

San Quentin News



WRITTEN BY PRISONERS – ADVANCING SOCIAL JUSTICE



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POPULATION 4,396

San Quentin holds 15th Annual Health Fair

By Wayne Boatwright
Staff Writer

Hundreds of prisoners formed long lines on San Quentin's Lower Yard at the prison's 15th Annual Health Fair on Aug. 24.

Stations were set up throughout the prison where volunteers offered medical services and wellness information, ranging from blood pressure checks and chiropractic services to mental health seminars, diabetes tests and nutritional information.

In total, 156 volunteers served more than 2,000 prisoners throughout the day.

"It's important for everyone to have the education to take care of themselves," said Madeline Tenney, staff sponsor of a self-help organization Teaching Responsibility Utilizing Sociological Training (TRUST).

"Don't be afraid of information. Know your health status. It's scary to go to the doctor and find out bad news, but if you don't, it will kill you," said Georgia Schreiber, Alameda County Public Health Department Investigator, as the volunteers went through an hour of orientation in the Protestant chapel before be-



Photo by Jonathan Chiu, SQ News

Michael Jenkins getting a blood pressure check at the Health Fair by one of the volunteer nurses

ginning the Health Fair at 10 a.m. TRUST sponsored the one-day event in collaboration with various healthcare service providers in the Bay Area.

TRUST has different workshops based on how you live your life; you learn life skills, accountability, childhood trauma [effects], mindfulness as a tool to see what is going on inside and outside of self and gain emotional intelligence.

To guarantee the community explores all the Health Fair has to offer, many stations had raffle prizes, and a gift bag was offered to all men who visited at least one station in each of the four main areas of Education, Gym, Lower Yard and the ARC building.

THE PRISON GYM:

You may have seen men with tiny pink beads taped to the ear; they received acupuncture ear seeds. Patients described an ailment and then a teacher or student from the American College of Traditional Chinese Medicine taped a bead onto a particular area of the ear.

See **HEALTH** on page 10

Project Avary's march for children

By Marcus Henderson
Journalism Guild Chairman

When a parent winds up behind bars, the children suffer the stigma of that incarceration. That was the message from the young people attending San Quentin's 2nd Annual "March for the Next Generation."

The Sept. 8 march brought together prisoners and young adults, who have been affected by having an incarcerated parent. Project Avary (Alternative Ventures for At-risk Youths) teamed up with San Quentin's Kid CAT (Creating Awareness Together) youth offender program in organizing the march.

"Growing up, the family tells you not to talk about your parent being in prison. You are taught to hide your emotions," said Eric Er-

hart, Project Avary alumnus and program coordinator. "Project Avary let me get things off my chest. They made me realize it was OK to express my emotions."

Project Avary board members, friends, families and San Quentin volunteers also participated in the march.

"I came to meet the incarcerated parents on a personal level and not just the labels," said Dawn Grzena, Avary board member. "We are all in this for the kids. The kids are the future, but they get dumped on and become that invisible group. They are good kids. They deserve a chance."

The march fundraising effort collected more than a \$1,000 in donations from within the prison.

See **AVARY** on page 4



Photo by Eddie Herena, SQ News

Eric Erhart, Amy DeLeon and Zach Whelan walking laps on the Lower Yard

S.Q. Warriors take trophy back

By Rahsaan Thomas
Staff Writer

The San Quentin Warriors won again!

For the second straight year, the prison's premiere basketball team beat the Golden State Warriors squad of staffers 93-85 in a community atmosphere that featured NBA-playoff intensity. The victory had particular significance for

San Quentin power forward Harry "ATL" Smith, who paroled a few days after the game.

"All praise is due to God," Smith said. "It's bigger than basketball. This program has really been my family. When I get out, I plan to continue repping the Warriors and Jesus Christ."

The annual games between Golden State (GS) staffers and San Quentin (SQ) started in 2012.

They match up incarcerated men against management, coaches and employees of the NBA champions.

The events unite affluent NBA executives—including Warriors' assistant general manager Kirk Lacob, son of the team's owner Joe Lacob—with incarcerated people, through their common love of basketball.

See **WARRIORS** on page 11



Photo by Eddie Herena, SQ News

San Quentin Warriors posing with the coveted Larry O'Brien trophy before the game started



A fresh group of faces graduated from the San Quentin Diabetic Class this past July, following an 18-week course.

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Rising opera singer Sara LeMesh brought her musical talents to San Quentin State Prison, mesmerizing her captive audience with her singing and charm.

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Dante Callegari has announced his retirement after training hundreds of San Quentin inmates in modern construction technology.

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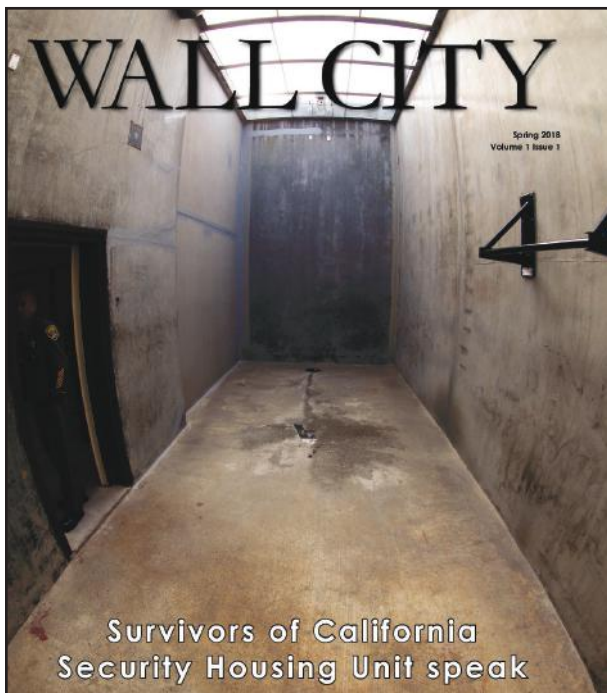
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RE:STORE
JUSTICE



Wall City Magazine is more than just stories--
it's a look into transformation, humanity
and re-building community.



Dr. Downey overcomes hurdles

By Jesse Vasquez
Managing Editor

Dr. Downey, a staff psychologist at San Quentin, is no stranger to overcoming obstacles in life.

"I fell behind in grade school because no one knew I was deaf," Downey said. "It wasn't till middle school that I got the resources that helped me adjust."

Her hearing disability became something that gave her a distinct perspective.

"I like the silence because you can be with yourself, but there is a need for the chaos that is in the world," Downey said. "Coping with the struggles is what helps mold us."

There were times when Downey felt like no one understood her, which motivates her work now.

"I grew up struggling because I was deaf and no one knew what to do with me," Downey said. "I want to help people understand that there is hope and resources to help them through whatever they're struggling with."

She learned sign language, started speech-therapy classes and got her left-ear hearing aid after graduating high school.

"I'm rewarded when my patients come back with a success story about how they were able to use the coping skills that we discovered through therapy"

Downey decided to become a psychologist because her disability barred her from joining the family lineage of civil and public servants such as law enforcement and military.

During college, she relied on sign language tutors and visual aids to help her stay on track with the classes.

"I had one professor that said he didn't know how I would make it as a psychologist," Downey said. "I was discouraged at first, but then I used that as a motivator."

Two weeks into graduate studies, Downey got Ava, her first service dog and companion.

Ava is trained to alert Downey to environmental hazards and situational dangers that Downey would otherwise be unaware of.

"Ava went to school and everywhere with me," Downey

said. "When I graduated, she walked the stage with me."

Downey later discovered a school that offers resources and support for deaf people, the California School of the Deaf, in Fremont, California.

There is a community of deaf people with a rich culture of theater, performing arts, and support groups.

"Obviously not everyone is affected in the same degree: some were born deaf, others went deaf, some can talk, and others have trouble communicating," Downey said. "I went through seven years of speech therapy, and I still struggle daily because it's a lot of work paying attention."

"Most of the depictions of deaf people in the movies are just a narrow interpretation of reality," Downey said. "No deaf person is as helpless as Hollywood makes them seem. I wanted to challenge that stereotype."

Downey has been working at San Quentin since 2012.

She facilitates group therapy and conducts individual sessions to help as many people as possible.

Unlike social psychologists of the 1990s who promoted "positive illusions" as the means to maintaining mental health, Downey emphasizes the need for personal responsibility and the development of proper coping skills.

"I'm rewarded when my patients come back with a success story about how they were able to use the coping skills that we discovered through therapy," Downey said. "Mental health is about personal growth and adapting to life's challenges."

Downey's patients first learn to adjust to Ava's presence.

"I didn't know how people would respond to Ava when we first came in," Downey said. "Some guys thought that she was a narc dog when they first saw her in the prison."

Ava just celebrated a milestone, her 13th birthday.

"She's retired now but still very active in my life," Downey said. "She has arthritis in her left hip and her right leg is overcompensating, so our walks aren't as long."

Downey is expecting to retrieve her new service dog, Cinder, this autumn from a prison training program in another state.

"I've adjusted to life without my hearing because I've learned how to utilize the resources that are available," Downey said. "I want to help my patients realize that there are resources and help for them as well."

If you think you could benefit from Mental Health services, please fill out a medical slip requesting assistance or contact a community mental health clinic.



Photo courtesy of Dr. Downey

Dr. Downey and her service dog Ava

AB 665 — Veterans who were convicted of a felony prior to January 1, 2015 who may have suffered various PTSD or other emotional issues as the result of their service to petition for a recall of sentence under specified conditions. This bill passed the legislature but is currently held in the Senate Appropriations Suspense file, pending budgetary action to provide funds for implementation.

SB 1242 — Adds language requiring additional conditions to grant parole be codified, including demonstration of remorse and insight, reasonable time free of disciplinary, realistic post release plans, all of which are already part of parole consideration, though not in legal terms. The real purpose of the bill would be to exclude from YOPH consideration those prisoners whose victim was a peace officer or former peace officer. This bill has been referred to the Senate Committee on Public Safety.

SB 1437 — Proposed change to the felony murder rule, that would remove malice from consideration in a crime unless the individual charged personally committed the homicidal act, acted with premeditated intent to aid and abet that act where in death occurred or the person was a major participant in the underlying felony and acted in reckless indifference to human life. It would also be retrospective, providing a method of resentencing those convicted of first or second-degree murder under the felony murder rule or the natural and probable consequences doctrine. This bill has passed the Senate and is now in the Assembly Appropriations Committee.

SB 1279 — An act to amend Section 1170.1 of the Penal Code, relating to sentencing. Double the base term-Active Bill-This bill is in committee process

AB 2138 — Licensing boards: denial of application: revocation or suspension of licensure: criminal conviction-Active Bill-This bill is in committee process

SB 1393 — An act to amend Sections 667 and 1385 of the Penal Code, relating to sentencing year enhancement-Assembly Appropriations Committee

Oklahoma has highest incarceration rate in U.S.

By William Earl Tolbert
Journalism Guild Writer

Oklahoma has passed Louisiana as the state with the highest incarceration rate in the country, a new study reports.

Oklahoma's incarceration rate is 1,079 per 100,000 population. Louisiana's is

1,052 per 100,000, the Prison Policy Initiative study reported in May.

The *Associated Press* story reported Oklahoma also incarcerates at a higher rate than all countries with a population of at least 500,000.

Nonetheless, Oklahoma Gov. Mary Fallin has signed

legislation designed to reduce the state's prison population, the *AP* reports.

"The Department of Corrections is underfunded ... but because they don't have adequate resources, we're simply warehousing individuals," said Kris Steele, chairman of Oklahomans for Criminal Justice Reform.

Three-fourths of the total prison population were convicted of nonviolent offenses.

Correspondingly, Oklahoma District Attorneys Council president Kevin Buchanan questioned the report's methodology.

"Where I disagree is what

constitutes a nonviolent offense or what constitutes an offender who is amenable to reform," he said. "Not everybody wants to reform."

In 2017, Louisiana reconstituted its criminal justice laws, which resulted in the reversal of its incarceration rate, said Steele. In comparison, Oklahoma is applying

legislation that would slow its incarceration rate, not reduce it, critics say.

The president of the Tulsa Regional Chamber, Mike Neal, said it is even more imperative that Oklahoma continue prioritizing and passing justice reform bills to reduce the state's incarceration rate.

Missouri limits inmates' mail to postcards only

By Harry C. Goodall Jr.
Journalism Guild Writer

Incoming mail for inmates in the Missouri Newton County Jail will be limited to postcards starting Oct. 11, reports the *Joplin Globe*. The change is meant to decrease the time spent inspecting envelopes for contraband, but inmates and their loved ones say that it restricts their ability to communicate.

Newton County Sheriff

Chris Jennings acknowledged the "inconvenience" the policy might cause but said that the action was in line with developments in other county jails in the region, according to *correctionsonline.com*.

"We have to remove anything with glue, like stamps, because they will try to bring drugs in behind the stamps or stuck to the glue. With postcards, that's not an issue. We don't have to search for other contra-

band and make sure there's nothing else in there," Jennings told the *Globe*. Around 100 people are housed in Newton County Jail at any given time, and the hundreds of envelopes they receive in a week have to be searched.

LEGAL

Until now, pending legal disputes kept officials from initiating the new policy. One lawsuit, filed by Cheryl Simpson, alleged a 14th Amendment violation as the new mail policy limited her communications with her son, who was an inmate in the Cape Girardeau County jail. She would frequently send her son long

letters, often a couple of double-sided pages, inside an envelope with a single stamp. The equivalent correspondence under the new policy would require 40 post cards with postage paid on each one, totaling around \$15.

"The content of Ms. Simpson's written correspondence is quantitatively less and substantively different than it would be had the policy not changed, which is a real infringement of her constitutionally protected right to communicate with her son," said Tony Rothert of the ACLU of Missouri, which represented Simpson in court.

Simpson was denied relief by both the district

court and also the Court of Appeals for the Eighth District, which found that the policy didn't violate her constitutional rights.

POLICY

Newton County policy states that the postcard can be no larger than 5 inches by 7 inches—a standard postcard. Any envelopes, other than legal correspondence, received after the effective date will be returned to sender, and all funds will have to be electronically wired through an online system or brought directly to the jail's lobby. Inmates will still be able to send outgoing mail in envelopes.

"The prisoners are also notified the minute they come into our jail of our policies," Sheriff Jennings said. "They can tell their family or friends."

Brad DeLay, sheriff of Lawrence County, which has had the policy in place for almost a decade, says inmates and families were only upset for the first year or so. Since then, the policy has "worked wonders."

"The contraband has dropped significantly—obviously you can't hide anything in a postcard—and it saves jailers a lot of time having to dig through a lot of mail making sure that there's not any contraband," he said to the *Globe* reporter. "It's been a huge benefit for us."

Upcoming Events at San Quentin

- Oct. 5th 3 Hour-Race
- Oct. 5th Academic Conference
- Oct. 6th Avon Breast Cancer Walk
- Oct. 7th Avon Breast Cancer Walk
- Oct. 13th Skid row one-hour race
- Oct. 19th Green Life Graduation
- Oct. 21st Creative Writing

San Quentin News

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Please use the following criteria when submitting:

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

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

Behind the Scenes



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New technology aids police oversight

By Wayne Boatwright
Staff writer

New technology exposes an old and persistent problem of the criminal justice system — false testimony by the police.

"Behind closed doors, we call it testilying," a New York City police officer, Pedro Serrano, told *The New York Times*. "You take the truth and stretch it out a bit."

Policing experts anticipate that access to smartphones, security cameras and police body-cams would greatly reduce police lying.

"However, video seems more capable of exposing lies than vanquishing them," *The Times* reports.

The *Times* article shows that even if exposed this risk sanction is nearly nonexistent.

More than 25 times in the past three years, *Times* investigators found that either a prosecutor or judge determined that key testimony of a NYC police officer was probably untrue.

The range of facts testified to are numerous, with the goal of avoiding "constitutional restrictions on search and stops" or to "convicting people — who may or may not have committed a crime — with trumped-up evidence."

The true scope of such actions is unknown. "That's because a vast majority of cases end in plea deals before an officer is ever required to take the witness stand in open court."

"There's no fear of being caught. You're not going to go to trial, and nobody is going to be cross-examined," said one NYC police officer.

In 2016, for each case that went to trial and reached a verdict, there were slightly more than 185 guilty pleas, dismissals or other non-trial outcomes (1,460 trial verdicts in criminal cases while 270,304 non-trial outcomes).

The legality of police conduct is questioned in Manhattan courts in about 2.4 percent of felony criminal cases.

There are occasions when police "testilying" is exposed.

In a case detailed by *The Times* in which a police officer had falsely testified that the accused had a laundry bag containing a gun, prosecutors noted, "there are clear inconsistencies (between the officer's) recollection of events and the video."

It took 16 court appearances, according to the

defendant's attorney Alexandra Conlon of the Bronx Defenders, before the court finally dismissed the case.

On the last appearance, the defendant, Kimberly Thomas, addressed the court. "For 396 days I have been fighting for my life, my freedom and my sanity," she said. "This has been such a surreal journey that I don't wish on anyone."

There have been some consequences for police testilying.

In a police force of 36,650 officers, more than 70 officers have been "fired or forced out of the department in the last five years" for perjury or false statements, said the NYC Police Department's top legal official, Lawrence Byrne, at a New York City Bar Association event last October.

Trump touts support of prison reform

By Noel Scott
Journalism Guild Writer

President Donald Trump says he is open to passing a new compromise proposal that would combine a prison reform bill with sentencing reform provisions, reports Alexander Bolton for *The Hill*.

"We passed the First Step Act through the House, and we're working with the Senate to pass that into law. And I think we'll be able to do it," Trump said at a meeting with inner city pastors.

Democrats, however, cannot see Trump embracing criminal justice reform just yet due to his tough-on-crime election platform. Sen. Chuck Grassley (R-Iowa) seems more optimistic: "I think we've made great progress so it doesn't have to be broken up ... There seems to be an interest on the part of the White House now to

keeping the bills together."

The goal is to merge the prison reform bill — the First Step Act — with four sentencing reforms from the Senate's Sentencing Reform and Corrections Act, which has the support of co-sponsors from both sides of the aisle.

In order to gain political common ground, the reform would only apply to new sentences and not retroactively to people already in jail.

"The question is how little sentencing reform we can put in there without losing the Democrats, and how much we can put in there without losing more than a handful of Republicans," said one Senate observer.

Senator Grassley presented the compromise to Trump along with senators Mike Lee (R-Utah), Lindsey Graham (R-S.C.) and Tim Scott (R-S.C.).

If passed, the reforms

would lower mandatory minimum life sentences for those with prior nonviolent drug convictions to 25 years and reduce the current 20-year mandatory minimum sentence for similar offenses to 15 years. It would also apply the Fair Sentencing Act of 2010, which has a retroactive effect on the sentence disparity between previous cocaine- and crack-related crimes.

Another aspect of the sentencing reform seeks to free judges from handing out excessively long sentences to nonviolent drug offenders. Known as the "stacking enhancement," the requirement forced judges to treat convictions that involve multiple charges as prior offenses, which then opens defendants up to the mandatory minimum sentencing scheme.

The last reform being discussed will expand ex-

ceptions to the application of mandatory-minimum sentences to a wider array of people with criminal records.

In 1980, the federal prison system housed around 25,000 inmates; now there are more than 205,000. According to the Congressional Research Service, the cost to taxpayers has grown from \$330 million to \$7.5 billion over this same time period.

