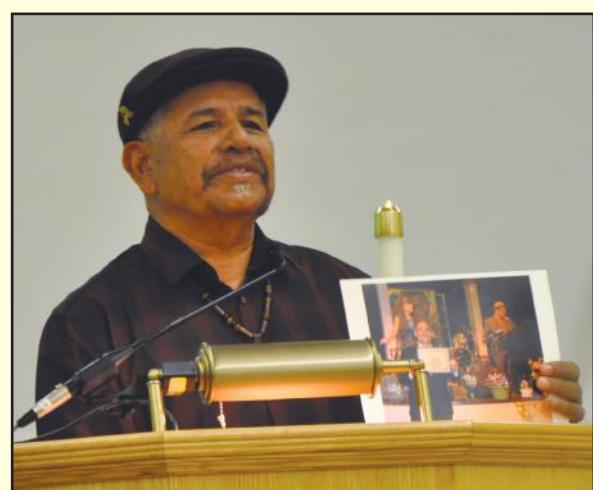


Photo by Eddie Herena, SQN

Daniel "Nane" Alejandrez speaking about Arnulfo



Photo by Eddie Herena, SQN

Host Jorge Heredia watching the video



Photo by Eddie Herena, SQN

Audience listening to stories of Arnulfo by other prisoners

Juvenile turned author and Yale graduate

By Achilles Williams
Journalism Guild Writer

A teenager jolted by a nine-year sentence for carjacking used his prison time to turn his path toward publishing two books and graduating from Yale School of Law, wrote Bari Weiss in *The New York Times*.

Reginald Dwayne Betts, 17, was sentenced to an adult prison. Later, he found himself in solitary confinement. During his stay in solitary confinement, someone gave him the book, *The Black Poets*.

"It introduced me to Etheridge Knight, to Rob Hayden, Lucille Clifton, Sonia Sanchez and so many countless Black writers and Black poets that really shaped who it is that I wanted to be in the world," he said.

Following his release in 2005, Betts wrote two books of highly praised poetry and a memoir. Later, he received a B.A. and an MFA and be-

came a Radcliffe fellow at Harvard according to the article. In May 2016, he graduated from Yale Law School.

"He personifies what people talk about when they speak of second chances," said his lawyer, William Dow III.

But for Betts, his proudest achievement is his family life, as a husband and a father of two boys.

In February Betts passed the Connecticut state bar exam. He began to work as a public defender in New Haven, Conn. He was a man with a mission.

In a recent essay, he said that he had "to do something to halt the herding of young Black people behind bars."

Later, he received a disheartening letter from the Bar Examining Committee quoting and referring him to Article IV of the Bar Examining Committee's regulations, which states:

"A record manifesting a significant deficiency in the

honesty, trustworthiness, diligence or reliability of an applicant may constitute a basis for denial of admission."

He is being reviewed by a committee of judges and lawyers to decide if he is of "good moral character." Since he is an ex-felon, there is no presumption of fitness to practice law, so he has to prove it with "clear and convincing evidence," said the article

"He personifies what people talk about when they speak of second chances"

His life since prison is clear evidence that he has more than rehabilitated himself, but the Connecticut bar appears to think that a felony is a lifetime stigma, noted

the article.

James Forman Jr., his former professor at Yale, said that he was "thrilled" to be a reference for Betts. He said he was "outraged" that his former student has to clear such hurdles, said the article

Forman believes that ultimately all will go well for Betts, but he is unhappy about the message the bar is sending: An ex-felon does more than what is required and yet he is faced with rejection.

"We can signal to the world that we want to be leaders in extending second chances and mercy. Or we can signal the world that we are caught up in the mindset of 20 or 30 years ago," Forman said.

Betts wants to dedicate his law career to helping others who are similarly dismissed.

He is "a one-man wrecking ball for prejudice against people who often get written off," said Noah Messing, law professor at Yale.

Prosecutors have great power over criminal cases

By Charles David Henry
Staff Writer

Prosecutors have taken over as "rulers" of the criminal justice system, curbing the influence of judges, a federal judge says.

Draconian laws in recent years have shifted sentencing powers to prosecutors, wrote U.S. District Judge Jed S. Rakoff in an article for the *Northwestern University Law Review*.

The change evolved because "defendants fear the immense sentences they face if convicted at trial," the article noted.

Within the U.S. criminal justice system, prosecutors' narratives are always one-sided, Rakoff wrote. He stated prosecutors are given near-total power over the resolution of criminal cases — to the point that the sense of equality is lost and "abuses are inevitable."

Rakoff emphasized that most prosecuting attorneys are dedicated public servants whose "primary aim and satisfaction is to bring criminals to justice." Despite their commitment to public safety, they exemplify a very narrow point of view of the American judicial system.

During the 20th century, plea bargaining became an accepted feature of the U.S. criminal justice system.

In the 1970s, the U.S. Supreme Court accepted, as constitutional, a defendant's guilty plea to second-degree murder, "even when he asserted he was innocent of any murder but was pleading guilty to avoid the likelihood of a conviction of the capital offense of the first-degree murder."

As a result, plea bargaining has become the ultimate source of ever-increasing power for prosecutors, Rakoff contends. He points out that plea bargaining came about as a result of a prosecutor charging defendants with more criminal offenses than judges and juries could possibly handle.

"To deal with this overload, prosecutors increasingly offered criminal defendants the opportunity to plead to lesser charges, and the 'plea bargain' was born," he said.

According to Rakoff, prosecutors rather than judges are determining sentences in the majority of these cases. "Furthermore, not only are these sessions secret, one-sided, and

lacking judicial oversight, but also the results vary materially from prosecutor to prosecutor."

Today, about 98 percent of state and federal criminal cases do not go to trial.

Currently, there are over 2.2 million people incarcerated in the U.S. — most being young men of color. The U.S. incarcerates more people, per capita, than any other industrial country in the world.

A growing recognition of the costs and negative effects of mass incarceration has created bipartisan efforts to reduce the nation's prison population. Strategies include the repeal of mandatory minimum sentences and

career offender laws as well as a considerable reduction in the length of time recommended in sentencing guidelines.

Rakoff is pessimistic about support from the new federal administration or from state legislatures whose members know that it is still good politics to be "tough on crime."

An innovative way of handling criminal cases is to change the prosecutor's role to "advocates," says Rakoff. He also wants the change so that prosecutors would be required to occasionally serve as defense counsel for indigent defendants. That way, they would see how much power they have in the criminal process.

"Between 2010 and 2015, 31 states reduced both crime and imprisonment."

Grover Norquist, president of Americans for Tax Reform, proving that fiscal discipline and safe streets can go hand in hand.
Wall Street Journal, Sept. 27, 2017 www.wsj.com

A question of law and prison investments

Jesse Vasquez
Staff Writer

Ethical questions are being raised about an immigration judge whose husband has invested in private prisons, *Mother Jones* magazine reports.

The issue involves Chief Judge Linda R. Reade, whose husband, Michael Figenshaw, bought between \$30,000 and \$100,000 worth of additional private prison stocks before a massive immigration raid (in 2008) on a kosher slaughterhouse in Postville, Iowa, the magazine reported Aug. 24.

The nearly 400 immigrants charged in the raid were then sent to Iowa's northern jurisdiction to be sentenced by Reade and others, the article stated.

"A reasonable person might question whether or not the judge's husband was essentially trying to benefit

the judge and himself financially by virtue of knowledge the judge acquired in her judicial administrative position," said Richard Flamm, a California-based ethics expert to *Mother Jones*.

Congressional hearings were held to address allegations of prosecutorial and judicial misconduct during the immigration hearings for the undocumented individuals arrested during the Postville raid.

According to a memorandum from the Immigration and Customs Enforcement Agency (ICE) used in court documents, Judge Reade attended a meeting with the U.S. Attorney's Office to discuss "charging strategies." The investigation reports that during the meeting, Reade was informed that ICE anticipated about 700 arrests at the kosher slaughterhouse.

"I am uneasy about the perception problem created when a judge may be financially vested in more people going to prison when she has defendants coming before her for sentencing every week," said Charles Gardner Geyh, a law professor at Indiana University Maurer School of Law.

The magazine reported one defense attorney wrote a letter of concern to a member of the House Judiciary Committee claiming "Chief Judge Reade had already ratified these deals prior to one lawyer even talking to his or her client."

Ethics experts maintained Reade should have excused herself from the entire case because of her family's investments in private prison stock.

"The entire proceedings were scripted (by Judge Reade and court clerks),"

said Erik Camayd-Freixas, an interpreter for Spanish-speaking defendants during the proceedings.

A federal code of conduct encourages judges to avoid impropriety. This includes situations in which the judge's immediate family has a financial interest in the subject matter in question, reported the article.

"As long as her family held prison stock, Reade had a conflict of interest because anyone she sentenced to time behind bars might be sent to a private facility that she had a financial stake in," said Leslie Abramson, a specialist in judicial ethics at the Louis D. Brandeis School of Law.

The U.S. Sentencing Commission reported that the Northern District of Iowa sends a higher proportion of defendants to prison with longer sentences than the national average.

Reade should have excused herself from the entire case because of her family's investments in private prison stock.

Alabama restores voting rights without notification

By Joe Garcia
Journalism Guild Writer

Keith Watkins denied that request, finding only that Alabama must notify all its county registrars of the change in law. He said it is ex-felons' responsibility to review the law for themselves and discern if they can now regain their right to vote.

In many cases, former felons in Alabama had previously had attempted to register and been denied by their county registrars. According to Judge Watkins' ruling, the state has no duty to inform even these people of the reversal in their voting eligibility.

"There is no evidence that any HB 282 voter has been denied the right to register to vote," Watkins wrote in his decision.

HB 282 is "a step in the right direction," not a clear solution to Alabama's problematic felon disenfranchisement policies, said Danielle Lang, deputy director of voting rights for the Campaign Legal Center.

The law imposes what still amounts to a poll tax because ex-felons must pay fines and fees to restore their right to vote, Lang explained.

"Wealth should not be a factor in deciding who can vote," Lang said.

ThinkProgress reported 6.1 million Americans nationwide are no longer permitted to vote due to a prior felony conviction.

One in 13 Black Americans has lost his or her right to vote, while just one in 56 non-Black voters are disenfranchised, according to *The Sentencing Project*.

Politicians work toward protection for young illegal immigrants

By Davontae Pariani
Journalism Guild Writer

These young immigrants, collectively known as "Dreamers," are currently protected by DACA regulations initiated by former President Barack Obama.

Valadao and Denham also joined a handful of Republicans in a letter urging President Trump not to end the DACA program, while co-sponsoring legislation aimed at finding a fix.

Meanwhile, former U.S. Attorney General Eric H. Holder Jr. filed a brief on behalf of the California Senate, in support of Chicago's lawsuit against the Justice Department, according to Ulloa's article.

Holder said current U.S. Atty. Gen. Jeff Sessions does not have the constitutional authority to mandate that cities, counties or states participate in federal immigration efforts as a condition to receive their federal public safety awards.

In the brief, Holder said the California Legislature is particularly interested in the Chicago case due to State Senate Bill 54, which looks to limit state and local law enforcement agencies from utilizing resources to question, detain and provide information on immigrants illegally in the country.

SQ screens *Mully*, the man who saved more than 13,000 children

By Juan Haines
Senior Editor

In the 1990s, Charles Mully began reaching out to more than 100,000 orphans struggling in the slums of Kenya. Now, because of his efforts, more than 13,000 children have been taken out of those dire circumstances and given a chance for a better life.

San Quentin prisoners got a chance to see how Mully did it, on Oct. 10, when they screened *Mully*, the movie based on his life.

"It took four years to put this film together," said director Scott Haze while standing in front of the prison's Protestant Chapel. "It's a miracle that this film is here."

Haze said that his mission is to bring Mully's story to the world. It is a story of rags to riches — to near family breakup — to enlightenment inspired by faith.

"It's not entertainment.

It's supposed to touch your heart," Haze said. "I hope to change the world through this film — like it changed Mully's life and the 13,000 children he helped."

"I hope to change the world through this film — like it changed Mully's life and the 13,000 children he helped"

After the screening, Mully took to the stage and addressed more than 100 inmates in the prison's Protestant Chapel. He began by introducing his wife.

"I'm so happy to be here and to be married the last 47 years," Mully said to a standing ovation. "We are

blessed with eight biological children."

Mully briefly talked about the film. It was a turbulent life at home. He had an abusive father. Life on the streets of Kenya when he was a child was dismal. He told a story of hope, courage and faith that turned into an oasis in the middle of a desert.

After bringing children from the slums into his home, neighbors and even his family thought there had to be something wrong with him. The street children began to interfere with Mully's own children's home life. His family lost most of their friends and even got kicked out of their church.

Mully continued bringing children into his home until he had to build additional rooms onto his house, until money was running out. When he was on the brink of bankruptcy, help came from everywhere and saving the children continued.

He eventually built a compound, Mully Children's Family, in the desert, but water was scarce. After he discovered a huge aquifer, the residences became self-sustaining. They built a hydroponics system of green houses, fish farms and orchards.

"My life is full of joy from helping the needy ones," Mully said. "I find people who are desperate and give them help. You have to



Photo by Eddie Herena, SQN

Charles Mully holding a prayer in the Protestant Chapel

sacrifice yourself to others for Christ.

"It was very hard work, but I did it, because I loved the family," he said.

Today, Mully Children's Family has sent the once-orphaned children to colleges and universities and trained numerous children in job skills.

"We all must have forgiveness in our hearts," Mully said. We must look beyond the box."

Haze proudly said that he wanted Mully to be 81 minutes long.

"Kobe Bryant is my hero, and he scored 81 points, so I cut two minutes out of the film, to mimic my hero."

Haze co-stars in two films to be released this year: *Thank You for Your Service*, about combat PTSD, and *Only the Brave*, about an elite firefighting unit.

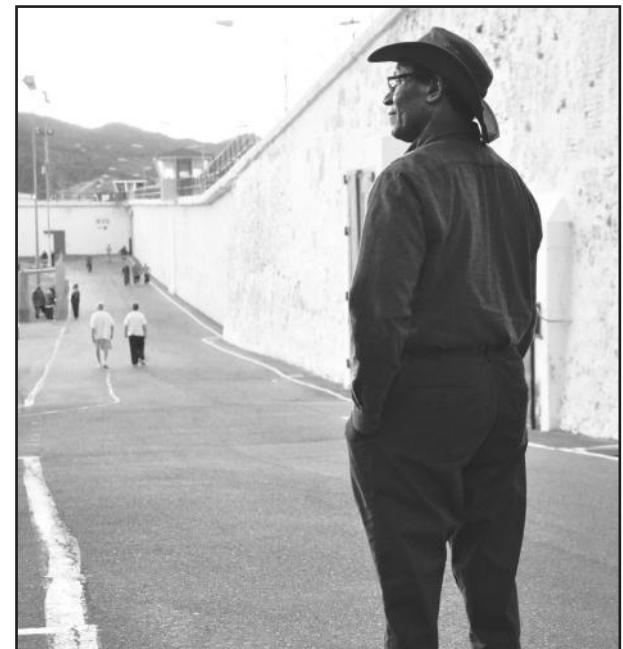


Photo by Eddie Herena, SQN

Charles Mully looking out on the SQ Lower Yard



Clemmie "G" Greenlee speaking her truth



Tiffany "The Spiritual Bail Bondswoman" Love bailing souls out of prison

Photo by Adnan Khan

being bad, bitter and 'bout it. Through finding Jesus Christ and accepting him, He allowed me to be healed from the inside out and realize he

(ex-husband) was suffering from a sickness."

The women said they came to California from Tennessee because if no one reaches out,

no one gets touched.

"You have to reach to touch somebody's life so we can all get healed in Jesus' mighty name," Richiez said.



Charles Mully and his wife Esther

Photo by Eddie Herena, SQN

BEAUTY

Continued from Page 1

"The jeans you wear are the genes you share," Love said. "Am I going to allow my family to borrow (greatness) from me or bury me? I've seen a lot of talent in here and it's blowing my mind. We can't bury you. You are made of 25-30,000 genes. God didn't waste them; don't you waste them."

"Clemmie G from Tennessee" Greenlee spoke on her 58th birthday, discussing abuse at the hands of dirty old men when she was 6 years old. This built in her resentment toward men and sent her on a path of prostitution and robbery. She delivered her tale in an animated candor that kept the audience laughing.

"I was mad at y'all men — when you pimp me out, you had the nerve to let me lay on my back, make all the money and give it to you," Greenlee said.

She also talked about how she led her son into the same destructive lifestyle.

"He's in the game. He kept giving me money," Greenlee said. "He started flagging (wearing a gang bandana). I like the flag style. I started wearing it too and went to the projects and they beat the (hell) out of me. I wasn't banging, it matched — blue with blue."

The laughter stopped when she describe her son's murder. After that day, she turned her

back on crime and violence to create Nashville Peacemakers: Let's End the Violence, Enough Is Enough. George Soros gave her a \$40,000 grant for the program.

Brown's issues stemmed from being molested her entire childhood. Her life story demonstrates that no matter how low anyone falls, they can rise to new heights.

"I smoked crack for 15 years," Brown said. "I've been to prison. I damn near killed and folks darn near killed me. Last time I went to jail I weighed 81 pounds. Now my butt weighs 81 pounds by itself."

Brown has also survived two sons' deaths; Duan, in a car accident, and Deon's murder. Plus she has been diagnosed with cancer for the second time.

"I get up every morning with a smile on my face," Brown said. "They diagnosed me with cancer again. They keep telling me I'm dying; I keep telling them I still like living."

Now Brown is a drug-free, successful minister and businesswoman with a line of companies called AuthenIQ that includes tax offices, a hair line, electrical contracting and trucking. Also, she authored *From Prison to Praise*.

Brown asked the men to visualize the good things they want in their lives, write them down, hang them above their mirrors and recite them "EVERY DAY!"

"Every day you wake up is another day you can do something different," Brown said.

"Before I owned anything, I wrote on my mirror 'I'm an entrepreneur.' Write the vision, make it plain."

Richiez, originally from the Dominican Republic, talked about bouncing back from being molested, pregnant and thrown out by her mother at 14. She experienced domestic violence, emotional abuse and never had a normal relationship. Yet she raised a man, now 21, who's an actor and singer. He's had roles in shows like *The Wiz* and *Nashville*.

