

San Quentin News

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Frederick Williams (left), Sabrina Garcia (in white) and Zach Whelan (right) on SQ's Lower Yard

Photo by Eddie Herena, SQW

Project Avary fundraises for kids of incarcerated parents

By Marcus Henderson
Journalism Guild Chairman

Having a parent behind bars was the theme of San Quentin's inaugural Walk for the Next Generation, which brought to light stories of pain, solidarity, and struggle.

The Sept. 10 event welcomed more than 45 guests wearing white and green Project Avary T-shirts with its blossom tree trademark. They mingled on the Lower Yard with more than 200 prisoners, sporting green rubber bracelets in solidarity. Project Avary provides kids ages 8-11, a 10-year program of support while their parents are

incarcerated.

"You could see that a lot of the men here have come from the same background as the kids we serve," said Amy DeLeon, Project Avary's Director of Communication and Resources. "You could see that the men are afraid of what might happen with the future of their own kids."

"You could feel the sense of solidarity and unity; everybody with no judgments of each other. This was a special collaboration with the men in blue and it gives purpose to this work," continued DeLeon.

See *Project Avary* on Page 20

Remembering Arnulfo T. Garcia



Arnulfo Timoteo Garcia, Bonaru and Carmelita

File Photo

By Richard "Bonaru" Richardson
Editor-in-Chief

When I first met Arnulfo Timoteo Garcia in 2009, he was hired to work for our print shop instructor John Wilkerson as a clerk.

However, upon discovering Arnulfo didn't know how to turn on a computer, Wilkerson wanted to fire him. Ironically, when the print shop closed the following year,

Wilkerson told Arnulfo he was the best clerk he ever had.

Sadly, Arnulfo died in a car accident with his sister, Yolanda Hernandez, a little over two months after he was released from the Santa Clara County Jail.

"There are a flood of memories from the nearly nine years I worked with him," said *San Quentin News* Adviser Steve McNamara. "There were long talks as he spoke about

his early days with a heroin addiction, followed by a life-changing promise, and then questions about how to deal with Carmen, his bright, assertive teenage daughter — plus much more.

"But two memories stand out, one from the start of his position as editor of the *San Quentin News*, and one from the tail end."

See *Arnulfo T. Garcia* on Page 10



Retired warden Robert Ayres on the late Arnulfo Garcia

Arnulfo had a much grander vision. He saw a newspaper that was not only a source of information for a small inmate population.

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Hudson Link celebrates its 500th degree for NY prisoners

Hudson Link for Higher Education in Prison celebrated a major milestone, passing out its 500th degree.

5



Initiate Justice advocating for prisoners' voting rights

A campaign is under way to restore voting rights to California citizens in prison or on parole.

8

San Quentin Warriors celebrate victory over Golden State



Bob Myers (in green) with the winning SQ Warriors and spectators

Photo by Harold Meeks

By Rahsaan Thomas
Staff Writer

The Golden State (GS) Warriors are national champions, but after their sixth annual road game behind the walls of San Quentin State Prison. They lost 103-102 despite Bob Myers' 32 points

and 31 rebounds performance. The "home team" celebrated the victory by poses with the 2017 NBA Championship trophy.

"They earned the win; they out-played us," said Myers, the NBA Executive of the Year, for the second time. "It was very fun ... Everyone was great except the

dude who guarded me today."

Even before the arrival of the GS team, 31-year-old Cornell "The Fatality" Shields looked determined. While he prepared to play against NBA royalty for the first time, a funeral home in Oakland prepared Brenda Jackson, his mother who was 52

years old, for burial. Dubbed "The Fatality" for what he does on the basketball court, he planned to win and dedicate the win to his mother.

"She made me focus — her, my wife and my son," Shields said.

See *G.S. Warriors* on Page 9



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SQN launches new website, Visit us at sanquentinnews.com

By Kevin D. Sawyer
Associate Editor

The Last Mile inmate coding program, Code.7370, has designed a new website for *San Quentin News* at www.sanquentinnews.com.

Inmate Harry Hemphill built the website. He graduated from the coding class in April 2015. His work is the third iteration of the website since it debuted in 2010.

"I've acquired a lot of technical skills," said Hemphill. "I'm passionate about giving back to the community."

According to Hemphill, the project was budgeted for 150 hours of work, but he said it probably took a little more time. He said working on projects for other companies was fun, but having an opportunity to do work for *San Quentin News* was "engaging and exciting."

Another Code.7370 graduate and former *San Quentin News* staff writer, Aly Tamboura, who paroled in October 2016, developed the previous website.

Hemphill worked closely with Tulio Cardoza, who left San Quentin in 2011. He now works as a staff member for Code.7370.

"It's an honor to be back, and even more of an honor to support (the program)," said Cardoza. "People here take the opportunity they're given and run with it."

"Tulio was an asset to get information I didn't have readily available to me," said Hemphill. "He gave me the tools and support I needed to get the job done."

Several *News* staff members participated with getting the website ready after learning how to add *San Quentin News* editions, May 2017 through September 2017, to the website.

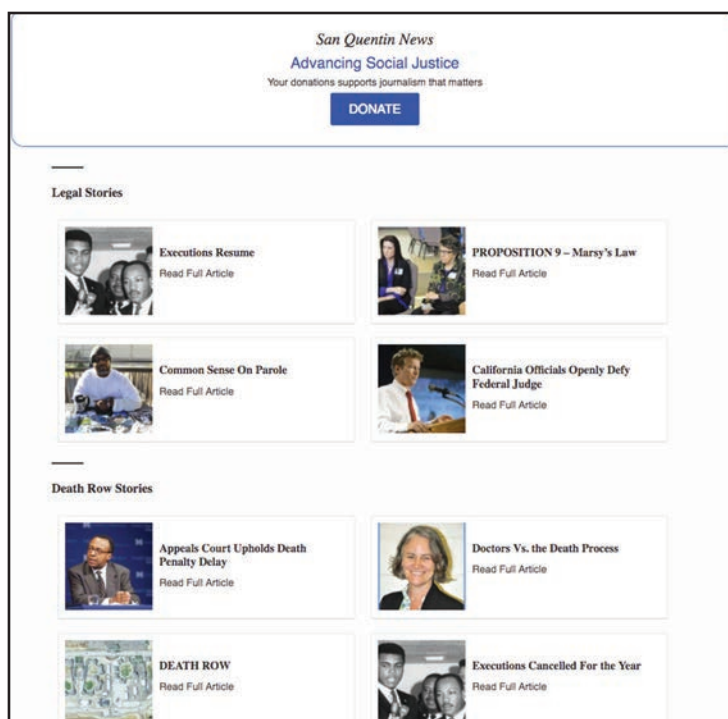
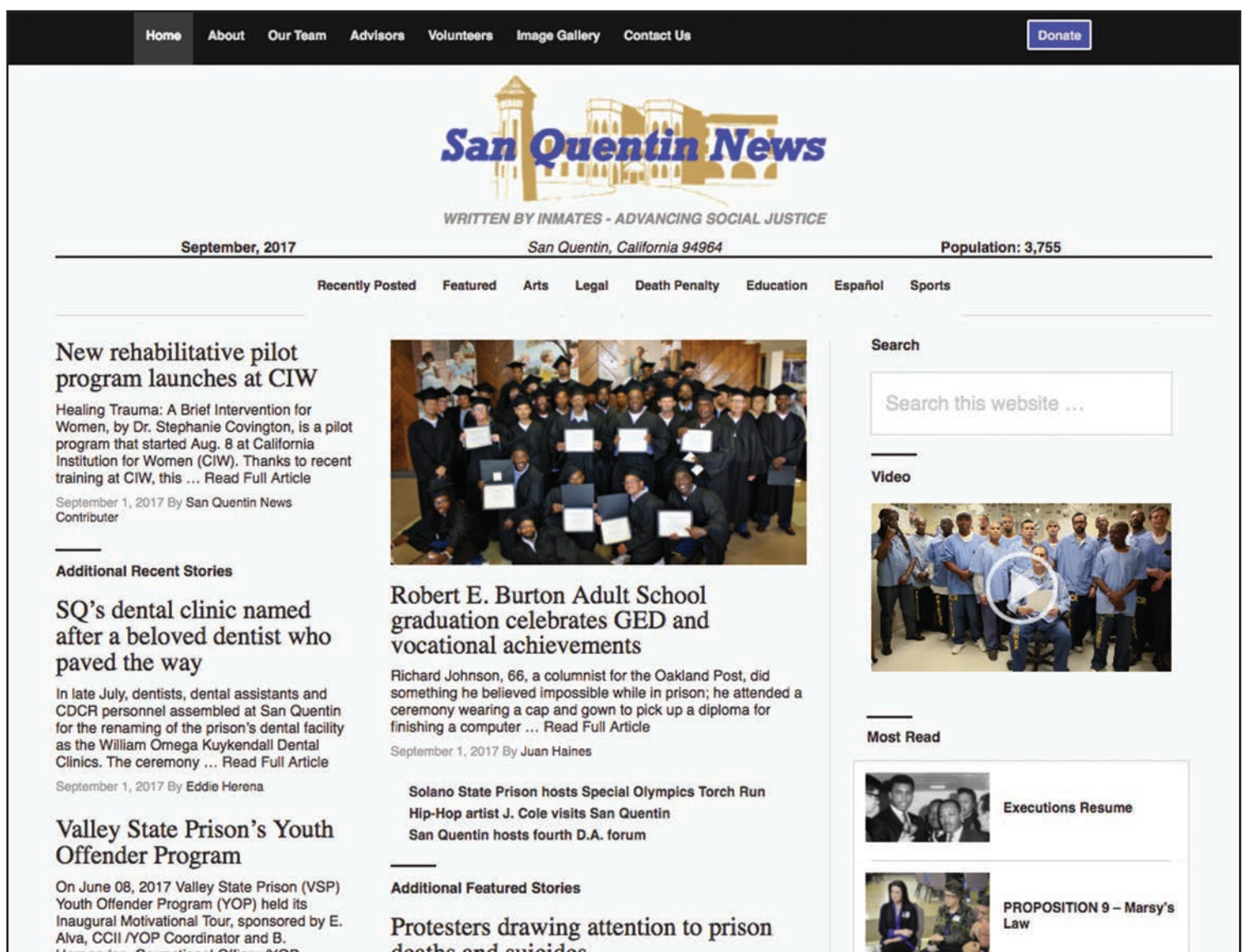
Because inmates do not have access to the Internet, *News* staff transferred photos and text from the newspaper's Adobe InDesign files to WordPress software on a server in the coding program. Once staff members added the information on a stand-alone station in prison, outside Code.7370 staff placed it on the *San Quentin News* web page.

