

San Quentin News



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CCWP advocates mount a fight to end LWOP

By Rahsaan Thomas
Staff Writer

Advocates are mounting a fight to end the other death penalty—life without the possibility of parole.

These “hidden death sentences” mean prisoners must live the rest of their lives in “prisons with extraordinarily high suicide rates, with substandard medical, dental, and mental health care and with scant rehabilitative programs. Prisons rife with gang violence, racism, and despair,” said Kenneth Hartman in a *Truthout* article.

Hartman was recently released from a life without possibility of parole sentence by the California Parole Board, which approves or disapproves commutations.

A sentence of life without the possibility of parole, known as LWOP, translates to staying in prison until you die and, some argue, wastes resources.

“It is not ‘tough’ to imprison people long past their proclivity—or even physical ability—to commit crime; to the contrary, it is a poor use of resources that could be put toward prevention.”

Ashley Nellis, senior research analyst at The Sentencing Project, a nonprofit research and advocacy center, said this in *Still Life: America’s Increasing Use of Life and Long-Term Sentences* (2016).

See LWOP on Page 5



Photo by Eddie Herena, SQN

Participants in the Barbershop Dialogue speaking in San Quentin's Protestant Chapel

Law enforcement and prisoners come together in Barbershop Dialogue

By Juan Haines
Senior Editor

Law enforcement personnel and incarcerated men met in San Quentin's Protestant Chapel on Sept. 21 for a first-of-its-kind forum. The idea came from the 2009 New Year's Eve killing of Oscar Grant by a BART police officer.

Jack Bryson's two sons were with Grant. “That incident made me become a community organizer,” Bryson said in an interview with *San Quentin News*. “But when I got into the community and met with the people calling themselves working to bring justice to Oscar's death, I didn't like what I was seeing.

Everyone had their own agendas.”

Bryson became frustrated. “They didn't have Oscar Grant in mind; they had other kinds of grants on their minds,” Bryson said regarding people and organizations seeking to take advantage of Grant's death.

Seeking a solution to the cankerous relationship between the police and community, Bryson sought people he knew in the police department—the first person was Lt. Bobby Hookfin. They built a level of trust. Then Captain Michael Carroll got involved.

Carroll wanted to do something about people of color committing crimes and ending up in prison. But he needed help.

“So I brought in people impacted by crime,” he said. “People returning to the community—a variety of people working toward the goal of reducing crime.”

Two years ago, *KTVU* Channel-2 reporter Paul Chambers aired the first Barbershop Dialogue. Since then, seven San Francisco Bay Area cities, as well as Santa Rita Jail and two juvenile facilities, have held forums.

San Quentin's forum had an audience of more than 100 inmates, about a dozen formerly incarcerated men and women, as well as several district attorneys and police officers.

See BARBERSHOP on Page 4



The Bay Area's gypsy swing band *Beso Negro (Black Kiss)* treated San Quentin prisoners to acoustic musical mastery at its Sept. 29 event.

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Photo by Dale Ramos

Panel during the FICPFM conference in Florida

Florida hosts prison reform conference

By Andrew Beale
Contributing Writer

More than 50 social justice organizations led by formerly incarcerated people met in Orlando, Fla., last month. The occasion was the second national gathering of the Formerly Incarcerated, Convicted People & Families Movement (FICPFM). The first national gathering took place in Oakland in 2016.

The conference's theme this year was “A Quest for Democracy,” and

its location allowed attendees to pursue that quest by getting out the vote for Amendment Four, a ballot item that Floridians will vote on directly in the November election. Florida is one of only three states that permanently denies the right to vote to everyone convicted of a felony, and Amendment Four would restore the right to vote to most of those people, giving 1.4 million Floridians their voting rights back.

See FICPFM on Page 10

CA leads nation in women on Death Row

By Marcus Henderson
Journalism Guild Chairman

California leads the nation with 23 women on Death Row, but the condemned women are largely invisible and forgotten behind bars, and their stories rarely see the light of day.

California has more than three times the number of condemned women in Texas (six on condemn) and in Alabama (five on condemn), according to a Death Penalty Information Center (DPIC) report.

The women on California's Death Row are housed in Central California Women's Facility (CCWF) in Chowchilla. Until 1933, they were housed in San

Quentin in the Women's Ward. They were relocated to California Institution for Women at Tehachapi, which opened that same year.

“There is far less conflict between the women on Death Row than with men,” Linda Fox, a paralegal who recently retired from the California Appellate Project, told *San Quentin News*. “They look out for each other—they have a different sort of experience. They interact in a different way; it's a different community.”

Fox worked with attorneys on death row cases and had the opportunity to visit the women.

See WOMEN on Page 5



A drum call to gather the population on San Quentin's Lower Yard was made on Sept 9th, for the “Hope” themed opening of Mental Wellness week.

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Courtesy of CDCR

A female inmate sitting out on the Death Row yard

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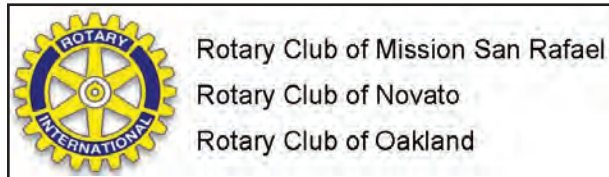
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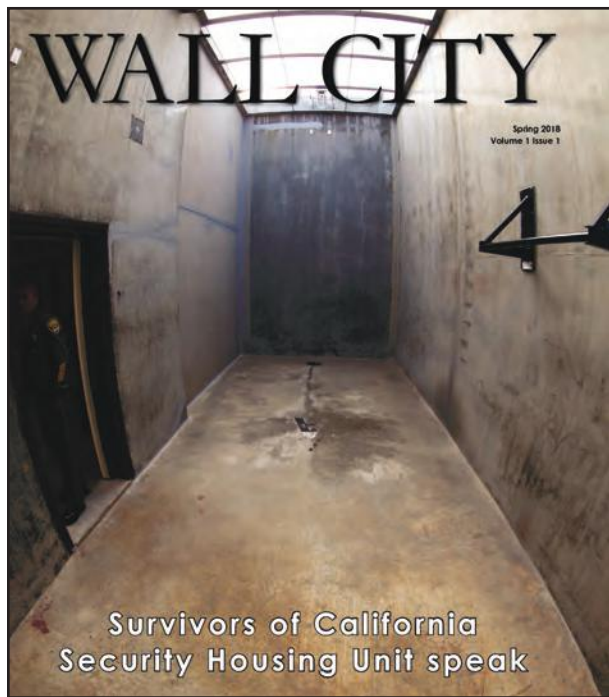
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RE:STORE JUSTICE



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



Pow Wow celebration sees return of Native leader

By Marcus Henderson
 Journalism Guild Chairman

Lee Polanco was a correctional officer in San Quentin from the late 1980s to the 2000s. He still has family working within the prison.

"I worked Death Row, the housing blocks and the gun tower," Polanco said. "But being a C/O wasn't my calling. The Creator had bigger plans for me."

Now 81, Polanco returned to San Quentin Sept. 7 to bestow the ceremonial blessing to open the Native American Religious Group annual Fall Pow Wow.

Tribal drums and coordinated dances echoed in San Quentin's visiting room, as Polanco, draped in a blue and red shawl, danced with an eagle feather fan in his left hand and a gourd rattler in his right. As a gourd dancer, Polanco is the one who blesses the ground before a Pow Wow takes place. He is also a Sun dancer and keeper of the fire for the National Native American Church sweat lodge.



Photo by Dina Durano

Natives performing on tribal drums in the SQ visiting room

"It's not who you know or what you're doing, but what you leave behind, and that's the next generation"

After leaving the duties of a correctional officer, Polanco became an advocate for Native Americans behind prisons walls. He was successful in bringing sweat lodges and native religious services to numerous California and Nevada institutions.

"It's not who you know or what you're doing but what you leave behind, and that's the next generation," Polanco said. "You are your identity. At first, I couldn't even pray in my language. Now I wake up every morning and pray in my language."

"If you don't know the language of your songs—dig them out and learn them," he added.

The Fall Pow Wow is grounded in the revered tradition of sharing a meal as a community to help everyone get through the winter months.

But celebration of Native American customs in prison has encountered resistance in many prisons throughout the country.

"We are a sacred people. We pray for everything," said Hector Heredia, Native/Indian chaplain. "We have been doing these things for thousands of years, and we are a generation that needs to still identify our culture."

"We don't sing our songs for entertainment—our songs are spiritual," Polanco added, "We bless our food, and we wipe down our people with sage (for purification)."

At the ceremony, much of the sacred rituals had to be done symbolically due to the prohibition against smoke or fire within the visiting room. A circle was formed with the small diverse group of family, friends and guests, as Polanco unwrapped the "Canupa" (Cha-nu-pa) sacred ceremonial pipe and passed it around.

The strains of Polanco's native song rose and fell as people passed the Canupa around and made silent prayers. The circle, or hoop, represents infinity and the man and woman coming together.

"Lee (Polanco) does stay on top of things going on in San Quentin. He does pray for the people all the time," said Joyce Polanco, Lee's girlfriend.

Before the blessed meal was served including the traditional fried bread, the ritual Grand Opening Dance was done. The small crowd left the visiting room and danced their way back in. Everyone was in lock-step with each other as they danced into an-



Photo by Dina Durano

Greg "White Eagle" Coates serving up a meal

other circle.

Chaplain Heredia then presented Polanco with a spear-headed wooden plate from the Native American prisoners. In true tribal tradition of gift giving, Polanco gave Heredia the gourd rattler.

"Plant some seeds and make more rattler out of them," he told Heredia, urging him to carry on the

tradition. Then Polanco turned to the audience.

"If you give somebody something—give them something good," Polanco said. "Also show respect and appreciation when someone helps you."

"All you brothers are special because you come from a woman," Polanco added. "I have learned from you all."

Class action suit alleges Tennessee neglected diabetic inmates

By Salvador Solorio
Journalism Guild Writer

Tennessee's largest prison, Trousdale Turner Correctional Facility, now faces three lawsuits filed on behalf of prisoners suffering from diabetes. The inmates were allegedly unable to access insulin during prison lockdowns, the *Nashville Tennessean* reported.

In a prisoner complaint form, inmate Douglas Dodson described several nights during a three-week lockdown during which he and about 60 other diabetic inmates were not called to the prison clinic to receive insulin shots. In his complaint, Dodson said the insulin was either provided hours later or not at all.

"I know my insulin is

keeping me alive, and I really need it every day. This has went on long enough here at this facility!" Dodson wrote.

The complaint, which was written during Trousdale's three-week lockdown in 2016, eventually resulted in a class-action lawsuit that claims the prison is operated by a "skeleton crew," which forces the prison into lockdown because of a lack of manpower.

The *Tennessean* reports that diabetic care is the worst during lockdowns.

"Meals are provided at irregular and often unpredictable times and are often not diabetic appropriate despite medical directions for a diabetic appropriate diet," the lawsuit states.

The lawsuit also alleges that lockdowns come as a result of understaffing be-

cause the private prison company that oversees the prison, CoreCivic, fails to adequately staff and secure the 2,552-bed Hartsville, Tenn., prison—despite its five-year \$276 million contract.

The class-action lawsuit alleges that Dodson and other diabetic inmates face daily risks because of the unhealthy prison food served at unpredictable meal times and spotty access to insulin shots.

The American Diabetes Association filed a court motion in March to join the class-action lawsuit against Trousdale. In a news release, Sarah Fech-Baughman, an attorney for the association, described inmates as being "at the mercy of prison staff" to provide them with access to medication to manage their diabetes.

Thomas Leach, a former inmate at Trousdale, filed a separate suit in 2016 with similar complaints. In a third and more recent lawsuit filed this year, diabetic inmate Jonathan Salada allegedly died in "excruciating pain" because of "diabetic complications" and "negligent care."

The three suits have received little attention over the past two years, according to *The Tennessean*. But in August, a protest at CoreCivic's

headquarters in Nashville, Tenn., revived the previous allegations.

Ashely Dixon, a former CoreCivic employee, who resigned from Trousdale, attended the protest. At the protest, Dixon told *The Tennessean* she remembered hearing Salada shouting in his cell. "He screamed in pain for three days," she said. "I tried to get him help, but nurses told me he was faking it."

The lawsuit filed by Salada's family explains that he had three blood tests done, all of which revealed his blood sugar was "alarmingly high," but he never "received appropriate or proper medical care."

Salada was found unconscious in his cell.

In response to the lawsuits, CoreCivic denies any wrongdoing and instead insists the plaintiffs are responsible for their own health complications.

According to *The Tennessean*, CoreCivic claims Dodson and other diabetic inmates are known for skipping meals and refusing insulin shots, as well as neglecting their health by using illegal drugs and buying sugary snacks, which they describe as "willful non-compliance" with a diabetic diet.

Facial recognition technology poses privacy issues

By Wayne Boatwright
Staff Writer

New facial recognition technology may be used to target returning citizens.

"A little knowledge is a dangerous thing," warns the Brookings Institute in a TechTank blog by Nila Bala and Lars Trautman.

Most recent news stories focus on the facial recognition technology's mistakes. For example, the ACLU conducted a test of Amazon's new technology "Rekognition," and the software misidentified 28 members of

Congress as having a previous criminal record.

The Brookings Institute said privacy rights activists claim that in the near future it will work too well.

For the roughly one-in-three Americans, who have some sort of criminal record, it would be an issue. Soon law enforcement will be able to instantly identify returned citizens, and they "will inevitably be targeted, despite having served their time," The Brookings Institute warned. "Even a perfect facial recognition tool in imperfect hands can lead to

unjust outcomes."

BIOMETRIC PRIVACY RIGHT NEEDED

"Privacy is shorthand for...self-development," writes Julie Cohen, Georgetown University law professor. Such privacy is "vital for individuals returning to society with a criminal record," the Brookings' blog states.

Any privacy is uniquely harmed when biometric information (like facial recognition) becomes instantly available.

Much activist attention focuses on the danger of a world where innocents are

identified as guilty by a flaw in a new technology. A much bigger risk is "a world where a guilty person can never be anything but a criminal," the states Brookings.

The possibilities do not look encouraging.

"The few states that have enacted biometric privacy laws have made exceptions for law enforcement," according to Brookings. Only a few cities have dealt with the law enforcement surveillance risk.

Given the growing efficiency of new biometric technologies, like facial recognition, a counterbalancing legal privacy right could aid both the employment and reintegration into a community of returning citizens.

Much activist attention focuses on the danger of a world where innocents are

Securus Technologies absorbs more competition

By Kevin D. Sawyer
Associate Editor

The prison pay phone industry is gradually coming under the control of two companies as Securus Technologies recently announced the purchase of one of its smaller competitors, ICSolutions (ICS).

A story published in *Prison Legal News*, using data from Prison Policy Initiative (PPI), said Securus and Global Tel*Link (GTL) provide inmate calling service to 70 percent of the prison and jail market in the United States.

The purchase will give Securus all of ICS's issued and outstanding membership interests of the company, it

was reported. "As a result, ICS will become a wholly owned, direct subsidiary of Securus," regulatory filings state.

According to PPI, Securus and GTL already dominate the prison pay phone industry. It said ICS was the fourth leading phone service provider behind Century Link.

In 2017, GTL purchased Telmate, another competitor in the prison pay phone industry.

"Securus was acquiring ICSolutions by taking on the company's \$350 million in debt," *Prison Legal News* reported in an investor note written by Moody's, an analyst and credit rating firm. The buying will clear the way for Securus from one of

its rival.

"While a costly purchase, the acquisition eliminates an aggressive competitor in the smaller facility space comprised of local and county jails," the investor note said. "Moody's believes this is a prudent defensive tactic which fortifies Securus' recent market share gains and helps preserve the company's solid growth trajectory."

"Now that there are just two major national companies left to compete for contracts, it will be harder for facilities that want to lower prices to do so," PPI said. "Because the primary differentiation between vendors is cost, having fewer companies compete for contracts will mean less choice for the

facility that awards the contracts and less of an incentive for the companies to offer good deals."

Drinker, Biddle & Reath, LLP regulatory attorney Lee Petro said Securus' acquisition of ICS is a closer step to the consolidation of an industry that operates as a monopoly in jail and prison facilities.

In 2015, Securus purchased JPay, "a company that provides fee-based email services, video calling, money transfers and tablets for inmates," *Prison Legal News* reported.

Securus is owned by Platinum Equity, a private equity firm. It is managed by the owner of the Detroit Pistons, Tom Gores.

Immigrant requests for asylum face four year backlog

By William Earl Tolbert
Journalism Guild Writer

President Donald Trump's immigration enforcement program is failing due to a four-year asylum hearing backlog, an opinion article in *The Hill* contends.

It is the immigration enforcement program's policy to deport undocumented immigrants to their country of origin, unless they express a "credible fear" of returning. An asylum officer assigned to the claim determines whether "credible fear" is present in individual cases, said Nolan

Rappaport, the article's author.

If the officer denies the claim, applicants can request an administrative review of the decision, which will be performed by an immigration judge. If the judge then rejects the claim, the immigrant is deported.

According to the article, an ongoing shortage of immigration judges has contributed to the backlog.

As of July, 330 immigration judges presided over 58 immigration courts with a combined backlog of 733,365 cases, the article said, amounting to approximately 2,200

cases per judge.

Claimants wait on average 717 days, nearly two years, for a hearing. If the Department of Homeland Security (DHS) abruptly stopped arresting undocumented immigrants, it still take four years to eliminate the backlog, according to Rappaport.

Attorney General Jeff Sessions clarified the asylum eligibility requirements to make it easier to screen out immigrants who do not have a legitimate persecution claim. Though this might stop the backlog from growing larger, it can't reduce it, Rappaport

said.

In January, Trump instructed the DHS to expand the use of expedited removal proceedings as a way to reduce the backlog. Expedited proceedings affect undocumented immigrants who have been in the United States for less than two years and were not formally admitted into the country.

Rappaport argued that Trump will need a legalization program to eliminate the backlog entirely, as many of the immigrants in removal proceedings have been physically present for at least two years.

Viral image fundraising campaign for 2-year-old asylum seeker

By Aron Kumar Roy
Journalism Guild Writer

A heart-rending viral image of a 2-year-old girl crying as she and her mother are detained at the U.S.-Mexico border inspired two people to begin a fund-raising campaign. Their project also went viral, raising \$4,000 a minute, reported *The Verge*.

Charlotte and Dave

Wilner originally started the campaign to raise \$1,500, enough to help pay the bond fees for the 2-year-old girl's mother, who is an asylum-seeker from Honduras.

Under the Trump administration's "zero tolerance" policy, people caught crossing the U.S.-Mexico border illegally are prosecuted as criminals and sent to federal jails instead

of immigration detention centers.