"Any one of you could be my son," Richiez said. "I love all of you even though I don't know you. I can use my pain to talk to you about healing. We're here to let you know somebody out there cares for you and is praying for you."

Richiez plans to start "Pretty Is Not Enough", a ministry designed to teach young girls how to love themselves and learn about their inner beauty.

Love's mother, Minister Mamie Jackson, grew up in a stable home with her parents who were married 67 years. She made the choice to stay with her abusive husband because she believed in "until death do you part." They divorced and remarried, but the abuse continued whenever he got drunk. Out of a choice to stay came three children, which got her through the hard times. They eventually divorced again. Jackson told her story for the first time during the visit to San Quentin.

"It took me coming to prison to be released," Jackson said. "Women that are mistreated, they retaliate by

Governor signs drug sentencing reform bill SB 180

By Emily Harris
Ella Baker Center for Human Rights

Four months after U.S. Attorney General Jeff Sessions renewed the federal government's pursuit of mandatory minimum drug sentences for low-level drug crimes in federal cases, California lawmakers on Sept. 12 approved a bill to rein in this type of wasteful, ineffective and extreme drug war policy was at the state level.

With a 41 to 25 vote, the California Assembly approved Senate Bill 180, also known as the Repeal Ineffective Sentencing

Enhancements Act (RISE Act). The governor signed the bill into law in Oct.

"Sentencing enhancements break up families and don't make our communities any safer"

The RISE Act, authored by Senator Holly Mitchell (D-Los Angeles) and Senator Ricardo Lara (D-Long Beach), repeals

California's three-year sentence enhancement for prior drug convictions. Previously the base sentence for a person possessing drugs for sale was two to four years in jail. However, if that person has two prior convictions for possession for sale, they would face an additional six years in jails, for a total of 10 years.

"By enacting smart and effective legislation like the RISE Act, California has the opportunity to be a leader for the rest of the country in drug sentencing reform," said Zachary Norris, the executive director of the Ella Baker Center for Human Rights. "The RISE Act would

free up taxpayer dollars for investment in community-based programs and services that improve public safety like mental health and substance use treatment."

The RISE Act restores balance in the judicial process, address extreme sentences, and reduce racial disparities in the criminal justice system. Although rates of drug use and sales are comparable across racial lines, people of color are far more likely to be stopped, searched, arrested, prosecuted, convicted and incarcerated for drug law violations than are Whites.

Sentencing enhancements were meant to reduce the

availability of drugs and deter drug selling. However, like most other drug war policies, they are a proven and costly failure. In addition to depleting state and county funds that could be spent on schools, health and social services, sentencing enhancements are a major contributor to jail overcrowding. As of 2016, there were more than 1,500 people in California jails sentenced to more than five years and the leading cause of these long sentences was non-violent drug sale offenses.

"Sentencing enhancements break up families and don't make our communities any safer," said Sandra Johnson, a

policy fellow with Legal Services for Prisoners with Children. "These extreme sentences have a disproportionate impact on the most vulnerable populations — Black and Brown people who have mental health issues, who struggle with addiction and who are homeless."

As Attorney General Jeff Sessions continues to advance failed Drug War policies and extreme sentencing policies, advocates applaud the passage of SB 180 and see the law as an opportunity for California to demonstrate its commitment to criminal justice policies that prioritize safety instead of punishment.

Denver urges former gang members to break the cycle of violence

By Forrest Lee Jones
Journalism Guild Writer

Providing former gang members with jobs is key to breaking the cycle of community violence, leaders of a Denver-based program report.

"Now we've got Bloods and Crips working together side by side," said Pernell Hines, director of intervention and outreach for Impact Empowerment Group (IEG). "Guys who were enemies are now working right next to each other on a job site."

"Since the group began matching people with

employers last summer, some 85 individuals have been hired at a 55 percent retention rate," reported Libby Rainey for the *Denver Post*. Around 40 are currently employed, said IEG's executive director, Haroun Cowans.

Walter Roberts, formerly incarcerated for drug sales, struggled to find employment because of his criminal history and received his first job at a warehouse, pallet and transportation company hours after arriving at a community employment program organized by IEG, the *Denver Post* reported Aug. 14.

"Now I've got a chance to

start a new life," said Roberts.

Roberts is one of many ex-cons and former gang members receiving a second chance through employment from a community employment program operated by Denver's Impact Empowerment Group that empowers youth with leadership skills.

Cowans and his staff work to remove any obstacles that would prevent former gang members with criminal records from receiving employment. They do this before referring them to potential employers.

"Our goal is not just to get

them a job," Cowans said. "Our job is to stay with them, advocate for them."

Other companies, like Fleetwash, a truck washing company, are coordinating with Impact Empowerment Group to hire ex-convicts as well.

"People said they couldn't be effective in our community, and I see them out working hard with a great job and future," said Jerome Hairston, a program manager for Family Environmental. "It's showing folks that one or two mistakes, they can overcome them."

Since January of this year,

the company has hired three people with a beginning pay rate of \$16 an hour.

Several organizations and groups are working together to make this program successful, including the Department of Safety Gang Reduction Initiative of Denver, the city's Office of Economic Development, the mayor's office, the police department, and the mental health center.

Former gang member Hines and members of other gangs came together in 2015 to curb violence between the city's Park Hill and Eastside gangs by providing opportunities to young people said

the article.

Mike Calo, a district commander for the Denver Police Department and major supporter of the program, has spent most of his career working on gang issues, and now works in conjunction with former gang members to stop violence and reduce incarceration.

Calo has seen a de-escalation of gang activity in his district in the past year.

"These are young men I used to chase around and vice versa," Calo said. "Now it's their kids and grandkids, and we're trying to break the cycle."

COOKS

Continued from Page 1

Attendees included Wardens Ron Davis, Lt. Graham, Robinson and Lamberton and sponsors and potential employers of these job-ready graduates.

"The cooking was exact, with painstaking preparation and flavors that resonate."

"We played rugby with each other and Lisa told me about the program and asked me to design a logo for the program," said Jen Humphries. The logo designer came with her husband.

"The cooking was exact, with painstaking preparation and flavors that resonate," said one guest.

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

Amuse: Duck Bahn Mi (with carrot and radish garnished with cilantro on a sourdough baguette round)

The men rolled out the dish on bamboo plates. Carrying plates and wearing aprons, they served the dish to all the guests within minutes.

Spring Rolls: Filled with shrimp, peanut, pickles

The room went quiet as the spring rolls were served and everyone was enjoying the fresh rice-paper wrap stuffed with herbs, noodles and shrimp with peanut sauce.

Autumn Soup: Celery root, chestnut, apple

The broth was embellished with a garnish of green herbs.

Meat and potatoes: Allen Brothers Angus, pommes, cabbage, truffle

The presentation of the main course included a bed of mashed potatoes and braised and roasted Napa cabbage to add a crunch to the Angus.

Sweets: Nutella, berries, Chantilly

"Thank you for treating us as humans," Jessie James Smith, a former graduate, told Melnitzer.

"We have come to understand the impact of institutionalization and how our modest program can contribute toward a positive transformation," said Melnitzer.

With the support of fellow chef Huw Thornton, chef Lisa would come early every Monday morning and begin with a chef's brief of the daily goals, count the weekly orderers, check inventory against invoices and selecting teams to mimic a restaurant environment.

Chef Huw said all the demands of a high-energy workplace are modeled in the classes "where understanding the palate is essential, presentation a necessity and food safety a must."

Chef Lisa's employer, The Chefs Warehouse and VegiWorks Inc. provided the produce.

While most of the



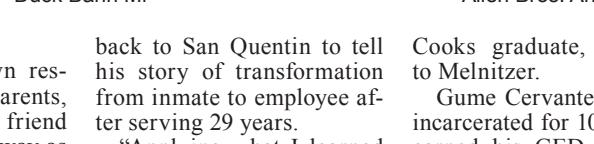
Inmates preparing raspberry Nutella crepes



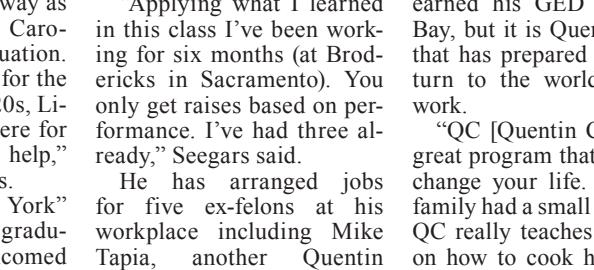
Steve Piazza serving meals to correctional officers



Duck Bahn Mi



Allen Bros. Angus beef & potatoes



Chantilly crepe

back to San Quentin to tell his story of transformation from inmate to employee after serving 29 years.

"Applying what I learned in this class I've been working for six months (at Brodericks in Sacramento). You only get raises based on performance. I've had three already," Seegars said.

He has arranged jobs for five ex-felons at his workplace including Mike Tapia, another Quentin

Cooks graduate, according to Melnitzer.

Gume Cervantes has been incarcerated for 10 years. He earned his GED at Pelican Bay, but it is Quentin Cooks that has prepared him to return to the world ready to work.

"QC [Quentin Cooks] is a great program that can really change your life. While my family had a small restaurant, QC really teaches the basics on how to cook healthy and

safely," said Cervantes.

While you certainly learn to cook different styles of food, and for large groups, the most important thing Cervantes learned was to work as a team with all kinds of people, not just Latinos.

"Chef Lisa understands not just cooking, but business and how to manage a team. She really motivates me to learn something new, and I can use it on the street in a new job," added Cervantes.

He said that his biggest challenge in the class is that "my English is not that good; my team helps me and Lisa makes sure that I can understand – she would help me with new words and I'd practice 20-30 times that same day. Es un sueño para mí."

The certification training and testing was provided by Mike Sabella of FoodSafetyCertified.org. A wait-list already exists for the next class.

Diabetic graduates learn self-awareness on more than just food

By Charles David Henry
Staff Writer

"Apply what you learn about self-awareness to what you eat" was the high-point for the 2017 Fall Diabetic Program graduation in October.

After 18 weeks of following lesson plans from a nutritional handbook collaboratively prepared by Chief Medical Officer Elena Tootell, 17 incarcerated men at San Quentin received a Certificate of Completion.

Charles Spence is a Type-2 diabetic. He loves potato chips. His passion for these crispy carbohydrates changed when he learned how it affects his diabetes.

"I had to back off," Spence said. "This class has taught me how to read what I eat."

After learning he was diabetic in 2010, William Anderson started taking medication and insulin shots to stabilize his blood sugar levels.

Retired UC Berkeley Professor Dr. Sharon Flemming has taught aftercare courses on "emotional eating" and how it impacts participants' daily nutritional intake.

There are so many different problems to overcome when diabetics don't understand that emotions are oftentimes linked to food consumption, Dr. Flemming said.

"I have to warn them about the dangers of eating because they are struggling with their daily problems," Flemming said. "Every day brings a new emotional issue, so they have to be reminded about those bad eating habits."

Facilitator/mentor Aaron

Martin said he temporarily lost his eyesight once and shared with the audience how difficult it was to read an eye chart.

"I came close to having a diabetic coma had I not received the proper care in time," Martin said. "After I transferred to San Quentin and took this class, I'm a lot more comfortable with how to handle my diabetes. The department needs to have a class in other prisons."

"I'm a lot more comfortable with how to handle my diabetes"

Changing eating habits was one of the biggest obstacles the men struggled with as they learned about self-awareness.

"I lost 15 pounds after changing my eating habits since taking these classes, and I'm ready to go home," said Steve Pascasio.

Darryl Kennedy said, "There is so much to learn from these classes. I'm encouraging other inmates to learn more about diabetes and the effect it has on their life styles, I'm happy I took this class."

Theodore Potter learned about his diabetes in the early 1990s. His parents both passed from diabetic

complications.

"Coming to San Quentin gave me an opportunity to learn more about the problems related to the disease," said Potter. "I'm learning and talking with other guys about the class and encouraging them to take it. It's important to know how to eat. I love eating burritos, and I had to learn how not to eat so many of them."

Dr. Flemming said, "Applying self-awareness as a motivational factor in recognizing the dangers of being a diabetic is an important component in Dr. Tootell's diabetic program."

The course covered:

- Controlling glucose
- Carbohydrates intake Part I
- Carbohydrates intake Part II
- High / low blood sugar
- Cholesterol
- High blood pressure
- Medical health and diabetes
- Neurology
- Dental care
- Exercise
- Healthy food choices
- Meditation and breathing
- Neuropathy
- Heart diseases
- Neurology
- Eye care
- Medications



Photo by Eddie Herena, SQN

Kim Bailey



Photo by Eddie Herena, SQN

Dr. Sharon Flemming



Photo by Eddie Herena, SQN

Graduate Darryl Kennedy



Photo by Eddie Herena, SQN

Graduate Theodore Potter

Flemming will continue supporting these individuals in an aftercare program now that the classes are finished.



Photo by Eddie Herena, SQN

Chief Medical Officer Dr. Elena Tootell

Dr. Elena Tootell, Dr. Sharon Flemming, Kim Baily, Celsa Casey, Tricia Sepulveda and Trina Yumang beamed admiration when Derrick Bernard, Ronnell Draper, Michael Freeman, Randolph Gibb, Lee Goins, Timmorthy Hicks, Louis Holt, Dennis Lee, Steven Pascasio, Jeffrey Ratchford, Charles Ross, Charles Spencer, Gordon Starr, Chuck Stubblefield and Luc Williams received their certificates. (Mario Gumpal, Victor Hernandez, Monte Taylor, Jerry Williams and mentor Vincent Zeuhke were not present.) Those who received certificates shook hands with facilitator/mentors William Anderson, Jeffrey Ratchford, John Grinn, Charles Longley, Earl Kennedy, Aaron Martin, Steven Owens and Theodore Potter, thanking them for their encouragement, inspiration and reassurance.

Providing shelter for registered sex-offenders in Hurricane Irma

By Joe Garcia
Journalism Guild Writer

Hurricane Irma evacuees in a Florida community faced tough decisions when one emergency storm shelter was designated to open its doors to local registered sex offenders.

Pasco County officials planned months in advance for sex offenders to be provided shelter

in a completely separate building at one high school. Other sections of the school were available to everyone else, with armed officers keeping watch, reported WTSP-TV.

"There are agencies in our general area that will take sexual predators and offenders and put them in jail during a storm," said Pasco Assistant Administrator Kevin Guthrie. "That's not the best

practice."

Many residents were concerned about the possibility of sharing shelter space with sex offenders and known predators.

"I'm already worried enough," said local mother Ashley Lair. "I don't want to worry more about my children."

Even though she understands and sympathizes with Pasco County's de-

cision, Lair also said she would avoid the shelter.

"I would probably go to a family member or another shelter," agreed Brittany Sparks, a mother of two.

Known sex offenders would not be allowed in any of nearby Polk County's emergency shelters, said Polk County Sheriff Grady Judd, who threatened to arrest them instead. Judd's remarks have since been

criticized by the ACLU.

"It's cruel," said Mike Palazzo, who runs the Pinellas Ex-offender Reentry Program. "They have families, and we're going to tell them that you need to stay under a bridge?"

Pasco County's solution just makes more sense, said Palazzo, who emphasized how many convicted sex offenders are simply trying to move on with their lives.

"Sexual predators and offenders are part of our population as well," Guthrie said.

The Pasco sheriff's office reached out to its registered sex offenders to inform them of the one available shelter. A warning was also issued that any sex offenders found at any other shelter where children were present could be subject to arrest reported WTSP-TV.

Letters To The Editor



Dear SQ News,

Greetings to each of you, I am an old ex-resident of the S.Q., haven't been there since 1990, the beginning of the change over from Level IV, to Level II. Several of my old friends are still there I see in your paper, it's great to see that they are still going strong and moving with positivity.

My name is R. Ross, and I am the founder and coordinator for the LWOP Activity Group here at CSP-Solano. I have noticed in your paper that it appears that people all over the world are reading it which is great, SQ has come a long ways with the paper since (Joe) had it years ago. I am hoping that through such terrific publication all over the place, you could equally help and assist the terrific LWOP Group here to hopefully get a big Buzz (talk) etc. started to give (LWOPS) life without parole prisoners as much exposure as possible for a Second Chance at Freedom.

We have always been at the bottom of the barrel, which is why we started this program (To get us the radar scan). Fortunately, I was successful at this, but it's only the tip of the iceberg. People power is what's significant, important, and needed ever more so for extreme expansion and hearing issues for potential change, I'm sure you know what I'm saying in this regard.

Our mission statement of our purpose and the building of a few programs here for LWOPs and youth offenders; and a pamphlet that briefly outlines our self-built program and current two websites that are in motion for our movement. Directing anyone to our site is appreciated. The operators of the sites are myself, K. Moore (another ex-SQ resident), and co-coordinators R. Walker and E. Perry. Trying to do the best we can with what we have.

Any assistance in adding us is most appreciated and welcomed. We look forward any responses you may have. Thank you and God Bless.

Shout Out To:
J. Reed, L. Morris, Freelon, and Ware (Squirrel). P. Comeaux.

"The vast majority of felony convictions are now the result of plea bargains – some 94 percent at the state level, and some 97 percent at the federal level."

The Atlantic, September 2017 www.theatlantic.com

"In North Carolina in 2016, the average cost of incarcerating an inmate was \$89.30 a day, or \$32,594 a year—compared with only \$4.85 a day (\$1,770 a year) for probation or parole."

"Conservatives for Criminal Justice Reform" Wall Street Journal, Sept. 27, 2017

"630,000 people are in jail on any given day and 443,000 of them – 70 percent – are in pretrial detention," according to the Prison Policy Initiative

The Atlantic, September 2017 www.theatlantic.com

Juvenile LWOPs left out of criminal justice system reform

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

More youth offenders are getting parole these days, thanks to changes in the criminal justice system. But left out of the movement are young people serving life without parole (LWOP) terms.