The idea for a new website was first presented in 2013 when students from the University of California, Berkeley Haas School of Business wrote a 56-page expansion plan for *San Quentin News*. Later, donations and a grant from The Reva & David Logan Foundation provided funding to make it possible.

Steve McNamara, an adviser to the *News* since it was revived in 2008, and adviser Jon Spurlock, who wrote the "Haas Plan" while attending U.C. Berkeley's Graduate School of Business, negotiated with The Last Mile to get the project underway.

McNamara built the first website for *San Quentin News*. He purchased do-it-yourself software, read the instructions, and with the help of his son posted snapshot versions of the newspaper online.

"What was missing in my primitive



Harry Hemphill (center) at work with other coders

File Photo

CORRECTIONS TO LAST MONTH'S PRINTED ISSUE

- For the Robert E. Burton Graduation story on page 10, The correct caption Tessie Dunmore with HER step-son graduate Troy and father Albert.
- For the Graduation story on page 11, **RYAN DIETZ** is the correct spelling of the photo caption for GED graduate Bradley Van Groeningen

version was a search function and a sophisticated design that newspapers have moved to with their web versions," said McNamara. "Now we will have both."

After nearly a decade back in operation and almost 100 published editions, *San Quentin News* now has a website that some say rivals many mainstream newspapers.

Society stereotypes become punitive for Black women

By Marcus Henderson
Journalism Guild Chairman

Society stereotypes Black women as angry, aggressive and masculine, and as a result, according to a recent report, their cases often become more punitive than supportive.

A report from a roundtable discussion released by the U.S. Department of Justice Office on Violence Against Women (OVW) said many Black women and girls are experiencing a sexual abuse-to-prison cycle. The school-to-prison pipeline is often identified in relation to men and boys, the report said, but the same cycle should be recognized in the case of women and girls.

Regardless of their circumstances, Black women are likely to be seen as the perpetrator and aggressor. These biases can lead to the opinion that they cannot be battered nor be survivors of violence because they are violent and can protect themselves.

"Girls who are in physical confrontations with a parent or guardian or other adult residing in the home are often responding to a failure to be protected from physical, sexual, or emotional harm," said Professor Francine Sherman, participant of the Roundtable.

Former President Barack Obama took note of the discrepancy in remarks he made to the Congressional Black Caucus Annual Awards Dinner that took place the night before the Roundtable.

"The incarceration rate for Black women is twice as high as the rate for White women," he said. "Many women in prison, you come to discover, have been victims of homelessness and domestic violence, and in some cases human trafficking.

"They've got high rates of mental illness and substance abuse. And many have been sexually assaulted, both before they got to prison and then after they go to prison. And we don't often talk about how society treats Black women and girls before they end up in prison."

Bea Hanson, principal deputy director of OVW, read Obama's remarks to the Roundtable.

As much as 90 percent of women in prison reported extensive histories of emotional, physical, and sexual abuse. The abuse began in childhood for many and was committed by a family member, or someone the family trusted, said the report.

When the girls run away from home to escape the abuse, they are often labeled status offenders (run-aways). They are sent back home or end up in foster care or in the juvenile justice system.

"Many leave again, determined not to return, and end up trading sex for survival and self-medicating with alcohol or drugs," said the report. "They often end up in unhealthy relationships with older men."

Many of these survival tactics bring them into conflict with the law, both as juveniles and later as

young adults, and may be labeled "prostitutes."

According to Adverse Childhood Experiences (ACE) data, "Black girls experience higher rates of victimization and overall exposure to ACE risk factors, including poverty, addiction in the home, child welfare involvement, and having an incarcerated parent," said the report.

Black girls were referred to juvenile court at three times the rate of White girls, noted the report.

While incarcerated, women can be re-traumatized by routine pat-downs, body cavity searches, lack of privacy, and exposure to violence while incarcerated. This can trigger reactive behaviors, making women more vulnerable to abuse by correctional staff, and the women can wind up facing periods of solitary confinement. Black women have the highest rate of solitary confinement among incarcerated women, noted the report.

The report added, "The criminalization of Black women and girls has been going on for a long time, raising the question of whether it has been going on too long to be unintended."

"When decision makers in the criminal justice system are unaware of or allowed to include their biases in their decisions about the fate of Black women or girl survivors ... violence against Black women and girls is perpetuated," continued the report.

The January 2017 report was a summary of a Roundtable discussion held in September 2015, "The Impact of Incarceration and Mandatory Minimums on Survivors: Exploring the Impact of Criminalizing Policies on African American Women and Girls."

OVW and DOJ's Civil Rights Division will be awarding grants for new national training, programs, assistance initiatives and further research.

Securus Technologies invests more than \$40 million to block illegal prison calls

By Kevin D. Sawyer
Associate Editor

Securus Technologies is employing its own method to interrupt calls made by prisoners using contraband cell phones.

Wireless Containment Solutions (WCS) can be used to control illegal mobile devices in prisons, according to Craig Bermudez of GCRreport.com. The system establishes a local cellular network inside correctional facilities.

"For phones to access provider networks, they must be screened and approved by the local network," GCRreport.com reported. "This allows prison (officials) to prevent unauthorized calls in the facility."

The WCS also collects data on unauthorized cell phones detected on the local network, it was reported.

Richard A. Smith, Chair and Chief Executive Officer of Securus, said his company "has invested over \$40 million and counting into WCS," *Tech News Spy* reported. Smith said Securus "will continue to develop its proven solution to en-

sure that it continues to be the most effective means of eradicating contraband cell phones in our nation's correctional facilities."

Securus Technologies, Global Tel Link (GTL) and other leaders in the inmate calling service industry lose millions of dollars in revenue when inmates bypass authorized telephone systems established for their use. In some states, inmates' family and friends have to pay more than \$15 for a 15 minute call.

Earlier this year, the United States Court of Appeals for the District of Columbia Circuit voted to stop a Federal Communication Commission (FCC) price cap placed on phone companies that provide inmate calling services for in-state calls made from correctional facilities. Securus and GTL filed the petition to block the price cap.

WCS operates similar to Managed Access System (MAS), which also uses a local cellular network to manage calls and detect unauthorized wireless signals in prisons.

Several years ago, GTL rolled out MAS in California prisons with some success. At the time, the

California Council on Science and Technology said MAS was not a proven technology.

"The FCC voted to streamline the process for correctional facilities to access contraband interdiction technology, like Securus' WCS, by reducing the amount of paperwork and requiring wireless carriers to work with facilities," Smith said in an August press release.

Ajit Pai, the new FCC chairperson appointed by President Trump, said the agency's lawyers would not defend the price cap in court.

According to *Tech News Spy*, a Securus press release stated its WCS "detected and an excess of 1.7 million illicit communication attempts across a span of eight U.S. facilities," between July 2016 and 2017.

"Indeed, the FCC has worked in conjunction with companies like Securus in recent months to ensure legislative compliance and increased efficiency in program development and implementation," *Tech News Spy* reported. "It's a welcome and timely partnership," according to Smith."

