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SAN QUENTIN, CALIFORNIA 94964

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POPULATION ????

Golden State Warriors come back to the Lower Yard

By Rahsaan Thomas Staff Writer

A parade of Golden State Warriors, including Draymond Green and Kevin Durant, made their fifth annual visit to San Quentin State Prison for fellowship, fun and basketball.

Golden State General Manager Bob Myers, Assistant GM Kirk Lacob, and Assistant Coach Willie Green were also among those who marched down the hill leading to the Lower Yard on Sept. 24.

See Warriors on Page 10



Draymond Green on the Lower Yard playing dominos

Courtesv of Jody Lev

President Obama and Jody Lewen at the White House

White House award to Jody Lewen

By Marcus Henderson Journalism Guild Chairman

As students with makeshift backpacks and see-through plastic folders hustle in and out of an education building, teachers greet their students by name. It is a college campus at San Quentin, where the Prison University Project works to transform inmates from convicts to college students.

President Barack Obama recently handed PUP Executive Director Jody Lewen the 2015

National Humanities Medal. recognizing PUP's years of hard work and dedication.

"We did it," Lewen told the students, "This is all our award."

See Jody Lewen on Page 4

SQ Death Row holds poetry slam

By Juan Haines Senior Editor

A poetry slam helped 10 condemned men talk about the challenges they face living on San Quentin's Death Row. They presented poems to prison administrators and custody staff on Sept. 7 and 14.

There is a stereotype that "we have no redeeming qualities," said Clifton Perry, 46. "Although a jury thought this, I will never accept that I have no redeeming qualities. I know we are inmates condemned to death, but we're not lying

down. We're still trying to do something good with our lives."

Perry was 26 when he committed the offense that got him sentenced to death, and has been on Death Row for 20 years.

See Poetry Slam on Page 4



TO THE LORD, FOR HE IS GOOD; HIS MERCY ENDURES FOREVE Photo by Eddie Herena - San Quentin News

Hosts Rahsaan Thomas and W. Kamau Bell

'Artistic Rebirth'



Photo by Eddie

Death Row inmates in SQ's CHSB with recreation therapist D. Bell

Joint venture provides opportunity for SQ

By Charles David Henry Journalism Guild Writer

A new opportunity for paying jobs for San Quentin inmates has been approved by the Department of Corrections and Rehabilitation. The operated by a company calling itself "Big Dawg" Manufacturing, LLC. The company manufactures refrigeration products.

The company will choose from a pool of inmates who

job source is a joint venture are free of disciplinary violations. They will come from H-Unit, North Block and West Block, according to the operations manual.

Here are the requirements:

See Big Dawg on Page 5

showcases talented artists to a packed house

By John Lam Journalism Guild Writer

Nineteen San Quentin men shared stories, music, dance and acting with a packed chapel audience to demonstrate how art has inspired transformative change and growth in their lives.

Packed into wooden pews in the Catholic Chapel were over 200 San Quentin men and 70 outside guests for the event, entitled Artistic Rebirth.

"The inspiration for this event is to give these men a voice for the public to hear, to showcase rehabilitation and the artistic value that people in prison

have," said Greg Eskridge, director/producer of Artistic Rebirth and radio reporter for KALW 91.7 FM.

The night's program contained handcrafted necklaces of a heart enclosing a crucifix. The crosses represented Guadalupe Leon's journey in prison.

"Making crosses has changed my life. It takes me about five to seven hours to complete a necklace, but it keeps my mind clear, it helps me to think about the person who receives the necklaces and it gives me a sense of self-worth."

See Artisitic on Page 20

November 2016

heads because of it.



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attorney time and financial

Harvard study reports.

2000 and 2012.

the last 12 years.

ernment, Harvard University.

her study shows.

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Prisoners United in the Craft of Journalism in collaboration with students from the **J**

Joursa sm Gund

UNIVERSITY OF CALIFORNIA, BERIMELIEN Graduate School of Journalism mmm STATISTICS.

We Want To Hear From You!

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

when submitting · Limit your articles to no more than 350 words.

. Know that articles will be edited for content and length. · The newspaper is not a medium to file grievances. (For that, use the prison appeals process.) We encourage submitting articles that are newsworthy and encompass issues that will have an impact on

the prison populace. Please do not use offensive language in your submissions. · Poems and artwork (cartoons and drawings) are welcomed. · Letters to the editor should be short and to the point.

Send Submissions to: San Quentin News

1 Main Street San Quentin, CA 94964

For inmates that want to receive a copy of the San Quentin News in the mail, send \$1.61 worth of stamps for postage to the above address.

The process can be repeated every month if you want to receive the latest newspaper. **Behind the Scenes**

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San Quentin News

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Melissa Davis keeping the community safe on both sides of the law

By Kevin D. Sawyer **Associate Editor**

There is a growing number of individuals working in law enforcement who labor freely, beyond what their profession requires of them, to increase public safety.

Meet Melissa Davis, who has been working as one of Marin County's probation officers for a little more than 12 years. She has a Bachelor of Arts degree in psychology from University of California, Santa Barbara.

For nearly four years, Davis has been coming inside San Quentin State Prison to teach inmates how to stop violence in their communities.

"I have one foot in one program and one in the other," said Davis. "I've always worked in the arena serving others. I do a ot of it voluntarily and a lot of it as a probation officer."

Because of the work Davis has done with GRIP (Guiding Rage Into Power), a program that teaches inmates the consequences of domestic violence, she was awarded the Generation Ali Boxing Robe donated to the program by someone who worked with the late three-time neavyweight champ, Muhamnad Ali.

"I was blown over," said Davis. "It was an incredible honor, and I was very grateful." She said the robe signifies Muhammad Ali's philosophy of walking the walk and standing up. "I was very humbled. It's going to be wonderful giving it to the next recipient.

"We have aptly named it 'The Victory Robe," a group sponsor said. "The victory robe is awarded to someone working within GRIP that has overcome challenges in an exemplary way and who is deeply dedicated to serving the community." Winners of the robe have their name embroidered on it in gold letters. Each year the previous recipient of the robe passes it on to the new awardee.

This year Davis was recognized for her work over the years Quentin. She has also worked to certify a selected number

violence instructors. According to Davis, California law requires probation officers to audit intervention programs to certify them. Facilitators need 40 hours of training to become certified. She helped the men in GRIP

"I believe they're the only 52-week group in the nation that has certification," said Davis. "It was a huge accomin GRIP. "I think it's a of funding for more

Davis said the Insight

"Jacques is authentic," she said. "He doesn't do the work because he wants to be recognized or get rich."

"It's a wonderful program," said Davis. "I'm always impressed with the level of depth the guys have." She said it is because they get to the root of their problems which have to do with violence. "It's always a very rich dialog, and it's reciprocal."

"I don't judge," said Davis. "I try to have a dialog with the participants." She does not ask the men what crime led them to prison. The men share their stories and experiences voluntarily. "Trust is huge in order for people to get vulnerable. One thing so good about GRIP is that they teach emotional intelligence."

Davis said she previously supervised offenders. Currently she works in investigations and writes reports, but the majority of her work has been with domestic family violence. She thinks a sense of community teaching domestic violence has disappeared and families prevention to the men at San are disenfranchised from each other



Melissa Davis receiving the Generation Ali Robe

that are desperate to help their child.

She said parents can't always afford to put kids in counseling. They can't get kids to do things; sometimes due to lack of resources.

Repeating the old maxim. Davis said, "It takes a village, and that programs and education should be provided early on. "If communities have enough (prevention training) the violence won't be there."

Davis said GRIP participants have asked why a similar curriculum is not taught in schools. "I'd like to educate in the schools," she said, adding that society has to also say "enough is enough" and become the change it wants to see.

Davis said other groups at San Quentin such as CRI (California Re-entry Institute) and TRUST (Teaching Responsibility Utilizing Sociological Training) have asked her to participate in their workshops

"My objective is to have organizations address workplace violence," said Davis. "I'm grateful "There's all of this discon- to be able to do this work. I learn of GRIP inmate facilitators as nect," said Davis. "I see parents as much as I'm able to give."



plishment for the guys real shame for the lack groups. Prison Project (IPP)

previously certified the domestic violence program at San Quentin. But when IPP stopped its certification, Jacques Verduin, who founded GRIP, asked her to do the certification for his program.

The newly released in Alameda face barriers to public housing

By Juan Haines **Senior Editor**

In 2014, nearly 4,800 people returned to Alameda County from state prisons, while on any given day an estimated 3,200 people were in the county jail. Approximately 375,000 (one out of four) people in the county have a criminal record, and

about 20,000 of them are at risk of losing the roofs over their The Long Road Home: De-

creasing Barriers to Public

Housing for People with Criminal Records analyzed formerly incarcerated people and found that the lack of stable housing negatively affects health and access to healthcare services, employment opportunities, family reunification, and recidivism. Moreover, when formerly incarcerated people change their residence, the odds of re-offending increased at least 70 percent. Multiple studies show that the

sooner people find stable housing after release, the less likely they are to recidivate.

"When individuals are re- criminal history," leased from prisons and jails, their ability to access safe, secure and affordable housing is critical to their successful reentry to society," the U.S. Department of Housing and Urban Development (HUD) reported on April 4. "Yet many formerly incarcerated individuals, as well as individuals who were convicted but not incarcerated, encounter significant barriers to securing housing, including public and other federally-subsidized housing, because of their

HUD also recognized that current criminal record screening policies by landlords might be in violation of the Fair Housing Act, which prohibits housing discrimination on the basis of race and other protected classes.

COLLATERAL CONSEQUENCES OF RACIAL POLITICS IN AMERICA

The Long Road Home cites American institutions that have maintained racist policies against Blacks, including slavery; Jim Crow laws enforcing racial segregation and disenfranchisement of Blacks; and post-Civil War Black Codes that restricted Blacks' freedom and forced work in a labor economy based on low wages or debts.

The consequence of these historical trends gave rise to deep and persistent inequities in the criminal justice system resulting in people of color being disproportionately represented at higher rates at all stages of the criminal justice system, from arrest to pretrial detention, sentencing and confinement.

Additional evidence of racial politics in America comes from John Ehrlichman, former domestic policy chief for President Richard Nixon:

'We knew we couldn't make it illegal to be against the war (Vietnam) or Black(s), but by getting the public to associate hippies with marijuana and Blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings, and vilify them night after night on the evening news.

JUST THE FACTS

An estimated 2.2 million U.S. citizens are incarcerated, and 100 million adults have a criminal record. Seventy-nine percent of people who had been incarcerated were either ineligible or denied public housing as a result of criminal history

The Long Road Home's research on the relationship of criminal history and housing tenancy shows: 1) people with criminal histo-

ries are not poor tenants; and

2) criminal history exclusion policies lead to housing instability and the likelihood of criminal activity.

Another study found no statistical difference between formerly incarcerated individuals and those who have never been incarcerated staying in supportive housing programs successfully.

RECOMMENDATIONS

A study of people awaiting release from prison showed that 67 percent either did not know or responded with an incorrect answer when asked if they could legally return to public housing

Therefore, public housing authorities (PHAs) should provide explicit language on the types of mitigating circumstances accepted, the importance of providing supporting evidence and how to incorporate the evidence into the application process.

"...ability to access safe, secure and affordable housing is critical to their successful reentry to society"

If PHAs allowed mitigating circumstances to be presented in the initial application, the study states it would result in fewer applications denied because of a criminal history and a better-streamlined process.

The Long Road Home predicts that presenting mitigating circumstances upfront would likely result in more people with a criminal history being housed, getting jobs, and reuniting with family, as well as decreased recidivism.

Finally, HUD should require PHAs to collect, track and publicly report the race and ethnicity of applicants and those screened out due to their criminal history to examine the potential impact of screening policies on people of color with a criminal history.

Justice Department's new policy would fast track executions

Journalism Guild Writer

A contentious Justice Department policy that could speed up death-row executions is closer to taking effect, after a recent federal appeals court

The opinion from the Ninth U.S. Circuit Court of Appeals this March tossed a 2013 lawsuit brought by the Habeas Corpus Resource Center in California and the Office of the Federal Public Defender for the District of Arizona, reported the Wall Street Journal. The three-judge panel wrote, "Assisting and counseling clients in the face of legal uncertainty is the role of lawyers." The panel found that the plaintiffs failed to show they

The plaintiffs, which represent death-row inmates in federal appeals, had argued the Justice Department regulations were too vague and caused the groups concern over how to commit limited

By David Eugene Archer Sr. resources in capital cases, said the article.

The suit challenged a Justice Department policy that in certain states would shorten the amount of time - from one year to six months - in which prisoners must challenge their conviction in federal court after state appeals end, the WSJ stated.

The use of the death penalty continues a years-long decline. In 2015, 28 people were executed, the lowest number since 1991, according to a study by the Death Penalty Information Center. Roughly 3,000 inmates were on death row at the beginning of the year in 98 executions. To date in 2016 there were only 17.

Death penalty opponents worry about the Department of Justice policy. "...we think there needs to be greater opportunities for courts to review these cases," said Marc Shapiro, an attorney for the plaincases through federal court."

Shapiro said his clients plan to request a full Ninth Circuit panel to hear the case. Until the court takes up or denies that request, implementation of the fast-track policy continues to be on hold, according to the WSJ.

More than a third of those sentenced to death between 1976 and 2013 had their sentences or convictions reversed through state or federal appeals, according to a study from the University of North Carolina at Chapel Hill.

No states have yet been approved to use the fast-track process-put into law in 1996 and revised by the DOJ in 31 states. In 1999 there were 2013. But Texas and Arizona have both asked to be allowed to use it. To qualify, states must show they provide competent counsel to indigent prisoners during state post-conviction proceedings, reports the WSJ.

Federal appeals of deathrow sentences are a last resort and typically must challenge a tiffs. "DOJ is seeking to do ex- constitutional or federal issue, actly the opposite, and slide the not revisit the underlying facts of the case, says the report.

Racial disparities persist when Black judges' rulings are appealed

By Charles David Henry Journalism Guild Writer

Racial disparities appear to persist in the American legal system, despite the attempts to make the judiciary more reflective of the general population, a

The 2015 study examined how higher-court judges evaluated opinions written by approximately 1,500 federal district minority judges between

The study shows that if Black judges' cases were reversed at Whites' comparably lower reversal rates, some 2,800 cases authored by Black judges would have been upheld on appeal over

Author of the study was Maya Sen, assistant professor at the John F. Kennedy School of Gov-

Sen's study shows that Black judges vote differently than White judges on various issues. Because most appellate panels are composed of judges who are all White, losing litigants in such cases have some incentive to appeal and secure a reversal,

That being the case, it would more likely be appealed than not be surprising that Black those written by White judges. lower-court judges have cases appealed at higher rates and then are also more likely to have those cases reversed — particularly if reviewed by White appeals judges without the same part of appeals panels. political or legal inclinations.

"Black lowercourt judges are *more likely than* White judges to be awarded lower qualification ratings by the *ABA...*"

A second possibility is that practicing attorneys are known to have lower opinions of minority judges. These attorneys view Black judges' opinions with more skepticism and may be more inclined to appeal.

In Sen's study, court opinions written by Blacks, particularly those on civil rights issues, will

In her assessment, such a difference may suggest that discrepancies in reversal rates stem more from the nature of cases appealed than any bias on the

According to Sen's study, "There are two further explanations, both of which raise troubling normative implications under the assumption that reversal is costly. The first is that Black judges could possibly bring with them different qualifications and professional experiences that result in decisions that are more likely to be overturned.

"Black lower-court judges are more likely than White judges to be awarded lower qualification ratings by the ABA; in addition, a lively scholarly debate has addressed the relative successes of Black versus White graduates of elite law schools."

Her study found that "educational opportunities and professional experiences translated into some Black judges arriving to the bench with qualitatively different experiences than White judges.'

Jailing of mentally ill is a growing problem in California

By Tommy Bryant Journalism Guild Writer

Locking up the mentally ill in jails and prisons is a growing problem in California, a Los Angeles Times story reports.

About 37 percent of the state's inmates are mentally ill, said a spokesman for the California Department of Corrections and Rehabilitation. The spokesman noted that most of the patients have lower-level conditions that do not require inpatient or enhanced outpatient treatment.

The article stated 32,525 state prisoners were classified as mentally ill in April 2013. The overall inmate population fell by 5,230 by February, but the mentally ill population grew by 4,275.

"The use of the jail as a mental health ward is inefficient, ineffective and in many cases it is inhumane," Los Angeles District Attorney Jackie Lacey told county supervisors in July 2014.

The newspaper reported the number of acute psychiatric beds available in hospitals statewide decreased by 2,700 - or nearly 30 percent—from 1995 to 2013, according to the California Hospital Association.

The LA Times illustrated the problem with the case of Reginald Murray, who spent time in prison before finally gaining admission to a mental hospital.

"Everything that could go wrong did go wrong," said Murray's attorney, Mieke ter Poorten.

Page 3

Policymakers told they neglect prison education

Policymakers neglect prison education and re-entry programs, former inmate Kevin Ring told a House of Representative committee, according to U.S. News & World Report.

mittee, Ring, who is currently a criminal justice reform advocate, said, "I saw little to no rehabilitation in prison. There were few useful programs. The institution was either understaffed or uninterested in providing worthwhile programming.

While focusing on the overcrowding of prisons by undoing the "tough on crime" policies of the 80's and 90's, policy-makers have overlooked the prison education and re-entry programs that have been demonstrated to lower recidivism and build safer communities, reported U.S. News.