"At 18 years old, I committed a crime and was sentenced to life without possibility of parole," said Sunny Nguyen, an inmate at Salinas Valley State Prison in California. "I'm now going on 23 years. If they gave me 1,000 years-to-life, I would have gotten a second chance after serving 25 years (under SB 261), but because I was

sentenced to life without parole, I get nothing."

SB 261, enacted in 2015, allowed individuals serving lengthy prison terms who committed their crimes under the age of 23 to qualify for parole consideration at the latest after serving 25 years of their original sentence.

Youth offenders who are serving LWOP are in a distinct category, because society deems these young people to be irredeemable.

For those excluded from juvenile justice reform, life is especially hard, for they cannot partake in the changes made in the last five years.

Notable reforms:

In 2012, the U.S. Supreme Court ruled in *Miller v. Alabama* that mandatory sentences of juveniles to LWOP are unconstitutional.

In 2013, California lawmakers passed SB 9, allowing juveniles serving LWOP to petition a court for a new sentencing hearing, to replace LWOP with a 25-years-to-life sentence.

***At 18 years old,
I committed
a crime and
was sentenced
to life without
possibility
of parole***

In 2014, California lawmakers passed SB 260, which established rules for the parole board to take into consideration the

"youthfulness" of an offender as a mitigating factor when considering parole.

In 2017, the governor signed AB 1308 into law, which would raise the age from 23 to 25 for those to be considered youth offenders.

All the above reforms were based upon the current understanding of human brain development.

"Science and common sense support the appropriateness of youth offender parole hearings for young adults up to age 25," said Stone.

Major studies conducted by universities confirm that the prefrontal cortex does not have nearly the functional capacity at age 18 as it does at 25.

The prefrontal cortex is responsible for decision making, impulse control, risk management and logical thinking.

Individuals who qualify for youthful parole consideration must prove their rehabilitative changes and demonstrate they are no longer a threat to society at a parole board hearing. The Board of Parole Hearings is staffed by former wardens, district attorneys, survivors of crime and former correctional officers, among others.

Despite no foreseeable changes for youth offenders excluded from SB 9, SB 261 or AB 1308, some are hopeful.

"I'm optimistic for changes down the line for us, but in the meantime, I'm going to do what I got to do by getting an education, like working toward an associate degree," said H. Thu Ly, an inmate at California State Prison-Solano who was sentenced to LWOP at age 19.

"I came a long way, gained a lot of knowledge over the years, and it's just part of growing up. I just wanted to do something with my life, and give it some meaning," Ly said.

Future legislative change may depend on greater acceptance of scientific understanding of environmental impacts on human development, as related by Bertrand Thompson, an inmate at Ironwood State Prison in California.

"Tupac Shakur once referred to our upbringing as roses that grew from concrete and as a result our petals have been damaged," Thompson said.

"Think about a child, a teenager, whose brain is not fully developed, coupled with experiencing drugs,

or having addicted parents, facing verbal and physical abuse, and living in gang-infested neighborhoods.

"What do you think this child's disposition would look like?

"I come from this reality. I once conducted a lot of careless acts of criminal behavior in my youth and as a result I have been locked up now going on 17 years. I do not render these truths to minimize, justify, or excuse the wrong that I have inflicted upon others and upon myself.

"I render these truths to place some intelligence on our crisis, because this is a crisis that demands our immediate attention."

The United States currently has approximately 2,500 individuals sentenced as juveniles serving life without the possibility of parole, according to *The Sentencing Project*. Thousands more serving LWOP were sentenced between the ages of 18-25.

"We ask that you judge us by our will to regain the trust of our communities, help bridge the social gap between us and society, for making the necessary changes in our lives to be part of the solution and no longer the problem," Thompson said.

Colorado hands out life sentences despite Supreme Court ruling

Despite a U.S. Supreme Court ruling that prohibits life without parole sentences for juveniles, nearly three dozen Colorado inmates who committed crimes as juveniles are serving virtual life sentences of 50 years or more, according to the *Denver Post*.

"I might never get out," said Guy Lucero Jr., who was sentenced to 84 years in 2006 for a non-homicide offense he committed at age 15.

Lucero hopes to avoid the same fate as his father, Guy Lucero Sr., who died in prison.

The Colorado Supreme Court ruled May 22 that such sentences "are constitutional because the inmates will be eligible for parole eventually, the sentences are combined or aggregated and the parole eligibility falls within the inmates' expected lifetimes,

even if that means they are in their 70s," the *Post* reported.

Across the country there are 2,089 juvenile offenders serving virtual life sentences, according to a May 3 report by *The Sentencing Project*.

"Colorado's rulings violate the spirit of U.S. Supreme Court rulings forbidding life terms for juveniles and raise the prospect the high court will be forced to reconsider the subject," said Ashley Nelis, author of the report.

Victim advocates argue against any changes. Victims believe a sentence is a contract and are traumatized if it is later changed, said Nancy Lewis, executive director of the Colorado Organization for Victim Assistance.

Lucero, 27, won't be eligible for parole until 2046. He said the lengthy sentence sapped all hope when he

first entered prison. "He bad-mouthed correctional officers, used opiates and plastered his face and body with tattoos that blare his gang affiliation and favorite sports teams," according to the *Post*.

"Now imprisoned at Sterling (Correctional Facility), Lucero is working on his GED. He dreams of a better future where he can live with his new family — the woman he married while in prison and her two children," the *Post* reported.

Lewis remains doubtful of Lucero's changes, and whether the prison system can show if Lucero or any other prisoner has been rehabilitated.

Also, "how about the poor people (Lucero) tried to kill?" she asked. "Their lives will never be the same."

—John Lam

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@cder.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.

to guide the country. The reforms Governor Brown has championed, to reduce the state's prison population and increase rates of release, will help provide a viable path toward post-release success," said Bryan Stevenson, executive director and founder of the Equal Justice Initiative.

The Governor signed the following youth offender bills:

AB 529: requires the sealing of juvenile records when a petition is dismissed.

AB 1308: expands the youth offender parole process for persons sentenced to indeterminate prison terms for crimes committed before age 23 to include those 25 or younger.

SB 190: ends the assessment of fees on families of youth in the juvenile justice system.

SB 312: authorizes courts to seal juvenile records for certain offenses

SB 394: ensures

compliance with U.S. Supreme Court decisions by allowing children sentenced to life without the possibility of parole to be eligible for a parole hearing after 25 years.

SB 395: requires children aged 15 years or younger to consult with an attorney before waiving their rights and before a custodial interrogation.

AB 625: creates an honorable discharge program for youth who successfully complete probation after release from the Department of Juvenile Justice.

Other Bills signed:

AB 1448: allows the Board of Parole Hearings to consider the possibility of granting parole to an elderly prisoner 60 years or older who has served at least 25 years in prison.

AB 620: restores judicial discretion regarding the imposition of firearm enhancements. (non-retroactive).

—John Lam

Dear Kid CAT

Dear Kid CAT Speaks

I have been reading the San Quentin News for the last three years. I very much enjoy all the articles and pay particular attention to all Kid CAT has to say. However, I never have seen Kid CAT print, say, mention, advocate anything about teens sentenced to Life Without Parole (LWOP). How about us teens that are 18-22 years old that are excluded from a youthful parole hearing, because of our sentence of LWOP? Kid CAT speaks, but never speaks on this issue or are we forgotten? Kid CAT has a voice, I just hope you guys remember this category of teens.

Sincerely,

S. Nguyen
Salinas Valley State Prison

Dear Mr. Nguyen,

We want to thank you for reaching out to us and expressing your concerns. I want to assure you that you are heard. Please enjoy the articles this month. We will also keep in mind to write articles in the future that are more inclusive of the broader community of youthful offenders who were sentenced to Life Without Parole.

Your voice matters to us and you will never be forgotten.
Stay strong and positive, because there is hope for a better tomorrow.

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!

An unsolicited act of kindness - when was the last time you did something nice for someone just because you felt like doing it and not because they asked you to? Who did you do it for, and what made you want to do it? How did you feel when you did this thing? How did the other person react? Was he or she surprised by what you did? Were you surprised by your own action? Tell us the detail.

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

SQ veterans donate nearly \$5,000 to the U.S. Marines

By Juan Haines
Senior Editor

Incarcerated veterans at San Quentin on July 11 handed over a check for nearly \$5,000 to a team of United States Marines. The money supports a program that gives presents to children who visit their incarcerated parents during the Christmas holiday season.

Toys for Tots provides the gifts to children 17 years and younger.

"We appreciate you guys having us here. It's a big honor," said Staff Sgt. Ramon, 30, United States Marine Corps. "Vets are less than 1 percent of the country. That means 99 percent of the country doesn't do what you do. Nobody can take that away."

Marine Sgt. Higgins, Sgt. Anunciacion and Sgt. Hull joined Ramon. They are stationed at the Recruitment Center in San Bruno.

The check was presented at the Veterans Group of San Quentin (VGSQ) annual banquet. Chairman Gary Cooper, joined by the program's Chief Sponsor, Madeline Tenney, made the presentation in the prison's Protestant Chapel.

"Growing up, I lived off Toys for Tots, so it feels good to give back." Ramon said to the crowd of about 50 inmates and a dozen outside guests. "Coming in here and having a banquet with incarcerated veterans is about keeping up the military tradition."

Ninety-seven percent of the money goes for toys. Three percent goes to

logistics.

"I feel very enthused about where the money is going," said Alvin Timbol, 40, the youngest incarcerated veteran. "I'm a parent, and the money is going to a very good cause."

The brotherhood and sisterhood of vets never dies. This kind of camaraderie keeps you strong

Tony Burch, a soaring a cappella tenor, sang the national anthem. Tenney, a soprano, joined Burch in harmony. The incarcerated veterans stood at attention, saluting the flag, while some joined in song.

"This day represents camaraderie," Cooper said. "Since I've been chairman, this is the first banquet in three years," he added. "We used to have a scholarship program for high school kids that would raise about \$12,000 each time we did a fundraiser. I hope to bring that back one day."

Last year, the group raised \$688. "So raising \$4,911 is a big deal," Cooper said.

The outside guests and incarcerated veterans were seated at decorated tables to eat a meal of baked chicken, barbecue meatballs, corn, potato salad, macaroni and cheese, with chocolate cake and apple crisp for dessert.

A prayer by Chaplain



Photo by Eddie Herena, SQN

The United States Marines accepting the check from Madeline Tenney

Mardi Jackson blessed the food and thanked the military men and women for their service to America.

Seven flags, representing each service branch, were displayed. The incarcerated veterans, most well over 60 years of age, fought in various battles and conflicts, from Korea to the current wars in the Middle East. Several took to the stage to read personal accounts of what it meant to serve in the military.

Several individuals

were given certificates of appreciation for their extraordinary work for VGSQ.

Cooper called Kate O'Hare-Palmer, Army Nurse Corps, who served in Vietnam in 1968-69, honoring her contribution to the country.

"I'm very humbled," O'Hare-Palmer said. "The brotherhood and sisterhood of vets never dies. This kind of camaraderie keeps you strong."

O'Hare-Palmer continues

serving the country as the National Women's Chair of Vietnam Veterans of America.

"The veterans group has kept me grounded. It keeps me from developing that prison mentality," Samuel L. Gaskins, 65, said. "It keeps me connected to the military community, which is positive."

"I'm feeling great, being around veterans. There's a feeling of camaraderie, particularly for guys who've been in combat. You can

always tell combat vets."

Gaskins has been at San Quentin since 2011. He's scheduled to be released from prison in 2019.

Reminding the incarcerated veterans, Staff Sgt. Ramon said, "I understand that life creates different circumstances, but you have your brothers and sisters out there supporting you."

Music was provided by Lee Jaspar, guitar; Darryl Farris, bass; Dwight Krizman, drums; and Michael Adams, percussions.



Veteran Alvin Timbol



The honor guard performing the ceremony



Staff Sgt. Torres Ramon

Veteran benefits helping of the incarcerated

By Wayne Boatwright
Managing Editor

Johnny Gomez, 50, has been down 21 years, but thanks to being a veteran, he can still help his kids. Gomez's first parole suitability hearing will be in May 2024.

"My uncle had fought and died as a Marine in Vietnam, so that's what I wanted to be," Gomez said. He was 19 when he made the decision to serve, looking for steady work and a better life.

"I didn't think I was that smart a month into basic training at the Marine Corps Recruit Depot (MCRD) San Diego," Gomez laughed.

His military career was cut short by a back injury suffered during basic training. After six months of treatment, Gomez was sent

home to await a final determination and was granted an honorable medical discharge thereafter.

"I qualified for VA benefits, and I needed them — full medical, full dental. I thought that was it," Gomez said.

San Quentin was where Gomez learned that his honorable medical discharge qualified him and his family for a range of additional benefits.

"We were at a veterans' banquet, and I was talking to our outside advisor, Shawn," Gomez said. Shawn Stevens is the advisor for VIP (Veterans Information Project.)

When he understood that Gomez had a service-connected disability rating, Stevens went to work.

"Your kids are eligible to

attend a California state university — full tuition," Stevens said.

"I was floored to find out both my kids could benefit but also that I was eligible for certain job training as well," Gomez said.

It will be years before his release. "I am concentrating on school now. I'm taking PUP (Prison University Project) chemistry with lab. I only need seven more classes to earn my AA at PUP," Gomez said.

While still years away from a parole suitability hearing, the VA is committed to helping Gomez find housing upon release.

"Shawn went above and beyond for me. He even helped my son fill out the paperwork and explained how he needed to present it to the

VA representative at a college," Gomez said.

If veterans want to find out if they qualify for additional benefits, they should ask to speak with Mary Donovan of the Veterans Healing Veterans from the Inside Out (VHV) program. The VHV meets on the first and third Thursdays of the month in the ARC building, 11 a.m. - 1 p.m.

"No matter if currently involved in a group, we will help you," said Ron Self, VHV's founder and program developer.

"The VHV plans to work with our veterans on Death Row as well," Self added. "There are approximately 70 self-identified vets on Death Row, and we want to help them and their families find out if they qualify for any



Veteran Johnny Gomez

File Photo

Director of VHV
PO BOX 432
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New SQ Journalism Advisor brings more than just advice

Profiles

By Marcus Henderson
Journalism Guild Chairman

Author and lecturer Yukari Kane has become San Quentin's new Journalism Guild instructor. She was sitting at her desk inside the

San Francisco Grotto, an office space leased by about 150 professional writers, poets and novelist, when she received an email that invited her to teach at the prison.

"I thought, 'Why not?' I had flexibility with my time," Kane said. "I was at a place where you take opportunities which open up your world,

and see where it takes you."

Kane has settled in for the last several months as the Guild's instructor, replacing longtime instructor John C. Eagan. She is training the next generation of writers for the *San Quentin News*, and she has learned a lot about working with prisoners as journalists.

"Society does fear ex-cons and those in prison," Kane said. "But writing can help them transcend that. That's what makes journalism so important here; the stakes are much higher. It's much more meaningful for the guys.

"It's their way to make a difference," Kane added.

"Yukari's excitement for journalism is contagious," said Jesse Vasquez, a *San Quentin News* staff writer. "She presents journalism like making a scrapbook. Every sentence matters and adds to the story."

Kane has been a correspondent in Tokyo. She started her career at *Reuters* and *U.S. News* and she currently teaches at the University of California at Berkeley Graduate School of Journalism.

Her book, *Haunted Empire: Apple After Steve Jobs*, was published in 2014. She wrote for *The Wall Street Journal*, covering Apple during the last years of Jobs' time in power. She broke ma-



Courtesy of Yukari Kane

Yukari Kane in Armenia with the *San Quentin News*

ny stories, including the news about the Apple chief's liver transplant.

"The class has opened my eyes in ways I didn't think it would"

Journalism Guild writers are receiving some of the same training in writing and reporting as the students she teaches at U.C. Berkeley.

"The class has opened my eyes in ways I didn't think it

would," said Amir Shabazz, a Guild writer. "I had a biased opinion about journalists; I thought they were full of it, but Yukari shows you how journalists are supposed to do their jobs. It's about fairness."

Kane is helping inmates deliver professional stories from behind prison walls. Guild writers, along with *San Quentin News* staff, cover issues of criminal justice and rehabilitation, in addition to the goings-on inside the prison itself. Kane teaches lede writing, attribution and the use of quotes and interviewing techniques. She gives the writers real-life training by sending them out into the

prison to find stories.

"I see everybody as a journalist, no matter what crime they have committed," Kane said. "They have a fresh slate as a writer, and I'm giving them the tools that matter — not just to repeat or repackage information, but putting their own voices into the stories."

One concept Kane teaches is that writing is a way to reinvent who you are.

"Words and writing are empowering," Kane concluded. "This situation in prison can seem helpless. Many come from a disadvantaged background and maybe with their writing will come changes, and they don't feel helpless."



Photo by Eddie Herena, SQN

Journalist Roberto Lovato returns after being Scared Straight

By Joe Garcia
Journalism Guild Writer

Nearly four decades after being "scared straight" within San Quentin's walls, journalist Roberto Lovato returned to share his insight and wisdom with the *SQ News* Journalism Guild.

Lovato was a troubled teen dabbling in crime and on the verge of a serious downward spiral in the early '80s. A local police friend intervened and brought him to San Quentin when he was 16.

me."

That firsthand shock of seeing prison and prisoners motivated Lovato to change. Jailed briefly for selling drugs, he said he also committed robbery, stole jewelry and cars, but he was never caught.

"Anybody can commit a crime," Lovato acknowledged. "We're all born free, born innocent, but we get socialized to be something else."

"Prisons equal profits and big money," he continued. In advocating for change, Lovato said he believes the prison system must focus more on reform and stop perpetuating a "system of crime."

He referenced Russian author Dostoevsky: "The measure of any civilization is in its treatment of children and prisoners."

Lovato told of his own outrage at seeing families being held at a private federal detention center in Texas. "These are mothers and children fleeing from the

worst places on Earth," he recalled.

It was Lovato's love of learning, especially his love of words, that turned him around. "It's my life's mission to try and change the world with words," he proclaimed. "There has to be a place for words versus all the images in today's society."

Now 53, Lovato did social justice and community work before becoming a journalist 13 years ago. He has written for *The Associated Press*, *The Boston Globe*, and *Nation* magazine.