"The president sees that our prison system is not perfect. That's why he wants to improve it and why he's been considering some appropriate commutations," a Senior White House official said.

According to one White House official, prison and sentencing reform has strong conservative support coming from the American Enterprise Institute, the Heritage Foundation, the American Conservative Union and evangelical voters.

Crisis and suicide prevention: the Brothers' Keepers mission

By Juan Haines
Senior Editor

When San Quentin inmate Robert Mutch took his life on Feb. 17, 2005, it stunned the prison community, especially his best friend, Marvin Mutch.

"We ate breakfast and dinner together for about 17 years," Mutch said. "That morning, we sat at the table and talked about the politics of the day. Then he went back to his cell and committed suicide."

Dubner was well-liked, Mutch said, adding, "I couldn't understand why I couldn't see what this guy was going through—a guy who was an hour away from committing suicide," Mutch said.

In an attempt to understand, Mutch wrote to several crisis intervention organizations in the San Francisco Bay Area.

Marcia Blackstock of Bay Area Women Against Rape (BAWAR) answered.

BAWAR trained several men in crisis/suicide prevention as well as male sexual assault survivor counseling. The course took almost two years to complete and it was state-certified—those students became the first Brothers' Keepers.

Brothers' Keepers provides inmates in need with support, counsel, friendship, reinforcement, and serves as positive role models.

Mutch returned to San Quentin on Aug. 14 for the certification of 21 new Brother's Keepers to get starfish lapel pins.

The Starfish Story: *After a fierce storm, an old man walked along the beach. Thousands of starfish had washed ashore. They were all dying.*

The old man saw a younger man pick one up and throw it back into the ocean. The young man did this repeatedly.

"Why are you doing that?" the old man asked. "There's

too many of them. It won't make a difference."

The young man threw another one back and replied, "It made a difference to that one."

"Am I your brother's keeper?" asked host, Tare Beltranchuc, of the nearly 100 men and women in the prison's Protestant Chapel. They responded with applause and cheers.

The goal of Brothers' Keepers is to maintain a team of well-trained peer counselors. They use active listening to create an atmosphere of

trust and confidence in order to meet the physical, psychological, and emotional needs of inmates in crisis. As peer counselors, Brothers' Keepers are not mental health professionals, rather they are trusted, knowledgeable peers.

When Brothers' Keepers was founded, inmates who asked for mental health services were looked at negatively by board commissioners. With this in mind, Brothers' Keepers sought to help inmates confidentially.

"The goal is to reach peo-

ple when their crisis is small so that it doesn't become worse," Blackstock said. "They are willing to talk about issues, like a parole board denial. We have the cream of the crop. They care about the community and are the best counselors."

Today, prison staffers call Brothers' Keepers when an inmate is in crisis.

Recruiting new Brothers' Keepers involves an interview process led by the men.

When alumnus Phoeun You asked Jesus Perez to take the training, Perez said,

"There was something that Phoeun saw in me that I didn't see in myself. I didn't see myself as a helper. I'm an introvert. But after the training, I learned to talk people like I was talking to my best friend—I could do that."

Brothers' Keepers is sponsored by Insight Prison Project (IPP).

"The work that you guys are doing is what we need in the community, not only in here, but out there," said IPP executive director Leonard Rubio.

Eleven years after his

friend committed suicide, Mutch was released from prison.

In the free world, Mutch met Susan Barber of Mission Hospice & Home Care through mutual friends involved in compassionate care. He asked her if she'd provide hospice training for Brothers' Keepers, because people behind bars also deal with death and dying.

Mutch says that hospice training is a natural evolution of the compassionate care that's taught in Brothers' Keepers.

He continues service-related work as co-founder and associate director of Humane Prison Hospice Project.

BROTHERS' KEEPERS GRADUATING CLASS OF 2018



Greg "White Eagle" Coates provided music with a wood flute as an interlude and Quentin Blues performed several songs, including I'll Always Be Your Friend. Prior to Quentin Blues' performance Richie Morris said, "I've lost 52 family members in my 32-year prison stay and I've never had the opportunity to properly grieve—I'm working through that right now."



Brothers Keepers Alumni 2013

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David Jordan
B.J. Miller
Ladybird Morgan
Marvin Mutch
MK Nelson
Dr. Kathleen O'Meara

AVARY

Continued from Page 1

This was in addition to the \$9,000 in outside donations.

Project Avary provides youngsters between the ages of 8 and 11 a long-term 10-year commitment to support them in their lives. The youth participate in annual camping trips and weekly activities.

"I was five years old when my parents broke the news that my father was in prison," said Monica Garcia, daughter of Nicholas Garcia, who paroled from San Quentin. "I thought if people thought my father was bad—then I'm bad."

"Project Avary is where kids can be kids with people they can relate to. I was still a daughter of an incarcerated parent until two years ago," added Monica. (Her father spent 40 years in prison before his parole.) "Give your kids the power not to be incarcerated by your incarceration," she said.

The march included more than a walk. It featured speakers, spoken-word recitals and musical acts. Program coordinator Erhart and Avary participant Allison, 18, read poems re-



Photo by Eddie Herena, SQ News

Eric Erhart doing his spoken-word piece

flecting their thoughts and feelings about dealing with a jailed parent.

"Moving from house to house because there is no father to support our family/having dinner without him/celebrating birthdays without him/him not being there to watch us graduate/there is all this stuff that was not easy for me as a child of an incarcerated parent," read Allison to the large crowd.

"At Project Avary you have something [more] in common with the kids than you have at school," said Allison. "There you don't face the judgment. You get



Photo by Eddie Herena, SQ News

People walking laps at the Lower Yard



Photo by Eddie Herena, SQ News

Nicholas, daughter Monica and wife Monica Garcia



Photo by Eddie Herena, SQ News

Allison sharing her thoughts

to open up and see that people care. There we formed a family."

Erhart performed his poem "Incarcerated" with passion and drama.

"I have been incarcerated internally/ immensely infected by society incompetence to identify the issue/ the nation has negated my need for nourishment/ denying me -- necessary nurturing by imprisoning my nurturer," read Erhart. "Remember the reality is those reprimanded are not only the rule breakers/but the respective relatives whose lives are now regulated."

Prisoners Jason Jones and Eric (Maserati-E) Abercrombie performed "Statistics" a hip-hop song about the increasing incarceration numbers. "We got to bring the numbers down," yelled Jones.

Kid CAT member Nahzee Flowers spoke about having both his parents incarcerated, which sent him through the child-care system.

"I was adopted into a good home," said Flowers. "But I still felt like if my parents didn't love me, I couldn't be loved. Then I gravitated toward the streets."

Avary's Dr. Mimi Pepitone, added "I had a nephew murdered as a teenager. We were so busy going to work and school that we weren't paying attention to the kids around us. We started investigating and found that most kids had incarcerated parents. They didn't feel love, and they didn't see a future."

"So what we do is bring them a future within our program," said Pepitone.

The event concluded with words of bonding, shared among the crowd.

The attendees formed a large circle around the yard, held hands, and on the count of three they lifted their hands in the air, and, in unison, yelled "Family!"

States struggle to carry out executions

By Wayne Boatwright
Staff Writer

Lethal injections, legal battles and difficulty obtaining drugs have forced a number of states to find alternative ways to carry out the death penalty, reports the *New York Times*.

Alabama, Oklahoma and Mississippi have authorized the use of inhaling the inert gas nitrogen for executions.

"An oxygen-deficient atmosphere" can knock a person unconscious after just one or two breaths and "the exposed person has no warn-

ing and cannot sense that the oxygen level is too low," according to a report from the United States Chemical Safety and Hazard Investigation Board.

"The safest, the best and the most effective method available," Mike Hunter, Oklahoma's attorney general, said about using nitrogen.

The problem is that no one actually knows how safe it is. "If and when states begin carrying out executions with nitrogen, it will amount to the same type of experimentation we see in the different variations of lethal injections," Jen

Moreno of the Berkeley Law Death Penalty Clinic told the *New York Times*.

Lethal injections were started some 40 years ago and were expected to be more efficient and humane than the electric chair or gas chamber but have failed to consistently deliver on this promise.

"It burns, man," were the last words of a Georgia inmate executed in May for a 1996 shotgun slaying as he twitched briefly when the lethal injection flowed into his body reported the *Associate Press* in a May 5 article. He was the second Georgia in-

mate executed this year.

There are approximately 2,750 inmates on death row in the 31 states and in federal and military prisons according to *The New York Times*.

Across the nation there were 41 sentences calling for the death penalty in 2017 — 23 executions were carried out during that same period, according to Amnesty International, and 41 additional death penalties sentenced. These figures were the second lowest totals for executions and death sentences recorded in any year since 1991 and 1973, respectively.

Blocked by legal challenges, California has not executed anyone since Clarence Ray Allen in January 2006.

However, that could change in the next governor's term, after voters approved speed-

ing up the appeals process in 2016 by passing Proposition 66.

While one judge recently lifted an injunction blocking executions, four federal and state lawsuits are pending over the state's protocol for execution by lethal injection.

Unlike the constitutions in most states, California's limits a governor's executive clemency power — governors cannot commute the sentence of an inmate who has two felony convictions unless four of the seven State Supreme Court justices concur. About half of California death row inmates have two or more felonies on their record, experts estimate.

Even if the governor cannot commute a death penalty, California has no current legal avenue to purchase the ex-

ecution drugs specified in its new procedure: pentobarbital or thiopental. State officials have said they plan to use compounding pharmacies to produce the drugs, although that could invite further litigation, according to experts.

The only gubernatorial candidate who personally supports the death penalty is Assemblyman Travis Allen, an Orange County Republican who vowed in an interview to "clean out this death row in California."

"I don't think we're ever going to see an execution carried out in California because there are too many legal and practical obstacles," said Natasha Minsker, the director of the ACLU of California Center for Advocacy and Policy in the *Mercury News*. www.deathpenaltyinfo.org

Nebraska executes inmate

By Lloyd Payne
Journalism Guild Writer

Despite being sued by a pharmaceutical company for alleged unauthorized use, the state of Nebraska was successful in executing a prisoner on death row using the addictive drug fentanyl, according to *NPR News*. Robert Dunham, head of the Death Penalty Information Center, believed the use of fentanyl—the first execution in the country using the chemical—was unusual.

"It's somewhat ironic that at the same time the Justice Department and states are talking about how dangerous fentanyl is and how it's created a national public health emergency that states are now turning to it as a supposedly safe way of killing prisoners," Dunham said told *NPR*. Convicted of murder in 1980, Carey Dean Moore was sentenced to death and did not put up a legal fight against being injected with a lethal dose of the deadly opiate.

But Fresenius Kabi, a German pharmaceutical company, challenged Moore's execution in federal court according to *NPR News*.

Fresenius Kabi are the makers of potassium chloride and cisatracurium besylate, two of the four drugs used in the state's execution cocktail, and filed a suit requesting that a temporary restraining order be granted on the grounds that the state of Nebraska may have purchased those drugs illegally.

The company commented that its drugs are only sold by authorized dealers who "contractually agreed to particular constraints, such as excluding sale to federal or state incarceration facilities."

Nebraska has been vocal about the debate over the use of the two drugs in Moore's execution. The state said after contacting a number of potential suppliers and six different states, the drug was supplied by a licensed pharmacy in the United States. Nebraska authorities claim that the drug was not obtained by fraud, deceit or misrepresentation.

Judge Richard Kopf denied the restraining order. He stated the claim that the drugs' use would cause the company "irreparable injury" was "far too speculative," allowing the state of

Nebraska to complete the execution.

NET News reported that there have also been concerns by death-penalty abolitionists about the drug cisatracurium besylate, which causes paralysis.

"If in tortuous pain the paralysis would make the subject unable to respond," *NET News* summarized.

Moore was given the first drug at 10:24 a.m. and pronounced dead by 10:47 a.m., according to the Nebraska Department of Correctional Services.

The *Associated Press* reported that while on the gurney, Moore turned his head and mouthed several words to his family, including "I love you."

His execution was under heavy scrutiny by the ACLU Nebraska chapter.

"This execution of Carey Dean Moore does not comport with Nebraska's proud tradition of open government," director Danielle Conrad said to *NPR*. She also said it stood as the most dark chapter in Nebraska's troubled history with the death penalty. The state had not executed an inmate since 1997.

Servicemen sentences overturned

By Noel Scott
Journalism Guild Writer

Two servicemen on military Death Row had their sentences overturned this summer, reports the Death Penalty Information Center (DPIC). U.S. Air Force veteran Andrew Witt and Vietnam War veteran Robert Fisher both had attorneys who failed to present mitigating evidence of mental health issues and trauma in their initial trials.

Witt was sentenced in 2005 for murdering an airman and his wife. After a three-week capital resentencing trial, the U.S. Court of Appeals for the

Armed Forces imposed a life sentence, according to DPIC, which cited the *La Crosse Tribune*.

Fisher, who had received a Purple Heart from President Lyndon B. Johnson, was convicted of the 1980 murder of his girlfriend. The U.S. District Court for the Eastern District of Pennsylvania overturned his death sentence and granted a new trial.

In both cases, attorneys failed to present evidence that their clients suffered from head trauma or Post-Traumatic Stress Disorder. PTSD can cause serious psychological after-effects for years after a soldier returns from combat,

according to DPIC.

In Witt's case, the attorney failed to present mitigating evidence that he had suffered a traumatic brain injury just four months before the murders. Witt's death sentence was the first one handed out to an airman since 1992.

In Fisher's first trial, his attorney failed to present the mitigating evidence of trauma and other mental health issues Fisher experienced due to his service in Vietnam.

Twelve veterans have had their death sentences reduced to life in prison, while four veterans in military prisons are still on the U.S. military death row.

that another Texas inmate facing execution was more likely to reoffend because he was Black. Chief Justice John Roberts said that the comment was a "noxious strain of racial prejudice."

However, the Texas Court of Criminal Appeals, the state's highest criminal court, announced in June that it had revised its standards to better reflect modern medical thinking and abide by U.S. Supreme Court directives. "Under its new protocols, inmate Bob-

by Moore, 58, can be executed," the Texas court said.

sentenced to execution, but the execution was set aside by the U.S. Supreme Court because of its 2002 ruling that the execution of inmates with intellectual disabilities is "cruel and unusual punishment."

A 2017 U.S. Supreme Court ruling, written by Justice Ruth Bader Ginsburg concerning the Moore case, ruled against Texas' system for measuring the intellect of defendants, because it was found to be "deficient."

This 2017 Supreme Court decision came a month after a psychologist had testified

Pope Francis condemns the death penalty worldwide

By Salvador Solorio
Journalism Guild Writer

Pope Francis declared executions are an attack on human dignity and the church would work with "determination" to abolish capital punishment worldwide. The Pope also made official changes to the Catechism of the Roman Catholic Church, according to the *New York Times*.

The Catechism is the book of doctrine for 1.2 billion Catholics and is studied by adults and taught to children. Ending the death penalty is among the Pope's main goals, along with protecting the environment and caring for refugees and immigrants.

Most countries, including those with significant Catholic populations, have already abolished the death penalty, according to Amnesty International.

However, in the United States, where capital punishment is still legal in 31 states, a majority of Catholics support the death penalty while also supporting the end of abortion. The Catholic Church's new stance aims to change this view on capital punish-

ment, which the Pope once called fostering "vengeance."

"It becomes binding for bishops to defend life from the initial state through all phases to the very end," said Mario Marazziti, coordinator of the global anti-death penalty campaign of the Community of Sant'Egidio in Rome. "Even for those who are guilty."

The changes in doctrine could put Catholic politicians in difficult positions, especially Catholic governors like Greg Abbott of Texas and Pete Ricketts of Nebraska, who have presided over executions.

John Gehring, director at Faith in Public Life, a liberal-leaning group in Washington, said, "If you're a Catholic governor who thinks the state has the right to end human life, you need to be comfortable saying you're disregarding orthodox church teaching. There isn't any loophole for you to wiggle through now."

This ruling could also complicate the lives of American judges who are practicing Catholics, including U.S. Supreme Court Chief Justice John G. Roberts, Justices

Clarence Thomas, Samuel A. Alito Jr., Sonia Sotomayor and, if approved, the latest court nominee, Brett M. Kavanaugh.

Pope Francis' new doctrine was described by Chester L. Gillis, professor of theology at Georgetown University, as "part of the regular teaching of the church" and "binding." But this does not mean Catholics who think differently than the Pope will be denied sacraments.

"There are lots of other teachings in the Catholic Church that not everybody abides by," Chester said. "Is practicing birth control a mortal sin? If true there would be a lot of couples in mortal sin."

Vatican News reported the revisions would affect paragraph 2267 of the Catechism.

"The dignity of the person is not lost even after the commission of very serious crimes," Pope Francis said in 2017. "The Church teaches, in the light of the Gospel, that 'the death penalty is inadmissible because it is an attack on the inviolability and dignity of the person. And she works for the determination of its abolition worldwide.'"

Fentanyl more lethal than other opioids

Deaths related to the opioid fentanyl tripled in California between 2016 and 2017, according to a new report.

"We're really on high alert," Rachael Kagan, spokeswoman for the San Francisco Department of Health, told Soumya Karlamangla of the *Los Angeles Times*.

Fentanyl has historically been less present in California than other parts of the United States. Experts say that's because most heroin sold in California is black tar heroin, which is harder to mix with fentanyl, while white powder heroin is more popular on the East Coast, the *Times* reported May 15.

Recently, the drug has started to show up in cocaine and meth sold in California. Fentanyl is 50 times more potent than heroin and is often mixed into other street drugs to produce a more powerful high. Its presence in non-opioids has experts worried California may be headed toward a deadly crisis.

Three Hispanic men were recently found dead of drug overdoses in an apartment in downtown Los Angeles, the newspaper reported. The

coroner's report stated they had been doing what they believed was cocaine when they died. However, it is suspected that the men accidentally consumed fentanyl as well, according to Dr. Gary Tsai, medical director of the Los Angeles County Health Department's substance abuse prevention and control division.

"Cocaine, while it can be life-threatening, generally doesn't result in instantaneous overdose deaths like that," Tsai said.

According to the *Times* article, recently several people have also died in San Francisco from ingesting fentanyl with methamphetamine, counterfeit Xanax and crack cocaine. Reports from elsewhere have found fentanyl in the rave drug MDMA.

In the last year alone, the Drug Enforcement Administration (DEA) has made seizures of cocaine with fentanyl, methamphetamine with fentanyl, and ketamine with fentanyl throughout Southern and Central California, according to Timothy Massino, a spokesman for the DEA in Los Angeles.

"This is a fairly new phenomenon in this area," Massino told the *Times*.

Arron Barba, director of the Venice Family Clinic Common Ground in Los Angeles, provides drug users with test strips to check for fentanyl.

"There's no quality control, and there's no government to step in and say you can't do that," she told the *Times*. "People can't tell what's in the drugs they're buying, and it's clear fentanyl is increasingly part of the equation." Tsai and other experts said that while fentanyl-contaminated street drugs are a real and growing threat, they're not California's most urgent public health issue.

But Maynor Garcia, whose brother was one of the three men that died in Los Angeles, told the *Times* he wished there were more public awareness about the risk in party drugs in the city.

"I'm not encouraging people to do cocaine, but people do," he said, "and then those people that do it ... need to understand that it could be lethal."

—By Lloyd Payne

Texas updates death penalty protocols

By Achilles Williams
Journalism Guild Writer

A Texas court implemented updated protocols for Death Row prisoners with intellectual disabilities. The revised standards came after the U.S. Supreme Court had set aside Texas prisoner Bobby Moore's execution, Reuters reports.