According to a 2013 Rand study, inmates who took college programs are 43 percent less likely to recidivate than those who did not.

A program such as the Entrepreneurship Program in Texas helps inmate develop skills and provides housing and employment support when they are released. Many graduates of the program have started their own businesses and only 7 percent recidivate within three years of their release, the U.S. News & World Report said.

Meanwhile, the Prison University Project (PUP) offered at San Quentin Prison has helped inmates earn associate degrees through Patten University. Twenty percent of those gradu-

ates recidivate within three about 33 years, earned an Asyears of their release. In comparison, 44.6 percent of California's parolees recidivate.

San Quentin inmates who have taken part in the prison college program believe that their college experiences have been life-changing. "College has taught me how

to look at life from different angles," said Danny Nha Ho, who graduated this summer from Patten University. "It has helped me to be open-minded." Similarly, Alan Fredrick, who has been incarcerated for

sociate Degree from Hartnell Community College in Soledad prison. He said it has helped improve his mental state.

"I received a large amount of self-worth. After graduating, I was proud of myself, considering that I had dropped out after the eighth grade," Fredrick said. Both Fredrick and Ho agreed that the college program is not for everyone, but said that inmates who stay in the program are less likely to make decisions that will put themselves back in prison.

thousands of inmates have taken at least one class.

There are currently 350 students for the fall semester and many inmates throughout the come to San Quentin for the

program The program is an extension of Patten University in Oakland. PUP is unique because inmates receive college-level education at zero cost. Books for the courses are also free. Academic professionals from throughout the Bay Area teach classes pro bono.

Lewen envisions adding more classrooms and expanding the math, science and Spanish pro-

"As a kid I didn't like school," said Lewen. "As an adult, I loved the idea to create an opportunity for those who are traditionally

"That's what I enjoy the most, giving them the tools and skills to make their voices heard."

She believes that there should be universal education for those

ris was sentenced to death 17 years ago. He was 29 was when he committed his offense.

Joseph Mercado, 32, wrote about wanting to change for the good and his need for his son's forgiveness. He was sentenced to death in January of this year. Mercado was 27 when he committed his of-Steven Jones, 48, wrote

about the power of love and how it is used to comfort and protect. "Love has no limits — its reach is vast...it has no bounds," he wrote. He was 37 The poetry also touched on when he committed the ofcurrent events. Kevin D. Per- fense that got him sentenced Writing poetry son brought laughter to the to death, and has been on

"If it weren't for the mental health program, I'd be dead today. I did a whole 180 turn Jones said

Photo by Eddie Herena - San Quentin N

Clifton Perry with his poem and artwork

report.

Jody Lewen

Continued from Page 1

She said the award not only highlights the PUP staff and the many selfless volunteers and donors, but the hard work and commitment of the students.

Lewen brought in the medal and certificate so the college students could see, touch and have photos taken with it.

Lewen received the National Humanities Medal "for transforming the lives of currently incarcerated people through higher education and offering opportunity and inspiration to their students and providing an example for others to emulate," according to the official citation.

"I was especially thankful to the White House and the National Endowment for Humanities for expressing what we do in such a public way," Lewen said.

She added, "President Obama was really friendly. He told us to keep up the good work."

Lewen has brought quality

Poetry Slam

The slam was held in a

secured room in the prison's

Central Health Services

Building. About a dozen prison

staffers sat in two rows of

chairs that faced the men, who

were locked in cages the size of

phone booths. The men leaned

forward in their seats as they

performed, donning glasses to

recite their poems and looking

into the audience after reading.

Poetry is part of a mental

health program provided to

writing from assignments,"

said therapist D. Bell, who fa-

more personal things. They

write about real-life topics and

unity, being kind to each other,

Reyon Ingram, 32, read a

poem about the complexities of

growing up in a dysfunctional

poem about maturing, as a hu-

man, on Death Row. He ended

by lamenting that he had been

abandoned by his father, and

Death Row inmates.

person they are."

and food.

Continued from Page 1

professors and education to PUP, including current San Quentin liam Drummond, who taught a 2015 John W. Gardner Legacy of Leadership Award.

was a PUP teacher. Hammer is currently working at the White fice of Science and Technologies

Three formerly incarcerated men, David Cowan, Pat Mims and Dmitriy Orlov, accompanied Lewen in Washington. Orlov did not make it past the Secret Service check to attend the award ceremony inside the White House. However, he was able to attend the honoree dinner held at the National Gallery of Art.

former student to reach a senior management role with the organization

Cowen also is the co-founder and Director of Reintegration at Alliance for Change, a nonprofit organization that helps newly released inmates to integrate into Bay Area communities.

"I hope this encourage all the students to value their education," said Cowan, "I don't House as an adviser in the Of- think I would be the man I am today without being around men in prison that was serious about their education, they help ground me, both emotionally and physically. I appreciate evervbody.

> Mims has worked with Bay Area Women Against Rape. There he founded a program to help sexually exploited minors. Subsequently, in 2014 he received the FBI Director's Community Leadership Award, the Mv Hero Award from the District Attorney Office of Alamesafe-house for victims of human

> > legacy behind."

poem "Final Des-

tination" begins,

"In this life, this

my final destina-

tion, and it will

be by lethal in-

Glen

Jones'

He currently is assisting the homeless and formally incarcerated at Rubicon Programs as an Impact Coach.

Orlov was released earlier this year after serving five years; he prison system are applying to worked as the PUP program clerk while inside. He is currently in college pursuing a business and engineering degree.

"It was surreal going from being incarcerated at San Quentin to the White House," said Orlov. "It feels good to be apart of history and represent the incarcerated nation. Being in prison it's hard to gage the scope and this level of recognition.

"It's so much bigger than your own education, even if you are just taking one class, you are grams. apart of the conversation on education and prison reform at the highest levels as an example for the nation.

The PUP program started in 1996 with two classes. Lewen started teaching classes in 1999 and was running the program by 2000. Since its inception more than 150 prisoners have received

can't get mad at me, even if I throw it on the wall," he said. Iftekhar was sentenced to death last year, and was 23 when he committed his of-

Kesaun Skyes, 28, began with an apology, followed by lence from the perspective of the gun, a love poem, and a fense. ended with a poem about self-

Sykes was sentenced to death two years ago. He was 21 when

with, "America tweets, 'Don-

"There were times that I didn't understand how to break by learning how to journal,"

Person 46 Death Willie the power of

and has been on

recognizing that, from his ac- legacy for your boys. Touch the express myself, I pick up my and compastions, he's abandoning his own people you touch and leave that notepad and no matter what, it sion. Har-

jection... I am at determination he committed his offense.

room when he ended a poem Death Row for seven years.

ald Trump, you're fired.""

down language, but the po-

Harris, 47, focused on

By David Le Journalism Guild Writer

Testifying before the com-

News adviser Professor Wiljournalism class in 2012. Last December, Drummond was at the White House to receive the Professor Dan Hammer also

Mims and Cowan both served more than 20 years and have moved on to do public service da County, and the Stewardship work. Cowen was released in Award from Freedom House, a 2011 and now he is the operations manager for PUP, the first trafficking



Steven Jones reading his poetry

"In the beginning they were sons Ingram was 23 when he committed the offense that got feel like an animal." cilitates the program. "But as him sentenced to death seven the months went on, they wrote vears ago

"I think most of the poetry is coming from the heart, and provide real insight into the I do appreciate you for sharing it with us," Sgt. W. Givens, one The men's poetry addressed of the audience members, said themes including Black Lives to Ingram. "It's a different way Matter, color-blind justice, of seeing things."

Ingram responded, "If I walk around with 'CDCR' on my pants, I want to exercise the 'R.' People change. Everybody has grown in their own way." family. He also performed a He added, "I have boys and I don't want them to go through what I've gone through."

> Givens replied. "By what you ner thoughts and feelings. write, you guys are creating a

peace and have no objections," and ends with, "So, I'll wait with anticipation for that freedom injection so I can finally ascend to my true final destination." makes me feel more human,"

Jones, 32, said. "I don't want to To this, Givens responded, "I

don't see an animal in a cage; I see a man.

Jones was 19 when he com- etry program mitted his offense. He has been helped me," on Death Row for six years.

Thomas Battle, 41, spoke said. He was about healing, insight, and 29 when he self-perspective. He wrote, "... committed and you know misery and the his offense, company it keeps."

Battle was 26 when he committed the offense that got him Row for 13 sentenced to death 13 years years. ago.

Murtaza Raja Iftekhar, 32, said his poetry captures his in-

"When I feel like I can't spirituality

left out.

an Associate of Arts Degree and in and outside the walls.

fense.

may possibly be a poem speaking to gun viopoem about societal greed. He

County fines and fees keep defendants in poverty

Journalism Guild Writer

States and counties charge legal financial obligations

Atlantic

H-Unit.

Alexes Harris, the author of Harris. A Pound of Flesh: Monetary Sanctions for the Poor, categorized how jurisdictions across the country place court fines and fees called legal financial obligations (LFOs) on defendants that they are not able to pay.

She spoke to a female

of her son. She was charged being imprisoned. \$33,000 in LFOs. Thirteen years later, after making to defendants keeping them minimum monthly payments,

> "LFOs reinforce poverty, destabilize community reentry, and relegate impoverished ishment because their poverty leaves them unable to fulfill expectations of accountability," Harris wrote.

According to the Prison victim of domestic violence Policy Initiative, 57 percent of If they only pay \$5 a month,

By David Eugene Archer Sr. who spent eight years in men aged 27 to 42 earned less with 12 percent interest and By 2004. 66 percent did. prison for shooting the father than \$22,500 a year before a \$100 annual surcharge,

"Because they are frequently unable to pay fines, the formerly incarcerated are in poverty, according to *The* interest caused her to now often forced to pay punitive, owe \$72,000, according to high interest rates on those fines...," reported Alana Semuels of The Atlantic.

> The interest charged adds thousands of dollars to restitution and the cost debtors to a lifetime of pun- the fines and fees former of collection, and interest prisoners already can't pay, according to Harris.

On average, prisoners in Washington State were sentenced to LFOs of \$1,347.

\$1,824, according to Harris.

These fees of former incarcerated include benchwarrant, filing-clerk, courtappointed attorney, crimelab analysis, DNA-database, jury and incarceration costs. Surcharges are added. Also surcharges for payment plans add to the total.

According to a 1991 study by Harris, Heather Evans and Katherine Beckett, just 25 \$500 in Massachusetts to percent of inmates had LFOs.

Victim Penalty The after five years they now owe Assessment in Washington State grew 1,900 percent from 1977 to 1996, reported The Atlantic

> The Arizona Legislature added a "felony surcharge" in 1994. After continual increases, by 2012 it reached 83 percent. So, on fees and fines totaling \$1,000, an additional \$830 must be paid. The Atlantic stated.

> These charges vary by state. All 50 states have them. The maximum fine varies from \$500,000 in Alaska.

H-Unit VOEG graduates prepare for survivor panel

By Wayne Boatwright **Managing Editor**

"If you want to change the path of your life, go to VOEG," said Kevin Thompson, a recent graduate of the Victim Offender Education Group (VOEG) from

VOEG is one of a myriad of volunteer-organized rehabilitation programs at California's San Quentin State Prison. It meets once a week for two hours and usually consists of a dozen inmates, one inmate facilitator

and two volunteer moderators. VOEG's purpose is to help inmates develop empathy for their victims, communities and even their prior selves. A component of restorative justice, VOEG helps offenders learn to demonstrate accountability for their crimes and develop new habits

to respond to life's challenges. The recent H-Unit VOEG group had the support and participation of the actor Danny Glover for one of its sessions. "He spent the whole two hours his life story," said Richie Pinney, another VOEG graduate who has been incarcerated for

13 years. Inmates evidence their progress by participating in a Survivor Panel among victims of violent crimes or the victims'

next-of-kin and the group. Much work must be done to prepare for a Survivor Panel; usually this takes between 12 to 18 months. The work consists of examining the facts of each inmate's individual crimes and their impact on victims, families (both the victims' and inmates' own), community, and self.

There is a set curriculum that inmates follow, but most of the work is based on the give-andtake discussion within the group. One must "trust the process and [the group will] not move on until everyone is ready," said Anthony "Mike" Gonzales a 55 vear-old graduate.

"You are in the deep water," said Pinney, a Stand-Up clerk, "but everyone joins you in the deep end of the pool. You create the space to really share and have a bond that lasts." He added, "I've already invited half encouraging us while sharing a dozen guys to join the next group and committed to act as an inmate facilitator.

This H-Unit VOEG Group

Kevin Thompson, Richie Pinney and Michael A. Gonzalez

Victim Panel was held on Aug. 16. The sharing by both sides was poignant and heart-felt. "I've been down since 1994," said Gonzales, "the toughest question I got was 'I know you are going to parole, are you safe now' [to join my community?]"

participants realize that they can [a Narcotics Anonymous] sponhonor the victims of crime by sor," he said. moving on from victim/offender to become survivors.

Thompson will parole soon and plans to take what he has learned in VOEG with him to the outside. "I would do it again.... The Victim Panel helps all its it will make me a better person tools to make it out there.

Thompson paused, looked up and said, "This is my 14th time paroling. I've been in and out for 26 years, starting in 1988. I always knew I'd be back. This is the first time I feel I have the

California's crime rate up after two-year decrease

By Charles David Henry Journalism Guild Writer

After two years of decreases, rose from 4.4 to 4.8 per 100,000 decrease from 2,483 reported in 2006, according to a Depart- side County." ment of Justice 2015 Homicide

Big Dawg

Continued from Page 1

Those inmates selected will have to have a high school diploma or GED. The joint venture project supervisor will decide if an applicant has the skills to perform the requirements of the job. The inmates must have an established release date, specifically an Earliest Possible Release Date (EPRD) fewer than 10 years

sentenced to Death Row. Thir- perienced the highest mur- More than 89 percent of arrest- been the most common bias According to the report, "One Obispo, the report revealed. represents a 9.7 percent increase 40. The majority (85.7 percent)

> Among California's 35 coun- residences. ties with populations of 100,000

from the date of the inmate's signed and submitted application

Inmates could be paid minimum wage and could expect to pay the following deductions: Federal, state and local

- taxes: Twenty percent to lawful restitution, fine or contribution to any fund established by law compensating the victims of crime:
- cost of room and board;

in 2015. There were 1,861 ho- was under the age of 20 at the The majority of murder vic- categorized as other. Of those bias are the third most commicides in a year. This number time of arrest; two were over tims were Hispanic males, age arrested, 53.4 percent of homi- mon type over the past 10 years 18-29-years old. A large num- cide arrestees were aged 18-29, from the 1,697 homicides in were sentenced from Southern ber of male victims (46 percent) 21.8 percent were aged 30-39, 2014. This still is a 25.1 percent California counties with over were killed on the street or side- 18.8 percent were 40 years-ofhalf (eight) coming from River- walk. Over half (51.7 percent) of age or older, and 6.1 percent the females were killed in their

The largest percentages of ac-

- Twenty percent for famcount:
- Twenty percent of net wages shall be deposited in a mandatory savings account, administered available upon the inmate's release.

The program is expected to Twenty percent for the begin sometime before the end of the year.

teen were males, and one was der rate (13.8 per 100,000) in ees were male, and 10.8 percent sub-types. Together, they acfemale. Eight were Hispanics, 2015. The lowest rate (1.1 per were female. Nearly 48 percent count for 87.2 percent (2,081) three Blacks, one White, and 100,000) was recorded by Im- were Hispanics, 26.1 percent of all hate crimes since 2006 the murder rate in California two were categorized as other. perial, Placer and San Luis were Black, 20.8 percent were (2,386). White, and 5.6 percent were were under the age of 18.

In another Department of Justice report, the 2015 Hate In 2015, 14 individuals were or more, Monterey County ex- cused murderers were Hispanic. Crime report found race/ethnicity/national origin bias accounted for 51.1 percent of all hate ily support, if the inmate crimes. Anti-Black bias motielects to, or these funds vation continues to be the most shall be deposited in a common hate crime, account- events reported since 2006 mandatory savings ac- ing for 31.9 percent (3,443) of (10,784)," the report revealed. all hate crime events since 2006 (10,784).

> Sexual orientation biases crimes are the second most common type committed over by JVP Headquarters, the past 10 years (2006-2015); they accounted for 22.5 percent est since 1988. However, the tothis category, crimes with an officers assaulted in the line of anti-gay and anti-homosexual duty increased from 8,998 in motivation have consistently 2014 to 9,924 in 2015.

Hate crimes with a religious (2006-2015), according to this report. These numbers decreased 35.9 percent from 1,306 in 2006 to 837 in 2015.

"The religious bias type accounted for 22.7 percent of all hate crimes reported in 2015. Within this category, hate crimes with an anti-Jewish motivation continue to be the most common, accounting for 11.2 percent (1,205) of all hate

Finally, the 2015 homicide report shows the total number of reported citizens' complaints against peace officers decreased from 15.693 in 2014 to 14,402 in 2015; it's the lowof hate crimes reported. Within tal number of law enforcement



unteering as a sur-

vivor advocate and

working for smarter

"I got connected

with people who are

trying to change the

way our criminal jus-

tice system is dealing

with crime," Wilson

said. "It's just been

really shoved in my

face, why we need

to do this. Why this

has to be normal-

ized-the rehabili-

tation that has been

attached to CDCR.

Why that R has to

be honored instead

of being a tagline on

the end of a name. So

when people do go to

prison they have the

opportunity to come

out healed and not

speaker at the event.

to make.

to violence.

at age 16.

turn violence onto others."