Lovato said his current focus was intergenerational trauma. He is working on a book about his father's escape from genocide in 1930s El Salvador when he was a child and the lifelong traumas that followed. He said much of the book examines the effect his father's psychological scars played in his own life.

"There were a lot of secrets in our house," Lovato disclosed, adding that his father never spoke to him about "La Matanza" — that historic Salvadoran massacre — until he was 85. "That sense of injustice made me act out because I saw my parents as the first line of injustice."

"I grew up with boatloads of darkness," he said. "And monsters grow in the dark, not in the light. We need more transparency and less darkness."

"A writer's goal should be to put it out there for the world, and yourself, to see. The secret to writing is that it's not only conscious, but also a subconscious thing."

"The idea is to excavate like an archaeologist into your past."

"F— this!" he said of his immediate reaction to the Quentin environment back then. "It was very scary. This place seemed so medieval to



File Photo

Journalist Roberto Lovato

Words Beyond Bars brings books to Colorado prisoners

Discussing famous books and authors like John Steinbeck, Victor Hugo, Toni Morrison and Ralph Ellison in a state maximum-security prison isn't your average book club, but Words Beyond Bars, a nonprofit organization, is bringing this self-help program to Colorado state prisoners.

"These men discuss famous books and authors with the intelligence and analytical skills that mimic any college program," said Karen Lausa, Words Beyond Bars executive director.

Lausa traveled to California for vacation, and San Quentin was high on her list of places to visit.

"I read San Quentin News online and I listen to Ear Hustle," Lausa said. "I always wondered what life was like for the men in my book club after leaving the sessions, and these mediums gave me insight into their lives."

Lausa entered the San Quentin Media Center with her hair pulled back, wearing black and red argyle socks that read "Making a F**king Difference." Lausa is looking to add this book club project to San Quentin.

"I envision everybody in prison walking around with a book in their hand," said Lausa, the self-proclaimed bibliotherapist (book therapist). Lausa started the reading program in 2011 with a group of 12 men sitting around in a circle at Limon Correctional Facility in Colorado.

"The guys killed it; the discussion was incredible. The guys were really listening to each other," Lausa said. "You know, in prison race can be very divisive, but with the book participants a lot of the issues were left at the door."

The first book the men read, "Of Mice and Men" by Steinbeck, was meant to be therapeutic and transforming



File Photo

Words Beyond Bars Executive Director Karen Lausa

for them, Lausa said.

Words Beyond Bars is a two-hour session and four-month program. Lausa's passion and perseverance has brought the program to four Colorado prisons. She drives two hours back-and-forth from her home to Sterling Correctional Facility in hopes of making a difference — as her socks suggest.

"It's a struggle to get funding, I drive long hours to the prison to bring the books and it's stressful to be inside a prison," Lausa said. "But the 12 men are the most respectful, committed and grateful people I ever engaged with."

"Every time I bring a guest author inside they always say they never had such a great discussion," Lausa added.

Lausa believes that the reading program provides literary, pro-socialization and critical thinking skills that can make a difference both inside and upon release.

"When you treat people with respect, no matter what they've done, they can rise," Lausa said. "You realize they

are much, much more than their crimes."

"I envision everybody in prison walking around with a book in their hand"

Lausa, a librarian by trade, said that "we can travel the world through books" and that there is power through rehabilitative programs.

"This is the most meaningful labor of love I have participated in," Lausa reflected. "I'm honored to continue this work. My visit here has been one of inspiration and unimaginable possibilities. Plus, the place has a nice view."

For donations and more information go to: wordsbeyondbars.org

—Marcus Henderson

San Quentin TRUST holds 14th annual Health Fair

HEALTH

Continued from Page 1

"Some of these guys haven't been touched with care in years and to see them walk away with a smile, you take that to heart," said Tremayne.

The chiropractors were stationed inside the prison's gym, adjusting bodies and necks to relieve prisoners' pains. Meanwhile, other inmates were taken through the different postures and poses of Tai Chi with the practitioners from ROOTS Friends and Asian Health Services.

"It's about awareness. I want to leave here a better man, and I'm thinking about my future"

"Each person who gets an adjustment and gets in touch with themselves is going to affect how they treat other people," said chiropractor Darren Murphy. "In a prison population, that's very important. We free tension and pressure on nerves."

Tai Chi instructor Rayna Young added, "Tai Chi helps with your flexibility and strength; it calms you and lowers your blood pressure. It clears your mind and helps you shower yourself with positive energy, which everyone needs, especially with what's going

on in the world."

Noticeably missing at this year's fair was the acupressure station provided by the American College of Traditional Chinese Medicine. It was hard for the teachers and students to reschedule, after the fair was canceled in August, due to a San Quentin lockdown, said TRUST sponsors.

"This was a good experience," said inmate Gene Daniels, taking in his first health fair. "It's about awareness. I want to leave here a better man, and I'm thinking about my future. We want to be judged by what is possible and not our past."

The men were able to fill out a California Advance Health Care Directive, a medical decision form available inside the gym area. The form dealt with end-of-life decisions. A notary public was on hand to certify the form.

"It's important because a lot of people have medical needs and are not getting

treatment," said inmate Jesse Gomez, who also was attending his first health fair. "It's about getting knowledge of a healthy lifestyle."

Workers from the Alameda County Public Health Department (ACPHD) helped the men fill out the required paperwork.

"The form allows the men to be advocates for themselves and the people whom they trust with their medical decisions," said Jen Li, ACPHD volunteer. "People always say I will do it tomorrow, but tomorrow is not promised."

Norlissa Cooper, also of USFNS, added, "It's important for people to have glucose and cholesterol screening and learning the right foods to eat, whether inside or outside. We have to teach each other as a community, so we can cut down on the negative statistics."

In another building prisoners received blood pressure, glucose, eye and hearing checks, administered by Bay Area Black Nurses Association and University of San Francisco Nursing Students (USFNS).

"There's something about being able to help people and being able to help in any way," said Lupita Estrada, who helped Sonoma County fire victims the day before coming up to SQ.

Dental and mental health seminars were held in the education building. In one classroom the men were taken through the proper way of brushing and the



Photo by Eddie Herena, SQN

Participants learn to practice Tai Chi in the Lower Yard Gym



Photo by Eddie Herena, SQN

Nurse taking blood to test for glucose and cholesterol



Photo by Eddie Herena, SQN

Participants spinning the wheel about the facts of STDs



Photo by Eddie Herena, SQN

Students learning about flu shots and immunity



Photo by Eddie Herena, SQN

Participant taking part in the hearing test

Health Fair over looming wildfires in NorCal



Photo by Eddie Herena, SQN

Students learn important information about dental health

process for emergency dental care. Therapy techniques were offered in another classroom on effective ways to use leisure time to manage stress.

"The more you eat, the more plaque is created. Rinse with water. Eat less frequently – if you eat M&M's, eat them all and be done with it, then rinse," said Eileen Hamlin, a Registered Dental Assistant with the Alameda County Dental Department. "I still have my teeth because I learned to take care of them," she said.

Hamlin also advised that if you have diabetes, it's more important to keep your mouth clean so bacteria won't affect the heart or diabetes.

Courtney Murphy, another volunteer, added, "A lot of what we drink affects our teeth. Soda and energy drinks are worst, coffee not that bad. The more sugar, the more bacteria and the more tooth decay."

"Bacteria can travel through the body. The mouth is the window to the body. People have died from tooth infections," con-

tinued Murphy, also of the Alameda County Office of Dental Health.

On the yard the men received nutritious snacks (granola bars, almonds, blueberry packs) as they visited the booths of Centerforce, a peer health group; Iglesia Jesus Sana y Salva (Jesus Heals and Saves Church), who provided prayers; and Alameda Public Health Investigators, who discussed HIV awareness and other STDs.

At the public health booth prisoners spun a wheel labeled with questions related

to healthy or unhealthy relationships to receive their prizes.

"People need to know what's new in healthcare and prevention," said Marianne R., public health investigator. "We do care about these men's health because they are a part of the community. We have to know what parts of the population are being infected, because sexual health is a vital part of your health."

Spiritual volunteer Columba Ortega added, "Love motivates me to come here. Love brings us here. Our



Photo by Eddie Herena, SQN

Dr. Ames speaking in the therapy class

SQ community. You guys are our brothers, uncles, fathers – this gives us an opportunity for dialogue and to prepare you all for release," said Dolores (CQ) Lyles, Executive Director of Centerforce.

"We want to keep you informed. You are the voice within and we can take your messages outside. We work with multiple services to help those affected by incarceration," concluded Lyles.

—Rahsaan Thomas and Jesse Vasquez contributed to the story



Photo by Eddie Herena, SQN

Chiropractor adjusting the back of a participant



Photo by Eddie Herena, SQN

Spiritual healing offered prayers for participants



Photo by Eddie Herena, SQN

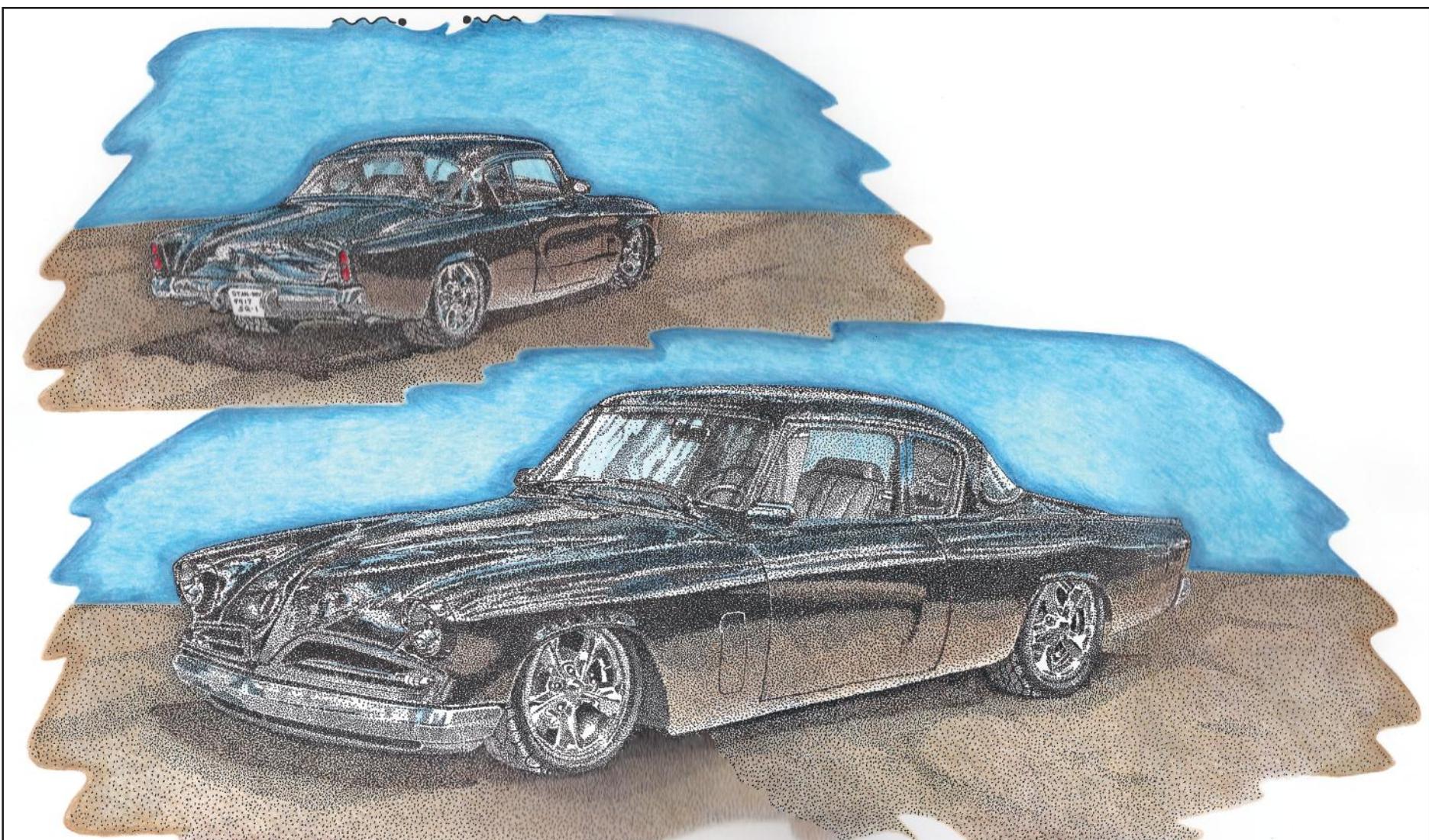
Nurse providing information about medical Advance Directives



Photo by Eddie Herena, SQN

Nurses demonstrating eye exams

Art & Entertainment



STU-B, Water-based ink on paper 2016 by Stan-Bey



Back Door Man block reduction 2016 by Gary Howell

Attention All Artists:

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

Snippets

Catherine the Great was known to have said, "I praise loudly, I blame softly."

An American man's life expectancy in 2010 was 75.92 years and a woman's was 80.93. 100 years earlier, it was 48.4 and 51.8 years old, respectively.

Vietnam veteran Frederick W. Smith, who did two tours in Vietnam founded and became the CEO of Federal Express.

In 1943, French oceanographer and naval officer Jacques Cousteau co-invented (with Emil Gagnan) the first self-contained underwater breathing apparatus (SCUBA).

Locusts are important food sources in Africa, where they are grilled, roasted, or boiled and also ground to a paste.

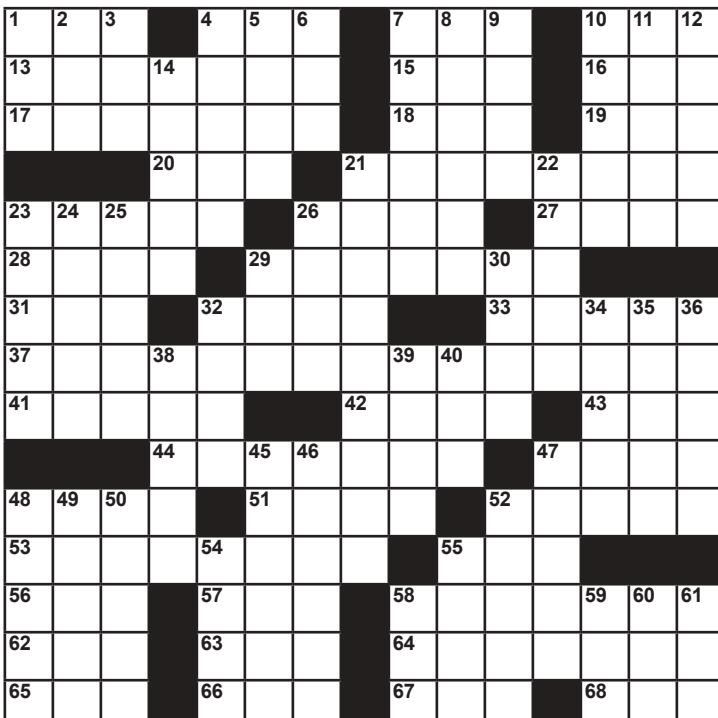
WORDCROSS PUZZLE By Jonathan Chiu / Edited by Jan Perry

Across

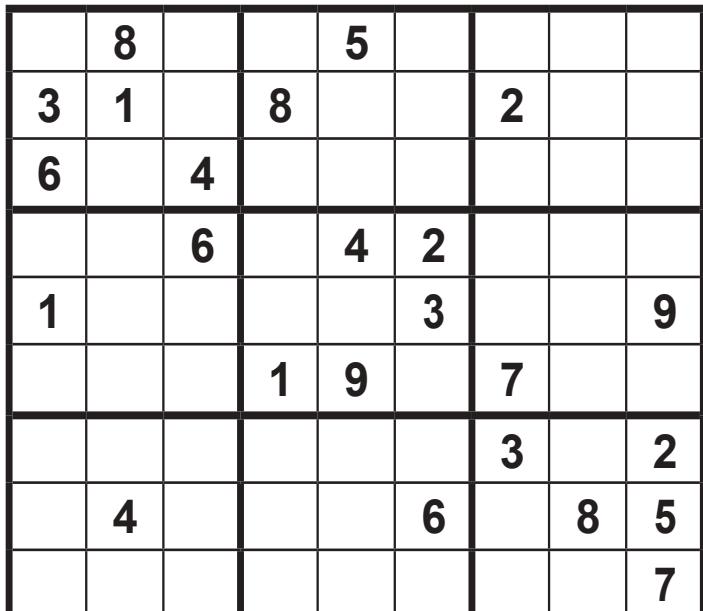
- Former utility giant
- CIO
- Electrical current and a comic book company
- Mental health book (Abbr.)
- Actress Portman
- Brand of laundry detergent
- Airport term (Abbr.)
- Draws back
- Pale
- Neither
- Dodge truck
- What a house lacks today
- Alcohol or espresso servings
- Marvel superhero
- Prayer ender
- Emma Stone movie — Land
- Fingers (Greek)
- Sports abbreviations
- Follows onion or light
- Group of organized people (Abbr.)
- 1994 film starring 13 & 48 Across, 52 & 55 Down and directed by 21 Down
- Capital sitting on the Red River
- Unit of reproduction
- Paris org. est. in 1975
- People with special knowledge of the law
- King's offspring
- Actor Oldman
- John of Coming to America
- On the back (Prefix)
- Gas discharge
- Uncooked
- In the course of
- Grade school subject
- 100 years
- U2 song
- Curly's mate
- Lend greater nobility
- Rocky peak
- Lodging
- Children's gadget
- Follower of an artistic movement (suffix)

Down

- Big rock group from the '80s and '90s (Abbr.)
- bo
- And others
- '90s TV show starring Jennifer Garner
- Shoot
- Jazz guitarist Paul
- Yellow & black tool brand
- Irritable
- Beach souvenir
- Cowboy's material
- Singer Joss
- Country singer Morris
- Main artery
- French director whose movies include Taken and The Fifth Element
- The Band Perry song
- Laziness
- Type of yoga
- Elizabeth of Wind River
- Precedes hour, boot or brother
- Pair
- He got —-out
- Actress Allison or Larson
- Mocking smile
- '90s UK rock band
- Light color of a cigar
- Wicking materials (Abbr.)
- Workout term
- Someone's rank in society (Abbr.)
- Draws near
- Actress Poots or singer Heap
- Type of guide
- Early English court
- Type of acid
- Easy ——
- Actor Aiello
- Precedes final, truck or colon
- Actor Jean
- It's one hour ahead of GMT (Abbr.)
- Where (Lat.)
- Anxious diagnosis
- Nevertheless



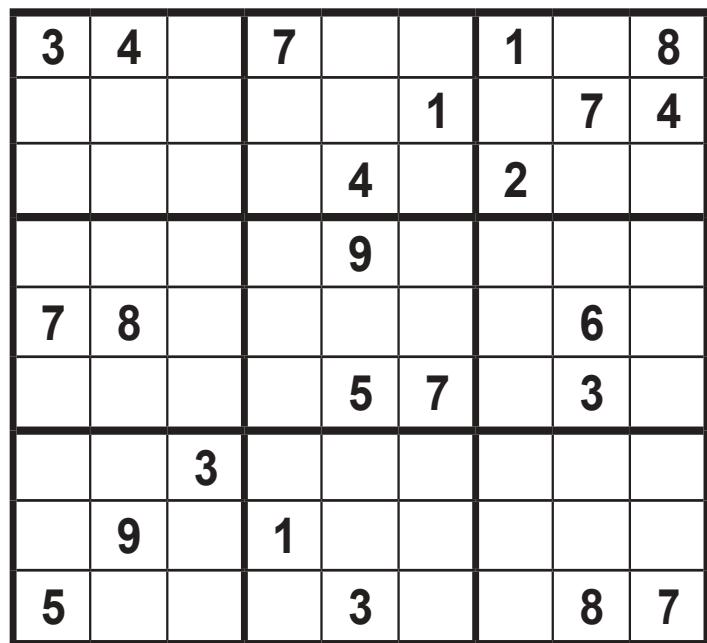
Sudoku Corner



Last Issue's Sudoku Solutions

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

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



Answer to last month's Brain Teaser:

Women equal 23-15-13-5-14.