DACA repeal is a nightmare for Dreamers

By Jesse Vasquez
Staff Writer

President Donald Trump's announcement to repeal Deferred Action for Childhood Arrivals (DACA) is a nightmare for Dreamers, according to *withdreamers.com*.

An estimated 800,000 undocumented immigrants (Dreamers) will be in danger of deportation without the DACA protection. Deferred action is a legal term used to refer to the federal government's discretion in enforcing deportation against undocumented citizens who register and meet a certain criteria.

On June 15, 2012, the Secretary of Homeland Security announced that people who were brought to the United States as children and met certain guidelines could request that action be deferred for two years at a time, the U.S. Citizenship and Immigration and Naturalization Services (INS) website reports.

The president's decision to re-

scind DACA is another assault on undocumented communities, opponents to Trump's decision say.

Now the Trump administration is getting more aggressive in putting people into the deportation system, *Vox* reports. However, the deportation process is slowing to a crawl because of backlogs.

When an undocumented immigrant is taken into custody by federal immigration agents for the first time, they cannot be deported without their consent, and must go through an immigration hearing to determine whether they are deportable, according to *Vox*. During the immigration court proceedings, undocumented immigrants can present a case to stay in the country for claims seeking asylum, as refugees, or if they can show that they arrived in the country as a minor prior to 2012.

In a memo to immigration judges in July, the Trump administration encouraged the courts to issue con-

tinuances so that undocumented citizens could have more time to prepare their cases and expedite the process, according to *Vox*.

Trump issued a tweet in which he shifted the DACA and immigration dilemma to Congress. The tweet announced that he would "revisit" DACA if Congress did not pass legislation on the issue in six months.

In the meantime, immigration cases will continue to take years to resolve.

"From November 2016 to June 2017, someone who got an official removal order from an immigration court judge had started the court process 378 days earlier," according to *Vox*. "The deportation system simply isn't built for speedy deportations of people who've lived in the U.S. for years."

The majority of people who the Trump administration has deported are those who were arrested under Obama's last term of office, according to *Vox*.

CDCR officials seek new execution drug

By Charles David Henry
Staff Writer

California corrections officials are asking regulators to approve a revised method to carry out the death penalty.

"The new regulations would allow California's Death Row inmates at San Quentin State Prison to be executed using one of two different drugs or choose the gas chamber," *The Associated Press* reports.

Prison officials will select either the powerful barbiturate pentobarbital or thioipental for each execution "depending on which one is available." Opponents argue officials are trying to work around a nationwide shortage of these drugs because manufacturers are not making them readily available, according to the *AP*.

Correctional officials submit-

ted the revised regulations to the state's lawyers and are following the normal regulatory process until a California Supreme Court ruling intended to speed up executions becomes final.

The state high court upheld a voter approved measure to speed up the death penalty. Approval by state regulators for a one-drug method of execution would be the next step according to the *AP*.

All of the legal wrangling came about after Kent Scheidegger, director of the Criminal Justice Legal Foundation, sued the state to pressure state officials to adopt new execution regulations.

Scheidegger acknowledged that it is a slow regulatory process, and the state is proceeding cautiously. "But I can't say that being cautious is a bad thing, because they know they're going to be sued. They always are," he said.

The *AP* reported, "There may be other legal challenges to the final rules."

However, executions still can't resume until state and federal judges lift longstanding injunctions that applied to the state's old execution methods, it was reported. Initially, the state proposed using one of four drugs but dropped two of them after opponents said those drugs had never been used in executions.

Many death penalty opponents questioned whether the new drugs would be safe and effective, the story revealed.

Opponents are already objecting to the new method. For instance, the new rules allow state officials to obtain dangerous drugs from compounding pharmacies, which do not face the same approval process for their products that large manufacturers face, the *AP* concluded

The lasting effects of the Willie Horton trial

Politicians and law enforcement agencies use the names of crime victims to stir up public outrage in an attempt to undermine prison reform efforts and promote laws that enhance sentences. This method of manipulating the media harkens back to the case of Willie Horton, according to a *Los Angeles Times* op-ed by John Pfaff.

In the presidential campaign of 1988, George H.W. Bush used Willie Horton's case against Massachusetts Gov. Michael Dukakis. Horton, while serving a life sentence, was accepted into a weekend furlough program. In 1987, he didn't return from his furlough and ultimately committed assault, armed robbery and rape. Bush alleged that under his presidency such a crime would not occur. Since then, exploiting cases like this for political purposes has been called the Willie Horton effect.

Presently, the Trump administration has used the death of Kate Steinle to pass a tough-on-immigration law that enhances federal sentences by 10, 15, 20 or 25 years for unlawful re-entry. (H. R. 3004 "Kate's Law" cover sheet on congress.gov.)

Kate Steinle's father objects to the way Trump has exploited his daughter's murder. "Donald Trump talks about Kate Steinle like he knows her," Brad Steinle, Kate's father, told CNN's Anderson Cooper in 2015. "I've never heard a word from his campaign manager. I've never heard a word from him."

"I don't want to be affiliated with someone who doesn't have the courtesy to reach out and ask about Kate, and our political views and what we want," Steinle told Cooper.

The Willie Horton effect contributes to mass incarceration, which

already increases the national debt, inner city poverty rates, disease and dysfunctional families according to Pfaff.

Republicans and Democrats agree that mass incarceration is an issue that needs to be addressed, but prison reform is both politically dangerous and cost efficient according to the op-ed.

Pfaff points out that opposing reform is politically advantageous while defending it is difficult and complicated. "Chiefs and sheriffs will always be able to point to a shocking crime that was committed" by an individual who benefited from reform.

Meanwhile, federal court orders have helped alleviate overcrowding and its attendant problems.

California's realignment has alleviated some of the clog in prisons by forcing counties to keep non-violent, non-serious and non-sex offenders in county jails, according to the op-ed. "Even smart leniency is politically costly, but severity is not."

Tough-on-crime initiatives and legislation including the Three Strikes laws contributed to California's prison population boom during the 1980s and 1990s.

The law passed following a media campaign after the murder of Polly Klaas.

The Three Strikes Law was designed to enhance sentences for violent repeat offenders. However, it has been used against shoplifters, drug addicts and car thieves.

In the end, these laws have not accomplished what they were designed to do, but according to Pfaff, they've contributed to social conditions that perpetuate crime, cost taxpayers a lot of money as well as a myriad of other problems.

—Jesse Vasquez

Retired warden Robert Ayers on the late Arnulfo Garcia

By Robert Ayers Jr.
Warden, Retired San Quentin

My thanks to the *San Quentin News* staff for inviting me to write a few words about my involvement with the resurrection of the *San Quentin News* in 2008. I had originally written a detailed description of my rationale at the time. A recent tragedy scrapped that. If anyone wants to know why I re-started the *San Quentin News*, look no further than the late Arnulfo Garcia.

My original intent was pretty simple and rather small in scope.

I wanted the inmate population to have a means of expression and a better way than the "prison grapevine" to communicate important information, relevant news, and creative thought. My belief was that a well done *San Quentin News* would be a source of pride for everyone associated with San Quentin and, perhaps, inspire some of the men to find a modicum of respected success.

Arnulfo, though, had a much grander vision. He saw a newspaper that was not only a source of information for a small inmate

population. He saw professional level journalism which is respected as serious mainstream media and welcomed widely beyond the walls of San Quentin. He saw a business model to help achieve that acceptance and distribution. He saw an education model which would involve many more men than just the staff of the *San Quentin News*; an education model which afforded men the skills to express themselves in positive and, sometimes, inspirational ways.

With the help of imaginative and professional advisors, Arnulfo made contributing believers out of many community resources, including the Society of Professional Journalists and the University of California.

We in the business of running prisons sometimes become a bit cynical regarding inmates. It can be easy to fall into the trap of "writing off" an entire population as being beyond redemption. Even more often we see inmates write themselves off. Entering and leaving prison often is believed to be a cycle which can't or won't be broken. So, we constantly have to remind ourselves to try different ways of breaking that cycle. What may have worked 50 years ago, 25 years ago, even 10 years ago, may not work as well today.

I believe prison administrations need to constantly search for new ways that inmates may use to help themselves break that cycle. One constant, though, is success. And success can be infectious. Arnulfo got infected through his work with the *San Quentin News*. His legacy is that he spread that infection not only to men at San Quentin but to others beyond San Quentin. So, I think that is the underlying reason why I re-started the *San Quentin News*: To present an opportunity for Arnulfo and others like him to taste success, become infected by success

and use it as a springboard to break the cycle.

"I may have plugged in the lamp which was the resurrected San Quentin News, Arnulfo tweaked it until it became a beacon"

I must admit that there was a bit of "eye rolling" when I decided to resurrect the *San Quentin News* (Oh gawd! He's at it again!!!!!!) It wasn't an easy sale to the Education Department which is where I believed the paper should be administered. But, the Vocational Print Shop was game to try it and when I mentioned the thought to some in the inmate population I received enthusiastic responses.