Referring to the survivors,

Melendez said, "Assisting them

in finding their healing has giv-

en me the opportunity to make

some amends that I really need

Anouthinh Pangthong talked

about the murder he committed

"I never considered the ripple

effects for pulling the trigger,"

justice policies.

November 2016

Kid CAT symposium highlights value of rehabilitation

By Juan Haines Senior Editor

Page 6

The day after Yom Kippur, a prison chapel served as a safe place for survivors of crime, men who committed violent crimes and concerned citizens to hold a conversation about the importance of rehabilitation and atonement for community heal-

"I think that this day is important because we have two voices that are under heard in this process – the victim and the offender, talking about how to make community safer," said Alex Mallick Williams, who organized Value of Rehabilitation, sponsored by Kid CAT (Creating Awareness Together).

Kid CAT is a youth orientated self-help group teaches prisoners a curriculum that includes lessons on masculinity, selfidentity, feelings and emotions, communications, environmental influences, consequences, empathy and compassion, and forgiveness.

The forum participants sat in seven tight circles inside San Quentin's Protestant Chapel, on Oct. 13, describing intimate details of how crime personally affected their lives.

Dreamcorp, #Cut50, Healing Dialogue in Action, and Fair Sentencing of Youth representatives also sat in the circles.

"We set out to demonstrate the emotional intelligence, empathy and compassion that we've been cultivating as we strive to rehabilitate ourselves," said Philip Melendez, Kid CAT president. "When Elizabeth Calvin of Human Rights Watch (HRW) introduced survivors of crime, it transformed the event into something even more beautiful and powerful than I could ever imagine.'

Survivor, Dionne Wilson shared that her husband a San Leandro police officer was shot and killed in 2005 while responding to a disturbance call.

"The man who killed him is here on Death Row," Wilson said. "That was supposed to heal me.'

penalty the system could give her, yet she said, "I got my justice, but it didn't work.'

After being invited to attend a prisoner self-help group, Wilson connected with people who had and were seeking forgiveness and healing. There she found her own path to restoration.

Since then, Wilson began vol- sions," Ai said.

said Pangthong. "It took me writing out my crime in detail, that it hit me the magnitude of what I done. Pangthong said programs like Kid CAT and the Victim/Offender Education Group helped him reform. Borey Ai explained how his Wilson received the highest criminal thinking was changed by immersing himself into reha-

bilative programs offered at San Quentin. He said the programs gave him personal insight into the harm he's caused along with an understanding of how he can committed great harm to others impact his community.

Charlie watches, tablets, etc., there was his covers. Spence said, only one way to get the correct and think

Photo by Eddie Herena - San Quentin News Xavier McElrath-Bey closing out the symposium

Kid CAT membersand guests sharing their experiences in small circles

cerate men are doing in here. It's not what they see on TV, there are men really doing the work to better themselves."

Xavier McElrath-Bey who has been out of prison 14 years said, "I knew I would be meeting many people whose life was

ronment created opportunities for him to get into trouble and sent to the hole. There he had time to contemplate how he was

better. We all want normalcy," McElrath-Bey said. That decision to seek normalcy in his life so many people like me. I wish began his road toward a victim people in society could see this."

"At some point we all want offender dialogue and healing. "I am not an exception to the rule," McElrath-Bey said. "I see

Photo by Eddie Herena - San Quentin New



Dionne Wilson and HRW's Elizabeth Calvin listening to Kid CAT members speak

My son the warrior

to cry. "Oh, just hand me the phone," I said, losing patience.

After this happened a couple more times, I discovered I could use the time lady to my advantage. "Andrew, it's 8 o'clock — time for bed." "But I'm not sleepy. I don't want to go to again." Poor Andrew. Somehow talking to countless strangers, bed." "Oh ... is that the time lady he was convinced that the time approaching unknown dogs, I hear? I think she's coming up lady was related to his bad expe-"It is my plan to take what I've standing up to neighborhood the stairs..." "No!" he screamed, learned out to the community to bullies. Lion-hearted and fear- "Not the time lady!" With that, help the youth make better deci- less. That is, with one exception. Andrew would scurry quickly was torn between concern for

> "For me it's time — the time lady. "Andrew, that this was such an irrational warehouses and I'd slow down about being call the time lady and find out fear, and I tried to reason with and say, "Wait. Quiet. Did able to be what time it is." I'd shown him him, but he'd have nothing of you hear something?" "What, around peo- at age 5 how to dial "p-o-p-c- it, refusing ever to call the time mom?" "I think I heard the time ple who are o-r-n" on the phone when we lady. "Why are you so scared lady. Oh, my gosh! I think she survivors of needed to know the precise of her?" "I just am, Mom." "It's has a chain on the bumper," and violent crime time, to hear the recording, "At just ridiculous, Andrew. I mean, I would swerve the car this way being the tone, Pacific Daylight time what do to you think the time and that. "Mom! Mom! Faster... present with will be 8:53 and 20 seconds ... lady will do to you, anyway?" them and see- beep." I was a young mom, and "She'll chain me up and serve me Faster!" This amused me to no ing what type treated him more like my little hot beverages." Hot beverages. end. Eventually, I took it too far, of healing can brother than my baby. We were Before there were microwaves, and he realized that the time lady be provided partners, more or less. "Andrew, my mother heated everything up was not real, or evil, and not out through that did you hear me? Call the time on the stove top or conventional to get him. I asked him recently, dialogue. I lady." His eyes widened, "But oven, and she made sure things on a long-distance phone call to that I don't want to. I don't like the were piping hot. Really, really Israel, whether he remembered it's good for time lady." "What do you mean hot. My brothers and I referred his fear of the time lady. "No, I people to see you don't like the time lady?" to the temperature of her food don't recall that," he said, "but

crazy. Ridiculous. Just call her ways came out of the oven bubalready." He picked up the phone bling and her soups ALWAYS and pushed the buttons with one burned the top of your mouth. shaky finger and a frown on his She would sit my son down and face, looking like he was about serve him his apple cider or hot cocoa super-hot, and Andrew would take a sip and then his whole body would stiffen and his eyes would pop out, and his whole face would crinkle up. "See what you've done, mom? Geeze, you've burned the boy riences with hot beverages.

As a 22-year-old mother, I into his bedroom and hide under my son, and the amusement of the situation. I'd drive him to However, I was still concerned a neighborhood of abandoned get away from the time lady! what incar- "She scares me." "What? That is as "lava hot." Casseroles al- I'm sure you tortured me."

November 2016



Area.

committing his life crime at the age of 15."

citizens in our country."

problem "We were searching for sub-

this article.

Respectfully,

Jesse Gonzalez

I think about how the victim's family was hurt every now and then and can't even begin to express how sorry I am for being a part of what took their loved one away. All I can feel is pain of how much they felt. I never experienced losing someone until recently when I lost my grandma. Now I really know how it feels. My tears shed every now and then thinking about it. It helped me transform into a better person.

Sincerely,

Tona Delynn Thao

Stockton Councilman Mia reflection of mine." chael Tubbs, 26, was the keynote His commitment offense was "I do not like coming to prismurder at the age of 13. The Chion," Tubbs said. "My dad's been cago judge who sentenced him said because of his extensive incarcerated my entire life." Tubbs told the audience that violent nature, he is incorrigible all of his friends from growing and could not change. The stateup were either dead or in prison. ment impacted McElrath-Bey. When his cousin was killed on "I knew I wasn't a monster," a Halloween night; he knew he he told himself. had to do something about gov-After being sent to prison, ernmental decisions based on McElrath-Bey said being subjected to such a negative enviwhere a person grows up that affect individual choices leading

living

By Laura Murray

CIW Newsletter Writer

My 36-year old son is an Army

Special Forces Medic. He has

numerous campaign medals and

was awarded the Bronze Star for

bravery. He has fought for our

country in Iraq and Afghani-

stan and is currently in Israel,

awaiting his next assignment in

Africa. As a boy, he was reck-

less, jumping from any height,

Before satellite clocks, smart

Hygiene drive to focus on Homeless Youth Month

Journalism Guild Writer

For the past four years in December, Kid CAT members have walked the tiers of San Quentin asking inmates to donate unused hygienic products or to make monetary donations to benefit homeless children in the Bay

"The inspiration for the Hygiene Drive came from our former chairman, Michael Nelson, who was once a runaway teen from an abusive home," said Mark Hensley, Kid CAT Hygiene Drive coordinator. "He was living on the streets before

All Kid CAT members were teenagers when they committed their life crimes. The Hygiene Drive is an opportunity to highlight the many problems faced by homeless youth, whom Hensley calls "the most vulnerable

Hensley said this year's drive will benefit Huckleberry House in San Francisco. Huckleberry House provides a comprehensive 24-hour crisis program for

families and adolescents be- Compass Family Services, Lartween the ages of 11 and 17, of- kin Street, At the Crossroads, fering counseling, medical ser- and Homeless Youth Alliance. vices and emergency shelter.

Kid CAT Speaks!

The shelter was created to provide runaway youth with a safe place to stay and to help reconnect youth with their families. It has the distinction of being the oldest program in the nation for runaway and homeless youth, according to a Huckleberry House brochure.

"I was a 14-year-old runaway 34 years ago. Huckleberry saved my life," a former Huckleberry House client named Gina is quoted as saying in the brochure. "I am now a healthy, happy, sober mom to my own beautiful 14-year-old daughter.'

Dolan Biaerd, Kid CAT volunteer and outside Hygiene Drive coordinator, said the drive has had a huge impact on homekits that were distributed to kit would have taken away the

all of which are youth homeless shelters in San Francisco," Biaerd said.

Kid CAT volunteer Gail Towle agreed that the drive has a significant impact. "I think what these guys are doing is absolutely fantastic," Towle said. "The response we get from these shelters is pure gratitude."

For many of the members of Kid CAT, the drive is an especially personal project. "The first time I ran away from home, I was around 12 years old," said Kid CAT member Adnan Khan. "There was a huge disconnect at home, and I didn't feel safe."

When he was 18, Khan was kicked out of his house and was homeless for nearly a year. He slept in a car that didn't work, less youth. "In the four years and would steal or borrow hysince we started this project, we gienic products from friends, have raised over 1,000 hygienic Khan said. "Having a hygiene



Courtesy of http://www.huckleberryyouth.org/pr

Youths attending a health education program at the Huckleberry house

how I looked and smelled, because although I was homeless, I was still trying to go to school and get a job," Khan said.

Inmate Hieu Nguyen, an avid donor to the Hygiene Drive, was homeless from the age of 15 to 18. "I was once one of those kids who grew up with nothing. I www.huckleberryyouth.org.

burden of having to worry about used to have to steal toothpaste and deodorant from stores, Nguyen said. "By donating, I believe I can in some way give back and reduce crime in the community.

To get involved, you can have a family or friend make a donation to Huckleberry House at

November is National Homeless **Youth Awareness Month**

'Homestretch' documents homeless youth on the streets

homeless teens in America, and the documentary Homestretch sheds light on the problems of homeless youth on the streets, such as housing, education ernment's efforts to solve this

in an interview.

"We found (a) kid (who) was basically kicked out because and sexual abuse and the gov- he had come out as gay in high school...We started researching and learning over time that there were over 15,000 kids

There's a hidden epidemic of jects that hit us in the heart," registered in the Chicago pub- things that no one really talks number of homeless teens who Kirsten Kelly, co-creator of lic school system classified as about is that very often when are transient, according to the *Homestretch*, told *The Atlantic* homeless, and no one was really talking about it."

The U.S. Department of Education defines homeless students as those "who lack a fixed, regular and adequate nighttime residence." Such kids accounted for nearly 5 percent of Chicago's total public-school student population.

The number of homeless teens is believed to be much higher due to the transient nature of homeless youths, the magazine reported.

"These kids' ability to mask their predicaments unfortunately makes it more difficult to alleviate that suffering," wrote Atlantic reporter Terrance F. Ross.

The film explores issues ranging from immigration to kids growing up as lesbian, gay, bisexual or transgender (LGBT) — experiences that serve as clues to why certain children end up on the streets, The At*lantic* reported

young people run away from Atlantic. home, they are running away from abuse," de Mare said.

A 2014 report by the National Coalition for the Homeless showed that the longer a kid is homeless, the greater the likelihood that child will be physically assaulted, raped or trafficked.

Safe temporary housing is often a rare commodity for the 1.2 million homeless children identified by the Department of Education (DOE). "On any given night in the US, fewer than 5,000 emergency and transitional-living beds are available for young homeless people," The Atlantic reported.

Homestretch points to public schools as a solution. Every school district in the country is legally required to designate "homeless liaisons" for their campuses. However, the film reveals these liaisons are often overworked.

Nationally, there is a bipartisan legislative effort to address The U.S. Department of the problem of homeless youth Health and Human Services by expanding the Department playing a game of hot-potato reports as many as four in 10 of Housing and Urban Devel- with homeless teens," wrote homeless youth have experi- opment's definition of "home- Ross, former editorial fellow at enced sexual abuse. "One of the less person" to reach a greater The Atlantic.

The broadening of the definition of "homeless" is not without opponents. "It will include a lot of people who aren't homeless; they would then be competing with people who are homeless for resources," said Nan Roman, who oversees the National Alliance to End Homelessness.

Testifying before Congress, Stephanie Van Housen, DOEdesignated "homeless liaison" in Iowa, said, "I cannot stress to you enough the importance of (expanding how we identify) who is homeless," she said, "I do not want to have to tell one of my students, 'If you really want help, just go sleep under the bridge at the Iowa River.""

In order for many of these struggling teens to qualify for assistance, she emphasized. they would have to be "homeless" in the most literal definition of the word.

"The unintended consequence of these debates is that government agencies end up

Kid CAT and The Beat Within hold monthly writing workshops. The Beat Within conducts writing workshops in juvenile detention centers throughout the country. Kid CAT Speaks will publish one topic each month. Your writing should reflect a positive message that may help the youth make a better decision in life. Your stories will be read by the youth in detention centers. If published, you will receive a free copy of the publication. Your story can make a difference. Tell *The Beat Within* you read about them in Kid CAT Speaks!

What does rehabilitation mean to you? What programs or opportunities that will better prepare you to re-enter society have you taken advantage of during your incarceration? If there haven't been any programs available that you need, what are they?

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

Kid CAT (Creating Awareness Together) is a group of men who committed their crimes under the age of 23 and were sentenced as adults to life terms. The group's mission is to inspire humanity through education, mentorship and restorative practices. Kid CAT Speaks wants to hear from all the juvenile lifers, educators, and policymakers concerning juvenile justice issues and rehabilitation. Contact us at San Quentin News, Attn: Kid CAT Speaks, 1 Main St., San Quentin, CA 94964.

Dear Kid CAT

I recently read your paper and found it very educational and informative. The one article in May issue 2016 Vol. 2016 No.5 "The effects of PTSD on juvenile inmates Part #1.

Recently, I was diagnosed with PTSD, and I have been in prison since 1984. I have gone through numerous incidents. As I read more into the article the writer took the words right out of my mouth. Here I thought I was the only one with these anxieties. I've lost a lot through these years, family, etc., even hope and faith, I didn't realize what I was doing until I read

Thank you. Keep up the good work.

R.J. Donovan State Prison

My name is Tona Delynn Thao, I have been incarcerated for the past seven years since the age of 16 with a 25-year-to-life sentence. One night a group of friends and I decided to rob a house, and a friend of mine killed the owner. There were six of us ranging from 14 to 16 years old. Two of us got tried as adults. Since then my life has changed. I believe SB 260 has brought a lot of light to lifers in similar situation as I.

I wish the criminal system would teach us how to save lives and let us save lives. A chance to give back.

Thank you for reading my letter.

Soledad State Prison



KOED.



Innocence Project wins release for Kimberly Long

By David Eugene Archer Sr. Journalism Guild Writer

A California prisoner, whose murder conviction was overturned, was released on bail, according to the CV Independent

Kimberly Long received help from the California Innocence Project. She had been convicted of murdering her boyfriend,

said the Independent. "I know I'm going home. It's just a matter of time... I have the utmost faith in the California Innocence Project

— and faith in God," she told the Independent. Riverside County Superior Court Judge Patrick Magers reversed Long's conviction on June 10. He ruled the public defender did not provide

LETTERS TO THE EDITOR

I am an inmate at California Institution for Women. I am the public relations representative for our lifer group here. We are interested in asking Diana Williams of TRUST (Teaching Responsibility Utilizing Sociological Training) to do an Employment Readiness Seminar here. Our chair, April Adkins, has asked me to obtain a contact address for Ms. Williams so we can send her an official request which must be approved by our sponsor. Can you please send me that?

Thanks.

Carol W

California Institution for Women

P.S. Nice job on the newspaper.

I am currently incarcerated at Central California Women's Facility. One of the females here had one of your newspapers, and she passed it on to me. OMG (Oh my God). You guys are great. There is so much news. I love it, and I appreciate all the work that you put into it. Fantastic!

Thank you very much,

Luanne G.

Central California Women's Facility

I am an inmate at High Desert State Prison and am paroling December 21 this year. I've struggled with a major drug problem most of my life and last year completed SAP (substance abuse program). I have no family, no support and nowhere to parole to. I've asked the counselor and mental health staff for help but am told because I'm getting out on county supervision, not parole, there's nothing they can do. This is my seventh term over 20 years. I want to stay out, but I'm terrified having to go straight out to the streets. PLEASE HELP. Anything you could do will be much appreciated.

Thank you.