The numbers represent the position of each letter of the word in the alphabet: i.e., A=1, B=2, and so on.

This month's Brain Teaser:

Complete the square using nine consecutive numbers, so that all rows, columns and large diagonals add up to the same total

			18					
			20					
			22					

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 legado de la revolución Mexicana

Español

Por Marco Villa y Taré Beltranchuc

La Revolución Mexicana fue un movimiento armado iniciado en 1910 para terminar la dictadura de Porfirio Díaz, la cual culminó oficialmente con la promulgación de la nueva Constitución Política de los Estados Unidos Mexicanos de 1917.

Porfirio Díaz gobernó México desde 1876 a 1911. Durante este período el poder estuvo en manos de un grupo pequeño de personas encabezadas por Díaz. Este tiempo se caracterizó por la inconformidad y desigualdad social en los sectores más pobres.

Díaz intentó imponer la paz en el pueblo mexicano que estaba harto del desorden y la guerra. Con mano dura, Porfirio Díaz eliminó las diferencias de opiniones sobre asuntos de política, y se dedicó a mejorar el funcionamiento del gobierno. A pesar que

no se logró la paz total, Díaz consiguió mantener el orden mediante el uso de la fuerza pública. Con el orden, aumentó el trabajo y se logró el desarrollo económico. Con los recursos del país, los empresarios podían obtener buenas ganancias. Sin embargo, a medida que pasó el tiempo, el descontento fue creciendo por la miseria en que vivía la mayoría de la gente pobre y porque Díaz tenía demasiado tiempo en el poder.

Méjico tuvo un crecimiento económico nunca antes visto. Desafortunadamente, el desarrollo económico favoreció a unos cuantos mexicanos y extranjeros quienes podían obtener permisos para explotar los recursos del país. Este grupo selecto compró enormes porciones de tierras deshabitadas y sin cultivar. Esto creó una notable desigualdad entre los ricos y los pobres.

Los indígenas y la mayor parte de los habitantes del campo se vieron obligados a trabajar como peones en las haciendas al perder sus

tierras. Estos trabajos eran mal pagados y los trabajadores tenían poca libertad. El poco dinero que ganaban lo gastaban en las tiendas propiedad de los propios patrones, quienes vendían todo más caro.

Uno de los momentos más culminantes hacia la revolución sucedió cuando en 1910, Porfirio Díaz afirmó que México ya estaba preparado para tener elecciones libres, dándoles así la oportunidad a nuevos candidatos para que compitieran por la presidencia de la República. Lamentablemente, Díaz cambió de opinión y se reelegió una vez más.

En las elecciones de 1910, el principal candidato opositor a Porfirio Díaz era Francisco I. Madero. A pesar de estudiar en el extranjero y no tener dificultades económicas, Madero sabía que muchos mexicanos vivían en condiciones de extrema pobreza y estaba profundamente preocupado por los problemas nacionales. Madero creía en la democracia y en la necesidad de renovar el gobierno de acuerdo con las

leyes. Durante su campaña, Madero viajó por todo el país explicando sus ideas políticas, las cuales crearon gran interés en las elecciones de 1910. El éxito de su campaña lo convirtió en un peligro para el gobierno de Porfirio Díaz, quien lo mandó a detener y encarcelar en San Luis Potosí. Poco después, mediante el pago de una fianza, salió de la cárcel y escapó a los Estados Unidos, donde publicó el Plan de San Luis Potosí.

En ese documento, Madero denunció la ilegalidad de las elecciones y desconoció a Porfirio Díaz como presidente. Madero se auto declaró presidente provisional, hasta que se realizaron nuevas elecciones y prometió devolver las tierras a las personas que injustamente se les había despojado. Madero exigió que se defendiera el voto efectivo y la no reelección de los presidentes. También convocó a un movimiento armado en todo el país, el domingo 20 de noviembre de 1910, con el objetivo de derrocar la dictadura de Porfirio Díaz.

El pueblo respondió a este llamado. Por el lado norte, el legendario Francisco (Pancho) Villa, cuyo nombre real era Doroteo Arango Arambula, se unió a la lucha. En este movimiento armado sobresalieron sus aptitudes como excelente estratega, derrotando a las fuerzas de Díaz en varios frentes. Mientras tanto, por el lado del sur Emiliano Zapata se unió a Madero encabezando a los campesinos del estado de Morelos a reclamar sus derechos sobre la tierra. El movimiento en contra de Porfirio Díaz tuvo una duración de seis meses y el 21 de mayo de 1911 renunció



Courtesy of history.com
El pueblo unido por la libertad y el derecho a su tierra

a su cargo como presidente de México. Posteriormente Díaz se embarcó rumbo a Francia, en donde murió el 2 de julio de 1915, en la ciudad de París a los 84 años de edad.

Para junio de 1911 Madero toma la presidencia de la república, pero a los dos años de su gobierno es traicionado y asesinado por Victoriano Huerta, quien era uno de sus colaboradores. En febrero de 1913, Victoriano Huerta se nombró presidente de México y dirige al país hasta el año de 1916. Posteriormente, Villa, Zapata y Venustiano Carranza inconformes con la forma en que Huerta dirigía al país, se levantaron en armas y lo derrotaron. De esta manera Venustiano Carranza asumió la presidencia de 1916.

A finales de 1916, los revolucionarios se reunieron en Querétaro para reformar la Constitución de 1857. A pesar que la nueva Constitución se promulgó el 5 de febrero de 1917, en algunas regiones de México la guerra continuó hasta 1920. La nueva Constitución declara que la educación primaria debe ser obligatoria y gratuita. Además, debe ser ajena a toda doctrina religiosa, para garantizar la libertad de cultos. Así mismo, estipula que las riquezas del suelo, el subsuelo, las aguas y mares de México son de la nación. Esto hizo posible controlar la actividad de las compañías mineras y petroleras, así como el reparto de la tierra de las grandes haciendas entre los campesinos. Esta Constitución agregó grandes reformas laborales. Estableciendo que la duración del trabajo diario no debe ser más de ocho horas y un día de descanso obligatorio a la semana. También Prohibe que las mujeres y los niños se ocupen de labores inadecuadas para su sexo y su edad. Además reconoce que los trabajadores tienen derecho a formar sindicatos y hacer huelgas.

La Constitución de 1917 es la que nos rige, sin embargo, ha sido reformada muchas veces para adaptarla a las circunstancias, que cambian con el tiempo, pero sus principios siguen normando la vida de México.



Courtesy of Britannica.com

Los revolucionarios listos para defender la causa del pueblo

Viviendo y sobreviviendo entre el cielo y la tierra

Por Lucía de la Fuente,
Editora en Español

Entre el cielo y la tierra.

"[...] nadie puede decir en qué momento comienza el despertar del hombre" (Eduardo Subirats, Utopía y Subversión, 1975, p. 148).

En lo que más me fijé la primera vez que te conocí, fue en tus manos. Grandes, con las uñas bien recortadas y con un tatuaje imperfecto. Tus manos siempre cargaban algo: una pluma, papel, tarjetas con números telefónicos, periódicos, libretas y bolsas de plástico transparente con comida. Puños llenos de sueños... Tus manos eran por si solas, un taller de trabajo, una oficina, una librería, una lucha hispana. Esas manos tuyas reflejaban de una manera muy pulcra, tu trabajo: cuidadas, útiles, en eterno movimiento y fuertes.

Entre el cielo y la tierra (ese sitio donde nosotros, los ridículos y dramáticos humanos, intentamos vivir y sobrevivir) estaba tu laboratorio. En él hacías experimentos para revolucionar la existencia de los que no sabemos cómo saborear la vida de una forma sana. En él construiste comunidad y derribaste muros. En él luchaste por todos nosotros; de hecho, este espacio en el que

hoy estoy escribiendo en español, nos lo conseguiste tú.

¿De quién eran esas manos mágicas que trabajaban entre el cielo y la tierra? Eran de un hombre que soñaba despierto y despertaba a sus sueños: correr programas de rehabilitación en español; "les voy a enseñar (a las correccionalas) cómo se debe de hacer la rehabilitación adecuadamente", me decía. Eran de un hombre que no recibía un "no" por respuesta; "eh, Lucia, va a estar bueno. Vamos a agarrar lo mejor para la raza. Tú confía", me repitió. Eran de un hombre que tocaba puertas, que luchaba por los "compas", que explicaba cuando nadie quería oír, que compartía con los demás hasta lo que no tenía, que respiraba profundo "cuando la cosa se pone fea", que miraba siempre para adelante y dejaba atrás rencores y remordimientos, que creía ciegamente en la unión y el trabajo en equipo, que disfrutaba de estar vivo. Eran las manos de un hombre de palabra que, invariablemente, caminaba con la cabeza bien erguida porque estaba orgulloso de su cultura; orgulloso de nosotros.

Compañeros, ustedes que hoy están leyéndome,

déjenme decirles que le debemos mucho al dueño de esas manos: ahora es nuestro turno de trabajar entre el cielo y la tierra, para derribar muros y construir comunidad. A él no le importaba si eras "gabacho", "moreno", "paisa", o extraterrestre; "no le hace. Aquí con nosotros todos son bienvenidos", decía con una gran sonrisa. Mis compas, compitas, ñeros, paisas y banda, de Norte a Sur y de Sur a Norte, todos somos uno y uno somos todos. Juntos, vamos a mantener vivo el trabajo que él comenzó entre el cielo y la tierra; porque ese trabajo era y es, para y por nosotros.

Porque entre el cielo y la tierra sólo podemos caminar. ¡Ya basta de correr! Vamos a andar, un pie delante del otro. Vamos a despertar y a dejar ese racismo que nos pudre por dentro. Vamos a recorrer, cogidos de las manos, las carreteras que no entienden



Top: Marco Villa, Manuel Granados
Bottom: Steve Granville, Lucia de la Fuente, Arnulfo Garcia and Eduardo Gonzalez

de fronteras; las carreteras que sólo saben de unión.

"No se descubre al sueño por haberlo des-cubierto, no son las luces del día, de

la conciencia y la razón, las que lo desvelan. Más bien revelan una nueva luz. Una nueva claridad que penetra en la vida vigil con las sombras de recuerdos de deseos olvidados [...] Al amanecer no se despierta del sueño; es el sueño el que despierta la vigilia" (pp. 147-148).

Despertemos de ese sueño

que nos tiene adormecidos. Ese sueño que nos hace sentir cansados y desganados, esclavos del hartazgo. Despertemos al sueño de ser el mejor ejemplo de nuestras raíces. ¿De qué sirve una vida llena de sueños, si dormimos durante el día? Arnulfo T. García: esta lucha no se acaba aquí.

Corrección

En nombre de San Quentin News, su servidor Marco Villa y Taré Beltranchuc otorgamos una disculpa por el error de tecleado en el encabezado del artículo del equipo de fútbol profesional Deltas, en la edición del mes de octubre. (Deltas reafirman su compromiso con el programa de fútbol)

Inspirational speaker spreads message of happiness to Code.7370

By Juan Haines
Senior Editor

Sebastian Terry makes a living out of only doing things that make him happy. He came to San Quentin on Oct. 5 to share his mantra with a classroom of incarcerated computer coders, teaching them that if you "dream it, wish it, do it," you can lead a fulfilling life.

"The very reason you're in this room is that you're pursuing your dreams," Terry told the inmates in the coding school, Code.7370.

Code.7370 is a collaboration of Hack Reactor, a private San Francisco coding school, the California Prison Industry Authority and Silicon Valley venture capitalists Chris Redlitz and Beverly Parenti of The Last Mile.

Redlitz and Parenti invite business professionals like Terry to work with inmates in California prisons in order to "bridge the gap between the penal system and the

technology sector," prison officials said in a press release about the two business professionals. The venture capitalists invited Terry after they saw his inspiring story on Sports Center.

During Terry's visit to the prison, he presented his approach to life, an approach he calls 100 Things. 100 Things helps participants identify meaningful goals and guides them through the steps to achieving them.

Terry said the whole idea came after a close friend died. He felt that even though his friend died young, in his 30s, he had lived a happy and wholesome life. The friend's life and untimely death made Terry question himself.

"If I were on my death bed, would I have any regrets about my life?" Terry asked himself. "What would I have done that would have made me happy?"

Terry said he took a pen right then and there and wrote down everything that makes

him smile. The list gained momentum. He dropped everything he was doing and started pursuing activities on the list.

"Kids know what happy is, but when we get older, we lose that"

Number two on the list was to marry a stranger in Las Vegas. It was not the most romantic affair — a 24-hour wedding, to a willing stranger — but he did it all the same.

"It seems kind of stupid," Terry said. "But it was the first time that I'd identified a life goal that seemed important to me, and I did it."

Terry said he feels extremely happy about his journey, which he has been

on for the past eight years. "This is not about a bucket list — it's about purpose, growth and connection, especially connection to self — getting out of your comfort zone," Terry said.

He also recounted a tale of being on the red carpet at the Cannes Film Festival in France. "I didn't even know if what I was doing was legal. I could have got tased. I was sweating. I was scared. My heart was beating fast. At that moment, getting on the red carpet, I felt like the most successful human, ever."

Terry said that after getting to the 72nd thing on his list of 100 things to do that would make him happy, he

met a man named Mark, who was paralyzed by a tick bite, confining him to a wheelchair.

Mark asked Terry if he could shave his head, help him run a half-marathon and a bike race. To do this, Terry had to train for four months, but he says the experience of helping Mark was life-changing for Terry. He decided to work to help people achieve their dreams.

Terry said that helping Mark has been the greatest thing he's ever done. The two are now very close friends.

Terry is currently being approached by people all over the world for help. He said that he has had to change his life and business model from being a person who asks for help to helping people who need aid finding their happiness.

After the presentation, Terry told the inmates that they have to give themselves permission to do what makes them happy. Then he asked the inmates what would be on their lists.

"It could be anything; that's the beauty of it," Terry said.

The inmates had a wide variety of dreams. Among other things, they wished to go to Mecca, to run a marathon in San Quentin, have a family, dance on Broadway, play a complicated piece of music on piano, visit Machu Picchu, skydive, scuba dive and river raft on the same day, interview a member of the KKK—even one of the staff teachers chimed in saying because of his shyness, he'd like to start a YouTube channel.

Terry said he was amazed at the range of ideas presented in the classroom.

"I've done this exercise in a corporate environment, and there's dead silence," Terry said. "But when I go to an elementary school, full of kids, they come up with all kinds of things that they know would make them happy. Kids know what happy is, but when we get older, we lose that."

Terry stressed that the move toward happiness can be simple — can be made up of small steps. "Dreams do not require money," Terry said. "We are here to do the things we dream to do."



Chris Redlitz, Sebastian Terry, Jon Gripshover, John Guidon and Lee O'Donovan



Photo by Eddie Herena, SQN

Memorial for the remembrance of the late Mr. Mose "Mo" Bowman

A memorial was held on July 28 in San Quentin's Protestant Chapel for the late Mose "Mo" Bowman, who passed away on June 13 at the age of 72.

Bowman was remembered as an avid runner and godly person. He drew admiration from all who kept his company and gained friends with each lap he ran around the prison's Lower Yard.

"He motivated me to get out on the track and get some walking in," inmate Lenny Rideout said. "Even when he was transitioning, he was still motivating to me."

Those who made the altar call at his memorial included Chaplain Mardi Ralph-Jackson. All brought testimonies about Bowman's impact on prison life to an audience of almost 100 people made up of inmates, correctional officers and prison staff.

Scripture was read and praise was given by Trent Capell, Harry Hemphill, Darryl Hill and Chuck Adams as well as the church's Worship Team.

"Mo was the type of person who brought light into a dark room"

"He was my neighbor. He was a child of God. I always liked the encouragement and the strength he gave me," inmate Rudy Morales said. "He's looking down upon us from those golden arches in heaven."

Bowman's memory had inmates talking about their personal relationship with him.

"I met the brother in a strange way — it was behind an argument I was having over a phone," inmate Paul Comauex said. "He came up to me and told me that I don't have to get into it behind a phone."

Comauex said Bowman was a calm and levelheaded person and that got his attention.

"My next encoun-

ter with him was behind a cheeseburger," Comauex said. "I fed him, because of how he talked to me. We need people like him to talk to us."

