



Rehabilitation begins with communication

By Scott Kernan
CDCR Secretary

Inmate Tyrone Hilton stood in the cell with the heavy porcelain sink in his mammoth hands. He stood 6-foot-7-inches tall, weighed 295 pounds and his muscles bulged from years of pumping iron on the prison yard. A blanket draped the open cell front and deterred direct observation into the cell. The guards peered into small openings yelling for Tyrone to put the sink down and submit to handcuffs. Tyrone disregarded the orders and heaved the heavy porcelain sink into the cell front. The crash was deafening and shattered the sink into several large pieces.

Tyrone carefully selected the sharpest-edged piece, quickly wrapped a torn sheet around one end, and motioned the guards to come in and get him. The threat of a violent confrontation only heightened the normally loud cell block with a deafening cry from the hundreds of inmates nearby. Water poured from the top floors of the five-tiered cell block as inmates supporting the deranged Tyrone plugged their toilets and kept flushing, creating a waterfall



Photo by Eddie Herena - San Quentin News

Scott Kernan

which added to the loud din. Inmates began lighting rolls of toilet paper and flinging the makeshift torches. An acrid odor wafted throughout the building, the result of the fire, water, and normal stench of a thousand men cohabitating in a confined space. Oblivious to the escalating chaotic scene around him, and with the intent of satisfying his murderous rage, Tyrone continued to urge the guards to enter his cell.

See *Rehabilitation* on Page 5

Prisoners save correctional officer's life

By Arnulfo T. Garcia
Executive Editor

A man is choking on a piece of meat in his throat. Three onlookers see him in distress, and they come to his rescue.

What makes this scenario unusual is that the stricken man was a San Quentin correctional officer, and the rescuers were three prisoners, each serving life terms for murder. Thanks to their quick reaction and the Heimlich maneuver, a correctional officer's life was saved, and he went home to his family.

"While I was eating my lunch of steak and rice, I began choking, and there was no one in sight but the education clerks," said Correctional Officer A. Cuevas in recalling the March 11 incident, which he will never forget.

"With all the violence between police officers and people in the communities, here we are in a prison with people convicted of



Photo by Eddie Herena - San Quentin News

Correctional Officer
A. Cuevas

murder, and they saved my life," Cuevas said. "Doing something like what these inmates did opens the door for any prisoners who are in a position to something supportive of public safety, because all lives have value."

See *Prisoners* on Page 17

California votes to speed up executions

While state lawmakers complete approval of a one-drug execution method, Californians voted not only to keep the death penalty on the books,

but approved speeding up executions by limiting the appeals process.

See *Execution* on Page 5



Photo by Eddie Herena - San Quentin News

Eliza Smith, Nigel Poor, Earlonne Woods,
Pat Mesiti-Miller, and Antwan "Banks" Williams

San Quentin podcast wins international contest

By Rahsaan Thomas
Staff Writer

A podcast, produced inside San Quentin Prison, won an international contest,

beating out more than 1,500 other entries from 48 countries.

The judges were persuaded by stories about living in solitary confinement for

26 years, taking care of pets in prison and a former gang member talking about misguided loyalty.

See *Podcast* on Page 4

President-Elect Trump's historical upset shocks nation

By Juan Haines
Senior Editor

For the fifth time in American history, the presidential candidate who won the popular vote will not be occupying The Oval Office.

The populist, Donald J. Trump, astounded nearly every political pundit by breaking down what was perceived by Democrats and mainstream media to be a firewall of secure states for Hillary Clinton's path to the White House.

Pennsylvania, Wisconsin and Michigan were that firewall. But each one went to Trump as he amassed 290 electoral votes to Clinton's 232.

Cementing Trump's victory was winning the battleground



File Photo

Donald J. Trump

states of Florida, Ohio, North Carolina, Georgia, and Arizona.

Nevertheless, over two million more Americans said they

wanted Clinton, not Trump, to be president.

In the early hours of Nov. 9, Democratic vice presidential candidate, Tim Kaine in a concession speech quoted William Faulkner, saying, "They kilt us, but they ain't whooped us yet."

Later, Hillary Clinton, added, "Donald Trump is going to be our president. We owe him an open mind and the chance to lead."

Trump's decisive victory failed to reflect the sentiments of the 504 San Quentin general population inmates who gave him only 38 votes compared to Clinton's 380 in a mock election several weeks ago. In the October mock election, 107 Death Row inmates gave Clinton 66 votes and Trump 15.

Proposition 57 passed ... what now?

By Kevin D. Sawyer
Associate Editor

Mike Romano, director of the Three Strikes Project at Stanford Law School, shared a few thoughts on ballot initiative Proposition 57 before the election. Now that it has passed, many inmates in California are asking what to do next.

Romano did not provide specific details on how the law will be applied because no one is certain. "In some ways it's guess work," said Romano in

an interview at San Quentin State Prison. "We think there's going to be two classes affected."

The first class would be those convicted of non-violent crimes. "Ordinarily we define violent crimes by what's in the Penal Code," said Romano, adding Proposition 57 may follow the Penal Code and for inmates that it will affect, they may have an opportunity for early parole. Still, he said it is unclear how it will unfold.

See *Proposition 57* on Page 5



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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.

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

Behind the Scenes

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News Briefs

1. Arizona — After the 2012 decision barring mandatory sentences of life without parole for offenders who were juveniles when they committed their crimes—and making the law retroactive—the U.S. Supreme Court ordered the state courts to review the sentences in several cases, *SCOTUSblog* reports. Justice Sonia Sotomayor explained that the sentencing judges in these cases did not consider whether or not the offender was among the very “rarest of juvenile offenders, those whose crimes reflect permanent incorrigibility.”

2. Houston, Texas — Every year 16,000 to 18,000 felons return to the city after being released from state prisons, *Courthouse News Service* reports. Assisting the returning citizens is the City of Houston Community Reentry Network Program, which since 2008 has graduated more than 500 people from a 12-week program that offers clients counseling services with case managers, life skills classes, computer and job interview training, help with resumes and job referrals.

3. Kansas City, Mo. — *Buzzfeed News* reporter Christopher McDaniel is suing the state’s decision barring him from witnessing executions. McDaniel says he has a right “to ensure that executions are carried out in a constitutional manner,” *The Associated Press* reports. The state said that “McDaniel is asking this court to go where no court has gone before: declare that watching an execution is a ‘benefit’ from the government.” There’s no authority for that “or that McDaniel has a property interest or a liberty interest in watching Missouri carry out an execution,” the state’s dismissal motion read. McDaniel, a former St. Louis public radio reporter whose stories have been critical of Missouri’s death penalty procedures, applied in January 2014 to be a witness. However, McDaniel never got an official response and 17 executions have since been carried out by the state, where 26 inmates remain on death row.

4. New York City — Mayor Bill de Blasio announced the city jails will end using solitary confinement to inmates 21 years old and younger. According to *The Crime Report*, solitary confinement is used to punish jailhouse infractions, in addition to securing a high profile inmate or separating suspected gang members from the general population. The practice goes by many names: Administrative Segregation, Special Housing Unit, Secured Housing Unit, “The Box,” “The Hole,” and on Rikers Island, it is called “The Bing.” Nevertheless, they all have similarities: 23 hours inside a cell roughly the size of a parking spot, no meaningful human contact, with a food tray passed through a flap in the door.

5. Washington — In an attempt to avoid the negative stigma connected with the word “offender,” prison officials are phasing out the word and replacing it with “individual,” *The Seattle Times* reports. Staff are now using the word “student” for those in the infirmary. The action follows similar efforts by the Pennsylvania Department of Corrections and U.S. Department of Justice.

6. Delaware — The state received a \$741,847 federal grant to improve access to free attorneys for juveniles facing criminal charges or seeking an expungement, *The News Journal* reports. The funding will be used to improve access to and the quality of attorneys appointed to represent juveniles. “This grant places Delaware at the forefront of juvenile justice reform,” Lisa Minutola, chief of legal services for the Office of Defense Services, said in a statement. “Access to counsel is a constitutional right and this grant will help ensure that all children have a qualified advocate at their side and the ability to pursue a bright future.” The grant comes nine months after the state received a \$147,983 federal grant to develop a plan to address juvenile justice reform.

7. Washington, D.C. — Presi-

dent Obama has commuted the sentences of 944 inmates thus far, more than any other president in U.S. history, *The Christian Science Monitor* reports. The White House released a list of those granted more lenient sentences, many of whom were originally serving sentences that ranged from several decades to life, mostly for drug related crimes. “The President is committed to reinvigorating the clemency authority, demonstrating that our nation is a nation of second chances, where mistakes from the past will not deprive deserving individuals of the opportunity to rejoin society and contribute to their families and communities,” wrote White House counsel Neil Eggleston in a blog post. In August, the Justice Department announced that it would no longer use private prisons, institutions that have long been known for high rates of violence and safety violations.

8. Nashville, Tenn. —The private prison firm Corrections Corporation of America is renaming itself CoreCivic, *The Wall Street Journal* reports. The rebranding move was announced by CEO Damon Hininger in an attempt to diversify the company into prisoner re-entry programs, building jails, and maintaining them, rather than just guarding and operating facilities. The move comes during a public debate about whether federal, state and local governments should use private prisons and facilities to hold convicted criminals, suspects awaiting trial, and immigrants awaiting deportation.

9. Alabama — The execution of Thomas Arthur was put on hold by the US Supreme Court, *The Christian Science Monitor* reports. Arthur was sentenced to death after being convicted of the 1982 murder of Troy Wicker, his girlfriend’s husband. Though the court order did not state its reasons for the stay of execution, Arthur’s lawyers have been challenging Alabama’s lethal injection procedure, saying it constitutes cruel and unusual punishment.

CORRECTION TO LAST MONTH’S ISSUE
The name Tran Vu in the ROOTS graduation article was misprinted. The correct spelling is Sa Tran.

IN MEMORIAM

2015



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JESSE HERNANDEZ

California legalizes recreational use of marijuana for adults

By Emile DeWeaver
Staff Writer

California's Proposition 64 passed overwhelmingly, legalizing recreational use of marijuana for adults who are at least 21 years old.

California residents and visitors may legally possess up to an ounce of marijuana and up to six marijuana plants, though users can be fined for smoking in public, reported *NBC News*.

'Outrage' laws can work out badly

At the height of prison reform, Californians may be repeating the mistakes that led to prison overcrowding and excessive punishments in the first place.

In the wake of a rise in sexual assaults across California, several state bills passed into law this November will stiffen punishments against a particular category of "offenders."

In the California State Senate, Sen. Cathleen Galgiani (D-Stockton) introduced legislation, which was passed by the California Legislature in August, that increases penalties for possessing date-rape drugs. Another Senate bill passed that exempts people whose crimes result in a police officer's death from compassionate or medical release.

Meanwhile, the state assembly passed two bills: AB 2888, which will create mandatory minimum sentences for some sexual assault offenses, and AB 701, which will expand the definition of rape.

Despite the possible fiscal benefits to California communities, not everybody celebrated California's legalization of recreational marijuana use.

Growers and distributors in medical marijuana programs across the country voice concern about what corporate competition will do to caregivers, independent growers, and small vendors, reported the *Denver Post*.

"We need them," said Ronell Draper, an incarcerated man, referring to the laws. "But what ends up happening, like with three strikes, is the laws are going to affect people it wasn't intended to effect."

In the 1990s, Three Strikes was initiated to get violent criminals off the street, but the law ended up affecting thousands of petty criminals and drug addicts.

Tommy "Shakur" Ross supports the recent laws. "Looking at the guy, Brock Turner," he said, "the way he got off. That was an outrage."

James King, an incarcerated clerk for Prison University Project, said that California's laws will continue to be "crazy" so long as legislation comes from outrage rather than comprehensive criminal justice.

"It's hard to have an opinion because I don't know the laws' particulars," T. Bolema, a teacher, said. "But we know where decisions like this have gotten us before."

—Emile DeWeaver

"[B]ig business may try to impose regulations to keep other players out, which could lead to fewer products," Beth Collins told the *Denver Post*. Collins leads Americans for Safe Access, a pro medical marijuana organization that, according to the *Denver Post*, believes government should regulate to prevent recreational programs from entering into competition with medical marijuana programs for the latter's protection.

"I didn't know all that was at stake with that proposition," inmate Antoine Brown said, after he heard that some people in the medical marijuana community feared what corporate compe-



Courtesy of sensiseeds.com

tition would do to their livelihoods.

"I don't think it's fair, though, putting people in positions where they can't take care of their families," Brown concluded.

Inmates earn neuroscience degree

By Salvador Solorio
Journalism Guild Writer

Cornell University instructors are now teaching neuroscience at New York's maximum-security Auburn Correctional Facility. Prisoners are enrolled in Cornell Prison Education Project (CPEP), and those that graduate will receive an associate's degree from Cayuga Community College reported *Atlantic Magazine*.

Students attending the introductory neuroscience class are not seasoned scholars; they are convicted felons, many of whom have never taken a biology class at any level.

The biggest difference between classes at Cornell and Auburn is how material is approached and the learning environment. Auburn students are not distracted; they do not have phones or laptops.

Auburn prisoner-students are older, more diverse and come to the class with a wealth of real-world experience. Cornell students may take the neuroscience class as a medical school prerequisite, Auburn student Bedi (Babi) said, "I come here because I'm thirsty. I want to learn."

The neuroscience class will help students gain insights to understanding the world around them and provides an opportunity to learn about the mentally ill inmates living among them.

Bob Scott, the director of CPEP stated, "Students in prison can't assume opportunities will come, so the curriculum has to be immediately relevant and help the students understand the world they see around them."

Studying neuroscience helps prisoners develop a deep understanding of their own lives. Auburn student O'Malley said neu-

rosience "enables you to live a more thoughtful existence—being confined physically, but free mentally."

Benefits of prisoners receiving a free, high-quality education are many. Recidivism is reduced. In New York, 40 percent of prisoners released will be re-incarcerated. CPEP students have a 7 percent re-incarceration rate. This means the program saves taxpayers money: for every dollar invested in prison education, between four and five dollars is saved in re-incarceration costs in the first three years post-release.

Another benefit is the fostering of a noble view of oneself. College student Bethea stated his education has "encouraged me to want to contribute to society in a beneficial way, to share, be creative, and come up with positive ideas and positive directions."

Podcast

Continued from Page 1

The podcast *Ear Hustle* is scheduled to air 10 episodes on *Radiotopia* starting in May of 2017. A podcast is an audio program that is listened to on the Internet.

"Hopefully we do justice for the entire 2.4 million incarcerated people in America and others around the world," said co-producer Earlonne Woods, who has been incarcerated 19 years and at San Quentin (SQ) for the last five years.

Co-producer Antwan "Banks" Williams, added, "This was our Superbowl — our chance to show people that not only are we the underdogs, but that we have something to contribute and we can stand toe-to-toe with the best of them."

Ear Hustle is produced by Woods, Williams and sponsor Nigel Poor, a professor of photography at California State University, Sacramento. The trio wasn't thinking nationally when they first came up with the concept for *Ear Hustle*.

"Actually it started out as doing a radio show for inside San Quentin," said Woods, referring to the institutional channel. "The first one that did it (the inside San Quentin program) was Joshua Burton, then Adnan Khan. Then me."

That changed when Poor



Courtesy of Antwan "Banks" Williams

Ear Hustle crew Antwan "Banks" Williams, Earlonne Woods and Nigel Poor recording in SQ

heard about the *Radiotopia's* "Podquest," a call for podcasters to submit stories for a chance to be on its network, which averages 13 million downloads per month. Poor suggested they compete.

"I thought we had a really good chance of winning because I knew we had a perspective that wasn't represented in the podcast world," said Poor.

Woods said, "When she told us about the podcast and consulted with the administration to see if we could do it, we came up with the two-minute promo."

That promo landed *Ear Hustle* in the top 10. To make it to the final three, *Ear Hustle* had to submit three completed stories.

Ear Hustle submitted various topics. Pets in Prison about Ronell "Rauch" Draper's care of critters in prison. Another, *Life*

in the SHU, shares the experience of what it is like to live in isolation for 26 years straight. *Misguided Loyalties*, pulled from Tommy "Shakur" Ross' life, describes how he got into gangs and grew up with a distorted belief that continues in the youth today.

Radiotopia choose four podcasts for the finals, but ultimately announced *Ear Hustle* as the winner.

The *Ear Hustle* crew came together by happenstance. Woods says he dreamt of producing films, not audio stories. While in Centinela State Prison, he saw that San Quentin had a film school on the Discovery Channel.

"So every year I put in a request to SQ and always got denied," said Woods. "I was so depressed they wouldn't transfer

me, I went CCCMS (Correctional Clinical Case Management System requiring mental health care on an out-patient basis) and because I am CCCMS, they transferred me to Soledad. Then I was really depressed."

A new cellblock opened in San Quentin and Woods volunteered to go. Soledad transferred him to Quentin 67 days after arriving.

Woods says he's been in the media center working on film for five years. However, an unofficial *San Quentin Prison Report* policy required him to do a story for KALW, a San Francisco radio station. Now Woods is enthusiastic about podcasting.

An artist whose work accompanies the podcasts, co-producer Williams is also known in San Quentin for rapping, acting, dancing and audio engineering. When Woods and Poor asked him to get involved with the podcast, he agreed with no hesitation.

"I'm looking forward to doing a story on sibling rivalry — how having a brother for your cellie is just like sharing a room when you were kids," said Williams. "I'm looking to show parallels to life outside and show the insight of life inside."

Poor started coming into San Quentin in 2011 as a volunteer teacher for the Patten University Project. Later she worked with the *San Quentin Prison Report* on producing KALW stories. Then Poor decided to try something different.

"I want to develop an outlet that is more creative and more artistic coming from a storyteller's perspective," said Poor.

Poor worried *Radiotopia* would have concerns about *Ear Hustle*.

"I think they were concerned we wouldn't be able to get the work out on a regular basis (from a prison)," said Poor. "We have no internet, and we have limited work hours. I can't call my incarcerated partners anytime I want."

Despite the challenges, *Ear Hustle* did have advantages. Poor worked more than 30 hours a week on the project, while still a full-time professor. She also recruited help from *Snap Judgment*, a podcast hosted by Glynn Washington. Pat Mesiti-Miller, producer/sound engineer for *Snap Judgment*, added his expertise.

"It's an opportunity to really put something powerful together that can have a tremendous impact and I'm excited that this is the team that's doing it," said Mesiti-Miller in an interview.

Woods added, "The reason why we are doing a radio show with inmates and out mates is because we want to have the outside perspective as well as the inside perspective and show we can work together as colleagues."

Ear Hustle's intro piece can be heard at letsearhustle.com. Look for *Ear Hustle* in May of 2017 at <http://www.Radiotopia.fm/>

Rehabilitation

Continued from Page 1

Tyrone had spent a decade in the granite prison nestled next to San Francisco Bay. Convicted of attempted murder in a botched robbery just across the bay in Oakland, he had made a name for himself as an enforcer for a prison gang. His heavily tattooed body contained three tear drops under his right eye – signifying the successful murder of three souls who were enemies of his gang. His work for the gang had turned his original 15-year sentence to life without the possibility of parole, and his massive size had earned him a reputation among the inmates that permitted him free reign in the most dangerous and deadly high-security prison in California. On this day he had received a letter advising him that his beloved mother had succumbed to cancer and the grief had provoked the blood rage that flowed through him.

Tyrone’s reputation for violence was well known by both inmates and guards. The staff at Tyrone’s cell front continued yelling orders for him to succumb while dreading the inevitable physical confrontation. The sergeant ordered one of the guards to go get the captain on duty to begin the process of extracting Tyrone from the cell. The process of extracting inmates had been practiced for 100 years and required the captain to order the cell door opened as several guards entered the confined space of the cell and physically place handcuffs on the inmate. The sergeant had a wry smile as he ordered staff to go get the captain.

Peggy Kernan, 5-foot-2 and 130 pounds, was sitting in her new office overlooking the chilly waters of the bay. This was her first week at the notorious San Quentin and she was the first female captain in its nearly 150-year history. The male-dominated prison system had reluctantly begun permitting females to work in adult male prisons, and now placing them in positions of leadership. Capt. Kernan was a widowed mother of four who worked in administrative jobs all her career. The staff had made it clear in that first week that she

was not welcome and the chaotic scene at Tyrone’s cell was going to be the event that proved their point.