Since children cannot be held in these facilities, until courts intervened, more than 2,000 migrant children were separated from their parents and detained in different facilities.

"We are collectively repulsed at what's happening to immigrant families on our southern border. In times

when we often think that the news can't possibly get worse, it does," Charlotte Wilner wrote on the fundraiser's Facebook page. Due to the immense support for the cause, the campaign is set to raise \$5 million, which will be donated to the Refugee and Immigrant Center for Education and Legal Services, a Texas nonprofit.

Upcoming Events at San Quentin

- Nov. 11th Veteran's Day @ Lower Yard 10 a.m.
- Nov. 16th 1000 Mile Club Marathon 8 a.m.
- Nov. 16th Queens of the Stone Age @ Chapel 5 p.m.
- Nov. 27th San Francisco Opera @ Chapel
- Nov. 29th Veterans Healing Veterans
Shakespeare @ ARC 1 p.m.

San Quentin News

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



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Courts may be better than parole board at determining parolee risk

By Kevin D. Sawyer
Associate Editor

When a court orders the release of a lifer on parole, statistics show the parolee does not return to prison. But when the Board of Parole Hearings (BPH) releases a lifer, some wind up back behind bars.

Why this discrepancy exists remains a mystery, but it is confirmed by recently released statistics from the California Department of Corrections and Rehabilitation (CDCR).

Some inmates serving life sentences and who were later denied release by the state parole board eventually took their cases to court and successfully gained their release. These lifers released by court order have a zero percent rate of recidivism.

Two reports on recidivism published late last year by CDCR reveal that inmates released by court order in fiscal years 2011-12 and 2012-13 never returned to prison.

In two 90-plus page

reports, are CDCR records that indicate the parole board isn't as knowledgeable as the courts when it comes to predicting a lifer's behavior once the prisoner departs on parole.

The report for 2011-12 fiscal year said, "Of the 349 lifers released by the BPH, 3.2 percent (11 offenders) were convicted of a new crime during the three-year follow-up period. None of the 10 lifers who were released by court order were convicted of a new crime during the three-year follow-up period."

The overall CDCR recidivism rate for all prisoners released during the same time period was 54.3 percent, according to the report.

The report for the following fiscal year said, "Of the 478 offenders released by the BPH, 4.2 percent (20 offenders) were convicted of a new crime during the three-year follow-up period. Of the 14 offenders released by other means (e.g., court order), none were convicted of a new crime during the three-year

follow-up period."

The overall recidivism rate for that year was 46.1 percent.

California defines recidivism as "conviction of a new felony or misdemeanor committed within three years of release from custody or committed within three years of placement on supervision for a previous criminal conviction," according to both reports.

"Generally, offenders sentenced to an indeterminate term (a life sentence) are released only after the (state parole board) has found them suitable for parole or the court orders their release," the CDCR reported.

Under the California Public Records Act, the *San Quentin News* requested CDCR numbers on lifers released by court order in the last 20 years after they challenged state parole board denials. The *News* also requested the difference in recidivism rates between the two groups.

The CDCR said it has components of the information, but it would have to "create

lists and computer programs to extract the information," which would be costly and labor intensive.

Because lifers released on parole in California have such a low recidivism rate, the *News* requested data on lifers who were returned to custody in the last 20 years. CDCR reported that, until recently, it "made no distinction in its tracking between people released after a suitability grant, governor's reversal and then court intervention, etc. They were all lumped together as BPH grants (of parole)."

However, in 2016, the BPH requested the department's Office of Research to include recidivism data on inmates who fall into the "other releases" category. Included in this group would be some prisoners initially denied parole by the board on the basis of criteria which a judge later rejected, and the court ordered their release.

Information was extracted from CDCR's Strategic Offender Management System

(SOMS), to identify inmates released in both fiscal years "to determine which released offenders returned to state prison during the three-year follow-up period," the report for the 2012-13 fiscal year stated.

The CDCR reported that it "presents the 2017 Outcome Evaluation Report, part of an annual series, which examines arrest, conviction, and return-to-prison rates for offenders released from CDCR adult institutions during a given fiscal year."

"My hope is that this information will provide new insights to policy-makers and correctional stakeholders that will be useful in moving the state forward with regard to efforts that increase public safety through the reduction of recidivism," said CDCR Secretary Scott Kernan in a memo last year.

The Indeterminate Sentencing Law was established in 1917 under Penal Code Section 1168. It allowed judges to determine a range of time to serve in prison for those con-

victed of a felony. Those convicted for the same crimes could spend different lengths of time in prison, depending on several factors, such as a prisoner's individual conduct while incarcerated.

When the minimum length of sentence was completed, inmates went before a parole board that determined their release date. In 1977, the Indeterminate Sentence Law was replaced by the Determinate Sentencing Law (DSL) under Penal Code Section 1170.

After the enactment of the DSL, only lifers and third-strikers are considered "indeterminately" sentenced, because the BPH determines their release date.

Overall, recidivism in California's prison system has dropped. For example, CDCR numbers for fiscal year 2002-2003 show 103,934 inmates released from state custody. In the three-year follow-up period, 68,810 were returned to custody, bringing the state's recidivism rate to 66.2 percent.

BARBERSHOP

Continued from Page 1

Chambers made it clear, "everyone is not going to agree, but we're going to be respectful."

He opened with, "When law enforcement officers go home they are a part of a community. We're all a part of the community."

He added, "When you get out of San Quentin, we want you to be a part of that community."

Chambers asked *San Quentin News* Executive Editor Richard Richardson, "Why is it important to have the San Quentin Barbershop Dialogue?"

Smiling, Richardson said, "Simple—to just set the record straight and address the importance of revealing our growth."

Bryson began the dialogue by giving an emotional testimony as he named people murdered in Oakland—not by police officers. He was troubled that the only time there was outrage was when the police killed someone.

"Why is that?" he questioned.

"I think that it's important to have this conversation to move things forward," Bryson said, regarding senseless killings in the community.

Several formerly incarcerated people gave their reasons for participating in the dialogue.

Darris Young, incarcerated 26 years, spent 10 years at San Quentin. He joined the Barbershop Dialogue to "bring some respect and clarity" to the conversation.

"I thought that it was inconceivable at first, but these people had a great amount of respect for me, because I had respect for myself," Young said, referring to law enforcement personnel.

He suggested that people who return to the community should "get involved."

"The young folks need our guidance," he added.

Seventy-four-year-old Glenn Bailey spent 52 years of his life incarcerated—more than a decade in San Quentin. Bailey released from prison in 2014, now spends Sunday evenings returning to San Quentin as a volunteer, mentoring lifers



Paul Chambers speaking to prisoners and community members in the San Quentin Protestant Chapel

Photo by Eddie Herena, SQN



Barbershop forum co-founder Jack Bryson

Photo by Eddie Herena, SQN



Alameda county Deputy DA Jill Klinge

Photo by Eddie Herena, SQN



Demond Lewis speaking with Paul Chambers

Photo by Eddie Herena, SQN

in how to present themselves to the parole board.

Bailey said he "felt very comfortable talking to law enforcement people at the Barbershop Dialogue."

Bailey, however, admitted, "I was in the room for about an hour before I knew that I was in with law enforcement." Chuckles followed the comment.

Trina Burton was incarcerated for 10 years.

"Thanks to Jack (Bryson), I was able to be involved in the community," Burton said. "Getting resources is hard, especially for women."

Aly Tamboura, formerly incarcerated, addressed the inmates:

"Rehabilitation starts with rebuilding your families out there," Tamboura said. "Get

involved with your community by taking the deep dive that you've taken in here."

Demond Lewis, currently incarcerated, asked, "How do we break the cycle of children following their parents to prison?"

Lewis said he recalled going to family visits, between the ages of five and nine, to see his incarcerated mother. He said that his daughter is "caught up in the criminal justice system." She is charged with the same crime as her father and is facing 25 years to life.

Lewis is serving a sentence of 209 to life for assault with a deadly weapon.

"It's not a mistake that we made to come to prison. We broke the law," Richardson said. He added that the first

step toward change is being accountable for your past actions.

Chambers said that he was impressed, "Everyone at San Quentin took responsibility for what they did. Everyone said, 'I messed up and took responsibility.'"

Jill Klinge, a 31-year veteran assistant district attorney from Alameda County, talked about the county's restorative justice program—it uses formerly incarcerated people as mentors. She said she wants to have a better understanding of how self-help programs work in order to make informed parole recommendations.

"In order to know about inmates you have to come inside to prison to get to know

the person for who they are," said Monique Thomas, a volunteer in one of the self-help programs at San Quentin.

Klinge responded, "We realize that people are more than their files. That's why we're trying to learn about programs. But, I don't want to compromise what I do as a professional."

Her overall message was to get into programs and stay hopeful.

Carroll brought up the Santa Rita Juvenile Youth Opportunity. The idea is to give youngsters a "real" experience of what it's like inside of a jail. He said the program's challenge is getting more children of color involved.

Chambers said positive contacts with law enforce-

ment take away some of the stereotypical stigmas that young people of color have developed over generations.

Bryson said last year, the Richmond forum had the biggest impact.

"In the beginning, community members came in with an attitude of hating the police," Bryson said. "But after talking, they began putting aside their differences, and by the end they were shaking hands and agreed that the meeting made the community better."

The results after two years of the Barbershop Dialogue—27 people from Bay Area counties have applied to police academies, with eight patrolling the streets.

—Timothy Hicks
contributed to this story

Advocates mount fight to end life without parole sentences

LWOP

Continued from Page 1

LWOP terms have quadrupled since 1992 despite a historically low crime rate and falling prison populations, according to research.

Evidence shows Blacks receive such sentences disproportionately. Blacks make up two-thirds or more of the LWOP population in Alabama, Illinois, Georgia, Louisiana, Maryland, Michigan, Mississippi, New Jersey and South Carolina. Also, half of all LWOPs are held in Florida, Pennsylvania, California, Louisiana and the Federal prison system, according to *Truthout*.

Moreover, in 2016, 53,290 or 1 in 28 incarcerated people were serving LWOP sentences.

The push to end LWOP sentences has increased.

"There has definitely been more advocacy on LWOP in the past five years," Pennsylvania activist Ellen Melchiondo told *Truthout*.

Melchiondo was responding to United States Supreme Court rulings against juveniles receiving LWOP sentences, outcries about the cost for taking care of incarcerated seniors, and more engagement in fighting against LWOP sentences.

Ultimately the Supreme Judicial Court ruled that "sentencing juveniles convicted of



Courtesy of CCWP

Some of the 36 people serving Life Without the Possibility of Parole at CIW

non-homicidal crimes to life without the possibility of parole was unconstitutional," and stated no juvenile could receive a life without parole sentence for any homicide without consideration of his or her age, according to *Truthout*.

"States can remedy the unconstitutionality of mandatory juvenile life without parole sentences by permitting parole hearings rather than resentencing the approximately 2,100

people whose life sentences were issued mandatorily," said a 2017 Sentencing Project report cited in the *Truthout* article.

Additionally, the Coalition to Abolish Death by Incarceration, which includes several other organizations, has gained media attention with its rallies against LWOP in Pennsylvania.

California Governor Jerry Brown has reduced at least 42 LWOP sentences to 25 years to

life with the possibility of parole. Lizzy Stewart, mother of an inmate, garnered 57,000 signatures to get her son's LWOP sentence commuted in California, according to *Truthout*.

Back in 1913, a life sentence in the federal system was 15 years, according to Marie Gottschalk in a *Prison Legal News* article.

In 1972, the United States Supreme Court abolished the death penalty and many states

responded with LWOP sentences, according to the *Prison Legal News* article cited in *Truthout*.

The Supreme Court ruling in 1976 reinstated the death penalty, according to the Department of Death Penalty Information Center. Thereafter, a sentence of life without the penalty of parole became the normal default.

Hartman, who had an LWOP sentence until a commutation

led to his release, points out that those who seek to abolish the death penalty shouldn't settle for LWOP in its place.

"They believe we should trade the death penalty for [life without parole]," Hartman said. He believes a reduction to a LWOP sentence does nothing but change the method of execution to death by incarceration.

Hartman, freed in December 2017, and organizations continue to advocate against LWOP. Hartman released an anthology written by people serving LWOP called, "Too Cruel, Not Unusual Enough." He's handed the book out to key people like policymakers, judges and death penalty abolitionists, according to the *Truthout* article.

On Aug. 6, over 100 people from organizations throughout the state, including the California Coalition for Women Prisoners (CCWP) and Californians United for a Responsible Budget (CURB), showed up at Governor Brown's office and asked for commutations of all 5,000 people in California serving LWOP. The group included formerly incarcerated people, family members of those serving LWOP, and other people from the several different organizations, many wearing black t-shirts that read: "Drop LWOP."

"This is clearly a growing campaign/movement—it was beautiful, powerful and filled with emotion," Pam Fadem of CCWP said about the trip to the state's capitol.



Courtesy of CCWP

California Coalition for Women Prisoners delegation that went to deliver the letter signed by over 100 organizations calling on Gov. Brown to end LWOP

WOMEN

Continued from Page 1

"I think they are less isolated than the men, but they are isolated from the rest of the women population. It's a prison within a prison," Fox said. "I know men do a lot of bonding in prison; they make friends they would not make otherwise, but for the women, it's like a family."

According to a sergeant at CCWF, women on condemned row have access to hobby crafts, religious programs and to Adult Basic Education and the Voluntary Education Program (VEP). They can also take college courses via the mail.

Most women on Death Row are there because they killed a husband or hired someone to do it, or because they killed their children, Fox noted.

Catherine Thompson, whom Fox said she worked with, has been on Death Row

since 1993.

"Cathy is probably 60 now. She's African American; she has a son who is pretty successful; she's a very articulate woman. She is college educated," Fox said.

Thompson was convicted as the mastermind of her husband's murder. But there was no direct evidence presented by prosecutors that proved her involvement, according to "Women on Death Row in California," an article in *ThoughtCo.com*. But the jury found her guilty, and she was sentenced to death.

All her accomplices received lesser sentences, including the shooter, who was found guilty and received a life sentence.

"There's a great sadness in your heart knowing you're going to die and going to leave the people you love," Maureen McDermott, the first woman in California to be sentenced to the death penalty since capital punishment was reinstated in 1978, told the *Los Angeles Times* back

in 1992. "But I'm not afraid to die. If they want to murder me, let them murder me. My life is ruined anyway."

At the age of 44, McDermott became the first woman condemned to death in California since its reinstatement in 1978. She is in now her seventies.

The last woman executed in California was Elizabeth Ann "Ma" Duncan, 58, on Aug. 8, 1962. She was convicted of hiring two people to murder her pregnant daughter-in-law. There have only been four women executed in California since 1893.

The Chowchilla prison, which was opened in 1990, converted a housing unit to hold 10 women on a top floor, and the bottom floor became a common area and an exercise area.

Since the increase in the number of women on California's Death Row, the bottom floor now houses more women, and they have their own exercise yard.

"What kind of life is this?

Waking up every morning to a cement wall is an unbearable future," said McDermott in the *L.A. Times* article. "I sometimes think the gas chamber is better than staring at these walls for the rest of my life."

As of 2018, there were 55 women on death row in America. There have been 16 women executed since 1976 — two by electrocution, the rest by lethal injection, the DPIC report said.

Emma LeDoux holds the distinction of being the first woman ever sentenced to death in California in 1906.

In 1907 she complained about her notoriety:

"It seems that it is not enough for people to crowd and block the streets to stare at me, as if I were some sort



Courtesy of CDCR

Housing unit for Death Row inmates

of a Fourth of July horrible. Now they must start these rumors," LeDoux said. "In justice to myself, I'm glad you came." But she avoided the hangman when she was

granted a retrial after appealing her case. She was eventually released to parole in 1920 but wound up back in prison in 1931, where she died in 1941.

San Quentin News' historical journey

SQN advocates for those inmates without a voice

EDITORIAL

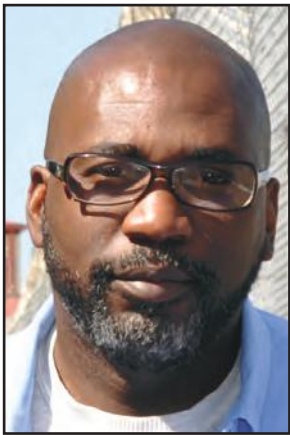
By Richard Richardson
Executive Editor

It is a well-known fact among the *San Quentin News* staff that former Warden Clinton T. Duffy wanted inmates to voice their opinions about whatever subjects they felt comfortable addressing. Duffy's creation, *San Quentin News*, was the beginning of inmate journalism at San Quentin and an opportunity given at the time to increase public safety and strive for social justice.

But in the 1980s, prison journalists and the prison administration had differences of opinion. The warden at the time became convinced that *San Quentin News* was incompatible with the goals of the institution, and the newspaper went out of existence.

In 2008, Warden Robert Ayers Jr. didn't agree with having the newspaper sidelined and resurrected *San Quentin News*, which started our mission to change the prison culture.

While the mainstream media emphasize the latest



Michael Harris

beings that are encapsulated inside these prison walls have the power to change themselves, as well as influence others in positive ways. Some of us will never get out and others will. What has become obvious is that we can learn from our mistakes, and so can others, if we, as a community, are brave enough to share in this undertaking."

Harris, who later stepped down as executive editor after he was paroled, knew then that we as a community can influence positive growth, but recently the term "influence" has been given a negative connotation. Nonetheless, that's exactly what we want to do. In order for us to change the prison culture, we must win over those inmates who believe that they cannot change for the better.

In 2010, then Gov. Arnold Schwarzenegger enacted sweeping budget cuts across California that closed down many prison vocational programs and educational classes, including the San Quentin print shop.

San Quentin News was printed and distributed through the vocational print shop, and that might have

been the end of the line for the newspaper when the print shop shut down at the end of 2009.

But Harris and Arnulfo Garcia did not want to give up on *San Quentin News* and the fact that information can change a prison culture with stories of rehabilitation. Acting Warden R.K. Wong, Lt. R. Luna and Principal Ted Roberts held a meeting, and they made a deal to keep the newspaper up and running. However, the deal specified that the content and layout of the paper had to be produced on just one computer. Furthermore, *San Quentin News* would also have to be produced in a print shop not fully up and running.

These conditions represented major obstacles to survival. Trying hard to keep that positive voice of inmates alive, Harris and Garcia were struggling to keep *San Quentin News* afloat. Just when it looked like Acting Warden Wong was about to pull the plug, *San Quentin News* produced its first edition of 2010.

However, the threat of shutting down the paper wasn't over. While printing the January-April editions, we were told that we could no longer utilize the abandoned print

shop to print, and we lacked the resources and funds to print the newspaper elsewhere.

Once again, Harris came to the rescue. Agreeing to pay for the newspaper out of his own pocket, Harris talked with *San Quentin News* Adviser Steve McNamara to facilitate a deal for printing the newspaper off site.