Music performed during the ceremony included arrangements created in Bowman's honor. Guitarist Aaron Taylor played an instrumental. The church choir, accom-

panied by Albert Flagg on keyboard, sang in Bowman's memory.

"You don't always meet men like him," said an inmate from the prison's dormitory. "Almost every day, I'd stop by the spot, and Charlie and Mo would be there, and we'd just kick it a few minutes. After that I'd head to the law library, but his inspiration would cause me to help

someone by giving them a hug or smile all because of that encounter with Mo."

Valeray Richardson added, "Mo was the type of person who brought light into a dark room. I never saw Mo upset or mad. He brought so much joy to my life. Mo pulled me aside and told me that he loved me, and I felt that."

Dewey Terry talked about how hard it is to have a per-

sonal relationship with someone while in prison and how his relationship with Bowman was built.

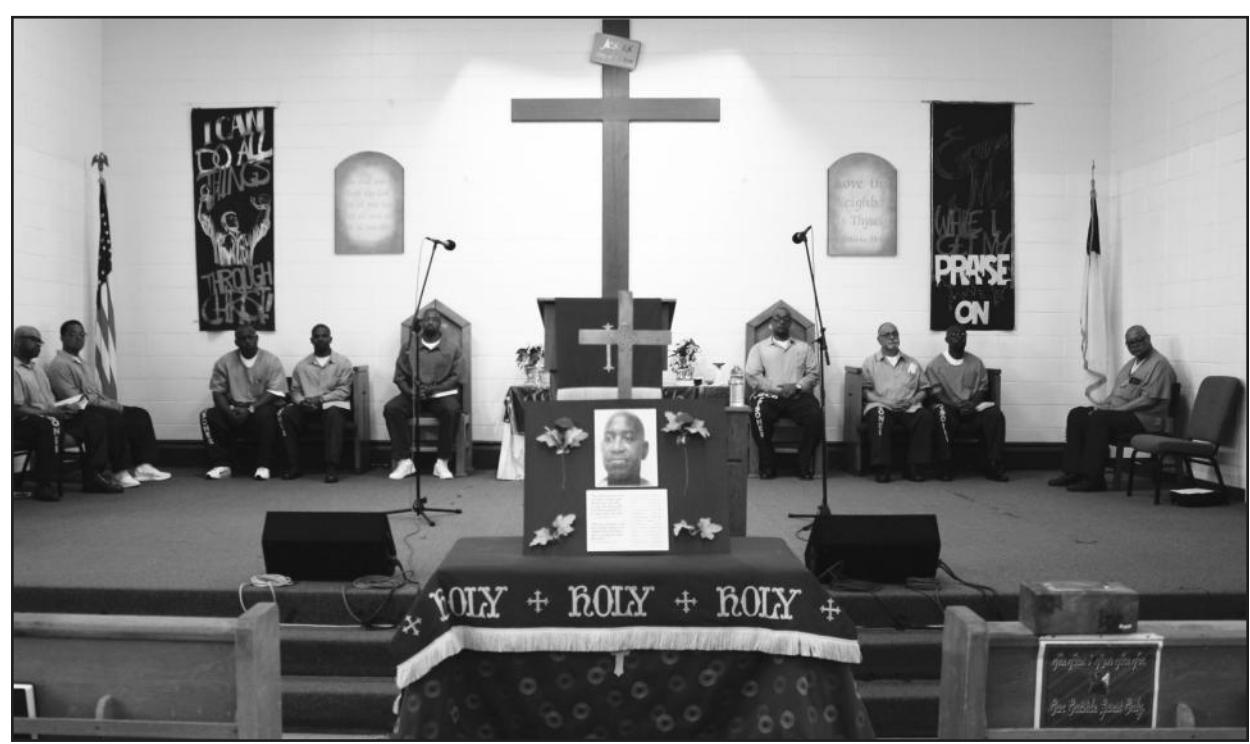
"We used to cook together and go to church together," Terry said. "He was 70 something, running around like a battle axe. We need to stick together in his memory."

Mose "Mo" Bowman—
May 3, 1945 – June 13, 2017

—Juan Haines



Mr. Mose "Mo" Bowman



Friends paying tribute to the late Mr. Bowman in the SQ Protestant Chapel

File Photo

Pups on Parole celebrate its 10th anniversary with 478 dogs adopted

By Jerry "Maleek" Gearin
Journalism Guild Writer

The Pups on Parole program at California Correctional Center (CCC) celebrated its 10th anniversary, with 478 dogs adopted so far.

The program partners dogs with firefighting inmates. Seven dogs are allowed in the program at a time. However, the program is not intended to benefit only the cuddly canines, according to *Lassen County Times*.

"He's a goofball, but he's really smart. It's been really fun. We've made a good bond. He just loves people," said Gleason.

Duke was a little distracted by all the friendly faces. He showed great skills jumping through hoops and listening to his handler in front of attendees at the program's 10th anniversary event in July.

Another inmate, Gabriel Martinez, spoke favorably of the program. He used his

Rikki Meier, the CCC

Pups on Parole liaison, helped the program grow. She has assisted in bringing in dog trainers to help the handlers learn how to best interact with and train the pups for adoption, reported the *Lassen County Times*.

The program partners dogs with firefighting inmates. Seven dogs are allowed in the program at a time. However, the program is not intended to benefit only the cuddly canines, according to *Lassen County Times*.

"I love this program. In my opinion, this is one of the most rehabilitative programs California Department of Corrections has to offer," said inmate Randy Elson.

When not fighting fires in the area, Elson spends his time working with Ruby, a 2-year-old dog.

"Every time I come back, no matter how long I've been gone, she's always happy to see me," said Elson.

Rikki Meier, the CCC



Courtesy of CDCR

Trainer showing inmate the handling of a pup



Courtesy of CDCR

Shirley Mesa, with Mesahaus Dog Training visits Pups on Parole

skills in wood burning to create the winning barn medallion in 18-22 hours for the Lassen County Arts Council's fair contest.

"I love it; we all love it here being handlers; it gives us a great sense of responsibility. When we see them go, it's a little bittersweet," said Martinez.

Meier said she hopes to

lure in more participants to the program, and now the inmates who participate receive Rehabilitative Achievement Credits for their work.

"For me, it's seeing a dog that's been running the streets, or in a bad situation coming to the program (and changing) in two days. These handlers completely change the dog's personality," said

Pups on Parole Coordinator Vicki Reinsel.

Celebrating 10 years of the program, handlers and those involved enjoyed cake and ice cream and reveled in the company of the seven pups currently looking and waiting for the perfect family, reported the *Lassen County Times*.

Pups on Parole is run by

Lassen Humane Society and CCC and coordinates with Lassen County Animal Shelter.

"Love this program, we adopted Rocco into our family in February of this year," said one message left on the *Lassen County Times* website. "We can't imagine not having him as a part of the family. Thank you so much."

Immigrant rights groups express concern about sanctuary city raids

By Jesse Vasquez
Staff Writer

Immigrant rights groups are concerned that the U.S. Immigration and Customs Enforcement agency (ICE) is targeting sanctuary cities.

Sanctuary regions are jurisdictions in which local law enforcement agencies focus on public safety instead of on immigration enforcement.

In late September, ICE arrested 498 undocumented immigrants in a nationwide operation that focused on sanctuary cities, or cities and counties that refuse to employ peace officers as immigration agents, according to *Orange County Register*.

ICE officials said that they were targeting criminal aliens. However, of those detained during the sanctuary city raids, 181 did not have criminal records, reported the *Orange County Register*.

In Boston, city officials had told the community that immigration raids would not happen. However, of those detained during the sanctuary city raids, 181 did not have criminal records, reported the *Orange County Register*.

House Judiciary Committee Chairman Bob Goodlatte had introduced the "No Sanctuary for Criminals Act" earlier this year. It would have punished sanctuary jurisdictions for interfering with President Trump's campaign promise of mass deportations and border security, according to *The Atlantic*. The act would have cut some federal grants from sanctuary cities.

ICE Acting Director Tom Homan said that the agency is forced to use more resources to conduct large arrests in the communities because sanctuary city officials often do not cooperate with them, according to the *Orange County Register*.

"Instead of criminalizing and scapegoating immigrants, Congress should be offering workable comprehensive reforms that actually strengthen our economy and national security," said Democratic Senator Bob Menendez of New Jersey, according to *The Atlantic*. "Until then, we will continue to be a firm wall of resistance—using all tools at our disposal—to prevent Republicans from blindly trying to sanction this administration's mass deportation group in Claremont."

However, immigration advocates across the country say that the raids are doing more harm than good because innocent people are getting caught in the net.

Back In The Days

SQ canteen list 1980

FOODSTUFF	TOBACCO & ACCESSORIES	SUNDRIES CONT.	HAIR ACC., CONDITIONERS-CONT
A-1 Sauce.....	1.00 Beechnut Tobacco.....	0.50 Plastic Containers 4/set.....	2.20 Mustache Wax.....
Bean Dip, Jalapenos.....	0.60 Bond Street.....	0.65 Pocketbook & Magazines 75 to.....	1.30 Proline Combout.....
Beef Sticks.....	0.30 Bugler, 7oz.....	2.10 Postcards, SQ (5-pict).....	1.10 Proline Cond.....
Candy, bags.....	0.65 Cigarette, Carton.....	5.50 Postcard, Standard.....	0.10 Proline, Cond. Gel.....
Candy, Bars & Lifesavers.....	0.20 Dutch Master Panatellas.....	0.65 Room Freshener.....	3.35 Roller pins.....
Candy, Bars Large.....	0.85 Garcia y Vega Cigars 5-box.....	0.35 Scripto Lead.....	0.45 Ultra Sheen Kit.....
Cheese, Sliced.....	1.20 House of Windsor.....	0.20 Shoe Polish, Blk, & brn.....	2.30 Vitalis, Super hold.....
Cheese, Loaf, 2lb.....	3.85 King Edward Imperials.....	0.45 ShowerSlippers.sm.lg.x-leg.....	0.80 Wave rods.....
Cheetos.....	0.85 King Edward Specials.....	0.30 Spoons, Plastic 2 for.....	0.05 SOAPS & SHAMPOO
Chile con Carne.....	0.60 Lighter, Butane.....	0.70 Stamps.....	0.15 Shampoo, Chentli Panthenol.....
Chile Peppers.....	0.95 London Dock.....	0.55 Sun Glasses.....	2.40 Shampoo, Head-in-Shoulders.....
Chile Sauce.....	0.75 Mixture 79.....	0.55 Sun Glasses, Clip-On.....	2.50 Shampoo, Preil.....
Chunky Beef Soup.....	0.70 Papers, B&W.....	0.15 Tablet, Colored.....	0.90 Shampoo, Pro-Line.....
Cookies.....	1.10 Papers, Yorkshire Long.....	1.05 Tablet, Yellow, ruled.....	0.75 Shampoo, Sebulone Tar.....
Crackers, Graham.....	0.90 Pipe Cleaners.....	0.30 Tablet, white, ruled.....	1.90 Shampoo, Surbuter, Med.....
Crackers, Ritz.....	1.10 Pipe Filters.....	0.15 Toenail Clippers.....	0.90 Shampoo, Sulphur 8.....
Crackers, Saltine.....	0.80 Pipes, Doctor Grabow.....	2.55 Tweezers.....	0.75 Shampoo, Woodbury 16oz.....
Cupcakes, & Fried Pies.....	0.40 Pipes, Kaywoodie.....	6.50 Watchband-Exp.....	1.80 Soap, Cocoa butter.....
Dill pickles.....	1.15 Prince Albert.....	0.40 Watchband, Nylon.....	0.40 Watchband, Nylon.....
Donuts, Assorted.....	1.20 Prince Albert, lg.....	3.85 Watch, Pocket, Westclox.....	1.35 Soap, Dial.....
Dry Cereal.....	0.20 Red Dot.....	0.60 Watch, Wrist, Timex.....	9.45 Soap, Irish Spring.....
Fritos.....	0.70 Rolling Kit, Bugler.....	1.20 Watch, Wrist, Timex.....	0.40 Soap, Palmolve.....
Funyuns.....	0.70 Rolling Kit, Bugler.....	1.95 TOILET ARTICLES	0.35 Soap, Sestid.....
Honey Butter.....	0.90 Snuff, Copenhagen.....	1.10 After Shaving.....	1.45
Honey Natural.....	1.05 Top, 7oz,Tin.....	1.95 Brush, Shaving.....	1.05 Binaca Breath drops.....
Hot Sauce, Louisiana.....	0.40 Top, Kite.....	0.30 Brut 33 cologne.....	1.60 Capacol Mouthwash.....
Ice Cream, Novelties.....	0.15 Velvet,lg.....	0.30 Brut 33 Deodorant Sticks.....	0.65 Dental Floss.....
Ice Cream,Pint.....	0.55 Velvet,sm.....	0.50 Copper Tone Tan Lotion.....	0.95 Denture Cleaner.....
Jalapeno Peppers.....	0.50 White owl Panatellas.....	0.75 Cocoa Butter.....	1.65 Effendant Cleanser.....
Jam.....	1.25	1.20 Chentli Panthenol Lotion.....	1.65 Polident Cleanser.....
Marshmallows.....	0.45	0.30 Colgate Shaving Soap, cup.....	0.75 Poligrip, Adhesive.....
Mayonnaise, Miracle Whip.....	0.55 Aerogrammes.....	0.22 Colgate Rapid Shave.....	0.30 Toothbrush.....
Menudo Stew, 7 1/2oz. Can.....	0.40 Alarm Clock.....	7.30 Intensive care Baby Oil.....	1.40 Toothpaste, Colgate 7oz.....
Mustard.....	0.40 Album, Photo.....	2.40 Jergens Direct Aid Lotion.....	0.25
Onion Rings.....	0.70 Album, Refills.....	0.55 Magic Shave.....	3.25 Mennen Cream Brushless.....
Peanuts, Spanish, Salted.....	0.45 Art Corners.....	0.45 Mennen Deodorant Stick 1 3/4oz.....	0.65 Toothpicks.....
Peanut butter.....	1.30 Bags, Zipper, Canvas.....	6.00 Mennen Cream, Lather.....	0.45 Toothpowder Colgate.....
Peacan Pies.....	0.40 Batteries AA (4).....	0.45 Mennen Skin Bracer.....	1.10
Pico Pica Sauce.....	0.45 Batteries C-size, D-size.....	0.40 Mennen Skin Deodorant Stick 1 3/4oz.....	1.05 Binaca Breath drops.....
Popcorn.....	0.15 Batteries, 9-volt.....	0.60 Noxema Cream Brushless.....	1.60 Capacol Mouthwash.....
Potato Chips, Bar-B-Que & Plain.....	0.70 Binder 3-ring, 8 1/2x11.....	3.70 Noxema Skin Cream.....	1.60 Clearasil.....
Pretzel.....	0.70 Binder paper, 3-hole.....	0.80 Pond's Milk Skin Care.....	1.95 Cough Drops.....
Rolls, Assorted.....	1.30 Can openers.....	0.40 Powder, Magic Shave.....	0.30
Salami.....	1.05 Christmas, Cards, box. 1.69 to.....	3.29 Powder, Mennen Bath.....	1.15 Hoffman's Energol, 8oz.....
Sardines.....	0.65 Christmas Cards.....	5.00 Powder, Mennen Face.....	0.60 Hoffman's Hi-Pro-pwd, 1lb.....
Soup, Cup of.....	0.15 Cards, Greetings.....	0.50 Razor, Double II.....	1.45 Lip ice.....
Sugar Cubes, 1lb.....	0.80 Decanter, Plastic.....	1.80 Razor, Blades, Double II.....	1.45 Quintana Foot-powder.....
Top Ramen Soup.....	0.35 Dissolution, Regulatory.....	3.00 Styptic Pencil.....	0.30 Tums.....
Tortillas, Floured.....	0.90 Divorce, Summary.....	5.00 Soap Dish.....	0.45 Vicks-Vapor-Rub.....
Tuna Fish.....	1.15 Envelopes, Blank.....	0.02 Washcloth, White.....	0.40 Visine Eye Drops.....
BEVERAGES	Envelopes, color 24.....	0.55	
Breakfast Drink.....	1.30 Envelopes, Expanding.....	1.50 HAIR ACC., CONDITIONERS	
Coca Mix, 1 3/4Lb bag.....	2.35 Envelopes, Plain, Manila.....	1.00 Alberto-VO-5.....	10.10
Coffee, Hills Brothers, 2oz.....	1.05 Envelopes, Stamped.....	1.70 Breck Cream Rinse.....	0.10 Alacer Multi-Vitamin 7oz.....
Coffee, MJB, 10oz.....	4.05 Fingernail, Clippers.....	0.17 Brut 33 Hairspray.....	1.95 A1a Seltzer, Pkg of 2.....
Coffee Tasters Choice.....	5.05 Ink, Refills, Shaeffer.....	0.15 Chentli Panthenol Rinse.....	0.10
Dairy Creamer, Maxwell.....	0.80 Handkerchiefs.....	0.70 Combs, Natural.....	0.45
Egg Nog ql.....	1.05 PadlocK, Combination.....	2.90 Combs, regular.....	0.75
Kool-Aid, 2qts.....	0.65 Paper, Blue bond 16lb.....	3.80 Comb, National Pick.....	1.00
Lemonade, Gt.....	0.30 Paper, Bond 16lb.....	4.70 Combout.....	1.25
Milk, Chocolate, qt.....	0.65 Paper, Bond 20lb.....	5.45 Dixie Peach, Ig.....	1.15
Milk, Fresh, qt.....	0.65 Paper, Legal 26-line 10 for.....	0.13 End Paper.....	0.90
Ovaltime.....	1.30 Paper, Legal 32-line 10 for.....	0.16 Hair Brush.....	1.40
Soda pop, Canned.....	1.65 Papermate Refill.....	0.75 Hair Food.....	1.65
Tea Bags, 100.....	2.75 Pen,Lindy Ballpoint.....	0.75 Hair Glo.....	0.95
Tea, instant.....	0.80 Pencil,Lead.....	0.10 Hair oil Hqz.....	0.65
V-8 Vegetable.....	0.35 Pencil, Mech.....	0.75 Magnetic Hair Rolls, med & lg.....	0.90

Canteen Order Days

First Draw	Second Draw	Third Draw
00-49	50-99	Make up Draw
Jan. 6	Feb. 3	March 3
Mar. 31	April 7	May 12 June 9
June 30	Aug. 4	Sept. 1
Oct. 6	Nov. 3	Dec. 1
	July 7	Aug. 11 Sept. 8
	Ocy. 13	Nov. 10 Dec. 8
		Oct. 20 Nov. 17 Dec. 15

The Main Canteen will accept whole \$1 ducats during the first week in months that have two dead weeks

W. Riebling, canteen Manager II

Canteen Draws are limited to \$100 per month. You are permitted two draws each month.