The new protocols allowed the Texas Court of Criminal Appeals to reinstate Moore's death sentence.

Moore, 58, was convicted of murder in 1980. He was

San Quentin Diabetic Class honors 16 graduates

By Charles Stanley Longley
Journalism Guild Writer

A fresh group of faces graduated from the San Quentin Diabetic Class this past July, following an 18-week course. During a heartfelt ceremony attended by facilitators, mentors, staff supporters and other graduates of the program, the men came up one by one and

spoke about how their lives had changed for the better from learning about diabetes.

One of the graduates, Anthony Pier, told the *San Quentin News* that the class had taught him to live with his disease.

"I found out how to eat better and take care of my body, to live a longer life," he said.

Pier encourages all diabetics to take the class and gain

the same tools he did.

In order to know if you are diabetic or even borderline or pre-diabetic, you can ask your doctor for the A1C test. Diabetes can lead to fatal complications such as heart attacks, kidney failure and many others that can be prevented with the right care.

However, the class isn't solely for diabetics.

"Even though I am not a

diabetic I still signed up for the group because I heard that I would learn different tools that would help me live longer," Dennis Oates said. "I learned how to take care of my body better. From the different lectures that were taught, I even found out where the different organs were inside of my body and their functions."

The course includes a

wide variety of educational classes, such as an introduction to diabetes mellitus, lessons on emotional eating and food labels, neuropathy and foot care and even a class on breathing and meditation. Diabetics enrolled in the class also receive their own glucometer and supplies and learned how to use them.

There were 16 graduates this time around: James Ap-

person, Wilfried Brown, Wilfried Calamese, Edwin Carlevato, Mario Eslava, Robert Graham, Jewel Harrison, Thomas Jeffery, Samuel Jones, Dennis Oates, Herminio Quinonez, Anthony Pier, Charles Reese, David Roberts, Kevin Schrubb and Paul Vogan. They now join a community of over 150 inmates on the mainline who have passed the class.



Photo by Jonathan Chiu, SQ News

Wilfried Calamese glad to be graduating



Photo by Jonathan Chiu, SQ News

Anthony Pier holding his certificate proudly



Photo by Jonathan Chiu, SQ News

Herminio Quinonez among a group of graduates



Photo by Jonathan Chiu, SQ News

Gerald Jeffery smiling at his graduation



Photo by Jonathan Chiu, SQ News

Samuel Jones standing tall at the graduation



Photo by Jonathan Chiu, SQ News

Dr. Elena Tootell giving her speech

LETTERS TO THE EDITOR

"OGs must give back to those they broke away from"

I've come to realize, after serving 37 years in prison, that we, the OGs, are responsible for the current trend of self-destruction that's affecting our youngsters.



OGs must first and foremost come to grips with the fact that many OGs have done a lot of stupid-dumb stuff. We must acknowledge this fact. It is only through serving long lengths of time and the struggle of dealing with life's adversities, and the loss of loved ones that we now know what is real about life.

Life without freedom means the death of your mother and father while you remain behind bars. It is coping with the love from family and friends that has vanished over time. But, most importantly, it's losing that life that God planned for you to live.

We, the OGs, took something very valuable from our young generation, ourselves. So don't get it twisted, they didn't leave us, we left them out there to fend for themselves.

Yep, we abandoned them when they needed us most. Now, like animals of the wild they prey on each other.

By any means necessary, we must get our young people back on track by putting our best foot forward and being the best examples we can be.

We must rethink this red and blue that destroyed you and me.

We've got to stop disrespecting our women, for you can't treat someone badly and expect them to be good to you.

It is said when a demon gains possession of someone they cause much suffering. But being freed from a demon, returns the person to a normal state of mind and body.

So, all OGs must find that state of mind and body for our young generation again.

May God bless you with His light of understanding as I greet you in peace.

Sincerely, Eddie 'ET' Turner



Photo by Jonathan Chiu, SQ News

Kevin Schrubb receiving his certificate



Photo by Jonathan Chiu, SQ News

James Apperson accepting his certificate



Photo by Jonathan Chiu, SQ News

Graduates and facilitators at the graduation ceremony

After 22 years Antoine Brown is a free man

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

After receiving a commutation of his sentence from Gov. Jerry Brown, Antoine Brown became the latest Kid CAT member to be found suitable for parole.

"During his 22 years of incarceration, Mr. Brown has demonstrated a clear commitment to his rehabilitation," Governor Brown stated in his Dec. 23, 2017, commutation of Antoine Brown.

"Mr. Brown committed a senseless crime, but he has shown a clear rejection of violence and gang activity for many years. In light of his age at the time of his crime, his positive conduct in prison, and his determination to continue giving back to society if released, Mr. Brown deserves an earlier opportunity to make his case to the Board of Parole Hearings so they can determine whether he is ready to be released from prison," the governor added.

On April 20, Brown was found suitable for parole.

"I committed a crime that took the life of an innocent man and attempted to kill two other people it is only by the grace of Allah, Governor



Photo courtesy of Antoine Brown

Son Romel Brown, Antoine Brown, and brother Dion Campbell

Brown, and the Board of Parole Hearings that I am given another opportunity," says Brown, 40, who was serving the 36 years-to-life for first-degree murder and assault with a deadly weapon.

"I am so grateful for the opportunity to demonstrate my change and for them to believe in me," he adds.

Born and raised in South Central Los Angeles by his single mother and stepfather, Brown is the second of four kids.

"Growing up, my household was peaceful. We went camping, fishing, and I had a great relationship with my

stepfather," Brown says.

The happy dynamic of the family changed when Brown's parents were on the verge of splitting when he was 14.

"The love and attention I had was gone, and I thought it was my fault that they were going to split," he says.

To cope, Brown turned to the streets.

"I went outside the house to find that love and belonging by joining a gang," Brown says, during an interview.

"Soon I started ditching school, carrying a gun and getting into fights."

At 15, Brown dropped out

of school.

"I started hanging out in the neighborhood, selling drugs, gang banging and going to parties. That's all I did," Brown says.

A day after learning his girlfriend was pregnant, Brown was informed that a fellow gang member had been shot at, and he took it upon himself to retaliate.

"When I heard my friend had been shot at, I didn't even think about my unborn son. I was only thinking about building my reputation and proving my loyalty to my gang," Brown says.

Twenty minutes after com-

mitting murder in a retaliation, Brown was arrested.

"During the whole time in jail, my mind was on getting out. I didn't even think about the consequences of my actions or the victims' feelings," he says.

Brown's son was born while he was in Juvenile Hall in 1996.

After a year and a half, Brown was convicted of first-degree murder and assault with a deadly weapon.

"When I got convicted, I felt devastated knowing that there was a possibility that I will never go home to be with my son, who I've never held," Brown says.

The fear of prison daunted Brown. "When I first came to prison, I had a lot of misconceptions and was willing to do anything to survive. However, it wasn't like what I saw on TV. I was very fortunate to have older guys to guide me in the right direction."

Brown received his GED in 2000.

He attributes his total transformation to his time in San Quentin. "The programs they had here, like VOEG and No More Tears, helped me gain the insight necessary for me to understand the impact I've had on my victims because of my actions."

While in San Quentin, Brown became the co-

founder of Kid CAT.

"We wanted to create a program that would shed light on youth offender issues," Brown says. "To see how it has now given back to the homeless and to help at-risk youth has been amazing to see."

Brown has many accomplishments, but they didn't come without any speed bumps.

"In 2013, I received a disciplinary write-up for a cell-phone," Brown says. "I felt really ashamed and a hypocrite for letting so many people down who believed in me. I knew if I was ever to get out of prison and set an example for my son, I needed to change my behavior."

"Two years ago, my son was arrested, and it served as another wake up call because he reminded me of myself."

In 21 years, Brown has only met his son six times in person.

"The relationship I have with my son today is great, thanks to the mother of my son," he says.

"My only hope now is to be a father to my son and be there to support him and ensure that he feels loved."

Upon parole, Brown wants to work with at-risk youths in juvenile halls. **Brown paroled on Sept. 2018.**

Young female offenders donate \$1,500 to charity

Female inmates at the Ventura Youth Correctional Facility raised more than \$1,500 to fund a program to end domestic violence.

"These young people are involved in fundraising year round. (The) donation was prompted by National Crime Victims' Rights Week, which is recognized at the facility with presentations from crime victims as well as essay and art contests," *VC Star* reported.

The organization that received the fund is a Sacramento-based organization called California Partnership to End Domestic Violence.

"Nobody understands how it is unless you've been through it," said Jessica Beall, 19, inmate at Ventura Youth Correctional Facility.

At the ceremony where

the check was handed over, Beall spoke about her experience of being in an abusive relationship.

The funds came from a pizza sale held at the prison, which garnered over \$3,100, half of which has gone to the domestic violence program.

"Most of the money spent by youths in the pizza fundraiser was cash they earned through jobs that include recycling waste, remodeling living quarters, mowing lawn and animal grooming," said Beatrice Driver, victim coordinator for the Ventura Youth Correctional Facility.

"Last year, some of their wages went to victims of the Thomas Fire and the hurricanes in Houston, Puerto Rico and the U.S. Virgin Islands," Driver added.

-By John Lam

Wisconsin ends harsh treatment of youth

Wisconsin prison officials have reached a legal settlement aimed at bringing sweeping criminal justice reform to its youth prisons.

The settlement provides for "broad changes at the state's troubled youth prison, (which) include banning guards from using pepper spray, ending solitary confinement for rule-breakers and limiting mechanical restraints and strip searches," *The Associated Press* reported in June.

Pending approval from a federal judge, the settlement would include \$1 million for ACLU's attorney fees. ACLU represented the plaintiffs against the state.

"We hope this settlement (will) signal a larger shift in Wisconsin's juvenile justice system toward an approach that recognizes the unique needs and vulnerabilities of

youth and respects their constitutional rights," said Timothy Muth, ACLU attorney.

The U.S. Department of Justice has been investigating allegations of widespread abuse of Wisconsin prisons since 2015, according to the *AP*.

"In March, Wisconsin Department of Corrections

reached an \$18.9 million settlement with a former juvenile inmate who suffered brain damage after she tried to hang herself in her cell," *AP* reported.

The girl alleged that staff ignored signs that she was contemplating suicide and didn't respond to her cell call light when she activated it

before she attempted suicide, *AP* reported.

Wisconsin's Department of Justice Secretary Ed Wall resigned in February 2016 after the FBI took over the investigation into allegations of abuse at its prisons. The probe is still ongoing, according to *AP*.

-By 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 Speaks c/o *San Quentin News*, 1 Main Street, San Quentin, CA 94964 for a copy of our curriculum and facilitator's 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.

Dear Kid CAT,

Thank you for including us on the Project Avary walk in September. It was an truly an amazing day, far more powerful and thought-provoking than me and my husband Steve ever could have imagined. We had many conversations about it since that day, and we really just can't stop thinking about the men - especially the Kid CAT members - locked up for huge swaths - if not all - of their lives. We had a talk with a man name David, a deeply thoughtful articulate young man who reminded us very much of the sons of some of our best friends. I was so involved in the conversation that I forgot where I was, until he mentioned his cell. The openness of the men to talking and expressing pieces of themselves really floored us.

The import of circumstances - maybe coupled with a few breaks one way or another - is breathtaking. This was revealed to me so profoundly on that day. AS was the immense talent of the men there playing music, rapping, love and plea for forgiveness - I've ever heard. I grieve for them.

What I was hoping for was a peek over the wall - to get a glimpse of what goes on the other side. We saw the best of it, I'm sure, as most hours and days are spent differently than with us. But I am so grateful - as expressed in the closing circle at the end of the walk. To have had the opportunity to see to see those men in blue working hard to open their hearts, amend their mindset and contribute to improving the lot of others, to breaking the cycle.

*Keep up the good work!
In community,
Vicki and Steve*

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 helps 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!

Who is the person you find hardest to please? Why is it so hard to please this person? Tell us about that person and your struggles to find a common ground.

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

Formerly incarcerated author's inspirational memoir

By Harry C. Goodall Jr.
Journalism Guild Writer

Donna Hylton, who was abused as a child, spent 27 years in prison and wrote a book about how she turned her life around. She said her mission today is to be "a voice for the silenced" women still in prison.

At age 20, Hylton was sentenced to 25 years to life for her role as a nonviolent accessory to kidnapping and second-degree murder. She is finally freed.

Hylton's childhood was a living hell. She was abandoned by her mother in Jamaica, N.Y., at age 8, according to the article by *The Glow Up*. At that time, she was subjected to physical and sexual assaults by her adoptive father and multiple offenders. These factors culminated in her role in her crime, according to the article.

In prison, Hylton was inspired to write a memoir called *A Little Piece of Light: A Memoir of Hope, Prison and Life Unbound*. It's a recounting of her life's events and changes she made.

Her spiritual awakening came twofold. One, from earning her master's degree and, two, learning her talent for writing. She developed self-worth, which has enabled her to re-shape her life.

"There's this culture of

silencing women; it's like saying, 'Well, this is what happens. You get what you deserve,'" Hylton told *The Glow Up*.

Hylton left behind her

4-year-old daughter when she was sentenced to life. That left her daughter, Adrienne, to suffer a similar fate, according to the article. Adrienne felt abandoned and

became a victim of sexual assault. Adrienne was raped when she was in her early teens.

Six years after Hylton's release from prison, she is still trying to forge a relationship with her daughter. "We love each other deeply [but it remains] a work in progress," Hylton said.

The collateral damage effects were highlighted by New York City first lady Chirlane McCray. "[A] woman's imprisonment has a profound effect on their families and communities. It's not just the woman that's impacted, but the entire family," McCray told *The Glow Up*.

Hylton noted that during her 27 years in prison she discovered a commonality among the stories of the women in prison.

"This way of being, this way of characterizing women and silencing women has been going on for so long that we've become comfortable in believing that that's the way it should be," she said. "

In 2017 Hylton was a featured speaker in the Women's March on Washington. She has become a prominent voice in the movement to end mass incarceration.

There are talks of making her life story a movie. According to Dealine.com, Rosario Dawson, an activist and

actress, has agreed to play Hylton's role.

Hylton seeks America to recognize the humanity of incarcerated women. She said women are often forgotten in prison-reform discussions,

according to the article.

While in prison, she formed friendships with the infamous Pamela Smart, and the Long Island Lolita, Amy Fisher, according to *The Glow Up*.



File Photo

Author Donna Hylton

Conference at San Quentin applies restorative justice principles

By Lloyd Payne
Journalism Guild Writer

Eight incarcerated men stood before a number of women and prisoners to make amends for unethical behavior. They spoke at the second "Sister I'm Sorry" conference, hosted by Tony "Pup" Walldrip, at the Garden Chapel on August 11.

The conference began with the screening of a "Sister I'm Sorry" event hosted by Margaret Avery, filmed and directed by Frank Underwood Jr.

Panel speakers were Bun Chanthon, Clay Harris, Larry "Doc" Histon, Andress Yancy, Darryl Hill, Darrell "Obediah" Flowers, Lonnie Morris, and Travis Lambert.

Flowers, 47, serving a 12-to-life sentence, was given four minutes to speak about what he was sorry for.

"I come from a drug-addicted mother who is a prostitute. She had me at 15 years old, and used to lie to me a lot. It made me angry, and at 14 years old I beat her up," he said as he shed tears.

"I was angry. I took that anger into my relationships where I looked for valida-

tion, but was controlling, manipulating, cheating, and when my girlfriend was tired of me she wanted to leave," he said. "I didn't want to let her leave me. I stabbed her...she cried 'Help me Jesus, help me Jesus, help me Jesus,' and I told her 'Jesus can't help you now,' but by the grace of God she survived."

"For being controlling, manipulative and a cheater, Sister, I'm sorry," Flowers said.

Darryl Hill, another lifer, said "I loved the streets more than I loved my family."

"While I never touched my family, I killed people in front of them. I beat people in front of my mother-in-law, my wife," he said as he took a deep breath. "I hurt them that way."

"My wife was diagnosed with pancreatic cancer while I was still home. She had five years to live, and while I was lying down with my wife in bed she would say, 'You're going to get life or get killed in the streets.' My response would be, 'Well, you got five more years with me so you better enjoy them while you got

them."

Her prediction came true, and he was sentenced to life in prison for murdering a man.

"For not being there to give my wife her pain medication, abandoning my family, and for every sister who had a man like me, 'Sister, I'm sorry,'" Hill said.

Darlene Burke said she was moved by the fact that incarcerated men were holding a conference to apologize for mistreating women. Burke is the founder of Ten Toes In, a mentorship and

domestic violence program, and she flew from Los Angeles to attend.

"Typically, it is the women who support the men in prison and we are never acknowledged, often ostracized, told we have low self-esteem and are stupid because we choose to love y'all," Burke said. "And I just want you men to know, when a woman invests in a man she's looking for a man in return."

She accepted the men's apologies for women who couldn't attend and said, "Thank you."



Photo by Richard Richardson, SQ News

Inmates and guests looking in the Bible for a scripture



Photo by Richard Richardson, SQ News

Guest attendees at the event



Photo by Richard Richardson, SQ News

Inmates in prayer at the event

In 2017, Unite the People, formerly known as We the People Org, began the process of writing a ballot initiative with a goal of releasing the nearly 3,000 Californians locked up for nonviolent third strikes under our State's mandatory sentencing law.

Although we lacked the time or financial resources to move our initiative to the ballot in time for the November 2018 elections, we started a powerful grass roots movement of dedicated volunteers and family members with loved ones who have been unjustly incarcerated. Our immediate objectives now are to grow our membership, raise the financial resources we will need for a ballot fight in 2020 (approximately \$2 million), and begin preparing to launch signature gathering efforts for The People's Fair Sentencing & Public Safety Act by the Fall of 2019. We are also working on a legislative effort with the California Assembly and Senate to allow early release and re-sentencing for nonviolent third strikers.

We are determined to make a difference and bring an end to mass incarceration!

A MESSAGE FROM OUR FOUNDER,
MITCH MCDOWELL

I'd like to start by saying THANK YOU to the hundreds of volunteers that have joined our organization's efforts to reform California's 3 strikes sentencing structure. My sincerest thank you goes out to our core group of members (too many to name) who have spent tireless hours day and night lending their time and expertise to advance our cause. Without you all we wouldn't have gotten anywhere, so to you I give many thanks.

I would next like to briefly explain what happened with our 2018 initiative. The People's Fair Sentencing and Public Safety Act of 2018 gained much traction and public awareness and, despite its ultimate failure to qualify, had a really incredible all-volunteer effort toward gathering the 500k signatures needed to qualify for the ballot. Originally, our initiative's deadline was July 16th.

Even though attaining the funding needed to qualify strong for the ballot was a struggle, we still had a couple months left to achieve our goal when the Secretary of State's office announced they were moving up the cutoff date to submit signatures to May 11th.

Their reason was that due to the amount of initiatives filed for this year's ballot, they wouldn't have the allotted time to count the signatures to qualify for the 2018 ballot if the date was not changed. You still could have continued to gather signatures and turned them in, but those would be used to qualify for the 2020 ballot. Receiving this surprising news of the earlier cutoff date definitely caught us off guard. As much as it hurt me as well as the others in our organization, I had to make a decision.