Sincerely,

Steven F. High Desert State Prison

It's crazy to think that states impose the death penalty sentence but then make it almost impossible to execute those on death row. If the prisoner deserves the death penalty, it should be carried out quickly. The Bible certainly supports the death penalty for the worst crimes. Yes, a firing squad would be a very effective, quick and inexpensive way to carry out executions!

Sincerely,

Jeff S. San Quentin State Prison

P.S. I am currently on San Quentin's Death Row over three decades. I'm giving you permission to use my full name.

adequate representation. After viction reversed, prosecutors compared to some of the being in prison since 2009, she was released on bail.

Long told the Independent, "Being released from jail, walking out to fresh air and no correctional officers, it was a different kind of feeling. It's the appeal is resolved.... they been absolutely fantastic since that day.

She was tried twice. The first trial ended in a hung jury, with nine of the 12 jurors voting to acquit. Her second resulted in a second-degree murder guilty verdict. The judge stated he would have acquitted her, Independent reporter Brian Blueskye stated.

attorney for the Innocence benefited us," Bjerkhoel said. Project. "After we get a con-

do one or both," she said.

...they're going to appeal the decision.... it's going to put Kim in this legal limbo for about two years or so, until have the option to put her on trial again for a third time. ...They're telling us they're going to do both.... They seem to be taking this conviction reversal a bit hard," Bjerkhoel said

judge we had was the original trial judge: (Magers) was familiar with the case and all Alissa Bjerkhoel is Long's the evidence...(That) really Long said she's lucky

have two options, and they can other people the California Innocence Project has helped exonerate. "I haven't spent as much time in prison as others have.... Now I'm a 40-year-old woman trying to find my place in life.'

November 2016

She is facing problems that all ex-inmates go through. "It's just trying to get reestablished.... You need a vehicle.... There are so many things you need.... Now I'm dependent on people, and "We were really lucky the that's a very hard place to be," she said

Though she currently has no conviction on her record, she is finding it hard to find employment due to a big gap in her résumé

providing prison-issued IDs

Feds ask governors to issue ID cards to newly released

By Salvador Solorio Journalism Guild Writer

Every year many of the 600,000 people released from federal and state prisons are without government-issued ID cards. Attorney General Loretta Lynch asked all state governors to provide state-issued IDs for newly released federal inmates reported the Atlantic magazine.

The Department of Justice cannot legally require states to do so, but it can ask states to allow citizens returning from federal prisons to exchange their federal Bureau of Prisons inmate ID and their authenticated release documentation for a state-issued ID.

At a re-entry event in Philadelphia in April, Lynch stated, "This basic step would have a powerful impact. As a practi- he said. cal matter, it would standardize the current patchwork of state policies around providing returning citizens with identifione of the most common — and with having a criminal record forms of ID.

most harmful - barriers to re- makes it difficult to imagine entry across the United States."

IDs as legitimate"

Paul Samuels, president of

Legal Action Center of New

York, commented on the ID

problem. "Most people don't

focus on it, but it's a huge bar-

rier for the formerly incarcer-

ated, a huge barrier for caring

for their families and them-

selves. It also leads to high

to normalize their situation,"

BOP staff often work with

cates so they can get a state-

issued ID, where that's an op-

as legitimate. Samuels asks, "Who will accept that in the *"...Employers and "....* community? Employers and other agencies do not recogother agencies do nize those IDs as legitimate.' DMV rules in New York not recognize those

state allow the state prison ID to actually help people get a driver's license or state-issued non-driver ID. Samuels warned that for many returning citizens the financial cost can be another barrier. He advises, "That's why we suggest a waiver for people who are indigent. When people come out of jail they have very little money to get on their feet, so it's important for the fees to be waived to help them get startrates of recidivism. People return to criminal activity when ed.

they run out of legitimate ways According to Lynch, California and a few other states allowed released state inmates to exchange their corrections inmates to obtain birth certifidepartment documentation for a state-issued ID to meet primary identification requirecation, and it would eliminate tion. The stigma associated ments for other state-issued

Study reveals how 'Ban the Box' can do more harm than good

By Rudy Moralez Journalism Guild Writer

Harm than Good," an op-ed won't even give ex-offenders most from "ban the box" were by Jennifer L. Doleac and an opportunity for an inter- White applicants with crimipublished by the Brookings view, let alone accept their nal records. Institution, says that the poli- applications, according to the cy that's supposed to help ex- article. really help many. It actually winds up hurting the employcriminal records.

probably less job-ready.

Ex-offenders have it tough policy.

offenders find jobs doesn't Doleac reports that two re- Hansen measured the effects searchers, Amanda Agan and of "ban the box" on young, Sonja Starr, wanted to study low-skilled men across the ment chances for Black and how "ban the box" would af- country. Their results showed Hispanic men who don't have fect job applicants' chances. that Black and Hispanic men They sent thousands of fake who did not have college de-Doleac reports that Black job applications to employers grees were employed signifimen born in 2001 have a 32 in New Jersev and New York cantly less under "ban the percent chance of imprison- City, where "ban the box" is box" than before. ment, Hispanic men have a in effect. Though employers Doleac ends by suggesting 17 percent chance, and White call White applicants slightly that because "ban the box" men have only a 6 percent more often than Black appli- has had such counterproducchance. Employers often as- cants when criminal records tive consequences, concensume, therefore, that Black have been disclosed, that gap trating efforts on helping and Hispanic men have a becomes four times larger disadvantaged ex-offenders greater chance of having been when "ban the box" is in ef- improve their job readiness in prison and, as a result, are fect. That bigger gap is an would be more effective and

because it is difficult for Stated another way, the unthose with criminal records intended side effect is that "Ban the Box' Does More to find jobs. Most employers the people who gained the

In a different study, Doleac reports, she and Benjamin

unintended side effect of the most helpful to ex-offenders.

Virtual reality and the solitary prison experience

By Noel Scott Journalism Guild Writer

Solitary confinement can now be experienced by non-prisoners in a "virtual reality (VR)" setting, reports Chloe Veltman of

was spearheaded by the U.K.'s the confusion.'

A still from the '6x9' virtual reality experience Guardian Media Group. "You can be mentally damaged by being placed in isolation," says Francesca Panetta, the project's executive producer. "But by using this technology, I hope that you will get a more visceral feeling of what it is like to be locked 6X9: A Virtual Reality Expe- in a 6x9 cell for 23 hours a day – rience of Solitary Confinement of the boredom – of the fear – of

The VR experience was created from in-depth interviews with prisoners in California and New York, who have been in solitary confinement. It also uses the sounds from a PBS Frontline documentary "Solitary Nation."

"It's the sound that really sets up the experience, and transports you to that tiny cell, and makes it real," said Panetta.

One of the stories that inspired the project came from Dolores Canales, who spent nine months in segregated housing when she was at the California Institution for Women in Chino. "It's like you've been put into another country where you don't know the language or the area or anything," said Canales. The project's goal is to bring ences.

to light the psychological damage caused to the thousands of men and women, who are currently being held in solitary confinement, said Panetta.

The project premiered in March at the Sundance and Tribeca film festivals. Solitary confinement survivors also attended and shared their experi-



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SAN QUENTIN NEWS

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November 2016

NBA all-stars attend Golden State Warriors basketball game in San Quentin

Warriors

Continued from Page

The Golden State squad won the game 77-68, bringing their record against the San Quentin Warriors to 4-1.

"I always look forward to coming back here," said Draymond Green. "Growing up where I grew up at, I have homies doing time. We were all one mistake away. I've had my share of mistakes, some real recent. Things can change, keep your head up.'

Draymond first came into San Quentin during his 2012 rookie year and played dominoes on the sidelines. Since then, he has won the 2015 NBA Championship and, along with new teammate Kevin Durant, Olympic gold.

Upon arriving on the yard, Draymond went straight back to the domino table.

dominoes], but now I'm three face. years tougher," said Draymond. He managed to win a few games this year.

Fans swarmed the NBA All-Stars who signed autographs That's my goal. and posed for pictures.

Montrell McDuffie, a 19-yearold San Quentin resident, said, "Seeing Golden State play shows us positive role models of trouble so I can do something dream in an alternative way." positive with my life and my time."

"I've been with Kevin Durant all week in five cities," said for *Rolling Stone*. "He is a righ- we are incarcerated and giving teous dude; he is very interested in social justice. He loves kids and helps rebuild basketball courts for them with his foundation (Kevin Durant Court Foundation).'

Members of the San Quentin Warriors greeted their old friends Myers, Kirk and Kent Lacob and the rest of the GS squad.

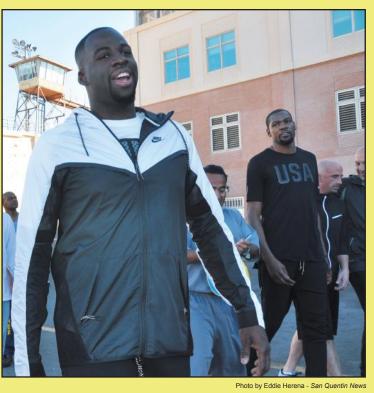
Both Warrior organizations prepared for this game.

"We had basketball in mind while hiring this year," said Kirk. "All interns had to be 6-feet and better."

GS Luke Locks, who played professional basketball overseas, added, "Basketball was a ication. Can't get in the door if you can't hoop.'

Ninety minutes before game time, San Quentin's Anthony

Harry "ATL" Smith going up in traffic



Draymond Green and Kevin Durant on SQ Lower Yard Ammons shot free throws with us this beautiful day.

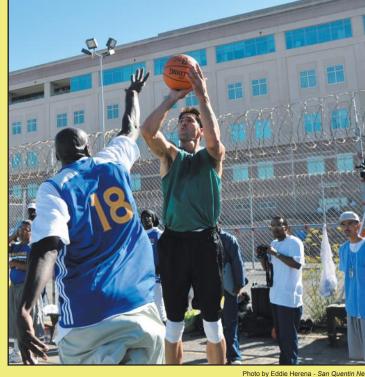
"I got cracked last time [in a look of determination on his

mons. "When Bob Myers and guy (from the suburbs) a chance KD walk in here, I want to show to get to know you. We love them I can play at their level. coming in here."

Paul Solotaroff, senior writer you for coming up in here where practice jerseys.

Myers responded, "Basketball makes things like this pos-"I want to win," said Am- sible. Basketball gave a White

Kirk, holding a box, spoke "On the streets making the next, "I want to thank Bill NBA was a dream of mine," (Epling), Don (Smith) and Ben added Ammons, who was sen- (Draa) for helping make this tenced to 102 years to life for a happen. Now you (SQ) guys are murder committed when he was wearing our old jerseys with gathered around center court if you win, you can keep them," and SQ Warrior Coach Daniel he joked before opening the tied the game with a layup. "Bear" Wright said, "Thank box and revealing blue Warrior



phia 76ers.

They started Myers, Nick

Uren, Chris Demarco, Kirk and Kent Lacob. "I didn't make that decision,"

said Durant. SQ gained a 10-6 lead with

Myers scoring all six GS points. Then Willie entered the game. After missing his first two 18-14. and makes me want to stay out a juvenile. "I'm fulfilling my the losing logo from when we shots, he nailed a trey in the didn't make the playoffs. We face of SQ Allan McIntosh, Just before tip off, the crowd decided to donate new jerseys; making the score 10-12 SQ. Af- dropped a three-pointer, makter a McIntosh miss, Demarco ing the score 28-23, with four

> Casey Hill, coach of the Santa Cruz Warriors, who won the D- up 34-30. The starting five for GS didn't League Championship in 2015,



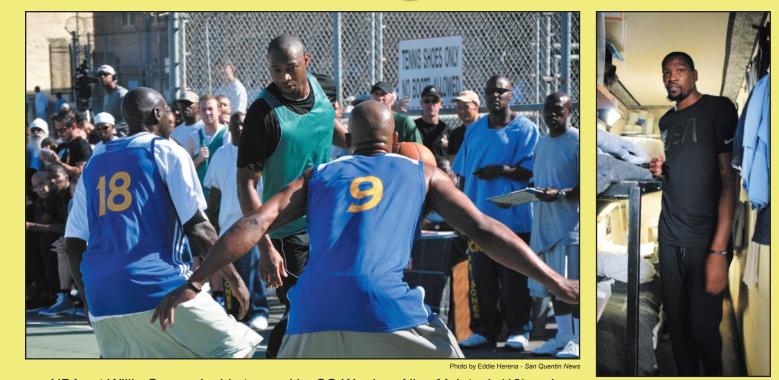
include Willie Green, who came off the bench and shot a played in the NBA for about 10 trey that missed the rim but was years, mostly with the Philadel- caught in mid-air and finished by Myers.

"That looked like an alleyoop," said SQ play-by-play announcer Aaron "Harun" Taylor. SO Tevin Fournette tied the score 14-14 with a short-range

jumper The first quarter ended with a Willie layup putting GS ahead

In the second quarter, SQ was within two at 25-23 when Kirk minutes left in the half. The second quarter ended with GS

At half time, SQ resident co-

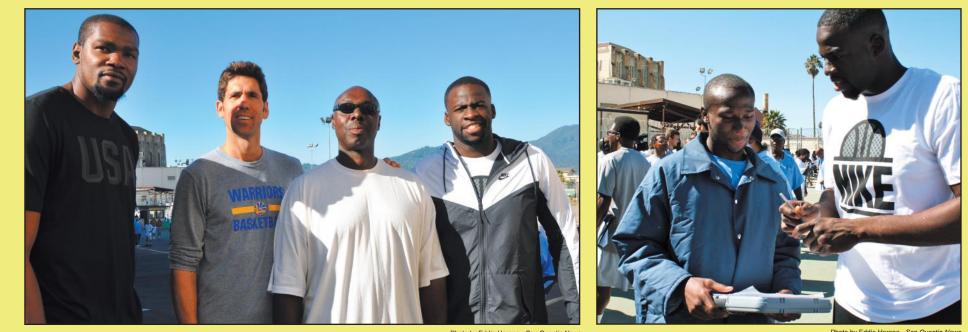


tered with Draymond

with the crowd. Into Power.

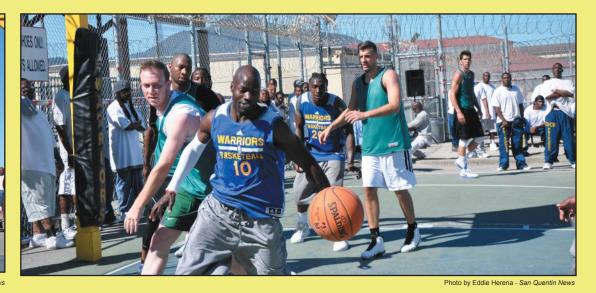
ain't gonna change."







Kirk Lacob donating new jerseys to SQ Warriors



San Quentin Warrior Montrell Vines chasing down a loose ball

Kevin Durant greeting fans on the Lower Yard

SAN QUENTIN NEWS

NBA vet Willie Green, double teamed by SQ Warriors Allan McIntosh (18) and Anthony Ammons (9)

"I'm broke. I'm broker than

broke, so could you slap me? I want to go to canteen," he joked. Draymond laughed along

Co-announcer Damon Cooke invited Draymond to take the

Draymond said, "I don't need that. Sometimes they mistake my competitiveness with attitude. If they call competitiveto keep complaining cause I

In the second half, McIntosh bounds.

median Eric Lamont Durr ban- hit a jumper while being decomical response from Taylor: guard Rafael Cuevas. "Willie Green just got exfoliated.

San Quentin stayed in Golden State's rearview mirror.

McIntosh finished with 12 points on 4-18 shooting, well and last year average against games wins. GS of 24.

the field and 4-11 from the line. the NBA," said McIntosh. ness attitude, they gonna have Harry "ATL" Smith dropped 11 points with 14 rebounds and no matter which one." Ammons had 10 with 12 re-

fended by Willie provoking a the team today," said SQ point

Myers led all scorers with 25 points on 10-17 shooting with 12 rebounds. Willie added 18 with 5 rebounds and 4 assists. myself how to play ball," said Demarco scored 17.

Despite San Quentin's lost, self-help group Guiding Rage below his season average of 18 many consider all the annual

Today was a success even Fournette led SQ with 16 though we lost because we got Draymond, KD and Willie told points on 7-11 shooting from to meet and greet superstars of

Kirk said, "The Warriors win

Wright said, "This is unbelievable – to be in prison and that they (GS) do," said Hill. "It

Green and Durant experiencing life inside a cell

"Tevin (Fournette) carried be able to associate with top makes me proud to be part of people in the NBA. It's unbelievable.'

> "Playing against a 10-year NBA vet is something new. I never had coaches, I taught Fournette. "I am grateful and blessed to come across this ex- us feel so welcome." perience. It makes you feel like you are still human, that society hasn't forgotten about you. Plus me I had a good game."

Willie added, "For me, today is more about the experience and chopping it up."

"This is an amazing thing

this organization.

Kent said, "Obviously we want to win, but the most important thing is being with you guys. I love seeing these guys progress as men. The atmosphere you guys create makes

Later Durant and Draymond toured the cellblocks with Public Information Officer Lt. Sam Robinson

Before leaving, Durant said, "Everybody was so cool, generous, showed a lot of love. I didn't feel like I was walking into San Quentin.'