A guard knocked on the office door and Capt. Kernan internally fought dread as she was briefed of the situation. The departmental training had, of course, mentioned the violent cell extraction process and the role of the captain as the on-scene leader, but actually carrying out such an event with staff that had made it clear that she was unwanted unnerved her to the core. She grabbed her uniform jacket and permitted the guard to lead the way to the housing unit. Upon entering the unit, the panic only worsened. She heard the roar of inmates yelling in hysterical glee, smelled the heavy waft of smoke burning her nose and eyes. The sergeant and lieutenant huddled with several other staff in the first floor office as she entered the room.

The lieutenant took control and began briefing her on the situation. He recounted Tyrone’s history of violence, recent news of his mother’s death and possession of a makeshift weapon. He identified the five staff members to accompany her to the cell front for the extraction. Capt. Kernan looked into the eyes of the guards who had been selected for the operation and noted the intense fear. In the prison environment, fear is weakness and weakness will get you killed. She wondered what these staff had done to be selected for such an assignment and wondered what her children would do without her.

Capt. Kernan and the extraction team climbed the stairs to the entrance of the third-floor tier. They plodded through the waterfall of water coming from the upper tiers of cells and dodged the burning toilet paper rolls sporadically raining in their direction. Capt. Kernan reached the cell that contained Tyrone, with the extraction team behind her, and peered into the darkness. She was not ready for the sheer size of the man or the intensity in his eyes. She felt panic shoot through her body. She took a swallow of air to gather her nerves, tasted the smoke deep in her lungs, and stepped in front of the giant’s cell, completely vulnerable to attack. Her team took a step back from harm’s way and

readied for the ensuing confrontation. The screaming from the throngs of inmates subsided and the housing unit settled into a tense quiet as inmates struggled to listen. The sergeant’s wry smile broadened as he witnessed the emerging scene from the safety behind a security gate.

Capt. Kernan began by introducing herself to Tyrone. “My name is Peggy Kernan. Tyrone, I’m 47 years old, widowed, and the mother of four. I just started work here. My children are asleep right now and will have nobody if I don’t make it out of here tonight. Tyrone, I am very sorry about the loss of your mother. She must have been a great woman.”

Tyrone tightened at the sight of the slight woman in front of his cell. Prison had taught him to act decisively and violently to survive. His reputation depended on it. But never before had a woman been involved in such prison business. An older widowed woman with four children waiting at home? She had called him Tyrone? Staff and inmates had called him all kind of expletives, but never by his name. The confusion of the situation washed over him and he felt the intensity of his muscles loosen slightly. She asked Tyrone what his mother’s name was. The question confused him even more; staff did not ask such questions. He involuntarily uttered Stella, almost in a whisper.

The housing unit had a quiet stillness as inmates and staff strained to listen. Inmates in the adjoining cells reached their arms outside of their cells and focused broken pieces of mirror in the direction of Tyrone’s cell to catch a glimpse of the action. “Stella. What a nice name, Tyrone. Can you tell me about her?”

The tension easing from his muscles was palpable now. The weapon still in his hand, Tyrone began to think of his mother and how to respond. More than a whisper now, he recounted how Stella had saved him from an abusive father and protected him from the mean streets of Oakland. Her memory was spilling over him now, the rage subsiding. The wry smile from the sergeant turned into a frown from behind the security gate.

After several minutes of just talking, Capt. Kernan said: “Tyrone, I need you to place the

weapon on the ground and be placed in handcuffs. Your cell is a mess. Let’s go down to the office and talk some more about Stella.”

The giant inmate was eager to keep this feeling that was so foreign to him. Talking with a woman, without the bravado he was so accustomed to, eased the pain. He placed his weapon on the ground and placed his hands between the bars. Capt. Kernan ordered one of the extraction team members to place Tyrone in handcuffs and opened the cell door. She grabbed his giant wrist and gently led him off the tier. The silence in the cell block continued. As they approached the security door where the sergeant stood, he angrily said, “Captain, I’ll take him from here.”

Capt. Kernan smiled decisively, and smoothly said, “No sergeant, I have him. You and staff have a lot of work to get this placed cleaned up before you go off shift. She walked the giant inmate down the stairs and thought she saw him grin as they walked by the frowning sergeant.



Photo courtesy of CDCR

Capt. Kernan, standing on the 2nd tier in East Block in February of 1983

I wrote this article for the Secretary’s Corner column in our staff newsletter and now I submit it to our prison newsletters. The reasons I send it to you is very different from the reasons I sent it to staff. For staff, it was a message of empathy, compassion, professionalism, and tribute to the women that work in this challenging and evolving environment. For the men and

women incarcerated in our vast system, it’s a similar message of empathy, but also an introduction to a changing criminal justice system.

Governor Brown has shared that he felt he made a mistake in 1977 in his first term in the office when he changed the indeterminate sentence law to determinate sentencing. While there were many good reasons to make that decision, he would tell you that removing the incentive for inmates to better themselves while in prison has resulted in a decrease in public safety. The Governor has supported an investment in programs and is personally championing law changes to promote positive behavior and incentivizing people to do something with their lives while they are in prison. Not naively, he believes in the human spirit and the ability for people to change and become good fathers, mothers, sons, daughters, friends and productive citizens.

So my message to you is one of opportunity. In the coming months you will see further changes in the system, including: our classification system allowing greater access to lower security level facilities with more programming opportunities; access to family visits for those previously precluded; college programs; innovative programs to help you better understand the pain you have caused to victims and your loved ones; programs to teach you life and job skills, or to help you kick drugs; and the opportunity to earn your way out of incarceration and stay out.

All of the above changes, and others, will depend upon your willingness to change the behavior that brought you into the system, and how you show progress while serving your time. We hope to create a community in the prisons that is respectful from inmate to staff, and from staff to inmate, and that promotes the opportunity for you to find the spirit that the Governor so firmly believes in. But let me emphasize: it is on you individually and collectively to take advantage of this opportunity. A chance to be part of a greater good reduces victims, and provides an opportunity for you to pay it forward for the mistakes you’ve made.

Proposition 57

Continued from Page 1

“This is all conjecture,” said Romano basing his judgment on the language in Proposition 57. “The statute itself is not crystal clear. I really want to emphasize that this is conjecture.”

To reduce inmates’ time for positive rehabilitative programs,

Romano said the initiative gives the California Department of Corrections and Rehabilitation (CDCR) the authority to revise its credit-earning schemes. A second class of inmates will be affected by the law giving the CDCR this power.

“It’ll take some time for the CDCR to rewrite the regulations,” said Romano. He did say, however, that the proposition “doesn’t require the CDCR to

change anything.” But it can reshape the way the prison awards credits such as milestones.

A commonly asked question among inmates is whether the law gets rid of sentencing enhancements. “I don’t think so,” said Romano. “I really do think 57 is a wave of legislation to find a fair way to get people out of prison who don’t belong.”

“The law will be retroactive in that those currently incarcerated

will be given the opportunity to qualify,” said Romano, emphasizing the initiative is not clear or specific about all who will qualify. “This is part of a movement. It’s all up to the CDCR.”

Romano said the CDCR wants to see inmates with long records of rehabilitation programs and strongly recommends that they take rehabilitative programs as much as they are able to on the inside. He further offered that it

is something to show the Board of Parole Hearings (BPH) “you’ll do whatever it takes.”

He said he does not know if the BPH will be increased to accommodate the number of inmates that may qualify for early parole consideration but cannot imagine that it will not increase. He said inmates who do not qualify under Proposition 57 may challenge it and go to the courts. “It gives lawyers a lot of arguing to do.”

Execution

Continued from Page 1

Californians rejected Proposition 62, which would have repealed the death penalty for persons found guilty of murder with special circumstances and replaced it with life imprisonment without possibility of parole. The law would have been

applied retroactively to the more than 700 men currently on San Quentin’s Death Row and the 21 females confined at the Central California Women’s Facility in Chowchilla.

The rejected law would have also put those persons to work and take 20 to 60 percent of their wages for victim restitution fines or liens against them.

Californians approved Proposition 66, which changes the

state court appeals process for challenging death penalty convictions and sentences. The new law imposes time limits on state court death penalty review. The law also widens the availability of appeals lawyers to those who do noncapital appeals.

Other approved changes are that prison officials are exempt from regulations for developing execution methods; autho-

rizes death row inmate transfers among California state prisons; and mandates that death row inmates must work and pay victim restitution.

The initiative results were a far cry from what San Quentin’s general and Death Row population populations voted for in a mock election held last October.

Of the 504 ballots cast, 384 general population inmates

wanted to end the death penalty, while only 52 wanted to keep it. And, of the 107 Death Row inmates, 60 wanted to end the death penalty while 43 wanted to keep it.

As far as speeding up the death penalty, 72 general population inmates wanted to speed it up, while 277 didn’t want to. And, on Death Row, 31 wanted to speed it up, while 64 didn’t.

–Juan Haines

After years locked in a SHU, it's still a struggle

By John Lam
Journalism Guild Writer

Debrief, parole or die were the only ways an inmate placed in California's supermax facilities for gang validation could come out. It has changed, thanks to a class-action lawsuit.

"I was placed in the SHU (Security Housing Unit) based on the words of a confidential informant," said Librado Fortanel. "All they need is three items to indicate that you are involved in gang activities, and more often than not they are based on unsubstantiated claims."

Fortanel, 46, spent eight years in the SHU, the supermax unit at Pelican Bay State Prison. "I felt that it was useless to fight against the system. No one was being heard. During my eight years in the SHU, I never heard anyone getting relief through the appeal system."

Two prisoners, Todd Ashker and Danny Troxell, filed a lawsuit in the federal court in December of 2009, claiming conditions in the Pelican Bay SHU were unconstitutional. On June 2, 2014, the lawsuit became a class action for all the prisoners indeterminately confined in the

Pelican Bay SHU.

The lawsuit "claim(s) that CDCR's gang validation policies did not provide sufficient due process and that confinement in Pelican Bay's SHU for 10 or more years violated the United States Constitution," said attorney Ann Capella in a notice to the class plaintiffs.

In addition to protesting in court, three extensive peaceful hunger strike protests were led by California prisoners — the third, the largest hunger strike in world history, involving over 30,000 people and lasting 60 days, reported the *California Prison Focus* (CPF).

"During the three hunger strikes in 2011 and 2013, people all over the world were inspired to act, outraged at the exposed realities of solitary confinement torture. The prisoners' courageous actions prompted worldwide media and United



Courtesy of CDCR

Security housing unit corridor at Pelican Bay State Prison

Lawsuit lowers SHU occupancy by two-third

By Salvador Solorio
Journalism Guild Writer

Following a landmark lawsuit settlement, Security Housing Unit (SHU) occupancy has been cut by two-thirds. The lawsuit followed California prison hunger strikes in 2011 and 2013 that protested indefinite isolation in SHU facilities, reported Alex Emslie of KQED news.

Prisoners specifically protested against indefinite SHU terms based solely on prison authorities' suspicions that an inmate was affiliated with a gang. Such determinations are called gang validation.

Since the lawsuit settlement proposal was accepted by a federal judge in October 2015, all SHU terms became behavior-based.

More than 3,000 prisoners were housed in SHU at the time of the hunger strikes. CDCR spokeswoman Terry Thornton said the department began trimming SHU population years before the settlement. By the time it happened, of 1,478 prisoners evaluated, 1,100 had been moved to general population. In the past year another 1,530 were reviewed and another 1,226 made it back to general population.

As an alternative to placement in the SHU, a prisoner may end up in a special-needs yard or new "general population-like" housing for prisoners with safety concerns.

According to CDCR data, in July there were over 1,060 male and 16 female prisoners in all California Security

Housing Units. As of late August, there were 419 in Pelican Bay's SHU. Thornton further stated, "We have over a thousand empty SHU beds statewide. A thousand. Nobody's living in those cells. I don't know if you're understanding what has changed in the past years. It's enormous."

According to CDCR official Sandra Alfaro, "The department's longest SHU term is 60 months, and that's for the offense of murder." With good time a SHU term can be reduced by 50 percent.

Twenty-five prisoners remain in the SHU based solely on gang affiliation, plus 45 others whose cases have been reviewed. Safety or other considerations have complicated their relocation, Thornton said.

CDCR still puts inmates in Security Housing Units indefinitely, but never based solely on gang affiliation, KQED reported.

Attorney Jules Lobes told Emslie, "One key problem historically has been that they put people in the SHU not based on strong evidence that they do anything, but based on confidential information. 'We have a confidential informant who says this about you,' and they start putting a lot of people back in the SHU for that reason."

According to KQED, CDCR representatives declined to discuss the use of confidential information to put inmates in the SHU "because that part of the lawsuit is still being litigated."

Nations attention, legislative hearings, proposed legislation, some CDCR changes, and national and international solidarity actions," reported CPF.

After three years of litigation and protestation, a settlement with the prison system was signed in August of 2015. The prison system agrees to review and modify its security threat group (STG) validation process and to implement a 24 month step down program for validated gang members.

The psychological impacts of solitary confinement are not subject to debate. In the SHU, prisoners are confined in solitude for 22 to 23 hours a day, with the remaining time spent, still solitarily, in an outdoor exercise pen.

"Prolonged solitary confinement amounts to a production of something like schizophrenia in the prisoner," reported the *San Francisco Bay View*.

"SHU Syndrome, like PTSD, is when a person who has been isolated for an extended amount of time lacking any social interactions, so long that a person may start to see visions, hear voices or become paranoid," said Fortanel.

"People in my pod were losing their minds. You can get the sense that it is happening to someone when they stop communicating."

Luckily, Fortanel got out

without losing his mind. But, what lies ahead after the SHU is no easy feat, beginning with adapting to the sudden freedom and human contact, which most SHU "kick-outs" had not had for years, if not decades.

"For the first couple of weeks, I only talked to people who have just gotten out of the SHU. Because we all experience the same struggle, we can relate," said Fortanel. "But out here we have to readjust, to remain calm and accept the fact that people don't know what we have gone through."

In addition to the psychological challenges, most of those who have been subjected to long-term solitary confinement have developed some health deficiencies, due to poor living conditions and medical care, in addition to the complexity associated with sensory deprivation.

"I came out here pale. I was vitamin D deficient," said Fortanel. "Right now they got me on 50,000 milligrams of vitamin D because of the years of lack of sun."

Even something as simple as walking is a problem. "We are not used to walking. Just the other day, I pulled a muscle by walking up the stairs," he said.

The struggles of inmates like Fortanel in adapting to the life on the mainline include some positives, such as programming

opportunities not as available in the SHU.

"Despite the widely acknowledged rehabilitative benefits of education and the mission of CDCR expressed in its very name, there are few to no educational and other rehabilitative opportunities for the men in the Pelican Bay SHU," reported CPF.

"I have been here for a couple of months, and I just signed up to get into the computer literacy and the college program here. I already have 30 units of college credits from another college. I really want to succeed when I get out of prison. I also hope to get into the Last Mile coding class before I parole," said John Winters, 37, who has spent nine and a half years in the SHU.

Fortanel, too, has taken advantage of the programs. "I have been accepted for CTE PIA union construction. I am excited to pick up a trade and succeed, to have something going for me in society," said Fortanel.

Gov. Jerry Brown's 2016-17 budget includes \$24 million to expand and enhance prisoner rehabilitative programs. Brown's budget also includes \$60 million to support and expand reentry programs and to expand rehabilitative programs to long-term offenders.

—Chung Kao
contributed to this story

Gov. Brown names 9 to CDCR positions

Gov. Jerry Brown announced his latest appointments to CDCR offices, according to the *Imperial Valley News*.

Kelly Santoro has been appointed warden at North Kern State Prison. She had been acting warden since 2015. Prior experience includes: chief deputy warden at Wasco Prison, associate warden at Corcoran, facility captain, correctional counselor and correctional officer.

Albert Rivas has been appointed chief of external affairs at the CDCR, where he has been acting chief since 2015. Prior experience includes deputy chief, staff services manager and disabled

veterans enterprise advocate, analyst at California Department of Water Resources and a district representative in the office of State Senator Deborah Ortiz.

The following appointments require Senate confirmation:

Felix Vasquez has been appointed associate director of general population male offenders at CDCR. He was acting warden at Wasco Prison, chief deputy warden at Corcoran, captain, correctional counselor and officer. He served in the U.S. Marine Corps and as an officer at the Clovis Police Department.

Randolf Grounds has been appointed commissioner to

the Board of Parole Hearings (BPH). He has served as warden at Salinas Valley Prison. Other experience includes: associate warden, chief deputy warden, facility captain, correctional counselor supervisor and probation officer.

Commissioner reappointments to the BPH: Arthur Anderson, who has served since 2008; Cynthia Fritz, serving since 2011; Pete Lebahn, serving since 2011; Michele Minor, serving since 2014; and Ali Zarrinam, serving since 2012. BPH commissioners receive annual compensation of \$137,956 reported the *Imperial Valley News*.

—Salvador Solorio

North Block project teaches construction skills

By Juan Haines
Senior Editor

Prisoners on a San Quentin work crew say they are being “rehabilitated, one building at a time” by learning state-of-the-art techniques useful in today’s construction industry.

Their latest project is an addition to an existing building, North Block. The addition was completed in mid-September and is scheduled to open as a medical dispensary.

“This project has helped me to grow as a person,” said Robert “Rocky” Cote, 60, who has been incarcerated since 1975.

Supervisor and journeyman carpenter Michel Moreno said, “Every aspect of the building and project teaches the inmates new stuff. Teaching inmates these skills feels natural for me. I’m the oldest of four brothers, and I always teach my brothers new things, so it’s kind of natural for me to help others.”

Dave Smith, who also su-

pervises prisoners, added that the overwhelming response of the inmates is a desire to learn new technical skills.

“The inmates generally show enthusiasm for the work,” Smith said. “They take ownership and pride in the work they do and deservedly so.”

“I get to learn green technology,” said prisoner James Benson, 61, “Being able to come to work every day has put me on a real positive path and helps me stay focused on my future, based on the changing laws.”

Carlos Smith, 50, said, “I like doing work that has a true purpose.” He added, “The friendships I’ve gained with the crew are humbling. We put our differences aside to build

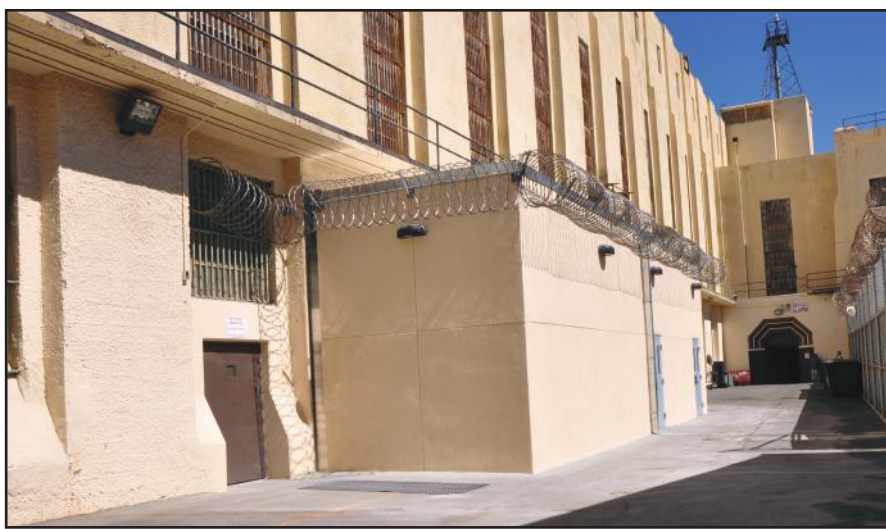


Photo by Eddie Herena - San Quentin News

New addition to North Block

this project that will be standing long after we’re gone.”

Eric “Turk” Curtis, 48, added, “This job shows that we’re capable of normal activity. It’s something that you can see done outside of the prison.”

Don Sabados, 52, said, “There’s always a construction comedian, and that’s me. I love doing this, and I look

forward coming to work every day. We’ve got a great bunch of guys. We learn a lot about construction and ourselves.” As to what career he’s headed for, he says, “When I get on the streets, I want to be a chef.”

Bobby McClelland, 49, said that the money he earns allows him to support himself and takes the financial burden off his family.

“Family is the treasure and crown jewel of any person,” McClelland said. “Also, the early hours and work give me the work ethic that I can take to the streets.”

Antoine Watie, 37, has been incarcerated since 1999. He has been at San Quentin since 2011. Watie goes before the parole board in 2019.

“This job has taken me to new heights,” Watie said. “Working with the foreman from the streets, it’s given me real-life experience in the workforce.” He added, “Dave Smith has taught me the electrical skills I know today. Many of us have torn down our communities. Now, we’ve learned the exact skills needed to build California back up. We’ve changed from being a liability to society, to now being an asset.”