My decision was to pull the initiative on the 2018 campaign and focus all of our momentum towards the 2020 ballot. With us filing our initiative again in approximately 12-13 months from now, that allows us the time to build our volunteer base, increase our funding stream, and really be ready to push harder and stronger for the 2020 ballot.

Just like the majority of us in our organization, I also have a loved one, my younger brother, doing life in prison for a nonviolent Three Strikes case. If you are affected by this inhumane law, either by being incarcerated or a loved one of someone incarcerated, we at UTP want you all to know that WE WON'T STOP UNTIL YOU GUYS ON THE INSIDE ARE HOME!!!

In closing, I want to leave you with this... There is power in numbers!! We have the numbers, we have the people, and we have partner organizations all working with us to create change. Now all we have to do is to come together, work together, and most importantly -- NOT GIVE UP!!! Asking nicely for change, for the system as a whole to treat people humanely, doesn't work. It hasn't worked yet, and won't work until we all get fed up with this unfair treatment of the disadvantaged community. I'd like to extend my personal invitation to all people, and all other social justice organizations out there, to join us in this movement to DEMAND FAIR SENTENCING LAWS!!! Let's not talk about it anymore. We know what the problem is and why it is. We've talked about it long enough. It's time to DEMAND CHANGE AND BRING OUR LOVED ONES HOME!!!

-Mitch (mitchell_mcdowell@unitethepeople.org)

San Quentin musical event showcases lyrical artists

By Marcus Henderson
Journalism Guild
Chairman

Rap music has become heavily materialistic lately, but true “MC-ing” resurfaced on San Quentin’s Lower Yard, as visiting artist Kev Choice Ensemble and an array of young San Quentin lyricists moved crowd.

At the August 24 yard show had a mosh pit of young prisoners “turned up,” as their generation calls it. They danced wildly, pumped their hands in the air and popped invisible collars on their state blue shirts, as they surrounded the makeshift stage.

The multi-talented pianist and rapper Kev Choice was the definition of positive vibrations. He provided love, inspiration and social consciousness for each song in an hour-long set.

“The word of the day is ‘expansion’—expanding the mind,” said Kev Choice. “We came to bring love and light. I got into music to uplift the people in my community. And I’ve always wanted to do this [perform in prison].”

“I have family and friends in the system [prisons or jail]. I thank Raphaele [Casale] for making this happen,” he added. Casale, who works in the warden’s office, is the music program sponsor.

Kev Choice’s first song, “That’s Life,” was an autobiographical track that dealt with his childhood and his journey through the music business, all layered in a



Photo by Eddie Herena, SQ News

Daniel Rivera, Kev Choice, Jennifer Jones, KayShay (back) and Viveca Hawkins

smooth-jazz hip-hop tune.

“I was looking for a sign from the divine/All I had to do was look inside/Thank God for life,” Kev Choice rapped.

The Oakland-based musician has toured with singer/rapper Lauryn Hill, Too Short, Soul of Mischief and Goapele, among others.

Kev Choice’s ensemble was a perfect musical mix. Their instruments and vocals blended the same as the diverse flavors and spices of your favorite dish. Band members consisted of singers Viveca Hawkins and Jennifer Johns, drummer Dame Drummer, guitarist Andrew Levin, bassist Kayshay and Daniel Rivera on flute, saxophone and electric wind instrument.

“There were so many

beautiful brown faces,” Hawkins said. “I’ve never been to a prison before, but coming here is life-changing. I’m leaving with my heart full of love.”

Kev Choice’s music touches on police brutality, disenfranchisement and marginalization without being preachy or depressing. All the songs delivered words of triumph. He performed “I’m Thankful for It All,” “Can’t Be Free” and “Bring the Love.” But “I Be the Greatest” and “Born Conquer” set the youngsters off. The infectious beats and sing-along punch lines had the large crowd on its feet.

“I be the greatest. I want you to wake up and say that to yourself every day. I don’t care what they say about you,” Johns said. “People don’t think there is light and

love in prison. But I’ve filled up on everyone’s light, and I’m taking it back to the community.”

Both female vocalists



Photo by Eddie Herena, SQ News

Dame Drummer, Kayshay, Andrew Levin, Kev Choice, Daniel, Viveca and Jennifer

sang solo pieces. Johns sang “Bridge over Troubled Water,” and Hawkins, paying tribute to the late Aretha Franklin, sang “Natural Woman,” stirring the crowd with emotion.

Young SQ artists took to the stage after Kev Choice had electrified the audience. Philippe (Kells) Kelly and Thanh Tran performed “To Hell and Back,” a lyrical duel between Satan (Tran) and Kelly, trying to turn his life around.

“His punishment is contagious/Can’t escape it because my life is on the line/But I’m impatient/ face my master of disaster or bow to the maturation,” Kelly rapped.

“I see myself as a vessel of all the knowledge that I’ve studied and got from my elders,” Kelly said. “I can convey knowledge to a certain demographic that they feel like they might not reach.”

Tran also performed “Glass House,” an ode to his

sister. “If you was out, you’d be able to help/The cards we was dealt,” rapped Tran.

“Music is therapy; it allows me to speak about my deep emotions. I’m an introvert really,” Tran said. “It’s my way to heal—when it’s out—it’s out.”

Mike “The Lyrical Assassin” Mackey dazzled the crowd with vicious word play on “The One You Overlook” and “Draw First Blood.” His laid-back flow had more punch than a heavyweight fight.

Antwan “Banks” Williams, a seasoned word technician, performed “Powerful,” capturing the pitfalls of the younger generation’s bad decisions. David Jassy and Joshua (JB) Burton did “Precious,” letting a woman know that, no matter what, she is perfect.

The young musical genius Eric “Maserati-E” Abercrombie sang “Feel Me,” dropping wisdom that captured the whole show’s experience.

“Reporting live from a modern plantation/A product of a system succeeding ceasing the nation/By breaking generations and taking liberations/They took down the OGs, so my generation ain’t laced with the knowledge to see what’s going on in front of their faces.”

“It’s about education through the music,” Abercrombie said. “This way I can use my gift to move people forward.”

Kev Choice added, “The world needs to hear the real music being produced in San Quentin.”

Rising operatic star mesmerizes San Quentin audience

By Kevin D. Sawyer
Associate Editor

Rising opera singer Sara LeMesh brought her musical talents to San Quentin State Prison, mesmerizing her captive audience with her singing and charm.

In the prison’s Catholic chapel, LeMesh used the power of her soprano voice to entertain an audience of more than 100 as she ran through a set of 19 songs on a Sunday evening in August.

The men appeared focused as LeMesh sang, relaxing them all into a contemplative mood.

“I never thought I’d see this in prison,” Benito Sosa, 32, said. He arrived at San Quentin six months ago. “I think it’s cool.”

LeMesh resonated in four languages: Italian, French, Latin and English. The first eight songs, beginning with “Caro mio ben,” were sung in Italian or French. The last was “Nuits d’etoiles.”

“It’s a French song, and it’s about being outside on a starry night,” she said. “What’s the point in singing in a foreign language if you can’t share something?”

“It’s beautiful,” Daniel Arciniega, 51, said. He arrived at San Quentin five months ago. “Excellent songs. Her personality is nice. I appreciate the program.”

Following her skill singing in French, LeMesh switched to her native language, English. She said many people’s reference to opera is that it’s sung in Italian. “There’s a lot of opera in English.”



Photo by Eddie Herena, SQ News

Sara LeMesh playing the piano for the audience

I Attempt from Love’s Sickness was the first song sung in English.

“It’s about an angel,” LeMesh said.

LeMesh followed up with Music for a While. “It’s about how music can be really healing and make such a big difference,” she said.

The music is said to be so powerful in this song that it can make the snakes drop from Medusa’s head. “The Healing Power of Music” is how the organization Bread & Roses promoted this concert, just as it does many of its other shows. Lisa Starbird works with the organization and brought LeMesh into the prison to sing. She too pronounced the singing very enjoyable.

By the time LeMesh had completed singing 15 songs, Starbird noticed, “She hasn’t taken a sip of water.”

Starbird has been bringing music into the prison

through Bread & Roses for five and a half years. In total, however, the organization has been bringing music to San Quentin for more than

40 years.

“This is a religious piece,” LeMesh said of the song “Et Exultavit Spiritus Meus.” “Most religious songs, particularly Catholic, are Latin. (This is) a prayer, but a very uplifting one.”

She said Bach wrote it.

“You can tell it’s a prayer,” she added. Next was Laurie’s Song, a four-minute piece from the opera *The Tender Land*. It’s about a girl who is afraid but excited to leave home and see the world. LeMesh conveyed the girl’s fear singing, “Once I thought I’d never go outside this fence.” As the piano recording played melodically through the chapel speakers with chord progressions alternating in and out, there was a long rest that allowed LeMesh time to sing a cappella.

“This is an Irish tune

about the perspective of an older man,” LeMesh said of the song “The Salley Gardens.” It tells the story of a man who let go of love when he was young.

On the song Ave Maria, LeMesh said to the audience, “If you want to, close your eyes or hum along if you know it.”

When the sound of chords played as arpeggios on the piano recording, it was obvious to some musicians the song was Prelude in C.

“I didn’t realize how moving and emotionally powerful opera is,” inmate David Rodriguez, 22, said. “I want to hear more of it.” He said he wants to purchase some opera CDs.

“Amazing Grace” was the last song in the set. Because it was a familiar piece, the inmates sang along. Afterward, they gave LeMesh a loud standing ovation, applauding and cheering loudly.

For an encore, LeMesh played the piano and sang. Her bottle of water placed atop the piano was still full as she sang a piece about California. She received a second round of applause and another standing ovation.

“She’s an absolutely awesome singer and performer,” inmate Jeff Atkins, 56, said. “I couldn’t leave. You don’t expect that big sound out of someone that little.”

After the performance, LeMesh graciously shook hands and spoke with men who stood in line to thank her.

“You’re angelic,” said an inmate who introduced himself as Anthony.



Photo by Eddie Herena, SQ News

Sara LeMesh mesmerizing her captive audience

156 medical volunteers at San Quentin's Health Fair

HEALTH

Continued from Page 1

This was just one of the services provided in the gym, which included chiropractors, acupuncture, Tai Chi and Qigong. Present also were notaries for California Advanced Health Care Directive (deathbed agent instructions and power of attorney), hand washing education and information about diabetes.

The Health Fair would not

work without a multitude of incarcerated volunteers. Richard "3Dee" Benjamin, a Team Leader, is a 55-year-old lifer who is a TRUST Fellow. He has served 25 years. He volunteers to "offer the community a service—to give back."

"I think this is a really exciting project because it's run by inmates; we're just invited. I'm really impressed by who they get to come," Chief Medical Executive Dr. Tootell said.

Tootell has been invited to

the Health Fair each of the past eight years.

Volunteer Charlie Thao, a lifer with 12 years in, learned Tai Chi through Restoring Our Original True Selves (ROOTS). "Tai Chi brings you health," he said "It calms you down and releases stress. It's like meditation." Thao added that Tai Chi "spreads culture and brings diversity to the prison. I'm trying to make amends—give back to my community in small ways."

Rev. Debbie has been teaching Tai Chi at the fair for five years. She's also the Director of Interfaith Movement for Human Integrity at United Interfaith Church of Christ. Her church brings together people to advocate for the end of deportation and mass incarceration.

"I keep coming back because I keep thinking about the people I met last year," Debbie said.

Arrison Seuga served 21 years in prison, 11 at Quentin. He paroled in 2010. When he worked in Receive and Release, he only met people who failed on parole and came back to prison. Now he's a re-entry director with Asian Prison Support Community

(APSC). He came back to share.

"We only heard stories from recidivists," Seuga said. "We [people successful on parole] weren't allowed back in. Now I wanted to be that example." Seuga asked, "Who better to inform those who are getting out on parole than those who have navigated it successfully?"

"We have twice as many chiropractors as last year," chiropractor John said. "Thirty-three is the most we ever had." Chiropractor Paul grew up in Roxbury, Boston. He's a Black man who participates as part of his commitment to social justice. This is his fourth SQ Health Fair. "I honestly feel no one should be judged," Paul said. "People are people."

"Each year teams are run smoother, and we manage to take care of more inmates every year," chiropractor John said. "Our goal is to take care of everybody who needs it."

One of the most significant stations was a table staffed by three notaries ready to execute an Advance Health-care Directive for the men. Maria D., office manager at Alameda County Care Part-

ners, explained the Advance Directive, "The idea is to plan ahead in the event something happens to you and you want to appoint someone to make decisions regarding your healthcare," said Maria D. of the Alameda County Care Partners.

EDUCATION BUILDING:

In the Education Building on the Lower Yard, dental hygienists gave instructions about dental care and mental health professionals offered 20-minute seminars on a variety of topics for developing inner freedom or self-expression.

There were more than 30 men who attended Ms. Strock class. Strock is an art and recreation therapist, who has worked for CDCR for more than six years. "I work at the psychiatric inpatient hospital in the main buildings helping with long term inpatient care," Strock said, as she prepared for her first session.

Strock's session has three areas of focus: centering mechanisms (your attention/self), body posture; and art processes.

"We're looking for a reason to have purpose in life. Art is such a purpose," Strock said. "Many of my clients are deeply discouraged and depressed, but a way to communicate and express.

These feelings is critical."Dental care has always been a focus on the Health Fair, and it was again this year in education.

"I enjoy doing this," said Shawnette, a registered dental assistant who has worked at SQ for nine years and volunteered for five years. "From the first health fair to now, a lot of patients are genuinely concerned about their oral hygiene. It's a joy to me to pass on this information to the patients."

At her station they offered basic oral hygiene and how to identify an emergency.

"Pain is an emergency," Shawnette explained. "No pain isn't."

If you missed the Health Fair, under CDCR rules, people over 50 are entitled to a dental examination every year; for those under 50, it's every two years.

"I've seen big-time improvement in the dental health of the inmates," Shawnette said.

ARC BUILDING:

The ARC building was organized to provide a full range of health screenings for blood pressure, blood sugar

and cholesterol (with the results provided immediately), Body-Mass Index (BMI) and weight checks, vision and hearing. These screenings were offered by both CDCR personnel and the San Francisco State University (SFSU) School of Nursing students and newly minted registered nurses and professors.

"These basic health screens are essential to identify if you have a problem; we'll give detailed info for your next appointment and recommend it," said Beth Kao, an SFSU Nursing Student.

The volunteer inmates organized the attendees in lines and prepared them to efficiently make use of the multiple health screening stations.

"I believe in giving back to my community. I've been in for 21 years, and this is my way of contributing," TRUST volunteer Tim Warren said.

Warren gave credit to TRUST. "TRUST is a program where we help men turn liabilities into assets. We work to develop a full set of tools to become a better man," .

LOWER YARD:

The Lower Yard echoed with the music of participants practicing spiritual healing through drumming. All were welcome to try their hand at the shared experience sponsored by Alameda County Public Health as hundreds of men lined up at over a dozen stations set up on the Lower Yard.

A station with much attention was the CDCR's 602 HC. the health care grievance process was explained by RN Podolsky. She detailed recent changes such as there are now only two levels and a 45-day review period. She reminded the community that this was a combined health and legal process; therefore, even though the health care matter was reviewed within a day, the legal process could take much longer. She always advised that if it is an emergency, go through the normal appointment process for quicker service.

The Bay Area service providers included the Bay Area Black Nurses Association, Alameda County Health Department, San Francisco State University Nursing School, the San Quentin State Prison Medical Department, and Centerforce.

Centerforce provides incarcerated individuals and their families a variety of services from parenthood classes and health education to connections to services upon release.

—Rahsaan Thomas, Marcus Henderson and Lloyd Payne contributed to this story



Photo by Jonathan Chiu, SQ News

Inmates at HIV information section



Photo by Jonathan Chiu, SQ News

Inmates getting tested for diabetes

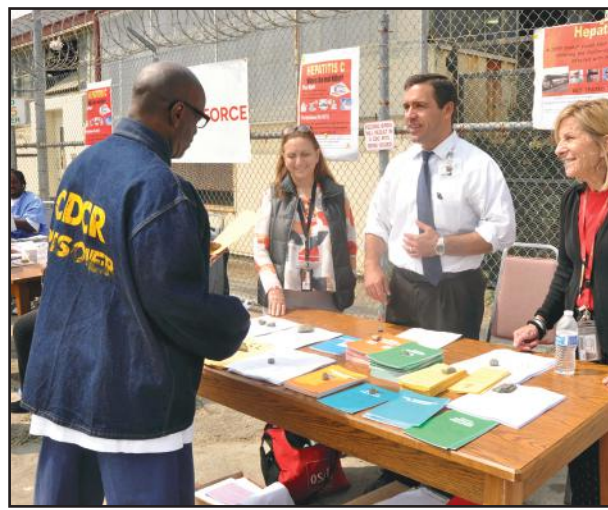


Photo by Jonathan Chiu, SQ News

Mental Health staff distribute information packets



Photo by Jonathan Chiu, SQ News

Inmates at the wellness bingo games



Photo by Jonathan Chiu, SQ News

Chiropractors treating inmate patients



Photo by Jonathan Chiu, SQ News

Volunteers passing out medical information



Photo by Jonathan Chiu, SQ News

Inmate taking an eye exam



Photo by Jonathan Chiu, SQ News

Volunteer nurses discussing health issues with inmates

Warriors beat Golden State two years in a row

WARRIORS

Continued from Page 1

Golden State leads the series four games to three; however, SQ has won two straight since Rafael Cuevas went from point guard to coach. His motto: character comes first, talent second.

"We're not on this team for nothing," SQ King Jason Robinson, who suited up with the SQ Warriors, said. "We proved we're worthy to play with people from the outside and show what community is all about."

For the Sept. 5 game, Lacob showed up with a team that included Nick Kerr (son of Golden State Coach Steve Kerr), Kent Lacob, Assistant Coach Chris DeMarco and others. First-round draft pick Jacob Evans, a former Cincinnati Bearcat, came for moral support, as signed players are not allowed to play.

The Golden State staffer squad was loaded, but it was missing its leading scorer and rebounder, Bob Myers, two-time NBA General Manager of the Year. Myers usually shows up and shows out but injuries caused him to miss the event.

"Bob had hip surgery," Lacob said. "He had the operation in May and trained hard so he could rehab in time to be here, but he overdid it."

Evans, the draftee, came along to see how good the SQ team is and to bring happiness to the incarcerated population.

"I feel like everybody deserves a second chance," Evans said. "You never know what somebody's situation is, so it's important to show that you care."

The day had a festive atmosphere, starting pregame when SQ resident Philippe Kelly rapped "The San Quentin Warriors Song."

Then, under an overcast sky, hundreds of fans surrounded the basketball court on the yard as Aaron "Showtime" Taylor announced the starting five for GS, then for SQ.

GS scored first. Chris DeMarco received a pass inside and made a lay-up.

SQ's Anthony "Half-Man, Half-Amazing" Ammons responded with an and-one.

First year SQ Warrior Delvon Adams, who started at point guard, followed with a lay-up inside.

A determined Lacob tried to snatch a rebound out of the hands of SQ vet Allan

McIntosh. The refs called a jump ball.

Taylor, SQ's play-by-play announcer, had some fun with Lacob's aggressive play. "Kirk ran up on him like he wasn't scared he's in a prison," Taylor said.

At the end of the first quarter, SQ's Tyrrell "City Life" Price Sr. made a three-pointer at the buzzer for a 29-18 lead.

"We're only down 11; we're good," Evans said.