The Healing Power of Music rocks out at San Quentin

By Kevin D. Sawyer
Associate Editor

San Quentin welcomed back several Bay Area musicians who performed "oldies" hits in the prison's Catholic chapel in September.

The organization Bread & Roses billed it as "The Healing Power of Music." Dozens of inmates attended the Sunday evening event tapping feet, bobbing heads and singing as the band grooved for two hours.

The inmates began with a moment of silence in memory of inmate Ricky Higginbaum and former inmate Arnulfo T. Garcia. Both men recently passed away.

"Although the night started off with a memorial, the energy shifted," said Julia Harrell, who played drums with the band that included Tony Saunders on bass and Kurt Huget on guitar. "Tonight was like the funnest yet," she said.

The trio started off with "Feelin' Alright," by the group Traffic. The song was made popular by Joe Cocker.

"Thank You (Fallettinme Be Mice Elf Agin)," by Sly and The Family Stone followed. Then, it jumped from R&B-funk to the Latin blues-rock fusion of Santana's "Black Magic Woman."

Most of the men in the audience were older, so they were familiar with the songs from the '60s and '70s. The music made for nostalgic listening with songs like the "The Joker," by The Steve Miller Band and "Spirit in the Sky" by Norman Greenbaum.

Detouring away from memory lane, the band played an original tune, "Ain't Gonna Muddy the Water," written by Huget. It was cool and bluesy with a "rock" feel and fit seamlessly with the set.

Saunders introduced a song from his new album "Sexy Somethin'" (released on SF Records) that he produced with Gail Johnson, Norman Brown's music director.

Huget kept the crowd engaged with a melodic opening to the song "Little Wing"

"We believe in the healing power of music and how it can

by Jimi Hendrix. Later Huget joked, "Julia (Harrell) likes to play the chapel's drum kit because she doesn't have to carry it around" as the crowd laughed.

Keeping with the oldies tradition, the band went back several decades playing Richie Valens' "La Bamba." The song drew special appreciation from the Hispanic men in attendance. They shouted and clapped, and Huget didn't disappoint with his improvised solo on the guitar. Before the song ended, inmate Jose Diaz was invited on stage to sing. The crowd cheered and applauded loudly at seeing one of their own take the microphone.

Inmate Leonard "Funky Len" Walker was also invited to play a solo using Saunders' custom-made, five-string bass guitar. "It was beautiful," said Walker. "It was like nervous sweat and tears, but I felt wonderful after I warmed up." Harrell followed the men with her own percussive solo on the drums.



Kurt Huget playing with Tony Saunders in the SQ Day of Peace

Photo by Peter Merts

change a mood," said Lisa Starbird of Bread & Roses. Starbird has been bringing music into the prison for five years but noted that Bread & Roses has been providing its service to the prison for more than 40 years.

The set would not have been complete without an appropriately worded song by The Beatles: "Come Together." That's exactly what the crowd of men from different backgrounds did as the music made everyone equal.

On "House of the Rising Sun," by Eric Burdon and The Animals, Huget sang and Saunders chased his vocals with a thumping and plucking solo on the bass. Next, a clear message that "Everyday People" were in attendance, with a song by Sly and The

Family Stone.

"Tony (Saunders) was exceptional," said inmate Walter Watson. "I came late, but it was great. I totally enjoyed myself. I was able to hear some of the songs we do in class." Watson attends Huget's guitar class on Thursdays afternoons.

"One of the guards told me that when we bring in the music 'it's more peaceful,'" said Starbird. When the set ended, the inmates gave the band a standing ovation, shouting to show their appreciation. Starbird thanked the men. "We want to give you a good memory through the tough times," she said.

Inmate Dwight Krizman, who plays drums and bass, worked the mixing console. "My joy is being able to be

with them and doing the sound for them," he said. "Father George has given us an awesome sound system."

Saunders said he performs for inmates because he can relate to many of their experiences. "When I was growing up, I was probably a hood rat," he said with a smile. "But I did good." People recognized his musical talent and pulled him in to make him clean up his act—and he's remained that way since May of 1983 when his daughter was born.

As most of the men exited the chapel, Harrell, Huget and Saunders lingered a little longer to discuss music and sign autographs. "This crowd had a lot of good spirit," said Huget. "A lot of good vibes. It's a family affair."

One individual betters himself while motivating young men

By Rahsaan Thomas
Staff Writer

Long before any law passed providing time off for taking self-help groups, San Quentin Kings basketball player Julio Saca found his own motivations for bettering himself and helping youngsters.

"I don't want to return to prison," Saca said. "And I want to be an example, help my family and my community."

Saca grew up without examples to model himself after. His alcoholic and abusive father separated from his mother by the time Saca turned 8 years old, leaving behind a trail of trauma. By age 17, Saca dropped out of school, sold drugs and had a child.

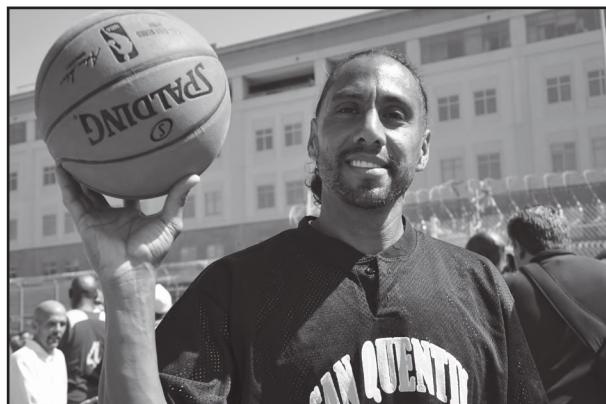
Over the years, Saca struggled with addiction to cocaine and alcohol. He managed to stay sober for about a year but then came the relapse. Within a week he lost his job and custody of his daughter. Then he ended up with a 12-year sentence for committing robbery with a gun.

"It wasn't until I came to prison that my eyes were open to that I wasn't the only one suffering from substance abuse," Saca said. "I learned of men just like me that ended up in prison for substance abuse. It put a desire and fear in me. I made the decision to stay sober no matter what."

Ironically, incarcerated men became Saca's role models. While in a Christian 12-step recovery program called Celebrating Recovery at California Medical Facility, he met men serving life sentences who took him under their wings.

"I met a lot of lifers in programs and learned what a true man is—taking accountability for your own stuff, having integrity, being true to yourself," Saca said. "The true definition of a man is not using drugs and alcohol."

Saca fought off temptation while incarcerated by focusing on education, sports and faith. He accepted God in his life and completed many



Julio Saca

Photo by Eddie Herena, SQN

programs, earning a Braille Transcriber certification, an associate degree through CoastLine Community College, a Ministry Degree through Golden Gate, and he completed a substance abuse program. He also played basketball for the San Quentin Warriors and then the Kings.

"When I started expanding my mind it empowered me to never want to use drugs again and it created a desire to help men like me," Saca said. "I was able to find who I was, and now I'm using my history to help others."

Saca mentors young men on the yard, like the lifers mentored him. He coaches, along with Royce Rose, a basketball team of men under 25 called The Young Outstanding Players.

"I could relate to them because I made a lot of wrong choices at that age," Saca said. "You saw leadership in some of them. Raiveon would open us up in prayer. He took that leadership role."

YOP player Raiveon Wooden, 21, said, "They have a real impact in my life. He (Saca) has been like a big brother and he's seen me grow into who I really am."

The YOP team has taken on the significant role of keeping youngsters from getting transferred to violent prisons.

Under the Youthful Offender Program created by prison administrators and established through a state As-

sembly bill, eligible youngsters get a security override that allows them the chance to start their time in lower-security places like San Quentin's mainline. However, one disciplinary issue can get them transferred to violent higher-security places.

"I was just doing in my heart what I wanted someone to do for me—I never had the opportunity to play organized ball," Saca said. "A lot of YOPs get to this yard, and they don't know if they get a writeup, they are out of here."

He added, "The vision at the end of the day, turned out it's not about basketball, it's about growing and being able to take criticism and being in prison and being able to make the best out of it."

Saca, now 37, said he has 10 years of sobriety. He is scheduled to parole Sept. 29 and has plans to continue his education. Merritt College in Oakland gave Saca a scholarship to help him become a substance abuse counselor. He also plans to join Project Rebound, a program for the formerly incarcerated at San Francisco State University. Also, Saca wants to help his family.

"My dad is living out of a car in Oakland. He's sick, been shot seven times, has diabetes — addiction still has him at 72," Saca said. "My desire is to get out and help him and my family with the things that I learned in prison."

News Briefs

1. Boston - The arrests of 50 people in the state's immigrant community by federal agents is part of a nationwide crackdown on people in the country illegally who had also committed crimes, Anthony Brooks of WBUR News reports. Federal agents have arrested nearly 500 people across the country, targeting those who violated U.S. immigration laws and were wanted for assault, domestic violence, burglary, rape, drug and weapons charges.

2. Arizona - New data from the Arizona Department of Corrections (ADC) shows hundreds of inmates are harming themselves at an alarmingly increasing rate, according to The Crime Report. Total incidents increased by almost 70 percent. In fiscal year 2017, more than 80 inmates tried to hang themselves, and 138 tried to overdose on illegal drugs.

3. Little Rock, Ark. - A judge who was barred from considering execution-related cases after blocking the use of a lethal injection drug and participating in an anti-death penalty demonstration is suing the state's highest court, saying justices violated his constitutional rights. Pulaski County Circuit Judge Wendell Griffen filed a lawsuit in federal court against the seven members of the state Supreme Court who disqualified him days after he was protesting capital punishment by laying on a cot outside the governor's mansion, The Associated Press reports.

4. Oklahoma - Gov. Mary Fallin "did not endorse" the Department of Correction's

plan to begin the "supervised release" of some prisoners convicted of nonviolent crimes, her press secretary told The Frontier. The program was promoted to ease the inmate overpopulated prison system but was immediately met with pushback.

5. Florida - Michael Lambrix, 57, was executed Oct. 5 for killing two people after a night of drinking decades ago.

6. Georgetown - Georgetown University will not invest in private prison companies in keeping with the university's Socially Responsible Investing Policy, The Hoya reports. The university will "encourage" its external investment managers to "avoid investing in the companies," according to a university news release, which said the decision continues an existing practice.

7. Alaska - A state investigation details the cruel and inhumane treatment of prisoners at a state correctional facility. The investigation reveals an incident in which corrections officers forced male inmates to strip naked in front of female guards, placed dog leashes around their necks and paraded them around the

prison before forcing them to sleep nude in filthy conditions, Michael Harriot of The Root reports.

8. Baltimore - Nearly 500 people incarcerated throughout the state may seek sentence reductions under a sweeping package of criminal justice reforms approved by the Democrat-controlled General Assembly last year and signed by Republican Gov. Larry Hogan, The Baltimore Sun reports.

9. Texas - After staying Tilon Carter's execution in May to consider allegations that his conviction and death sentence were the product of false or misleading forensic testimony, the Texas Court of Criminal Appeals has now ruled that Carter is entitled to an evidentiary hearing on two of his claims, Death Penalty Information Center reports.

10. Houston, Texas - The Texas Department of Criminal Justice determined it can operate effectively without using solitary confinement as a punishment, department spokesman Jason Clark told the Houston Chronicle. He said inmates will have other punishments, such as loss of commissary privileges.

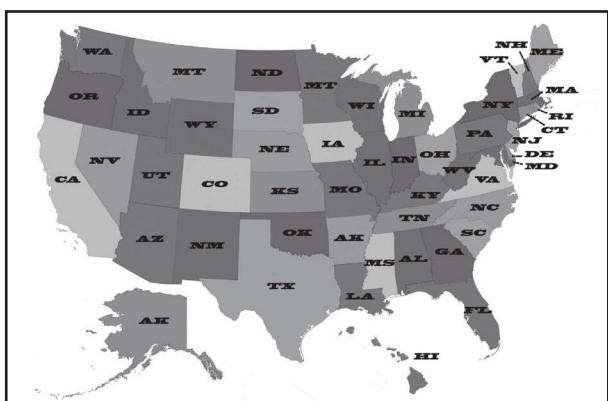




Photo by Eddie Herena, SQN

Anthony Denard preparing to smash another home run

SQ A's ends season on high note

**By Marcus Henderson
Journalism Guild Chairman**

The San Quentin A's premier players Anthony Denard and Branden Terrell whacked big homers to coast past the visiting Bay Area Barons 7-4, ending the season on a high-note.

"It's all about patience, you have to wait on your pitch," Denard said. "It took me two years to hit another home run."

Denard's solo home run flew over the left-field fence, deep into the Native Americans' sweat lodge area, to close the Barons' lead 3-2 in the third. Terrell's two-run homer soared over the right-field fence in the fifth, bouncing off the education bungalows, to take the lead 5-3.

The Barons scored three quick runs in the first inning, including a homer from first-time visitor Zach Mandelblah, who smashed a fastball over the right-field fence. After that, the A's defense and pitching clamped down for

the remainder of the game. The Barons scored for the last time in the fifth.

"It feels good to have the outside people coming in and not just seeing us as inmates," Denard said. "It's a privilege to play this game here. It was a blessing to be transferred here for this program. The unity among the A's and Giants (teams) was incredible."

The baseball program experienced a few ups and downs during the course of the season because of some game cancellations and a shortage of bats.

"It was a very difficult season, every which way you can think of," said Elliot Smith, volunteer sponsor. "However, we did have a season and any time you can play baseball in prison like this is a good thing."

"I thank all the volunteers, players and teams that came in. I look forward to having a successful season next year," Smith continued.

Barons' Anthony Gonzales said, "We have to remember

this program is about humanity. San Quentin is a part of our society, too, and these guys are our neighbors. You just can't turn your back on your neighbors. Through baseball these guys learn to deal with setbacks, communication skills, and to work as a team. We should take the time out of our lives and make contact through this game."

Mandelblah added, "I grew up in a more affluent community and this gave me a chance to meet different people. This was a unique experience, plus I had a chance to play a game I love."

A's first-year Head Coach inmate Eddie Hollingsworth concluded, "It's good to see convicts and outside people coming together to play a game we loved as kids. As a team we might have disagreed at times but we didn't separate. Some of our players matured, some stayed neutral, and some just stayed the same, but the one thing they did do, they were always professional."

Kings come back to win against military veteran basketball team

The San Quentin Kings basketball team battled back from a four-point deficit with 45 seconds on the clock to defeat the visiting Domiciliary Team.

"I've been playing basketball for 60 years, and these two games in prisons have been the best-spirited games I've ever been involved in," said Joel Rosenthal, who retired after working 31 years in the Menlo Park Office of Veteran Affairs' Domiciliary department, which helps veterans, including parolees, with housing issues.

Rosenthal, who coaches basketball, put together the Domiciliary team that included a couple of veterans. The Sept. 30 game marked the second time Rosenthal led his team into a prison for outreach. The first was in Chowchilla, where they won by 1 point in overtime. This time they blew a four-point lead by fouling two players as they made shots.

With 45 seconds left, the Kings fouled former U.S. Army prison guard Stephen Forester. He made both free-throws, which made his 11th point and put Domiciliary up 66-62.

King Demond Lewis got fouled while he scored, which left the Kings down 2. He missed the free-throw, but teammate D. "Zayd" Nickolson tipped the rebound into the hands of King Joshua Burton. He passed it to teammate Oris "Pep" Williams, who drove down the middle, pulled up mid court and made a floater as the defense fouled him.

He completed the And-one play to put his team up one with 11 seconds left.

"The game was on the line; we needed a bucket," Williams, who led the Kings with 17 points, 10 rebounds, 4 assists and a steal, said. "That's two wins in a row, and they were a good team."

The Kings defense tied up the basketball, forcing a jump ball. The tip landed in the hands of Lewis, which ended any chance of a comeback.

The Veterans'

Group San Quentin opened the game by presenting the colors. They carried the United States flag and another that had the letters, "POW/MIA."

"We still care about our country even though we're in prison," incarcerated veteran Gary Cooper said.

Assistant Kings Coach Orlando Harris welcomed the new team to San Quentin.

"We're looking to have fun and welcome some new family," Harris said. "Once you play here at San Quentin, you're part of the family."

Steve Fahrbach, a real-estate businessman, flew his son Tanner in from the University of Arizona for the experience.

"You have to make good

decisions in life," Fahrbach said. "I was stupid. I could have been here too."

Harris introduced two Kings as veterans – Damon L. Cooké, Marine Corps, and Paul Oliver, Army Rangers.

"If we can show some humanity with people coming off the streets, why can't the world do the same?" asked Cooké, who scored nine points with 10 rebounds.

Nic Newman, who led Domiciliary with 23 points, said, "Best basketball experience of my life. I've played high school. I coach high school ball, but this positive atmosphere, this is something I'll remember for the rest of my life. Great experience, great game."

—Rahsaan Thomas



Photo by Eddie Herena, SQN

Hardtimers do better job after loss to the Diego Brothers

**By Rahsaan Thomas
Staff Writer**

In the season opener, the Diego Brothers softball team torched the San Quentin Hardtimers by 24 runs, but since then the Hardtimers improved. In their last match for the season on Sept. 22, the Diego Brothers won 21-17 after a last-inning Hardtimers rally fell short.

"The last two times we played them, we've been right there," Hardtimer Ronnie J. Hill said.

The Diego Brothers bring top-notch players to San Quentin. They are the 2016 San Rafael Recreation Softball League Champions.

"You guys are competitive," Diego Brother Captain Morgan said about the Hardtimers. He has been coming into San Quentin for about seven years to play softball.

Hardtimer Tamon Halfin said, "It means a lot that they're taking time out of their busy schedules."