ESPN filmed the event

Tevin Fournette dribbling toward GS GM Bob Myers

San Quentin Warriors receiving strategy from their coach

Golden State Warriors Kevin Durant, General Manager Bob Myers and Draymond Green with San Quentin Warrior Coach Daniel "Bear" Wright (center-right)

19 year old San Quentin resident Montrell McDuffie with Golden State Warrior Draymond Green

SAN OLIENTIN NEWS

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November 2016

real chicken ind abula	
"What do you "This ain't "I know you got "This chicken H	
what do you real chicken had shirts chicken	Acceptance
is no chicken the chicken? back there. Leaves a funny w Tonight?"It This thing what you want after taste!	Here is my trust with drawal for \$28°, for 8pcs. of real chicken!
Cell Chow Line Chow hall Dinning table	Food Sale
	Concept by J. Chia Illustration by Fred Tinsley

Snippets

Dana 12

Garlic was believed to be so powerful that ancient Greeks and Romans ritually consumed garlic before going to war.

Tn 1848, the first **L**U.S. women's rights convention was held in Seneca Falls, NY. After two days of discussion and debate. 68 women and 32 men signed a Declaration of Sentiments which outlined grievances and see to the agenda for the women's rights movement.

D olshevik is Russian **b** for majority. The Bolshevik Party. founded in 1903 by Vladimir Lenin was an organized mass revolutionary party comprised of the Russian working class, which sought to overthrow the Czar.

 $B_{to \ the \ two \ wars}^{alkan \ Wars \ refer}$ that occurred in southeastern Europe in 1912 and 1913.

Each year, Americans plastic film to shrinkwrap the entire state of Texas.

Red raspberries are believed to have originated in Turkey and spread throughout Mediterranean Europe.



Warrior drawing done by a San Quentin inmate



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

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

Attention All Artists:

San Quentin News 1 Main Street San Quentin, CA 94964

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

2 8 3 7 5 4 6 1 9

5 4 6 1 8 9 7 3 2

7 1 9 6 2 3 4 8 5

4 9 2 8 7 6 1 5 3

3 6 1 5 4 2 8 9 7

8 5 7 3 9 1 2 6 4

1 7 5 2 3 8 9 4 6

6 2 4 9 1 5 3 7 8

9 3 8 4 6 7 5 2 1

Last Issue's Sudoku Solutions

November 2016

users.

2. Prineville, Ore. — Crook County Sheriff John Gautney told The Associated Press that the 16-bunk county jail is an embarrassment to his community. The jail has a persistent humid smell, no natural light and the fluorescent bulbs give the green walls "a sickly hue", the AP reports. The county is looking to raise \$10 million to build a new jail, but the measure has to be approved by voters. Experts say the nationwide problem with aging jails, along with the increasing numbers of people being sent to jail, is not going to improve anytime soon as taxpayers are reluctant to spend public money on such projects. **3.** Sacramento — As the number of available inmates to fight major wildfires is declining, California is looking for recruits to its state Conservation Corps. Last year, prisoners accounted for about 20 percent of California fire crews on several major blazes, The Associated Press reports.

4. San Francisco — In 1967 years for armed robbery, started

WORDCROSS PUZZLE by Jonathan Chiu

Across 1. Movies often made

- about this planet
- 5. Chan of October's Kid CAT 9. To dig beneath an enemy's
- position
- 13. Fatty acid used to make
- soaps and ointments 15. Escape with cleverness
- 17. Former republican
- hopeful Marco 18. River in Central Africa
- 19. Women's OTC
- headache drug
- 20. Clusters of flowers with nearly equal length
- 21. Matrix actor Reeves 22. Carpenter's tool for
- shaving wood
- 23. Precedes game, room or walk
- 24. Shot from a hidden position 26. Addams' Family
- actress Christina
- 28. People of wealth and high social status (Brit. Slang)
- 30. A line of prose
- 32. SQN October profile
- 36. Restroom essential 40. Moon's mate

Datu

- 41. Bad-tempered
- 43. Method use for spy message
- 44. Alan of MASH 46. Port of Columbus' first
- voyage departure
- 48. Kaepernick's national
- anthem stance
- 49. Wall bracket for candles 52. Contemptible, despicable
- (Slang)
- 55. People needed at an

SAN QUENTIN NEWS

1. Seattle, Wash. — City officials are planning two facilities — one in Seattle, another in the suburbs — where heroin addicts can legally take injections while supervised by medical personnel who can administer aid or call 911 if needed, reports The Los Angeles Times. It would be the first facility of its kind in the nation. Supporters say the plan would save lives while critics say the plan would enable drug

> Fullerton as early as next spring. In March, the Opportunity Institute awarded the California State Project Rebound into seven othreports

inmates graduate from San Fran- the mailroom officer at each fare poorly, TCRP reports. cisco State University. Now, a Texas Department of Criminal cation is on the list, the prisoner receives it. If it's not on the list, the mailroom officer, who may of his or her sentence. Credobjectionable content. If a pris- level felonies and have been ton's presidency, 20 years ago, the mailroom, the appeal goes to for at least two years. *The Pew* John Irwin, who had served five 5. Texas — According to a re- TDCJ's headquarters in Hunts- Charitable Trusts evaluated the port issued by the Texas Civil ville, Texas. Books that are crit-policy and found that in the first to 673 the total for his presi-

6. Missouri — In 2012, the 30 days for every full calendar month that an individual complies with the conditions its are available only to those Project Rebound to help former Rights Project (TCRP) in 2011, ical of the prison system tend to three years, more than 36,000 dency.

14

probationers and parolees rea result, the state's supervised population fell 18 percent, driving down caseloads for probation and parole officers. The law had no evident negative impact on public safety: Those who earned credits were convicted of new crimes at the same rate as those discharged from supervision before the policy went into effect.

a report showed that while the nation's juvenile incarceration rate was falling, Arkansas' was rising. In 2015, the Arkansas Democrat-Gazette published a series of investigative reports showing that juveniles were incarcerated for "skipping school, running away from home, disobeying their parents, drinking alcohol or breaking other rules aimed only at children."

ress on changes to the state's juvenile justice system, which includes preliminary work to

9. Washington, DC — President Obama continues to commute prison sentences for federal drug offenders. He is releasing some of the same people who were incarcerated during former President Bill Clin-The Washington Times reports. Obama commuted sentences for 325 inmates in August, bringing

grant from the Berkeley-based Justice (TDCJ) prison checks state created "earned complinonprofit Opportunity Institute all incoming books against a ance credits" that allow procould bring a similar program master list of books that are bation or parole to shorten by to California State University at deemed acceptable. If the publi-University system a \$500,000 or may not have a high school grant to fund the expansion of diploma, decides if the book has who were convicted of lowerer CSU schools, the OC Register oner appeals a decision made in under community supervision

10. Disco pop group

SQN worker Aly 59. Something you have

accident (Abbrev.)

or a Taylor Swift song

56. FX TV show The

57. Oct. story about

- 62. Unwell
- 63. Synthetic fiber from
- cellulose acetate or solution
- 65. You set this with people
- 68. University of Maine locale 72. Combining form of eye
- 75. Supermodel
- Campbell
- 77. Prisoners or Japan's staple
- 78. Valley in Argolis, Greece 79. Ocean movements
- 80. Tournament fence
- in the Middle Ages
- 81. Behave in a stealthy way
- 82. Quick, active, clever 83. An animal that
- comes before Lodge
- 84. You make this meet
- 85. Maleficent actress Fanning
- Down
- 1. SQN Oct. type of election 2. Type of lotion and singer Blacc
- 3. Fr. historian and essayist Joseph Ernest
- 4. Event for book authors 5. Herb that can be smoked or
- made into a rope or bag 6. Not good
- 7. Way to detect
- airplanes
- 8. Aphrodite's young
- lover 9. Type of wrestling
- in Japan

11. Structure you stand on looking out to the ocean 12. Auctioneer's vell 14. Supermarket

18

21

- savers
- 16. To vote in 17. Richmond bakery helping
- incarcerated 25. Ebony (Old Poet)
- 27. To quote 29. It can be a front-
- or a back-hand 31. Yokel, or
- someone living in the
- backwoods
- of something
- 33. His trail is on
- 34. Hostage locale during
- Carter administration 35. Assign one's share
- 38. Body swelling with fluid
- 39. Short for T-shirt
- 40. Impudent talk
- 42. Meditative physical
- exercise 45. Cities Santa of SoCal and W. El Salvador
- 47. CDCR's inmate regulating software
- 50. Yellow fruits resembling lemon but larger
- 64. Indwelling, guiding spirit
- 67. One of the five senses
- arms shield
- 69. Precedes bird, head, or road
- 70. City in S. Asian Russia on

duced their supervision terms by an average of 14 months. As

7. Arkansas — In August 2014,

8. Virginia — Advocates and state leaders are making progcreate community-based alternatives that offer support for children and families.

10 11

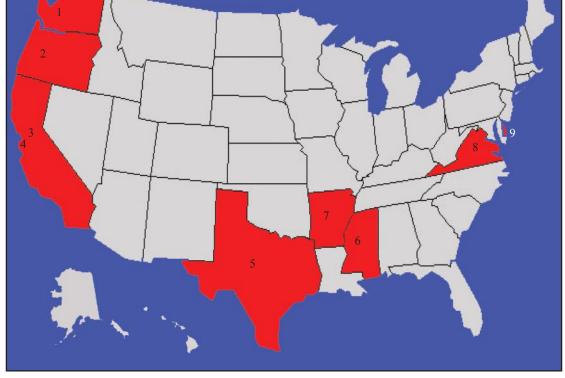
31 32 33 37 38 39 40 44 49 56 the formerly 58 66 77 78 80 81 82 83 84 51. "A Day Without Rain" 32. To punish by depriving artist 53. Notice of death 54. Visiting teaching Walkenhorst's tablet professors 58. Boxing brothers Klitschko country 60. Empire family 37. Person avoiding all others 61. Paleogene subperiod Epoch

66. Ford's first vehicle -T

- 68. Inner border of a coat-of-

LAST MONTH'S ANSW

- the Irtysh River
- 71. Brooklyn basketball team
- 73. Chem. syb. HB
- 74. Precedes land, park, and ridge
- 76. An island



News Briefs

November 2016

By Rahsaan Thomas

nal thinking and recidivism.

deputies told her. "They thought safety."

10 hours, six days a week.

RSVP had 68 fights.

"This is the most important program in San Quentin because it saves lives," said Aaron Martin, a mentor in San Quentin State Prison's Diabetic Pro-



neth Pogue.

Conmemoración del Día de los Muertos Nahuas, y Totonacas. Nuestros mejor conocida como "La Cala-

Por Taré Beltranchuc y **Marco Villa**

Una de las fiestas más populares en México es el Día de los Muertos. El origen de esta festividad puede ser encontrado en la época de los Aztecas, Mayas,

1 de Agosto, de acuerdo al calendario azteca, empezaban las a poco. festividades dedicadas a la diosa conocida como "La Dama de los Muertos". En nuestra época,



Ofrenda en la Colonia Roma de la Ciudad de México



Niños celebrando el día de muertos, en el Zócalo capitalino de la Ciudad de México

ancestros celebraban el Día de vera Catrina". Sin embargo, con los Muertos por todo un mes. El el paso del tiempo las tradiciones han estado cambiando poco

> En la actualidad, el Día de los Muertos es un día festivo nacional en todo México. La celebración tiene una duración de dos días. El 1 Noviembre se celebra "El Día de los Inocentes" o "El Día de los Angelitos" (dedicado a los niños y recién nacidos que han perdido la vida) y el 2 de Noviembre se conoce como "Día de los Muertos" o "Día de los Difuntos" (dedicado a los adultos que han fallecido).

Las festividades empiezan desde el 31 de Octubre. Existe una creencia que las almas de los niños fallecidos se despiertan a la media noche. Tradicionalmente los niños hacen un altar para invitar a los espíritus de los niños fallecidos a descender y disfrutar del manjar preparado en su honor. Los altares para los niños son adornados con fotografías, recuerdos personales, calaveras nechas de dulce, golosinas, juguetes, y dulces favoritos de os niños difuntos. Los altares para los adultos fallecidos están decorados con pan de muerto, cempasúchiles (flores autóctonas de un intenso color naranja que significa "veinte flores" en Náhuatl), velas, calaveras hechas de azúcar, botellas de tequila, mezcal, pulque o jarras de atole y en cada altar se coloca un vaso de agua que simboliza la plenitud de la vida.

Los familiares visitan las tumbas para ofrecer ofrendas y realizar vigilias. Los parientes de los difuntos dedican un tiempo considerable alrededor



Nancy Pérez en una Ofrenda regional del Estado de Hidalgo, México

del altar rezando y contando anécdotas acerca de los fallecidos. En algunos lugares, los familiares de los difuntos se co-flaca", etc. locan sonajas en sus vestiduras para que al bailar, el sonido de expresa tu solidaridad a la colas sonajas despierte a sus amados muertos.

La imagen de la calavera es mentos más memorables de tus el símbolo principal de esta celebración. Hoy en día se hacen juguetes, dulces, y todo tipo de por tus antepasados que han artesanías que recuerdan a la fallecido

muerte, llamada popularmente "la parca", "la calaca", "la huesuda", "la dientuda", "la

En este Día de los Muertos munidad, honra la continuidad de la vida, recuerda los modifuntos, pero sobre todo de muestra tu gran respeto y amor

Juan Gabriel, emblema de tenacidad

El 7 de Enero de 1950 nace en Páscuaro, Michoacán México, Alberto Aguilera Valadez, mejor conocido en el medio artístico como Juan Gabriel quien llego a ser el compositor, cantautor más afamado y talentoso en la música popular de América Latina. Sus contribuciones a la música en diferentes géneros como las baladas, rancheras, boleros, pop, música norteña, rumba flamenca, guapango, música chicana, salsa, son de mariachi, música de banda, y country dejaron una gran huella en el mundo latino, consolidándose como el artista mas constante y famoso en los últimos 50 años.

El camino al éxito no fue nada fácil para Juan Gabriel. A temprana edad tuvo que enfrentar muchas adversidades, pero la llave de su éxito fue su perseverancia a seguir el sueño de toda su vida, la música. Juan Gabriel fue el menor de 10 hermanos con padres campesinos; su madre Victoria Valadez Rojas y su padre Gabriel Aguilera Rodríguez a quien no conoció porque los abandono cuando Juan Gabriel tenía aproximadamente 3 meses. Tiempo después su madre Victoria se los llevo a v finalmente a Ciudad Juárez, Aguilera. Chihuahua. Cuatro años



Photo by : Ethan Miller/Getty

Singer Juan Gabriel

después, con tan solo 5 años de trayectoria extraordinaria, con para menores "El Tribunal", fue el enseñarle los amplios nivel mundial. conocimientos de música que poseía. Juan Gabriel decidió tenia a su maestro y amigo Juan Contreras; y adopto el nombre Apatzingan, luego a Morelia de Gabriel por su padre Gabriel

Juan Gabriel tiene una

edad Juan Gabriel ingreso a la mas de 1800 canciones escritas, escuela de mejoramiento social siendo sus composiciones traducidas a idiomas tan diversos donde permaneció ocho años. como el turco, japonés, alemán, En esta institución conoció a italiano, tagalo, griego, papia-Juan Contreras, maestro de mento, portugués e ingles, e hojalatería. Este hombre ense- interpretadas por mas de 1500 ño a Juan Gabriel a ganarse la artistas de todo el mundo, es el Europa. vida, pero el legado mas grande compositor mas interpretado a

Entre los temas rancheros adoptar el nombre artístico encuentran: "Se me olvido de Juan en homenaje y como otra vez", "Esta noche voy a muestra del gran aprecio que le verla", "Ases y tercia de reyes", v "Oue sea mi condena".

> relevantes de su carrera se popular". encuentran:

1977 su trabajo con Rocío plancha del Zócalo capitalino

de su música.

manos de la reina de España.

presentarse en el Teatro Griego de los Angeles.

1984 Su tema "Querida" permanece mas de un año en el torio Nacional primer lugar de popularidad en México y América del Sur.

y se coloca 7 meses en primer lugar de popularidad. 1990 Se convierte en el primer artista de música mexicana

ciudad de México. 1993 Record impuesto en el (Vegas Walk of Fame). Rose Bowl de Pasadena

1995, realiza 200 conciertos en un año por toda América y liar carisma en el escenario, su

1996 Se presenta por primera vez en el festival de viña del Gabriel realizo obras destina-Mar, realizando el concierto de mayor reconocimiento se mas largo en toda la historia desarrollo a niños desafortunadel festival, 3 horas con 40 dos. Fue benefactor de más de minutos

1997 Segunda presentación gados en una escuela creada en en Viña del Mar, se le otorga 1987 en Ciudad Juárez, Chi-Entre los logros mas el premio como "Artista más huahua, que lleva por nombre

2000 Se presenta en la

2004 Canta por más de 5 horas en el Zócalo de la personas.

2005 Efectuó conciertos por 14 noches continúas en el Audi-

2006 Realiza 24 presentaciones en el Auditorio Nacional de 1987 Lanza su disco "Debo la Ciudad de México para celhacerlo", rompe record de venta ebrar sus 35 años de trayectoria musical

Debido a su impresionante trayectoria artística, Juan Gabriel fue Galardonado con una en cantar acompañado de la estrella en el Paseo de la Fama Orquesta Sinfónica Nacional en de Hollywood (Hollywood el Palacio de Bellas Artes de la Walk of Fame) y otra en el Paseo de la Fama en las Vegas

Juan Gabriel fue y siempre será recordado por su pecucontribución a la música y por su espíritu humanitario. Juan das a ofrecer oportunidades de un centenar de menores alber-Semjase.