In the second quarter, Kerr, who played for the University of San Diego, came off the bench and helped get GS back into the game, nailing a trey from the corner to bring GS within five at 31-26.

Prison Sports Ministry sponsor Patrick Lacey, who suited up with GS, made an and-one with three SQ players surrounding him to bring GS within two points with 1:48 left in the half.

The half ended with SQ up by a thread, 46-45.

Aaron Miles, coach of the Warriors' Santa Cruz G-League team, spoke at halftime. Miles, now 35 years old, was the all-time leader in assists in the Big 12 while playing for the University of Kansas. He went on to play for Golden State in 2005, and then played profession-

ally overseas. At the annual game, he coached GS.

"I had a brother who was locked up and I questioned what he would do when he got out," Miles said. "Now he's ministering, going to school and doing the right thing. There is something special meant for you when you get out."

Harry "ATL" Smith spoke at halftime as well, saying that at college, basketball was a business that used him up. The school didn't care about his grades, only that he could ball. At San Quentin, he found a team focused on character.

That philosophy served him well. For Smith, a try-out for the Santa Cruz Warriors awaited his release.

"ATL is strong physically," Miles said. "More than anything, I like his character. I'm excited for him to go out there and make a life for himself, to have success at whatever he does."

As the halftime show, SQ residents David Jassy, a Grammy nominated rapper and producer from Sweden, and Joshua Burton performed an original rap song called "I'm a Champion."

"No matter what happens today, I'm not quitting, I'm a champion," Jassy rapped.

The home team kept the

intensity up in the third quarter, which ended with SQ up 65-58.

Antwan "Banks" Williams, the sound designer for hit podcast Ear Hustle, performed another rap song between quarters.

In the fourth, Kerr made a series of shots that brought GS to within one point at 71-70 with 7:45 left. First he got fouled from behind the arc and made two of three free throws. Then he made five more points scored.

Smith answered with a hook shot in traffic and SQ's Dejon Joy added another basket to pull away again.

"Delvon and Dejon played big in this game," Cuevas said. "They were great mid-season additions who came and dedicated themselves."

GS's David "Just Dave" Fatoki stepped up. The 25-year-old from St. Louis played for the University of Washington and pro overseas in Spain. Now he works for GS basketball operations.

With six minutes left and his team down six, Fatoki made a three that made the score 76-73.

But Ammons answered with a runner in the paint, and shortly after that, Joy made an up and under scoop shot over Fatoki.

Smith fouled out with 1:45 left in the game. The crowd applauded.

Fatoki fouled out on the next play and Lacey shortly after as SQ continued to increase its lead.

With SQ up 93-85 and timing running out, DeMarco made a three-pointer too late to count. He led GS with 33 points, 14 rebounds and five fouls. Kerr added 23 and Fatoki 13.

"They attack the basket so much," DeMarco said. "It's hard not to foul." Ammons led SQ with 17 points. Smith added 16 and McIntosh 14.

For the second year in a row, the San Quentin Warriors posed with the NBA trophy in front of a banner that saluted the NBA champions, designed by SQ artist Bruce Fowler.

"It's surreal," SQ guard Jesse Blue said. "It's like finally arriving to some degree. It's like showing the world we can actually play."

Kirk Lacob and Miles reported to center court to pay off the pushup bets they lost.

Lacob jokingly blamed the Larry O'Brien Trophy for the defeat.

"We lose every time we bring it in," Lacob said. "Maybe we should leave it here."



Photo by Eddie Herena, SQ News

Jacob Evans and fans posing with the NBA trophy



Photo by Eddie Herena, SQ News

Coach Rafael Cuevas and his team



Photo by Eddie Herena, SQ News

Golden State team watching from the bench

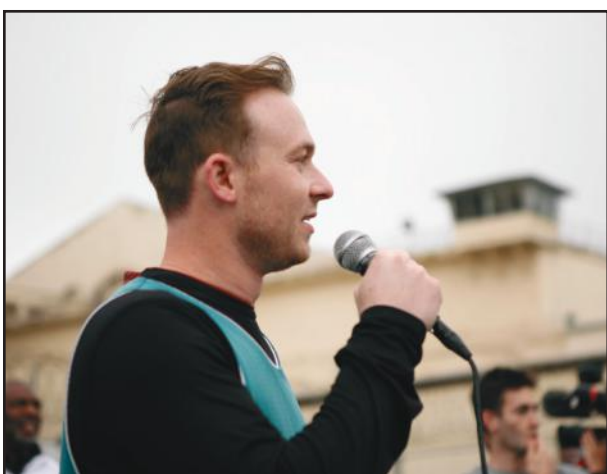


Photo by Eddie Herena, SQ News

Kirk Lacob Golden State assistant general manager



Photo by Eddie Herena, SQ News

Jacob Evans signing autographs



Photo by Eddie Herena, SQ News

Players contesting a basket

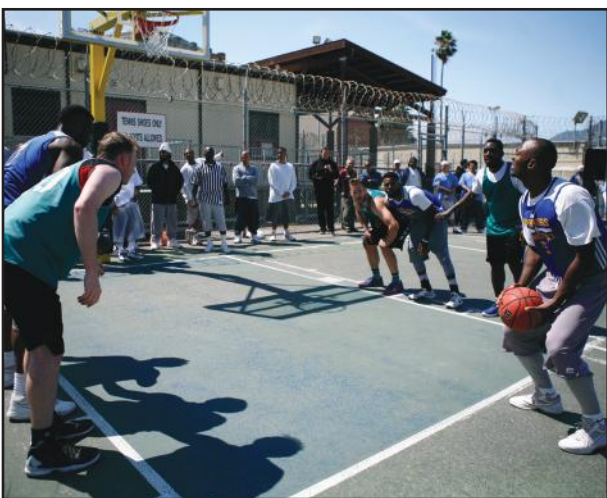


Photo by Eddie Herena, SQ News

Tyrrell Price, Sr. at the free throw line



Photo by Eddie Herena, SQ News

Dejon Joy waiting at the sideline to sub in



Photo by Eddie Herena, SQ News

SQ Warriors players

ARTS & ENTERTAINMENT



Photo courtesy of Carol Newborg



Photo courtesy of Sukey and Beth Novogratz

Carol Newborg at Alhambra, Spain

Sukey and Beth Novogratz in New York City



Photo by Eddie Herena, SQ News

Former San Francisco 49er, Ronnie Lott and Sgt. Almendarez

Snippets

Girl power... Malcom X had six children—all girls. The two youngest were twins born after he was killed.

Ramzes the Great (circa 1300-1213 B.C.E.) was rumored to have fathered more than 100 children.

A law in Texas states that it is illegal to sell one's eye-right or left.

Vatican City gained independence from Italy on February 11, 1929.

Eva Peron was born out of wedlock and destroyed her birth certificate so there would be no documentation.

Sixteen people were killed when the public went to pay respects to Eva Peron, who died in 1952 at the age of 33.

CROSSWORD PUZZLE

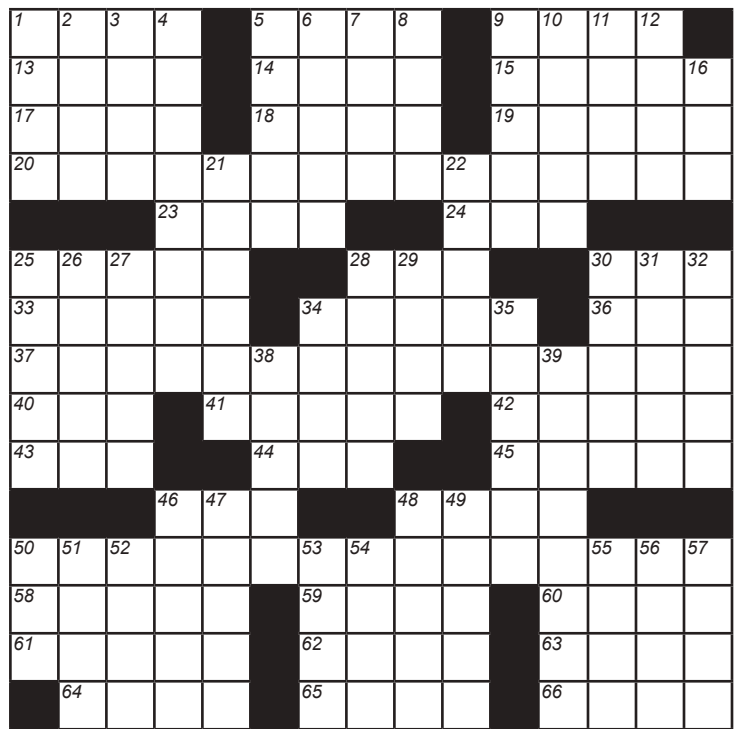
By Jonathan Chiu / Edited by Jan Perry

Across

1. What you might need for this crossword
5. Japanese noodle
9. Established rules
13. Sarah McLachlan song
14. Salt water sea east of the Caspian
15. Hello or goodbye
17. Be of concern
18. High-jacked computers
19. Hottie
20. Do solid for a person
23. Against
24. Painting, song or poem
25. Get away
28. ___ Rock
30. Giants' org.
33. Host
34. Loan
36. Car insurance comp.
37. A real yuk fest
40. British special forces (Abbr.)
41. Precedes Bernard, Valentine, or John
42. Steal
43. Observe
44. ___ 66 (Abbr.)
45. Floors
46. Guess (Abbr.)
48. Problem
50. *Let's help him out*
58. Abscond
59. Type of clothing or music
60. Mother of Zeus
61. Projecting growth
62. Workers' org.
63. Goldman from *Family Guy*
64. ___ of the d'Urbervilles
65. Looked at
66. Waiting for the other ___ to drop

Down

1. Injure
2. Notion
3. Actor Nolte
4. Coup
5. European hollow shoe
6. Member of a people in S. Ethiopia
7. To lower or lessen
8. And don't forget
9. Precedes printer, disc, or tag
10. A series of important names
11. Microsoft program
12. Cocoa butter alternative
16. One, no matter which or several
21. Scoffs
22. Connected at birth
25. Borrow
26. Shelter in a bay
27. ___ of the yips
28. Isolated
29. Artist's studio
30. Golden State Warrior Javale
31. Mudflow down the side of a volcano
32. Lounges
34. Pass lightly
35. Servant who detects food and drink for poison
38. Precedes tone, mother or Day
39. Attires
46. ABC's sports awards
47. Rungs
48. Soak
49. Hawke of *Training Day*
50. Zest
51. Whole bunch
52. Only
53. Conceits
54. Cheat
55. Something's wrong
56. Roman emperor
57. Appointment



LAST MONTH'S ANSWERS

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

Sudoku Corner

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

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

Last Issue's Sudoku Solutions

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

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

This month's Brain Teasers:

Each of these words can be changed into something edible by scrambling the letters and making a new word. How much of a meal can you produce from these anagrams?

PLAYERS

SANDIER

ASSUAGE

BARELY

To solve this puzzle look carefully at each frame, because the arrangement of the letters is a key clue to the familiar phrase contained within. For example, if the word *school* were placed high up in the frame, the answer would be *high school*. Or if the phrase "easy pieces" occurred five times in the frame, the answer would be *five Easy Pieces*.

TheTheCatcherRye

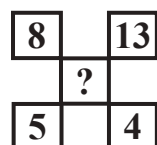
A rare gold coin is in one of the following three boxes. Each one has an inscription written on it:

A	B	C
The coin is in here.	The coin is not in here.	The coin is not in A.

Can you tell where the coin is if, at most, only one of the inscriptions is true?



Look at these diagrams. What number should replace the question mark?



If you would like to submit a photograph to be placed in SQ News just because, please send it with name(s) and a brief message to go with your photo. Please understand, we may not be able to return your photo so send a copy and address the letter to:

San Quentin News, 1 Main Street, San Quentin, CA 94964

El descubrimiento de América

Por Tare Beltranchuc
Escritor contribuyente

El día de la raza es el nombre dado a la celebración del 12 de octubre, en México. Esta celebración conmemora el descubrimiento de América por Cristóbal Colón y se celebra en gran parte de Hispanoamérica, España, Estados Unidos y otros países.

De acuerdo al Periódico Noticia al Día, "el 3 de agosto de 1492, el navegante Cristóbal Colón partió del Puerto de Palos en Huelva, Andalucía, España, hacia el occidente del mundo". Según el

periódico, Colón realizó este viaje con su tripulación en tres naves: "la Santa María, y dos carabelas de menor tamaño, la Niña y la Pinta". El Nacional Archivo informa que, "tras 72 días navegando Rodrigo de Triana, marinero comandado por Cristóbal Colón, divisó tierra". Colón siempre creyó -incluso hasta la muerte- que había llegado al continente asiático, pero en realidad había descubierto el continente americano.

Esta fuente comenta que, en México, se celebra el Día de la Raza cada 12 de octubre, misma que fue creada

por el exministro español, Faustino Rodríguez. "En México, la primera celebración del Día de la Raza fue en el año 1928, durante el Gobierno de Álvaro Obregón y por sugerencia del maestro y filósofo José Vasconcelos titular de la Secretaría de Educación". En la glorieta del Paseo de la Reforma, en la Ciudad de México, existe un monumento erigido a Cristóbal Colón, donde se acostumbra a depositar ofrendas florales cada 12 de octubre.

En los Estados Unidos, por ejemplo, se celebra el

Día de Colón; mientras que, según la Embajada de los Estados Unidos en Argentina, "el Día de Colón es un día festivo que se celebra en los Estados Unidos cada año el segundo lunes de octubre". Para la mayoría de los estadounidenses, proporciona un fin de semana largo para disfrutar con la familia en los primeros días de otoño.

En las Bahamas se celebra esta fecha como el Día del Descubrimiento, en España el Día de la Hispanidad y en Costa Rica se celebra el Día de Encuentro de las Culturas. De acuerdo a esta fuente, la

celebración del Día de Colón ha creado controversia sobre "las injusticias cometidas contra los pueblos indígenas", en diversos países.

Algunos estados como Alaska, Hawái y Dakota del Sur, no reconocen el Día de Colón; mientras que, en otras partes, existe una controversia sobre si el Día de Colón debería de ser un día festivo. En Estados Unidos muchas personas argumentan que Cristóbal Colón no debería ser honrado con un día en su nombre porque su tripulación cometió genocidio contra los indígenas que habitaban en

ese lugar. Recientemente, "Los Angeles City Council reemplazó el Día de Colón por el Día de la Gente Indígena", de acuerdo a Los Angeles Times. "Este gesto de reemplazar el Día de Colón por el Día de la Gente Indígena es sólo un pequeño paso para disculparnos y hacer enmiendas", mencionó Mike Bonin Councilman. Sin embargo, a pesar de la controversia sobre esta festividad, el Public Holiday ya menciona que "nadie puede negar la importancia histórica del descubrimiento de Colón hace más de 500 años."

Día de los Muertos o Halloween

Por Marco Villa
Escritor contribuyente

Día de los Muertos o "Halloween"

A pesar de la conquista y colonización de los españoles, los descendientes de los antiguos Aztecas y Mayas siguen conservando una de las tradiciones más representativas de la cultura mexicana: el Día de los Muertos. Sin embargo, con el paso del tiempo es evidente la fuerte influencia de los Estados Unidos en las zonas fronterizas, con la presencia de la fiesta conocida como "Halloween".

El 1 y 2 de noviembre se celebra el Día de los Muertos en México. Se cree que durante el 1 de noviembre

las almas de los niños regresan para estar con la familia. Los familiares construyen un altar en su honor, mismos que adornan con juguetes y platillos favoritos del difunto. El 2 de noviembre se honra las almas de los adultos.

esta festividad destinada a pagar tributo a nuestros ancestros, ésta varía en cada Estado de la República Mexicana. Pero la mayoría de ellos coinciden en visitar los cementerios, ya sea durante el día o la noche. Usualmente, durante estos días festivos, las familias limpian y decoran las tumbas con coloridas coronas de flores (como rosas y girasoles), aunque principalmente con

Kiev Murillo, "las familias acuden y colocan velas sobre las tumbas como una forma de iluminar el camino a las almas en su regreso a casa". Las familias que, por



Photo courtesy of Hustonia Magazine
Mujer disfrazada de Catrina

diferentes razones, no tienen la oportunidad de visitar la tumba de sus seres queridos, elaboran altares en sus casas, donde ponen ofrendas: platillos de comida, pan de muerto, vasos de agua, mezcal, tequila, pulque o atole e inclusive, juguetes para las almas de los niños. Todo esto se coloca junto a los retratos de los difuntos, rodeados de veladoras.

En el norte de México, principalmente en la frontera con Estados Unidos, el Día de los Muertos es confundido con la celebración norteamericana del "Halloween" o noche de brujas. El Halloween es un ritual pagano de Samhain, día celta del banquete de los muertos; mismo que los es-

pañoles, cuando colonizaron América, combinaron con el festival mesoamericano. El Halloween se celebra el 31 de octubre, fecha esperada ansiosamente por los niños quienes salen a las calles en cuanto comienza a oscurecer, con disfraces alusivos a la muerte, seres de ultratumba o algún personaje de películas recientes. Van tocando de puerta en puerta usando el popular dicho "trick-or-treat", el cual fue adaptado culturalmente en México con la frase: "¿me da mi calaverita?", (refiriéndose a los dulces). En algunos estados fronterizos se acostumbra a pedir los dulces a través de pequeñas rimas cantadas, si los habitantes de la casa solicitada dan "el muerto",

los niños recitan una bendición: "esta casa está bendita porque si nos dieron comida". Por otro lado, si no se atiende a su canto, recitan una "maldición": "esta casa está embrujada porque no nos dieron nada".

Es importante mencionar que la celebración del Día de los Muertos no es propia de todos los mexicanos, aunque se haya convertido en un símbolo nacional, pues existen muchas familias en otros países católicos que celebran, durante las mismas fechas, el "Día de todos los Santos".

Ya sea que celebres el Día de los Muertos o "Halloween" lo más importante es recordar y llevar tributo a nuestros ancestros.

San Jose Earthquakes visitan SQ

Por Rahsaan Thomas,
Traducción Taré
Beltranchuc

El Equipo Profesional De Fútbol San Jose Earthquakes Visita la Prisión de San Quentin.

Los representantes del equipo de fútbol profesional San José Earthquakes (EQs) aceptaron la oportunidad para hacer vibrar el campo de fútbol de la Prisión Estatal de San Quentin y se llevaron la victoria de 4-1 sobre el equipo local.

El entrenador/jugador Tare "Cancún" Beltranchuc indicó "El fútbol es más que un deporte" "Es una oportunidad para edificar y unificar a la comunidad, además me brinda la oportunidad de aplicar estas habilidades en mi vida cotidiana. Por ejemplo, hoy enfrentamos adversidades, pero nunca nos rendimos".

El francés Paul Marie y Eric Calvillo, jugadores activos del equipo de fútbol EQs vinieron a apoyar al equipo formado por trabajadores de los EQs y los Outsiders del Área de la Bahía, quienes disputaron un partido de fútbol contra el equipo de San Quentin.

"Me pareció muy interesante (refiriéndose a la invitación de venir a San Quentin) y tenía el deseo de hacer algo diferente", Calvillo comentó, "Todos necesitamos ayuda y yo puedo ayudar donando mi tiempo. Es muy desafortunado no poder jugar".

Marie Añadió en su acento francés, "Aquí hay muchos individuos que no tuvieron las mismas oportunidades que

tuve, siempre disfruto apoyar a través del deporte".