Suddenly *San Quentin News* was back up and running after nearly going out of business. At that point, executive editor Harris made sure that stories of rehabilitation flooded each issue.

Eighteen months later, Harris thought he had earned his release from bondage. The Parole Board agreed that he was rehabilitated after spending more than 23 years behind bars and found him suitable to be released back into society. However, on Oct. 11, 2011, federal agents picked Harris up and transported him to a federal prison.

Many of *San Quentin News* staff and advisers were confused, disappointed and in disbelief. With all the rehabilitative efforts, groups and programs Harris had either started or been a part of, we couldn't believe he was not be-

ing released.

Harris was very instrumental in making sure groups like "Keepin' it Real, The Green Life, MOMAS, and the Last Mile established themselves here at San Quentin. He believed that the more programs inmates had access to, the less likely they would recidivate.

Garcia, who had succeeded Harris as executive editor, said that he was "committed, compassionate and a great leader. He strongly advocated not to define a person by his past but by the person's desire to change his past anti-social behavior and to develop pro-social habits."

Many of us wanted Harris to go home with the skills he had learned in prison and become an agent for change in communities throughout California and beyond. But knowing that so much positive energy is sitting behind prison bars really proves that the criminal justice system is still broken and needs to be fixed.

San Quentin News will continue to advocate for those inmates without a voice and report on what works in the criminal justice system, what doesn't and how we can join together and fix it.

SQ Journalism Guild promotes next class of writers for paper

By Kevin D. Sawyer
Associate Editor

The Journalism Guild of San Quentin held its first formal graduation in the prison's Garden Chapel in late September.

More than 50 people attended the ceremony, including current and former students from UC Berkeley, who worked with the men in the Guild and *San Quentin News*.

"I'm filled with so much pride," said Yukari Kane, the guild instructor for the last two years. "You remind me of why journalism is important."

"It's been such a privilege," Kane said before congratulating the men and presenting them with certificates of participation, completion and other levels of writing. She said the class wasn't easy, "but you've delivered."

She was also the keynote speaker.

Kane thanked Public Information Officer Lt. Sam Robinson for supporting the program and acknowledged *San Quentin News* editor-in-chief Richard Richardson's leadership, the UC Berkeley students' commitment to the class and *News* adviser John Eagan, the first Journalism Guild instructor. She said the class is there because Eagan "had the vision."

"He set the course," Kane said "He allowed me to take over his baby."

She also spoke of Marcus Henderson, the Journalism Guild chairman.

"I couldn't have done any of this without him," she said. Henderson opened the ceremony by giving a brief history of the Guild and its connection to *San Quentin News* as its farm team of writers that have contributed more than 160 stories to the newspaper this year.

"As striving reporters, it is our jobs to capture the history of our time," Henderson said. "Reporting from prison starts with self-transformation to amend past damage and provide healing for the future."



Journalism Guild graduates with Top: Andrew Beale, Yukari Kane and Marcus Henderson, Bottom: Clair Gelbart and Anna Clausen

Photo by Jonathan Chiu

He thanked the Guild graduates and U.C. Berkeley students for their contributions to placing "voices of the incarcerated in the world."

"The Journalism Guild is the centerpiece to *San Quentin News*," Richardson said. He acknowledged education instructor Don Pino as the first Guild sponsor. He thanked the U.C. Berkeley students and said the Guild's dedication is what keeps him going.

"You're representing millions of inmates around the U.S.," he said. Richardson said the men walk into the Guild to become better journalists, but they leave as better human beings.

For entertainment, Philippe Kelly and Eric "Maserati E" Abercrombie performed an original rap song they titled "Graduation." Everyone stood up as they performed and sang: "I'm on a rise...graduated / Now watch me shine..." The audience smiled and bounced their heads to the music and sang along. They closed the

ceremony with their song "Break the Mold."

Lt. Sam Robinson talked about all the work the newspaper has done and reflected on the first time he, former Warden Robert Ayers, advisers John Eagan, Joan Lisetor, Steve McNamara, and former editor-in-chief Michael Harris met in the chapel to discuss restarting the newspaper 10 years ago.

"*San Quentin News* is beyond the walls of this prison," Robinson said. "Your voice is the voice of millions of people." He also discussed the "short timers," *News* staffers who've been found suitable for release by the Board of Parole Hearings, and others who've received commutation of their sentence by Governor Brown. "I don't look to them anymore. I look to you," he said of the Guild writers and other *News* staff who will run the paper in the future.

"Writing is about character and having a diversity of voices to be heard on paper," said Lisa Strawn, a transgender who delivered one of the most convincing speeches

of the day. "When I write, it tells the character of my soul." She thanked Henderson for asking her to speak.

Strawn said writing is easy. It was simple to tell about her life and the lives of others, and sitting in front of Kane for 26 weeks has been one of the highlights of her 24 years in prison.

"It has given me a chance for many to see who I am and not be judged for what people see," she said. "I am grateful to have been your student."

Henderson gave certificates of appreciation to all the U.C. Berkeley students.

"They'll always be in our heart," he said.

Anna Clausen, a recent UC Berkeley graduate from Iceland, said the one thing that stood out to her is when *News* sports writer Rahsaan Thomas told her how he remembered the first time he found hope in prison was by writing.

"I got to me," she said. "I came here to learn about American prisons."

Clausen said she learned about the uniqueness of San

Quentin having so many programs and opportunities for the men to rehabilitate themselves, unlike many other California prisons.

"I hope someday San Quentin will have competition," she said.

"I thought it was really wonderful to usher in a new group of talented people," said Kate Wolffe, a recent UC Berkeley graduate.

She said the *News* has a great legacy and the first official Guild graduation ceremony holds a lot of weight, and she hopes others will consider joining to try their hands at journalism.

"It really is a fulfilling experience to help the newspaper," said Andrew Beale, another U.C. Berkeley graduate, who assisted the Guild. "The more I kept coming in, the more I liked it. I felt like I had something to offer."

"I don't think anything could have prepared me for prison," said Claire Gelbart, Kane's teaching assistant in the Guild, who is leaving to work in New York. "The SQ Journalism Guild is the

hardest to say goodbye to."

"I hope this class gives you a sense of empowerment. Let your stories speak for themselves."

"There's so much work that needs to be done," said Kane, who will be leaving the Guild also to move to Chicago. "Leaving *San Quentin News* is probably my biggest regret leaving San Francisco."

"Whoever tells the story writes history. Protect your integrity as a writer."

"When I first came in (prison), all I had was my past, with no future," said Jesse Vasquez, who's been with the *News* for one year.

He said everything is embedded in the narrative, and for many inmates their narratives are casualties. He said his reason for sticking with the Guild was to be able to tell a better story because every inmate has something to say. He since has had an article published in the *Washington Post*.

"It does not come easy," Eagan added. "They have to bear down. They have to work hard."

The importance of good character and integrity in prison

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

Cost of reputation, Part 1
Editor's note: Survival in prison often depends on reputation. A good reputation confers respect and longevity. A bad reputation may result in being ostracized, extorted, assaulted or, worse, murdered. This three-part series will feature stories of survival and redemption.

"When I first came to prison I wanted to be left alone, not to be harassed or victimized by other inmates," said Marty Walters, 50, who has been incarcerated 30 years for first-degree murder. "So, I acted like a tough guy and made weapons because I wasn't going to let people boss me around."

Two months into his prison sentence at Pelican Bay maximum security prison, he committed his first stabbing.

"A guy sex-played me as a joke, and I thought I had to make an example out of him," Walters said. "So I went to my cell, sharpened a knife made from a door handle to kill him, when

my cellmate asked me what I was doing. He said, 'That guy was just playing, that's how people play in prison.' But I didn't believe him.

"So I went after him and ended up with a reputation as being crazy."

Walters' trajectory to prison started at the age of 17, when he started selling drugs.

At the age of 20, Walters was arrested for manufacturing and distributing 800 pounds of meth.

"When I sold drugs in the streets, I wanted to be the best that there was at it," Walters said. "Having a solid reputation in the drug game begets respect, and it deterred rivals from robbing you.

"In order to gain a reputation to survive in the drug business and in prison, I used violence."

During a botched drug deal, Walters murdered a person and was sentenced to 25 years-to-life at the age of 22.

During his incarceration, Walters received 25 disciplinary infractions, from trafficking narcotics to inmate battery. He also participated in seven riots.

"It was never my goal to

become 'the man' in prison, however, I got tired of being in riots for stupid things people did, such as owe money for drug debts or disrespect. I thought if I could control my own race, then these things wouldn't happen anymore."

In prison, people often form alliances based on gang affiliations or by race.

After a decade of building up a reputation using violence and volunteering to assault other inmates for his associates, Walters was selected to become a shot-caller for the Whites at Pleasant Valley State Prison.

"I could determine the fate of anyone who opposed me"

"One of the main reasons why I was chosen was because I didn't use drugs," Walters said. "This was important because most shot-callers caused riots for refusing to pay drug debts."

In prison, drug addicts are often shunned or ostracized

for being a potential problem source.

"Some of the incentives of being a shot-caller was a feeling of being respected—whatever I said was going to be obeyed," Walters said.

"I could determine the fate of anyone who opposed me. This included having people murdered, stabbed or taken off the yard."

In order to maintain power, people of influence often resort to violence. However, that comes with a cost.

"I've spent almost nine years in solitary confinement and had numerous confidential information placed in my file," Walters said.

Confidential information, or "kites," is often information given to prison officials anonymously by inmates due to fear or rivalry.

Confidential information can be used by prison officials to deny parole, and in the past, it could be used to place an inmate into solitary confinement indefinitely.

"I lost my compassion and humanity being a shot-caller," Walters said. "On many occasions I had to order someone I knew or liked to be taken out for a rule violation."

Those who violate the prisoner code of conduct may face punishment that ranges from being placed on a work-out routine to being murdered.

"Living this life, I created a lot of enemies, some of whom are here with me at this prison," Walters said.



Photo by Eddie Herena, SQN

Lynn Beyett and Marty Walters at the Brothers' Keepers graduation

One of them is Lynn Beyett, 66, who has been incarcerated for the past 21 years.

"I don't really blame Marty (Walters) for having me assaulted," Beyett said. "The old me would've done the same to him if the roles were reversed."

"Although the assault took place over a decade ago, I never fully recovered my reputation, but I am fine with that. After I promised my daughter that I would never go back to being who I used to be, I stepped away from participating in prison politics."

Lynn Beyett has known Walters for over three decades since they were both at Pelican Bay State Prison.

"When I got here in 2013, I made it my priority to apologize to Lynn and, fortunately, we found a way to forgive each other, even though in the past he said he wanted revenge," Walters said.

In response, Beyett said, "I had to forgive Marty, because we used to be the same. For me not to forgive him

meant I couldn't forgive myself. It was difficult to do this at first, but as time's gone by, I have gained a greater understanding and compassion for Marty and myself.

"As for Marty, he has changed more than I could've possibly imagined—he has become a person with a very good heart."

Today, Beyett and Walters are both part of the Brothers Keepers program in San Quentin as rape and crisis counselors helping inmates in need.

Walters also works as a drug treatment counselor helping those with addiction. In addition, he helps other inmates with legal assistance, skills he honed fighting criminal charges he had accumulated in prison.

In spite of being decades-free from disciplinary infractions and gang affiliation, Walters' prison history continues to be a reason for him not being found suitable for parole.

Walters will have another chance at parole in 2019.

HR 6011 federal bill to end life without parole for children

A Republican congressman introduced a bill to end life-without-parole and de facto life sentences for children in the federal criminal justice system.

The bill, known as HR 6011, was introduced by congressman Bruce Westerman (R-Ark.), according to an opinion piece published on September 16 in *The Hill* by Marc Levin (vice president of criminal justice policy at the Texas Public Policy Foundation and its Right on Crime initiative) and Jody Kent Lavy (executive director of the Campaign for the Fair Sentencing of Youth).

"Should it pass, HR 6011 would ensure that children sentenced in the federal system would have the opportunity to petition a judge to

review their sentence after they have served 20 years in prison," the article said.

"The (petitioners) would then be afforded counsel at each of their review hearings—a maximum of three—where the judge would consider, among other factors, their demonstrated maturity, rehabilitation, and fitness to re-enter society.

"In other words, this bill does not guarantee release for anyone but would ensure that children prosecuted and convicted of serious crimes in the federal system are afforded an opportunity to demonstrate whether they are deserving of a second chance."

In the last five years, conservative states like North

Dakota, Utah and Arkansas have banned life-without-parole for children, according to the article.

"While children must be held accountable for their actions, every parent knows that children are not the same as adults. Their understanding of risk and consequences are limited and they often have more difficulty resisting pressure from peers and adults," the article said.

"Every parent also knows that children have a unique capacity for positive growth and change."

Other co-sponsors of the bill are Karen Bass (D-Calif.), Tony Cardenas (D-Calif.) and Lynn Jenkins (R-Kansas).

—John Lam

Dear Kid CAT

I'm sending this letter to you today to inquire about the curriculum. I know generally speaking, your program is available for lifers, and not Death Row inmates. There are many of us who were sentenced to death as youths. Myself included. I just turned 20 when I received my sentence. My question is this: Could we begin now to start taking classes that your program offers to youth offenders? We already have a group of individuals who would start taking classes now if you were to make that available to us. The only thing we would need is a sponsor, and I'm sure we could arrange for that to happen.

Lastly, I would like to extend my deepest appreciation to all of the members of Kid CAT. We understand how much work and effort goes into a program that is geared toward helping youth offenders see beyond their circumstances. Thank you so very much.

Joseph Montes,
San Quentin State Prison – Death Row

Dear Mr. Montes,

Thank you for expressing interest in our program. Until your letter, we never knew if there were youth offenders in Death Row interested in taking our program. We will do our best to work with you in conjunction with our community partnership manager to see if we could help set up a Kid CAT curriculum program for Death Row inmates. By the way, Kid CAT is open to and advocates for all youths regardless of sentence or incarceration, not just for lifers. Stay encouraged.

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.

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!

Tell us about a person or place you thought you knew quite well but to your surprise, you didn't. I thought I knew you, but...

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

Pastor Pham extends his message of love in and outside of SQ

By David Ditto and David B. Lê
Staff Writers

Decades ago, in the midst of preaching the gospel, Pastor Tom Pham exited the podium, hopped onto a motorcycle and escaped the scene as the Vietnamese authorities approached. If caught preaching, he would face incarceration for violating laws prohibiting religious services. Now, he sits in prison, once a week, with his colleagues sharing the gospel with the men inside.

Pastor Pham said God called him to San Quentin five years ago. He came to San Quentin's Protestant Chapel as a guest and met several of the incarcerated Vietnamese men.

He has returned ever week since. Pastor Pham, along with the few incarcerated Vietnamese men, formed a Bible study group that has since grown into a group of about 20 men. Pastor Pham said the group's purpose is to bring love and hope to the men and provide them a place for sharing that love and hope with each other. The group outgrew the small room in the chapel area and now meets in the main chapel. It has expanded from a strictly Vietnamese group to a diverse group including Laotian, Cambodian, Russian, African American, Mexican, Chinese and Hmong members.

"It encourages me to see people that care that much about us...instead of judging us, they show us love,"

Son "Sonny" Nguyen reflected appreciatively.

Nguyen recognizes the change and growth within himself and the other students. He and fellow inmate-student Gary Vong shared a dream to continue spreading the message of hope through ministry after their release from prison.

Another student from the beginning, Phirak "Kid" Kim, described the group as "the family I never had on the streets." He is Cambodian and recruited many new students to the group for the same support and love he has received through the years. He explained that he feels a lifelong bond with the group and plans to continue the connection even after incarceration.

Pastor Pham's message helps create positive relationships within the Bible study group that extend outside the prison walls. His message of love and hope encourages his students, even beyond their incarceration. During his five years at San Quentin, 15 formerly incarcerated Bible



Pastor Tom Pham and Sister Kim Lam with the students in the chapel

Photo by Lt. S. Robinson

study students have been released. They continue to benefit from and build on the message of love and hope that Pastor Pham instilled. His "15 brothers" are rekindling positive family relationships, and three are beginning new families of their own. Pastor Pham even performed the wedding ceremony for one of them, Hong Syyen, a life-term inmate who paroled a couple of years

ago. Another former Bible study student, Gary Vong, was released from prison a couple of months ago and is continuing to learn and share the positive message of the Bible in the Second Chance Life ministry group in San Francisco that Pastor Pham teaches.

Through the years, Pastor Pham recruited Pastor Hai Luong, husband and wife Craig and Kim Wilson, Pastor Lộc Lê, and Sister Kim

Lam, who have been instrumental in leading the Bible study group.

"The hour-long drive is worth it," said Pastor Lê, who drives more than 40 miles to fellowship with the incarcerated men. He is encouraged by "Vietnamese-speaking the way I love."

Pastor Lê is a pastor at a Vietnamese Missionary Baptist Church in Oakland.

At Pastor Pham's invitation, Kim Lam

first visited San Quentin in December 2016 for Christmas caroling. She remembered walking with a group of visitors into the West Block housing unit, where more than a hundred prisoners were waiting along the tiers in front of their cells. Some of the inmates sang along with the visiting carolers. Sister Kim recalls the angelic voices and her husband's vision of a beautiful angel overlooking everyone in the entire block. "I was amazed!" she said about her first visit.

Sister Kim returned to San Quentin for a Sunday night Easter service when Pastor Pham delivered the message in Vietnamese. She felt that she was being called to serve and, at that moment, she knew she wanted to answer by teaching San Quentin prisoners in the Bible study group.

Pastor Pham and his colleagues each found their way into San Quentin by following their hearts. They volunteer as teachers in the Bible study group for the glory of God. Their message of love and hope encourages prisoners inside San Quentin and as they find their way out.

The group meets Thursday mornings at 10:30 in the Protestant Chapel. All are welcome to attend and share the message of promise.



Photo courtesy of Pastor Pham

Pastor Pham with formerly incarcerated Bible study group members, family and friends

Lớp Học Kinh Thánh Việt Nam Tại San Quentin

Dịch giả: Danny Nha Hồ và David Bôm Lê

Cách đây vài thập niên, trong khi truyền giảng phúc âm thì Mục Sư Tom Pham đã phải rời bỏ phòng nhóm, nhảy lên một chiếc xe gắn máy để chạy trốn hiện trường vì bị chính quyền Việt Nam rượt đuổi. Nếu bị bắt vì tội truyền giảng, Mục Sư Tom sẽ phải ngồi tù. Bây giờ Mục Sư Tom ngồi tù mỗi tuần một lần với nhiều cộng sự viên của ông để chia sẻ phúc âm với tù nhân.