> -Taré Beltranchuc y Marco Villa

Durcal con discos rancheros, ante más de 350,000 personas, naciendo así la mejor interprete celebrando la entrada del nuevo milenio 1980 Recibe los honores de 1981 Primer artista en ciudad de México ante 120,000

How Restorative Justice transforms offenders

Staff Writer

Taking 62 violent prisoners, putting them in the same dorm, and requiring them to participate in a Restorative Justice program sounded to Sunny Schwartz like a good way to stem their crimi-

"You don't put 62 violent men in a open dorm," Schwartz said

it would compromise officer Schwartz used the Restorative Justice (RJ) model to create The

Resolve to Stop the Violence Project (RSVP) in the San Francisco County Jail. It is a mandatory program that requires moving violent men into a dorm for

The project began with 40 "strange bedfellows." Yet Schwartz reported that there were no fights the first year, while other dorms without

She also reported seeing a Skinhead become friends with a Black man. The Skinhead also attended an event inside a synagogue where he apologized to the Jewish people, who applaud-

ed him afterward.

"I never thought I'd live to see someone, who identifies with Nazis, apologize," Schwartz said an old man told the former Skinhead.

Schwartz said, "Restorative Justice has three parts: offender accountability, the voice of the victim and community involvement.

Without all three components, it isn't Restorative Justice," she added. "We need to build a community that eats together, sleeps and programs together."

She also noted that 80 percent of the men she interviewed for the program were victims of violence.

"Everybody is hungry to do things differently and bring sanity," said Schwartz.

When asked about whether the program being mandatory is a good idea, Schwartz noted that the deputy sheriffs didn't think it was fair.

"They force people to cough and squat, but it's inhuman to tory. stop their violence," Schwartz said. "It works."

The 27-year veteran of the justice system spoke on Sept. 10



Sunny Schwartz

ative Justice Symposium inside San Quentin State Prison before about 60 incarcerated men and 20 outside guests.

"I haven't met a Democrat or Republican who hasn't responded to the idea that what we need to do with prisoners is get them to hold a mirror up to their behavior and their lives, not kneel on pebbles," Restorative Justice Facilitator Dwight Krizman quoted from Schwartz's book, Dreams from the Monster Fac-

She said she worked in the San Francisco County Jail while attending law school and noted, "This is a monster factory; of her experiences at the Restor- they (incarcerated people) are side the wall," said Krizman.

getting sicker, not better," said "What we do here is really pow-Schwartz. "I wanted to get as erful. The state of Colorado has many people out as I could."

The former remedial student passed the bar exam on her second attempt and became a lawyer. However, in 1989 she decided to return to the SF county jail to work for former Sheriff Michael Hennessey. He "allowed us to bring people inside. He didn't want another warehouse." Hence, RSVP was born.

San Quentin resident Romeo responded during feedback that "it is so easy to punish someone for committing a crime. It makes you angry. Naturally, you want to punish the person. But if I sit back and have some empathy ---ask what is the unmet need...If I can understand that, maybe I can prevent it from happening to somebody else. I think that's what Restorative Justice is all about. Not looking at the crimes but what made the person commit those crimes."

Krizman noted that the Restorative Justice group inside San Quentin began in 2004 and is having an effect on society.

"There is a connection between us and what goes on out-

picked it up. Oakland School District uses RJ as part of their conflict resolution. In many cases it has started here, because some of us have gone home and continued the work."

Guest Dennise Gipson said, "I can't wait for a lot of you guys to come home....because we could really, really use you.'

Schwartz said, "Our culture and dignity depends on the work you are doing inside. What we are doing is changing our generation for many years to come."

Darnell "Moe" Washington noted the difference RJ has made for him.

"I used to say this rehabilitation is killing me; now I'm making origami butterflies," Washington said. "I've been restored, and it happened in RJ."

RJ participant Wyatt McMillian said, "I grew up in a household with a lot of abuse toward children. I didn't learn how to be a man until 2008. When I tell my story to outside guests. I get something I never had, and that's empathy.'

The event was hosted by resident Mike Webb.



By Emile DeWeaver Staff Writer

almost killed him.

I didn't know what was going

for 40 graduates with a per- how he went into a diabetic sonal story about how his lack coma, how his blood sugar used of knowledge about diabetes to be extremely high, but now, with the education he received "When I came to the pro- from the program, his blood gram, my vision was blurry, sugar remains at a healthy level. "Who knows where I'd be if I

gram. He opened the ceremony on," Martin said. He described hadn't taken this class," Martin told the 40 graduates. "Using the information [taught by the diabetic program] changed my life. I know how to survive on mv own.'

The program not only teaches graduates how to survive, it also equips them to help others. Jeffrey Ratchford said that he was able to save two people's lives with the knowledge he'd gained.

Ratchford explained that once he was watching another man-in-blue play a card game, and the man was sweating and showing signs of low blood sugar

"He kept saying the same thing over and over," Ratchford said. "I asked him if he was diabetic. He said 'yes,' so I reached in his laundry bag and found his kit. I put it together like they taught me in class, tested him, and found his blood sugar was 39 and dropping." Ratchford no- play roles in health. The most tified an officer who took the di- important thing I've learned as abetic man to the hospital where Chief Medical Executive at San he received treatment.

"I feel great about this program," Ratchford said. "There's care of themselves. You guys are a lot of programs here, but how many of them give us something that we can help someone with right now?"

As part of the graduation ceremony, Martin honored the program's volunteers by presenting them with bouquets and certificates of appreciation.

"I regularly feel inspired by the people in the program," said volunteer Erin Walsh. She said she draws inspiration from mentors and students and uses the inspiration to make changes in her own life.

Other honored volunteers Tootell. Nine mentors also re- an incarcerated person's medition. Then the 40 program grad- 454-1460, Ext. #3457.

uates received their awards.

"I took the class just thinking about everyday health problems while incarcerated," said Timothy Young, one of the graduates "There's just some stuff we all need to know. There are tools in this class that everyone needs, tools we need to teach our families." Some of the tools Young described are carb counting, ingredients of a healthy diet, and exercising.

After the graduates walked across the stage with their certificates, volunteers and San Quentin administrators spoke in appreciation of the program and the people in it. Speakers included Dr. Tootell, Walsh, Flemming, and Community Partnership Manager Steve Emrick.

"The majority of your ability to heal resides in you," said Dr. Tootell, addressing graduates and mentors. "It's not about pills and injections – though both Ouentin is that people here are so much more motivated to take doing things here that people on the outside just aren't willing to do '

"Thank you for giving me the satisfaction that keeps me coming to work," Dr. Tootell continued. "I see the work you're willing to do for your own health, and that makes me want to be here working with you."

Dr. Tootell emphasized that having good health begins with obtaining good information.

Readers outside of prison who are interested in medical information about a friend or family member in San Quentin can bewere Kimberly Bailey, Sha- gin the strictly regulated proceron Flemming, and Dr. Elena dures governing the release of ceived certificates of apprecia- cal information by calling (415)

Healthcare staff awarded for treatment of Legionnaires outbreak



PIO Lt. S Robinson, Shannon Garrigan and Dr. Alison Pachynski at the ceremony

By CDCR

"In September 2015, San for the actions of primary-care providers. Less than two hours Undersecretary of Administra-

Undersecretary Pogue pre- Prison. sented a team of 16, Dr. Fernand

vid, Dr. Shannon Garrigan, Dr. causes; Ouentin experienced an out- John Grant, Dr. Doreen Leighbreak of Legionnaires' disease. ton, Dr. Jenny Espinoza, Dr. It could have been deadly to the Alison Pachynski, Dr. Michael Rahul Vanjani, Dr. Lisa Pratt, Chief Medical Executive Elena after noticing a marked increase Tootell, Nurse Practitioners Inin pneumonia cases among pa- grid Nelson and Peggy Hanna, for successfully combating the tion and Offender Services Ken- outbreak of the Legionnaire's Pogue. disease at San Quentin State

Undersecretary Pogue said Citations.

Alvarez, Dr. Denise Reyes, Dr. that the care providers, "im-George Beatty, Dr. Clarene Da- mediately researched possible

They established a working diagnosis and set parameters for treatment, and they began ag-5,400 inmates and staff if not Rowe, Dr. Daniel Smith, Dr. gressively treating patients with antibiotics to halt potential exposure."

"These clinical staff members contained the outbreak, tients, these staff exchanged with the Health Care Services and saved the lives of inmates their clinical suspicions," stated Professional of the Year awards and staff. Thank you all for your actions," said Undersecretary

> He also announced that the team is being honored with Unit

The hopeful resilient human spirit behind bars

By Juan Haines Senior Editor

Zek: An American Prison Story (2016), by Arthur Longworth, captures the tedious and mundane, the miserable and disappointing, the irrational and vicious aspects of doing time behind bars. But it also offers keen assurance that, in spite of these highly toxic dynamics, the resilient human spirit retains the ability to hold on to a hopeful attitude. Zek, a Russian reference to a prisoner, is an authentic chronicle about incarceration.

Longworth is a state-raised novelist who entered the Washington state prison system at age 21 with little education. He is a masterful storyteller who brilliantly brings to light the universal oppression of a penal state.

Zek has been banned from Washington state prisons, according to Marc Barrington of Gabalfa Press, the book's publisher. Prison officials claim the cover is a shot of a Washington state prison, but Barrington claims it's not. Also, even though

By Angelo Falcone

Journalism Guild Writer

November. Thanksgiving Day

is one of the holidays that most

men in blue especially miss cel-

"Asked on the Line" made

random informal inquiries of

mainliners and asked: What

do you love to eat for Thanks-

giving Day? Before you were

incarcerated, when, where and

with whom did you celebrate

Thanksgiving? At this moment,

what or for whom are you most

thankful for having in your life?

"Turkey drumstick (leg), candy

yams, collard greens, ox tails,

potato salad, mixed vegetables

and an assortment of pies and

cakes. In 1988, I was in Ontario, California, with my then com-

mon-law wife and our four sons.

With us were her grandparents,

mother and siblings and one of

Anthony "Habib" Watkins:

ebrating with their families.

Barrington claim Zek is fiction, prison officials claim it presents true events. Finally, prison officials claim Zek portrays staff as compromised in some way.

Book Review

humanity — most fundamental-

ly: how can we (the free person,

the incarcerated, the innocent,

the guilty, or the judge and jury)

To these people, they were

not human beings. Less than

animal even. They did not pack

animals into zoos like they were

packed into these cell-houses.

And if animals were in over-

crowded conditions, they were

not shot when they got into a

Zek captures the reality of be-

ing a prisoner from the mindset

Jonny realized the guards

He was conscious that there

were many ways in which he

had been trained like a dog

had control of them down to a

of Zek's protagonist, Jonny:

treat each other this way?

From page one, readers are immersed in a world so detached from normality that its storyline seems almost too Hollywoodinspired. However, as someone who can follow what's happening, point-by-point, I see that Longworth's detailed fastpaced, yet mind-numbing, survival story includes every essential characteristic of prison life whether in Washington state, California and even Russia (according to Aleksandr Solzhenitsyn's One Day in the Life of Ivan Denisovich). Close reading of Zek is a mandatory assignment for free people who want a stark reflection of the mindset of a prisoner

In crafting Zek, Longworth raises critical questions about

Citizens who have never ventured behind bars but are nonetheless concerned about the criminal justice system may find Zek a fatiguing read. However, it is important to read on to the book's end. Knowing that boredom is the curse of civilization arouses our understanding that humanity only thrives and progresses by constantly accepting new ideas about what a good society looks like. A universal truth; we all want better for the next generation.

You can't lose hope, Jonny said. Sometimes things in here seem bad, but there's always hope it can get better. You don't know what's going to happen. Twenty years from now we might have a governor who will give you clemency. You can't lose sight of that. It's how to get through this. Some days are

am most thankful for family." thankful for my Lord and Sav-R. Mohamed: "Turkey and ior, Jesus Christ, who died on dressing. Before incarceration, the Cross at Calvary not only on that day, I was with everyone for my sins but for the sins of I knew and could see. At this

the world." moment, I am most grateful that Daryl Hill: "Turkey, collard my supervisor, Grossi, treats greens, rice and gravy, stuffing, sweet potato pie and biscuits. Alex Ross: "Turkey for sure! Before my incarceration, I cel-Cranberry sauce, coleslaw and ebrated Thanksgiving with my fresh fruit. Before incarceramom, sister, wife and kids. I am tion, I was with all six of my sismost thankful for God and my ters, my brother, my mom, and family.

Lorenzo Romero: "I love turkey. With potatoes, pumpkin pie, stuffing and real ice cream. From 1985 to 1999, I spent Thanksgiving in San Bernardino, Calif., with my wife, two sons and family. At this time, I am grateful for the 'real' people God has put on my path and my grandmother's house from journey and for my cell partner about 3 p.m. to midnight. I am who has been a loyal friend."

THE MONTH OF NOVEMBER

• November is the fourth of four months in a year with 30 days. This year, November has five Tuesdays and five Wednesdays.

• Daylight Saving Time ends on Sunday, Nov. 6; Election Day is on Tuesday, Nov. 8; Veterans Day is on Friday, Nov. 11; and Thanksgiving Day is on Thursday, Nov. 24.

• For Canadian Nationals, Remembrance Day is on

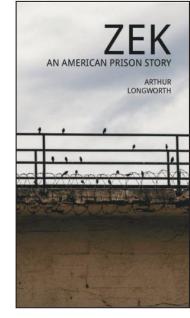
Friday, Nov. 11. • For Mexican Nationals, Revolution Day is on Monday,

Nov. 21.

• For Christians, All Saint's Day is on Tuesday, Nov.1; the Commemoration of all the Faithful Departed or All Soul's Day, is on Wednesday, Nov. 2; the Memorial of Saint Martin de Porres is on Thursday, Nov. 3; the solemnity of Christ the King is on Sunday, Nov. 20; the First Day of Advent is on Sunday, Nov. 27; and the Feast of Saint Andrew the Apostle is on Wednesday, Nov. 30.

• According to the World Almanac, November is National AIDS Awareness Month, National American Indian Heritage Month, National Adoption Month, American Diabetes Month and National Peanut Butter Lovers' Month.

• There are two astrological signs in November: Scorpio, the sign of the Scorpion (Oct. 24 to Nov. 21) and Sagittarius, the sign of the Archer (Nov. 22 to Dec. 21). • According to the Jewelry Industry Council, the November birthstone is the topaz.



Longworth exposes many of the systemic complications embedded in the penal state, such as its structural/institutional racism and that its criminogenic effect on the incarcerated ensures a high recidivism rate with those returning to prison for an increasingly more serious and violent crime

November 2016

By Juan Haines

toward self-discovery. Selves).

The Marshall Project. sented disturbing images.

in 2015

shall Project reporters.

Many states are now considering laws that would strip gun rights from anyone who has been convicted of a domestic violence-related crime or is un- the most agreement between AP. der a court-imposed protective the gun lobby and gun-violence order, The Associated Press reports. Driving this are the many

report says.

the report.

"An average of 760 Amerisays the AP.

Asked On The Line Every year, Thanksgiving lands on the fourth Thursday of

and for a family that continues to support me in this endeavor, as well as for Patten University and a handful of prisoners who support me.

Corey McNeil: "The traditional stuff. On Thanksgiving Day, [before incarceration] I was at home with family and friends. I am thankful for my health and for my family and friends who are supporting me during this time."

Ruben Ramirez: "Everything and anything. I like to experience new tastes and sensations so that maybe I can incorporate those flavors in my own recipes someday. I used to do all the cooking for Thanksgiving. I enjoyed cooking everything

am thankful for the Most High that I have surrounded myself with throughout the years, and I am thankful that I continue to have positive support from my people outside."

Antonio Manning: "Turkey, dressing, peach cobbler and cranberry sauce. Before incarceration, I would celebrate at my grandmother's house with family members (uncles, aunts, brothers, etc.). I am most thankful for God's grace in my life at this moment and for my dad who has loved me unfailingly."

David Rodriguez: "Turkey. Whichever family I was with. Jesus Christ.

Jerome Watts: "Fried turkey, ham, stuffing with cranberry sauce, pecan/pumpkin pie and potato salad. Before incarcerafrom the main course to des- tion, I was usually with family my sisters with her children and sert. It was a labor of love for at my grandmother's home. I

Law enforcement group back proposed sentencing guidelines

By Thomas Gardner Journalism Guild Writer

A coalition of law enforcement officials and civil servants has voiced strong support for legislation that addresses sentencing guidelines at the federal level, says a report by A.J. Vicens of Mother Jones.

The coalition is known as Law Enforcement Leaders to Reduce Crime and Incarceration and consists of more than 160 police chiefs, sheriffs, district attorneys, federal prosecutors and attorneys generals, who have coalesced around criminal justice system reform, the report says.

"The Sentencing and Reform Act of 2015, sponsored in the Senate by Sen. Chuck Grassley

(R-Iowa), would reduce federal mandatory minimum sentences law enforcement community for some gun and drug crimes and social justice activists. and would make it possible for federal prisoners to earn credits for completing rehabilitative programs while incarcerated and reduce their time behind bars," says Mother Jones.

"A similar measure spon- ports. sored in the House by Rep. Bob Goodlatte (R-Va.) also addresses some of these problems," Vicens reports

Specifically at issue are policies that would create "comof force, Vicens says.