A Marisa Silver, Directora de Relaciones Comunitarias de los EQs le encantó la idea de visitar la prisión de San Quentin, cuando Andrew Crawford, Coordinador del Programa de Fútbol, les hizo la invitación formal.

Alex Palomarez, portero de los EQs, mencionó, "Ella nos dijo, ¿a ustedes les gusta jugar fútbol, verdad? ¿Qué les parece ir a jugar a San Quentin?, "Nos emocionamos".

Anthony Gouch, quien trabaja en el departamento de patrocinio de los EQs, mencionó, "Era una gran oportunidad, no podíamos dejarla pasar. Quería ser parte de algo muy especial".

Angel Villafan, un preso de 28 años, le platicó a su hijo Baby Alex de 5 años que los EQs vendrían a la prisión de San Quentin. "Mi hijo se emocionó", mencionó Villafan, "Él comentó que estaba celoso; le dije, no puedes tener celos de mi- estoy en la prisión".

Villafan agradeció a Crawford por conseguir que los EQs se integraran al programa de fútbol de San Quentin.

Las cláusulas del contrato impidieron que los jugadores profesionales tomar parte del partido de fútbol, sin embargo, asumieron el rol de entrenadores.

Calvillo ayudó a Laura Hayward, entrenadora del equipo Outsiders, para llevar al triunfo a los EQs. Hayward fue la generala en el campo de juego, quien diseñó la estrategia y realizó los cambios, mientras que Calvillo motivó al equipo con sus discursos.



San Jose Earthquakes y el equipo de SQ

"El reporte es que no se nada a cerca de estos jugadores", Calvillo comentó al equipo al reunirlos antes del partido. "Controlemos el campo; el campo es nuestro, Earthquakes!".

Los EQs/Outsiders abrieron el marcador al minuto 12. Dario Abramskiehn recibió un pase cruzado al segundo poste y de volea puso el balón al fondo de la red.

Para Abramskiehn, la experiencia de jugar con los EQs significó mucho al igual que para los jugadores de la prisión.

"Es muy diferente jugar con personas que lo hacen como parte de su trabajo", Abramskiehn expresó. "Es muy generoso por parte de ellos, venir y pasar su tiempo aquí".

Al minuto 25, EQs/Outsiders ampliaron su ventaja con un gol de Alex Lentz cuando el balón rebotó de manera rara causando un desacierto de Angel Villafan del equipo de San Quentin.

"Lentz indicó, "Este es un gran lugar para anotar un gol" "tuve suerte de lograr vencer al portero".

Al minuto 28, SQ's Ronald Luna lanzó un disparo a la portería pero Palomarez se lanzó para detener el balón.

Al medio tiempo el equipo local perdía 2-0.

"Excelente medio tiempo", Calvillo subrayó. "No podemos aflojar. En nuestra mente el marcador es 0-0. ¡Vayan y consigan la victoria!".

En el minuto 55, EQ Anthony Gouch sacó un disparo que rebotó, lo cual aprovechó EQs Aaron Gordon quien solo tuvo que empujar el balón al fondo de la red.

En el minuto 64, Gouch lanzó un potente disparo desde muy lejos para vencer al portero Marco Villa de SQ.

Gouch 26, trabajo para los EQs en el departamento de patrocinio. Sin embargo, el juego fútbol para la Universidad Estatal de San Diego. El hermano de Gouch juega para el equipo Nacional de Sunder-

land, England.

Finalmente, el equipo de San Quentin anotó su único gol del encuentro al minuto 72 en los botines de Rubén Mondragón con un cañonazo desde el lado izquierdo.

"Es un honor jugar con ellos y una bendición poder anotar un gol", Mondragón dijo. "Espero que podamos continuar con esta relación".

A pesar del marcador final, el equipo de SQ impresionó a los profesionales.

"Ustedes lucharon fuerte", Calvillo expresó. "Toda la gloria para Dios, todo esto es su plan".

Juan "Carlos" Meza, jugador/entrenador de SQ, les recordó a todos que lo ocurrido fue más que un partido de fútbol.

"Vamos a salir de este lugar; gracias por vernos como ciudadanos que se reincorporaran a la sociedad", Meza comentó.

El sargento R. Gardea, quien escoltó a los EQs a pesar de un cielo nublado con amen-

azas de lluvia, añadió que el fútbol "Enseña a construir, lo cual puede ser aplicado en la vida diaria. Además, el fútbol trae esperanza".

Juan Núñez 29, quien hace tres semanas llegó a SQ proveniente de la Correccional de Donovan, tuvo la oportunidad de jugar contra el equipo de los EQs/Outsiders.

"Me inspira a mantenerme alejado de los problemas", indicó Núñez.

El juego fue épico a pesar del marcador.

El equipo de futbol de SQ ha tenido problemas para elegir un nombre para el equipo. Hasta ahora se han conformado en dividir a los jugadores en equipo A y equipo B. Sin embargo, después de la gran experiencia con los EQs y de recibir donaciones por parte de la organización, han decidido llamarse Los Earthquakes de San Quentin.

"Ese será el nombre del equipo A", expresó Beltranchuc, el vocero del equipo de futbol de SQ.

El partido también fue épico para el equipo de los EQs.

"Nunca olvidare haber jugado aquí", dijo Luke Devogelaere, quien en una ocasión formó parte de los entrenamientos de los Raiders de Oakland y actualmente trabaja en el área de Operación de Eventos para los EQs.

Gouch añadió, "Definitivamente éste es el lugar más agradable para anotar un gol. Deberíamos traer alegría y gozo a los jugadores de SQ, pero ellos también nos alegraron el día. Disfrute conocer a todos, escuchar sus historias y ver sus sonrisas en sus rostros. Regresaremos".

Building lives through health and wellness

**By Marcus Henderson
Journalism Guild
Chairman**

It was a bittersweet day at the 13th Annual San Quentin Teaching Responsibility Utilizing Sociological Training (TRUST) graduation ceremony August 16, as 70 men graduated from three different programs.

It was the announcement that Ameeta Singh, a 10-year volunteer for TRUST, was leaving that drew the sadness.

Singh taught and wrote the curriculum for the Health and Wellness Group. The program is a 12-week course that deals with trauma and the way it affects a person's behavior. It also teaches how to heal unresolved traumas.

"It's sad that Ameeta is leaving. She helped me get in touch with my intergenerational trauma, especially me being an Indian (Native

American)," said Jim Kitlas, a graduate of the Health and Wellness Group. "She came from similar trauma, so she knew what to hit on, and that helped make the class real. She showed me that the tools she was giving us worked."

Singh is a licensed marriage and family therapist. She is moving to New Zealand, where she plans to take the Health and Wellness program to prisons there.

"It's my intention to build a bridge between these two different cultures," Singh said. "We have the ability to reform these criminal justice systems. We have to provide a safe space for those incarcerated to share their experience."

Singh was honored with a wooden plaque for her service. She thanked the men in TRUST for transforming her life over the years. She said learning and teaching went both ways. She then quoted

an Australian Aboriginal proverb.

"If you have come to help me, you are wasting your time. But if you come because your action is bound with mine, let us work together." It is an Australian Aboriginal Political Activist Group saying.

Project LA and Spanish Anger Management programs also held graduations.

Project LA is a program that assists prisoners from Southern California with their re-entry needs.

"It's all about making amends," said Joseph "Joe" Paul, sponsor of Project LA and formerly incarcerated. "We have the chance to change someone's life just with our actions."

"Going to prison was the best thing to happen to me. I vowed to always raise up the man who lost his life because of me and my friend."

Paul expressed getting in-

involved in this coming election and having people vote.

"We can't rest," Paul said. "It's still people who want to take us back to tough-on-crime laws."

We must get involved—things can either slow down or speed up, according to our voice."

Keynote speakers were San Quentin alumni Mike Tyler and J.C. Cavitt, who both spoke passionately about returning to the prison, and the work that needs to be done once one is released. Both went through the TRUST program.

"Everything we are learning in these groups is needed in society," said Cavitt, who is working with Project Kinship, a re-entry program in Orange County. He is also attending California State University, Fullerton.

"It's a book narrative that is being told about us," Cavitt said. "But these criminal and

social justice movements cannot be spoken about or moved without including us. What we are doing now matters.

"We just didn't get out; we got involved," he added.

Tyler is working with people in San Francisco Bay Area jails to get their GEDs as an operation coordinator.

"I just didn't prepare to get out, but to stay out," Tyler said. "It was my life dreams that kept me going as I would walk the (prison) track. Even when I got denied at the (parole) board, I just went back to the drawing board."

"So keep your dreams in front of you, and put yourself in a position to get out and stay out," added Tyler.

The two men shook hands and embraced the men they once walked the yard with and took the program with.

Next, the graduates celebrated their accomplishments as one by one they crossed

the Protestant Chapel stage.

"I haven't graduated from very much," said Alex Ross, who was a part of Project LA. "I got my GED in High Desert (state prison). But through this program I gained the tools not just to survive but stay home."

The group sponsors and volunteers were also recognized with wooden plaque for their service.

"I thank everyone for their hard work. I thank the men for opening up in these programs," said Louis "Louie" Light, TRUST member and MC of the event. "What makes this group different from others is the variety of volunteers and their ability to mix things up."

As Singh made her last rounds through the room saying her goodbyes, sponsor Helaine Melnitzer captured the moment saying, "I'm really going to miss my San Quentin soul sister."



Photo by Eddie Herena, SQ News

TRUST graduates and volunteers enjoying the ceremony



Photo by Eddie Herena, SQ News

TRUST members sharing their achievements together



Photo by Eddie Herena, SQ News

Graduates holding up their certificates with volunteer Ameeta Singh



Photo by Eddie Herena, SQ News

TRUST members and graduates, posing with sponsors and volunteers



Photo by Eddie Herena, SQ News

Fran Egstrom, Helaine Melnitzer, and Diana Kronstadt



Photo by Eddie Herena, SQ News

TRUST volunteer Ameeta Singh



Photo by Eddie Herena, SQ News

Fran Egstrom smiling at the crowd

Inmates win ethics bowl against college students

By Dian Grier
Contributing Writer

The California Correctional Institution (CCI) Mental Health Department sponsored an unusual event once again on Aug. 3. Last year, this group won an ethics bowl against California State University, Bakersfield. This year they focused their talent and energy on prison reform. Rarely are prisoners asked their opinions on what might work in their rehabilitation process, but CCI asked, and the inmates responded by creating a research-based presentation to answer this question. In attendance were Warden Joe Sullivan, Health Care CEO Rhonda Litt-Stoner, Chief of Mental Health

Dr. William Walsh as well as other institution staff.

The original question posed to this group of inmates was, "If you were given the position of warden and told to create an effective prison for change, what would you do?"

At first, the concept perplexed some of the inmates, as they had difficulty wrapping their heads around such a broad topic, but then they started considering why they have changed and what has helped some inmates change while others do not change. They eventually divided into several groups of three or four to address different topics. A few of the topics researched were: increasing the mental health programs to include every inmate, addressing addic-

tion more aggressively, changing the sterile environment of our prisons, increasing funds for transition into life after prison as well as more opportunities for correctional officers to train and be a larger part of the rehabilitation program. The inmates spent six months gathering data from the library, getting input from their families as well as from the group leader, Dian Grier, LCSW. They studied foreign prison systems as well as other prison systems within the United States in order to determine what works and what doesn't.

The presentations were well received by staff. According to Litt-Stoner, "CCI's Mental Health Department has done it again. It never ceases to amaze

me, the raw talent possessed by the inmates and the staff's ability to draw it out through unconventional methods. It was obvious that the gentlemen put a lot of research and hard work into their projects, all bringing a different perspective on prison reform. It will take these types of innovative approaches to continue to invoke their innate abilities and to teach them conversation techniques to use when addressing conflicts without resorting to violent means. Kudos to Dian Grier and the entire Debate Team."

Innovative programs such as this debate team are an integral part of a pilot program at CCI that is being run through the Mental Health Department. These types of unusual groups pique the inmates' interest and some continue to conduct research for many more years after being a part of these groups. According to Grier, the creator of these programs, when inmates are given a chance to participate in groups that interest them, the benefits are immense. The inmates learn social skills, gain confidence and learn to work with others in a meaningful way. Often issues of race and other types of judgments fall to the wayside as they learn to respect one another and communicate in a way that creates true connection to others.

The speech regarding correctional officers was cited as being outstanding. One audience member, Jennifer Peters, commented that this speech, along with others presented, showed how being a part of Grier's groups and the debate

team have helped them learn valuable traits associated with prison reform, such as how to better empathize with others. Peters added, "The hard work put into these speeches was unmistakably a job well done."

The speeches that touched on reform included ways to keep staff and inmates safer as well as how to increase communication and understanding for both inmates and correctional officers. According to Ryan Metier, author and speaker on "Correctional Officers and Inmate Reform," his first attempt at his speech consisted of pointing out flaws rather than learning to understand and empathize with the difficult challenges correctional officers face. As he continued to work on the speech, his thinking and his view on correctional officers shifted into finding solutions and common ground—a far more effective approach than

engaging in the "blame game" or looking at the problem from one perspective.

Metier states, "Through the guidance of Ms. Grier and insight from other inmates and other correctional officers, I have learned to fully listen to both sides of any issue and can set aside any judgments I may have had. This way I have learned to be truly empathic. Because don't we all just want to be empathetic and accepted? That's why I'm so passionate about this topic, because I'm passionate about human kindness."

Mental health group sessions currently include Debate and Speech, Drama and Creative Writing and Speaking. The plan is to continue these group sessions at CCI and continue to be innovative in the approach developed to assist inmates in their rehabilitation and help them develop a path to successful re-entry into society upon release.



Photo courtesy of D. Grier

(From Left Back Row) Shawn Conley, Christopher Harmon, Andrew Jewett, Jacob Latham, Howard Nowak, Dave Griffin, Basem Zayer, Codie Wiersdorfer, Oscar Franco, Henry Barnett, D. Grier, LCSW, (Left front row) Ryan Metier, Juan Martinez, Jose Garcia and Thomas Goff



Photo courtesy of D. Grier LCSW

Inmate Ryan Metier giving presentation on prison reform

Life coaching at Old Folsom State Prison

By Anthony Romero
Contributing Writer

Who knew that an invitation to an Old Folsom State Prison Gavel Club (Gaveliers) meeting by a local life coach would lead to a new training course being started for the men at Folsom? After much encouragement and some shameless begging, Ju-

lie W. Hubbs, M.S., agreed to teach life coaching to the inmates of Old Folsom. The first class began in May 2017 with every seat being filled by Gaveliers. The second class was filled with facilitators from various groups, and the four following classes were open to the general population. The feedback from participants, gathered

from a pre- and post-assessment test, has been abundantly positive. Many more men are curious about what life coaching is and are waiting to get involved.

At first, we had no idea what life coaching entailed. We thought it was helping others get through life with more confidence. Boy, were we way off! As men we want to "fix" things, we want to "give advice" and we want to "make things better fast." Coach Hubbs dispelled that type of thinking. She helped us align our own heads, hearts and guts by helping us to be our authentic selves. She wants us to be the best version of ourselves. Coach Hubbs, with her direct and personal style, makes everyone participate. Coach has a witty and heartfelt style that keeps the class interesting and helps participants feel safe enough to get involved.

Coach Hubbs invited six men—Rob Cutchlow, Lee Haynes, Aaron Lamphere, Grant Prouty, Chris Whisnant and me, Anthony Romero—to enter a life coaching training program now called "The Soaring Eagles." With more than 100 hours of classroom training, we have learned how to motivate others, to listen with suspended judgment, to guide others to find their own solutions, and to encourage everyone to be the best version of himself.

The Soaring Eagles hope to get a certificate program started soon where certified life coaches work with men who are intent on becoming their best selves.



Photo courtesy of CDCR

(front to back) Lee Haynes, Rob Cutchlow, Grant Prouty, Anthony Romero, Chris Whisnant, Aaron Lamphere, Julie W. Hubbs

Rehabilitative efforts at KVSP

By Benjamin Norton
Contributing Writer

Inmates housed at Kern Valley State Prison's D-Facility find themselves wedged between clashing cultures. A level IV, 180 design housing, it is one of California's maximum security prisons. It can be a place filled with violence and negativity, or it can be a turning point where inmates can take advantage of the many rehabilitative programs offered on the yard. There are plenty of opportunities to get involved on either side of that spectrum. Which side to choose is a dilemma many men find themselves teetering on the fence about.

But when we take a deeper glimpse into the yard activities, we find three inmates who are rising above their surroundings and going out of their way to guide others on the right path. Uriel Rodriguez, Johnny Phan and Gabriel Singer have all taken on the responsibility of leadership

roles, partly through programs such as PREP (Partnership for Re-Entry Program), Alcoholics Anonymous, Geo's CBT program, and GOGI (Getting Out by Going In), among others. These men have put countless hours of dedication into their own transformations. Utilizing self-help and education, they have risen to positions of Facilitator, Chairman, and Peer Mentor, respectively.

However, their good works do not end there. This trio has chosen to take their positivity beyond the bounds of a voluntary, part-time or full-time assignment. They have no punch-in or quitting time. They can be observed individually giving counsel to inmates day or night, yard or day room, and in or out of groups. They ask for nothing in return and do not expect nor seek recognition. Those around them see and feel their sincerity. Regardless of race or affiliation, people can be seen approaching them for ad-

vice, guidance or maybe even just a positive conversation—all things that would be that much harder to come by on a yard, where the atmosphere can be uninviting were it not for the likes of men such as these, where their welcoming personalities offer a place of comfort to those who normally would have no other refuge.

Our environment does not have to define us. These men deserve recognition for being the embodiment of that. They inspire those around them, like Alex Compian and Luis Manzanera, who are choosing to walk down the same road of selfless generosity. We are all the better for having been witness to their personification of virtuous living. In a world where too many people follow the crowd, we need more men (and women) like these, with that immense strength of character, who are paving their own way—while inviting us on their journey down a path of positivity and on toward true freedom.

Inmate wins \$1,000 scholarship toward BA degree

Lt. Barry Tisdale,
AA/PIO
Contributing Writer

One of the California Health Care Facility's inmate trainers for the CHCF puppy program was awarded the Chung-Ahm Scholarship for the 2018 academic year.

It is unusual for an inmate to win a cash scholarship. The \$1,000 scholarship will be applied toward inmate Johnson's tuition. Since being incarcerated, Johnson has received an Associate of Arts (AA) degree in lib-



Photo courtesy of CDCR

Johnson receiving his scholarship

eral arts and humanities and will claim another AA degree in social and behavior sciences this semester. The scholarship will help pay for tuition for the 2018 fall semester when Johnson will start working towards his Bachelor of Arts degree in business administration with a minor in sociology. Johnson is enrolling in the Prison College Program at Adams State University. *PrisonEducation.com* recommends this program as a top undergrad program for an incarcerated student.

GED class develops handcrafted DNA

By Sierra Whitney
Contributing Writer

In a classroom at the California Rehabilitation Center in Norco, inmate students had an opportunity to do something “outside the box.” Instead of the usual books, paper, pencils, and calculators, the students used toothpicks, wooden splints, colored marshmallows and red and black licorice to learn about and construct DNA molecules.

The kinesthetic learning exercise was an idea to make the material interesting.

I had worried that the lab would be too complicated for my inmate students or that they would struggle to assemble the model or even be bored with the technical concepts but quite the opposite occurred.