Brian Shipp, 58, has been incarcerated 36 years and off and on spent 18 of those years at San Quentin. He goes before the parole board in 2019.

“The best thing about this job is every day we leave, we can look back and see what we’ve accomplished together. There’s a gratifying feeling that you can look back and see what the whole crew has accomplished. The unique thing about this job (is it) gives people the opportunity to learn tools and skills they’ve never had. These skills, they can take to society and get into unions to make a good living.”

Juan Zaragoza has supervised inmate construction workers for about two years.

“The best part of the job is seeing it complete the way it is supposed be done,” Zaragoza said. “The hardest part was the beginning, building the foundation, but it gets us in shape, the physical work.”

Comedian W. Kamau Bell has a lot to say

By Rahsaan Thomas
Staff Writer

W. Kamau Bell sat down for a candid interview revealing his thoughts on Trump, the value of taking East Asian Studies in college and the connection between mass incarceration and racism.

Bell sat down for the interview on Feb. 27 after walking into the San Quentin Catholic Chapel with his entourage, including his wife/agent, a *CNN* publicist Heather Brown, and a reporter from *Berkeleyside* before an advance screening of *United Shades of America*. Interview conducted by Rahsaan Thomas and Louis A. Scott.

What was the plan when you went to college to study East Asian Studies? Have you ever used what you learned in East Asian Studies in any way, shape or form?

What was the plan? Wait a minute, what are you my counselor now? I gotta job now, what are you trying to say? I have a job, I have health insurance, what are you trying to say? I’m doing all right. My wife is right there. Why you trying to embarrass me in front of my wife? I come in here, last time you were all cool with me. I bring my wife and now you got a video camera putting me all on front street. I’m big time now. I’m trying to represent. I’m like a rapper now. I got a posse now. I got White folks.

Which is your favorite episode of *United Shades of America*?

This one [about San Quentin] is my favorite. This is the one I talk about the most because this is the one I walked in not knowing what to expect and walked out changed.

How did you change?

When I walked in here...I was a little bit...nervous and didn’t



Photo by Eddie Herena - San Quentin News

W. Kamau Bell

know what was gonna happen. I had seen too many movies about prison...within five minutes of talking to you and hanging out, I started to have a good time then I realized later, by the end of the week, that I got to go home and you were still here. I was kinda wishing I want these guys to come home. Not all of them...Scott Peterson can stay, but the few that I met when I was here, I really enjoyed.

Is racism tied to mass incarceration?

Yeah...African-Americans are 13 percent of America’s population but 40 percent of America’s prison population. Clearly it is not because we do more dirt. It is because of unequal application of the law, over sentencing and that whole thing about criminalizing Black bodies that we have been doing since the dawn of this country. So I think that when people talk about the prison problem, if you don’t talk about the race problem in there then you aren’t really talking about the real problem.

And if you don’t connect it to the criminal justice system, which then is connected to the school system, connected to the health system. It’s all connected. Until we create equality in all those systems, it’s president Trump time.

What would you do if Trump actually won the presidential election?

I’d have a lot more jokes...I’ve already said that Donald Trump is like the nagging cough that turns into full-blown AIDS. If we had only put him down in the 80s when we had the chance, we wouldn’t be dealing with him right now, and let me be clear, no offense to AIDs.

This is one of the most important elections to incarcerated Americans because the next president will probably pick a decisive U.S. Supreme Court judge, yet we can’t vote. Do you think incarcerated Americans should have the right to vote?

A lot of this stuff is connected to slavery...to the United States liking to have a class of people who don’t have their rights. I think it’s wrong. If you are a citizen of this country, you should be allowed to vote because that’s just how it works. I don’t think you should be allowed to strip somebody of their rights just because of their behavior necessarily. I mean it depends. There is always a line, but I think we set the line in a place that is far too lenient to stop people from voting.

Hillary Clinton wrote a thing for CNN.com about prison reform. Maybe if she gets in there, she’ll do the right thing. I think that it is racist that they aren’t letting Barack Obama appoint a Supreme Court justice right now. They say he only has one more year in office, but he still has the job, he is not on probation.

Gov. Brown signs tougher bills on sexual assault

By Forrest Lee Jones
Journalism Guild Writer

After much controversy over the sexual assault of a female student named Emily Doe at Stanford University by not her classmate, Brock Turner, Gov. Jerry Brown has signed two bills to increase the punishment for such offenses, reports Jazmine Ulloa of the *Los Angeles Times*.

Assembly Bills 701 and 2888 were signed into law at a time when police agencies and the criminal justice system are under strict scrutiny for mishandling sexual assault cases. Gov. Brown also signed into law a bill by Sen. Connie Leyva (D-Chino), spurred by the high-profile case of Bill Cosby, that will remove statutes of limitations for specified sex crimes.

Law enforcement groups applauded the governor’s decision, saying imposing harsher punishment for sex crimes was a move in the right direction, the *L.A. Times* reported.

Some crime victim advocates and associations object to the laws because they say the laws will negatively impact people of color who already lack effective representation. Natasha Minsker, director of the ACLU of California Center for Advocacy and Policy, says the laws will only continue to create injustices in an already unfair system.

Assembly Bill 2888, authored by Evan Low (D-Campbell) and Bill Dodd (D-Napa), prevents a judge from giving probation to anyone convicted of certain sex crimes such as rape, sodomy and forced oral copulation when the victim is unconscious or unable to resist because of an intoxicating, anesthetic or controlled substance. Evan and Dodd say the new law closes a loophole in the existing law.

“This sends the strongest possible message that rape is rape, and in California, if you do the crime, you’re going to do the time,” Low told the *L.A. Times*.

Assembly Bill 701, authored by Cristina Garcia (D-Bell Gardens) and Susan Talamantes Eggman (D-Stockton), makes the legal definition of rape more broad to include all forms of nonconsensual sexual assault when a judge is considering the sentence of a defendant and when connecting victims with services. Assemblywoman Garcia said she was moved to sponsor the bill when she learned that the victim in the Turner case was not permitted to call the crimes against her “rape.”

When Santa Clara prosecutor Alaleh Kianerci, who represented Emily Doe in the Turner case, suggested that Doe make her letter public, she had no idea that Doe’s letter would have such widespread impact.

Prop. 57 opens a door for juvenile offenders

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

With the passage of Proposition 57, Kid CAT will strive to build upon the positive changes in the law and community attitudes and rehabilitation initiatives which are giving juvenile offenders hope for freedom in the future.

"The passage of Proposition 57 on Nov. 8 represented a big step toward a more restorative approach toward addressing the systemic failures in prosecuting minors as adults," said Charlie Spence, Kid CAT Chairman. "The adult criminal justice system is just not set up to help young people."

The passage of Proposition 57 takes away the District Attorney's discretionary power to try a juvenile as an adult and authorizes the juvenile court judge to take into consideration, "any relevant factor...not limited to, the minor's age, maturity, intellectual capacity, physical, mental and emotional health at the time of the alleged offense.... [And] whether the minor can be rehabilitated prior to the expiration of the juvenile court's jurisdiction."

"It is Kid CAT's belief that all youth are capable of redemption given the right conditions through nurture, compassion and education opportunities," said Spence. "Kids can grow and flourish into caring and productive members of their communities, and this can even take place in an adult system given the right conditions."



Photo by Eddie Herena - San Quentin News

Members of Kid CAT are hopeful for freedom in the future

In the words of first-term youth offender David Rodriguez on the passage of Proposition 57, "I consider myself fortunate. Had it not been for rehabilitative policies like AB1276 (a program that diverts youth offenders to lower level security prisons), I

would've not been here in San Quentin to take advantage of the programming opportunities but be stuck somewhere in a level 4 maximum security prison, facing violence."

As the California voters decided with Proposition 57, the criminal justice system continues to increase its focus on restorative justice approaches. "We at Kid CAT will continue to foster the idea that youth offenders can be empowered to make a difference through educating and mentoring others in their communities," said Philip

Melendez, Kid CAT Public Relations president. "We empower our communities through the programs we do and created here."

In the last six months, Kid CAT has worked on the following projects to further its mission to empower and educate:

In June, Kid CAT created a class that specifically addresses the concerns of Youth Offender Program (YOP) population, offenders between the ages of 18-23.

In August, a public viewing in San Quentin of the film "The Mask You Live In" directed by Jennifer Siebel-Newsom, which features some of the men of Kid CAT sharing about how they understand masculinity.

In October, Kid CAT held a symposium entitled "The Value of Rehabilitation," where more than 70 community guests, which included survivors of crimes, lawmakers and juvenile justice advocates, to discuss solutions toward creating a more holistic approach toward rehabilitation.

In November, 27 individuals graduated from Kid CAT First Step Curriculum after spending six months of intensive activities taught in eight modules ranging from Communications, Masculinity and Forgiveness to Compassion.

One of the many ways Kid CAT members practice empowerment is through making amends and accountability through service to their community.

This December, Kid CAT will be conducting their fifth annual holiday card decorating. Decorated cards will be given to the children in Oakland's Children's Hospital.

Also in December, Kid CAT will be conducting the fourth annual hygiene drive to raise awareness on the plight of homeless children.

This drive has successfully raised funds to purchase more than 1,000 hygienic kits to benefit homeless children in the Bay Area. If you would like to become involved, you can:

Get your family or friends to donate on your behalf by going to www.huckleberryyouth.org.

"We are inspired by the work that still needs to be done. Kid CAT wants to thank and acknowledge all who have advocated on the behalf of youthful offenders," said Spence. "We also want to thank all the men and women who write to our Kid CAT Speaks page each week seeking correspondence courses to improve their lives and who are striving to make positive changes in their lives."

Finding roots of criminal thinking

Twenty-seven San Quentin prisoners have graduated from a 26-week program designed to help them address the root causes of criminal thinking, childhood trauma and violent behavior.

"Through The First Step curriculum, I learned where my criminal identity came from. I also learned how to deal with my emotions," said Toalepai Falao, a November graduate of the Kid CAT-sponsored program.

"I learned to forgive myself for all the things that I ever did wrong in my life," Falao said in an interview.

"Learning about forgiveness has allowed me to heal the broken relationships with my family. Kid CAT changed my life."

Facilitator Travis Westly said, "Falao is the reason why I'm coming back next year as a facilitator. Just watching his growth has been inspiring. Falao has allowed me to feel that I am finally doing something good with my life."

Through written assignments, self-exploration, lectures and group discussions, participants explore the root causes of criminal thinking, violent behavior, and ways to address those factors.

"The homework lessons have helped me out tremendously," said Norberto Andino, First Step graduate. "The lessons allowed me to think deeper; for example, I didn't realize I was holding resentments about my father until I was doing my homework assignments."

"After learning from the Communications module, I called my dad and asked him why he never gave me a hug or tell me he loved me or supported me when I needed him, and he told me about his childhood and how his father never gave him love either," said Adino. "The conversations I had with him helped heal our broken relationship."

Expressing what it means to work with participants, volunteer facilitator Natalie Bell said, "Some of these folks came from the same place where I grew up, and seeing these men do hard emotional work, reflecting on patterns they learned as children, and how that trauma has impacted their lives, gives me hope that change can happen for my community of South Central LA."

Composed of eight modules, the First Step teaches participants topics such as Masculinity, Self-Identity, Identifying Emotions, Consequences, Environmental Influences, Communications, Compassion, and Empathy and Forgiveness.

"These modules represented the individual struggles the founding members of Kid CAT thought were important to be addressed in their own lives," said Kid CAT founding member Borey Ai.

Antoine Brown, one of the original members of Kid Cat, spoke of what a particular module represented to him. "I wanted environmental factors to be included as a module, because it addresses the topic

of our environmental upbringing – like crime and poverty – which I believe has a big influence on whether a person will end up in prison," said Brown. "I grew up in South Central LA. At 17 years old I committed first-degree murder and assault with a deadly weapon and was sentenced to 36 years to life."

"My son was not even born when I came to prison. The environment I grew up in is the same my son would later grow up in. Without the proper guidance, I knew he could be drawn to the streets, like I was," said Brown. "So I used the lessons in the environmental influence module to help my son, so that he would make better choices in his life."

Reflecting on what the program has meant to him, lead volunteer facilitator Woody Wu said, "I have been facilitating this curriculum every Sunday night for more than three years and it has been meaningful every bit of the way, because I can see the change take place in our participants all the time."

"Our program cares about diversity and it embraces difference," Wu added. We acknowledge the humanity that we all have growing up, and it's not about judging people for what they have done to be in prison."

Over 100 participants have graduated since the inception of the curriculum, and over 100 inmates are on the waiting list to participate.

—John Lam

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!

Letter to President Obama - For the next couple of weeks, The Beat Within would like to collect letters from you writers so we can create a special Beat issue for President Barack Obama, who will be leaving office next January. We want to share your thoughts with the President. Introduce yourself and explain why you are writing. Let him know your concerns. Share your truths about his presidency. Thank him for his amazing service or let him know your disappointment. Start with, "Dear President Obama..."

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

L.A. County bans solitary for juveniles and...

By Harry C. Goodall Jr.
Journalism Guild Writer

The Los Angeles County Board of Supervisors voted unanimously to permanently ban solitary confinement for juveniles. According to a report on KPCC radio, the assessment was based upon the psychological damage that can result from solitary confinement, which is a trigger for high recidivism. After hearing the testimony of a former foster care youth,

Supervisor Hilda Solis stated, “Using this archaic model of just throwing people into a room, when we’ve found out this doesn’t work...well, we want to do something else.” Speaking at the hearing was Francisco Martinez, 22, who said he endured solitary confinement in L.A. County Juvenile Hall when he was 17 years old and felt like a caged animal. He went on to add, “Conditions were small concrete dirty rooms, the walls covered in

dirt, dried up spit. The mattress was so ripped up it felt like I was laying down on concrete or steel bars.” He described the stay as a catapult that made him withdraw from his friends and family. When released from six weeks of custody, he stated, “I would go into my room and not talk to anyone for hours. “They treated us like animals,” Martinez said. “How do they expect us to act after we got out?”

Apparently, Martinez was able to pull himself out of depression as he is now 22 and a student at Santa Monica College. Many San Quentin inmates tell similar stories of being confined in solitary as juveniles. Jason Samuel, 36, is serving a life sentence for attempted murder. Prison started in juvenile hall at age 17. He says, “I have been incarcerated for 19 years for my crime. I was homeless prior to arrest and had no parental supervision or guidance. “I went to Ad-seg for a fight. I felt isolated from the world while housed in there. I felt like the hole was actually prison, and the yard was the streets. “I don’t feel anyone should be housed in the SHU,” he continued. “It drives you crazy. Yet we do need someone to talk to about our problems and get help with our problems.” Mathew “Ed” Wards, 39, is serving 15 years to life for second degree murder. Incarcerated since age 16, he says, “I

was a drug addict and a gang member and a criminal. I was the only child, and when I got out of school there was no one home, which led me to act out for attention. “I ran the streets and wound up in juvenile camp. Camp fueled my anger, making me feel a sense of status. That fueled my criminal thinking and behavior. When placed back into custody I went to Ad-seg for smoking weed. I felt lonely, bored, depressed, withdrawn, scared and angry. I heard the officers assault my neighbor because he was making too much noise. “My next placement in Ad-seg was for possession of a controlled substance. I felt alone like I was in a time warp. It was mentally taxing, a struggle to keep my spirits up and maintain sanity.” If and when he leaves prison, Wards says, “I plan on mentoring the youth and public speaking, seeking to be a service to my community so no youth has to endure what I went through while in prison.”

...campaign seeks to extend the ban

By David Le
Journalism Guild Writer

A campaign is underway to end solitary confinement for youth in juvenile and adult facilities across the United States. The campaign was launched in April by a number of national groups, including the Center for Children’s Law and Policy. The new partnership is called Stop Solitary for Kids. Leading the campaign is Jennifer Lutz, who said she believes collaborative efforts with juvenile correction facility staff and youth advocates can “create realistic and lasting change.” The group held a meeting in Washington on youth incarceration issues that included U.S. Sen. Cory Booker, D-NJ; Roy Austin, the president’s deputy assistant; and top federal administrators from various youth justice bureaus.

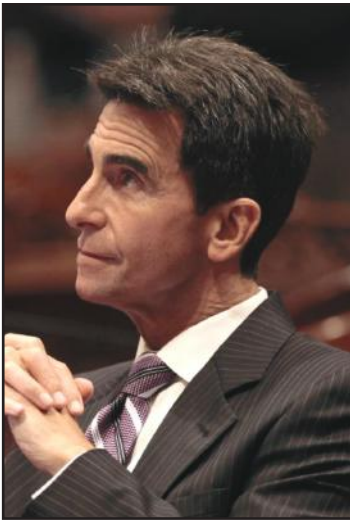
In an email to the *San Quentin News*, Lutz said that “eliminating solitary confinement and long-term monetary savings are possible.” That goal would involve developing and using behavioral management systems, training on de-escalation techniques, and programming to keep youth engaged. In June, the campaign joined a group of national experts and youths organized by the Department of Justice to address solitary confinement issues. Since the launch of the campaign, the federal juvenile justice bureau has endorsed the campaign’s efforts. Also, the campaign has gained signatory supports from more than 50 organizations nationwide. Some of which are in the correctional fields: American Probation and Parole Association, American Correctional Association, Council of Juvenile

Correctional Administrators and others. Partnered organizations of the campaign are the Council of Juvenile Correction Administrators, consisting of juvenile justice directors statewide; the Center for Juvenile Justice Reform at Georgetown University, which provides training to state and local juvenile justice personnel; and the Justice Policy Institute, specializing in research and policy advocacy. According to Lutz, there is no direct opposition to the campaign, but many correctional administrators and staff do feel unsafe should solitary confinement be eliminated because they think that youth will engage in disruptive behavior without fearing the consequences. Visit www.stopsolitaryforkids.org or [#stopsolitaryforkids](https://twitter.com/stopsolitaryforkids) for more information.

Is solitary confinement for juveniles on the way out in California?

By John Lam
Journalism Guild Writer

The use of solitary confinement in juvenile facilities in the state of California may be coming to an end. Recent reforms of practices in juvenile detention facilities represent a growing consensus that the use of solitary confinement is harmful for children, said California Democratic State Sen. Mark Leno, who is sponsoring a bill that severely limits the use of solitary confinement in juvenile facilities. Leno’s bill models on a class action settlement against Contra Costa County, for locking young children with disabilities in solitary confinement for up to 23 hours a day. “Cici,” the mother of a named plaintiff who spent three weeks in solitary confinement, said, “Juvenile Hall has taken a kid who’s made a mistake and completely tried to take (away) all of his hopes and dreams.” Her son was hospitalized for three weeks for a mental breakdown after being found smearing feces on the walls, and has since been sent back to Juvenile Hall. “Even though by law juvenile halls in California exist solely for the purpose of rehabilitation, not punishment, children with disabilities at the Contra Costa County Juvenile Hall are being subjected to egregious and inhumane maximum security-like prison conditions,” said Public Counsel Education Rights Director Laura Faer, co-counsel on the lawsuit. “They are routinely locked for days and weeks at a time in cells that have barely enough room for a bed and only a narrow window the width of a hand.” “Rehabilitation means going to school, getting help for your



Courtesy of Associated press

Sen. Mark Leno

mental health or learning disability,” Faer said. “It means coming out better prepared for life than when you went in.” Solitary confinement points: Contra Costa Probation Department agreed to isolate youth for a maximum of four hours and only when a youth’s behavior poses an immediate safety risk to other youth or staff at facilities – terms that are included in Senate Bill 1143. In January, President Obama banned the use of solitary confinement in federal facilities. In May, the Los Angeles Board of Supervisors unanimously voted to restrict drastically the use of solitary confinement for youth in its juvenile detention facilities. (L.A. County oversees the largest juvenile justice system in the nation.) Senate Bill 1143 is supported by the Chief Probation Officers of California, which has in the past fought against bills restricting the use of solitary confinement. The American Correctional Association supports a national moratorium on solitary confinement for kids.