Indeed, the first two members of

the *News* staff, Kenny Brydon and Michael Harris, were beyond eager to send the first edition to print. A seasoned and highly professional advisory staff took that raw talent and guided it to the first publication in 2008.

The rest, as they say, is history. We have seen the *San Quentin News* grow from publishing soft subjects and poetry to being a serious newspaper that tackles complex and sometimes controversial subjects in a manner expected of professional journalists.

Indeed, while most of the articles are distinctly prison oriented, the quality of those articles and the printed layout compare to the finest small-town newspapers.

I have a great deal of pride and satisfaction in having made any kind of contribution to revitalizing the *San Quentin News*. And, while I may have plugged in the lamp which was the resurrected *San Quentin News*, Arnulfo tweaked it until it became a beacon. That beacon is getting brighter with every subsequent edition.



Arnulfo with retired warden Robert Ayers

Photo by Eddie Herena, SQM



Juan Haines, Bonaru, Robert Ayers and Arnulfo

File Photo

Nevada plans to use execute using combination of unproven drugs

By Charles David Henry
Staff Writer

Nevada plans to use a combination of drugs for an execution that has never been used and its effectiveness is unproven, an investigative *Global News* story reports.

Despite the growing opioid epidemic plaguing a large number of U.S. and Canadian communities, Nevada Department of Corrections wants to use fentanyl in an upcoming execution, the Aug. 31 story reported.

According to author Andrew Russell, "Scott Dozier, 46, is scheduled to be executed by lethal injection on Nov. 14 for the 2002 murder

of 22-year old Jeremiah Miller who was killed and dismembered. Dozier was already serving a 22-year sentence for the murder of Jasen Green, 27, whose body was also dismembered.

After years of using midazolam and hydromorphone as sedatives, pharmaceutical manufacturer Pfizer halted sale of its products to the Department of Corrections in 2016 in order to stop them from being used in executions, Russell reported.

After conferring with its chief medical officer, the correctional department's director selected the combination of diazepam, fentanyl and cisatracurium, Russell reported.

Lethal injections typically involved a three-drug cocktail including a sedative to render the person unconscious, a muscle relaxant to paralyze them, followed by a fatal injection, according to Russell.

"This type of execution is way out of step with our core values in this state"

"Fentanyl, an opioid that can be 100 times stronger than mor-

phine, will be used in addition to diazepam, a sedative commonly known as Valium, and cisatracurium, which causes paralysis," he explained.

This type of execution "is way out of step with our core values in this state," said Tod Story, executive director of the American Civil Liberties Union of Nevada. "Nevadans deserve answers on exactly how the state plans to kill a prisoner in its custody."

Each drug carries its own set of inherent risks when used in a multi-drug execution procedure. Those risks are magnified when we don't know the source of the drug, the potency and purity of the drug, and

circumstances in which it was manufactured, transported and stored," said Robert Durham of the Death Penalty Information Center.

Durham further states, "These drugs share the problem with all the other drugs states have proposed to use in executions. None was designed to kill people."

Experts and civil rights groups question the combination of these drugs because they have never been used before.

There is no recorded documentation of its effectiveness or the legality of its use, especially since the manufacturers of these drugs halted the sale of the product to the department, said Russell.

CALPIA invests \$12 million on prison vocational training expansion

By Forrest Lee Jones
Journalism Guild Writer

Vocational training programs in state prisons are being expanded by the California Prison Industry Authority (CALPIA), reports *The Folsom Telegraph*.

CALPIA reported the \$12 million expansion will include all 34 California prisons.

Classes that will be extended include the successful Code.7370 computer coding program at San Quentin State Prison. It will expand to Pelican Bay State Prison and the Ventura Youth Correctional Facility. The maintenance and pre-apprentice programs will expand to Folsom State Prison (FSP), reports *The Telegraph*.

"Expanding pre-apprentice programs is beneficial for CALPIA participants so they can be job-ready when heading back to their communities," said Curtis Kelly, PIA board member and Northern California Carpenters Regional Council district manager.

"By working with journeyman

professionals, participants learn the highly marketable skills of a trade, set the groundwork for future employment through the trade unions, and work toward a long-lasting, meaningful career."

In the 2017-2018 fiscal year, offender positions will increase by more than 135 percent, from 488 to 1,148, according to the report.

The vocational programs "have the lowest recidivism rates in the state. When you increase rehabilitative programming opportunities for offenders, you increase the chances for them to be successful and decrease the chances of them returning to prison," said Charles L. Pattillo, PIA general manager.

The CALPIA Career Technical Education program started in 2006 and currently has a recidivism rate of 7.13 percent. It started as a pre-apprenticeship program with journeyman instructors that were contracted by local trade unions representing carpentry, construction labor and iron working.

Once offenders complete their course, they can work for trade

unions upon release. To help the offender get started, initial union dues are paid, and necessary tools are provided.

"Specifically in Folsom State Prison, as well as the Folsom Women's Facility, we have expanded the pre-apprenticeship programs such as roofing, carpentry, iron worker and these programs have been growing fast," Pattillo said. "These programs benefit the offenders by giving them the opportunity to learn skills and keep them out of prison."

One of the programs to be offered is general facilities maintenance and repair, a six-month program. Graduates will be able to take state employment examinations and qualify to work as custodians or maintenance technicians with the Department of General Services upon their release from prison. This program will be instituted statewide.

Another example is the iron worker program, a six-month course in welding, metal work, use of hand tools, and other diverse



Inmate learning to code at Code7370

File Photo

skills. Graduates of the program earn accredited certifications required by unions. This program is offered at FSP.

In addition to these programs, PIA will work with the California Department of Corrections and Rehabilitation (CDCR) to create three new Technical Industry Education programs. A metal/welding program will be offered at California

State Prison, Solano (SOL) and Avenal State Prison. An optical program will be offered at SOL.

CALPIA is an independent state agency that operates more than 100 manufacturing, service, and consumable enterprises in all 34 CDCR prisons. CALPIA provides curriculum for offenders that offer 124 nationally recognized accredited certifications.

Hudson Link awards its 500th degree to NY prisoners

By Marcus Henderson
Journalism Guild Chairman

Hudson Link for Higher Education in Prison celebrated a major milestone, passing out its 500th degree, while graduating 55 New York State prisoners in the month of June.

New York's historic Sing Sing Prison, Hudson Link graduated its largest class of 36 men with more than half graduating with honors on June 7.

“For one day our students weren’t in prison, but at their college graduation.”

On June 21, Hudson Link graduated 19 men at the Sullivan Correctional Facility. All 19 made the State University of New York at Sullivan dean’s list, reported Hudson Link.

“We are better than we were, but not the best that we can be,” said Sequan Prude, class speaker and valedictorian at the Sing Sing graduation.

The Sing Sing graduates received associate and bachelor degrees in Behavioral Science from Mercy College.

Actor, singer and social activist Harry Belafonte, a long-time Hudson Link supporter, was present. Also in attendance was Grammy-winning singer Usher Raymond and Pulitzer-winning author and political commentator George Will.

“The depression and the lack of hope that settles in after doing time could leave you to feel as though there is no end, there is no positive restart,” Raymond told RNN news after the ceremony. “But that’s not true if you look at these men. Having this education under their belts definitely moves them in a positive direction, but also gives them something to stand on.”

Keynote speaker was Dr. Kim Hunter Reed, executive director of the Colorado Department of Higher Education and a former deputy undersecretary of the U.S. Department of Education.

“The great Nelson Mandela himself pursued a correspondence degree while serving what he was told would be the rest of his natural life in prison,” said Dr. Reed as she took to the podium and reminded the graduates, reported Hudson Link.

Sean Pica, Hudson Link executive director, added, “We’re thrilled to have Dr. Reed deliver the graduation keynote address. It’s such an important statement to the incarcerated and formerly incarcerated people that we serve every day that they have worth, that they have something positive to contribute ... that their lives matter,” Pica continued.

Dr. Reed led efforts to level the playing field for low-income and students of color to attain a college degree. Now she is championing the need for incarcerated people to have access to undergraduate and graduate-level degrees, said Pica.

“There wasn’t a dry eye in the house as Mercy College President

Tim Hall conferred the degrees along with Dr. Jose Herrera,” according to the Hudson Link press release. “For one glorious day our students weren’t in prison but at their college graduation.”

At the Sullivan graduation the men sported gold cords to mark their place on the dean’s list.

“I don’t know the men graduating today personally,” said Acting Commissioner Anthony Annucci. “But I know something personal about each one of you. I can look each of you in the eye and say with certainty that you were not born to be a criminal justice statistic.”