Mục Sư Tom cho biết Chúa đã kêu gọi ông đến với San Quentin cách đây 5 năm. Ông đến với Nhà Thờ Tin Lành của San Quentin qua cương vị một khách mời và đã gặp gỡ nhiều tù nhân Việt Nam.

Ông đã ở lại kể từ đó. Mục Sư Tom và một số anh em Việt đã thành lập một nhóm học Kinh Thánh và đến nay nhóm đã được phát triển trên 20 người. Mục Sư Tom chia sẻ rằng mục đích của nhóm là

dem lại tình yêu và hy vọng cho anh em và cung cấp cho họ một chỗ dựa để họ san sẻ tình yêu và hy vọng đó cho nhau. Nhóm đã lớn nhanh đến nỗi phòng nhỏ không còn đủ chỗ và bây giờ anh em phải dời qua phòng chánh của nhà thờ. Ban đầu nhóm chỉ có một người Việt mà thôi nhưng bây giờ nhóm đã được phát triển đa dạng hơn với nhiều anh em thuộc nhiều sắc dân bao gồm Lào, Cam-pu-chia, Nga, Mỹ-den, Mê, Trung-Quốc, và Hmong.

Anh Sơn Nguyễn, hay còn gọi là Sonny, hồi tưởng lại với đầy lòng cảm kích rằng, "Tôi đã được khích lệ khi thấy có nhiều người quan tâm cho chúng tôi đến như vậy... thay vì lên án chúng tôi thì họ lại tỏ cho chúng tôi thấy tình yêu thương." Anh cảm thấy anh và mọi người đã thay đổi và tăng trưởng hơn nhiều. Sơn và một anh em tên Gary Vong tâm sự với nhau rằng họ mơ ước được tiếp tục rao truyền sứ điệp của

hy vọng sau khi mãn tù.

Một anh em khác tên Phirak Kim, hay còn gọi là "Kid," là một thành viên kể từ lúc thành lập nhóm chia sẻ rằng nhóm học này giống như "một gia đình tôi chưa bao giờ có lúc tôi vẫn còn ở bên ngoài xã hội." Phirak là người Cam-pu-chia, và anh đã mời gọi rất nhiều anh em khác đến với lớp học để cùng nhau nhận sự khích lệ và tình yêu thương như anh đã và đang nhận trong bao nhiêu năm qua. Anh chia sẻ thêm rằng anh cảm giác được một sự gắn bó tận đời với lớp học và dự định sẽ tiếp tục kết chặt thân tình ngay cả sau khi anh được mãn tù.

Sứ điệp của Mục Sư Tom giúp tạo nên nhiều mối quan hệ tích cực cho nhóm học Thánh Kinh đến nỗi vượt quá vách tường ngăn cách ngục tù. Sứ điệp về tình yêu và hy vọng của ông vẫn tiếp tục khích lệ anh em ngay cả sau khi họ đã được cười bỏ khỏi vòng xiềng xích. Qua 5 năm phục vụ Chúa ở San

Quentin của ông, 15 anh em trong nhóm học Thánh Kinh đã được thả và họ vẫn tiếp tục hưởng lợi và xây dựng trên nền tảng của sứ điệp tình yêu và hy vọng do ông giáo huấn họ. Mười lăm anh em này của Mục Sư đang nhen lại cảm tình với gia đình và 3 trong số này cũng đã thành lập gia đình mới cho riêng họ. Mục Sư Tom cũng đã chủ lễ hôn phối cho một anh em tên Hong Syyen, người đã bị án chung thân nhưng đã được cho tự do cách đây vài năm. Một người anh em khác tên Gary Vong cũng được thả cách đây vài tháng và anh vẫn tiếp tục học hỏi và chia sẻ sứ điệp của Thánh Kinh trong hội truyền giáo Second Chance Life tại San Francisco do Mục Sư Tom chủ tọa.

Qua nhiều năm, Mục Sư Tom đã chiêu mộ thêm Mục Sư Hải Lương, Anh Craig và vợ là Chị Kim Wilson, Mục Sư Lộc Lê, và Chị Kim Lâm, là những người rùng cột trong sự hướng dẫn lớp học Thánh Kinh.

Mục Sư Lộc phải lái xe cả 40 dặm để đến thông công với anh em tâm sự rằng, "Một tiếng động hồ lái xe thật thỏa đáng lắm." Ông được khích lệ bởi "Người Việt—nói chuyện theo lối tôi thích." Mục Sư Lộc đang phục vụ tại Vietnamese Missionary Baptist Church ở Oakland.

Nhận được lời mời của Mục Sư Tom, Chị Kim Lâm đến viếng thăm San Quentin vào tháng 12 năm 2016, trong dịp hát nhạc Giáng Sinh. Chị nhớ lại chị đã đi bộ với ban ca đoàn để vào tận bên trong trại West Block, ở đó có cả hàng trăm tù nhân đang chờ trên nhiều tầng hành lang, họ đứng trước từng căn phòng nơi giam giữ họ. Một số tù nhân cũng đã hát cùng với ca đoàn. Chị Kim vẫn còn nhớ mãi những giọng hát thiên thần và khái tượng của chúng chị thấy có một thiên sứ tuyệt đẹp đang dõi mắt trông qua từng người trong toàn cả căn ngục. Chị tỏ bày về lần viếng thăm đầu tiên của chị rằng, "Tôi thật

lấy làm kinh ngạc!"

Chị Kim trở lại với San Quentin vào dịp lễ Phục Sinh trong đêm Chúa Nhật khi Mục Sư Tom truyền giảng sứ điệp bằng Việt-ngữ. Chị đã cảm nhận được Chúa mời gọi chị phục vụ và ở vào giây lát đó chị đã biết được chị muốn đáp lại lời Chúa bằng cách giảng dạy cho tù nhân ở San Quentin.

Mục Sư Tom và các cộng sự viên của ông đã tìm đường vào khám San Quentin bằng cách đi theo tiếng gọi của trái tim. Họ tình nguyện dâng thân làm những người thầy cô trong lớp học Thánh Kinh nhằm quy vinh hiển về cho Chúa. Thông điệp về tình yêu và hy vọng của họ mang lại khích lệ cho nhiều tù nhân bên trong San Quentin và cũng như cho những ai đang lần lỏi tìm về.

Lớp học Thánh Kinh nhóm vào mỗi Thứ Năm lúc 10:30 sáng ở Nhà Thờ Tin Lành. Tất cả mọi người đều được đón chào dự phần và chia sẻ sứ điệp của lời hứa.

Beso Negro performs in the final yard show of the year at SQ

By Marcus Henderson
Journalism Guild Chairman

The Bay Area's gypsy swing, band Beso Negro (Black Kiss) treated San Quentin prisoners to acoustic musical mastery at its Sept. 29 event, which was San Quentin's final yard show of the year.

Loud applause and whistles greeted the group, as lead singer/guitarist Adam Roach (Black Kiss) treated San Quentin prisoners to acoustic musical mastery at its Sept. 29 event, which was San Quentin's final yard show of the year.

"They were bad ass," said inmate J. Esparza, who plays with the prison house band Continuum. "They were phenomenal. They were seasoned."

"Music brings out a lot of emotions and can touch people in different ways."

Watched by a crowd of prisoners, Roach joked, "Thank y'all for coming," before the band continued to merge musical genres, such as blues and country, folk/rock, salsa-soul and a dash of jazz.

Beso Negro provided more than a dazzling performance. The musicians left behind a

set of concert speakers, paid for by a benefit show the group played for the prison music program.

The group, along with the band This Old Earthquake, rocked the Sweetwater Music Hall in 2014 to raise funds for the Williams James Assoc. Prison Arts Project and the San Quentin Music & Arts program.

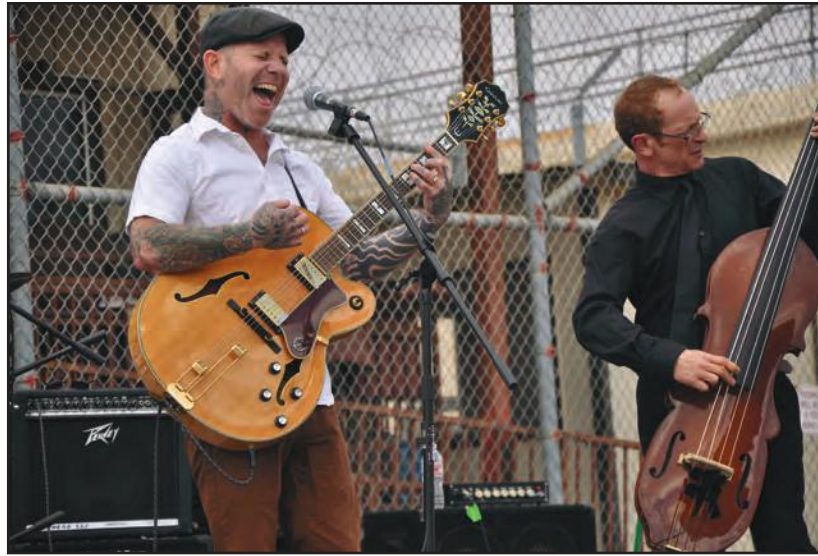
"We packed that show," Turner said. "It's nice to give the musicians here the instruments they need to grow."

In fact, "Grow" was one of the tunes the band performed at the yard show. The song had a thumping baseline with a bluesy feel. Carlton-Pearson and Roach traded guitar riffs that mimicked a piano keyboard synthesizer that gave off sounds of bells and space-age notes.

"We've been playing together for so long that I can play a chord high and he can play low and we can create these different sounds," Roach said.

The group performed "Down to the Water," a slow song with the flavor of a down-home country folk tale sautéed in vintage soul music.

"I'm going down—down to the water and I'm not coming



Adam Roach with bassist Cheyenne Young on stage

back," Roach crooned, as the listeners bowed their heads in reflection.

"This was my lifelong dream, to play here," Roach said. "I feel happy to leave this as a mark on my musical career."

Roach cites Johnny Cash, B.B. King and other legends who have played in San Quentin or Old Folsom. The band sang "Folsom Prison Blues,"

paying tribute to the 60th anniversary of Cash's iconic 1968 concert in San Quentin.

"[Roach] is talking about doing a prison tour," Turner said.

The band performed "Scrambled Eggs," which threw the crowd into a frenzy. The energetic mixture of Gypsy jazz and rock had some prisoners waving their gray beanies in the air.



Eli Carlton-Pearson on guitar

Photo by Eddie Herena, SQN

Photo by Eddie Herena, SQN



Drummer Ethan Turner

Photo by Eddie Herena, SQN



Eli Carlton-Pearson, Cheyenne Young, Yard Show sponsor Raphaela Casale, Ethan Turner and Adam Roach after the show

Photo by Eddie Herena, SQN

"I thought I left it all behind / I see the grind of their feet / I thought I loosened the noose / they're waiting for me to falter / but here I go again," Roach sang.

Bassist Young's thin fingers danced around the slim upright instrument and laid down an infectious bass line. The crowd responded with whistles and head nods.

"I have been playing since age 9 and I don't read music. I play from my soul," Young said. "This was pure nostalgia. I feel blessed for making the good musical choices that led me here today."

"I wish we could play here more," Young added.

Beso Negro's spiritual blend of English and Spanish served

up a high dose of creativity that put them in a league of their own.

"We thank Raphaela [Casale] for making this happen—she is amazing," Roach said.

Casale is San Quentin's Music Program sponsor and works in the Warden's office.

After the show, the musicians signed autographs for their incarcerated fans. Many of the participants in the prison music program thanked the group for raising the money for their equipment.

The group's song "C'est la Vie"—"That's life"—captured the emotions of the day.

"If this is the last time that I see your face / I will take a trip—if only in my mind—if just to see you again."

Breakig the cycle of incarceration with music from behind prison walls

By Juan Haines
Senior Editor

The day before inmates Thanh Tran, Eric "Maserati-E" Abercrombie, and Gregg "G" Sayers, created Reality Check—a song that describes the human condition—they sat in a small room in San Quentin to rehearse it for their first time on-stage performance as a group.

As Sayers softly plucked his guitar, Maserati-E sang Reality Check's hook. Tran chimed in with harmony. They made small corrections as they had only put the song together the day before, in a matter of hours.

One of San Quentin's radio producers, inmate Louis A. Scott, brought them together.

After Scott learned that interns, Tran and Sayers, are also talented musicians, he asked Maserati-E if he could put something together for a symposium called, Immigration: U.S. Policy Through a Restorative Justice Lens.

The three performers didn't want to name themselves as a group, "We are a collaboration of individuals," Sayers said.

The trio also rehearsed Break the Mold, composed by Maserati-E.

Maserati-E has performed at numerous events and occasions at the Q, including for the prison's podcast, Ear Hustle.

About a dozen people who regularly volunteer at San Quentin attended the Aug. 1 event as well as 20-25 people from the San Francisco Bay Area—several said it was their first time inside a prison. The men-in-blue numbered about 35-40.

After the performance, an inmate walked up to Sayers and said, "You got soul, man!"

"My main goal is to touch the people with music," Maserati-E said. "I'm just a vessel wanting to make a difference—wanting to break this cycle of incarceration. That's what drives my music."

Maserati-E attends mic-sessions for Aim for the Heart, an organization led by Leila Steinberg, who was Tupac Shakur's first manager.

The 25-year-old Maserati-E, has been incarcerated since age 17. He will be re-

turning to society next year.

Sayers, a songwriter and singer, has been playing the guitar for about three and a half years.

He was inspired to play guitar after seeing another prisoner, Antonio Giovanni, playing on a prison yard.

"I asked him if he'd teach me how to play," said Sayers. Giovanni said that it was his duty to teach Sayers.

"I think music has a purpose," Sayers said. "When you have music that people are listening to, you have to pay attention to what you say. Are you going to say something to help people, or are you going to be selfish?"

After spending nearly seven years behind bars, Sayers, 26, will return to the Sacramento area next year. He said that his prison experience taught him "his worth and how to appreciate things."

Once out of prison, Sayers looks forward to continue producing music that moves people in a positive way.

Following their Aug. 1 performance, Tran commented, "I never had a standing ovation. It was amazing looking into the



Thanh Tran, Gregg Sayers and Maserati-E in SQ Media Center

Photo by Brain Asey

crowd—how the music resonated with them."

Tran got his beginning in music by writing poetry when he was a 12-year-old.

His inspiration came after authorities took his foster niece away from his aunt.

"I loved them," Tran said. "It felt like something was ripped away from me, so I wrote a poem about it. That was my first poem."

As Tran got older, however, he was drawn into gangs.

"I couldn't talk about emotions in the gang life," Tran said. "I could only write about them. But I couldn't share them—not even with my foster mother—not to anyone."

Tran said that between the ages of 12-18, he was in juvenile hall nine times.

"Each time I'd write music," he said, "I never took it

seriously, until I came to prison this time."

Two weeks after his 18th birthday, Tran committed a crime that got him a life sentence.

"While I was in county jail, a friend told me not to waste my talent," Tran said.

The three men now have big dreams—to continue making music in the free world.

Formerly Incarcerated, Convicted People & Families



Photo by Dale Ramos

Kenneth Glasgow (in blue) showing support with speaker Tiffany Johnson

FICPFM

Continued from Page 1

The conference drew around 1,000 people, almost all of them system-impacted in some way, whether formerly incarcerated themselves or family members of formerly and currently incarcerated people. Asha Bandle, one of the hosts of the conference, said the FICPFM is unique among criminal-justice reform movements because it is led by people who are directly affected by the criminal-justice system.

"As somebody who worked in funding, I saw the majority of criminal justice dollars be handed over to people who

were not directly impacted. That would never be the case in any other movement," she said. "You're not going to organize the largest movement you need if you don't have people who are directly impacted, because nobody else is going to have skin in the game."

The conference featured an array of groups working on different aspects of criminal-justice reform, from family visitation to banning the box (prohibiting employers from asking about previous felony convictions on job applications). Groups representing formerly incarcerated women, LGBTQIA+ people and undocumented immigrants shared ideas and strategies at the conference.

On the second day of the conference, organizers bused attendees to a local community center, where they phone banked, sent mass text messages and went door-to-door asking people to vote yes on the amendment. Conference organizers said participants contacted over 80,000 voters in less than four hours.

Desmond Meade, the executive director of the Florida Rights Restoration Coalition, has been instrumental in getting Amendment Four on the ballot. Meade, who is formerly incarcerated, said his wife ran for office last election cycle, and he wasn't allowed to vote for her because of his felony conviction. He said that although he could move to another state in order to get

his right to vote, he doesn't believe people should have to move to gain their rights in 21st-century America. His conviction to stay in Florida and fight for voting rights for all Floridians was reinforced during a plane ride several years ago.

"What we know is that victims become offenders. Victims become perpetrators"

"When I looked out of the plane, I said somewhere

down there's an imaginary line that divides Florida from Georgia. And it reminds me of the days of slavery when all a slave had to do was cross an imaginary line to get to freedom," Meade said. "And I said there is no way in Hell in the 2000s should any American citizen have to escape another state to experience their freedom and their democracy."

Kenneth Glasgow, of The Ordinary People's Society (TOPS), registered voters inside Alabama jails leading up to last year's special election in which Democrat Doug Jones beat Republican Roy Moore. Glasgow said that his group registered more people inside the jails than the total number of votes that Jones

beat Moore by, meaning that if most of the people TOPS registered voted for Jones, his group's efforts changed the outcome of the election.

But Glasgow said he has paid a price for his efforts. He is currently facing a capital murder charge in Alabama in the shooting death of Alabama resident Breunia Jennings. Glasgow is not accused of pulling the trigger but rather of giving a ride to the man who shot Jennings. Similar to the former law in California (which was recently amended by SB 1437), anyone found guilty of "aiding and abetting" a crime is just as guilty as the person who committed the crime. Glasgow maintains that he had no idea the man he gave



Photo by Dale Ramos

Rev. Vivian Nixon on stage speaking to the crowd



Photo by Dale Ramos

Dorsey Nunn speaking



Photo by Dale Ramos

Left: Author Luis Rodriguez and Barrios Unido Exec. Director Daniel "Nane" Alejandre at he conference



Photo by Dale Ramos

Participants speaking during lunch

Families Movement Conference - A Quest for Democracy



Tiffany Johnson speaking to the crowd

Photo by Dale Ramos



Host Asha Bandele

Photo by Dale Ramos



Captive audience listening to Rev. Nixon speak

Photo by Dale Ramos



Bandele talking with an audience member after the panel

Photo by Dale Ramos

a ride to was planning to kill Jennings, and the judge overseeing the case told prosecutors he didn't understand why Glasgow should be charged with a crime.

Other groups and individuals at the conference focused on topics such as overcoming childhood trauma in order to break out of a cycle of violence.

Eddie Grijalva, a licensed clinical therapist with Son Life Ministries in Tucson, Az., said childhood trauma is a major factor in illegal and violent behavior and must be addressed as part of any comprehensive criminal-justice reform measure.