Who gets the death penalty? It mostly depends on who the prosecutor is

By Juan Haines
Senior Editor

A small number of prosecutors across the country are vigorously pursuing death sentences and, according to a new study, have done so without regard for fairness and accuracy. “These prosecutors are evidence that the application of the death penalty is — and always has been — less about the circumstances of the offense or the characteristics of the person who committed the crime, and more a function of the personality and predilections of the local prosecutors entrusted with the power to seek the ultimate punishment,” the study reports. It is titled *Fair Punishment Project: America’s Top Five Deadliest Prosecutors: How Overzealous Personalities Drive The Death Penalty*: June 2016. One example is Joe Freeman Britt, head prosecutor for Robeson County, North Carolina, who obtained 38 death sentences in 14 years. “Within the breast of each of us burns a flame that constantly whispers in our ear, ‘Preserve life, preserve life, preserve life at any cost,’” Britt once said. “It is the prosecutor’s job to extinguish that flame.” Misconduct was alleged in almost 82 percent of Britt’s cases, while misconduct was

found in about 37 percent of them and two people were exonerated, the study reports. Britt is listed in the *Guinness Book of World Records* as “the deadliest prosecutor in America.” Robert J. Macy, aka, “Cowboy” Bob Macy, Oklahoma County, Oklahoma, is responsible for 54 death sentences, “more than the current Death Row populations of Colorado, Indiana, New Mexico, Utah, Virginia, Washington, and Wyoming combined,” *Fair Punishment Project* reported. In 21 years as a prosecutor, misconduct was alleged in nearly 95 percent of Macy’s cases. Misconduct was found in 18 of his cases. The courts reversed nearly half his death sentences and three people were exonerated. After Macy retired, the county has had three death sentences in the past six years. Federal prosecutor Donald V. Myers, 11th Judicial District, South Carolina, secured 39 death sentences in 38 years. Misconduct was alleged in nearly 62 percent of his prosecutions. Misconduct was found in more than 45 percent of them. Under Lynne Abraham, who has been dubbed the “Queen of Death” and “The Deadliest D.A.,” the Philadelphia County District Attorney’s office obtained 108 death sentences,

Fair Punishment Project reports. “She described herself as ‘passionate’ about the death penalty. ‘I truly believe it is manifestly correct,’ she said.” In 19 years, two people were exonerated. Abraham drew criticism after a reporter once noted 85 percent of the people incarcerated in the city’s jail were African-American. Abraham was asked if she believed 85 percent of the city’s crime was committed by African-Americans. “Yes, I do. I really do,” replied Abraham, the *Fair Punishment Project* reported. Under the leadership of Harris County District Attorney Johnny Holmes, 201 people were sentenced to death from 1979 through 2000. “If you murder someone here, the state of Texas is going to kill you,” Holmes is quoted in the *Fair Punishment Project* report. When death sentences obtained under the leadership of Lynne Abraham and Johnny Holmes are included, that total comes to 440. “If you compare that total to the current number of prisoners on Death Row in the entire country, which was determined to be 2,943 as of Jan. 1, 2016, it is clear that these five prosecutors have had an outsized impact on the death penalty,” *Fair Punishment Project* reported.

Tasty graduation for the first class of SQ chefs

By Wayne Boatwright
Managing Editor

The inaugural graduating class of “The Quentin Cooks” prepared a five-course feast as a worthy finish to the new Culinary Arts Program, a 12-week course on basic culinary knowledge and skills. The course provides practical training from instructors with real-world experience and the chance to earn a ServSafe certification, which is required to work in a California restaurant.

About two dozen guests were invited to tour a modern restaurant kitchen in the H-Unit mess hall and witness an intricate dance of uniformed cooks, knives and flame on Oct. 10 beginning with “Breadstick with 55° Silver Salmon & Deviled Egg” garnished with baby arugula.

Overseen by Chef Lisa Dombroski and Chef Eric Hollis with the aid of Chef Tu David Phu, the crew next served the creation “Quentin Cobb Salad” (little gem lettuce, avocado, scallion and cherry tomato with creamy herb dressing and garnished with Parmigiano Reggiano).

Attendees included Warden Ron Davis, Jill Brown (SQ Warden in 2004-5), sponsors and potential employers of these job-ready graduates.



File photo

Chefs with the graduating class of “The Quentin Cooks”

Chef Lisa acknowledged the graduating class. “You studied even when not asked to...I respect each one of you,” she said. The program plans to increase from 10 students to 15 for the next group beginning in January.

“Chef Eric gives us a hard time, but it’s worth it,” said Joel McCarter a graduate who has been in prison nine years and will go home in March 2017. A wait-list already exists for the next class, which seeks participants with an Earliest Possible Release Date (EPRD) between six months and three years.

Brown said, “It’s wonderful to see how the San Quentin community continues to grow and make events and development like this possible.” While retired from the CDCR, Brown now consults with various groups to implement more programs like this one throughout the CDCR.

The graduates not only prepared and served the meal, but were also invited to sit and share their stories with the visitors as they enjoyed the “Shellfish Duo” (Java lump crab cake, shrimp, and remoulade).

This was an effort supported by the whole San Quentin community. Speaking of Officer Thompson, an H-Unit mess hall officer, “He really made this program happen...he makes the kitchen work,” said James “New York” Seegars. Seegars will parole to San Francisco late this year and already has two job interviews set up by Helaine “Lanie” Melniter, a San Quentin Trust officer and co-sponsor of the program.

This new program is made possible by a partnership between the CDCR and The Chefs’ Warehouse, a nationwide distributor of gourmet food and restaurant supplies. With

a main course of “Allen Brothers Angus” (with scalloped potatoes and seared late-summer vegetables) all the participants appreciated how the company earned the motto “Where the Chefs Shop.”

“Like Chef Lisa always says, ‘there is no place to hide in the kitchen,’” said Sunshine “Sunny” Prado, who has been in prison for 14 years and goes home in early 2017, as he accepted his certificate and complimented the chefs on the training.

While a dessert of “Quentin Biscuits and Berries,” with

fresh whipped cream and garnished with a mint leaf, may sound like the crowning achievement of the night, each of the Quentin Cooks earned a California ServSafe certification.

As with the three chefs running the program, the certification training and testing was provided by a volunteer, Mike Sabells, of FoodSafetyCertified.org.

Successful participants also receive a Chef’s Knife Set and assistance with job placement upon completion and parole.



File photo

Quentin Cooks serving up a tasty meal



File photo

Gourmet food prepared by the students

Inmate vets pitch in again to help Marines’ Toys for Tots

By John Tidwell
Journalism Guild writer

San Quentin inmates have collected \$688 that will help make Christmas merrier for underprivileged children.

For 28 years San Quentin has participated in the Toys for Tots giveaway program sponsored by the U.S. Marine Corps with help from the Veterans Group of San Quentin (VGSQ) formerly known as Vietnam Veterans of San Quentin, according to member Gary Cooper.

On the morning of Oct. 13, members of the VGSQ assembled in the San Quentin chapel to present the \$688 donation to the U.S. Marine Corps’ Toys for Tots Christmas Program representatives. The funds were proceeds from the VGSQ Food Sale on Sept. 24. VGSQ members said they had hoped for a bigger donation.

However, due to new CDCR



Photo by Eddie Herena - San Quentin News

Sgt. Justin E. Higgins, Sgt. Kai S. Hull and members of the VGSQ posing with the donated painting

rules, the proceeds were minimal, along with the food selection, the sponsors said. All members of the VGSQ said that being able to give money for the

children to have a better Christmas was both rehabilitative and fulfilling.

Marine Sgts. Justin E. Higgins and Kai S. Hull from the

the presentation were M. Tenney, Veterans Group staff sponsor, and Steve Emrick, community partnership manager. Chairman Cooper then present-

ed the Marines with an original artwork, depicting the Marine Corps Emblem (globe and anchor) surrounded by the words, “San Quentin TOYS FOR TOTS Program.” The sergeants said they would hang the painting in their Marine Corps office. San Quentin artist Bruce “Bru” Fowler created the artwork and donated it to the VGSQ to give to the Marines.

San Bruno office represented the Corps. A Q&A session was held with veterans from the different services. Both Marines had many ribbons and decorations from overseas duty, and both said they were ready and anxious for future overseas tours of duty.

The donation check was presented by VGSQ chairman Gary Cooper. Also in attendance for the presentation were M. Tenney, Veterans Group staff sponsor, and Steve Emrick, community partnership manager. Chairman Cooper then present-

ed the Marines with an original artwork, depicting the Marine Corps Emblem (globe and anchor) surrounded by the words, “San Quentin TOYS FOR TOTS Program.” The sergeants said they would hang the painting in their Marine Corps office. San Quentin artist Bruce “Bru” Fowler created the artwork and donated it to the VGSQ to give to the Marines.

San Quentin’s Toys for Tots gift giving is scheduled to take place on Dec. 17 and 18, 24 and 25 in the San Quentin Visiting Room. The Marine sergeants said they hoped they could return to participate in the event.

After the presentation, the Marines were shown around San Quentin by Veterans Group staff sponsor Tenney to view some of the artwork displayed throughout the prison.

Following the presentation, members said they enjoyed the ceremony.

New SQ dramas tackle issues of social justice

By Davontae Pariani
& Rahsaan Thomas
Staff Writers

A prison chapel became an effective platform for incarcerated men to address social justice issues. The Oct. 21 performances, called Parallel Plays, were inspired by themes such as power, oppression, choice, forgiveness, isolation and hope found in William Shakespeare’s *As You Like It* and *The Tempest*, as well as in their own lives.

“A lot of social-economic issues were being discussed more than (ever) before,” said the sponsor of Marin Shakespeare at San Quentin, Lesley Currier. “Lots of really complex ideas that made us think as well as feel.”

In *What Would You Do?* Andrew Wadsworth posed the question of whether to tell the police the truth or to remain quiet and consequently take the rap for somebody else’s crime. Wadsworth played Drew, a parolee who served 20 years then goes back to his old neighborhood against his mother’s (Wanda Sabir of the *San Francisco Bay View*) advice.

“Don’t go back to that old neighborhood. Leave the dead to bury the dead,” warned Sabir.

Drew went to confront Twist (Jessie James), a childhood friend who never visited him in prison. Twist gave gifts, like \$20,000 in cash, jewelry and a Mercedes in an effort to convince Drew to join him in the drug trade. Drew named all the



Photo by Eddie Herena - San Quentin News

Rodney Capell’s *Many Mini Me’s* shows a battle between his various traits

loved ones who fell victim to the streets and said he wouldn’t join, just as a police officer pulled them over. Twist took off running, leaving Drew behind with a gun, causing Drew to go straight back to jail.

The Judge (Richie Morris) gave Drew a chance to tell whose gun it was. What would you do? Drew asked. After contemplating, Drew said, “It was mine” and was sentenced to 25 to life under California’s Three Strikes Law.

Later Jessie James’ piece, *Breaking News*, received a standing ovation.

James performed a rap song about a kidnapped little girl who escaped after 10 years. While he was performing, cast members acted out what he rapped about, creating an artistic balance between the visual and audio aspects of *Breaking News*.

Jessie said he was inspired to speak up about the tragedy because he had continually seen her story in the news.

um, a “theatrical” gunshot fired. All the cast on the stage hit the floor, transitioning smoothly into Maverick’s piece. Wearing a red seven on his T-shirt in solidarity with 49er’s Quarterback Colin Kaepernick, he rapped, “Only way to win this war is to kneel with one another.”

Cast members sang the chorus, “Please won’t you kneel with me, every color every creed; united we will stand because love is all we need.”

Banks added, “With my hands up, you shoot me, record it, make a movie. Kaepernick I salute you.”



Photo by Eddie Herena - San Quentin News

A mother (Wanda Sabir) tries to convince her son (Andrew Wadsworth) to tell the truth in *What Would You Do?*

“I felt like this (*Breaking News*) really was a gift from God. Hopefully it touches somebody,” said James.

Address the Nation by Antwan “Banks” Williams and *Kneel With Me* by Le-Mar “Maverick” Harrison dealt with the shooting of unarmed minorities by police officers. Banks played the role of the President addressing the nation through spoken word. “We are not free. We are not captives. We are not Black. We are not White. We are not rich. We are not poor. We are simply human.”

As Banks left the podi-



Photo by Eddie Herena - San Quentin News

Suraya Keating acting crazy while Antwan “Banks” Williams pretends to record her



Photo by Eddie Herena - San Quentin News

One-Percenters being catered to in Chris Marshall, Sr.’s piece *Endangered Species*

pressure.

“We’re more than just criminals; we’re people,” said Reed. “This is another form of giving back for us. Instead of hurting people, this is an opportunity for us to help people. Even if we only touch one person it’s all worth it.”

Ronell “Rauch” Draper’s play *Koto-Jido* was a tale about an orphan, who just wanted love.

“I’m really impressed with Ronell’s pieces,” said Currier. “For the last two years, he’s been a spokesman for kids who grew up in the foster care system.”

Volunteer Lalis Vasquez added, “That’s the beauty of the program, that the guys write their own pieces and direct their own pieces.” She co-directed and acted in the plays.

In *Essence of Forgiveness*, Richie Morris said, “There is no love without forgiveness, and a world without love isn’t worth living in.”

Rodney “RC” Capell’s *Many Mini Me’s* displayed the various character traits vying for control over him, including Addiction, Truth and others like Krazy, played by Nythell “Nate” Collins.

Acting is therapeutic, said Collins. “My acting has helped me transform myself back into the person I was supposed to be and allowed me to be vulnerable by expressing my pain and aggressions in a positive way.”

Ripple Effect Last Stop by Belize Villafranco expressed how he took positive strides in his life with the help of programs in San Quentin.

Chris Marshall, Sr.’s piece *Endangered Species* stressed that One-Percenters need everyone else and should value them.

While Eric Lamont Durr had warmed up the crowd at the beginning with a comedy routine, the final play, *What’s Up Wit It?* by Diins Mahlohn echoed Marshall’s piece by reiterating how we as a society need to appreciate each other.

Director Suraya Keating added, “I’m here to facilitate healing and growth and connection through theater.”

The Parallel Plays can be seen on the Marin Shakespeare website at www.marinshakespeare.org.

A chorus of praise for 11 addiction graduates

By Marcus Henderson
Journalism Guild Chairman

A United States congressman was one of three dignitaries to venture inside San Quentin to recognize 11 inmates for turning their lives around and being certified to teach their fellow inmates how to overcome substance abuse.

“This was inspirational,” said Mark DeSaulnier, who represents California’s 11th District, at the 2016 graduation of Addiction Recovery Counseling (ARC). “These stories are factual and these guys can be an example to help fight the stigma of addiction.”

The newly certified drug and alcohol counselors received two awards, a Certificate of Special Congressional Recognition signed by DeSaulnier, and an Options Drug and Alcohol Counseling School Certificate of Completion.

DeSaulnier shared stories about his father, a judge who suffered from substance abuse and depression and ultimately committed suicide.

“Life is about going deep down within oneself,” DeSaulnier added. “We have to get out of the culture of shame and get to acceptance, liberation and redemption,”

California State Senator Loni Hancock and Superior Court Judge Clare Maier of Contra Costa County addressed the graduates and families.

“We want to break cycles and make everybody a productive citizen from President Obama on down to everyone in this room,” Hancock said. “We want people to come back as safe neighbors.



Photo by Eddie Herena - San Quentin News

2016 Addiction Recovery Counseling graduates

“These men had the fortitude to walk through the door of opportunity. They have gathered the tools to be servants. They are the first wave.”

Hancock added, “When San Quentin has successful programs, California notices and the whole country notices.”

Judge Maier shared how having family members with addiction led her into service as a public defender.

“What I realized was being a good lawyer didn’t mean anything because my clients were addicts, so they kept coming back,” Maier said. “Here, we have people who’ve taken their lives and turned it to service.

“Everybody has the potential for brilliance, and the only thing holding them back is themselves.”

The ARC is a 16-week program of group and individual counseling, understanding addiction, relapse prevention and teaching life skills.

Valedictorian Martin Walters gave a speech about his crime and the brotherhood of the group.

“I disgraced everybody in society, including myself,” Walters said in near tears. “I am amazed that you didn’t give up on me. I am so blessed that you carried me.

“We definitely know what it is

like to be an addict; it’s dark; it’s lonely. I say ‘sorry’ to all of you. I’m proud because I’m healed, and I know I can heal other people,” Walters added.

Graduates Edward Scott and Greg “White Eagle” Coates also addressed the audience.

“I sold drugs that ruined lives, here was an opportunity to give back,” Scott said. “The skill set that I picked up from this, sometimes there are no words for the gratitude, and I never had a legal job in my life, now I have a job skill.”

Coates added, “We are 5 percent of the world’s population but we use 80 percent of the drugs and there is something wrong with that.

“I found sobriety, but I wanted more than sobriety. I wanted to know the how’s and why’s for myself and others.”

Some families travel long distances to witness the Nov. 4 event.

“It’s always a challenge coming here to see a loved one and then have to walk out,” Raymond Robbins said, coming to witness his brother Robbie Robbins graduate. “But it’s about support. We all are going through a process and everybody counts.”

Annie Lam, who came for her brother John Lam, said, “I am very proud of his accomplishments. I know he works really hard. I see the growth; every time I talk to him he teaches me stuff and makes me think,

makes me see things from a different view.”

Lam said, “My uncle used drugs. It played a big role seeing the impact his drug use had on our family. I have a lot of friends that use, and this is a chance to help and bring them into recovery.

“We are all part of a community. We are only as strong as the weakest link,” he added.

Tom Gorham, executive director of Option Recovery Services; Kiki Kessler of Seeds of Sophia; Tom Aswad of Support 4 Recovery, Inc.; Dr. Davida Coady; Lee Cooper; Brandon McMillian; the TomKat Foundation and all the dignitaries received special awards for their work with in the program.

The crowd was entertained by Jeffrey Akins and Michael Kirkpatrick singing *Lean on Me*. Kirkpatrick performed a spoken word called Soup using all the sponsors’ names as ingredients. The SQ house band Our Founded Songs’ (OFS) services were enlisted.

Robin Guillen, the event emcee, concluded, “When people do wrong, they act as if they have no relatives. In this community we act as if we have relatives because we have bonds. As an addiction professional I have seen a lot.

“What we are doing now is sending this in the future in a big way..It’s about looking out for the future generations.”



Photo by Eddie Herena - San Quentin News

Tom Gorham, Greg “White Eagle” Coates, US Congressman Mark DeSaulnier, California State Senator Loni Hancock and Kiki Kessler

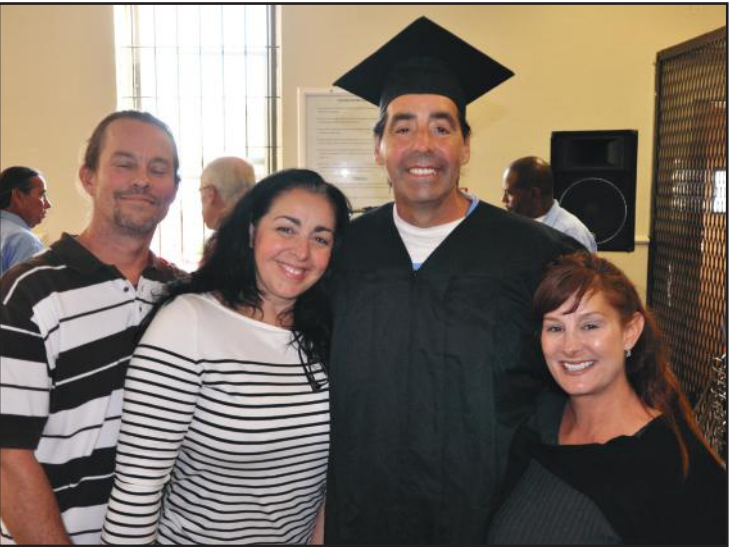


Photo by Eddie Herena - San Quentin News

Valedictorian Martin Walters with his family



Photo by Eddie Herena - San Quentin News

Superior Court Judge Clare Maier

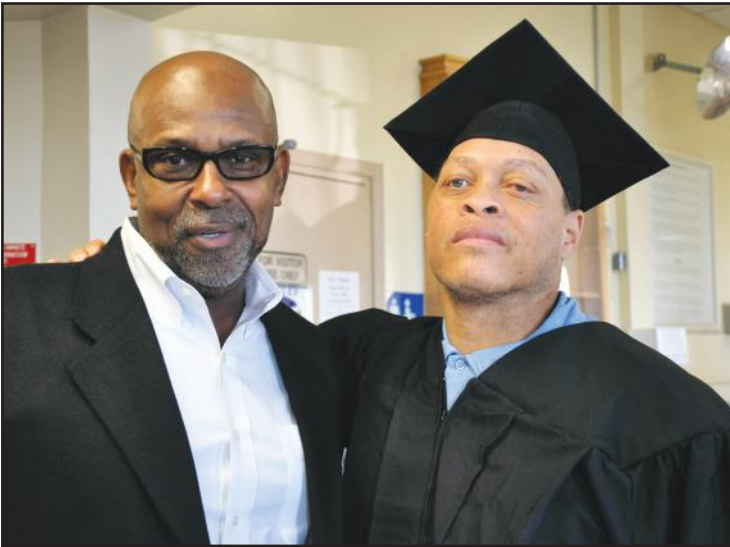


Photo by Eddie Herena - San Quentin News

Raymond Robbins with his brother Robbie Robbins

Earth's main renewable resource? It's people

By Emile DeWeaver
Staff Writer

Forty people, damp from rain, gathered in San Quentin's Protestant Chapel to celebrate what several environmentalists there called the world's most important natural resource: people.