“I believe we are all put on this earth to make the world a better place and that you can all do that starting with this magnificent opportunity to pursue higher education,” continued Annucci.

Students Robert Ehreberg, valedictorian, and co-salutatorians Stanley Bellamy and Eldridge Blalock all gave touching, powerful and hopeful speeches, the press release stated.

They thanked their families, professors and administrative support staff.

The speakers proudly congratulated their peers. And promised to continue their educational pursuits.

Hudson Link has partnered with St. Thomas Aquinas College to launch a Bachelor of Science in Sociology degree program for 24 students at Sullivan Correctional Facility this fall.

Hudson Link provides its college program to six different New York state prisons. More than half of its staff are formerly incarcerated men and women. Some are mentors, tutors and exam proctors, but all the professors are volunteers.

Next year the organization is looking forward to celebrating its 20th year and the graduation of its women students class.

Columbia University, Nyack College, Siena College and SUNY Ulster Community College also partner with Hudson Link.



Keynote speaker Dr. Kim Hunter Reed, Sing Sing Superintendent Michael Capra, Usher Raymond, activist Harry Belafonte and Hudson Link Executive Director Sean Pica

Courtesy of Hudson Link



Graduates of the Sullivan Correctional Facility

Courtesy of Hudson Link



Graduates of Sing Sing prison

Courtesy of Hudson Link

Asian Prisoner Support Committee’s New Anthology: Call for Submissions

After the success and impact of *Other: an Asian & Pacific Islander (API) Prisoner’s Anthology* (published in 2007), the Asian Prisoner Support Committee (APSC) is organizing another anthology to highlight even more voices and perspectives from API populations in prison and outside.

APSC is calling for submissions from folks inside and folks who have gone through reentry - works can include anything from short narratives, poetry, artwork, stories, photos, biographies and calls to action. All proceeds from this anthology will go towards organizations supporting currently and formally incarcerated folks, as well as those facing deportation. The theme for the second anthology is the migration to school to prison to deportation/re-entry pipeline, and each chapter will center around one of these themes.

Ch 1: Migration | Ch 2: School | Ch 3: Prison | Ch 4: Deportation | Ch 5: Re-entry

These are only general themes - works submitted can overlap themes and be just as intersectional as our identities are. The first wave of submission will be collected November 15th. There is a soft limit of 2 1/2 typed pages (single-spaced), but if you feel you need more space to fully convey your story, please submit it anyway. We may have an editor review your submissions and provide feedback, suggestions, and comments, which we will share with you for additional drafts and approval.

We can’t wait to hear and share your truth. By uplifting and spreading the stories of incarcerated API people, we hope to shed a light on the struggles we see, and roads to reentry.

Please mail all submissions to:

APSC - Anthology P.O. Box 1031 Oakland, CA 94604

Q & A about flu shots and season

By Chelsea, RN and Trina, RN
SQ Medical Department

Hate the idea of getting sick? Hate shots? Hate not knowing what's going into your body? Hey, we do too!

We are here to let you know how important it is to get your flu shot.

Let's get some of the common misconceptions and myths out of the way.

- **Q:** Every time I get the flu shot, I get sick! Does the flu shot give me the flu?
- **A:** No. There are several reasons why people may erroneously believe they developed the flu after the shot is given.

The flu shot takes up to two weeks after administration to gain protection in the body. People are sometimes exposed to the virus shortly before receiving the flu shot, which results in becoming ill before the flu shot takes effect.

People contract "non-flu viruses" that mimic the symptoms of influenza. Unfortunately, the flu shot does not protect against all viruses.

People are exposed to an influenza virus that is not included in the current vaccine. Unfortunately, many different viruses circulate throughout the year and the flu shot only protects against most common strains.

- **Q:** What's in that mysterious syringe? Is it safe?

- **A:** I would also be skeptical if I didn't know what was going into my body. The answer is YES, it is safe. Every year, researchers and manufacturers create a vaccine that contains a virus strain they believe will be circulating in the upcoming season. The flu shot is inactivated (killed), purified, and packaged in vials or syringes.
- **Q:** I never get sick. Why do I need to get this flu shot?
- **A:** First off, lucky you! Unfortunately, not all of us have strong immune systems. For instance, did you know that older individuals (65+ years), pregnant women, children, and those with chronic illness (asthma, congestive heart failure, cancer, etc.) are more susceptible to flu-related complications? So, although you may not get sick, our loved ones can.
- **Q:** I'm sure most of the inmates here are getting the shot. So it's safe for me to sit out on this one, right?
- **A:** In order to protect the surrounding population, at least 80 percent of individuals need to be vaccinated. It's a little thing people like to call "herd immunity." We're not huge fans of the word "herd" so let's

call it "community immunity." This is how it works. When a critical portion of the population is immunized against a contagious disease, most members of the population are protected against that disease because there is little opportunity for an outbreak.

So, now that we debunked some of the common myths, let's get into the nitty gritty.

Influenza can be spread through the air from the respiratory tract of an infected person or by direct contact with respiratory droplets. To put it more simply, if an infected individual coughs or sneezes up to six feet away from you, droplets can land in the nose or mouth and be inhaled into the lungs. From there, you may be facing some pretty dreadful symptoms.

Flu-like symptoms tend to be an abrupt onset of fever, muscle aches, headache, fatigue, cough and or sore throat.

Last but not least, the flu can lead to serious respiratory infections, health complications, and death. So our final words to you are to prevent, prevent, prevent! Some things in life are unavoidable, but the flu is something we may be able to prevent together. By receiving the flu shot this month, we can protect ourselves and the ones we care about inside and outside.

New report shows drop in all classes of crime

This report credits the decline to the influx of young immigrants to the state

By Juan Haines
Senior Editor

Over the last few decades, there has been a substantial drop in all classes of crime in California, according to a new report.

This report credits the decline, for the most part, to the influx of young immigrants to the state. In 1980, about two-thirds of California's population was White; now, more than 60 percent are people of color.

The June 2017 report by the Center on Juvenile and Criminal Justice (CJJC) is titled Refuting Fear: Immigration, Youth, and California's Stunning Declines in Crime and Violence.

These findings refute Pres. Donald J. Trump's claim that increasing immigration and sanctuary cities "breed crime," and that California is "out of control."

Trump's use of "alternative facts," are based on a "study" proliferated by Fox News, <http://www.foxnews.com/us/2015/09/16/crime-wave-elusive-data-shows-frightening-toll-illegal-immigrant-criminals.html> according to Mike Males, Ph.D., senior research fellow, at CJJC and author of Refuting Fear. Otherwise, claims of dangerous sanctuary cities seem to be based on anecdotes and assertions, not systematic study, Males said.

Refuting Fear points to evidence that the declines in crime, violence and school dropout rates have been concentrated in immigrant communities. There is further evidence that new immigrants com-

mit fewer crimes than established residents do, and that younger and more diverse age groups are less involved with crime, violence and drugs than are California's older residents.

"Far from being 'out of control,' California is experiencing record declines in crime led by young people in large cities, who in turn are those most influenced by immigration and racial diversity," Refuting Fear finds.

The Sentencing Project confirms Refuting Fear's findings. <http://www.sentencingproject.org/wp-content/uploads/2017/03/Immigration-and-Public-Safety.pdf>.

"The state's experience shows that racial transition can accompany greater public safety and well-being, a reality that should impact the national discussion over immigration," according to Refuting Fear.

Despite these figures, Trump, his administration, and some members of Congress use fear and "alternative facts" to exploit myths of "victimization by criminal aliens present in the United States," according to Refuting Fear.

The deleterious effect of anti-immigrant prejudice on crime policy has long been an area of strong concern at CJJC, Males said.

Males drew on statistics and data from various government agencies, including the FBI, California Department of Corrections and Rehabilitation, California Department of Justice, Centers for Disease Control and Prevention, and the U.S. Census Bureau.

Jerry Brown grants commutations to LWOPs

By Marcus Henderson
Journalism Guild Chairman

As he is reaching the end of his final term in office, Gov. Jerry Brown has granted nine commutations. The Aug. 18 commutations allowed five people serving Life Without Parole (LWOP) sentences a chance to show their suitability for release in front of a parole board, according to the California Coalition for Women Prisoners organization (CCWP).

Mary Elizabeth Stroder, who works closely with the CCWP, was one of those who had her sentence commuted to 25 years to life, making her eligible to go before the parole board, reported CCWP. Stroder has served 22

years at the Central California Women's Facility.

"It is significant that the governor has issued these commutations outside of the traditional holiday timeline of Christmas or Easter," said the CCWP press release.

The CCWP launched a postcard petition campaign to the governor for the more than 200 women serving LWOP sentences in California prisons.

Last April, Brown commuted seven sentences. Kenneth Hartman, a longtime prisoner-rights advocate, and CCWP member Susan Russo had their LWOP sentences commuted, reported CCWP. Both prisoners work closely with CCWP and have been featured in its *FireInside*

Newsletter.