Students learned how everyone’s DNA is a unique genetic “footprint,” and how they could make life choices, like using sunblock or not smoking, that would protect them from environmental mutations.

The DNA molecule’s structure was discovered in 1953 by American biologist James Watson and English physicist Francis Crick, who described it as a three-dimensional double-helix structure, a “twisted ladder” in layman terms.

My students successfully created their own DNA models with minimal direc-

tion from me and were curious about mutations.

Each DNA strand consisted of various on-hand components: a wooden splint represented the phosphate; licorice took the place of deoxyribose (a sugar); and a marshmallow stood for the nitrogenous base.

Once the strands were made, students coiled two strands around each other and connected them with a toothpick in the center, which represented a hydrogen bond.

The trickiest part of construction was modeling how DNA base-pairing occurs. The students matched specific colored marshmallows with each other just as an actual DNA strand would pair up bases: adenine (A) and thymine (T), and cytosine (C) and guanine (G).

There was a lot of laughter and peer collaboration. Students who normally were less engaged or less talkative participated in the activity.

The exercise is proof that teachers in correctional institutions can do STEM (Science, Technology, Engineering, Mathematics) activities using all learning modalities: aural, visual, physical, and so on, so that learning is still interesting and relevant.

Although the word “mutation” has a negative conno-



Lee Orozco and Juan Anguiano



GED Teacher Sierra Whitney and Rafael Mendez

tation, DNA mutation is the reason for the genetic diversity in the classroom.

The students even went so far as to illustrate DNA replication using the black licorice to signify newly formed DNA creating a second model from the first, which is how DNA replicates in our cells.

The class learned that there are mutations, “cute” ones that cause dimples and freckles, as well as “errors,” which can cause cancer. The “errors” occur during DNA replication and can be caused by environmental sources like exposure to too much sunlight (UV radiation).

The candy model was not quite what the original scientists Watson and Crick probably envisioned, but it proved to be just as valuable when used as a teaching tool.



Norco GED students proudly showing their DNA models

NEWS BRIEFS

1. Tennessee –A lawsuit raises inadequate treatment for claims diabetic inmates as well as claims of understaffing since the private prison firm, CoreCivic Inc., opened Trousdale Turner Correctional Facility in 2015. Last year an audit reported that gangs run rampant in Trousdale because of insufficient security, according to the Nashville Tennessean. Understaffing is also key to the diabetes lawsuit, alleging that Trousdale goes on lockdown for weeks at a time — causing diabetic treatment to become worse.

2. Georgia –A federal court has ruled that private prison firm CoreCivic Inc. can be held liable for forcing detained immigrants to work for as little as \$1 a day to clean, cook and maintain a prison it operates, the Southern Poverty Law Center reports. Detainees who refuse to work are threatened with solitary confinement and the loss of access to basic necessities, like food, clothing, products for personal hygiene, and phone calls to loved ones, in violation of federal anti-trafficking laws, according to the lawsuit.

3. Austin, Tex. – Lewis Conway Jr. is the first formerly incarcerated person in Texas to run for public office, reports Spectrum News Staff. Atlanta— Two years into litigation about prisoners who spend years in solitary confinement, the Southern Center for Human Rights issued a letter asking “the department to reconsider its policy of releasing people straight from the Special Management Unit onto the streets and to restrict the department’s overuse of soli-



tary confinement for people with serious mental illness,” reports Courthouse News Service. The July 31 letter quotes expert witness Craig Haney as calling Georgia’s solitary confinement system one of the most draconian in the nation.

4. Jackson, Miss. — Prisoners represented by the American Civil Liberties Union and Southern Poverty Law Center claim that a privately run prison is so unsanitary, unhealthy and unsafe that it violates the U.S. Constitution’s 8th Amendment protection against cruel and unusual punishment, reports The Associated Press. The allegations prompted a federal judge to order an expert to re-examine the prison.

5. Montgomery, Ala. – Corrections officials say 51 of the state’s 180 inmates on Death Row have chosen nitrogen hypoxia as an execution method after lawmakers approved it as a choice, The Associated Press reports.

6. Florida – Broward County inmates with serious mental illnesses suffer unnecessarily, sometimes without treatment, in inhumane conditions, according to a recent report, according to the South Florida Sun Sentinel. The 88-page report was part of federal monitoring of the county’s jails. The

report reviewed care provided by the sheriff’s office, which oversees four jails.

7. Texas – Criminal justice and child protective services professionals told legislators that the Texas is severely lacking in treatment services to combat the opioid crisis and other substance use problems, the Statesman reports. Officials say there is a huge gap between individuals’ needs and the state’s ability to serve, with many people in rural areas often having to drive far distances to gain access to treatment.

8. Austin, Tex.—The state prison system considerably cut the cost of inmate calls home by more than 75 percent with a new phone contract more favorable to inmates and their families, the Houston Chronicle reports. Currently, instead of paying an average of 26 cents per minute, prisoners will pay 6 cents per minute - no matter the destination of the call. Also, the limit on phone calls was increased from 20 minutes to 30 minutes.

9. Boston – The American Federation of Teachers is asking its union members to cut their exposure to investment firms that have directed millions of dollars into private prisons companies CoreCivic Inc. and GEO Group Inc., reports Reuters.

Lack of transparency, greed, unfairness and injustice

BOOK REVIEW

By Juan Haines
Senior Editor

In the wake of the public demanding more transparency in police departments, *The Force* is a novel with characters led by police officer Denny Malone, who easily relates to people who’ve had questionable encounters with the criminal justice system.

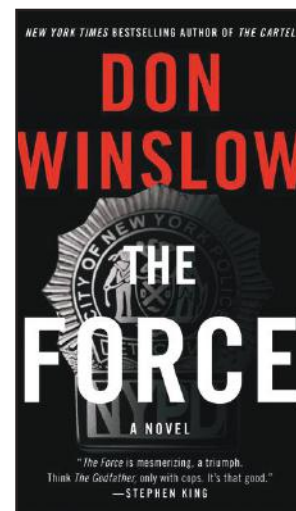
For many behind bars, the concept of justice and fairness is jaded by life experiences: evidence-planting cops, greedy con artists posing as legitimate businessmen, unscrupulous lawyers, and corrupt judges. All of these are elements of this fast-paced story.

Author Don Winslow’s ability to interject realism into tightly written scenes gives readers who have not experienced the ugly side of justice a convincing picture of unethical behavior as well as straight criminal activity by those with the public’s trust.

WINSLOW WRITES:

The streets stay with you. It sinks into your pores and then your blood. And your soul? Malone asks himself. You gonna blame that on the street, too?

Some of it, yeah. The *Force* has quick sentences full of insightful particulars about its characters. In addition, the story contains narration that ties to its dialogue extremely well,



making it a smooth and entertaining read.

Simply because he’s a cop, many incarcerated readers may not like Denny Malone, but his strongest trait is his loyalty, which makes him sympathetic.

Malone is complicated — he fights for the underdog but he also protects the corrupt establishment that he inherited from his father, who was a cop. He’s devoted to his fellow cops, though their behavior is often indistinguishable from gangs’ behavior.

Winslow describes cop tribalism as follows:

What the public doesn’t know is just how tribal cops are. It starts with ethnicity — who got the biggest tribe, the Irish; then you got the Italian Tribe and Every Other Kind of White Guy Tribe. Then you got the Black Tribe, the Hispanic Tribe.

Incarcerated readers, who’ve gone through the

meat-grinder of the criminal justice system, know that as the criminal justice process continues, they are increasingly removed and the adjudicated result bears no relationship to the actual truth.

Winslow digs into the intricate possibilities of a person’s fate—a person who’s trapped in the system and what it takes to trick it.

Winslow explains the process like this:

It doesn’t take a lot to swing a case—a motion granted or denied, evidence excluded or admitted, testimony allowed or stricken. Little things, small things, arcane details that can spring a guilty defendant.

The defense bar knows—sh**, everyone knows—which cases they can buy. One of the most lucrative judicial posts is on the scheduling docket; for the right money you can pay to have a case assigned to the judge you’ve already purchased. Or rented, anyway.

So, *The Force* is about how corruption affects fairness and tips the scales of justice.

Winslow successfully focuses *The Force* on all of the contrasting influences of the criminal justice system and he gets the job done.

Don Winslow is the author of 19 acclaimed, award-winning international best sellers including the #1 international best sellers *The Cartel*, *The Power of the Dog*, *Savages* and *The Winter of Frankie Machine*, several of which have been made into major motion pictures.

SQ Warriors team up on Imago for 98-84 win

By **Rahsaan Thomas**
Staff Writer

People on the sidelines often criticize San Quentin Warriors head coach Rafael Cuevas, but his team played like a well-oiled machine in a 98-84 victory over the visiting Imago Dei basketball squad.

"When Bear told me I was going to get this job, I really didn't know what that meant," Cuevas, who played point guard under former Warriors coach Daniel "Bear" Wright, said. "This whole prison wants me to win every game."

The victory improved the Warriors' record to 8 wins and 8 losses in a season with more roster changes than a county jail.

Cuevas believes that what happens on Saturdays between visiting community members and incarcerated folks on the court is bigger than basketball. He includes as many players as possible in the opportunity to meet outside people, develop social skills and the bonds that happen through the Prison Sports Ministry program.

For the Aug. 26 game against Imago Dei, two new players suited up: Maurice Shillings and Chris "TC" Parker, which made 15 Warriors that played against six Imago Dei players. Some on the yard believe Cuevas should focus on winning by playing the best 12.

"You have 3,000 people whose basketball theories



Assistant Coaches Charles Brooks and Tone Evans assist Head Coach Rafael Cuevas

don't necessarily align with mine," Cuevas said.

The Warriors struggled with Imago this year, going 1-3 against them. In a previous game, Imago Brett "BC" Collins went unstoppable, scoring 34 points with 13 rebounds.

Collins, who at 6 foot 4 inches and 240 pounds is built like a statue of a Greek god and jumps like "Bird-man" Anderson, played for St. Mary's in his college days. For this game, the Warriors double and triple teamed every time he received the ball in the paint. They held him to 10 points, nine rebounds, three blocks and two steals.

"We kept on boxing him out, keeping him off the boards," Harry "ATL" Smith, the Warriors' premier center who used to play for San Francisco State, said. "I respect his game—he's a beast. We practiced for him all week."

In the first quarter, Warriors forward Anthony "Half-man, Half-Amazing" Ammons, a lefty known for getting to the rack and rebounding, shocked Imago Dei when he nailed two jumpers.

"When did you develop a jump shot?" Imago sponsor Tony Thomas asked Ammons.

Ammons played weeks of one-on-one games where he

focused on his jump shot instead of his strengths.

"I was feeling good today," Ammons said. "My team trusted me with the ball and coach said 'Shoot the jumper.'"

Imago Dei's Teohn Conner responded to the Warriors' intensity. Conner, who played for several ABA Bay Area basketball teams and trains kids to play b-ball for a living, has dropped over 30 points in all three games he played at San Quentin, including this game. He scored 31 with eight rebounds, two assists and three steals.

The first quarter ended with the score tied at 27 but

after the second quarter, the Warriors were up 59-45.

"We put our differences aside for a common goal," Ammons said. "We played a complete game together."

At halftime, Thomas gave a short talk about how well Danny Cox, a former San Quentin resident and Warrior, is doing in society.

"Danny is living an awesome life on the outside because he put his faith in the Lord," Thomas said. "There's a peace that comes with trusting the Lord no matter what."

Warriors' veteran shooting guard Allan McIntosh shared his story. He was sentenced to life under the three-strikes law for possession of a firearm and has been incarcerated 21 years.

"I walked off these 21 years because of God," McIntosh said. "I don't stress anymore. My time will come when God's ready for me."

In the third quarter, the Warriors continued to dominate. Smith increased the lead to 67-52 when he stole the ball and went coast-to-coast for the uncontested dunk. The third quarter ended with the Warriors up 79-62.

In the fourth quarter, Imago made a push. Conner sat on the bench resting a sore ankle, while his team got to within 9 after Jon Williams, who played for New Mexico in his college days, made a behind-the-back pass in the paint to teammate Tre Maudlin. Maudlin completed the play with a layup that made

the score 88-79 with 3:39 left in regulation.

Conner went back in the game and made an And-one play. With 2 minutes and 50 seconds on the clock, Imago was down six points, at 88-82.

With 1:37 on the clock, Imago fouled Montrell "Mad Defense" Vines to stop the clock with the score at 90-84. Vines missed both free-throws, but Ammons snatched the rebound.

Warriors shooting guard Jessie "JD" Frazee ended Imago's chances of a comeback by scoring 8 points in the final 1:30. He made four clutch free throws, hit a short-range jumper and made a layup.

"We had a chance," Maudlin said. "The Warriors hit a lot of tough shots."

Maudlin finished with 27 points, including five three-pointers, living up to his name Tre.

Frazee dropped 10 points, making the fifth Warriors to score in the double digits. Smith led the Warriors with 18, followed by Ammons with 16, Delvon Adams with 14 and McIntosh with 12 points.

"I know I have to show up—if I don't show up, we don't win," Smith said. "Going forward, this is a big momentum game. San Quentin will beat Golden State by five."

He was only three points off. San Quentin won 93-85 Sept. 5.

Casey Affleck returns with the Love and split doubleheader

By **Marcus Henderson**
Journalism Guild
Chairman

It was a star-studded event on San Quentin's Field of Dreams as the visiting L.A. Love baseball team did battle against the home team A's. Oscar award-winner Casey Affleck, actor and producer, returned and added retired NFL quarterback Matt Moore to his Love roster for the annual game.

The teams split a doubleheader as they dominated each other. The Love racked-up a 10-3 win in the first contest. The A's paid back the favor with a 12-2 rout in the second game.

"I never been or played in a place like this before, but I have played in some rowdy stadiums," said Moore, who recently retired from the Miami Dolphins. "It's eye-opening. A conversation can go a long way, be it in prison

or society.

"We all go through stuff. A program like this can help them (prisoners) grow from a social standpoint." Moore also played for the Carolina Panthers for four years. He was in the NFL from 2007-2017, drafted from Oregon State. He also played for UCLA.

"I struck Matt Moore out," said Robert Polzin, cheerfully. "But no matter their celebrity status, they came in and we got to know them as people. We thank them for coming. It's humbling and inspiring."

The last time Affleck visited, he had just wrapped up the movie *Manchester By the Sea* (2016), for which he won an Oscar. His new film, *The Old Man & The Gun*, comes out this year and stars legendary actors Robert Redford, who is retiring after this film, and Danny Glover.

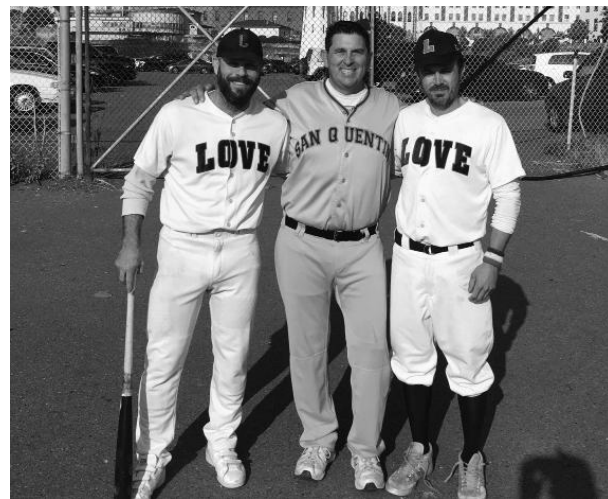
The movie is based on

Forrest Tucker, a real-life career criminal who robbed 17 banks. Tucker was caught all 17 times but also escaped from prison 17 times. Affleck plays Detective John Hunt, who chases Tucker (Redford).

"The reason we keep coming back is because our pitcher Brian Nichols doesn't like losing," said Affleck, laughing. "I do like talking with the guys, since it's hard for me to get on base around here."

Affleck went 2 for 4 in the first game and played third base. The second game he pitched, but the game got out of hand after the third inning. The Love missed a lot of easy catches.

"This program is about transformation and how do we want these guys to come back to the community," said Love's David Gould, who is a script writer for the hit show *Star on FOX*. "When I look on the field, I see sons and



Television writer David Gould, SQ A's Coach Steve Reichardt and Actor Casey Affleck

fathers. When I drive up, I see these guys' families and friends waiting for visits in the parking lot. It would benefit everyone the sooner these guys come home.

"That's what baseball is about, a game of second chances. Even though you fail the first time, you get a second shot." In the first game, the Love were crisp

batting and running the bases strong, keeping pressure on the A's defense. By the sixth inning, the Love led 8-0. A's Branden Terrell smashed a double in the seventh to score two runs to close the gap 8-2.

The Love answered with two runs in the eighth, effectively putting the game out of reach. In the second game, the A's came out swinging. They put up a whopping 11 runs in the third inning. The Love slowed the bleeding by the seventh, but a long alarm on the yard called the game. That meant the Love was literally saved by the bell.

"We told them we were going to battle back the second game," said Terry Burton, A's inmate coach.

The loss didn't sit well with Nichols, who played in the minor leagues from 1999-2001 with the New York Mets. So we're likely to see them again next year.

Kings victorious over Shoe Palace basketball team, 86-68

The San Quentin Kings, who normally play teams visiting from the Bay Area on Saturdays, played a special game on Sunday, Aug. 12, against Shoe Palace, from the Coast Side - Half Moon Bay, in Pacifica. The Kings won 86-68.

The victory improved the Kings record for this season to 5-9. It was their fourth consecutive win.

"We're turning the corner," King Center Jason Robinson said. "The key is playing together, supporting each other. Without that, it 'don't matter how much you win.'"

Robinson, at 6'5" and 255 lbs., set the tone of the

game. He and Kings' power forward D. "Zayd" Nickolson dominated inside on the Shoe Palace team. Each scored 14 points with 14 rebounds.

Former King turned referee Antonio Manning suited up to play for the Kings one last time. At half-time he announced to both teams that the parole board found him suitable for release.

"This basketball program has given me a sense of community and support," Manning said. "This country has its up and downs, but it's the people that make it up. When I get outside, I will continue to reach back inside because

it makes a huge difference in these people's lives."

Manning added 7 points, 3 rebounds, 3 assists and a steal to the stat sheets.

A retiree, Joel Rosenthal put the Shoe Palace team together. He worked for the Veteran Affairs Office for 31 years.

"We go into prison for outreach," Rosenthal said.

Last year the Kings battled back from a four-point deficit in the last 45 seconds to win the game. This year, the Kings dominated from the second quarter on. In the third quarter with 6 minutes and 20 seconds left in the quarter, the Kings

were ahead 24 points.

Rosenthal's team used to be called the Domiciliary team, named after the VA department, where he formerly worked. Now wearing reversal jersey donated by their sponsor George Mersho, owner of the Shoe Palace, they returned to San Quentin under their new name with many of the same players.

"Same team, same players, just different results," Nick Newman said.

In the fourth quarter, Newman tried to forge a comeback with 20 points and 12 rebounds with help from teammate Agustin "Goose"

Arroyo.

Arroyo started the first quarter with two turnovers. In the four quarter, Arroyo grabbed boards and nailed three treys from behind the arc. He finished with 19 points, 10 rebounds, 2 assists, 2 steals and 5 turnovers.

The Kings out ran the Shoe Palace team with an up-tempo game, guards leading the way.

King Guard Joshua "JB" Burton led all scorers with 23 points. King Shooting Guard Oris "Pep" Williams added 9 points, 5 rebounds, 4 assists, and 3 steals.