"If you think solar and wind power are the answers to our problems, you're wrong," said co-founder Sam Hearn during his talk about the future of renewable energy at The Green Life program's second graduation. "The greatest form of renewable energy is our relationships with each other."

Editor of *Earth Island Journal* Maureen Mitra also talked about the connection between people and the planet. "You can't take care of the planet if you don't take care of people," she said, at the October event.

The value of people was both what initially made co-founder Troy Williams skeptical about environmentalism, and what eventually galvanized Williams to help build The Green Life.

"I remember when Angela and everybody said we are gonna form The Green Life," Williams said. "I thought, what do I care about trees when people are dying where I'm from? Then I read Van Jones' book *Green Collar Economy*, and that helped me understand. If I don't care about the world that sustains us, how can I care about the people in the world?"

Williams paroled from San Quentin State Prison almost two years ago. He returned as a free citizen to continue the community work he began in prison. Other guests included fiscal sponsor Tamira Jones from the Earth Island Institute.

"I am always amazed by the wisdom and insight of people cut off from society," Jones said. She was reacting to presentations by Green Life facilitators and graduates. Graduates included Armando Garcia, Seth Harding, Francisco Ortiz, Jesus Perez, Ruben Ramirez, Mark Tedeschi, Lynn Beyett, and Wesley Eisiminger.

Eisiminger and Beyett presented a plan to conserve water. They proposed a catchment system that uses rain runoff from the rooftops of buildings



Photo by Eddie Herena - San Quentin News

Angela Sevin with The Green Life facilitators and graduates

at San Quentin. For each 1,000 square feet of roofing, the system would gather 600 gallons per inch of rainfall. The water could be used for irrigation during the summer months on the flowers and plants located at the prison entrance, the grass on the sporting field on the Lower Yard, the garden at the Education Department and Planting Justice, a gardening/self-help program. Eisiminger added that the water could also be available for washing thousands of articles of clothing per week.

Harding talked about how the first step toward a greener world can begin with literally walking greener. He demonstrated a natural way to walk that, according to Harding, reduces stress and damage to joints. He said early Homo sapiens walked in this way, and learning to "walk green" is the first step on a larger journey back to a more natural self.

Other presenters included Angel Alvarez, Francisco Ortiz, Jesus Perez, and guest speakers Wanda Stewart, a green farmer, and green entrepreneur Keba Konte.

After presentations, Green Life Director Angela Sevin dis-

tributed certificates of completion while Green Life facilitators stood in a line behind her to shake hands with each graduate who ascended the stage.

"The men were some of the most consistent people I know," Sevin said, referring to the incarcerated men in her program. "Through the years I've learned more about what people who live here are really thinking about. I go back into my world on the streets and have a better feeling about a stranger I might encounter on a day-to-day basis, whether they are Black or Brown or White."

The Green Life began in 2009 after Van Jones came to San Quentin. In a talk about the green movement, Jones talked about the importance of green practices, but he emphasized that if we care enough about cans to recycle them, then we also need to care about people enough to give people a second chance to remake themselves.

"He inspired a whole bunch of men in San Quentin," co-founder Jorge Heredia said. "We talked about the topic Van Jones put in our minds, and we decided we needed to create The Green Life movement in San Quentin."

Heredia talked about the challenges the co-founders faced establishing the group, noting in particular Sevin's perseverance.

"One reason why I do this [work] is because I consider people who are in prison part of my community," Sevin said. "If we are gonna survive on this

planet with temperatures rising, with carbon parts per million over 350 — which is considered a trend toward an unlivable planet — we're going to need all of our resources. And that means human resources to build resilience and come up with solutions. We need everybody to be a part of that."



Photo by Eddie Herena - San Quentin News

Armando Garcia and Francisco Ortiz pitching their trash compost idea to have less of an environmental impact



Photo by Eddie Herena - San Quentin News

Co-founders Troy Williams and Sam Hearn



Photo by Eddie Herena - San Quentin News

Editor of *Earth Island Journal* Maureen Mitra and Tamira Jones

There’s sure a whole lot of talent at San Quentin

By Marcus Henderson
Journalism Guild Chairman

In reality TV show fashion, San Quentin residents demonstrated they “got talent,” at the Third Annual Talent and Karaoke event, sponsored by the San Quentin Music Program.

As the Lower Yard filled, about 150 people crowded around a makeshift stage to be treated to ’80s-style music by former Club Nouveau member, now incarcerated Jeffery Atkins.

Atkins’ keyboard skills dazzled the crowd as they sang along to Club Nouveau classics songs like *Situation Number Nine* and *Jealousy*. He also performed *Rumors* by Timex Social Club. Lee “Jazz” Jaspars’ guitar wizardry accompanied Atkins’ performance.

“I think this will be my last R&B performance,” said Atkins. “I’m going to follow my true calling in gospel music. Being with Club Nouveau is probably my last exposure at that musical level.”

Three hip-hop acts brought, style, passion and an ability to hype-up the crowd as they took to the stage and masterfully had heads bobbing with music arranged by David Jassy.

Maurice “#II” Reed’s verbal assault on *I’m Just Saying* displayed what true emceeing is all about—his vocal clarity riding a bouncing beat.



Photo by Eddie Herena - San Quentin News

(From left to right) John “Doc” Holiday, Charlie Spencer, Leonard Walker, Paul Oliver and Jeffery Atkins playing for the crowd on the Lower Yard

“I woke up one night thinking about all the bad stuff I was doing,” said Reed. “I had to find a way to turn my life into a positive and music is a way for me to express myself, instead of being angry.”

Jessie James bought to the stage his easy-going personality and shoulder-bouncing dance moves in a seriously complex song called *Bottles and Funerals*.

With profound lyrics like, “I reminisced about the days we had dreams when we was five,

but they died when he died—at 17 he lost his life,” captured the harsh reality of street life.

“I lost about nine people to the streets in East Oakland,” said James. “This song was about celebrating their lives.”

James put fun back into his set when he performed *Diamonds*.

Joshua “JB” Burton showed what a veteran B-boy (an alternate name for a rapper) could do

when he touches a microphone.

Songs included *Big Talk for a Little Guy*, a self-reflective song about doing what you say you’re going to do, and *Fresh*, a rap that used a mixture of new-school and old-school terminology to blend both generations. The song proved rapping is an art.

“Music is a way for me to explore my flaws,” said Burton. “It challenges me to rise above negative stereotypes back to my humanity.”

Not to be outdone, Howard “Pistol Pete” Poteet gave the crowd a shot of country with his original song *Take Me Down, Lay Me Down*, about grabbing your fishing pole and going down to the river and partying with the country folk.

“Music takes me away from prison,” said Poteet. “I don’t have a TV or radio, just my guitar.”

Another breakout voice was Gennie Bieninnie, who drew a standing ovation with his original piece *So Much Love*. The catchy tune had people singing the lyrics even when the song was finished.

“The song was about how a woman has so much love,” said Bieninnie. “How I have so much love and that’s what brings us together.”

The event emcee, Darrel Farris, struggled to get par-

participants to perform karaoke. However, Jose Velazquez and Leonard “Funky Len” Walker stepped up to break the ice.

Velazquez gave a strong rendition of *La Bamba* to the delight of the audience. Walker drew laughter and smiles singing Marvin Gaye’s *What’s Going On*.

“That song speaks on what’s going on today,” said Walker. “We need to get back to the basic. I tried to inspire the youth to have fun, because everybody in prison is tight face.”

Aaron “Showtime” Taylor proved practice makes perfect with a medley of original songs on the guitar, two years after of picking up the instrument.

He also joined in the karaoke and sang *I Want You Back* by the Jackson Five, dance moves and all.

“I used to perform that song with my brother and a friend, when I was a kid in front of a West LA studio,” said Taylor. “I just wanted to give the people a flash-back; they didn’t think I could still dance like that.”

Kevin D. Sawyer displayed exceptional skills with a guitar instrumental of *For the Love of God* by Steve Vai. He enlisted James Benson on the drums, Terry Slaughter bass, and Atkins on the keyboard. Sawyer credits Jimi Hendrix and Prince as his influences.

“It means a lot to me to play and even more when people enjoy hearing me play,” said Sawyer.

The soulful Richie Morris’ velvet voice soared while singing *Given Time* and *Santa Cruz*.

Morris concluded, “As we start to mature we start to understand where we’ve been, where we are and where we want to be.”

Wilber “Rico” Rogers, who worked the mixing board along with Farris, thanked sponsor Raphaelae Casale for her hard work arranging the Oct. 22 affair.



Photo by Eddie Herena - San Quentin News

Joshua “JB” Burton rapped *Big Talk for a Little Guy*



Photo by Eddie Herena - San Quentin News

Jessie James performs *Bottle and Funeral*



Photo by Eddie Herena - San Quentin News

Jose Velazquez performs karaoke rendition of *La Bamba*



Photo by Eddie Herena - San Quentin News

Maurice “#II” Reed performs a rap song *I’m Just Saying*



Photo by Eddie Herena - San Quentin News

Howard “Pistol Pete” Poteet sang his original song *Take Me Down, Lay Me Down*

Why these prisons are calm: Inmates are respected

By Juan Haines
Senior Editor

The key to the low violence levels in Sweden's high-security Kumla prison is how prisoners are treated, its warden told Prison Yoga Project founder James Fox.

One of the unique characteristics of Kumla is its Retreat Center. Nine prisoners at a time attend 10-day silent retreats. The prison schedules 20 retreats throughout the year for its 400 residents.

At the retreat center every prisoner has his own room and a separate meditation room. There is a kitchen where prisoners cook and share food at a large communal table.

While Fox was at Kumla, he taught a yoga class for 18 prisoners of differing races and crimes. "The social conciseness between staff and inmates is respect and dignity," Fox said. "The result is that there is very little violence."

The impulse control and non-reactive training yoga provides should be available to both staff and custody, says Fox.

"Doing this would put seemingly opposing populations on the same page," Fox said. "This

is the core of what yoga provides. Yoga works with the body to learn these skills and is all about mind/body integration toward health and well-being.

"The bottom line is yoga provides the opportunity to improve physical and mental health."

Fox returned from his fifth trip to European prisons with an understanding that yoga and mindfulness are foundational practices for restorative justice, serving as keystones for self-inquiry and taking responsibility for one's actions.

"The program in the Netherlands was started two years ago at Lelystad Prison," Fox said. "It's a program designed for the top 600 re-offenders in the country. Corrections officials identified the top recidivists, and decided to concentrate a rehabilitative program toward them."

If the criminal justice system in the U.S. wants to gain the same benefits as Northern European prisons, it is vital to understand the importance of shifting the primary purpose of incarceration from punishment to rehabilitation, and training guards and staff in sociological and psychological de-escalation skills.

"The counselor to prisoner ratio in the U.S. is about one counselor for 300 prisoners, while therapists in European countries have a much smaller caseload," Fox said.

The living conditions in the prisons he visited are far superior to the conditions in the U.S., says Fox.

"The typical 'cell' looks more like a college dorm room and the prisoners live singly in a room," Fox said. "In the prisons I visited, the prisoners don't live behind bars and every 'cell' has natural light and a window."

"Every prison has a very well-equipped and clean gym — a



Courtesy of James Fox

Prison Yoga Project teachers inside Lelystad Prison

whole variety of recreational services."

Fox started practicing yoga 30 years ago. At first, he said, for its physical benefits, but its emotional and psychological benefits hooked him.

"I was going through some trying times — the breakup of my marriage and family. I was on the edge of turning to substances to deal with my emotional pain, but when I encountered yoga, originally for a back injury, I got hooked, because it was my self-help."

"Then over the years, as I became more adept in yoga, I became interested and committed to bring yoga to populations that weren't being exposed to the practice."

"After I became a certified teacher in 2000 and taught classes to at-risk youth in residential and detention facilities, I was asked to bring yoga to San Quentin, in 2002, by Jacques Verduin. He told me, 'I want you to be our yogi.'"

Fox wrote *Yoga: A Path for Healing and Recovery* in 2009. Publishing the book launched the Prison Yoga Project as a non-profit. The mission of the Prison Yoga Project is to establish yoga in all prisons.

A Path for Healing and Recovery has been sent to 16,000

prisoners and will be published in Spanish beginning in January 2017.

After Fox was invited to speak at The First International Conference on Yoga for Social Transformation held in India, he began to train others, and has since trained more than 1,500 yoga teachers.

"We have 11 Prison Yoga Project chapters, and 10 affiliate organizations providing yoga programs in more than 135 jails and prisons, in 24 states. They grew organically out of a desire for yoga teachers to be of service. Part of the DNA of yoga is karma yoga, i.e., service."

A majority of prisoners have early life histories of abuse, neglect, abandonment and poverty that become exacerbated by drug or alcohol abuse and criminal behavior. This commonly results in hyper-vigilant and re-active behavior.

Incorporated into his teaching, Fox said, is his years of experience in restorative justice, victim/offender education and violence-prevention.

"I think that's why it works," Fox said. "These classes get started in prisons and they stick. Since the last couple years, instead of us contacting the prison and jails, they contact us. Even if I can't send teachers, I send books, mats, and the DVD filmed at San Quentin by SQTV. It all goes out for free. Classes are scheduled to be launched in Mexico, Spain, United Kingdom and more."

"The increased self-awareness provided by yoga and mindfulness practices translates directly to emotional literacy, understanding feelings, which is a by-product of what in turn translates to empathy," Fox said. "This is important to prisoners' behavioral transformation and also prepares them for successful reentry to society."

www.facebook.com/prison-yoga

www.prisonyoga.org



Courtesy of James Fox

James Fox inside one of Lelystad Prison cell



Courtesy of James Fox

James Fox and the Warden of Kumla Prison, Sweden

Exploring the rabbit hole that led them to violence

On a hazy mid-April weekend, 15 men gathered in an old prison yard bungalow at San Quentin to think about why they killed—why they robbed—why they ended up here.

Most of them are serving life sentences, locked up for decades. They came to this writing workshop, called The Rabbit Hole, to explain who they were and what they became.

Doing criminal violence often comes from feeling like you're in a world that's gone insane, according to the organizer, Emile DeWeaver. He said he named his workshop after the rabbit's entryway in Alice in Wonderland. In this case, he said, the new world wasn't fantasy, but a place of confusion and pain, where they did the worst acts of their lives.

Knowing you were there "is not an excuse for violence," said DeWeaver, who was convicted of a 1998 murder. "It's finding out the reasons for violence in a time when your lives were uncertain."

If a person can explain his past to himself, DeWeaver believes, he can understand what it means to inflict harm on another human being. A person with empathy may help bring peace to the community, but first he has to have empathy for himself.

It happened to him. Some years ago, in an online magazine, DeWeaver published his thoughts about how his alienation from his father created a kind of emptiness and rage in him, culminating in the murder. Writing and thinking about this, he wrote, helped him come to terms with the anger, even extinguish it.

His story was read by a crime victim, who commented that it helped her understand what happened to her. His daughter read it too, and they reconnected. DeWeaver came to believe he had a way to help others, and he started a writing workshop called Accountable Communication.

The Rabbit Hole is part of the program, designed to take oth-

ers through something like his process of self-understanding, which can be hard, according to DeWeaver. As the men in the workshop began to describe their past conduct, an uneasy laughter covers a palpable embarrassment, as they begin to reveal the things they did as kids.

"The deeper you dig into asking yourself why you did what you did, the more effective you'll be in connecting with readers," DeWeaver tells them.

The men hunch over their chairs, heads bowed, pens moving across lined paper. For five minutes they warm up, free-writing about a time in their lives they hurt someone on purpose. What need, DeWeaver asks, were they trying to meet?

Ronald Draper recalls a racist taunt when he was 12. "He called me a nigger," he says. His foster father had shown him a lot of public television about the civil rights movement. When he was called that name, though, it felt like nothing had changed. In frustration, the only thing to

do was punch his tormentor.

"I wanted him to feel the lack of control that I felt," says Draper. There was no trouble with the law that time, but he had injured the other boy badly.

DeWeaver wants the men to ask themselves a series of "Whys," seeking their missing need. That personal story is the way to finding our universal needs.

For Jeffrey Pruitt, the journey down the rabbit hole began at 12, with stealing another kid's bike. He'd been the youngest of 10 children, and poor.

Other men in the group challenged him: the youngest is usually pampered, they say. Not everybody steals—what was it about the bike? Pruitt replies that it was a Schwinn and shiny, just the kind of thing a kid wants. The kind of thing other kids would think was cool. The kind of thing he'd have that they'd want—the envy of every kid. Something he'd never known.

The 30-something Jerome Watts talks about hurting a girl

in high school, hoping the other boys would call him a player. He'd been bullied a lot, but after that, it stopped.

"I was just so tired of dudes clowning me," Watts said.

We all know these kinds of adolescent pains, and they are with all of us for life. But they are hard for anyone to talk about, let alone a convict, according to Watts.

DeWeaver wants him to keep digging. Hurting the girl, he suggests, like stealing the bike, began a habit of seeking acceptance at all costs. And this led to committing violent crimes.

"Look, I know this stuff is embarrassing," DeWeaver says. "A lot of what you discover about the old you isn't going to be flattering. But that honesty is what connects you to your reader. More importantly, it will help you realize that you weren't a bad person. You were a person. And when people lack the tools to recover from trauma, they make bad decisions. It's called the human condition."

—Juan Haines

Una Navidad de nostalgia y felicidad

Por Marco Villa y
Tare Beltranchuc

La Navidad es una de las fe-
chas más anheladas del año,
donde las familias se reúnen
para convivir y celebrar el
nacimiento del niño Dios. A
pesar que cada país tiene sus
propias costumbres y tradicio-

nes para celebrar la Navidad,
todos coinciden que lo más im-
portante es la convivencia fa-
miliar.

En este día toda aspereza y re-
sentimiento es olvidado y todo
se convierte en alegría, gozo,
y felicidad. Norberto Andino,
de nacionalidad colombiana,
comento “la Navidad es una fe-

cha muy especial en la que me
divertía armando el arbolito
navideño y el pesebre del niño
Dios”. Jesús López, mexicano
de nacimiento, explico “me
daba mucha alegría ver como mi
familia se olvidaba de los prob-
lemas familiares en esta fecha”.
Sin embargo, para la comunidad
que se encuentra encarcelada el

espíritu navideño varía según
las circunstancias de cada preso.

Para los presos que tienen fa-
miliares en este país, su mayor
regalo de Navidad es la visita
de sus seres queridos. Andino
manifestó “espero con gran an-
siedad la visita de mi familia
durante la Navidad”.

Mientras que para otras per-
sonas que no tienen familia en
este país, la Navidad es un mo-
tivo de nostalgia y tristeza, tal
es el caso de José Cáceres quien
comento “Me siento muy mal y
triste por no poder estar con mis
seres queridos”.

En esta fecha algunos presos
prefieren enfocarse en recordar
los momentos más inolvidables
de la Navidad y no en la ausen-
cia de sus seres queridos. Steven
Chiriboga menciona que tiene
bonitos recuerdos de la Navi-
dad, pero el mas especial fue
“cuando estaba chico y mis her-
manos me cargaron de mi cama
y me pusieron debajo del árbol
de Navidad, donde me desper-
taron entre muchos regalos”.
José Velásquez, de nacionalidad
mexicana, afirmo “de niño dis-
frutaba la Navidad ya que Santa
Claus (Papa Noe) siempre me
traía regalos”.

Otros presos no permiten que
sus circunstancias actuales ar-
ruinen su espíritu navideño
y escogen celebrar este día
asistiendo a la iglesia, haciendo
ejercicio, compartiendo sus his-
torias navideñas, mientras que
otros preparan un buen festín
(arroz, frijoles, chicharrones,
sopas, salchichas, tortillas de
harina, etc.). Jesús Pérez, de

origen México-Americano co-
mento “tengo suerte de vivir
con buen ‘celly’ (compañero
de celda), con el cual celebro la
Navidad con una buena comi-
da”.

Durante esta festividad parte
de la comunidad que se encuen-
tra en la prisión esta muy vul-
nerable por el dolor que repre-
senta estar lejos de la familia.
La Navidad es un día de mucha
melancolía, particularmente
para aquellos presos que añoran
y anhelan estar con sus hijos,
esposas y seres amados. La
impotencia de no poder abra-
zar a ese ser querido y expresar
todo el amor, cariño, respeto y
gratitud, hace que el encarcela-
miento se vuelva más difícil de
aguantar.