"The governor specifically acknowledged the impact of all the work being done by people serving LWOP sentences and the CCWP in one of his commutation letters," said the press release. "He is paying attention to letters and supporting individuals who have applied for commutation."

The CCWP is continuing its petition campaign and acknowledged the tremendous amount of advocacy by people serving LWOP, family members and other advocates outside prison.

"It's having an important impact," conclude the CCWP.

Source: Press Release: California Coalition of Women Prisoners

Of the 182 people serving **LWOP** in California's womens prisons

THE MAJORITY ARE SURVIVORS OF ABUSE

"...when you're a battered woman... and human trafficked, you become desensitized. I couldn't think for myself. If he told me to jump, I jumped. I was a walking puppet and he pulled my strings.

The jury never heard any of this."

-Amy

"The police would say, 'it's only a domestic,' so it doesn't really matter. They drive off and leave you there - battered, beaten and terrorized... it doesn't matter if you qualify for Intimate Partner Violence, if you've been a battered child, a battered woman - if it's a life-long history, if they chose to look the other way, which most often they do... (your abuse is) of no consequence."

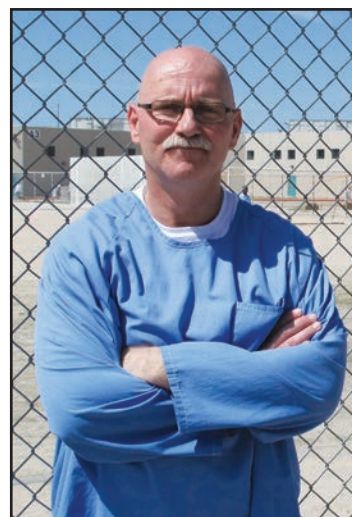
-Lanie

End the Incarceration of Survivors and All Death Penalties

www.allivingchance.com
www.womensprisoners.org

Postcard campaign petition for LWOPs

Courtesy of Living Chance



Kenneth Hartman

Courtesy of CDCR

Letters To The Editor



Christopher Geier passed away on Aug. 30. He was one of those rare people in the world who was able to lighten any situation for others in it. He thought first of his friends, and tried to make their time here better. Sure, he had his faults in life. The stress of being on Death Row, and of everything that comes along with that, got to him like it does every inmate, but when you saw him care for elderly inmates, or try to help a fellow veteran, you saw his true character. He faced many health concerns, most stemming from injuries sustained while he served in the Army but you would never hear him complain of them. He had either a stroke or a cardiac event while playing basketball. He was giggling and making other guys in the game laugh along with him until his last moment. The urgency with which his friends took action to try to help him speaks to what a good man and friend he was. Brother, you are finally on your way home to Alabama. ROLL TIDE ROLL

December 27th, 1967-August 30th, 2017

Sincerely,

J. "Frog" Daveggio

Revamping prison healthcare services responses to complaints

California prison administrators are attempting to revamp health care services to inmates and streamline responses to their medical complaints.

By law, inmates have a right to file grievances, and they may grieve any results they find unsatisfactory.

The new regulations are geared to provide the following services:

- Instruct inmates how to appropriately prepare and submit health care grievances and grievance appeals
- Establish a process for the department to hire 36 Registered Nurses to advocate on behalf of inmate/patients by conducting clinical triages for early intervention to health care concerns
- Registered Nurses would also determine the necessity of a clinical review of health care grievances and grievance appeals
- Eliminate one institutional level of review
- Eliminate the cancellation of health care grievances and grievance appeals
- Instruct health care staff how to process health care grievances and grievance appeals submitted by inmates who are paroled, discharged or deceased following the filing of a health care grievance or health care appeal
- The new procedures are expected to cut 51 calendar days out of the appeals process
- Prison administrators say the new regulations and

procedures will benefit the Department and patients

- By ensuring treatment, in a timely manner, of needs requiring medical intervention
- By getting rid of redundancy, unnecessary delays and inconsistencies in processing health care complaints, while ensuring accountability, documentation and smoother processing of health care grievances and grievance appeals
- And, by guaranteeing due process rights to any inmate/patient who disagrees with a decision regarding his or her health care services

In developing the new regulations and procedures, the department said it took the best practices from the federal prison grievance and appeal system, as well as prisons in Florida, Texas and Michigan.

Officials estimate that the new regulations and procedures would save California taxpayers \$5.4 million.

The hearing is scheduled to take place on Oct. 25, 10 to 11 a.m. at Elk Grove Police Service Center; Elk Grove City Council Chambers, 8400 Laguna Palms Way, Elk Grove, CA 95758.

Public comments must be submitted to California Correctional Health Care Services, Health Care Regulations and Policy Section before Oct. 25, 5 p.m. at:

Mail: P.O. Box 588500,
Elk Grove, CA 95758
Email: CCHCSRegs@cdcr.ca.gov
Phone: 916.691.2922
Fax: 916.691.3490

—Juan Haines

Taking an opportunity for change leads to going home

Kid CAT Speaks!

By John Lam
Journalism Guild Writer

Given a second chance, Philip Melendez took the opportunity and turned his criminal life around and became the latest Kid CAT member to be found suitable for parole.

"I have known Phil 19 years since we were both teenagers starting out at Corcoran State Prison," said Nicanor Lopez, now an inmate at San Quentin. "The Phil I knew had no direction and was heavily involved in prison politics."

"Today, Phil has made a complete change of his life. He mentors youths and helps them avoid the same mistakes he made when he was young. He is an example of what can happen when hope and opportunity is given."

In response, Melendez said, "I am compelled to do what I can to change and help others so that nobody has to endure what I put my victims and their families through."

Melendez, 39, has served 19 years for two counts of second-

degree murder. His original sentence was 41 years-to-life. Due to his youth offender status, he became eligible for early parole.

Melendez was born in Sacramento, and his biological father denied his paternity. His teenage mother left him in the care of his maternal grandmother for the first five years of his life.

"Growing up I thought that my grandma was my real mother," said Melendez.

Melendez's childhood consisted of multiple moves; each new neighborhood was riddled with crime and gangs.

Despite being surrounded by negative influences, Melendez showed an aptitude in school and skipped two grades and began high school at the age of 12.

"I was smaller than most kids in high school due to my age, so



Lt. Gov. Newsom with Melendez

Photo by Eddie Herena, SQW

being bullied became a problem," said Melendez.

In an attempt to find belonging and protection, Melendez joined a gang and began getting into fights, breaking into homes, and selling drugs in school.

Melendez explains that his

decision to join a gang was partly an attempt to create a bond with his father.

"My dad was in and out of prison most of my life. I heard stories about him being a gangster, so I figured if I emulated him, then maybe I can finally have a dad who cared about me," said Melendez.

His deep hunger for a connection with his father would ultimately lead him to commit his life crime.

"On the day of my crime, my step-mom called me to tell me that my dad had been stabbed," said Melendez.

"I felt that something had to be done, and I tried to look for the people responsible, and ended up murdering two innocent people who had nothing to do with what happened to my dad."

He was arrested on Oct. 25, 1997, and faced the possibility of the death penalty.

"Having the death penalty hanging over my head was one of the most stressful times in my life," said Melendez. "It was sickening to know I messed up in the worst possible way and that there was no undoing it."

Melendez avoided the death penalty and after spending three years in the Sacramento County jail, he was convicted and sent to prison.

"I felt hopeless when I came to prison," said Melendez. "I became involved with politics and gang activity."

His hopeless mindset resulted in 19 disciplinary infractions, including multiple assaults on inmates.

After 12 years in prison, Melendez's outlook on life changed. "When I came to San Quentin in 2012, I saw the possibilities of going home and that helped spark my rehabilitation."

In San Quentin, Melendez took advantage of the rehabilitative culture that was available and often took public roles to promote restorative justice. He appeared as a host or speaker at multiple events, including symposiums, graduations, appearances on documentaries and a few segments on PBS.

"The rehabilitative culture here helped me to develop many pro-social skills," said Melendez. "The Kid CAT First Step Curriculum and VEOG (Victim Offender Education Group) taught me about empathy, and understanding victim impact."

Melendez's dedication to change is evident in his work with youth offenders, as exemplified by the words of Charlie Srey, 18, incarcerated since the age of 15.

"Since I came to San Quentin, Phil has been a great mentor to me," said Srey. "He taught me how to be open-minded and how to communicate with others. Because of him, I'm on the right path."

Reflecting back on his journey, Melendez said, "For years I told myself lies about my crime to help me deal with the fact I murdered people. With the understanding I have today, I look back in disbelief at the extreme level of violence I used to resolve conflicts."

On his initial hearing on May 24, he was found suitable for release.

Upon a successful parole, Melendez hopes to use what he has learned to help build a restorative justice model to be taught in public schools.