King Guard Charles

"Pookie" Sylvester came off the bench and scored 6 points. Two of the buckets were off passes from center Maurice "Mo" Williams who finished with 8 points, 11 boards, 4 steals, and 3 assists.

"I think it's important for both community members and the incarcerated population to join together to develop partnerships that make things better for both," said George Kennedy, who does reentry with veterans and who escorted Shoe Palace into the prison. "It is honest fun, and I think it gives everybody hope."

—By **Rahsaan Thomas**

San Jose Earthquakes shake it up at Quentin, 4-1

By **Rahsaan Thomas**
Staff Writer

Representatives from the San Jose Earthquakes soccer team jumped at the chance to shake the field at San Quentin State Prison and left with much more than a 4-1 victory over the home team.

"Soccer is more than a sport," SQ player/coach Tare "Cancun" Beltranchuc said. "It's an opportunity to build community. And, I can transfer these skills into my real life. Like today we faced adversity and we didn't give up."

Active first year Earthquake (EQ) players Eric Calvillo and Frenchman Paul Marie came to support the EQ staffers who teamed up with a Bay Area community team known as the Outsiders for a game against incarcerated men on the Lower Yard.

"It hit me as something interesting, and I wanted to do something different," Calvillo said. "Everybody needs help, and I can help by giving up my time. It sucks that I can't play."

Marie added, in a French

accent, "There are a lot of people here that didn't have the same chances as me—I always like to support through sports."

When program sponsor Andrew Crawford approached the EQs about visiting San Quentin, Community Relations Director Marisa Silver loved the idea.

"She told us, 'You guys like to play soccer right? How about playing at San Quentin?'" EQ goalkeeper Alex Palomarez relayed. "We were excited about it."

Anthony Gouch, who works in the EQ sponsorship department, said. "It was too good to pass up. I wanted to be part of something special."

Incarcerated person Angel Villafan, who is 28 years old, told his son, 5-year-old Baby Alex, that the EQs were coming to San Quentin.

"My son lit up," Villafan said. "He said he's jealous; I told him he can't be jealous of me—I'm in prison."

Villafan thanks Crawford for getting the EQs to join the SQ soccer program.

Contract clauses prevented

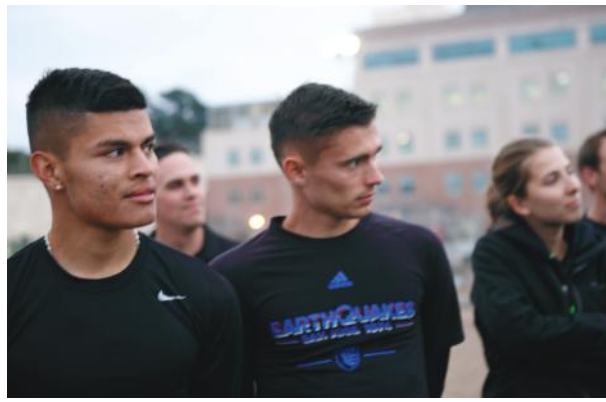


Photo by Eddie Herena, SQ News

San Jose Earthquake soccer players Eric Calvillo and Paul Marie with Outsider Coach Laura Hayward on the San Quentin Lower Yard

the professionals from taking part in the game but not from coaching.

Calvillo helped Outsider Laura Hayward lead their joint team to victory. She was the field general who added strategy and made the substitutions while he provided motivational speeches.

"Here's the scouting report: I know nothing about these guys," Calvillo told his team as they huddled around him pregame. "We run this

field; it's ours now. Earthquakes!"

The EQ/Outsiders struck first in 12 minutes. Outsider Dario Abramskiehn received a far post cross pass and volleyed it in.

For Abramskiehn, the experience of playing with the EQ meant just as much to him as it did the incarcerated futbol players.

"It's pretty different to play with people who do this as their job," Abramskiehn said. "It's generous of them to come spend their time here."

In the 25th minute, EQ/Outsiders added to their lead with a goal kicked in by Outsider Alex Lentz off a weird bounce and a misstep by SQ Angel Villafan.

"This is a great place to score a goal," Lentz said. "I was lucky to get the ball past the goalkeeper."

SQ's Ronald Luna kicked a shot straight at the net in the 28th minute, but Palomarez made the diving catch to stop the goal.

At halftime, the home team was down 2-0.

"Great half," Calvillo said. "We don't stop though. It's 0-0 in our head. Go get the win, yeah!"

In the 55th minute, EQ Anthony Gouch made a goal kick that rebounded. EQ Aaron Gordon kicked the ball in for another EQ/Outsider goal.

In the 64th minute, Gouch kicked a long-distance goal that shot past the SQ goalkeeper Marco Villa.

Gouch, 26, played soccer for San Diego State University. Gouch's brother plays for the National team in Sunderland, England.

San Quentin scored in the 72th minute. Ruben Mondragon blasted the ball in from the left side.

"It's an honor to play with them and a blessing to get a goal," Mondragon said. "I hope we keep this relationship going."

Despite the final score, the SQ squad impressed the pros. "You guys put up a lot of fight," Calvillo said. "All glory to God. It's all His plan."

Coach/player SQ midfielder Juan "Carlos" Meza reminded everyone that what took place was bigger than a soccer game.

"We're getting out; thank you for seeing us as citizens that are going to re-enter society," Meza said.

Sgt. Robert. Gardea, who

escorted the team in despite the overcast skies that threatened rain, added that soccer "teaches team building, which applies to everyday life. Plus it brings hope."

Juan Nunez, 29, just arrived at SQ from Donovan Correctional Facility three weeks before the game and got a chance to play against the EQ/Outsider squad.

"It inspires me to stay out of trouble," Nunez said.

The game was epic despite the score.

The SQ soccer team has struggled to pick a name. They settled for dividing the soccer players into the A Team and the B Team. However, after the great experience with the EQ visit and receiving cleats donated by that organization, they decided to call themselves the San

Quentin Earthquakes.

"That's going to be the name of the main team," SQ soccer spokesman Beltranchuc said.

The game was also epic for the EQ squad.

"I won't forget playing here," EQ Event Operations Luke Devogelaere, who once played on the Oakland Raiders training field, said.

Gouch added, "This is definitely the coolest place to ever score a goal. We were supposed to bring joy and happiness to them (SQ), but they brought it to us, too. I enjoyed getting to meet everyone, hearing their stories and seeing the smiles on everyone's face.

"We'll be back."

SQ A's down Sonoma Birds

By **Marcus Henderson**
Journalism Guild
Chairman

The visiting Sonoma Birds locked horns with the San Quentin A's baseball team in an Aug. 22 defensive battle. The Birds, however, fell to the home squad 7-3, after a late inning meltdown.

"These guys are good," said Steve Solis, Birds head coach. "When we were invited here, we jumped on it."

"We came without having knowledge of prison life, but it was an opportunity to give these guys (prisoners) a sense of normalcy—whatever that means," Solis added.

The Birds are a part of an expanding baseball program at San Quentin. This is their first year playing in the prison. The Birds consist of two teams, the Cardinals and Blue Jays from the So-

nomia County Senior Men's League, the 45 and over division.

"Walking in here you would think it was a university, until you see the big barred doors," said John Grech, of the Birds. "I was surprised seeing so many guys walking around with books."

Grech, a high school history teacher, recognized the effects of San Quentin's Prison University Project (PUP) on the prison culture.

Grech also made one of the spectacular catches of the game. He caught a deep ball in centerfield navigating a thick track of rocks, two metal tables bolted to the ground and pedestrians for a final out in the fifth. Most players would have let the ball drop for a ground-rule double for a ball hit in that area.

Throughout, both teams

made driving catches and turned double plays with professional skill.

The game stayed tied 3-3 until the seventh inning. The Birds walked two A's batters, leaving Branden Terrell to score both runners with a line drive double down the center field gap. After another walk, A's big Rob Polzin smashed a deep ball to left field for a double, adding two more runs to seal the lead 7-3.

Gary "Cool Aid" Townes, A's pitcher, struck out a batter and put enough spin on the ball to cause two fly balls to close out the game.

"It's about the love of the game for me," Townes said. "I get heated when I don't play more, especially when I think I can help out the team. But this is the best team I've been on for the past five years. I will continue to work hard and help us improve."

SQ Hardtimers victorious over Prison Sports Ministry, 25-22

By **Timothy Hicks**
Staff Writer

In a close match, the San Quentin Hardtimers beat the Prison Sports Ministry softball team in a nine-inning game, 25-22.

The last time Prison Sports Ministry (PSM) players tested their faith on the San Quentin softball field, they came up short. The Hardtimers won by a large margin.

PSM right fielder Bryce cleared his August schedule so he could come get revenge. In this rematch, faith in a new strategy brought them closer to a victory.

Catcher David A. and center Dan of PSM both believed that they knew what to do to improve their chance for this game.

"If we're more patient, try not to walk players and not swing at the first pitch, we might beat these guys," David A. said.

The PSM defense gave them hope.

Through whirlwinds of dust and changing wind patterns, PSM left fielder Paul

robbed Hardtimers center fielder Kenneth Lewis of a double with a spectacular catch of a fly ball, despite the conditions. Then he gunned out Hardtimer R.J. Hill at second, which ended the third inning.

Hardtimers led PSM 10-8.

By the seventh inning, Bryce's hopes were high. Teammate Jeff loaded the bases with two runs batted in. Danny A. also brought in two runs, and Bryce tagged up on third, then ran home, which gave PSM the lead for the first time of the game at 17-15.

Left-handed batters took advantage of the Hardtimers' right field with double and single shots for RBIs. Third baseman Brandon smacked the ball over the fence for a homerun to increase the lead to 22-15 in the top of the eighth. The PSM bench erupted in excitement.

"I have been trying to get an over-the-fence homerun since the last time we played here," Brandon said.

Hardtimers coach Doug rallied his team with some en-

couraging words that inspired them not to give up.

In the ninth inning, the Hardtimers came back. With the bases loaded, newcomer Hardtimer third baseman Juan Navarro hit a fastball over the fence that nearly knocked on the annex education building door. That tied the game 22—all at the bottom of the ninth.

With two runners on base, Helder Alvernaz secured the victory with a line drive past the shortstop that brought in the winning runs.

"I love how the outside people come in," Alvernaz. "It's not all about winning. Them coming in helps me keep a positive outlook behind these walls."

New Hardtimer Juan Navarro appreciates how they call him by his name. He says it makes him feel like a human being instead of an inmate. He says he loves that all races come together and play the game, and how the outside people bring their freedom inside to him. Both men believe that being able to play the game will keep them out of trouble.

Counting 52 laps at race

Twenty-eight 1000 Mile Running Club runners started the Ninth Annual San Quentin Half Marathon under blue skies on a beautiful August 10 day, while community volunteers kept track of every lap. Twenty-one men completed the full 52-1/2 laps around the prison yard.

Markelle "The Gazelle" Taylor, who holds most of the club's records, predictably came in first with a time of 1 hour, 22 minutes, 44 seconds. He runs every race with a cause in mind.

"I dedicate this race to all immigrants and children separated from their families," Taylor said.

Without the club's second-best runner, Eddie Herena, in the race, Chris Scull took second challenged only by Steve Reitz, who came in third. Their respective times were 1:33:06 and 1:38:30.

"Usually I'm fourth or fifth; it feels nice to get on the podium," Reitz joked. "I thank the volunteers, like Tim Fitzpatrick. Counting laps isn't the most interesting thing to do."

Club coaches Frank Ruona, Diana Fitzpatrick and Kevin Rumon, along with community volunteers Tim Fitzpatrick and Jim Morris, counted the laps with help from club members who couldn't run but still wanted to help out. Each person kept track of about four runners.

"Counting laps is challenging," Morris said. "I like doing this because it's something good; it's giving something back with the knowledge that with this much difference, I'd be the one in here hoping somebody helped me out."

The 69-year-old worked as a biologist in the wetlands



Photo courtesy of Johath Mathew

Coach Frank Ruona counting laps as Steve Brooks runs by

supervising lab testing before retiring.

"Counting laps is very tough; my hand is starting to cramp," D. Fitzpatrick said. "I do this because of my commitment to the men."

New club member Mark Jarosik, 52, expressed his appreciation for the 1000 Mile Running Club.

"It means a lot to be able to run with other guys trying to better themselves, and we really appreciated all the coaches coming out," Jarosik said.

He came in fifth with a time of 1:40:40 right behind Steve Brooks, who took fourth.

Two of the club elders put on a great race. Larry Ford, 62, came in 10th with a time of 1:53:03.

"I've run more half-marathons than anybody in the club," Ford noted.

Michael Keeyes, the oldest member of the running club at 71, came in 14th, with a time of 2:00:24, short of his 70-plus age group record of 1:47:01. As the only member of the club over 70, no one can challenge his record yet.

"I want to set the bar high, so when Larry turns 70, he has something to shoot for," Keeyes said. "I want him to earn it."

Daniel McCoy, 56, another new member, completed his first half-marathon.

McCoy has a pacemaker, but it doesn't bother him in the least.

"Running helps me mentally and psychologically and it keeps me mellow in this environment," McCoy said. "Running in my first half-marathon at San Quentin is inspirational. Talk about turning a bad into a good. I'm in prison, which is bad, but I'm accomplishing something good—better health and I appreciated the camaraderie."

The other half-marathon finishers were: (6) David Barnes, (7) Bruce Wells, (8) Jonathan Chiu, (9) John Levin, (11) Troy Dunmore, (12) Tommy Wickerd, (13) Glen Mason, (16) Al Yaseng, (17) Lee Goins, (18) Kerry Rudd, (19) Darren Settlemyer, (20) Mona Vue and (21) Edward Mone.

—By **Rahsaan Thomas**

Last RISE inmate graduation for Dante Callegari



Photo by Eddie Herena, SQ News

MCT students and instructors posing for a picture



Photo by Eddie Herena, SQ News

SQ Warden Ron Davis, Dante Callegari, and Sean Luigs



Photo by Eddie Herena, SQ News

Eusebio Gonzalez, Juan Gonzalez, Dante Callegari, Kevin Robinson, Marco Villa and Tare Beltranchuc

**By Juan Haines
Senior Editor**

Dante Callegari has announced his retirement after training hundreds of San Quentin inmates in modern construction technology (MCT).

The announcement came Aug. 28 at the graduation for the first class of the job-readiness program called RISE.

"We do a lot here at San Quentin to teach job skills," Warden Ron Davis said at the event. "There's Dante's program, coding and the machine shop. There's a lot we do here to give you guys the skills to get a job and stay out."

RISE aims to prepare incarcerated people how to interview for vocational jobs.

However, it's instructors like Callegari who give the men the training they need to be job-ready.

Last March, Chris Deragon walked out of San Quentin to a job at Community Housing Partnership with former San Quentin residents Dave Basile and Duane Holt. All three completed Callegari's course.

"Every day we tell ourselves we don't want to be in prison anymore," Deragon said. "So we do our best to stay out. It's the work that I did inside that's prepared me for what I'm doing right now."

Deragon said that Callegari's presence was "like a father," adding, "The opportunity to learn from him has fundamentally changed my life." Deragon spent 22 years

incarcerated.

Holt paroled from San Quentin about two years ago after spending more than two decades behind bars.

"When I was in Dante's class, I learned work ethics," Holt said. "Now I work with an at-risk population, like the homeless. I use the tools I learned in here every day out there to make myself successful."

Claudius Winfrey, another successful Callegari student, accompanied Holt and Deragon.

Sean Luigs, owner of ELITE Supply Co., came to San Quentin about five years ago and met Callegari to "bridge the gap from inside here to outside there."

Luigs and his business partner, Jon Schultz, created Ready Individuals for Suc-

cessful Employment (RISE.) Darrel Smith, 57, is a RISE graduate. He's currently enrolled in Titans of CNC Academy, a Computer Numerical Control vocational machine shop.

"I learned how to refine my interview skills," Smith said. "The biggest thing I learned is how to be prepared and have confidence," he said.

After completing RISE, Andrew Wadsworth said, "I learned to speak from the heart. I don't care what words you use, if it's not from the heart, then it's not real. The program is about you being yourself — about being human. This curriculum is so special."

Schultz says the most valuable thing inmates learn is a good attitude, which makes

the programs worth the money invested in them. "Most of the folks are average normal guys, who I'd have beer with on the weekend," he added.

Referring to the vocational job skills the men learned, Schultz said, "It's not what you would expect. They go from not knowing anything to practicing and using their skills."

Chris Martini of Central Sanitary Supply in Modesto learned about the RISE program and wanted to participate.

"I keep saying that I feel like I'm learning more than I'm helping," Martini said. "The environment is fantastic. The program is very relevant to success and transitioning. Ultimately, the people I've met and everyone who wants to be in the

program is so eager to learn. "I would absolutely, hire some of these men."

"Interviewing for a job and making a resume are skills just as important as the skills in the programs," Warden Davis said.

Deragon told the inmates, "Every day I get up at 4 o'clock in the morning and work till 6 p.m. It's hard and frustrating, but I ask myself. Would I like to be frustrated out there or in here?"

Referring to Deragon, Warden Davis said, "Keep doing good, guys and you can be sitting right here with this cat."

The RISE graduates were Darrel Smith, Kevin Sample, Andrew Wadsworth, Marco Villa, Juan Gonzalez, Ricky Gaines, Thang Tran and Tare Beltranchuc.



Photo by Eddie Herena - SQ News

Dante Callegari, Warden Ron Davis and graduate students



Photo by Eddie Herena - SQ News

Duane Holt, Dave Basile, Chris Deragon and Dante Callegari

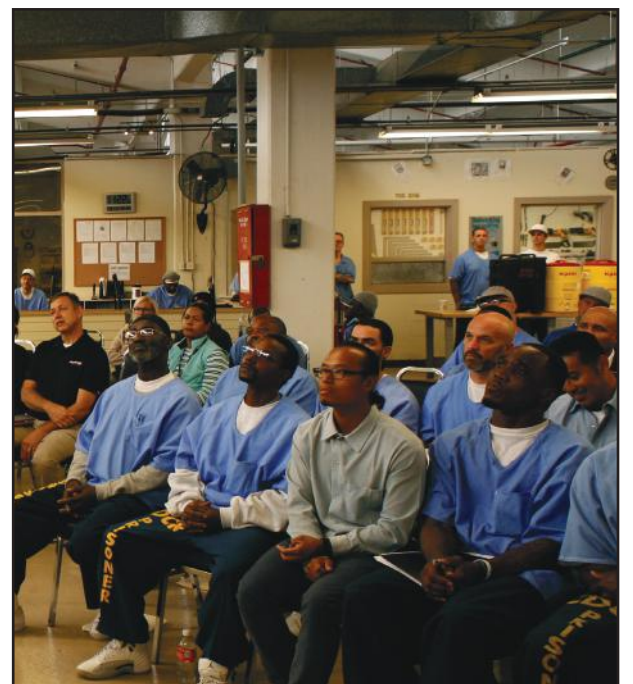


Photo by Eddie Herena, SQ News

Students, instructors and guests at the MCT graduation



Photo by Eddie Herena, SQ News

MCT instructor Dante Callegari



Photo by Eddie Herena, SQ News

Sean Luigs and Warden Ron Davis giving Dante Callegari a plaque for his retirement



Photo by Eddie Herena, SQ News

Computer Technology instructor, Ms. Mikko Valdez and MCT instructor Dante Callegari