Para otros reos este día fes-
tivo es un recordatorio del pre-
cio que tienen que pagar por sus
malas decisiones. Reconocen
como sus crímenes siguen af-
ectando no solo a sus familias
pero también a ellos mismos.
Chiriboga menciona “mis ac-
ciones negativas me privaron
de mi libertad y de la oportuni-
dad de poder estar con mi fa-
milia, lo cual me causa mucha
amargura”.

Sin importar en que cir-
cunstancia te encuentres ac-
tualmente, la Navidad es una
gran oportunidad no solo para
recapacitar sobre el valor de
la familia, sino también para
perdonar todo resentimiento, y
reflexionar en lo hermoso que
es la vida. Por lo tanto, en esta
Navidad mantén una actitud
positiva y feliz.

Proposición 227 padres de familia con derechos en la educación

La proposición 58 fracaso en
su intento de invalidar la ley
del Senado 227. Este estatuto
ha estado en vigor desde el año
1998.

Una acción para corregir las
secciones 300, 305, 306, 320,
335 y para revocar la sección
311 del código de educación
relacionado a la educación del
lenguaje en ingles.

LEGISLATIVE COUNSEL’S DIGEST

(Asamblea Legislativa del
Digest)

SB 1174, Lara. Educación
del lenguaje en ingles.

(1) La ley existente, adherida
por la proposición 227, fue una
medida aprobada por los vo-
tantes el 2 de Junio de 1998.
La elección primaria en todo el
estado requiere entre otras co-

sas, que todos los niños en las
escuelas públicas de Califor-
nia sean instruidos en ingles
por maestros que únicamente
hablen el idioma ingles. La
proposición 227 estipula que
los estudiantes que están apre-
ndiendo ingles, sean educados
en grupos de incorporación
al idioma ingles, durante un
periodo de transición tempor-
al, que no exceda un año. La
proposición 227, también esta-
blece que los requerimientos
relacionados a la instrucción
en los grupos de incorporación
al idioma ingles, puedan ser
rechazados por los padres o
representantes legales del estu-
diente, a través de un consen-
timiento previo por escrito. La
proposición 227 también ex-
horta a miembros de la familia
y otras personas, a ofrecer tu-
toría personal en ingles a estu-

diantes que están aprendiendo
este idioma.

Este Bill (ley) enmendara y
revocara varias cláusulas y té-
rminos de la proposición 227.
Entre otras cosas, este Bill
reemplazara los requerimien-
tos de los grupos de incorpo-
ración al idioma ingles y a las
cláusulas de rechazo; y en vez,
establecerá que las escuelas del
distrito y las oficinas de edu-
cación del condado, propor-
cionen un programa con una
estructura de incorporación al
idioma ingles, como mínimo.
El Bill autorizara a los padres
o representantes legales de los
estudiantes inscritos en las es-
cuelas, a escoger un programa
de aprendizaje del idioma in-
gles, que mejor se adapte a sus
hijos.

—Marco Villa y
Tare Beltranchuc

It’s harder for Black women to be understood as victims

By Marcus Henderson
Journalism Guild Chairman

Black women are more like-
ly to be criminalized for de-
fending themselves, according
to a *Rewire* story.

“It’s really hard for people
to accept Black women as vic-
timized,” said Lenina Trini-
dad, an attorney who has rep-

resented abuse survivors, in
an interview with *Rewire*. “In
my experience in the criminal
court system, Black women
are inherently questioned and
inherently distrusted. The
system and the players don’t
find them as credible.”

Nearly half of women in
state prisons and local jails
had been abused before their

arrest, according to a U.S. De-
partment of Justice report re-
leased in 1999.

Black women are up to four
times more likely to be im-
prisoned than White women.
The most recent statistics on
imprisonment seem to back
Trinidad’s observations, ac-
cording to the article.

There is no readily avail-

able conviction rate of Black
women claiming self-defense
and there is little data on the
number of domestic violence-
related convictions, the article
noted.

The story cites the case of
Cherelle Baldwin, a 24-year-
old Black woman found not
guilty in the death of an abu-
sive ex-boyfriend. She was
freed only after serving close
to three years in prison, ac-
cording to the April *Rewire*
article by Victoria Law.

Baldwin had been granted
a court order against her ex-
boyfriend, Jeffrey Brown.
But Brown continued to text
threats, the story noted. He
then showed up at Baldwin’s
house and climbed through
a window where he pulled a
knife and choked her with his
belt, according to a police af-
fidavit quoted in the article.

Baldwin escaped by running
outside into her car. Brown
managed to get in the car and
proceed to choke her again,
noted the story. She got out
the car, and the car ran over
her leg. He continued to chase
her, but the rest happened so
fast she did not remember how
he ended up in front of the car,
the article reported.

When police arrived, Brown
was dead, and Baldwin had a
broken leg. Their baby was in
the house, unharmed. She was
taken to the hospital. Three
weeks later, she was charged
with first-degree murder and

her bail was set at \$1 million.
She was sent to York Correc-
tional Institution in Niantic,
the women’s state prison in
Connecticut.

“It’s really hard
for people to ac-
cept Black women
as victimized”

Another case the author re-
fers to was about Marissa Al-
exander, a Florida mother who
argued she had been acting in
self-defense under the state’s
“Stand Your Ground” law, by
firing a warning shot into the
ceiling to stop her husband’s
assault. She was unsuccessful
and was sentenced to 20 years
in prison for aggravated as-
sault with a deadly weapon.

Her conviction coincided
with the arrest of George Zim-
merman, who successfully
claimed “Stand Your Ground”
in his shooting of 17-year-old
Trayvon Martin.

In January 2015, after wider
attention and support for Alex-
ander, an appeals court ruled
that the judge’s instructions
on self-defense were faulty
and reversed her conviction.
Nearly four-and-a-half years
after her arrest, Alexander
agreed to a plea bargain for
time served and two years of
house arrest.

D.C. tries new program to fight crime

By John Lam
Journalism Guild Writer

The Washington D.C., City
Council has taken steps to ap-
prove an innovative new pro-
gram called Neighborhood
Engagement Achieves Results
(NEAR), to combat violent
crimes through diversion pro-
grams that provide potential
offenders with public servic-
es.

“The NEAR Act would cre-
ate two new D.C. government
offices. The first would be the
Office of Neighborhood Safe-
ty and Engagement, which
would identify those ‘at high
risk’ for committing violent
crimes and recruit them to a
program that connects them
with jobs, training, counsel-
ing and other services that
seek to address the root cause
of violent crime,” *Youth First
Initiative* reported.

The Office of Violence Pre-

vention and Health Equity,
the second proposed office,
would identify at-risk popula-
tions and provide them with
appropriate services to dis-
courage violence.

“The idea behind it is that
we have the means to identify
the leaders in these communi-
ties – the negative leaders –
and work to support them in
heading in another direction,”
said Daniel Okonkwo, execu-
tive director of DC Lawyers
for Youth (DCLY). “It’s say-
ing, ‘The problem is that you
need a job? OK, we’ll help you
find one. And we’ll give the
support you need to help you
keep it together.’”

The NEAR program has
developed several approaches
to achieve its goal of violence
prevention:

- Identifying at-risk popu-
lations and provide them
with services that tar-
get root causes of violence

- Launching a public educa-
tion campaign on the impact of
violence and strategies for dif-
fusing and resolving conflict

- Placing counselors and
social workers in police de-
partments and hospitals to
address the needs of victims
and survivors of crimes to
reduce retaliatory violence

- Assist police depart-
ments with identifying po-
tential improvements to po-
lice training and procedures

- Calling for more transpar-
ency and increase in data col-
lection on police stops, frisks
and use of force incidences

“In my memory, this is
the first time we’ve had a
bill that aims to deal with
crime by looking at the root
causes rather than a law-
enforcement-based solution,
and which asks, ‘How can we
solve these problems system-
atically and long term?’” said
Okonkwo.

SQ Mission: Learning to earn a living wage

By Kevin D. Sawyer
Associate Editor

In prison, education is all about public safety. Shannon Swain, Deputy Superintendent for the California Department of Corrections and Rehabilitation's (CDCR) Office of Correctional Education (OCE) understands this well.

"If someone's going to do time, then they should learn something to better their community," said Swain. "If someone learns a skill in prison it will lead to a living wage when they get out."

In October, Swain visited San Quentin State Prison, where she was able to get a general idea of its educational programs. The prison is recognized as the CDCR's flagship prison for what rehabilitation looks like, and Swain wants to make it better.

"We have some really exciting things happening for education at San Quentin," said Swain. She explained that Titan Gilroy, owner of Titan America



Courtesy of Shannon Swain

Shannon Swain

MFG, is bringing a state-of-the-art CNC (computer numeric control) machine shop to the prison.

"The entire machine shop had to be gutted," said Swain, "so it will look like the potential jobs they'll (inmates) get."

Swain's focus is not solely on San Quentin. She is responsible

for ensuring education is available to prisoners statewide. She said that CDCR's rehabilitation programs reach roughly half the inmate population.

According to Swain, the RAND Corporation did a study and concluded college impacts recidivism the most. "That's something that matters," she said, adding that Senate Bill 1391 is now taking effect in 29 of the CDCR's 35 prisons so inmates now have face-to-face instruction with college instructors.

Swain said San Quentin "blazed the trail" with face-to-face college, citing the Prison University Project's Jody Lewen, who recently received the National Humanities Medal from President Obama at the White House. "She's an inspiration to us."

CDCR has other college programs such as Coastline Com-

munity College, Lassen College and Feather River College. "We know face-to-face adds considerable value," said Swain.

Swain said CDCR has 25 academic trades and OCE is increasing the linkage of programs throughout the system to encourage a "stackable curriculum."

For example, if inmates start a program and transfers to another prison, they still maintain their credits. Swain said the National Center for Construction Education and Research is another program adopted by CDCR because it is transferable, standardized and offers certification.

"We're excited that technology can help us," said Swain referring to E-readers for inmates to complete their education and Internet Protocol Television. "We have four channels that OCE is responsible for."

Those channels are Freedom TV that teaches inmates about effective family relations and substance abuse; Education, broadcasting Coastline

Community College and GED courses; Health and Wellness, to teach fitness and nutrition; and Employment/Employability that provides instruction on interviewing and writing resumes.

"Each institution has a TV specialist to help get it started," said Swain. "As we expand we hope to get more inmates involved."

Governor Brown appointed Swain on April 29, 2014. Previously, she worked at the Martinez Detention Facility in Contra Costa County teaching adult basic education and high school equivalency. She holds a bachelor of arts degree in American Studies from California State University Fullerton and an Educational Leadership Credential from California State University East Bay.

"Anytime I teach anything to adults I make sure they want to learn it, otherwise they won't," said Swain. "Correctional education is a specialized field. I love it. I wouldn't do anything else."

She helps answer the need for addiction counselors

By Emile DeWeaver
Staff Writer

Re-entry volunteer Kiki Kessler said every person she has worked with at San Quentin had addiction problems, and there was nowhere to send them.

"Guys are getting out, but if they haven't dealt with their addictions, they'll come back," Kessler said.

In 2005, she discovered two men serving life sentences, R. Trunzo and D. Pratt, who were trying to become state-certified addiction counselors, so they could help other incarcerated men attain sobriety. She joined their efforts to establish the Addiction Counselor's Training (ACT) Program and the Addiction Recovery Counseling (ARC) programs.

Kessler, who has been developing programs to help incarcerated people for 20 years,

said that her reentry program covered a lot of ground, but it didn't deal with addiction. She brought Reentry Action Planning (REAP) to San Quentin in 2003.

REAP teaches life skills, goal setting, planning and accountability to men in San Quentin's dormitory units.

"No matter how bad the crime, how obnoxious the person, there's this desire inside everybody to have a better life," said Kessler, talking about her work with men through the REAP program. "I found a lot of guys need to set goals."

She said that she helped men define what they wanted, and she found that most people wanted to do better. "They want to help someone, their families, or improve their lives."

Her work to improve lives through the ACT and ARC pro-

grams was so successful that the state exported the programs to California State Prison-Solano, where she was the project manager for the Offenders Mentors Certifications Program (OMCP) for incarcerated people to be certified drug and alcohol counselors.

Kessler expressed pride about the first ACT group. She said that of the 14 who were released back to the community, all obtained jobs as counselors or are in college. "Some work with kids; some work with sexually abused people; some work in substance abuse," she said.

Gregory "White Eagle"



Photo courtesy of Kiki Kessler

Kiki Kessler

Coates, a recent graduate of ACT who has been working with Kessler for three years, explained that she travels all over

the state helping guys get their CEU hours to keep their licenses certified. In her role as the Work Experience Supervisor of the OMCP he said: "She's modeling the things she's teaching us about restorative practice and caring for people with addiction." "I feel tremendous gratitude (toward Kessler)," John Lam said. Lam is a certified addiction treatment counselor intern (CATCI) who has known Kessler for three years. "She donated over a year of her time to us. It shows how much commitment she has. And that motivates us because we don't want to let her down."

Kessler is the founder of Seeds of Sophia, a nonprofit organization that provides educational and spiritual development for incarcerated people and the community at large.

To find out more about Seeds of Sophia, contact K. Kessler at P.O. Box 53, Crockett, CA 94525.

Prisoners

Continued from Page 1

"When I needed help they were there for me, in spite of the crimes they may have committed."

The prisoners, who have already served decades behind bars, are veterans of self-help groups or have taken college classes at San Quentin State Prison.

One of the prisoners said he doesn't want to be defined by the person he was 20 years ago and that this act gave him a chance for redemption – to show who he is today.

Two of them were having a conversation, while standing just outside the entrance to the education building at San Quentin. One of them looked over to Cuevas, who was sitting at his desk inside and saw that the officer was choking. Cuevas came quickly

from behind his desk in evident panic and distress.

The inmates took immediate action.

Cuevas grabbed one of the inmates by the arms and motioned him for a pat on the back. Another inmate saw how severe the situation was and applied the Heimlich maneuver, which consists of a bear hug around the chest and a strong, sudden squeeze.

The third prisoner in the area said he saw what was happening and offered Cuevas water to clear his throat.

"They came to help me and beat my back until the object was dislodged from my throat," Cuevas said. "I am thankful because, at the moment, I needed help, and they were there to help me out, even though I'm an officer. I'm still a human being, and they seemed to have recognized that."

To call for help, one of the inmates attempted to use the

telephone, but Cuevas had regained his composure and took the phone to call his supervisor.

"When I needed help they were there for me..."

Cuevas, a nine-year veteran of the California Department of Correction and Rehabilitation (CDCR), said becoming a correctional officer fulfilled a childhood dream of being in law enforcement. He got the idea when he saw one of his cousins in a CDCR uniform.

"After that, I immediately told myself, 'I'd like to wear one of those uniforms.'"

At the time, Cuevas was living in the US with his father, who wanted him to be educated in Mexico. At the end of each school year in Mexico, Cuevas would return to the US so he

could keep practicing English.

On his 17th birthday, Cuevas told his father about his dream of working as a correctional officer.

Cuevas said he was surprised his father agreed so quickly to his request.

The decision required Cuevas to stay in the US to finish his education, but he was told he was too old to start high school in the US, so his father enrolled him into the Job Corps to get his GED. Once he received his GED, he still had to wait until he was 21 before he could apply to be a correctional officer.

When he turned 21, he applied to CDCR but failed the test. Though discouraged, he would not quit on his dream and retook the test. While waiting to pass the test, he enrolled in college.

It would not be easy for Cuevas, as he took the test eight more times before passing.

He admitted that if he would

have failed one more time, he would still be a supervisor in the family trucking business.

"The family business is doing fine," Cuevas said. "And, now I am able to fulfill the dream I had as a kid." He added, "Since working for the department, and seeing all kinds of people, it has given me a better understanding about the individual."

Cuevas said that he believes that the prisoners should be recognized for saving his life.

"I see that all prisoners are different and most of them committed their crimes when they were young. Most inmates after many years of incarceration and going through programs in prison have changed their lives around and see us as humans, not just officers with authority."

"This could have been my last day, and any life matters," he added.

**—Eddie Herena
contributed to this story**



Chopper drawing done by a San Quentin inmate

Drawing by James Norton

Snippets

NASCAR is the most popular spectator sport in US, and it is the second-most popular televised sport as well as being broadcast in over 150 countries.

Abraham Lincoln had a cat named “Bob,” a turkey named “Jack” and a dog named “Jib.”

Santa Claus’ workshop was first depicted by the cartoonist Thomas Nast in 1866.

Clinical studies have demonstrated that music can improve the precision of motor skills, walking and posture control in people affected by Parkinson’s or Alzheimer’s, multiple sclerosis and ataxia.

NASCAR driver can shed five to 10 pounds in sweat during a race.

Research show that intelligence has no correlation to procrastination. Through the act of putting things off has been found to decrease as we get older.

MONTH OF DECEMBER

- December is the seventh of seven months in a year with 31 days. This year, December has five Thursdays, five Fridays and five Saturdays.
- World AIDS Day is on Thursday, Dec. 1; Pearl Harbor Remembrance Day is on Wednesday, Dec. 7; Kwanzaa begins on Monday, Dec. 26, and New Year’s Eve is on Saturday, Dec. 31.
- Winter, or the Southern Solstice, begins on Wednesday, Dec. 21 and lasts for 89 days. The last day of winter will be on Sunday, March 19.
- For Canadian Nationals, Boxing Day is on Monday, Dec. 26.
- For the Jewish community, Hanukkah begins at sundown on Saturday, Dec. 24.
- For Christians, the solemnity of the Immaculate Conception of the Blessed Virgin Mary is on Thursday, Dec. 8; the Feast of Our Lady of Guadalupe is on Monday, Dec. 12; Christmas Eve is on Saturday, Dec. 24; and The Nativity of The Lord, or Christmas Day, is on Sunday, Dec. 25.
- According to the World Almanac, December is Universal Human Rights Month, National Drunk and Drugged Driving Prevention Month, National Tie Month, and National Colorectal Cancer Education and Awareness Month.
- There are two astrological signs in December: Sagittarius, the sign of the Archer (Nov. 22 to Dec. 21) and Capricorn, the sign of the Goat (Dec. 22 to Jan. 19).
- According to the Jewelry Industry Council, the December birthstone is Turquoise.

Last Issue’s Sudoku Solutions

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

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

Sudoku Corner

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	6				2			
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	3			9	1	5	7	

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

Four states lead U.S. prison population shrinkage

By Charles David Henry
Journalism Guild Writer

Prison populations have been steadily declining as a result of criminal justice strategic reforms. This spectrum of change has been most notable in several states such as New Jersey, New York, Rhode Island and California. America still continues to maintain its distinction as the world leader in its use of incarceration. Today, more than 1.3 million people are still held in state prisons around the country, according to a report published by The Sentencing Project, The growing awareness of America’s failed experiment with mass incarceration has prompted various changes at the

state and federal level that aim to reduce the scale of imprisonment, the report noted. In addition, lawmakers and practitioners are proposing more “smart on crime” approaches to public safety that favor alternatives to incarceration. To grasp these proposed changes, it’s important to understand the variation in racial and ethnic composition in America, since the majority of people in prison are sentenced at the state rather than the federal level. The report shows that nationally, 38 percent of state prisoners are black, 35 percent are white and 21 percent are Hispanic. The Hispanic population in state prisons is as high as 61 percent in New Mexico and 42 percent in both Arizona and

California. While such percentages reveal a degree of disproportion for people of color when compared to the overall general population (where 62 percent are white, 13 percent are black, and 17 percent are Hispanic), viewing the composition of prison populations from this perspective only tells some of the story. The rate of incarceration for Hispanics is highest in Arizona, where 842 per 100,000 are in prison. The next highest rate of imprisonment is in Pennsylvania (668), followed by Idaho (619), Colorado (587) and Connecticut (583), it was reported. Despite this high percentage of Hispanics in state prisons, Blacks are still incarcerated at a rate that is 5.1 times that of

whites. This national outlook also shows Hispanics are held in state prisons at an average rate of 378 per 100,000, producing a disparity ratio of 1.4:1, the report adds. Breaking down these figures by age and gender reveals dramatic findings. In 11 states, at least one in 20 adult Black males is in prison. As staggering as these figures are, they “do not even include incarceration in federal prisons or jails, which would generally increase the number of people by approximately 50 percent,” the report stated. It was also reported that in “Oklahoma, the state with the highest Black incarceration rate in America, “one in 29 African American adults is in prison, and this reduces to one in 15 when restricted to Black males age 18 and older.”