"What we know is that victims become offenders. Victims become perpetrators. And hurt people hurt people," he said. "People act out what they haven't learned how to say... if you step back and say what are they really trying to say? What's really going through their mind, or their feelings right now? And then we begin to see behaviors differently."

Grijalva and his wife, Lori, are both formerly incarcerated, and the criminal-justice system has impacted the next generation of their family, as well. Lori Grijalva said family members of incarcerated people are critical for build-

ing and shaping a movement like the FICPFM.

"When we went to prison, my oldest daughter had our kids, and when she went to prison, we had her kids. So it's a family issue," she said. "We're the ones that live through it. The kids are the ones that live through it."

LaTonya Tate was a conference attendee who has received a Soros Justice Fellowship to complete a comparative study of probation and parole practices in Alabama and other states. She has seen the criminal-justice system from two perspectives, as a former parole officer and the mother of a son

who was incarcerated.

"The families are the first line of defense, you know, because when a person gets incarcerated...the family suffers. We're incarcerated as well," she said. "We're the person's advocate. We can advocate better because we need help. We need healing ourselves... it's very important to include the family members in any movement because we need their support."

Tate said one of the main benefits of having so many people from diverse organizations together at the same conference is the ability to share knowledge and form

relationships.

Dorsey Nunn, the founder of the San Francisco-based nonprofit All of Us Or None and a member of the FICPFM steering committee, said the movement has a broader goal beyond prison reform or voting rights for formerly incarcerated people.

Nunn's story serves as an inspiration for the formerly incarcerated people he works with at All of Us Or None and its sister organization, Legal Services for Prisoners with Children. After a stretch of incarceration at San Quentin State Prison in the 1980s, Nunn was able to build a nationally recognized

social justice organization. He now fights for the rights of other currently and formerly incarcerated people. In 2015, he and other FICPFM members were invited to speak to President Obama, and Nunn credits that meeting with Obama's later support for nationwide ban the box measures, including a rule prohibiting the federal government from asking prospective employees about their incarceration record.

"You know, I'm one of those people that can actually tell you I walked through the gates of San Quentin and the gates of the White House," he said.



The Young People's Caucus facilitated by Manuel la Fontaine, Community Justice Network for Youth, (CJNY) and W. Haywood Burns Institute

Photo by Dale Ramos

AROUND THE WORLD



Jim Lopez staying dry reading SQ news while listening to The Prisonaires' "Just Walkin' in the Rain" in Sun Studio in Memphis

Photo by Allison Lopez



Photo courtesy of Jan Perry

SQN Adviser Jan Perry at the Leaning Tower of Pisa



Photo courtesy of Andrew Beale

ALY TAMBOURA & ANDREW BEALE AT THE FICPFM CONFERENCE IN FLORIDA

Snippets

California sea lions are believed to be the most intelligent of all the sea lions.

All the battles of the Hundred Year's War were fought in France.

Vanadium isn't found as a singular, pure metal; it's found in about 65 different minerals and in fossil fuel deposits.

Only one Japanese soldier was actually arrested during the attack on Pearl Harbor.

Roughly one in four of the 697,000 U.S. veterans of the 1990-91 Gulf War suffer from Gulf War Syndrome.

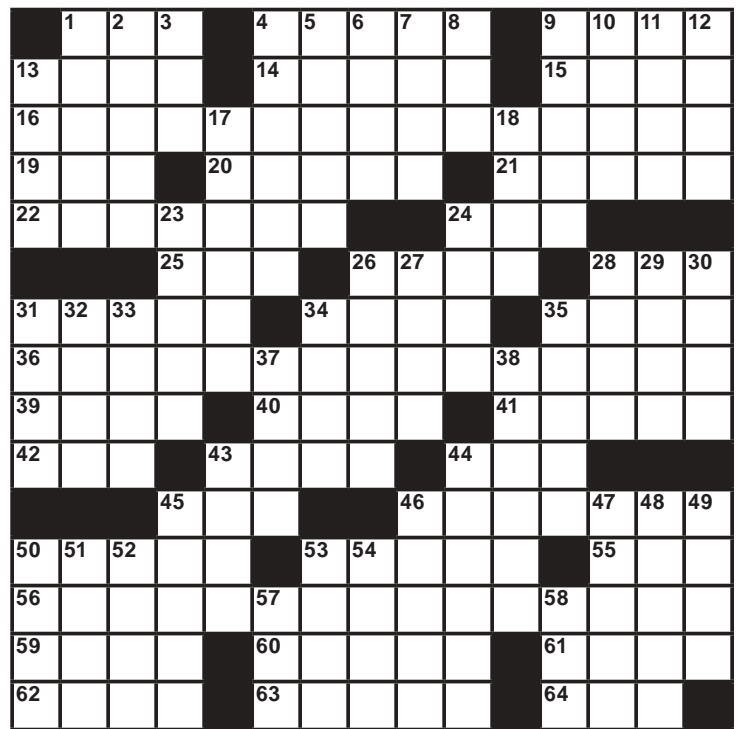
The journey to the United States at the time of the potato blight cost the equivalent of \$10.

CROSSWORD PUZZLE

By Jonathan Chiu / Edited by Jan Perry

Across

1. Unwanted pop-ups
 4. Sacred song
 9. _____ Hari
 13. Computer electronics brand
 14. Passage (Fr.)
 15. City in W. European Russia
 16. The object of her affection
 19. Use frugally
 20. Amy of *Sharp Objects*
 21. Seaport in S. Honshu, Japan
 22. Lang. spoken in SW France
 24. Envelope abbr.
 25. _____-Lussac's Law
 26. Earnhart Sr or Jr.
 28. Food additive (Abbr.)
 31. Type of salt
 34. Identical
 35. Steak sauce
 36. Who the boy falls for
 39. One of the Jackson 5
 40. Devours
 41. Short story writer Bret
 42. Degenerative nerve disease
 43. Abhor
 44. Internal office (Abbr.)
 45. Guardian spirit in ancient Rome
 46. Driller
 50. Precedes cavity, passages or index
 53. Honda's luxury line
 55. Enlisted person (Abbr.)
 56. Perfect pairing of 16 & 36 Across
 59. SW Asia sea
 60. Eastwood of *Pacific Rim: Uprising*
 61. They're _____ you
 62. Swingers' group
 63. Decided
 64. Precedes diligence
- Down
1. 1st Indian ruler to embrace Buddhism
 2. Comforter
 3. Soledad to Centinela directional
 4. Type of loan
 5. Tennis player Stevens
 6. College grad
 7. A focusing lens
 8. Mila Kunis character
 9. Type of code
 10. Precedes code or rug
 11. Furniture wood
 12. _____ Mater
 13. Actor Baldwin
 17. Italian sausage
 18. Unilever product
 23. L.A. nightclub Whiskey _____
 24. Trebek of *Jeopardy*
 26. _____'s Inferno
 27. Lab test for cancer
 28. Tract of open wasteland
 29. Youngster
 30. Richard of *An Officer and a Gentlemen*
 31. Singer James
 32. Koegen of *The Amazing Race*
 33. Places
 34. Parts of a blind
 35. Adjust
 37. Back
 38. The palm of the hand
 43. Angel accessory
 44. Improve the electrical power rating of a nuclear plant
 45. Eric Clapton song
 46. Gwyneth Paltrow movie
 47. Former Turkish president Ismet
 48. Horny plate on some fishes
 49. Lost dog
 50. Actor Ryan O'_____
 51. Country club org.
 52. Going alone
 53. Curved structure
 54. Shoe designer Jimmy
 57. Trojan's org
 58. Former English weight for wool



Sudoku Corner

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

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

Last Issue's Sudoku Solutions

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

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

Last month's Brain Teasers answers:

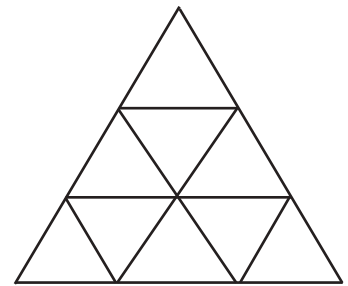
PARSLEY SARDINE EDITED EMBLEM	The Catcher In The Rye
--	------------------------

The coin is in B. Let's assume that inscription A is true. The upshot would be that the coin is in A. Further, it implies that B's inscription is also true-if the coin is in A, then as B's inscription proclaims, it is certainly not in B. But this is contrary to the condition that at most one inscription is true. We can thus discard our initial assumption. In the process, however, we have discovered that A's inscription is false-the coin is not in A. That makes C's inscription true, since it merely confirms that the coin is not A. Since at most one of the inscriptions is true, the B's inscription ("The coin is not in here.") is false. Since this does not lead to any contradiction, it can be safely concluded that the coin is in B, contrary to what B's inscription says.

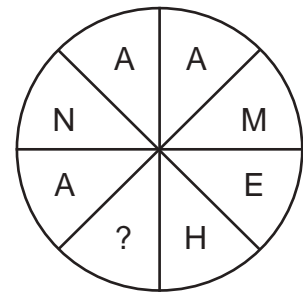
33. Multiple diagonally opposite squares and subtract the small product from the larger:
 $(13 \times 5) - (8 \times 4) = 33.$

This month's Brain Teasers:

How many triangles are in this drawing?



The circle below contains eight letters with one letter missing. Replace the letter to read the word. It may read counterclockwise, but the letters are in the proper order.



Two men are arguing about whether a square open-topped water tank is half full or not. How can they decide without removing the water or using any measuring device?



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

México celebra 107 años de la revolución de 1910

Por Juan Espinosa
Diseñador gráfico y escritor

Desde que México consiguió su independencia en 1820, el país ha sufrido varias luchas por el poder, trayendo consigo diversos problemas internos como la desestabilización. México, ante la lucha por una democracia que trajera paz y progreso a la nación, se vio afectado por una guerra que marcaría su historia.

Porfirio Díaz llegó al poder por primera vez. En 1876, alcanzando la bandera de la no reelección. Para 1910, Díaz llevaba 34 años en el poder. La época del gobierno de Díaz estuvo caracterizada por tiranía y centralismo de los poderes legislativo y judicial, los cuales estaban subordinados al poder ejecutivo. La división de poderes, la soberanía de los

Estados y los derechos de los ciudadanos, eran arrebatados por un gobierno sin escrúpulos. En esta época, imperaba la ley marcial: la justicia, en lugar de proteger a los ciudadanos, servía para despojar a los más débiles. No existía una legislación que protegiera a los trabajadores mexicanos y las jornadas de trabajo eran muy largas—los salarios eran de apenas 25 centavos diarios. Los trabajadores no tenían derecho a manifestarse y quienes lo hacían eran severamente reprimidos.

Aún más, las clases sociales marcaban una gran diferencia entre la población mexicana. En los rangos más altos estaban los latifundistas, los caudillos, los miembros del clero y los empresarios, tanto locales como extranjeros. Estos eran seguidos por los burgueses,

mientras que la “prole”, formada por los campesinos y gente pobre que vivía en casas de madera o adobe, se encontraban en el último peldaño del estrato social.

Díaz declaró “la inauguración de un gobierno democrático en 1910 y prometió que dejaría el poder”. Estas declaraciones despertaron las expectativas de los nuevos políticos jóvenes, quienes buscaban un cambio de progreso para el país.

La promesa de Díaz no fue cumplida y una vez más pretendió reelegirse como presidente de la nación mexicana; y en las elecciones del 26 de junio 1910, se hizo elegir nuevamente como presidente, dando paso a una revolución que costó la vida de por lo menos dos millones de mexicanos.

El 20 de noviembre de 1910, comenzó el movimiento de insurrección en el Norte del país, encabezado por Don Francisco I. Madero. Posteriormente, el movimiento revolucionario se extendió al Sur del país en donde se le unieron otros conocidos revolucionarios como Emiliano Zapata y Francisco ‘Pancho’ Villa, sumiendo al estado mexicano en una guerra. Según Rafael Castañeda Ríos, del Periódico *Vanguardia* de Saltillo, “la revolución mexicana (se dice) es la primera de las grandes revoluciones sociales del siglo XX, que tuvo lugar en Latinoamérica.”

Los motivos de la revolución tenían como objetivo lo siguiente:

1) cambiar el rumbo del país, junto con la constitución de 1857, estableciendo el sufragio popular y prohibiendo la reelección, 2) terminar con la prolongada dictadura de Porfirio Díaz, 3) terminar el abuso de grandes terratenientes quienes explotaban a los campesinos y 4) terminar con los privilegios de los grandes empresarios extranjeros, quienes explotaban a los trabajadores mexicanos obligándolos a trabajar jornadas de hasta 12 horas por día.

Por su parte, Zapata, quien fungía como jefe guerrillero del Sur, propuso el Plan de Ayala. Éste estaba enfocado en regresar la tierra a los campesinos, quienes habían sido despojados de éstas por hacendados avaros, que en aquel entonces eran dueños de la mayoría de las tierras de cultivo mexicanas.

Por otro lado, ‘Pancho’ Villa organizó su propio ejército, luchando por la restauración de los derechos sociales que habían sido arrebatados por el gobierno de Díaz y los terratenientes. Aunque Díaz se proponía mantener su posición como máximo jefe del poder ejecutivo, finalmente, “se resignó a dimitir del mando el 25 de mayo de 1911, firmando un pacto con Madero en la Ciudad de Juárez... posteriormente viajó a Europa, muriendo en París, en 1915” *Siglo XX*.

Después del derrocamiento porfirista en 1911, se celebraron nuevas elecciones, resultando vencedor Madero; pero muchos otros anhelaban el poder, comenzando nuevos alzamientos. Un nuevo golpe de Estado denominado ‘Decena Trágica’, tuvo lugar bajo la dirección de Victoriano Huerta,

quien había acordado con el gobierno de los Estados Unidos y los sobrinos de Díaz, que sería él quien se ocuparía de la presidencia.

Huerta fue nombrado presidente, su yugando a México a una nueva dictadura militar; misma que reprimió la democracia y la libertad de los pueblos. En agosto de 1914, Huerta abandonó el país dando paso al nombramiento de Venustiano Carranza, como nuevo presidente de México.

Muchos de los revolucionarios no estaban de acuerdo con el nuevo nombramiento del Primer Jefe, como se hacía llamar el propio Carranza. Todos los representantes revolucionarios se unieron en Aguascalientes en octubre de 1914, para ponerse de acuerdo en la Soberana Convención Revolucionaria. Los revolucionarios “decidieron adoptar parte del programa de Zapata sobre el reparto de tierras a los campesinos y eligieron como [nuevo] presidente interino a Eulalio Gutiérrez” *Notimérica*, pero Carranza no acató la decisión.

Finalmente, Carranza quiso evitar un nuevo derramamiento de sangre y redactó la Constitución de 1917, siendo fiel a la promesa del pueblo. La revolución mexicana conquistó la justicia social, la cual se estableció en 1915, implementando el descanso obligatorio y la



Photo from archive

Francisco I. Madero

jornada de trabajo de 8 horas como máximo (siendo ésta la más avanzadas del mundo).

En 1916 se reconoció el derecho a huelga y se fijaron las nuevas relaciones de trabajo, entre patronos y obreros. “La constitución de 1917, estipuló la jornada de trabajo de 8 horas, como máximo... Quedaban prohibidas las labores insalubres o peligrosas para las mujeres en general y para los jóvenes menores de 16 años... Quedó también prohibido el trabajo nocturno industrial” *Siglo XX*.

El final de la revolución mexicana fue marcado por el asesinato de Carranza en 1920, a manos de partidarios de Álvaro Obregón, quien se sublevó y tomó el poder. Pese a los cambios y los nuevos acuerdos, la revolución continuó por varios años, culminando con los asesinatos de Zapata en 1919, Villa en 1923 y de Obregón en 1928.



Photo courtesy of Wikipedia

Grupo de revolucionarios

Como expresar remordimiento

Sugerencias de como mostrar remordimiento.

Cuando se trata de expresar remordimiento muchos de nosotros, (lifers), fallamos en la manera que lo expresamos ante la Junta de Audiencias de la Prisión (el Board of Prison Hearings [BPH]) y en lo que en realidad los comisionados quieren escuchar. Aunque verdaderamente sintamos remordimiento.

Por lo tanto muchos reclusos deben de hacer una introspección personal de su[s] crimen [es]. Esta examinación debe incluir: asumir responsabilidad, mostrar remordimiento y hacer enmiendas.

Responsabilidad significa más que una simple palabra. Por ejemplo, “asumo responsabilidad por mis acciones.” Lo que importa a los comisionados del BPH son detalles por lo que asumimos responsabilidad. ¿De qué soy responsable? ¿Qué hicimos específicamente, (refiriéndose al crimen)? ¿En contra de quien cometimos el crimen? ¿Cuándo? ¿Cómo? ¿Por qué?

Una manera de expresar remordimiento es mediante recordar la escena de nuestro crimen. Por ejemplo: escribir o mentalmente recordar que fue lo que paso el día que cometimos nuestro crimen. Es importante no dejar de lado ningún detalle para que podamos entender completamente por qué vamos a tomar responsabilidad, que fue lo que hicimos específicamente, en contra de quien cometimos el crimen, cuando, como, y por qué.

E. González es un reo que recientemente fue encontrado elegible para salir libre y comentó, “diariamente meditaba a cerca de mi crimen y eventualmente fui recreando las imágenes de lo que paso

el día que maté. Esto me abrió la mente en tener más en cuenta el daño causado debido a mi irresponsabilidad de haberme emborrachado y como consecuencia prive de la vida a una persona inocente. Esto me ayudó mucho cuando estuve frente al panel del BPH me fue más fácil expresar un verdadero arrepentimiento ya que lo había vivido día a día por los últimos cinco años.”

El arrepentimiento es meramente la acción de arrepentirse. Tener tristeza por las acciones cometidas en contra de otra persona, y tener conocimiento completo de la experiencia emocional, mental y espiritual que infligimos contra nuestras víctimas.

Vayamos un poco más a fondo de únicamente sentirse mal o sentir vergüenza por nuestras acciones. ¿Por qué nos sentimos mal, tenemos vergüenza, o culpabilidad? La manera más simple es mostrar simpatía por los sentimientos de otros. ¿Qué fue lo que hicimos para sentir vergüenza? ¿Qué causa estos malos sentimientos?

Algo que podemos hacer es ponerse en el lugar de la persona(s) a quien(es) hicimos daño. Esto nos puede dar una nueva perspectiva cómo se siente(n) esa(s) persona(s), y tener más entendimiento del daño y trauma que le(s) causamos.

Según el currículo de VOEG (Victim/Offender Education Group), “El arrepentimiento del ofensor esta arraigado en su capacidad de sentir empatía [por los demás].”