Following the 2014 killing of Michael Brown by police in Fersystem has been the subject of values.

continuing conversation by the

The prominent group of activists known as Police Use of Force Project, along with its affiliate group, Campaign Zero, is calling for a thorough reform of policing in America, Vicens re-

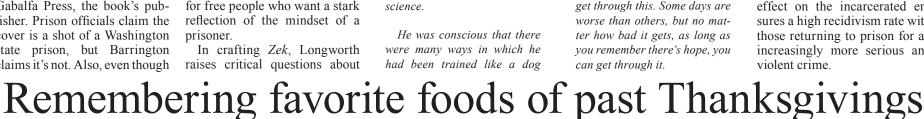
"In many police departments life preservation is not the primary objective, and many do not require officers to de-escalate situations where possible," Vicens says. Officers are often mon-sense" limits on police use permitted to "choke or strangle" civilians, he adds.

According to the Use of Force Project, police policies often guson, Mo., the criminal justice don't match their publicly stated

all of our kids. I am most thankful for God and my family." Eddie Hollingsworth III:

"Macaroni and cheese that is 'homemade'! Fried perch and catfish, along with 'homemade' mashed potatoes and gravy, coleslaw and biscuits. I was with my entire family at

me like a human being.'



some of her grandchildren. I me. I am thankful for everyone

fight.

science

ROOTS graduation offers multicultural self-discovery

Senior Editor

Animated and rhythmic drumming captivated an audience of about 75 prisoners and a dozen Bay Area community members during a Sept. 18 graduation ceremony for a program designed to guide multicultural prisoners on a path

Several skits and comedic acts brought lots of laughs at the ceremony for ROOTS (Restoring Our Original True

on confusion the prisoners felt as immigrants because of their challenges of adjusting to life behind bars.

Within minutes after the acts, the testimony by an apologetic Tran Vu had the front row of Bay Area mothers, grandmothers and volunteers in tears

Vu talked about the healing power he received during a telephone call to his mother. "Very rarely does a mother or father in my culture tell

The performances centered children 'I love you,'" Vu said. entertained the audience with No Self; Know History; Know "The way love is shown is by providing food on the table Eastern culture, along with the and clothes on our backs. It's amazing how one simple expression could change an entire life. Just hearing a parent say 'I love you' could be a lifechanging moment."

After the telephone call, Vu said he's dedicated himself to being a better son.

"To be worthy of her love, I need to live life with a positive attitude so I could be with her," Vu said.

Upu Ama and Jonathan Chiu

comedy based on Asian-Pacific Islander (API) culture.

Ama made light of having an athletic look, but actually being a well-read Shakespearean actor who loves playing the ukulele. His quick-witted jokes about API stereotypes found on television and clowning about fast-paced technology creeping into prisons were hilarious and exceptionally fresh.

Chiu followed Ama by finding humor in the ethical strictness found in Asian culture. His roasts about family, fathers, driving, stereotypical gibes about math, and sexuality in prison kept the audience laughing.

The Taiko drummers, led by Kasi Chakravartula, call themselves The Silver Foxes.

The drumming was intensified by its contrast to the gentle sounds coming from Japanese flutist Peter Yung. Yung's serene performance heightened the deep pulsating beat coming from all parts of the drum, including its rim and the buttons fastening the drum skin.

Drummers danced back and forth between their instruments as they pounded them with rhythmic motions that included chants and laughter. which brought whoops and applause from the audience.

After the performance, Yung explained the difficulties of tuning his flute. It has to be tuned from the inside-out, "which is a great metaphor," Yung said, for how ROOTS participants learn about themselves.

"From the bottom of my heart and soul, I was lost and confused," said graduate Moua Vue. "When I came to ROOTS and my own people supported me, I woke up. It didn't matter what I did in the past; ROOTS motivated me and gave me the compassion that 17 years ago I didn't get."

The guiding principle behind ROOTS is "No History; nity. Take a stand for family."

Self." Its participants work "toward developing self-awareness and understanding how to be a productive member of one's community," said lead facilitator Phoeun You.

"This group gives me guidance to understand all races, not just my own"

You added, "By going through the ROOTS curriculum, individuals are able to understand how they developed into the person they are today and put their current circumstances into context. It helps the men see the truth of who they are and how they got to prison

Graduate Lee Xiong said, "I learned a lot about my history. ROOTS has given me a platform about Laos and Cambodia and how it played in my life. I will continue to try my very best

"This group gives me guidance to understand all races. not just my own," graduate Anthony Banks said.

ROOTS facilitator, Damon Cooke, said, "It's hard for men in prison to express themselves honestly. The results are a testament to the volunteers who come in to give us a platform and space to learn who we are. It is essential that we do know who we are and where we come from — learning how to clear the smoke and get to the core of a problem.

You added, "We all need one another. Bearing witness in what we do in ROOTS should inspire everyone to take a stand together. Take a stand for peace. Take a stand for commu-

Stanford researchers mine racial traffic stop data

By Thomas Gardner Journalism Guild Writer

Researchers at Stanford University are collecting data to determine whether race plays a part in motor vehicle stops by police, says a recent report by This comes at a time of na-

tional debate about the way law enforcement responds to minorities. In the past few years there have been an alarming number of videoed traffic stops that pre-

In one such case, a video shows the arrest of Sandra Bland, an African-American woman who hanged herself in a jail cell after being stopped and booked by a Texas state trooper

"We think there are issues, but nobody is minding the chicken coop," American Civil Liberties Union (ACLU) in Montana representative Jim Taylor told Mar-

"Bland's case and others have spurred calls for more reliable information – everything from police videos to data logged every time someone is pulled over – because traffic stops are one of

the most common ways mem- ists, the way that it is collected and analyzed varies from state bers of the public interact with the police," the report stated.

Under the project named Law, Order, & Algorithms, the Stanford researchers are now doing the hard work of bringing all of the available information together into one database. The goal is to make all the existing traffic stop data accessible for journalists and academics.

> one of the most *common ways members of the* public interact with the police"

In California, state and local police agencies are now required to submit annual "stop data" reports to the attorney general pursuant to legislation signed by Gov. Jerry Brown last year. (The first reports should be available by 2018.) According to Marshall Proj-

ect, currently, where data ex-

to state. Factors such as race. whether or not a ticket was issued, and whether or not an arrest was made often determine whether information is recorded Some states collect informa-

tion but do not compile the data or analyze it. One state (Maine) collects information on paper only. Other states admitted not knowing whether or how data was collected, according to the report.

"Without knowing who is stopped by whom and why, understanding how police can improve their interaction with minorities is difficult," the report stated.

The Stanford researchers with support from the Knight Foundation – will be assisted by journalists to gather and analyze as many as 100 million traffic stops across the United States.

The research project coincides with the Obama administration's newly enacted Police Data Initiative which studies ways to improve community policing, particularly in diverse

States considering taking guns away from domestic abusers

By Thomas Gardner Journalism Guild Writer

instances where women and children have been killed or wounded by known abusers, the

Statistics show that hostile relationships sometimes turn deadly when coupled with the presence of guns, according to

cans were killed with guns by spouses, ex-spouses or dating partners between 2006 and 2014," according to FBI data covering all states except Florida and the District of Columbia,

there is rare consensus among tiation, the report adds. lawmakers and governors in support of restrictions against known abusers, the report points out.

nitely an area where there is prevention advocates," said Allison Anderman, staff attorney with the Law Center to Prevent Gun Violence in San Francisco. savs AP

strengthened their laws to keep too broadly, the report adds. firearms out of the hands of domestic abusers, and similar are being debated this year, the report says.

The country's strongest gun rights lobby, the National Rifle Association (NRA), has shown some willingness to establish compromise. Although they've While the issue of gun rights tral on others, and also have page, the report details. remains highly contentious, participated in rounds of nego-

"There is no evidence that simply taking away people's guns without a fair hearing makes the victims any safer," Mortensen said, according to

Many who consider themselves responsible gun owners worry that legislation being proposed "could be exploited by vindictive ex-spouses who level false allegations of abuse," Over the past two years the AP says. There is a feeling more than a dozen states have that the laws would be applied

But for Hollie Ayers, a Pennsylvania woman who three proposals in several other states vears ago witnessed her 2 $\frac{1}{2}$ year old son shot and killed in front of her by her abusive exhusband, the proposed restrictions are of common sense necessity. "This is a no-brainer to because of domestic violence me," she says.

Ayers, too, was shot in the leg opposed the farthest-reaching and face, and her ex-husband measures, they've stayed neu- killed himself after the ram-

Although Ayers had obtained

a permanent "protection from abuse" order against him, the ing guns. judge did not include stipulation that her ex-husband surrender his weapons, even after often match and in some cases "Domestic violence is defi- NRA spokeswoman Catherine he violated the protective order, exceed federal law restrictions. the report says

"The system failed my son, and I'm going to do whatever it takes to make sure it never happens to another child or another woman," said Ayers, who is now pushing for a Pennsylvania law that would require people to turn over their guns when judges issue protection orders against them, AP reports.

The federal government is assessing the problem as well. President Barack Obama started 2016 off by strengthening the federal background-check system, which has denied gun sales 120,000 times since 1998 convictions, says AP.

Under federal law, all felons, anyone convicted of a misdemeanor domestic abuse crime a life ban on gun ownership for and individuals subject to per- the most serious violence ofmanent protective orders are fenders, AP reports.

prohibited from buying or own-

States, however, have been enacting their own laws that Gun control advocates are de lighted over this, the report says

Yet there are clear signs of compromise concerning what is certainly a divisive issue. As evidence, "South Carolina and Wisconsin are two states dominated by Republicans and with a strong tradition of gun ownership that have taken steps to restrict abusers' access to guns," savs AP.

Wisconsin governor Scott Walker signed a law in 2014 requiring that people who are subject to domestic abuse restraining orders turn over their guns within 48 hours, AP adds.

And South Carolina Governor Nikki Haley signed a measure in June 2015 that includes

"...traffic stops are

By Rahsaan Thomas

Sponsor Frank Ruona. "You

It became clear Taylor would

break the 24 1/4 in three-hours

record set by Lorinzo Hopson

in 2012, when he passed the 23-

mile mark with 21 minutes left

in the run. Hopson was 58 when

Taylor completed 25 3/4 miles,

just missing completing a mara-

he set the record. Taylor is 43.

thon in the allotted time.

to show up on race day.'

By Marcus Henderson

them away 21-6.

coach.

hall

"It's about unification, recon-

By Rahsaan Thomas

in the United States. Kaepernick, who is mixed

are improvements.

it for their own reasons.

In an offensive shoot-out, the San Quentin All-Madden flag football team fell to the visiting Chosen Christian Sports Ministry, 46-39. The All-Madden mounted a fierce comeback, pulling to within one point of the Chosen

at 40-39. With 2:30 left in the game, the Chosen did not settle for running out the clock. Quarterback Adam Perez put a string of short passes and run plays together that set-up his premier receiver Andre Jackson. Jackson shook his defender and caught a 25yard fade away touchdown pass to the corner of the end zone to

seal the win. "We have been doing that play since we were kids in high school," said Perez. "I'm proud of how these guys have stuck with this program; we have been coming here since 2010.

Staff Writer miles, my quads starting getting sore," Taylor said. "I completed Incarcerated runners strugthis race for my daughter." gled through their cramped legs, Ruona also predicted Keyes aching quads and dizzy spells to would break Hopson's 60-Andcomplete a three-hour race on Over Three Hour Run record. the San Quentin Lower Yard. Keyes did by completing 20 1/8. Markelle Taylor and 69-year-old

"It only means something if it Mike Keyes both broke 1000 is an inspiration to the younger Mile Club records while doing guys," Keyes said. "Through an elder's eyes they can see a "Some days just aren't your glimpse around the corner and days," said 1000 Mile Club prepare for it."

Keyes said he runs as a tribute never know what body is going to his father, who had spinal issues

> Tommy Wickerd completed the race after having given three vials of blood at medical that morning. Wickerd got a dizzy spill after running 15 miles. He past. walked it off, then continued to finish 18 1/4 miles.

"I had a lab ducat, but this is give your blood on a race day.

"It felt good, but at 23 1/4 You train so hard for this one day, and a lab ducat throws your whole game off."

1000-Mile Club members endure three-hour run

He says that he trains so hard because running a marathon is a major accomplishment. His goals are to complete a marathon and get his GED this year.

Eddie Herena ran for one hour and 40 minutes, completing 12.5 miles, leaving Chris Skull, who was already at least 20 seconds ahead, firmly in second.

"I wasn't prepared. I didn't train because I became a newsroom bum," said Herena, the photographer for San Quentin News. "It had nothing to do with Chris. It's about how I felt."

Herena still supported Skull by passing him water as he ran

"He's my teammate; that's what we do," Herena said.

With about 30 minutes to go, a lesson," said Wickerd. "Do not Skull's legs cramped up, but he refused to quit.

ing stagnant," said Skull. "Ei- I do it," Rumon joked. ther you are moving forward or ci complete 13 1/2 miles in the going backward, and I'm going forward." Skull completed 22 1/8 miles,

"There is no such thing as be-

securing second place. "You got number one in the non-Markelle division," joked

community volunteer coach Kevin Rumon. Rumon has still come into the prison to support the 1000 Mile Club while battling throat cancer over the last year. For this race, he kept track of runners'

laps as they went past. "This is an entirely selfish process with me," Rumon said. "You look forward to getting out; I look forward to coming in here. It feels like I'm making a difference.'

"Wake up Kevin," yelled runner Lee Goins as he went by, to make sure he received credit for another completed lap.

Trailblazers include new

Bittermen improves record over .500 against SQ Kings

Ted Saltveit has been bringing basketball teams into San Quentin to play the Kings since 2012. He has never had a winning season until now. A sweet 77-61 victory, with two games left in the season, assured his team an over .500 winning percentage.

"I want to win the season series," said Saltveit before the game. For the last few seasons, winning two games was about the best the Bittermen team achieved. But for the 2016 season, Saltveit started bringing in a second team called the Trailblazers. The two teams combined forces, and their record, with two games left, is 8-6 over the Kings over-40 basketball team.

"Ted just needed time to build his program, get his phi-



Bittermen Mark Stapp dribbling at King defender Marvin Cosby

losophy together and trust the Brian Asey responded, "Ted's process," said Bittermen Mark Stapp Kings

been recruiting, and he has youngsters that really got his General Manager team where they're at.

Ashcraft-Williams, who played for Washington College in St. Louis. Mixing them with the Bittermen's veteran players Stapp. like Timmy Hall, Stapp, Tom been successful.

defense, making nine 3-pointmade three; Stapp, Hall and Brown. Saltveit landed two each; and Ashcraft-Williams dropped one

"How is Ted making all referee Willie "Butch" Thompson. "He's looking like Steph Curry right now.

ACL injuries he received while falling down a ladder on the USS Roanoke. He said he runs as an act of atonement for the harm he caused in a head-on car collision "I do it because my victim,

Jordan Callison, is in a wheel chair and he can't," Bucci said. Chris Schuhmacher completed 15 miles.

November 2016

"See, it's that love; that's why

Military veteran Nicola Buc-

three hours, despite having old

"Fifteen miles is 11 away from the whole marathon,² Schuhmacher said. "It was warm. I'm hoping the day of the marathon is a little cooler."

Schuhmacher pushed himself through the heat because

he likes running with the team, and he likes pushing himself to be a little better than he was before.

The Bittermen's shooting players like Ryan Steer, Will earned a 45-33 halftime lead Wheatly, a former semi-pro with 27 points coming from

player, and 32-year-old Ian behind the arc alone. "We just take what the defense gives us, just like the Golden State Warriors," said

"Can't fall in love with the Tunny and Todd Simms, has three," Steer reminded him.

In an Oct. 8 game, the Bitter- cled around mid court to hear men out shot the Kings' zone someone give an inspirational talk. For the Oct. 8 game, it ers in the first half alone. Steer was equipment Manager Jeff

ups and down," said Brown. those three-pointers?" asked ain't over; we have college and NA."

termen closed out the victory, losing record this year.

first time," said Saltveit.

Hardy added, "Everybody has are winning – the game is just something to do, something to bring us together." -Rahsaan Thomas

Sports Stats

Basketball

	Daskelball	
	Avg. Pts. Per Game (As of Oct.10)	
	Warriors	
	Allan McIntosh	18.2
	Harry "ATL" Smith	14.5
•	Tevin Fournette	14
	Anthony Ammons	10.71
;		
:	Kings	
	Oris "Pep" Williams	
	Demond Lewis	
	Thad Fleeton	8.615
-		
	Green Team	
	Air Warmerdam	
	Evan Fjelds	
	Chris Blees	
	Johnas Street	
	Pat Lacey	
•	Remy Pinson	
	Kyle Fowlers	10.3
	Imago Dei	
	Jon Williams	
	Teohn Connor	
'	Steve Diekman	18
	Trailblazers/Bittermen	
2	Ryan Steer	21 4
	Will Wheatley	
	Mark Stapp	
	Ian Ashcraft-Williams	

SQ All-Stars sweep season finals

By Marcus Henderson Staff Writer

With a ninth inning comeback and a hard-fought second game, the San Quentin All-Stars baseball team swept the Bay Area Barons and the Alameda Baseball Club. It was the final two games of the season.

beat the visiting Barons 10-9.

In the late game, the Alameda Club fell 5-1. "This was a good way to

end the season," said Anthony "Sadiq" Redwood. "With a comeback and a win. This is the first time a lot of us played together since we blended the teams. I think next year we will gel more."

The All-Stars went 15-11-3 for the season.

The red-hot Barons appeared to have the game wrapped up going into the ninth with a 9-4 lead. But getting around the All-Stars big hitters Cleo Cloman, Anthony Denard and David Fraire proved a task.

Cloman singled and stole second. Denard smacked a line

to close the lead 9-6. Trevor Bird was hit by a pitch

bases. Branden Terrell and Paul "Moose" Crowder both singled in runs

Barons' relief pitcher Rob Eifer could not find the strike zone and walked in two runs, giving the All-Stars the win.