“The data in this report document pervasive racial disparities in state imprisonment, and make clear that despite greater awareness among the public of mass incarceration and some modest successes at decarceration, racial and ethnic disparities are still a substantial feature of our prison system.” The report’s “proposed explanations for disparities range from variations in offending based on race, to biased decision making in the criminal justice system, and also include a range of individual level factors such as poverty, education outcomes, unemployment history and criminal history.”

Harsh drug laws were clearly an important factor in the persistent racial and ethnic disparities observed in state prisons. From 1995 to 2005, African Americans comprised approximately 13 percent of drug users but 36 percent of drug arrests and 46 percent of those convicted for drug offenses, according to the report. Even though the rapidity of change is relatively modest in addressing the scale of mass incarceration and the enduring racial and ethnic disparities, sentence reforms are being pursued across America, including in New Jersey. “As a result of the parole commissioner’s modification of the parole process, the number of parole grants increased from 3,099 in 1999 to 10,897 in 2001,” it was reported. The Sentencing Project said “Reforms should be enacted that scale back the use of prison for low-level drug crimes and instead redirect resources to prevention and drug intervention programming.” It also recommended that state and federal governments revise mandatory minimum sentences and other determinate sentencing systems that deny an individualized approach. Several states are pursuing racial impact legislation. “The idea behind racial impact laws is to consider the outcome of changes in the criminal code before passing laws in order to provide an opportunity for policymakers to consider alternative approaches that do not exacerbate disparities,” this report concluded.

S.F. work group seeks alternatives to building a big new city jail

By Lee Jaspar
Journalism Guild Writer

The No New SF Jail Coalition (NNSFJC) is seeking alternatives to the construction of a new jail in San Francisco. In an effort to reduce the city’s jail population, the board of supervisors created the Work Group to Re-envision the Jail Replacement Project. The work group includes supervisors London Breed and Jane Kim, Sheriff Vicki Hennessy, Public Defender Jeff

Adachi, District Attorney George Gascon, and Director of Public Works Mohammed Nuru, who are joined by mental health and justice system workers. The group’s monthly meeting was attended by the NNSFJC as advocates for the homeless and mentally ill. NNSFJC believes these people should be sent to residential and treatment facilities instead of jail. During the public comment portion of the meeting, NNS-

FJC members said that reducing the jail population must include providing affordable public housing. Where the money will come from to accomplish this is undetermined, although it was suggested that the \$80 million slated for the jail construction could be redirected. Phoebe Vader Horst, who is a work group member and a member of All of Us or None, said, “We’re not trying to take the \$80 million and use it. We want to give that money back.”

WORDCROSS PUZZLE *By Jonathan Chiu* *Edited by Jan Perry*

- ACROSS
1. One billion

5. Number measuring speed of flight

9. Road work safety object

13. River in Ilha de Marajo, Brazil

15. Hacker on *The Blacklist*

17. Tree planting day

18. Ancient internet connection device

19. Type of underwater diving

20. SQ multi-cultural group

21. Cellie’s complaint

22. Follows leder

23. Under 144 characters

24. Agitates

26. Vietnam capital

28. Lobster alternative

30. Right of decision (2 words)

32. Green of G.S. Warriors

36. Thread of wire

40. Precedes Miguel, Francisco or Paulo

41. Small trees of the caesalpinia family

43. Dress oneself

44. Arrest or raid by the cops (Slang)

46. Growing under snow

48. Young women in college

49. Emotional warmth, compassion

50. Rise Against song or one who saves

52. Albanian currency

53. Protein in muscle

55. A gland does this

57. First Indian ruler to embrace Buddhism

60. City in Sudan west of Nyala

61. Serena Williams’ dance move

63. (Scot.) A fist or a hand

66. His razor solves problems with the simplest assumptions

70. The nasal passages

73. To guide or restrain

75. Spinoff show from Mary Tyler Moore

76. Home or residence

77. Mortise’s mate

78. Hunters and soldiers apparel (Abbrev.)

79. Shrek’s mate

80. Sack you kick

81. God of war

82. Science of the body (Abbrev.)

83. Former Portuguese and Brazilian money of account

DOWN

1. A school of whales and a woman’s shapely leg

2. Jeremy of *Batman vs. Superman*

3. Gal of *Wonder Woman*

4. These United States of

5. Military TV show or a type of potatoes

6. Brand of gas station

7. Orange or grape soda brand name

8. Legal appeal

9. Member of Natives living in the basins of Yellowstone and Bighorn

10. Double-reed woodwind instrument

11. Phone that catches on fire

12. At first

14. Holiday greeting you wish someone in Dec

16. Anything badly needed

17. SQ event hosted by W. Kamau Bell

25. Alike

27. Expresses surprise and pain

29. Precedes athlete or again

31. Island SW of Stockholm in the Baltic Sea

32. A type of allergy

33. Composition or movement

34. TV #1 show

35. Mariah Carey, J.Lo and Madonna

37. “Set Fire to the Rain” singer

38. Pictures in birthday suit

39. Chair’s mate

40. Hawaii’s meat

42. People always forget to do this on computers

45. ____ Nostra: Name of the Mafia in the US

47. Stamps requirement

51. City south of St. Louis

54. Commercial music variety collection

56. Type of mushroom grown on trees used in Chinese cooking (2 words)

58. Hibiscus cannabinus
- | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----------|----|
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| 18 | | | | | | 19 | | | | | 20 | | | |
| 21 | | | | | | 22 | | | | | 23 | | | |
| | 24 | | | | 25 | | | 26 | | | 27 | | | |
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| | 32 | 33 | | | | | 34 | 35 | | | 36 | | 37 38 39 | |
| 40 | | | | 41 | | | | 42 | | | 43 | | | |
| 44 | | | 45 | | | 46 | | | 47 | | 48 | | | |
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| 53 | | | | | 54 | | | 55 | | | | 56 | | |
| | | | 57 | | | 58 | 59 | | 60 | | | | | |
| | | | | 61 | | | | 62 | | | 63 | | 64 65 | |
| 66 | 67 | 68 | 69 | | | 70 | | | 71 | 72 | | 73 | | 74 |
| 75 | | | | | | 76 | | | | | 77 | | | |
| 78 | | | | | | 79 | | | | | 80 | | | |
| 81 | | | | | | | | 82 | | | | 83 | | |
59. Country in Asia between the Red Sea and Persian Gulf

62. Monetary unit in Estonia

64. Vaughn of *Swingers*

65. Mushroom with a slender stem

66. Killer whale

67. To scorch

68. Precedes back, out of, or down with

69. Troubles or excitement

71. Bart Simpson’s teacher

72. Forming the base
- LAST MONTH’S ANSWERS

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

74. Yards not designated for GP (Abbrev.)

The powerful voice of Jennifer Richter

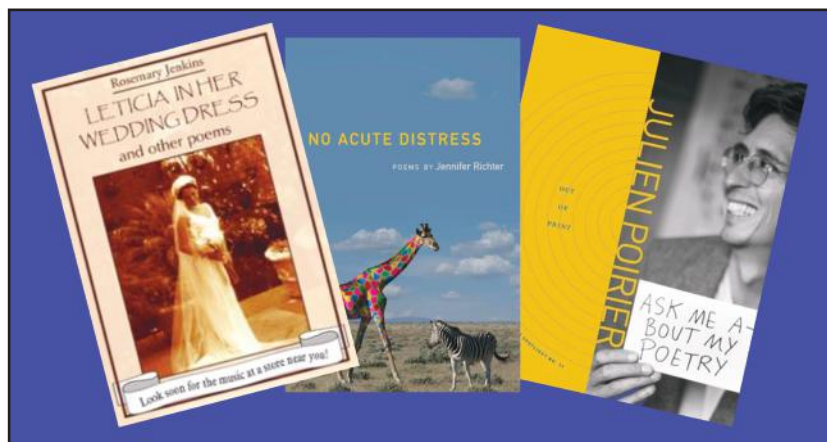
Book Review

By Juan Haines
Senior Editor

Poetry has always had the ability to make me, unintentionally, think of things or someone in unexpected ways. So, when I pick up a poem, I am open to finding out what the writer is trying to say through the combination of words that have a rhythm or cadence that just sounds good to the ear. The subtle messages that are felt are those aspects of poetry that make me think.

Earlier this year, poet Jennifer Richter came to Zoe Mullery's Creative Writing Class at San Quentin. There, I had the opportunity to listen to her read from her latest collection of poems from *No Acute Distress* (2016).

Richter is an interesting poet with an ability to put into words a battle with cancer as well as her life as a mother, wife and



woman. When she combines these into the literary features found in poetry, the result is an extremely powerful voice.

Particularly, *Hardy Boys Mystery #4: The Missing Chums* is about her son and the effect 9/11 has had on her family. The poem's meticulous and nostalgic look at her life gives particulars about what kind of mother she is and how she values her son's perspective on life

and death.

I also had a chance to review an anthology by Rosemary Jenkins. When I first met her (by telephone) we talked about comparing American prisons and Norwegian prisons. What I've learned about Jenkins is that she's a very compassionate person who loves dogs and also loves her take on criminal justice policy in the online publication *LA Progressive*.

When I found out, additionally, she was a poet; my eyebrows went up in obvious curiosity.

Leticia in Her Wedding Dress and Other Poems (2005) surprised me with its illustrations and bilingual advantage. However, the most valued aspect of the anthology is that each poem has space for readers to put down his or her thoughts — genius!

I can't tell you how many times I've picked up a piece of fiction, nonfiction, or study material and seemingly ruined the book by margin writing. *Leticia in Her Wedding Dress* gives my thoughts space.

The poem *Leticia in Her Wedding Dress* honors the existence of someone special and gives readers an appreciation of how Leticia has impacted the life of those around her.

I also had an opportunity to drop by a class taught by Julien Poirier. He teaches every Monday, after chow, in San Quentin. He's been doing this a couple of

years now, and his tough take on the use of words in poetry became clear in his latest anthology, *Out of Print* (2016). He's a no-nonsense writer who'll tell you all about poetry; just like his book cover says, "Ask me a-bout my Poetry."

When going through *Out of Print*, I was drawn to several poems, by title alone.

The 2nd Amendment Never Sleeps, written on the 4th of July, uses Middle America language and symbolism to bring irony to a West Coast liberal.

Investigation hit me as a journalist because of its connection to like-minded writers. Although Julien's intent was to unite poets, the poem resonated with me from a journalistic perspective, and I took what was important for me.

All in all, these three poets have impacted me because of the way they've reached out to give incarcerated readers a portal into the world as they see it.

Any of the poems mentioned in this review can be sent to readers by sending *San Quentin News* a self-address stamped envelope.

Your top achievement of 2016?

Asked On The Line

By Angelo Falcone
Journalism Guild Writer

For many San Quentin mainliners, 2016 was the year of achievements. Asked on the Line made informal inquiries of the men in blue, "Whether before the Board of Parole Hearings, your parents, your children, or your spouse, what would you declare was your best or greatest achievement of 2016?"

W. Tolbert: "Coming to terms with my self-worth and understanding that it's not determined by the precepts of our commonwealth but the concepts of how I treat our commonwealth."

H. Nguyen: "Forgiveness is a big accomplishment for me. Through forgiveness, I will be able to forgive myself, understand compassion, and remain true to myself and others."

D. Barnes: "Walking and helping the Amala Children, Wounded Warriors, and Breast Cancer Survivors."

P. Senegal: "Graduating from the Construction Technology class."

G. Pureco: "The insight that I learned to articulate."

F. Ortiz: "My participation in academic education and programs like Project REACH, which transformed me to develop the determination and confidence to be part of the solutions."

C. Moreno: "Graduating from Anger Management and earning a certificate from Alcoholics Anonymous."

P. Feliciano: "I graduated from three programs: Violence Prevention, Kid Cat and TRUST."

W. Villafranco: "Connecting with my family and children and pursuing an education."

P. Benitez: "I established contact with my daughter, and I started to learn how to use a computer."

N. Collins: "I had fun completing our Shakespeare play, 'The Tempest,' and how we supported each other to put on a great show."

A. Angulo: "Learning to speak English!"

J. Lopez: "My TABE test scores were higher this year!"

J. Velazquez: "Developing and understanding my own fortitude and improving my capacity to learn."

B. Muro: "I decided to take responsibility and go to school and sign up for self-help programs."

M. Morales: "Connecting with my loving family, who cares about me."

Q. Walker: "I became a tutor for Project REACH to help others discover the wonders of an education."

M. Saldana: "I earned an Anger Management certificate, I improved my reading skills, and I improved my communication with my family."

S. Nguyen: "I stayed positive after a disappointing result with the parole board. I completed a computer literacy class, and I completed the Kid CAT curriculum."

D. Jones: "I decided to get a GED and to learn to understand and have patience with people."

Dealing with opioid deaths in prison

By David Eugene Archer Sr.
Journalism Guild Writer

The Obama administration met with correctional officials in July to address the spike in overdose deaths in the nation's jails and prisons due to opioid narcotics, reported Christopher Moraff.

At this White House summit on July 17, Michael Botticelli, Director of the White House Office of National Drug Control Policy, said, "Everybody has a role to play in ending the opioid epidemic."

"We need to make sure that individuals with opioid-use disorders who are incarcerated have access to evidence-based treatment so they can achieve and sustain recovery," he said.

Panelist Christopher Mitchell said, "I firmly believe medication-assisted treatment (MAT) is the game changer of my career." He is in charge of drug treatment programs for the Massachusetts Department of Corrections.

Historically, prisons have managed post-release drug and alcohol treatment by offering little more than an address or phone number to inmates who request it at discharge, according to Moraff.

Only a handful of facilities provide medication to opioid-dependent inmates, Moraff stated.

"Imagine coming out of prison with no support, no ability to even access a computer. How long would it take you to give up? I'd probably last an hour," said Mitchell.

He also said, "Once you hand people off to the community, if that community isn't ready to support them, the offender is most likely going to crash and burn."

Data from the 1990s show the vast majority of incarcerated drug users recidivate after release, as high as 80 percent, Moraff stated.

"Everybody has a role to play in ending the opioid epidemic"

He cited a study in 2010 that found only 11 percent of substance abusers received any type of professional treatment in jail, and less than one percent were given medically assisted treatment.

Kim Kozlowski, director of the Syracuse Community Treatment Court in upstate New York, said, "We've had to educate the old-timers, even some practitioners, on the value and benefits of MAT."

Rhode Island is the only state to offer all three FDA-approved pharmaceutical interventions to opioid-dependent inmates. Those are methadone, buprenorphine and naltrexone, Moraff noted.

Most experts agree that to be successful, treatment needs to be individualized to patient needs and medication is just one part of a multifaceted support system, Moraff said.

"Medication-assisted treatment isn't the be-all and end-all," Kozlowski said. "We require that if participants are going to get MAT, they are engaged in some kind of counseling services."

"They have to be seeing a clinician and our thoughts are that the longer they are seeing someone, the better chance they have of success," she said.

SQ's television signal gets an upgrade

MAC Corner

The men in blue now have a wide variety of television channels available for their viewing pleasure just in time for the holidays — and football season.

After several years of complaints about the unreliable and fluctuating television signals and many meetings and proposals about upgrading to cable television, the San Quentin administration purchased new television antennas and new video amplification equipment for the mainline population. The new antennas were installed in September.

It took several weeks of meetings, negotiations and

petitions by the Men's Advisory Council (MAC) for staff to adjust and calibrate the television signals to accommodate both analog and digital televisions owned by the men on the mainline.

On behalf of the population, the MAC would like to thank Warden Davis, the Chief Deputy Warden, all Associate Wardens, Plant Operations, Principal Beebe, and SQTV for their time and effort in adjusting the television signal.

The MAC understands that resources and time must first go into higher priority electrical and plumbing projects to keep the tap and shower water hot, the sewage system running, the electricity flowing, and the kitchen cooking, while at the same time replac-

ing burned-out lights and fixing broken toilets. However, as a window to the outside world, mainliners also need a good television signal. Many thanks.

A wide variety of television channels are now available and coming in strong for both analog and digital television sets.

Finally, the Associate Warden for the General Population, J. Lawson, and the Captain of North Block and H-Unit, R. Escalera, would like to thank the men in blue housed in 1N-42, 1N-41, 1N-40, 1N39, and 1N-38 for their help and cooperation during the annual San Quentin Family Day staff event that occurred on Oct. 6.

—Angelo Falcone

San Quentin Kings tumble under .500

By **Rahsaan Thomas**
Staff Writer

The Outsiders dealt the San Quentin Kings over-40 basketball team another loss, winning 96-89.

“First time we beat them two in a row,” said Outsider Steve Watkins.

Kings Coach Orlando Harris said, “It’s our first losing season in the four years I’ve been coaching. Even if we win our next two games, we’ll be two games under .500.”

Harris is scheduled to see the parole board in February. He said, “If I’m here next year, we’re starting from scratch. We need to infuse this team with new talent.”

Although the Kings had a

few more games left in the season, this game was the last of the year against The Outsiders.

“Last game of the year is like our championship,” said Outsider coach, player and sponsor John Brewster.

The Outsiders started slow, coming out of the first quarter down 29-19. Then they put Brandon Hargrave, a 24-year old who is 5-foot-10, into the game. He torched the Kings for 29 points, 21 rebounds, 5 assists and 6 steals.

By the end of the second period, the Outsiders led 53-43.

“I heard Bob Myers came in and showed out so I wanted to follow in his footsteps,” Hargrave joked. “It’s fun. They got out early and we fought. We handled the pressure and never

let them get their momentum back.”

Referee Robert Lee spoke at half-time about what the Kings basketball program means to him.

“With battling prostate cancer and having 25-to-life, coming out here gives me an outlet,” Lee said. “During going through chemotherapy, what kept me motivated is that I could come out here. I can’t play basketball no more but refereeing allows me to stay close to the sport I love.”

The Kings made a run at the beginning of the third, getting two steals and a block on defense and scoring on offensive to make the score 54-51 Outsiders.

The Outsiders called a time-

out and adjusted. Hargrave nailed a trey to increase the distance 58-51.

The Kings closed the gap again in the fourth with 3:11 to go. Joseph Kelly was fouled and made both free-throws, bringing the Kings within 3 at 86-83.

Then Outsider Steve Watkins, normally quiet on offense, nailed two threes, stopping the Kings’ comeback. He finished with 8 points.

The Kings also had no answer for Joel “Big Country” Simons, a 6-foot-8, 300-pound center. He scored 18 points with 10 rebounds.

“When we have Big Country, we get boards, stop their big guys and we’re good,” Brewster said.

Outsiders Bill Utnehmer add-

ed 14 points, ending the season on a bittersweet high note.

“The off season is too long,” Utnehmer said. “We should play indoors through the winter.”

Pep “Oris” Williams led the Kings with 18 points, 8 assists, 8 rebounds and 5 steals in the losing effort.

“We had defensive laps,” Williams said.

King teammates Charles Sylvester and D. “Zayd” Nickolson added 14 points each, J. “Mailman” Ratchford, 12, and Thad Fleeton, 11.

“I look forward to the outside teams coming in,” Williams said. “It’s like a visit from family; you look forward to them coming. It relieves a lot of stress.”

No winner in epic Intramural League basketball finals

Commissioner Ishmael Freelon declared a draw in the Intramural League Basketball Championship after controversy over whether one of the games should count as a forfeit in the best of five series otherwise tied two-two.

Championship Intramural games are normally played on Sunday mornings, but the coaches of both teams agreed to play game four on Friday. That morning, with the Bay Area Ballers (BAB) up two games to one in the best of five series, only the coach and two BAB players showed up. The Franchise considered the non-appearance a forfeit.

After hearing several different versions about what happened that favored each team, Freelon said, “It’s done. Nobody wins.”

Prior to Freelon’s decision, The Franchise declared themselves the 2016 Intramural League Champions after winning what they called game five in overtime, 96-95.

“It’s over, we won,” said Franchise’s Oris “Pep” Williams. “Three-peat,” added his teammate Donte Smith.

Despite the Franchise winning the last two Intramural championships, they weren’t favored to make the finals this year after top players Anthony Ammons and Harry “ATL” Smith suited up for other teams.

Things also looked bleak for the Franchise when the BAB won the first two games of the series, needing only one more to clinch the title.

In game one, with 10 seconds left on the clock and the score tied, the Franchise had the ball. BAB pressed. Franchise Center Jason Robinson had the rock behind the three-point line and tried to pass out of a double team. BAB’s Tevin Fournette knocked the ball away. It landed in the hands of Paul Oliver, his 60-year old BAB teammate, who launched it down court to Mack Simekins for an easy slam and the 76-74 win.