Hacer enmiendas es simplemente reparar o compensar por el mal que hemos causado. Hay tres formas de hacer enmiendas por el daño

que causamos. Enmiendas directas, indirectas, y viviendo una vida diferente a la que estábamos viviendo cuando cometimos nuestro(s) crimen(es).

Las enmiendas directas requieren que nos disculpemos directamente con las personas a las que les hicimos daño y que de alguna manera reparemos el daño causado. Esto puede incluir pagar lo que robamos, y pagar por los daños que nuestras víctimas incurrieron debido a nuestras acciones.

Las enmiendas indirectas son aquellas que podemos hacer cuando no podemos reparar el daño causado directamente o nos es imposible repararlo. Las enmiendas indirectas se demuestran por ejemplo donando a instituciones caritativas, convertirse en un donador de órganos, o haciendo donaciones anónimas a instituciones que se encargan de dar ayuda a personas víctimas del crimen.

Si no podemos hacer enmiendas directas o indirectas, podemos vivir una vida diferente a la que llevábamos cuando cometimos nuestros crímenes. Por ejemplo vivir una vida sobria, si es que nuestros crímenes tienen que ver con drogas o alcohol. No seguir robando, no usar la violencia en ninguna circunstancia, mantenerse fuera de las pandillas, no cometer más crímenes, y siempre buscar la oportunidad de ayudar a otros que estén pasando por situaciones similares a las que pasamos.

Estos son únicamente sugerencias de lo que podemos hacer ya que siempre podemos buscar otras alternativas para tratar de reparar el daño que causamos.

—Juan Espinosa

La separación de niños de sus madres causa traumas irreparables

Por Tare Beltranchuc
Escritor contribuyente

Un niño de 18 meses de edad empezó a llorar incontrolablemente, mientras su madre lo sentaba en la parte trasera de un vehículo del gobierno. Los oficiales cerraron la puerta y se marcharon sin permitirle consolar a su hijo.

Mirian, madre hondureña de 29 años, y su hijo, es solo uno de los cientos de familias que están siendo separadas de sus hijos por la oficina de Inmigración (ICE) en la frontera de los Estados Unidos. Los niños que son apartados de sus padres sufren un impacto emocional.

De acuerdo a la Dr. Colleen Kraft, presidenta de la Academia Americana de Pediatras, el estrés tóxico ocasiona que los niños sufran a temprana edad perturbaciones en el desarrollo cerebral y se han propensas a enfermedades cardíacas, cáncer, y obesidad de adultos. Además, el estrés tóxico está relacionado con:

- Cambios en el funcionamiento corporal: problemas para dormir, comer, o hacer del baño.

- Cambios en conducta: indiferencia, ansiedad e insensibilidad.

- Cambios en el desarrollo y aprendizaje: memoria, organización y berrinches que imposibilitan concentrarse en nueva información.

Expertos saben que el trauma experimentado por estos menores de edad es incalculable. La Academia Americana de Pediatras señala, “el trastorno psicológico,

la ansiedad y la depresión están asociados con la separación de los niños de sus padres y les afectará. ... aun después de una eventual reunificación.”

En la sala de espera de la Dra. Julie Linton, un niño de 2 años se aferra a la pierna de su madre y se reusa a soltarla. “pareciera como si no quisiera perderla de vista,” mencionó Linton, pediatra in Winston-Salem, North Carolina. Este niño había sido separado de su madre en la frontera y tres meses después habían sido reunidos. Linton señaló que el trauma experimentado era muy claro.

Arthur Evans Jr., CEO de la Asociación Americana de Psicología, señaló que los niños al ser separados de sus padres demuestran múltiples cambios de conducta entre los que figuran: ansiedad, llanto frecuente, cambios en hábitos alimenticios y patrones de sueño, aislamiento e ira.

Kraft explicó a la cadena televisiva *CNN*, que la acción de separar hijos de sus padres “es nada menos que abuso infantil sancionado por el gobierno.”

A pesar del eminente trauma emocional que esta separación impone en los niños, el Director Ejecutivo del ICE Matthew T. Albence le aseguró a la Congresista Lucille Roybal-Allard que “la preocupación del ICE es siempre la salud y el bienestar del menor de edad.” Kevin McAleenan, Comisionado de Protección de la Frontera y Aduana, se atrevió a categorizar la

separación de familias como “un evento que ocurre rara vez.” Sin embargo, esta declaración es incongruente con los hechos presentados por the *New York Times*, que afirma que “más de 700 menores de edad han sido separados de sus padres desde octubre [2017], incluyendo más de 100 niños menores de 4 años.”

Organizaciones y profesionales condenan la orden de separar familias emitida por la administración de Trump, debido a que ocasiona un sufrimiento intencional e ilegal en estos niños. Kraft comenta que “esto es una injusticia contra los seres humanos más vulnerables en este planeta, los niños más pequeños, y no debemos callarnos.”

La asociación que dirige Kraft, junto con el Colegio Americano de Doctores y la Asociación Americana de Psiquiatría están oponiéndose a la separación familiar en las fronteras, juntos representan a más de 250,000 doctores en los Estados Unidos. De acuerdo a Katie Annand, abogada de la Organización Kids in Need of Defense, la póliza actual de apartar familias está traumatizando a una nueva generación de niños y de no eliminarla “la reputación de este país tendrá una mancha permanente.”

Mientras tanto, Mirian se encuentra afligida y desconsolada en el centro de detención T. Don Hutto en Taylor, Texas, preguntándose cómo está siendo tratado su hijo y si algún día volverán a reunirse.

Message of Hope for Mental Wellness Week at SQ

By Lloyd Payne
Journalism Guild Writer

A drum call to gather the population on San Quentin's Lower Yard was made on Sept. 9 for the "Hope" themed opening of Mental Wellness Week.

Incarcerated men answered the drum call of L. Williams, who works in SQ's mental health department, visitor Serigne Sowto and sat down in a drum circle. They learned to play traditional West African rhythms like the Sente, Danza, and Dun Dun Ba Ba by hand on a congos bass.

"Drumming is recreational therapy, and it helps the men in the community, so I thought it could help men in here and wanted to bring it here," L. Williams said.

Optimistic about the week, suicide prevention coordinator Rosa Thomas gave two-tone turquoise and purple ribbon stickers to the participants. Outside volunteers in solidarity wore black T-shirts with the suicide prevention ribbon design as a symbol of hope.

Remarks about changes in the mental health service in the California Department of Corrections and Rehabilitation (CDCR) were made by mental health administrative personnel. Many of them had positive things to say about life, philosophy and mental health perspectives.

Chief of mental health at San Quentin, Dr. Sharon McCarver, said to all those gathered, "I live so that you can live."

Dr. McCarver is at an age where she now uses a cane to walk. When she looked at the men she aims to help, deep concern showed across her face.



SQ staff and volunteers who helped in the mental wellness week

Photo by Harold Meeks



Photo by Harold Meeks

Jennifer Schaffer on stage



Photo by Eddie Herena, SQN

Kelly Tebrock



Photo by Eddie Herena, SQN

Serigne Sowto with participants in a healing drum circle



Photo by Harold Meeks

L. Williams playing the drums

"I believe hope means a number of different things," McCarver said, "When a child falls in a park and the parent of the child doesn't run to help, but all the parents run to help that one

child, this is hope. "Or when you're in the grocery store and you see someone short \$10, and instead of them having to put some things back, you give them the money so they can have all the groceries their order.

"Hope is healing, staying inspired, and encouraged through trying times," she added, before walking away with pep in her step."

The next day in the Garden Chapel a Time of Remembrance was held for those lost by suicide. Their names were read out loud. After the reading of the names, several prisoners who knew someone stood and shared memories.

One name

read was Thomas "Charlie" Henderson, who committed suicide in 2014. A guy stood up and said, 'I knew Charlie. He was always smiling and brightening the day with that smile. Then he just stop coming out. We was wondering what was up with him, and then he hung himself."

Andress Yancee, the master of ceremonies, shared a time he noticed a guy who was housed on a lower tier, but he was standing on the fifth tier in West Block. It was out of the ordinary to Yancee, who saw this guy looking over the rail at the ground.

Yancee said he felt eerie. "Hey man you look like you can use some coffee," he offered.

The guy was startled by the friendly gesture of Yancee, who just wanted to help. He took the coffee. Later the guy was transferring to another prison and approached Yancee.

"Thank you for saying something to me that day. I was about to jump," the guy said.

Yancee prevented the guy from committing suicide.

Richard Evans, 65, is serving 30 years to life for a series of burglaries, his third strike. He introduced himself as a man of faith.

"We have a small circle of friends, a circle around that small circle of people, and an extended circle of people we are responsible for... have empathy." He said.

Dr. Thomas said, "We're a community. Yes, this is a prison, but it has its little neighborhoods and its little villages."

An example of a little village at San Quentin is the Prison Yoga Project, led by a woman short in height, eloquent in speech, and fluid in motion, named Chonda Williams.

Yoga instructor Williams gave a presentation on day three to explain how the body knows hope.

Half way through the week guest speaker Jennifer Schaffer, Executive Director of the Board of Parole Hearings (BPH), visited San Quentin to share how hope prospers in relationships with mental health clinicians.

"I think things have changed greatly in our soci-

ety, and we are more aware how mental health impacts our life." Schaffer said.

"To do this job, we even have to go talk to clinicians and see psychiatrists about our mental health, so don't think you are the only ones," she assured listeners.

"Mental health week is about being mindful of the fact our mental health is as equally important as our physical health.

"The reason we go is for treatment for some type of injury, to move us in a place to be optimal in our individual lives." Schaffer said.

Shaffer addressed other concerns lifers with the possibility of parole had about their psychological assessment reports for the board. She said at the basic level the BPH commissioners are trying to figure out who you are. She encouraged the men to simply be authentic.

As the weeklong events dwindled toward the end, there was music performed by incarcerated musicians. The drum circles congregated on the Lower Yard on Sept. 15 and ended the gathering playing to more African beats.

Those Lost to Suicide within San Quentin

1980 David Moore, Richard Chase	1983 Ronald Hawkins	1984 George Carpenter
1988 Moses Willis	1989 Anola Fuller	1992 Donrell Thomas
1994 Christopher Day	1995 Roberto Danielson	1996 Jeffery Wash
1997 Thomas Walt	2005 Alto Bell Frank Martinez Robert Doug	2006 Harry Hoff James Pot
2007 Tony Lee Reynolds	2008 Edward Bridges Terrence C. Page	2009 Patrick Knowles Larry Grand
2010 Jake Ward Anario Patonello George P. Smith	2011 Christopher Martinez Brandon Wilson	2012 Lavell Lavern James Lee Kronz Kenneth Wright
2013 Justin Howser Tim Russell Joseph Staples	2014 Thomas Henderson Victor Velazquez	2015 Jesse Hernandez William Estomba Michael Jones
2017 Kenneth Steward Nicolas Rodriguez	*There were no suicides as of Nov. 1 st in the year 2018 *Update of recent deaths will be published in the next edition	

Coding program attracts wide range of media attention

By Juan Haines
Senior Editor

The Last Mile Works buzzed with excitement when two filmmakers and a formerly incarcerated graduate returned, accompanied by several co-workers from the Chan-Zuckerberg Initiative (CZI), to tour the prison and get stories for their website.

Code.7370 teaches inmates the fundamentals of coding, while The Last Mile Works (TLM Works) is composed of seasoned coders who work on paid contracts as part of a joint venture between Califor-

nia Prison Industry Authority (CALPIA) and private companies.

Aly Tamboura, a graduate of Code.7370 and former employee of TLM Works, paroled from San Quentin about two years ago.

He returned to show his co-workers at CZI the newest students enrolled in Code.7370.

Tamboura currently leads a team that seeks to advance social justice and criminal justice reforms across the nation.

CZI came to San Quentin to get video stories from inside prison to show the free world first-hand accounts of what it

is like to be incarcerated and have access to state-of-the-art training.

The Nantucket Project began documenting inmate Chris Schuhmacher about six months ago to show that providing inmates job skills prior to release is in the best interest of taxpayers as well as offenders.

Nantucket toured the prison to get a better understanding about Schuhmacher's incarceration experience. They filmed the church, a prison cell and the dining hall. They also interviewed several inmates who knew Schuhmacher.

When Schuhmacher earned

parole, Zach Bower moved into the cell that he left vacant.

"Danny Pluckett said he was looking for a cellie because Chris just went home," Bower said. "Danny told me that this was a lucky cell. Chris was found suitable; he was found suitable and now I've been found suitable—all from this cell."

Another filmmaker from Google came to the class to document inmate Jason Jones, 34, and what he's doing to prepare himself for release after spending 13 years incarcerated.

Google's film crew got an

up-close look at what Jones learned from the program.

The objective of creating a documentary about Jones, the director said, is "to show that incarcerated people are capable of redemption through positive social actions."

In addition, the film aims to show the relationship between providing incarcerated people training and lower recidivism.

Jones signed an employment contract with a technology firm, Wika, making him the first coder to do so before leaving prison.

While Jones is ending his prison term unlike any other

incarcerated American, Schuhmacher continues to show that investing in first-rate programs while incarcerated pays off for society—both are graduates of The Last Mile and Code.7370.

Escorting the three groups inside the prison were The Last Mile co-founder Beverly Parenti, CDCR Public Information Officer Michelle Kane, and from the San Quentin Public Information Office, Sgt. R. Gardea.

Fellow coder Harry Hemphill sent Schuhmacher a message: "Chris, I am so proud of you. Keep up the good work." He added, "Give him my best."

Celebrating SQ's 12th annual Addiction Recovery Day



Photo by Eddie Herena, SQN

Inmate counselors with outside volunteers in the SQ Lower Yard's ARC trailer

By Marcus Henderson
Journalism Guild Chairman

Opening up or remaining anonymous was a hot topic at San Quentin's 12th annual Addiction Recovery Day, Sept. 29.

"One of the things I'm seeing is the stigma around addiction," said visitor Daniel Petersen, of the Support 4 Recovery organization. "How can we change that if we remain anonymous? People need to see the face of recovery."

"I'm employed—I have

a relationship with my family. It's about choices today, because you know the consequences," Petersen added. "I still know where the liquor stores and drug dealers are. By sharing our stories we can prevent people from getting stuck behind bars."

The event was held in the Addiction Recovery Counseling (ARC) building on the prison's Lower Yard, in conjunction with National Recovery Month.

The theme was "Evolution," which emphasized the importance of being a

service to those in need and getting to the root of one's addiction.

Petersen said he just celebrated 20 years of sobriety.

Visitor Nancy Zandonella, of Fresh Start Alumni Assoc., still sees the need for people to remain anonymous.

"The general public still doesn't understand a lot about recovery," Zandonella said. "There is still a negative stigma about what an addict looks like, such as someone being homeless or having missing teeth. But they could be a correctional guard,

police officer or a firefighter.

"So for some people to remain anonymous, it can help them seek help," Zandonella added.

The celebration marked the first year without volunteer Dr. Davida Coady, creator of San Quentin's ARC program.

Dr. Coady died in May from terminal cancer. She was the rock and inspiration of the ARC program. Dr. Coady and her husband, Tom Gorham, founded Berkeley's Options Recovery Services and introduced it inside the

prison.

The program trains inmates to become state-certified addiction treatment counselors.

"The effect of Dr. Coady on our lives and the program is insurmountable," said inmate Michael Kirkpatrick. "She gave us the knowledge and we give it back to the people."

Kirkpatrick graduated from the ARC program and became a state-certified addiction treatment counselor within the prison.

Peet's Coffee and Tea representatives were in attendance for the second year. The company has become a leading financial supporter of the program. The relationship began when Peet's store manager Mallory Olmstead, and other employees, donated a portion of their Christmas tips to support the ARC program.

"It's not only helping the lives of these men who are training to be counselors, but [also] the ones they are helping," Olmstead said.

The small group of participants sat in a circle and shared stories of struggles, triumphs and what it takes to be of service.

"I use to have thoughts of relapse until I learned how to find the roots to my addiction," said inmate Anthony Thomas, a member of the ARC program. "Today I'm proud to say I'm sober."

The debate on outspokenness versus anonymity was just a backdrop on serving others. Everyone agreed on the importance of being clean and sober and seeking help for an addiction.

"I thought I was coming to bring a message, but a message was given to me today," Zandonella said. "We're sharing our recovery."

"Some 70 million Americans have a criminal record – a number equal to Americans with a college degree,"

according to the Brennan Center for Justice. New York Times July 27, 2018 "Zero Tolerance for Zero Tolerance"

Texas warden demoted after instituting disciplinary quotas

By Achilles Williams
Journalism Guild Writer

A Texas warden was demoted and transferred following the discovery of a disciplinary quota scheme used in the Ramsey Unit of the Texas prison system, as reported by the *Houston Chronicle*.

The Texas Department of Criminal Justice terminated

more than 500 disciplinary cases after an investigation revealed that four state facilities implemented a disciplinary quota in which officers were required to write up a certain number of inmates or potentially face punishment themselves. The discovery of these quotas has led to a statewide audit and multiple demotions of prison officials. The officers

involved could face criminal charges, according to officials.

The investigation was sparked by the *Chronicle* after it obtained leaked emails from Capt. Reginald Gilbert of the Ramsey Unit. Gilbert wrote, "Effective March 10, 2018, each sergeant will be required to turn in at least two (2) cases written by officers for a Level 2 Code 35

'Unauthorized Storage of Property.' Two each day is my requirement. Remember this is to be done each workday without exception."

This situation came on the heels of a separate investigation at the Ramsey Unit, in which officers allegedly planted evidence in an inmate's cell. Four officers were fired, and one resigned as a result, according to the

Chronicle.

Texas prisons are making efforts to reform the disciplinary system and prevent similar situations in the future, according to prison spokesperson Jeremy Desel.

"The agency is reviewing all disciplinary training and considering new statewide training for all those involved in the disciplinary process. The agency is also working to make changes to policy to include explicit language that forbids any type of quota system or mandatory case writing activity," he told *The Chronicle*. "This will make it crystal clear to all that nothing even resembling mandated disciplinary activity will be tolerated."

Authorities are taking a closer look at the disciplinary process by increasing training and examining the system for defending inmates accused of disciplinary infractions.

"In the current system, there are individuals who operate as counsel substitutes, essentially counsel for the offenders accused of disciplinary cases, the formerly

reported to unit wardens," Desel told the *Chronicle*. "Now those individuals will receive enhanced training and report to the Division of Administrative Review and Risk Management, which will increase the independence of these positions and allow them to potentially see any unusual trends."

Possible changes in policy bring hope to advocates. Jennifer Erschabek of the Texas Inmate Families Association said in the article, "It's very encouraging." Doug Smith, a policy analyst with the Texas Criminal Justice Coalition, believes changes can improve defense for inmates facing disciplinary infractions and increase prison safety.