Paradis. "They never say die; they fight to the end and they appreciate what they have. That help drives my own passion for the game.

Baron Eric Williams added. "Nobody is an inmate or outsider here. We're all ball players. This is only a stop for most of them and this program helps men and not just cons."

The Barons scored five runs in the first with three consecu- lead. tive walks and a two-run single from Mike Kremer.

All-Star pitcher Gary "Cool Aid" Townes continued to struggle and the Barons took advantage, loading the bases.

lowed with a double and an RBI Conner Nannini and Paradis we had back and forth.'

that gave them the lead.

"It's easy to be afraid if you and Redwood singled to load the don't know people," said Nannini. "We're not playing for ego or championships here; the point is to get the guys ready for the outside

In the second game, both teams kept each other in check defensively. Alameda scored in In the first game, the All-Stars "I knew this could happen," the third after a couple of singles their league: The Missiles, Drillerased an eight run deficit to said Barons catcher Phillippe and an unearned run error, for a ers, Strokers and Pirates. 1-0 lead

The All-Stars answered in the fifth with three runs. John Windham, Tamon Halfin and Terrell all singled in runs to take the lead 3-1.

In the seventh, Windham opened with a triple, leaving easy work for Halfin to single him in. Terrell singled to move them re-enter society as positive Halfin to third and Cordaire Mc-Donald bought him home with a single past shortstop for the 5-1

> Alameda got out the inning with a double play and a pop-fly, but didn't put up any more runs.

"Baseball is like freedom," said Alameda Club assistant The Barons scored off two live in the moment and put the Doug Aubineau. sacrifice flies and a balk. They stress aside. These guys showed drive into the center field gap for scored two more runs in the great sportsmanship and I ena double and a run. Fraire fol- third and fifth, off big hits from joyed the good-natured ribbing All-Stars inmate assistant coach

Alameda Club member Rand some preconceived notions about prisoners. But once you see and experience the daily life here, how could this program not help them with the social skills to get back into society?" The Alameda Club was made

up of four different teams from

The Aug. 27 double header ended with game balls and awards given to the All-Star players. Townes received a ball for surviving the first game and his early struggles on the mound

"I'm just glad my team had my back," said Townes. "I just bit down, dug deep and stayed with it."

Cloman received a ball for his contribution over the years. He is scheduled to parole.

The Most Valuable Player Award went to Denard and Colman. Most Inspirational Player was Fraire. The Most Improved Players were Crowder and Halcoach Robert Matz. "You get to fin. The Golden Glove went to

> "We dedicate these wins to Isaiah Bonilla-Thompson," said John "Yah Yah" Parrett.

At halftime, both teams cir-

"I look at basketball like life; there are gonna be some "We're in prison, but our life

In the second half, the Bitguaranteeing they won't have a

"We'll be at least .500 for the

Asey added, "Both of us

Hardtimers' season ends with win for peace

Journalism Guild Chairman

In a season finale, the San Quentin Hardtimers put on a batting clinic against first-time visitors the Richmond Soulful Sundays' softball team, blowing

"This was a great way to end the season, to play a group of guys that do so much work in the community," said Don White, Hardtimers sponsor and head

Richmond Soulful Sundays is more than a softball team; it is an annual event to bring Richmond's warring faction together to promote peace through soft-

ciliation and atonement through love," said Rodney "Alamo" Brown, Soulful Sundays' head coach and event planner. "We are there to broker peace between the brothers. We have expanded to Oakland and Berke-

"There is a war going on in a five-block radius. Cousins are killing each other and don't know that they are related,"



Photo by Eddie Herena - San Quentin News Rodney "Alamo" Brown, Joe Lewis, James Wortham and Mervin Saucer

Brown said. "I have been to a just glad to see them encourage hundred funerals; I have a hundred obituaries at home.

"I lost 200 friends to the pen (jail system). It's no joke. A young man was just shot down from 50 bullets. This is no video game, and we are doing the best we can.

Joe Lewis, who works in the juvenile system, greeted some of beautiful." the spectators from Richmond.

the system," Lewis said. "I'm er. "I grew up in the streets, and

each other to do something posi-

Richmond resident Mervin Saucer added, "This was a good opportunity to fellowship with my brothers-in-Christ and to see the people from Richmond. I truly enjoyed the vibe, this was a blessing for me; this has been

"We came to let the guys "I remember a lot of these men know we haven't forgotten about when they were coming through them," said Hakeem Merriweth-

else to think about other than found a gap in center field to being here.

"Our goal is to let the youngsters know this is not the life for them.

John "Yah Ya" Parrett, Hardtimers inmate assistant coach, added "It's good to see hometown people come in and show support. With all the years I been around the game, this is the most fun I had. Thank you, Rich Town.

During the game:

In the first inning the Soulful took a 3-0 lead off two singles and a Meriwether double scored both runners. Soulful Darien McCollins singled in Meriweth-

The Hardtimers defense regrouped and caught three fly balls

In the bottom of the first, the Hardtimers answered back to take the lead 5-3. After two quick outs, Soulful pitcher Brown walked the next three batters. loading the bases. Hardtimers' Branden Terrell smashed a double down the third base line for two RBIs.

With two more walks, Mi- ward for next year."

I wanted to give them something chael "Hawkeye" Flemmings score two runs, and Cordiare McDonald singled in a score.

> Merriwether helped get Soulful throughout the inning. He threw two runners out at first and caught a pop fly.

The Hardtimers continued to pour on runs. In the second they added three scores off of a Terrell in-field homerun to extend the lead 8-3. Team captain/ assistant coach Angelo Ramsey hit an in-field homerun in the third, and the rest of the team singled in four runs for the 13-3 lead

Soulful managed to score three runs in the fourth, off big hits by Brown, Mervin Saucer and Joe Lewis, to close the gap 13-6.

Hardtimers blew the game open in the fifth with seven runs and a one run in the seventh. ending the game, 21-6.

After the Oct. 2 game, Ramsey concluded, "It's been a journey of personal insight. I appreciate the coaches and the team. We had our ups and downs, but we came together as one. I look for-

Looking at what's behind the national anthem

Staff Writer

The American national anthem contains language that is slaves fighting for their freedom, according to research inspired by the attention Colin ing a knee during the singing of "The Star-Spangled Banner." In the wake of the recent po-

lice shootings of Blacks, the San Francisco 49er's reserve quarterback said he is protesting the treatment of minorities

race, said he would stand for the national anthem once there

However, others researching "The Star-Spangled Banner" are considering not standing for

Tamalpais High football player Tre'Chaun Berkley, an

18-year-old Black man from Marin City, found "The Star-Spangled Banner" was written by "slave-owner Francis Scott Key during the War of 1812." said to celebrate the killing of It has "three unpopular verses that go unsung before games, the third lambasting Blacks for aligning with the British Kaepernick has drawn for tak- in an attempt to cease American slavery," wrote journalist Danny Schmidt in the Marin Independent Journal.

According to the Maryland Historical Society, the relevant part of the third stanza Schmidt referred to goes like this: And where is that band who

so vauntingly swore, That the havoc of war and the

battle's confusion A home and a Country should

leave us no more? Their blood has wash'd out their foul footstep's pollution.

No refuge could save the hireling and slave, From the terror of flight, or

gloom of the grave,

And the star-spangled banner in triumph doth wave, O'er the land of the free and

the home of the brave. Key wrote "The Star-Spangled Banner" in 1814, while slavery was still going on. At the time, the British offered freedom to slaves who fought with their army against America. The Black recruits formed the Colonial Marines, whom people like Keys viewed as traitors, according to a CNN article written by AJ Willing-

Keys, who owned slaves himself, was an anti-abolitionist and once called Blacks "a distinct and inferior race of people," according to Willingham.

In 1931, "The Star-Spangled Banner" became America's national anthem, minus the last three stanzas. It was the subject tin resident James Metters, a Others suggest "America the of controversy for years, but Black man. "Factual evidence Beautiful," popularized in a redied down before being brought of such conjecture is found in cording by Ray Charles.

to light again by recent events. In 1968. Olympic runners Tommie Smith and John Carlos raised Black power salutes as a protest to the treatment of Blacks during the singing of the national anthem at their medal ceremony in Mexico City.

In 1972, baseball pioneer Jackie Robinson wrote, "I cannot stand and sing the anthem. I cannot salute the flag. I know that I am a Black man in a I believe it has suited us well White world" in his autobiography, I Never Had It Made.

Kaepernick's protest has renewed debate about whether "The Star-Spangled Banner" should continue to represent Americans

"That third stanza depicted the intentions of the government to keep the slaves in bondage and that there was no escape," said San Quen-

the slaves' defection to Britain to fight on their side. However, the third stanza has been omitted, which shows the change that has happened in our nation concerning slavery; the part we sing is all good."

White inmate Wayne Boatwright said, "Our national anthem has defined generations of service to the project known as the United States of America. so far; there is no reason to change.

James King, another incarcerated Black man, disagrees. "It is not representing all of the people. It's cut from the same cloth as the Confederate flag. Just as the flag had to go, so should the anthem

King suggests holding a contest for the best writers to submit a new national anthem.

Chosen Sports Ministry out-pass SQ All-Madden football



Photo by Eddie Herena - San Quentin News

QB Adam Perez goes deep

"It shows if you stick with something you can be success- the fellowship from the visitors ful," continued Perez. "You got and being a part of an organiza- down. all races, all colors and all tattoo tion that includes all races. styles on the same field working together."

terception. He also rushed for 38 yards.

Jackson had four catches for 137 vards, two touchdowns and a defensive interception for 20 vards

"It's always a battle with these guys," said Dwight Kennedy, All-Madden new head coach. "I enjoy

"Sports in San Quentin are truly unique, and I appreciate ers to the referees," said Sylves-Jackson added, "We came for the youngsters coming out and ter. "It was a good game; we can we had fun." the ministry, to push each oth- participating," added Kennedy.

er around and still All-Madden quarterback/ Notably missing was Chosen leave friends." wide receiver John "Dunie" coach and spiritual leader Paswide receiver John "Dunie" Perez went 11- Windham had an all-star game. for-24 passing, 118 He showcased his speed under yards, four touch- defensive pressure, twice rundowns and one in- ning out of the pocket for two 90-yard touchdowns.

"We lost, but I believe in our team," said Windham. "We will see them again."

Windham went 4-for-7 passing for 140 yards, one touchdown and one interception. He caught two passes and rushed for 230 yards and scored three touchdowns.

Charles "Pookie" Sylvester quarterbacked the first half for All-Madden. He threw 4-for-7 for 60 yards and one touch-

"My hat's off to everybody who participated from the playtake this as a lesson learned."

coach and spiritual leader Pastor Wayne Jackson. Normally he would give the players an uplifting speech at half-time, but he was stuck in the parking lot due to a clearance glitch.

So, Chosen Aaron Jones filled in for Jackson with the message of Sampson and Delilah, expressing that if you don't heed God's warning, God will step in to help correct the situation.

"It's always a blessing coming here, but my prayer is not to see the same faces," said Jones. "I know some of these guys when they get out, they will make the best of it.

Cleo Cloman, All-Madden defensive coordinator, concluded, "This is what we call community. We fellowship with good gentlemen from the outside, and

Artistic Rebirth wows audience with memorable performances

Continued from Page 1

Co-hosting the event were comedian W. Kamau Bell and Rahsaan Thomas, staff writer for the San Quentin News.

"I came here to film an episode for my show on CNN, 'The United Shades of America,' several months ago and I became totally confused why these men are still in prison," Bell said. "Take for instance my co-host, Rahsaan Thomas, who's a great dude, good writer and thoughtful. We need more people like him in the outside world."

Emile DeWeaver gave a personal testimony entitled "Renaissance."

" I believe in the power of art to the world because it changed mine. When I was a kid, my criminal behavior stemmed from me not understanding my emotional needs. Writing cleared the fog and connected me to the person I wanted to be, and that connection effected rebirth." DeWeaver said.

Showcasing the eclectic talents available, performer George "Mesro" Cole found inspiration in a chemistry test while attending Patten University in San Quentin.

"There was an extra credit question on my exam that said, 'Come up with a chemistry joke," Mesro said. "I desperately needed the five extra credits, and didn't know what to do, but since I've been writing poems since I was 9, I figure I can write a sonnet about chemistry."

"I turned in my paper and didn't expect much until my instructor asked me to read it to the class," Mesro said. "My classmates were blown away and could relate to what I wrote about finding personal identity; all the while using chemistry words."

The sonnet is titled "Human



Artistic Ensemble cast performing "Can't Have Nothing"

Element." Excerpts:

I wanted to shine like Magnesium

But my enthalpy was too low So I tried to convert to helium But my hydrogen was too slow

Visitor Naima Shalhoub's performance of "Keep Your Eyes on the Prize" drew a standing ovation after leading an enraptured audience through thunderous handclaps and a sing-along to the chorus of "Hold on ... hold on."

'Keep Your Eyes on the Prize' is a song born out of the civil rights movement," Shalhoub said. "In the context of prison, it is a spiritual song on freedom, not just external but internal freedom."

Antwan "Banks" Williams used facial expressions and graceful movements to convey inner turmoil in a dance with Anouthinh Pangthong.

"I came from South Central L.A, where the culture didn't value my art. In my brokenness, I held on to a being that wasn't me," Williams said.

"Doing what I want to do with art comes with a lot of shame in prison," Williams said. "In San Quentin, I am embraced, I started to dress how I like, painted, and danced when my soul needed to be set free."

Outside guest Emily Fayet remarked, "Watching Antwan really touched me. We're the same age, and I could imagine putting myself in his place, which allows me to have more gratitude with my life through his story."

Performer Amy Ho said, "Art transports us to a place that is magical, a place that doesn't exist anymore. Art allows us to escape these walls, essentially." Adnan Kahn read from his

composition "Wooden Sword":

"The night I was arrested, I was processed in the county jail and was given a 'fish kit' that contained a miniature bar of soap, comb, toothpaste, and toothbrush, and oddly enough; a golf pencil.

"Standing in my cell, I felt so alone. I needed someone to talk to, but no one was there to listen. But there was two pieces of paper, so I began writing. I wrote about my pain, thoughts, and feelings; I wrote until my pencil went away. It was the first

time I did that. When I finished, I was emotionally exhausted."

"Fourteen years later, I still have those pages - colored paper, college-ruled, note pads, lunch bags — with therapeutic writing."

Calling attention to the plight of women, Gino Sevacos and his band performed a song entitled "One Billion Strong."

It was inspired by Eve Ensler, who began the One Billion Rising movement, which highlights "the devastating impact that violence and sexual abuse have on women and girls," Sevacos said.

"One of the most haunting memories I have came from watching my father beat my mother in a drunken rage when I was 4 years old. It left a gaping wound that this song helped to heal," Sevacos added.

Ralph "RB" Brown, 40, who suffers from night terrors, performed a spoken word entitled "Confession of a Lost Soul."

"One night, I was choking out my wife in my sleep," Brown said. "That's when my wife gave me a journal from Tupac called 'Concrete Roads,' which inspired me to write out my

thoughts. Since then, writing and performing has become a way for me to cleanse my soul, to do away with bad demons I have been dealing with."

"It's healing to share with people my experiences and what I went through," Brown added.

The Artistic Ensemble performed a piece entitled "Can't Have Nothing".

"It is about what people can't have in our society - the gender, educational, and housing inequality, as well as prison mass incarceration that exists in our society," said Chris Marshall, Artistic Ensemble cast member.

Excerpt:

Can't ask for help / can't get *the benefit of the doubt / can't be* called by the name I want to be called / can't sit in church / can't have a nice day / can't have a proper memorial / can't have a proper burial...

Guest Carrie Hott said, "Can't Have Nothing' was really poetic. I felt that there was a lot of poetry that I couldn't articulate that was spoken."

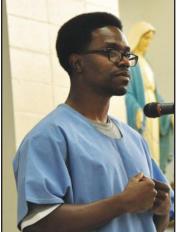
Another guest, Una Kinsella, said, "Some of the performances brought tears to my eyes, I'm leaving with a deep level of respect and admiration. The level of beauty, grace and humanity blew me away."

Closing the night out to fading notes and somber tones of "I traded my youth for these prison blues...I'm looking through these prison bars, trying to carry on...'

Richie Dean Morris sang Trying to Carry On".

"What does my art mean to me? Simply put my music and performance is my medicine, my creative process. My writing has been a bridge to humanity,' said Morris

Eighteen of the night's performers are serving life terms.







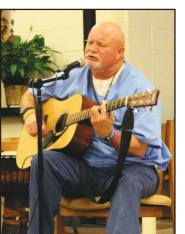




Photo by Eddie Herena - San Quentin News Emile DeWeaver talking about the power of art

Photo by Eddie Herena - San Quentin New

Adnan Khan describing the contents of a fish kit

Photo by Harold Meeks Amy Ho sharing her story about memories

APOLOG

Photo by Eddie Herena - San Quentin News **Richie Morris performs** "Trying To Carry On"

Photo by Eddie Herena - San Quentin News

THANKS

Naima Shalhoub singing "Eyes on the Prize"



Photo by Harold Meeks R.A. Brown performs his spoken word piece

Photo by Harold Meeks George Cole talks about his PUP experience

Gino Sevacos sings One Billion Strong

Photo by Eddie Herena - San Quentin News Pedro Espinal with Guadalupe Leon talks about making jewelry

Photo by Eddie Herena - San