The BAB won game two by a 105-81 landslide. Simekins led his team with 30 points and Fournette added 21.

A sweep looked evident for Game three with the BAB up by 20 points in the third quarter. Then Demond Lewis of the Franchise came to life.

After coming into the final period scoreless, he ignited for 16 points, including four three pointers.

O. Williams made a critical three to tie the score at 79-79 with 43 seconds left in regulation.

Fournette responded going strong to the rack and was fouled. He made one free throw.

The Franchise’s Kenneth Dozier missed a three but Lewis rebounded it for the put back, giving Franchise an 81-80 edge.

Fournette answered on the other end with a layup, putting the BAB up 82-81.

With time running out, Dozier hit a three-pointer at the buzzer, for an 84-82 Franchise victory and necessitating a game four.

In the blown effort, Fournette nearly scored a triple double with 23 points, 22 rebounds and 9 assists, plus 2 steals. Six foot 10 Center Matt Simekins fouled out with less than 4 minutes left in the fourth, after scoring 20 points and snatching 12 boards.

For the Franchise, Center

Jason Robinson had 11 points with 21 rebounds; Marvin Cosby scored 18 points and Donte Smith dropped 17 points with 17 boards in game three.

Game four on Oct. 9 found the BAB in the fourth quarter with only four players after Eli Hill was called over the institutional PA system to return to his building. That left Fournette, Simekins, Oliver and Donnelly Thompson, who played with a sprained ankle, against the full Franchise roster.

“I had four players, one with a bum ankle and they couldn’t knock us off in the fourth quarter,” said BAB Coach Darrell Williams.

The BAB battled through the fourth quarter. Though outnumbered they blocked shots and scored on the offensive end. With 10 seconds left on the clock, and the Franchise up 86-84, Fournette took the ball coast-to-coast and laid the ball up for the tie. He scored 35 in regulation.

In overtime, BAB took an 95-90 lead with 1:29 left, as the Franchise settled for three-point shot attempts that kept missing.

“It’s five on four, please tell me why we are shooting threes?” Smith asked his teammates during a timeout.

With 26 seconds left, the Franchise were down 95-96 when Oris Williams stole the ball. It ended up in Dozier’s hands who nailed a three, giving Franchise the 96-95 lead with :16 to go in overtime.

BAB’s Thompson had the ball at the top of the key for a wide-open three with time running out, but it bounced off the rim, leaving the Franchise on top.

Smith led the Franchise with 29 points, 22 rebounds, 3 assists, 2 steals and a block. Dozier finished with 16 points followed by Montrell Vines with 15.

Fournette led all scorers with 39 points, 20 rebounds, 3 assists and a steal. Simekins added 27 points, 21 rebounds, 6 blocks and 2 assists. Oliver had 18 points, 12 rebounds, 3 assists, 2 blocks and a steal, while Thompson contributed 9 points, 10 rebounds and 2 assists.

—*Rahsaan Thomas*

All-Madden team slips past Chosen, 33-31

By **Marcus Henderson**
Journalism Guild Chairman

The visiting Chosen Christian Sports Ministries missed a two-point conversion attempt to fall 32-31 to San Quentin’s All-Madden flag football team on a wet and muddy field.

“I was surprised and happy the administration let us play in these conditions,” said D. “Zayd” Nickolson. “It’s always like a semi-pro experience when we play these guys. Their line did a great job. I’m glad I did my part to get the win.”

With 2:00 minutes left in the game, All-Madden was down 25-24. Their quarterback, John Windham, put together a string of runs, moving the chains. Then he found a streaking wide receiver for a big first and goal play. From there, Windham ran in easily for the touchdown and a 30-25 lead with a minute and 19 seconds left on the clock.

The Chosen hoped to put on a drive of their own, but quarterback Phil Volta was sacked in the end zone by defensive end Nickolson for the safety.

After the safety and down 32-25, the Chosen was looking for a miracle. All-Madden didn’t run the clock out. Instead Windham threw a fade away pass to a wide receiver that was intercepted by Chosen Omar Bennett.

The Chosen was sacked once again with 10 seconds left. But on second down Volta threw a Hail Mary to a streaking Andre Jackson for the touchdown. With the score 32-31, the Chosen elected to go for a two-point conversion for the win instead of the tie.

Under a lot of pressure, Volta’s pass missed the receiver in the end zone, officially ending the game.

“This was fun,” said Bennett. “I respect all the players

and this special program. This gives us a chance to bring some of the outside world inside.”

“That was the Mud Bowl,” said Windham. “I look forward to playing them. This is therapy; you learn to improve your social behavior, because we got here on anti-social behavior.

“This program works because I think society would want us to be more social.”

In the first half, All-Madden started the game fast with a defensive interception and a rushing touchdown by Windham. The Chosen struggled offensively but defensively they had two interceptions returned for touchdowns, one from Jackson and one from AJ Haynes.

“We come to give and receive positivity,” said Haynes. “When you see the smiles, when we come down the hill you know it’s all love.”

Chosen Jimmy Brown added, “It’s about sending the message that we haven’t forgotten y’all. People would be surprised how much you can get from men who are deprived.”

All-Madden pulled out a couple of trick plays for scores. One bootleg play from Windham to Jason Jones, who threw for a touchdown. And a second lateral screen pass to Jones, who threw for big yards, kept the game tight.

Chosen coach Pastor Wayne Jackson gave an inspirational half-time speech and parting words, using the story of Samson and Delilah from the Bible.

“God is the one who gives strength, so don’t play with sin. Do things with the spirit of God. Believe and trust He will bring you out. Victory comes from worshipping in private.

“So remember: it’s not how you start; it’s how you finish.”

Sports Stats	
Basketball	
Average Points Per Game (As of Oct. 29)	
Warriors	
Allan McIntosh	18.2
Harry "ATL" Smith	14.8
Tevin Fournette	14
Anthony Ammons	10.71
Kings	
Oris "Pep" Williams	11
Demond Lewis	9.4
Thad Fleeton	8.7
Green Team	
Air Warmerdam	45
Evan Fjelds	25.5
Griffin Reilly	22
Chris Blee	21.14
Johnas Street	14
Pat Lacey	13.3
Remy Pinson	12.6
Imago Dei	
Jon Williams	27
Teohn Connor	25.66
Steve Diekman	18
Trailblazers/Bittermen	
Ryan Steer	23.77
Will Wheatley	16.83
Mark Stapp	14.66
Ian Ashcraft-Williams	11.8

SQ soccer aces turn back Berkeley...again

By Eddie Herena
San Quentin News Photographer

On a late October morning, 20 young men from the surrounding Bay Area dressed in black T-shirts and black shorts, marched down into a prison for a soccer match that had been planned for months.

Stepping onto San Quentin's Field of Dreams was a new experience for all but one member of the student organization, Hermanos Unidos (United Brothers), located on UC Berkeley's campus.

Nevertheless, Daniel Moreno, Hermanos Community Chair, was hoping to redeem his team from a defeat they suffered in early May.

"We trained for this game. 'The last time we got roasted,'" said Moreno. A thrashing similar to the loss Germany handed to Brazil in the 2014 World Cup semi-final match, 7-0. In May, Moreno's team was defeated by a nameless San Quentin soccer team, 9-2. The Hermanos were on a quest for victory.

In the 10th minute striker Lionel Hernandez of San Quentin



Photo by Eddie Herena - San Quentin News

Soccer match takes place on Lower Yard

pushed pass two defenders and blasted the ball into the upper left corner of the net beyond the reach of the goalkeeper.

It was one-nil.

The Hermanos struck back five minutes later. Striker Sergio Gonzales forced the ball through the defense for the equalizer.

The match was 1-1 in what seemed like the beginning of a high scoring match. However, the match remained even for the remainder of the first half.

If their defense had held up, it looked like Moreno and the Hermanos could be in stride to accomplish what they set out for: a victory. All they needed was a little offense.

But in the second half of the game, it got a little ugly for the brothers from Berkeley. The home team was able to spread the Hermanos' defense with more touch-pass-plays — a strategy the home team used to get the first goal. The strategy got away from them

until 10 minutes into the second half.

The results were game-changing as the brothers from San Quentin scored repeatedly. The second San Quentin goal came from Don "Jihad" Spence's header in minute 55. He scored off a corner-kick assist from teammate Tare "Cancun" Beltranchuc. That goal was followed three minutes later by Jose Melendez, who scored on a Jesus "Morelia" Lopez pass from the midfield. The final San Quentin goal came from Oscar "Flaco" Aguilar. Aguilar scored off a ball that bounced off his chest, to his right foot that he sent to the back of the net, putting the match out of reach for the Hermanos. However, the Hermanos scored one more goal off the leg of Ignacio "Nacho" Franco in the final and 90th minute, ending the game at 4-2 for San Quentin.

In spite of their loss, the Hermanos Unidos student organization said they left winners.

"A lot of us come from low-income families and are affected by mass incarceration.

He added that coming into the institution is a way of showing their support and doing work to better our community.

The Hermanos Unidos organization originated at UC Berkeley in 1989 as a means for Latino students to confide in each other on campus grounds — to "create a family away from home," explained Moreno.

Hermanos Unidos are now located in 14 other universities through out California and are even reaching out to local high school students, encouraging the value of education. The organization is about empowering the next generation through education in an effort to promote academic excellence, social networking and community service, according to Moreno.

There are way too many Latino men and women incarcerated, compared to those enrolled in colleges and universities, says Moreno. "Our purpose is not to forget where we come from," he added, referring to why they came inside the prison.

Harry "ATL" Smith out scores former pros

By Rahsaan Thomas
Staff Writer

San Quentin Warrior Harry "ATL" Smith scored 31 points against former overseas-pro basketball players to help his team survive a last second surge by Christian Sports Ministries. The Warriors won 87-84.

"We could not stop ATL today. He was awesome," said Evan Fjeld, who played professionally overseas in the NBA's D-League and is called the Plumber in San Quentin for flushing down slam-dunks.

Known as the "Green Team" on San Quentin's Lower Yard for the color of their jerseys, Christian Sports Ministries brings in former pro and college players to compete against the Warriors twice a month.

For the Nov. 5 game, the Green Team enlisted three former overseas pros: Fjeld; Blake Schultz, 28, a Williams College Division 3 Player of the Year; and Ted Hahs, 46, who is now a pastor. (transformourworld.org)

Golden State Warriors Assistant General Manager Kirk Lacob both coached and participated in the game, while his sister, Kyci Lacob, a Stanford student, took photographs with both digital and film cameras for a project.

Despite seeing the height and talent coming toward the court, the Warriors were determined to win.

"We haven't won in a long time. Let's get this long-overdue win," Warrior Coach Daniel Wright told his team in a pre-game huddle.

The Warriors came out with great energy, taking a 30-20 first quarter lead with the aid of nine steals.

The 6-foot-11 Hahs came alive in the second quarter, helping his team come back with turnaround short-range shots. He finished with a team high 23 points.



Photo by Eddie Herena - San Quentin News

Harry "ATL" Smith going up on Kyle Fowlers

The Green Team took a 42-41 lead at halftime where Hahs gave an inspiration talk, after Green Team Sponsor Don Smith and Lacob warmed up the crowd of players, coaches, refs and scorekeepers.

Normally Green Team sponsor Bill Epling opens with a joke, but he couldn't attend the game, so Smith filled in.

"The advantage of Bill not being here is we don't have to listen to a joke," joked Don Smith.

Lacob spoke next, introducing the crowd to his sister, who he joked would try her best to make everyone look good in the photos. Then he remarked seriously, "The ESPN piece came out very good. I think it will do a lot of positive things."

Lacob referred to a six-minute piece ESPN aired that features interviews with San Quentin Warriors and footage of Draymond Green and Kevin Durant hanging out on the yard when San Quentin played the

Golden State Warriors organization on Sept. 24.

Next Hahs joked, "The first time I came in here, I was a little scared, nervous, but you guys are more polite than a pickup game in the street, especially church pickup. You guys are more saved than the pastors."

Then Hahs preached about how God can use everybody for a good purpose. "I believe the Lord wants to teach you to pray in another dimension," said Hahs. "I believe the Lord wants to train you how to fight for people like homeless 13-year-old girls."

During a huddle before the start of the second half Wright told his team, "Y'all are 4-8 against these dudes. Beat them at the rim."

Harry "ATL" Smith responded. He used his 6-foot-5 frame to out body the bigger Hahs in the paint and score.

The Warriors led 85-75 with 2:09 minutes left in the fourth, but the Green Team made

another run, cutting the lead to 85-81 with 21 seconds on the clock. They fouled Smith to stop the clock.

After Smith hit one of two free throws in his 31 points, 15-rebound performance, the Warriors were ahead 86-81 with 17 seconds left in regulation.

On the other end of the court,

Green Team's Sam Lacy missed a three point attempt.

The Green Team fouled Warrior Rafael Cuevas, stopping the clock at 6 seconds. He made one of two from the line, increasing the lead to 87-81.

Former Wake Forest player Kyle Fowler nailed a three-pointer to bring the Green team within three at 87-84 with 2 seconds on the clock.

Green Team's Johnas Street picked off Warrior Allan McIntosh's inbound pass and dumped the ball to Lacy, who stood at the top of the arc. Lacy hesitated, then stepped back and shot a three that clanked off the rim too late to count.

Wright smiled after out coaching Lacob.

"I was hoping to be like Luke Walton when Steve Kerr couldn't coach (the Golden State Warriors)," joked Lacob. "Apparently, I'm no Luke."

Kyci Lacob remarked that her first time in a prison was, "a lot of fun. Everybody was so friendly. It was eye opening. I'm gonna tell my friends to get involved."

Harry Smith added, "Honestly, I just really appreciate these guys coming in here and sharing their lives — it's a beautiful thing."



Photo by Eddie Herena - San Quentin News

Kyci Lacob photographing the game

FROM AROUND THE WORLD



Karen Drucker at
Harvard Law School



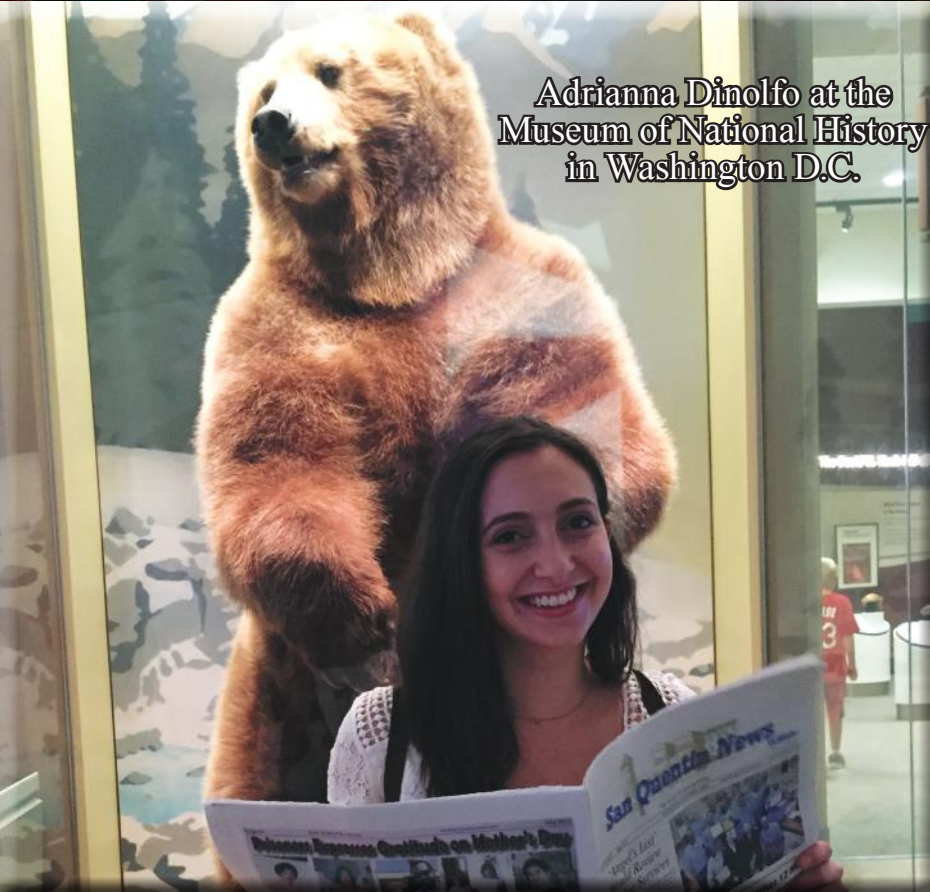
Peter Chhim, Kathleen Jackson &
Songkra Kroung in Cambodia



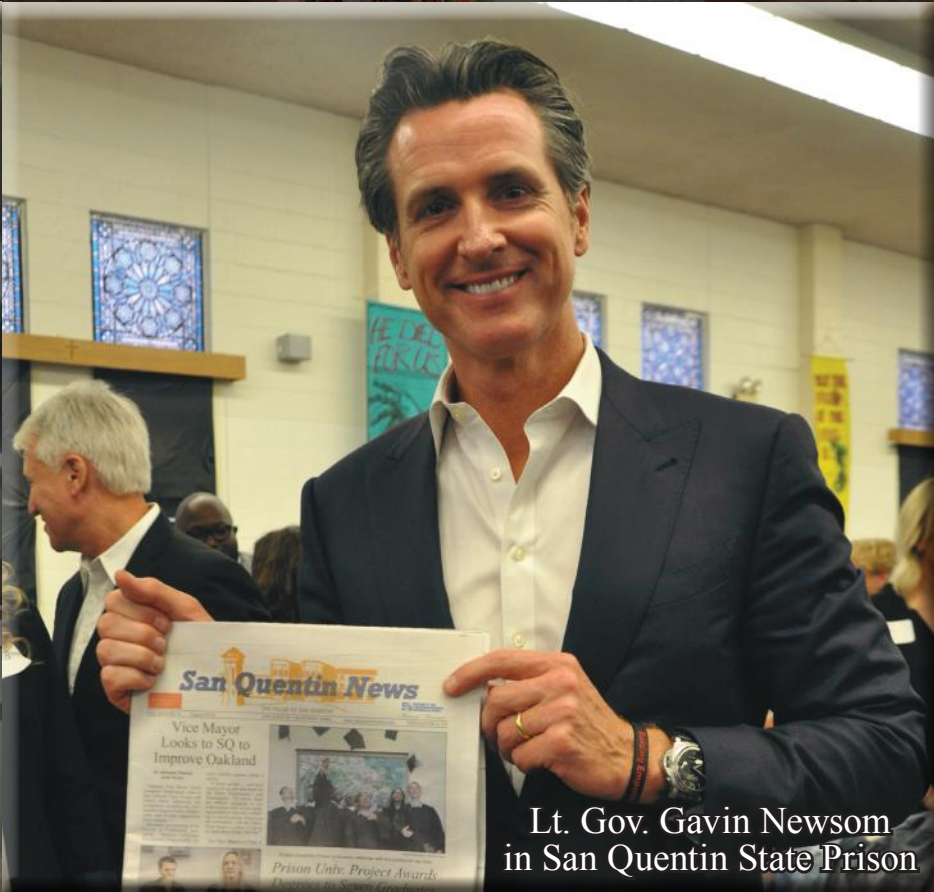
Jean Ramirez in Rio



Roberto Peas is a
syndico Achuar from
the rainforest
in Ecuador



Adrianna Dinolfo at the
Museum of National History
in Washington D.C.



Lt. Gov. Gavin Newsom
in San Quentin State Prison

Courtesy of Karen Drucker

Courtesy of Peter Chhim

Courtesy of Jean Ramirez

Courtesy of Bill Twist

Courtesy of Adrianna Dinolfo

Photo by Eddie Herena - San Quentin News



January							February							March						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 <i>Obs. Day</i>	2	3	4	5	6	7			1	2	3	4				1	2	3	4	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16 <i>Obs. Day</i>	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20 <i>Obs. Day</i>	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27 <i>Obs. Day</i>	28					26	27	28	29	30	31 <i>Obs. Day</i>	
April							May							June						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1		1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23/30	24	25	26	27	28	29	28	29 <i>Obs. Day</i>	30	31				25	26	27	28	29	30	
July							August							September						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1			1	2	3	4	5						1	2
2	3	4 <i>Obs. Day</i>	5	6	7	8	6	7	8	9	10	11	12	3	4 <i>Obs. Day</i>	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23/30	24/31	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
October							November							December						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11 <i>Obs. Day</i>	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23 <i>Obs. Day</i>	24 <i>Obs. Day</i>	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24/31	25 <i>Obs. Day</i>	26	27	28	29	30