"When you do mass punishment like that, you put people in danger because it invites retaliation," Smith told the *Chronicle*. "I'm thrilled that this reporting has uncovered some dangerous and ineffective policies, and I'm thrilled that people are going to be treated justly and fairly because that's how you foster rehabilitation."

Arkansas judge faces sanction for blocking lethal injection

By Harry C. Goodall Jr.
Journalism Guild Writer

An Arkansas judge faces judicial sanction for blocking the state's use of a lethal injection drug on the same day he protested the death penalty outside the governor's mansion, reported *The Associated Press*.

The Judicial Discipline and Disability Commission charged Judge Wendell Griffen, a Pulaski County Circuit Judge, with violating

ethics rules in June. The three-member panel cited the judge's online and social media comments against the death penalty as evidence of an ethical violation.

Griffen asked a judicial ethics commission to dismiss the complaint against him in August.

"This is a case really about optics and not about ethics," said Austin Porter Jr., Griffen's attorney, during the commission hearing.

Porter also said the case "runs afoul" of a U.S. Supreme Court decision that permitted judges to speak out on social and legal issues and a separate decision that bars excluding jurors from capital punishment cases based on their moral or religious objections.

Arkansas executed four inmates last year using lethal injection. Judge Griffen had blocked this method of execution earlier in the year, which led to the judicial

commission's charge of ethics violations.

The commission did not immediately issue a ruling on Griffen's case but is expected to hold a full hearing this fall on its findings, during which it could advise the State Supreme Court to suspend or remove the judge.

Griffen has appealed the initial decision and asked for full review in the 8th Circuit Court of Appeals pertaining to his case.

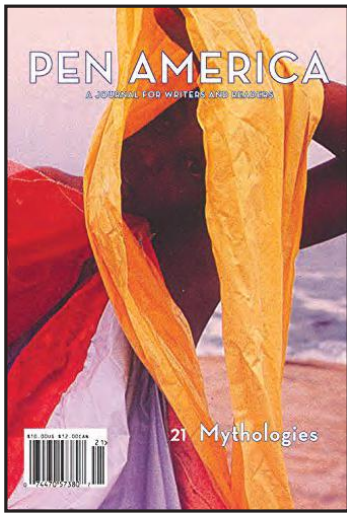
PEN America releases Issue: 21 Mythologies

BOOK REVIEW

By **Juan Haines**
Senior Editor

No matter the restriction, the control mechanism or oppression, *PEN America* is a platform for authentic stories—voices that ring loud and free on the page.

Jennifer Finney Boylan contributed to *PEN's* latest publication *Issue: 21 Mythologies*, with *Transfigured*. It connects with incarcerated readers as she writes, "For a long time, I thought I didn't exist...It was like walking on a long-deserted beach without any footprints." Searching for identity is not limited to incarcerated people — agency is a normal, human want and need — it's the de-



sire to exist.

Issue: 21 Mythologies is a powerful collection of fiction, nonfiction, poetry, conversations and even a

graphic narrative. Each story pulls words and phrases out of the minds of serious thinkers to set the record straight for truth spoken to power.

The anthology opens with a masterful look at the world's largest democracy, India, and how its fact-twisting government uses "fake news" to antagonize Muslims and Dalit minorities—those who belong "to lower castes, some still considered untouchable by their compatriots."

Amitava Kumar writes, #*Fakenews* to point out that "myths function to remove any rational basis for truth; instead they promote blind faith and a vulnerabil-

ity to rumors."

In an age where massive amounts of information are available at little or no cost, Western culture is swamped with data manipulators who falsify reality to make a profit.

Issue: 21 Mythologies offers cutting edge stories that can be shared in ordinary conversations for truth seeking.

Kimiko Hahn writes *For the Others: A Zuihitsu*, which focuses on the concept of the word "other." When people want to distance themselves from someone, they say, "No, the other guy." Hahn gives keen examples of the power of myths and fake news by way of "othering."

Although numerous studies demonstrate that immigrants are not the criminals

conservative politicians claim they are, Hahn quotes what President Donald J. Trump told *The New York Times*: "Every day, sanctuary cities release illegal immigrants, drug dealers, traffickers, gang members back into our communities. They're safe havens for just some terrible people."

Ursula K. Le Guin (April 2012) wrote, in *Having my Cake*, "...words, and the uses and misuses of words, and the meaning of words, and how the words and their meanings change with time and with place..."

Le Guin defines the craft of writing as, "If what I do, what I make, is beautiful, it isn't a physical beauty. It's imaginary, it takes place in the mind—my mind, and my reader's."

I Know the Name of a Man in Prison, by Reginald Dwayne Betts, reads as though he regards every incarcerated person with pure empathy. He understands what it means to be stuffed under the rug. He writes, "As if he wanted to prove God was no myth by returning from the dead. Some men have done that, gone back, again and again and again, to prove that what the others say ain't true. To prove that mass incarceration is more omen than myth."

In the 192 pages, stuffed with 43 stories, written by 57 contributors, I flipped back and forth, admiring its pictures and smiles and its confrontation with realism. So with that, I eagerly await *PEN America Issue: 22 — will it be Truth?*

In loving memory of fellow Brother Charles "Chuck" Adams

Walking inside San Quentin's Protestant Chapel on August 10, a visitor watched ushers standing and handing out programs that read "In Loving Memory of Brother Charles 'Chuck' Adams—Rejoice in Heaven, Chuck. Dec. 8, 1950 – May 30, 2018."

Adams was 67 years old. "Sometimes it's difficult to find people who are committed," church elder Derrick Holloway said. "He exemplified what it meant to walk with the Lord."

The ceremony began with

the 21-member Worship Team, to which Adams had belonged, taking the stage while an audience of about 50 inmates stood. They sang *This Is Why I Sing*.

Incarcerated veterans brought the American and POW-MIA flags into the chapel to honor Adams' service in the U.S. Air Force.

The mood was solemnly set by the soft melody coming from Albert Flagg on organ and Greg Dixon on bass.

"He was an old country boy who'd be out mentoring," Holloway said. "There was a depth in his voice that let us know that he was speaking for the Lord. We were all blessed by it. I am so glad that I have known a man like that while on this earth."

Chaplain Mardi Ralph Jackson then eulogized Adams.

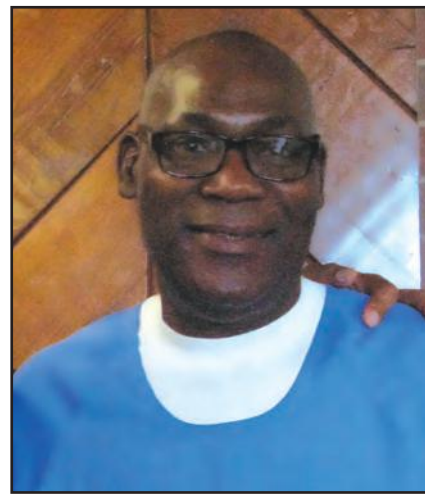
"When I saw him in the hospital, I had a confidence in him," she said before reading Psalms 23.

Prior to the services, the church clerk, Trent Capell, described Adams as follows:

"He became a father figure for me. He was a man of integrity"

"He made these little pies, and gave them out to people. He'd never sell them. He'd make about four to five a week and give them out. He'd also sew people's clothes. He sewed mine all the time. He would mentor young men that would be walking around the prison, like orphans. He'd befriend them and share some good old-fashioned wisdom on how to navigate this place from a positive perspective. He'd encourage them to let the church be the foundation of their program."

Adams was part of a quartet called The Prodigal



File Photo

Charles "Chuck" Adams

Sons. The trio sang his favorite song, "Wonderful", by Sam Cook.

"I knew Chuck for 15 years," youth minister Fanon Figgers said. "Being a Christian is more than being in church. Brother Chuck was an example of love to all of us regardless of faith or not."

"In our prayer circle, he'd always keep his family in prayer." Chapel clerk Stephen Pascascio added.

Lines that stood out in

poetry read by Richard Lathan were:

Have n take me there / I can be who I want to be / Love who I want to love / Jesus take us as we come.

John Parratt worked in prison industries authority with Adams for three years. He said that Adams read Who Am I, by an unknown writer,

every morning.

Now I am just a memory, but if there is a tear in your eye, or a lump in your throat, if you felt a shiver in your spine as you watched me burn, then I will be back. The next time you need me my colors will be fresh and bright, and my edges won't be ragged anymore.

Several men took the microphone, praising Adams. Many said that when they first met him, there was an air of confusion—several

used the word "peculiar." However, after recognizing his devotion to God, their hearts opened up.

Here are some of the things said:

--As I got to know him, I realized that he stood on the principles of God.

--Chuck would always encourage me. We'd sit in the dugout and just tell stories. He'd say, "Put your weight on it," referring to the love given to God.

--He had some powerful things to say, and it was always in a loving spirit. He showed what love is truly is.

--I believe that Chuck is singing right now.

--Chuck brought me a smile every night at the prayer circle. He took a lot of time for the brothers. He had a voice like Sam Cook.

--He used to talk to me after I got out of school. I could talk to Chuck about anything.

"If there was a brother in need of anything, he gave," minister Darryl Hill said. "He became a father figure for me. He was a man of integrity."

—Juan Haines



File Photo

Chuck singing in the choir

NEWS BRIEFS

1. USA—The U.S. Supreme Court ruled in early 2016 that sentencing juveniles to life with no chance for parole is unconstitutional. The states with the highest juvenile lifers were Pennsylvania, Michigan and Louisiana. As of mid-September, *The Advocate* reports that Pennsylvania had 530 juvenile lifers affected by the decision—375 were resentenced and 150 were paroled. Michigan's juvenile population was 360. One-hundred-twenty were resentenced. Fifty were paroled. Louisiana had 302 juvenile lifers affected—218 were resentenced and 23 were paroled.

2. Santa Fe, NM—The Penitentiary of New Mexico houses approximately 260 inmates in Supermax or The Box, reports the *Santa Fe Mexican*. Prison officials call isolation units the Predatory Behavioral Management Program. The main purpose of the program, prison officials say, is to isolate predatory inmates who are a danger to staff or other inmates and the public. At least



eight lawsuits, since January, were filed against the isolation units. Prison officials claim inmates who show behavioral improvements may get out of their cells to receive drug counseling, anger management and educational programs, however, some inmates dispute that claim.

3. Birmingham, Ala.—In 1985, Anthony Ray Hinton was convicted of murdering two fast food employees. It took 30 years to show that he

did not commit the murders, according to the *Helena Independent Record*. The U.S. Supreme Court overturned his sentence after testimony used to convict him was proven false. He was released from prison in 2015. Hinton does public speaking about the US justice system. He is the author of *The Sun Does Shine: How I Found Life and Freedom on Death Row*. According to the Death Penalty Information Center,

Hinton is the 152nd person exonerated from death row since 1973 and the sixth in Alabama.

4. Nebraska—On Aug. 14, Carey Dean Moore was executed by a lethal injection that included fentanyl and three other drugs, *Desert News* reports. Nearly 40 years ago, he was sentenced to death for the murder of two cab drivers.

5. Huntsville, Tex.—On Sept. 26, Troy Clark was

executed by a lethal injection of pentobarbital. He was convicted of the kidnap/murder of a woman in 1998. Clark's last statement was that he did not do the killing, *The Texas Tribune* reports.

6. Houston, Tex.—State prison officials are reviewing grievances denied to inmates seeking dentures. Prison officials plan to clarify when dentures are needed as well as creating a review board to recommend who gets dentures. The change comes after *The Houston Chronicle* reported that the state prison policy had said chewing isn't a medical necessity and that inmates could eat pureed food.

7. Richmond, Va.—Prison officials have suspended a new policy that would have barred women wearing tampons or menstrual cups from visiting inmates at state prisons. The postponement came a day after media coverage about the plan, scheduled to begin in November. Prison officials say the policy was intended to prevent contraband from getting into prisons.

8. Pennsylvania—A non-profit organization that sends free reading material to incarcerated people

and prison libraries wrote in the *Washington Post* "... books and publications, including legal primers and prison newsletters, cannot be sent directly to incarcerated Pennsylvanians. Instead, if they want access to a book, they must first come up with \$147 to purchase a tablet and then pay a private company for electronic versions of their reading material — but only if it's available among the 8,500 titles offered to them through this new e-book system."

9. USA—Extensive research shows that putting people with mental health issues in isolation cells for as little as two weeks, worsens their condition or could produce a mental health problem. With this knowledge, *The Guardian* reports, "more than 4,000 people with serious mental illness are being held in solitary confinement in U.S. prisons."

10. Seattle—became the 20th state where courts or legislatures have abolished or ended the death penalty, *The New York Times* reports. The state's highest court ruled that capital punishment had been "imposed in an arbitrary and racially biased manner."

Runner's challenge to track club record stymied by alarms

By **Rahsaan Thomas**
Staff Writer

A 40-minute disturbance at San Quentin State Prison blew incarcerated runner Eddie Herena's chance to take back first place in the 1000 Mile Running Club's two-hour race Sept. 7.

"It would have been the ideal ending to my difficult but triumphant prison experience," said Herena, who paroled Oct. 20.

At 5 feet 2 inches, 137-pound Herena was the best runner in the 1000 Mile Running Club at San Quentin until Markelle "The Gazelle" Taylor came along in 2015. Taylor, chiseled with long legs and zero body fat, broke

all of Herena's records.

At the two-hour race, Herena had a chance to go out on top before he left.

With a graduation to attend, Herena started the race at 7 a.m., two hours early. He ran at a 6 minute and 55 seconds-per mile pace, then a correction officer announced, "All inmates down," which signaled a disturbance was taking place somewhere inside the prison and required all incarcerated people to sit on the ground until it cleared.

The alarm delayed the race until 9:20 a.m., 40 minutes later.

"My plan was to finish before 9:15 to make the CRI graduation at 9:30," Herena said. "But in prison you never

know what's going to happen."

Herena had to stop running and left after the completion of only 8-1/2 miles in 58 minutes and 43 seconds.

"If he (Herena) would have been able to maintain that pace for the full two hours, he would have finished in first place for the run," 1000 Mile Club coach and sponsor Frank Ruona said.

Virtually uncontested, Taylor came in first, covering a distance of 17-1/4 miles at a 7:17 pace.

Chris Scull placed second with 15-7/8 miles and Steve Reitz took third with 15-1/16 miles.

Newcomers Kelsey Eisenman and Vincent Contreras

III impressed the coaches. Eisenman (6-3, 272 pounds) ran the whole two hours and completed 9-3/4 miles along with Contreras, who paced with him.

"Two months ago I was about 300 pounds," said Eisenman, who paroled a week after the race. "I wanted to get in shape."

Running with the 1000 Mile Club helped Eisenman go farther than he ever had before.

"I've mostly been running by myself," Eisenman said. "This was my first time running with a group. It actually helped. Seeing everybody running kept me motivated."

Contreras III (5-8, 195 pounds) didn't think he could

complete the race.

"He said he (Eisenman) was going to do it, so I said I'd do it with him so he'd have somebody to jog with," Contreras III said. "It's great to run with somebody—motivating."

Almost everyone who started the race completed it. Twenty out of 24 men ran for the whole two hours with the sun beaming down. The other finishers were:

Fidelio Marin (15-1/6); Jonathan Chiu (14-11/16); Mark Jarosik (14-1/2); Bruce Wells (14-3/8); John Levin (14-1/4); Michael Keeeyes (13-7/8); Larry Ford (13-11/16); Tommy Wickerd (13-9/16); Dan McCoy (13-1/4); Darren Settlemyer (13); Michael



Photo by Jonath Mathew- courtesy of C. Yoo
Markelle Taylor hugging Eddie Herena after 2017 Marathon

Ybarra (13); Glen Mason (12-1/2); Al Yaseng (12); Moua Vue (12); Nicola Bucci (11-9/16); and Ernie Soltero (10-1/2).

Kings reign unseated by Outsiders basketball team

Over the Labor Day weekend, several basketball players from different Prison Sports Ministry teams teamed up for a game against the San Quentin Kings and won 76-74.

"It was tough because everybody had to learn how to play with each other," Outsider Sponsor John Brewster said. "We played as a team and it went pretty flawless."

While most people were away celebrating Labor Day, eight basketball players—members of the Trailblazers, Green Team, Outsiders and Lincoln Hill—showed up on the Lower Yard to enjoy a game against the Kings 40-and-over team.

"I thank God for you sharing your light with us," Kings assistant coach Ishmael Freelon told the visitors. "This is an outlet for us."

The game was scrappy. Both teams tied at 19 to close

out the first quarter.

While the Kings got balanced scoring from an array of players, the Outsiders relied primarily on one baller: Dominique Thompson. He led all scorers with 34 points, 12 rebounds, seven steals and three assists. The tall slim man, who normally plays for Lincoln Hill, got most of his money in the painted area.

He wasn't alone. Chaze Russell, another Lincoln Hill player, tied the score at 34 with a three-pointer just as the ref blew his duck whistle, which signaled it was halftime.

The game came down to the final minutes. The Outsiders pulled ahead 70-62 after Russell nailed another three with 2:50 left in regulation.

The Kings came back. Jamal Harrison made a lay-up despite being fouled, but missed the free throw that



Photo by Eddie Herena, SQN
King Greg Jones shooting over Outsider Steve Watkins

followed.

With 30 seconds left, veteran King Oris "Pep" Williams rebounded the ball and

put it through the rim to bring the Kings within three at 75-72.

The Kings fouled Russell to stop the clock. He went to the free throw line and missed both.

King Tare "Cancun" Beltranchuc went to the rack and got fouled as he scored. He went to the line with Kings down one at 75-74 and missed the free throw that would have tied the game.

The ball bounced to the left and Thompson tried to grab it but Kings Center Ja-

ball out of bounds.

The ref ruled it Outsiders' ball but the head ref overruled him. The Kings received the ball with 12 seconds on the clock and one more chance.

"I think we both hit the ball, but he had a fingernail on it more than me," Thompson said.

The ball went to Beltranchuc and he took a short-range jumper that went in then bounced out of the rim.

Geoffrey "Free" Gary, who normally plays with the Trailblazers, grabbed the rebound.

"Refs still couldn't give them the game," Gary said.

The Kings fouled immediately. He made one of two free-throws and left the Kings with two seconds on the clock, down 76-74.

A desperate last second shot missed and the Outsiders got the win.

Beltranchuc, Harrison and Robinson scored 12 apiece for the Kings. Robinson also had 10 rebounds for a double-double. Beltranchuc added five steals, four assists and three rebounds while Harrison contributed six rebounds, three steals and one assist. Williams, who is 59 years old, finished with 11 points, nine rebounds, seven assists and three steals.

"Pep (Williams) played big," Gary said. "Robinson had some big rebounds and put backs."

For the Outsiders, Gary dropped 16 points with 12 rebounds and Russell added 14 points, with four steals, four rebounds and an assist.