Diego Brother John Tillman, who has the frame of a body builder, said, "I come in for two reasons: One, I love playing ball. Two, it keeps me humble. Thereby but for the grace of God – I got sober in 2002; I was on my way here."

At the bottom of the 7th, the Hardtimers found themselves behind 19-11 with the game ending at the 8th inning, but they didn't give up.

John "Dunnie" Windham smacked a solo homerun, his second homer of the game, to lead off the inning.

"This is my escape – the frustration, the stress, it's all released when I play softball," Windham said. "Not to mention the camaraderie. We get to meet some good brothers from off the streets. I'm still trying to kick their butts though."

Halfin followed with an in-the-park homer to deep center, that made the score 19-13.

The Diego Brothers got out of the inning without giving up any more runs.

At the top of the eighth, Hardtimer Douglas Aubineau snagged a grounder and made the double play, making two outs for the Diego Brothers. However, Morgan smacked a homer using the bats provided by the Hardtimers, which he called inferior.

"We can't bring in our good bats," Morgan said. "These bats are as bad as they get."

The Hardtimers gave up two runs and found themselves down 21-13 at the bottom of the eighth – their last at bats.

The Diego Brothers walked the first batter then Hill knocked a hard grounder down the third base line, past the glove of Ben Scott for a base hit.



Photo by Eddie Herena, SQN

Captain Morgan going deep

With the bases loaded from an error, Brandon hit a double bringing in two runs, which made the score 21-15 with no outs.

David "Preacher" Dorsage hit a sacrifice fly ball that made the score 21-16.

With two Hardtimers still on base, the Diego Brothers walked Windham.

The next batter hit a deep fly ball into right field and into the glove of James Schweddy. Two outs.

Halfin delivered with another hit that brought in one more run 21-17.

Then Aubineau made contact with the ball but got thrown out at first, which ended the softball game.

Soul Food Sunday's Ikeem Meriwether, who played for the Diego Brothers, commented, "I think for a couple of hours, while playing ball, these guys feel free."

SQ Warriors fall to semi-pros

Semi-Pro basketball talents Josh Hatcher and Teohn Conner combined for 62 points on Sept. 23, in a 104-90 victory over the San Quentin Warriors.

Hatcher plays for the Oakland Bayhawks, a semi-pro team.

"Nate told me to come," said Hatcher, who is with Mount Olive Christian Deliverance Center in Oakland. "I always want to be part of the people for the grace of God. I feel like God invited me."

Conner used to play for the San Francisco Rumbles but now coaches a youth basketball team. His motto: Go hard.

"I try to do what I preach; go hard is my foundation," Conner said. "If I'm giving it all I got, I consider that a win for me."

Conner has the uncanny ability to drive through traffic and either finish in the paint or exercise the tenacity to grab his own rebounds and score. He gave the Warriors problems from the paint, behind the arc and from the free-throw line. His 32 points and 22 rebounds kept the Warriors in the rearview mirror until the third quarter.

Warriors guards stepped up in the absence of Harry "ATL" Smith. David Lee led his team with 21 points.

With the Warriors down 60-58, Lee nailed a three pointer.

Hatcher answered with an offensive-rebound put-back to retake the lead at 63-61, but Lee answered again with a floater.

Lee is good at driving to the rack or hitting outside shots from anywhere on the court.



Photo by Eddie Herena, SQN

"NBA" Belion, 10.

"We got lackadaisical at times and didn't play basketball at times. We're a good team but not a great team – we have to make the little things count," Lee said.

The game marked the first back for Tony Thomas since Warrior Harry "ATL" Smith accidentally broke his nose.

"I went for the strip, and he just happened to turn into me," Thomas said about the basketball accident.

Steve "Big Red" Sanderson delivered a motivational message about the importance of gathering together.

"Do not give up meeting together," said Sanderson, a pastor at Corner Stone Church. "We gather to encourage each other, lift each other up, learn each other's lives and pray for each other."

Thomas added, "We're equally encouraged by you guys. Continue encouraging each other; if everyone does that, this world will be a better place."

—Rahsaan Thomas

Crawford helps SQ fútbol program grow

By Eddie Herena
Staff Writer

The soccer program at San Quentin is becoming more than a weekly pick-up game played by prisoners; it's attracting support and competition from beyond the prison's walls.

Since June, the prisoner teams have consistently played games involving the non-incarcerated, with additional games scheduled for this month.

"It helps develop good citizenship and helps in the rehabilitative process"

The program that the prisoners envision is one similar to San Quentin baseball and basketball, which have weekly scheduled games with various outside teams.

Gavin "JoJo" Robinson and Juan Carlos Meza, two prisoners who not only have a passion for the sport but who think it necessary for the general population to have a soccer program, are at the forefront of the program's success thus far.

A bulk of their success comes from an Englishman, Andrew Crawford, who coaches high school soccer in East San Jose.

Crawford read an article in *San Quentin News* about supporting soccer in the prison. He met up with Don Smith, of Prison Sports Ministry, who has established basketball, softball and flag football at the prison. Smith trained Crawford as a soccer sponsor.

Crawford now brings in



Andrew Crawford coaching the futbol team

Photo by Rahsaan Thomas

all the outside competition, including a professional team, the San Francisco Deltas Robinson added.

"Andrew put us together. We all play throughout the city," said Shant who played in a Sept. 17 match.

"I'm the guy who stands in the background," said Crawford in an after-the-game speech when the incarcerated expressed their appreciation to the outside players for their visit.

"I think a soccer program is necessary for people who grow up playing soccer," Meza said. "It helps develop good citizenship and helps in the rehabilitative process."

Sports, like other activities inside a prison, are a temporary escape from a monotonous prison life. Sports can also be a way in which a prisoner feels connected to a community that's depending on his or her performance.

For Brandon Hidalgo, a Mexican native and resident of the prison, soccer is liberating. "I don't feel like I'm in prison," he said.

"I hope that this continues [referring to the outside competition] and that soccer gets more expansive," said



Jonathan Chiu running behind Eddie Herena

As the program continues to move forward, a body cap is certain since Meza and Robinson want to bring soccer to the level of the SQ Giants and SQ Warriors. For now, the incarcerated men who feel at home on the field continue to enjoy the competition and camaraderie with their visitors.

SQN staffers take 2nd and 3rd in three hour run

In the 1000 Mile Three Hour Race, Markelle Taylor took first, and *San Quentin News* staffers Eddie Herena and Jonathan Chiu took second and third.

Chiu surprised many people, including himself, by taking third place ahead of Chris Scull.

"It's all thanks to Tommy and Steve and our Sunday pacing runs," Chiu said.

Herena and Scull battled over second and third, but Scull dropped out of the race after completing 18-1/2 miles while Herena continued on to finish 21-7/8 miles.

"It wasn't my day; it wasn't my race, but I'll be there for the marathon," Scull said. "Eddie, watch out."

Chiu, at 5-foot-5 and 130 pounds, worked his legs like a choo-choo. He placed ahead of his training partners, Tommy Wickerd and Steve Reitz.

"We're like a family," said Chiu, the crossword creator for *San Quentin News*.

On Oct. 6, members of the running club lined up as coach Frank Ruona counted down to start time.

Taylor, built like an Adonis, dominates the club records, holding almost all of them. Before the race even began, everyone knew he would run the farthest in three hours. The only questions: Would he beat his own record, and what cause would he dedicate his win to?

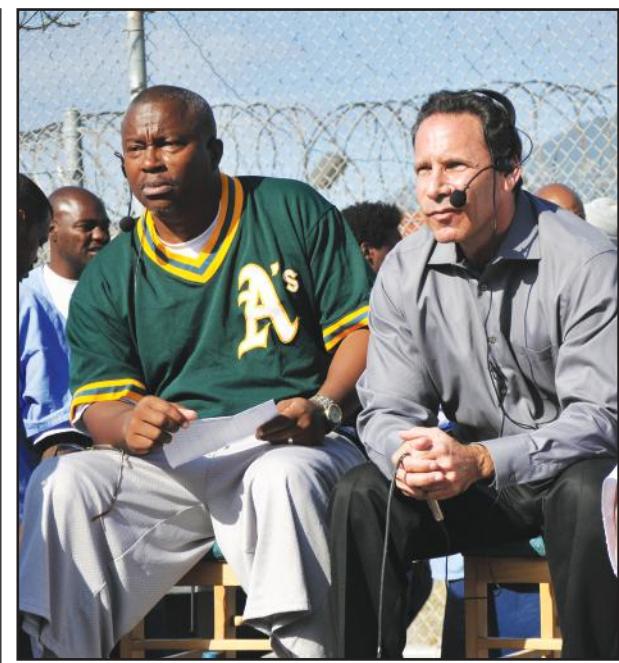
Taylor completed 24-1/16 miles, missing his record of 25-11/16. He dedicated the win to the victims of the Vegas terrorist attack.

"We have a high rate of

Robinson, who grew up playing the sport and who has been at San Quentin for more than a decade.

The program's recent success has raised certain questions for many of the prison's players, such as: who gets to play and who makes that decision? Since there are no organized practices, whoever shows up for a match that involves outside competition can get some playing time. At least that is how it has been for the month of September.

As the program continues to move forward, a body cap is certain since Meza and Robinson want to bring soccer to the level of the SQ Giants and SQ Warriors. For now, the incarcerated men who feel at home on the field continue to enjoy the competition and camaraderie with their visitors.



Aaron "Showtime" Taylor with Larry Beil

Aaron Taylor shows why they call him Showtime on the court

By Rahsaan Thomas
Staff Writer

Years ago, Aaron "Showtime" Taylor stood on the sidelines of a prison basketball game and started doing play-by-play a cappella.

Now he has co-host Damon L. Cooké, a support crew, and he uses audio equipment borrowed from the state. Plus, this year, he commented on the Golden State Warriors community basketball game with guest-host After the Game Commentator Larry Beil and Golden State Center JaVale McGee.

"Sitting there with Larry Beil in sense is like sitting at the desk on Sports Center or After the Game," the 51-year-old Taylor said. "The only difference is he came into my house and after the butterflies, he fell into the guest speaker spot like the professional that he is, sitting between me and Damon L. Cooké, the Sage of SQ. It was like three pros were up there. I couldn't be more humbled, excited and thankful he came in to be a part of that."

Taylor has become a fixture at big sporting events at San Quentin, like when the Pacifics Independent Pro baseball team played the SQ All-Stars and the annual community basketball games. However, the Sept. 15 game, in which San Quentin Warriors' team beat its cross-Bay namesakes, marked a significant step in Taylor's career.

Before several media outlets, including ABC, ESPN, The Athletic, The San Francisco Chronicle, Life of the Law and others, Taylor showed he's ready for the pros.

"I couldn't be more impressed with what he did that day," Vic Stauffer, president of the Pittsburgh Diamonds pro independent baseball team, said. Stauffer acted as referee for the game. "I got a job for him doing public address and play-by-play when he comes home. He's pro ready."

Taylor verbally led Beil and McGee through the prison sports world with the nicknames he gave players based on their attributes. "Fatality" he called SQ Warrior Cornell "Corn" Shields for his killer instinct at the rim. Shooting Guard Montrell Vines he tagged, "Pull-up Swish." On the

Golden State squad, he called assistant GM Kirk Lacob "Capt. Kirk" and GM Bob Myers he dubbed, "Big Money Bob."

Beil said, "He's (Taylor) is very experienced. He has a little flavor to his game."

Just when the crowd thought nothing could top Beil co-hosting prison basketball, McGee took over for a little while.

"Larry Beil was a professional," Taylor said. "He showed me what it's like to go into an area you've never been to before, observe and call on all your professional skills and come back. McGee gave it that Amateur Night at the Apollo feel—two different things but both cool."

"He has a little flavor to his game"

Assisting Taylor were stats keepers Jack "Big Body Benz" Benford, Whitney "Whit" Jackson, Faheem "The Dream" Fuller, Edward "E" Moss, and his audio man Steve Pascasio.

"I can't do what I do here without the Show Time Production Crew," Taylor said.

Taylor also provided the audience with comical commercials and a rap song performed by Philippe Kelly.

As an alarm sounded, requiring all incarcerated people to take a seat, Taylor joked, "This alarm is brought to you by Get Down Productions; whenever you hear that buzzing sound, get your (butt) on the ground."

For people from the community standing on a mainline prison yard for the first time, wondering what was going on, Taylor's making light of the disturbance put the crowd at ease.

Taylor has served 22 years of a 50-years-to-life sentence under the Three-Strikes Law for attempted robbery and assault in the first degree. However, under recent law changes, Taylor may have a chance at parole in 2025 or even sooner. When the day comes, he hopes to go home to his wife from London and do play-by-play for NBA games.

"Adonal Foyle could easily get his job took," Cooké said.

San Quentin News

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- Please do not use offensive language in your submissions.
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Behind the Scenes

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Counselors recognized at 11th Annual Recovery Day



Photo by Eddie Herena, SQN

Addiction recovery counselors, facilitators, representatives from Peet's Coffee and Tea and financial supporters for the ARC program

**By Marcus Henderson
Journalism Guild Chairman**

Seven San Quentin inmates have completed a three-year intensive program qualifying them as addiction recovery counselors.

They were recognized at the 11th Annual Addiction Recovery Day, along with representatives of Peet's Coffee and Tea, financial supporters.

The program required 2,240 hours of counseling training to meet the educational and experience criteria for professional certification.

The graduates were: John Bergeron, Gregory "White Eagle" Coates, John Lam, Edward Scott, Nou Thao,

Martin Walters and Quinton Walker.

Peet's Coffee was recognized for the generosity of its employees, who donated a portion of their Christmas tips to support the ARC program.

"Recovery saved my life," said Walters, who added that he has been sober for nine years. "It was a journey. I have been in many dark dungeons in these state prisons. But I found love for myself and the tools to stay sober, and now I'm certified to continue to help others."

The local Peet's staff shared Walters' desire to give back to those harmed by addiction. Peet's district

manager, Rick Ramirez, and outlet store manager, Mallory Olmstead, came to the event on Sept. 23 and spoke about how their family members' struggles with addiction prompted them to advocate for donating to the ARC program.

“Recovery saved my life”

"We are proud to help," Olmstead said. "You can see the impact it is having, and we will take that back to our stores. I had family suffer

from addiction and didn't get help they needed, and to see the drive of these men makes you want to move forward."

Ramirez added, "My father was an addict and died. I grew up around a lot of guns, violence and alcoholism as a child, and it was very scary. I'm just glad I made some good choices and had an uncle that was a good example.

"Coming here makes you appreciate what you have," he continued. "What these men have shown is that if you open up yourself, you can have an impact. They have taught me to start thinking the same."

The small crowd of visitors and the incarcerated

were treated to the smooth sounds of the San Quentin Music Program, which was sponsored by prison staff member Raphaele Casale.

San Quentin's house bands received thunderous applause for several original songs, and visiting comedian Mark Lundholm, a former prisoner himself, had heads rolling back with laughter.

"I mow the warden's lawn so I can do whatever I want here," said Lundholm. "You can always tell who the new inmates are because they are the ones always moving around. The hard-chiseled ones have been around a while because they just stand there. That's how you spot the new COs (correctional officers) too, they always moving around, while the older ones are just waiting around for re-tirement."

Lundholm heckled a few inmates and staff and joked about his time in prison and his own struggles with addiction. But he got serious with the crowd when he shared how his father molested him.

"My father taught me how to use my words because I had to protect my brothers," Lundholm said. "I learned to use comedy to defend myself. I also learned you must forgive the perp because, if you don't, you will become one of them."

Lundholm encouraged the men in blue: "Don't wait for someone to tell you that you are great. You have to tell yourself that now; when I was in prison I told myself that and look where I'm at in my life."

Dr. Davida Coady, ARC volunteer instructor, called each graduate to the podium to receive his diploma, and each gave a short speech.

"It's about somebody believing in you, and that's what we give our clients (other prisoners)," said certificate-earner Thao. "A lot of people in San Quentin suffer from low self-esteem but won't admit it. That's why we try to build courage and self-worth in our clients, because living in a false reality can keep you in a world of drugs and alcohol."

Thao stressed the importance of knowing the difference between having a Relapse Prevention "Plan" and a Relapse Prevention "Program."

"A program is about communicating your needs and wants that helps you get through your impulse behavior," Thao said, "while a plan

is just something you have on paper."

Visitor Daniel Petersen of the Support 4 Recovery organization shared how the dyslexia he suffered from as a kid led to addiction.

"I felt ashamed, alienated and different," Petersen said. "And at school I would start fights so I wouldn't be exposed. Then I got introduced to drugs. I got praised for my high tolerance for drugs and my ability to score drugs. I went from snorting, to smoking, to shooting dope."

"I had a friend murdered while he was stealing car radios, and I had a close friend die from an overdose," he continued. "I was sitting in a dope house and started to cry. I knew I needed to change. I checked into New Bridge Foundation and began my delicate road to recovery. Once you place recovery first, everything else will fall in place."

Petersen said he just celebrated 19 years of sobriety in June.

Kristin Lobos, from Support 4 Recovery, spoke about having a teenage daughter who went through an addiction and is now five years clean and has an 18-month-old baby.

"I just live in a space of just loving her," Lobos said. "You just have to build a system of doors of recovery they can walk through. But they have to have the courage to walk through them."

"That's why I like coming to these graduations, because a lot of people don't understand the rewards of having a family member in the recovery process. It's a healing journey and not just a dark scary place. It's about walking that path with your loved one, and I'm walking mine with my daughter," she added.

The event ended with a pledge to maintain sobriety and to continue to help others.

"This is our community," said Walker, another certificate earner. "It's necessary for us to step forward and begin to help and heal each other. I'm thankful for being a part of this team of counselors. We know what it's like to feel hopeless, so we are here today to say there is hope."

A special thanks went out to the ARC volunteers and sponsors Dr. Davida Coady, Tom Gorham, Ric Baez, Tom Aswald, Kiki Kessler, Martina Spilman, Judy Bassin and the San Quentin administration.



Mark Lundholm performing his stand-up routine



Daniel Petersen of Support 4 Recovery speaking



Kristin Lobos, Dr. Davida Coady, Michael Kirkpatrick and Tith Ton talking about recovery