Melendez paroled on Sept. 27 and has joined his new bride and family.

The over use of pepper spray on juveniles

Guards at a Wisconsin youth detention facility were found to have pepper-sprayed teenage inmates more than 100 times in the first six months of the year, reports the *Wisconsin State Journal*.

The information was based on a report filed by the state Department of Corrections in federal court. "One inmate at the Lincoln Hills School for Boys and Copper Lake School for Girls in Irma was pepper-sprayed 12 times between January and June ... but the majority of the 51 inmates sprayed were pepper-sprayed four or fewer times," Molly Beck reported.

The vast majority of inmates being pepper-sprayed were housed in the prison's solitary confinement cells.

The report was ordered by Judge James Peterson in July as part of a

lawsuit against the Department of Corrections by former inmates over the department's use of the practices.

During a two-day hearing in the case, a juvenile prison expert testified that pepper-spray incidents are related to the amount of time some inmates spend in solitary confinement.

The expert testified that some teen inmates are spending so much time alone in solitary confinement that they purposely behave in ways that will trigger being pepper-sprayed so they can receive stimulation and get out of their cells.

Overall, 331 inmates were found to have been peppered-sprayed by guards in the six months the department counted its use of pepper spray to manage behavior.

The report found that the guards

used the spray most when inmates were physically resisting staff, refusing directives to stop abusing property in an unsafe manner, refusing to comply with orders to move to another room or location within the facility and keeping their arms hanging outside of a cell's trap door.

The Department of Corrections (DOC) of Wisconsin will use the data in the report to "prepare a plan to further reduce or eliminate any remaining use of incapacitating agents," DOC attorney Sam Hall wrote in the report.

The DOC announced that the facility's administrator, Wendy Peterson, who is named as a defendant in the lawsuit, would be leaving her post and taking on a smaller role as the prison's education director.

—John Lam

Kid CAT facilitator curriculum now available

Attention Readers: Kid CAT Childhood development curriculum and facilitator manual is now available.

If you are interested in creating a Kid CAT branch/youth offender support group at your institution, please have your sponsor/volunteer or community partnership manager contact Kid CAT chief sponsor Ronda Wisher at (415) 454-1460 or email her at ronda.wisher@cdr.ca.gov for a copy of our curriculum

and facilitators manual.

The curriculum's objective is to help participants address the root causes of criminal thinking, childhood trauma and violent behavior. It accomplishes this by helping participants explore three phases of their lives:

- Past (childhood to pre-conviction)
- Present (current incarceration)
- Future (post-release).

The 26-week curriculum is broken into eight modules:

- Masculinity
- Self-identity
- Identifying emotions
- Consequences
- Communication
- Environmental influences
- Compassion
- Empathy and forgiveness

A typical session consists of written assignments, self-exploration, lectures and group discussion.

Dear Kid CAT

Dear Kid CAT,

I am a juvenile offender and lifer. I was 16 when I was arrested for murder in 2003. I am very hopeful about the new youth laws sweeping across the U.S. I am hoping that any changes to Prop. 57 will be retroactive.

I can honestly say that I am totally different today than I was even three months after turning 16. I did not realize the severity of the situation or the way death affects so many lives. I was a brat as a teenager and had no idea this was the path that I was taking...until I participated in a murder and received life in prison. I am in no way attempting to minimize or place blame. I have spent the last 14-plus years trying to better myself and mature into a responsible, educated adult.

I also admire and appreciate what you all do and what you stand for. I would like to help or contribute to Kid CAT and the Beat Within in any way that I can.

Sincerely,

Amber R. Central California Women's Facility

Dear Amber,

Thank you for sharing your story with us; your journey of introspection is what we all need in order for us to mature. Continue to share your story and mentor those around you, because what you say will have an impact; it is through your story that you can help with the mission of inspiring humanity. Also, continue to write for *The Beat Within*, stay positive and motivated!

2016 CA dept. report shows over 60,000 arrest of minors

There were more than 60,000 arrests of minors in California in 2016, according to a recent report by the California Department of Justice.

More than half of the juveniles (57 percent) were arrested for a misdemeanor offense. Nearly a third (31.3 percent) were arrested for a felony offense, and the remainder (11.7 percent) were arrested for a status offense, the report stated.

Additional findings of the report:

- Of those arrested, 44,980 were males and 3,312 were females.
- Juveniles in each age group from 12 to 17 were arrested for similar proportions of felony, misdemeanor and status offenses.

- A greater percentage of Whites were arrested for misdemeanors (62 percent).
- A greater percentage of Blacks were arrested for a felony (42.1 percent).
- Regardless of race/ethnic group, the smallest proportions were for drug offenses.

The Criminal Justice Statistics Center of DOJ has been compiling data on California's juvenile justice system since 1947. Its role is to collect, analyze and report statistical data that provide valid measures of crime, to better describe crime and to promote the responsible presentation and use of crime statistics.

—John Lam

The Beat Within

A Publication of Writing and Art from the Inside



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

Something you've never done - is there something you've always wanted to do but have never had the chance? Keeping it legal and Beat appropriate. Tell us something you've never done but that you're either making plans to do in the future or hoping will happen. How are you preparing yourself for this uncompleted goal of yours?

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

Initiate Justice advocating for prisoners' voting rights

By **Rahsaan Thomas**
Staff Writer

A campaign is under way to restore voting rights to California citizens in prison or on parole.

If passed, the Voting Restoration and Democracy Act of 2018 initiative would stop the practice of taking away the voting rights of those incarcerated or on parole.

"We need the people who are most affected by the laws to have the ability to vote," said Taina Vargas-Edmond of Initiate Justice. "There are about 180,000 people in the state who are on parole or in prison who don't have the right to vote. If we had that 180,000 votes, the death penalty would have been defeated."

Initiate Justice started to survey people in prison to see what initiative they wanted on the 2018 ballot. When feelers from their incarcerated loved ones and friends came in, the suggestions sounded too difficult to achieve. Then voting came up.

"We decided that voting was important, because it was a strategic move," Vargas-Edmond said. "If we get the voting rights back, we could implement more radical changes."

Organizations like Californians United for Responsible Budgets

(CURB) and Cut 50 joined the fight to restore voting rights.

"Losing your freedom shouldn't equate to losing your voice," said Jessica Sloan, Mill Valley mayor and Cut 50 head.

Cut 50's Alex Mallick Williams added, "The United States is one of the only countries in the world that strips a person's right to vote when they're incarcerated."

"Losing your freedom shouldn't equate to losing your voice"

According to Human Rights Watch, the U.S. "may have the world's most restrictive criminal disenfranchisement laws."

Vargas-Edmond noted that the idea of taking away an incarcerated person's voting rights came from the ancient Greek philosophy that going to prison equaled suffering a civil death. She believes that philosophy is flawed.

"When you get arrested, you don't lose your citizenship, so you should have a right to vote," Vargas-Edmond said. "The civil rights movement gave Blacks a lot of rights, but



People rallying in Sacramento for the Prop 57 Regulations Hearing on Sept. 1

Courtesy of Initiate Justice

People's Fair Sentencing & Public Safety Act of 2018



WeThePeople.org, a new organization, plans to file the People's Fair Sentencing & Public Safety Act of 2018, an initiative to stop the waste of billions of dollars spent keeping non-violent, rehabilitated people in prison for life.

"We're hoping to clean up where Proposition 57 failed the will of the people," said WeThePeople.org, President Tom Loversky. "It wasn't air-tight and allowed CDCR [California Department of Correction and Rehabilitation] to leave behind non-violent offenders."

Specifically, the proposal would stop serious felonies, like burglary and criminal threats from counting as strikes.

"We're trying to amend first-degree residential burglary that makes it a violent crime if someone is home and make it serious, aligning it with federal law," Loversky said. "It won't be a violent crime."

The proposal would also remove "being armed" and "with intent to do harm" from counting as a third strike.

Retroactive relief would be triggered within 180 days by filing a petition for re-sentencing.

The People's Fair Sentencing And Public Safety Act of 2018 includes a provision that would funnel the money saved to various programs: education and higher education, prison rehabilitation, and youth crime prevention.

It costs more to incarcerate one prisoner per year (\$75,000) than it does to send a student to Harvard," Loversky said. "We hope to save taxpayers millions by releasing non-violent and aging offenders."

Loversky, a criminal defense lawyer, is the co-founder of WeThePeople.org, along with Mitchell McDowell. He also mentioned that Lizzy Stewart, of The Three Strikes Project who helped get proposi-

tions 36 and 57 passed, is working with WeThePeople.org on the People's Fair Sentencing and Public Safety Act of 2018. [Lizzy Stewart became an activist after her son Jeremy received a 70-years to life sentence for burglary.] Victoria Garrity, who founded Americans Delivering Love, rounds up their team.

Supporters of WeThePeople.org do not want to rely on Prop 57 to include non-violent three-strikers.