All involved showed they have game.

"It feels good playing with people my age; there's unity in this," King Harrison said. "It's a good experience."

-Rahsaan Thomas

Prison Sports Ministry edges out Hardtimers, 36-34

By **Timothy Hicks**
Staff writer

On a picture-perfect Sept. 9 day, the Prison Sports Ministry (PSM) softball team finally got to celebrate a second victory by defeating the San Quentin Hardtimers, 36-34.

The Hardtimers had triumphed in five of the last six meetings.

"It was a great game, and it's awesome to be here, but it's nice to be on the other side of losing for a change," Bryce of PSM said.

The game started in the bottom of the first inning when Hardtimer Richard Zorns knocked in teammate Ricky Romero to score the team's first run.

In the second inning, PSM countered with back-to-back scoring plays.

PSM Sports Coordinator Don Smith was inspired by his team's performance. "I'd



Photo by Eddie Herena, SQN
Hardtimer Juan Navarro

like to finish up strong this time, but I just enjoy being on the yard visiting with my San Quentin friends."

In the bottom of the second, PSM's left fielder Paul missed an opportunity to catch a looping fly ball that allowed the Hardtimers to score two

runs in the second inning.

Hardtimers slugger Juan Navarro put his team back in the lead, 9-7, when he sent a ball to the wash with a roping homer over the laundry building.

"Play hard and earn scoring positions and try to hit another one," Navarro said about staying in the game.

PSM left fielder Paul said, "I want to share the love of Christ but, to win we cannot quit. I respect the guys' effort."

When the PSM had their chance to strike back, Paul's teammate, shortstop Zach hit a fly ball deep past left field that could have been an in-park homerun but he settled for a triple. "I should have kept running," Zach said. "I wasn't thinking."

Zach confidently commented on his teammates' past losses against the Hardtimers. "To win now, all we

have to do now is not quit," he said.

PSM's defense struggled in the third inning, allowing the Hardtimers to score 11 runs. At the top of the fourth, the bases were loaded and Zach went to bat.

Veteran player Wayne Moe Mobley pitched for the Hardtimers. The pitch came down the pike, and Zach connected solidly and sent the ball deep to center right field for a PSM homerun. This time Zack ran hard—all the way home, giving them a 20 - 18 lead in the fourth.

Both teams battled back and forth in the fifth and sixth innings. The Hardtimers were still down by a few runs until the bottom of the six.

In the bottom of the sixth, Hardtimer Navarro thrilled onlookers when he rocked another homer over the education building.

With a man on first and a

man at bat, the Hardtimers had a chance to make the game closer but, when Zach made a leaping catch at short stop and robbed RJ Hill of a hero moment that ended the frame. The Hardtimers defense came alive when Hill returned the favor to PSM's offense by turning a double play to end the top of the seventh.

PSM pitcher Bryce intentionally walked Navarro to avoid giving him another chance to knock one out of the park.

Hardtimer Sharky hit a line drive past the PSM first baseman for a single. Hill followed with another. When No. 22, Dion DeMerrill, came to the plate, no one expected the inside-the-park home run he delivered to centerfield. He brought in a couple runs and the Hardtimers took the lead.

"I just wanted to show the team what I can do," DeMerrill said. "I'm just happy to

make surprises."

He showed up at the right moment. The Hardtimers were in a good position to win the game, leading by four, 34-30.

In the top of the ninth, PSM brought in three quick runs that left them down, 34-33.

PSM shortstop Zach hit a single that advanced a runner to second. Teammate Paul went up to bat and whacked in two RBIs. PSM's star pitcher Bryce followed with a homerun that gave the PSM a 36-34 lead.

In the bottom of the ninth with two outs, Hardtimer Jimmy Vue smacked a triple into the outfield, but he was left stranded on third when Hill hit a grounder and was thrown out to end the game.

PSM celebrated the much-needed win with prayer, solidifying their "Never give up" attitude with a display of hope and victory.

San Jose Earthquake staffers show they can kick it on Lower Yard

By **Eddie Herena**
Staff Writer

Quentin fell to the Quakes, 3-1, Sep. 11, the second meeting since the San Jose club joined the prison's soccer program earlier this year.

"Success is not about winning; it's about learning and improving," SQ forward, Jonathan Rivas said.

Rivas is one of many new arrivals at the prison who dove into soccer. The increasing number of people wanting to participate since San

Jose joined has led to talks amongst the veteran players about starting an intermural league similar to the Quentin basketball program.

"It makes me eager to want to play," said Jaime "Tre" Luis, one of the newcomers who made it onto the B Team.

San Quentin has even changed the name of its team to the Earthquakes in honor of their San Jose peers.

The atmosphere on the field resembled an ordinary pick-up game: people playing a sport they love, a way

to escape the bustle of daily life. But for the incarcerated, playing soccer with outside people—especially members from a professional soccer club—was an escape from a life in prison.

"You guys being here changes the way we do time," said Juan Carlos Meza, who has been incarcerated for 23 years.

Meza, Alexi Ruiz and Don Spence suited-up with San Jose because they lost the privilege of defending Quentin's turf in a one-match

playoff against the prison's B Team.

"They put their heads down and took that," Meza said.

Eric Hanninen, executive team assistant for the Earthquakes, struck first in the 15th minute off a cross from the outside right from Rohit Samchandani.

Rivas scored the equalizer off a corner kick from Carlos Ramirez in minute 42.

"We have the better half this time," said Rohit, in reference to the battered field that's used throughout week

for baseball, softball and flag football.

SQ struggled in the second half. First Rivas missed an opportunity to score in minute 47.

In the 60th minute a goal scored by Spence was recalled. He was ruled off sides, but it did not matter because two minutes later Sagaudan Barathy scored in the 62nd putting the Quakes up a goal.

"The energy is so great, you want to go where the passion is," SJ Quakes Marketing Coordinator Alex Palomarez

said. "You have that here."

In the 90th minute, Luke Devog, SJ Earthquakes event manager, scored the final goal.

"This is the MVP of our team," Palomarez said in reference to Spence, whose skill was unmatched on the field.

San Quentin lost the match but won the support of a group of guys whose lives are invested in the sport they love.

"It's great to connect with people you don't normally connect with," said Baker Cronin, the athletic trainer for San Jose.

Seattle players spend 4 days with A's on the Lower Yard

By Marcus Henderson
Journalism Guild Chairman

Nicole S. grounded out to the pitcher, but she made history.

Accompanying a Seattle baseball team on a visit, Nicole became the first woman ever to bat a hardball at San Quentin State Prison, which was established in 1854.

Holding her baseball bat high and wearing a burgundy jersey with Seattle pasted on the front and No. 5 on the back, Nicole played in a Sept. 15 exhibition game and faced Mike Kremer, San Quentin's A's civilian sponsor, and worked the pitcher to a 3-0 count.

Kremer throw an off-speed pitch which Nicole



Nicole S. swinging at a pitch

Photo by Eddie Herena - SQN

smacked, cracking the bat. The ball rolled down the third baseline, forcing Kremer off the mound to retrieve

the ball and throw Nicole out at first.

"I didn't have cleats on. I think I would have beat the

throw," Nicole, a designated hitter, joked, sporting red low-top Converse.

Nicole's at-bat was just

one of the firsts that took place on San Quentin's Field of Dreams. The Seattle team was the first out-of-state team to play within the prison. The visitors battled the home team A's in a three game series from Sept. 12-15.

The fourth game was the exhibition event where both teams mixed lineups to show solidarity.

The teams fought to a 5-5 tie in game one, which was called due to nightfall. In game two, the A's destroyed Seattle 14-0. A's pitcher Rob Polzin nearly threw a no-hitter, but a Seattle bunt by Ladell Steffy wiped out that milestone.

In game three, the A's were still on fire and routed Seattle 10-3.

"We knew we were going to come in and get quality baseball from them," Seattle Coach David Steele said. "Programs like these can help manage their (prisoners') behavior. If we truly want to create a correction facility, then we need to create an environment to correct.

"If all the teams in our league behave like this inmate team, we would have a much better time playing them."

The Seattle squad consisted of members from several different teams belonging to the Seattle National Adult Baseball Association. Some players took the 13-hour drive from Washington and others flew in for the contest.

San Quentin Warriors take visiting Lincoln Hill in overtime

By Rahsaan Thomas
Staff Writer

The visiting Lincoln Hill basketball team took the San Quentin Warriors into overtime but fell short, 77-66.

"Great game; one of the best games we had," Lincoln Hill center Dominique Thompson said. "A lot of lead changes—tight until the end."

Lincoln Hill, named after the church of pastor Miguel Rodriguez, visits the court on the prison yard more to win over souls than to win the game. In fact, Rodriguez had just returned from a trip to Japan, a country he says is less than 1 percent Christian, to spread the gospel. Still, Lincoln Hill goes hard every game and this time they almost won against a team that had just defeated Golden State Warriors staffers a few days prior.

The Warriors jumped

out to an 18-5 lead after the first quarter, but Lincoln Hill climbed back after they heated up in the second half. With five seconds left on the clock, Lincoln Hill guard Ramon Ronquillo made an inside pass to Thompson, who made the basket to take a 25-24 lead into the break.

Thompson led all scorers with 31 points, 11 rebounds, five blocks, four steals and an assist.

Both teams gathered at center court for a message about seeking help to change from Lincoln Hill coach Cornell Swain.

"We can't grow in isolation or on our own," Cornell said. "We need a connection. Grow within the fellowship of brotherhood. Don't be a weed, be a rose."

First year Warriors guard Emerald Kemp-Aikens, who played for McClemonds High School, addressed the guests about what the basket-

ball program means to him.

"I don't get visits and I don't go to church, so this is my church," he said. "I got caught up in the streets and now I'm trying to make the best of it."

Just before the third quarter started, Warriors Coach Rafael Cuevas expressed his concern about the score.

"You guys have us worried right now," Cuevas said. "Nobody plays harder, and nobody prays harder than you."

In the second half, the lead went back and forth as Warriors veteran Allan McIntosh turned his jumper up. He ended up leading the Warriors with 24 points.

With eight minutes left in the game, the Warriors were down 52-46.

"We have to hold this lead; you know how that third quarter is," Thompson said.

McIntosh hit a jumper and followed with a three

pointer. By the five-minute mark, both teams were tied at 54-54.

With 2:30 on the clock Ronquillo put Lincoln back on top with a spin move past two Warriors for a layup that made the score 59-57.

With 47 seconds left of regulation, Lincoln led 65-63. The Warriors trapped and caused a turnover.

The ball went to McIntosh inside and the smaller Cornell fouled to stop the easy basket. McIntosh nailed both free throws for the tie at 65-65 with 18 seconds.

The Warriors defended the paint hard as Ronquillo tried to get to the rack. He dished the ball to teammate Chaze Russell, who shot a three-pointer. It clacked off the rim.

"We were stomping on y'all's neck but y'all came back," Cornell said. "This is the best basketball that we play because we know it's all

love. We all family. A million fouls and we don't get mad."

In overtime, the Warriors dominated.

"They came out firing in the OT, and we weren't ready for that," Thompson said.

*"I don't get visits
and I don't go to
church so this
is my church"*

Warrior Montrell "Jack That Thing Up" Vines scored seven of his nine points in a row during the extra period. Warrior Delvon Adams followed with another four points as Lincoln Hill went cold.

"I love them (Lincoln Hill), man; every time they come in, they bring their en-



Delvon Adams making a layup while Montrell Vines trails

ergy and fellowship," Vines said. "I think Dom is comfortable here. He plays more aggressive."

A's triumph over LA Bulldogs in doubleheader

The visiting Southern California Bulldogs ran into a red-hot San Quentin A's baseball team in an Aug. 25 doubleheader that was described as "magical," even though the hitters dominated the pitchers.

In game one, Bulldog Jake Garvey smacked a booming home run over the left field fence to the cheers of his family.

The Bulldogs brought their own fan club, mostly Garvey's family and a group of umpires from their Southern California Adult Baseball League (SCABL) games.

"I go everywhere my son goes to play ball," said Penny Garvey. "As a mom you are always worried about your kids. So hearing about him coming to play here was no different. He was excited to come and that rubbed off on us."

"It felt so familiar talking with so many people from home," added Garvey's mom, who was here from Southern California.

Jake Garvey added, "This was a special opportunity to bring baseball to people I wouldn't normally play against. I also got educated on prison life. More people need to see this."

After multiple lead changes, the A's squeezed passed the Bulldogs 15-13 to take game one. In game two, both teams came out swinging, picking up where game one left off. The teams battled, and the A's had a 9-7 lead in the sixth inning. But a 30-minute emer-



The LA Bulldogs standing in front of San Quentin State Prison

Photo courtesy of Patrick Blake

gency alarm forced the game to be called.

"The day was therapeutic, inspirational and spiritual," said Patrick Blake, SCABL president. "At the midway point of the day you could feel the love [among everyone] on the field."

"Then, at the end of the night, the way the game ended was just really magical. The whole day was magical," added Blake.

The Bulldogs are the 2018 champions of their league and

wanted to celebrate by playing at San Quentin. Blake brought the professional umpires in to give pointers to the inmate umpire staff to help enhance the prison program. Both officiating crews mixed to call the game.

"They brought a piece of home here," said Juan Navarro of the A's, a first-year player who is from Southern California. "It's a chance to show people who we are now and not just what we [have] done."

"This program helps

change your mentality because once we put on that jersey, all the race stuff goes away and we are all A's," added Navarro.

In game one, the Bulldogs took a commanding 7-3 lead by the start of the fifth inning. They were coasting around the bases with the swagger of a champion when they scored. But the scrappy A's never give up. The A's put on a batting clinic in the bottom of the fifth to take a 9-7 lead.

Feeling the pressure on see-

ing their lead evaporate, the Bulldogs fired back with a rally of their own. They regained the lead 12-9 in the seventh.

The A's answered back with two runs to close the gap to 12-11. In the eighth, the Bulldogs threatened to blow the game wide open with the bases loaded and two outs. The A's put in relief pitcher Robert Polzin. He walked in a run but fanned the next batter to save the inning. The A's re-claimed the lead with four runs in the bottom of the eighth.

The Bulldogs' final at bat could not solve the Polzin fastball and fell one, two, three to end the game.

"We all were brought together by baseball," said Blake. "Baseball, as life [has], singles, doubles, triples and home-runs."

"The game also comes with errors and other mistakes. We all make them. But for this day we were brothers. I, as well as the rest of the guys, can't wait to come back," added Blake.

—Marcus Henderson

50 men graduate from California Re-entry Institute



Outside volunteers, facilitators, and graduates of the 2018 class of California Reentry Institute

Photo by Alvin Timbol

By Wayne Boatwright
Staff Writer

The idea behind the California Re-entry Institute (CRI) is to begin the re-integration process in prison and continue support services once released.

The 18-24-month-to-the-gate program recently graduated more than 50 men in San Quentin State Prison's Garden Chapel on Sept. 7 from its two programs of Crime Impact Awareness and Empowered Re-entry.

"It's amazing the work they've done," CRI executive director Collette Carroll said. "They come every Saturday. They work hard. They share. They ask for case management. They are always stopping me and asking me questions; they're anxious and invested. They're dedicated to being the men who I know they are."

Vincent Russo who was born the same year (1993) that his father went to prison, spoke of the potential of CRI at the graduation.

"From basically my birth until 18, he was in prison," said Russo, an invited guest and former speaker at various CRI events. "He's been out for six years, and we actually live together now."

Russo explained the cost/impact of incarceration on the family. Russo's message is that the shame of a criminal history need not limit the potential of a returning citizen.

"When we visited, I remember waiting until the end to try to take my dad home with me," he added.

Quinton C. Walker, a CRI inmate-facilitator explained how to apply for CRI.

"You go to education and fill out the form for CRI," he said. "The average wait is now about two years. We respect those that wish to join and strictly follow our wait list."

"I've been a facilitator for two years. CRI is about making and keeping commitments. If anybody wants to know more, you can find me at the ARC Trailer all day on Saturday."

EMPOWERED RE-ENTRY PROGRAM (ERP)

CRI's curriculum uses individualized case management and personalized parole planning to assist participants on issues such as emotional needs and addictions, as well as personal empowerment and financial literacy.

"What makes CRI's Empowered Reentry Program unique is not only does it help its participants understand emotional intelligence while bringing community resources to them, upon release offers a safe place at Roland's House," said CRI inmate-facilitator Eddie Herena.

CRIME IMPACT AWARENESS PROGRAMS (CIAP)

"The crime impact statement taught me about



Photo by Eddie Herena, SQN

CRI Executive Director Colette Carroll



Photo by Eddie Herena, SQN

Tommy Z. on the stage speaking

the pain and suffering that I caused my victims and society," he added. "This gave me an opportunity to look at the worst choice I made in my life and take full responsibility for my crime."

CRI looks to the past as well as the future in helping participants with personal transformation through its curriculum. CIAP helps

offenders understand the impact of their crimes upon victims.

For Carroll, CRI is a legacy that reaches back to her husband, who volunteered at San Quentin for nearly 30 years before he passed away. She shared this moment with the new graduates of CRI.

"If it was not for my husband almost 16 years ago

volunteering me to come in to start a self-help program here, the fire would not have been ignited, the spark would not have had the experience to share with you men," she said.

"When I was in my darkest moment, when Roland passed away people said I was a light in your dark place. You were the light in my dark place."



Photo by Eddie Herena, SQN

CRI Grad David Gonzales with Facilitator Bill I.



Photo by Eddie Herena, SQN

Carroll giving a CRI pin to graduate Gary Kosta



Photo by Alvin Timbol

Carroll with CRI Facilitator Eddie Herena and Facilitator Cindy A.



Photo by Eddie Herena, SQN

CRI Grad Eddie Wills with CDCR Division of Rehabilitative Programs Director Brant Choate



Photo by Eddie Herena, SQN

Graduate Frederick Guest with State of California Legislative Director, District 35 Ryan J. Morimune

Graduates: Empowered Re-entry Program & Crime Impact Awareness Program: Stanley Baer, Louis Daniels, Eddie DeWeaver, Bruce Fowler, John Gillies, David Gonzalez, Frederick Guest, Joseph Hancock, David Irby, Eric Johnston, Dwayne Jones, Gary Kosta, Philip Senegal, Somsak Uppasay, Bobby Williams, Douglas Wynn, Jonny Gomez and Charles Spencer. Empowered Re-entry Program: Anthony Faulk, Carlos Smith, Christopher James, Craig Wimberly and Reginald Wimberly. Crime Impact Awareness Program: Andrew Gazzeny, Claudius Johnson Gary Harrell, Eddie Wills, Kevork Parsakrian, Lee Conley, Mark Tedeschi, Marty Spears, Orlando Harris, Richard Benjamin, Richard Lathan, Roger Chavez and Ronald Coleman.