The case of Michael Kirkpatrick illustrates why: He committed burglary 20 years ago. Sometime later, he attempted to collect his possessions from his ex-girlfriend's house while she was burning his clothes. Passing the threshold of her property made it his third strike.

"All I left with was my car and my keys," Kirkpatrick said.

Since then, Kirkpatrick has taken numerous steps while in prison to better himself. He's earned his associate degree and completed many other self-help programs such as anger management, and a group that addresses criminal thinking.

Kirkpatrick has become a certified drug counselor and a certified offender mentor. He can help others if released.

When CDCR applied Prop 57 guidelines, it removed only one year of his sentence. He isn't scheduled to see a parole board until 2022. WeThePeople.org, if supported, could change that.

"I would be joyous," Kirkpatrick said.

Loversky wants to make relief for non-violent third strikers mandatory so they won't have to revisit this issue repeatedly.

The initiative draft has not yet been filed. WeThePeople.org needs to raise funds for signature gathers.

To get involved, contact: www.WeThePeople.org.

—Rahsaan Thomas

sending Blacks to prison takes away those rights. That's not acceptable. There are plenty of people who do terrible things, but what does that have to do with voting rights?"

Restoring voting rights to citizens incarcerated and on parole lowers recidivism risk by making them feel less disconnected from society, according to a 2012 study called The Violence of Voicelessness: The Impact of Felony Disenfranchisement on Recidivism, by Matt Vogel.

"When people have the right to vote, they become more invested in public safety, which reduces recidivism," Vargas-Edmond said. "In Maine and Vermont, people can vote from prison. It hasn't been a problem for them; they have some of the lower recidivism rates."

Initiate Justice seeks to raise \$1,000,000 for gathering the 586,000 signature needed to get the filed initiative onto the 2018 ballot. Also, it seeks the support of more criminal justice reform organizations, as well as the help of incarcerated people.

The group consists of formerly incarcerated people as well as people with imprisoned loved ones. Vargas-Edmond's father and husband are in prison, and her mother has been in

and out.

"I wasn't involved in mass incarceration when my father and mother went to jail," Vargas-Edmond said. "When my husband was arrested, I recognized how unjust the system is, and I would have to do something to change it."

When Proposition 57 came up, Initiate Justice worked to get it passed. When it passed, its application fell short of expectations and potential, Initiate Justice became one of the first organizations that argued for boarder application. The group compiled a list of wants from a survey of incarcerated people.

"Taina played a pretty big role; Californians For Safety and Justice played a pretty big role," said Emily Harris, Field Director for Ella Baker Center for Human Rights. CDCR announced that it is requesting an Emergency Readoption of Administrative Law, because "CDCR has determined that changes to the initial Text of Proposed Regulations are needed" following extensive public comment.

Though her husband is due to come home next year, Vargas-Ed-



Taina Vargas-Edmond

Courtesy of Initiate Justice

mond plans to continue fighting for reforms.

"I want to do this forever," she said. "I want restorative justice. The prison system is harming people that look like me, and I want my future child to live in a country free of mass incarceration."

For more information, contact Initiate Justice, P.O. Box 4962, Oakland, CA 94605, email: initiatejustice@gmail.com

Three criminal justice organizations campaign for more clemency initiatives

By **Charles David Henry**
Staff Writer

Three criminal justice organizations are campaigning for more clemency initiatives.

"The National Association of Criminal Defense Lawyers (NACDL) and Families Against Mandatory Minimums (FAMM), backed by the Foundation for Criminal Justice (FCJ), have launched the State Clemency Project and are deploying core staff and infrastructure to support clemency initiatives focusing on state inmates," according to an August NACDL press release.

"Political leaders from across the political spectrum now recognize that the criminal justice system has become a costly misuse of taxpayer resources," it was reported.

One of the targeted groups of interest is the large number of inmates serving long sentences for crimes committed when they were relatively young.

In the press release, "The State Clemency Project also recognizes that individuals leaving prison and re-entering society need support, and that state budgets have finite resources. NACDL and FAMM stand ready to augment existing re-entry programs in states. The

project will seek private support and engage local partners to develop a support infrastructure for released inmates.

"Science now recognizes that brain development, especially with respect to judgment and impulse control, continues until the age of 25," the release noted.

"Project staff will work with state agencies to devise the most efficient way to connect applicants to volunteers, provide essential applicant information and submit well-crafted petitions," the release said.

The State Clemency Project has a central case management system that provides information on volunteer lawyers. The staff uses applicant's information from this system and matches the client with a lawyer, it was noted.

According to NACDL, the organization has member attorneys in every U.S. state and territory, as well as affiliate associations in every state, and it can draw from these experienced criminal practitioners with knowledge of each participating state to serve as advisers for volunteers.

"Additionally, NACDL and FAMM can leverage their relationships throughout the legal community built over a combined 85 years to draw volunteers, includ-

ing small and large firms, school-based clinics, and other advocacy groups," the release said.

The release also says the State Clemency Project staff will develop a volunteer training regimen targeted at the needs and goals of each state.

The training prepares the volunteers to hit the ground running on cases and is augmented with online reference materials and follow-up webinars led by area expert, it was reported.

"Volunteers will be supported throughout the process by experienced counsel. The State Clemency Project will assume the core responsibility of tracking applicants, volunteers, and case progression. Using the case management system and communication with volunteers and their firms, project staff can see who is working on each case and where in the process that case is," the release said.

"This gives project staff the ability to establish and enforce deadlines to ensure timely completion of the case," the release noted.

Information about the initiative is available online at stateclemency.org. The State Clemency Project is prepared to help governors across the country to fulfill their clemency goals.

Golden State Warriors visits SQ for sixth annual game

G.S. Warriors

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Meanwhile, at the entry to the prison, ABC Sports Commentator Larry Beil was the first to walk through the gates. Seconds later, Myers, general manager of the Golden State Warriors, led his team of GS coaches and staff, including Assistant GM Kirk Lacob and GM of the Santa Cruz D-League Warriors Kent Lacob; scout Khalid Robinson, and Player Development Coach Luke Loucks, among others. Myers carried the Larry O'Brien Trophy.

Warrior tryouts Antonius "AC" Cleveland from Missouri State and Georges Niang from Iowa State came for moral support and to experience San Quentin.

Golden State Center Javale McGee entered the prison last. Myers passed the trophy to McGee, who carried it down to the San Quentin Lower Yard.

"They asked if I wanted to go to San Quentin, and I said yes," McGee said, as if carrying the Larry O'Brien Trophy into a prison happened everyday.

More than a dozen incarcerated fans surrounded the Golden State squad as they headed for San Quentin's green-blue outdoor basketball court.

Key players were noticeably missing from both teams. GS assistant coach and former 76er Willie Green, who scored 18 in last year's game, went to represent Golden State at a hurricane pet rescue event. Chris DeMarco, who averages 20 points per game at Quentin, stayed out due to an injury. The SQ squad also played without starter Tevin Fournette (injured) and Anthony "Half Man, Half Amazing" Ammons (out to court).

"Tevin and Ant are very key players," Allan McIntosh, SQ's leading scorer, said. "Without them, we knew it was gonna be a struggle and that we needed to play as a unit."

A huge banner — "SQ Dub Luv, Congratulations Warriors NBA 2017 Champions" -- created by Bruce Fowler hung on the fence behind the guest bench.

"The whole idea is for SQ sports to show thanks to the organization

for all the work they've done for us," said James Benson, who organized the making of the banner. "We donated it to Golden State so they could have people bid on it and donate the money to Irma relief."

After intros, Prison Sports Ministry's Bill Epling, whose web of connections helped make the annual games happen, opened with a prayer for the hurricane victims.

Then the game started with the opening tip going to SQ's McIntosh who, like all his teammates, wore real NBA Warriors jerseys donated by their namesakes across the Bay.

Myers, who wore a Prison Sports Ministry's plain green jersey, started off with two turnovers against SQ's rotating trap defense, implemented by first-year coach and former point guard Rafael Cuevas. First Myers lost the ball to Jason Jones and got blocked by Brad Shells, who also scored SQ's first basket and went on to drop 12 with nine rebounds and four blocks.

Robinson answered for GS as Beil joined SQ play-by-play announcers Aaron "Showtime" Taylor and Damon L. Cooke.

As SQ's leading scorer Allan McIntosh spun inside for a layup on Kirk, the referee blew his duck whistle. Kirk threw up his hands and shook his head at the call.

"Kirk ain't foul," Taylor joked. "I've seen prison fights harder than that."

Beil responded with a laugh: "I thought we were playing by prison rules!"

SQ continued to play great defense but failed to convert. They ended up behind 23-13. Then Shields stepped up, going hard to the rack and scoring 4 unanswered points.

By the end of the first quarter, GS held a 25-21 lead, scored mostly by Robinson, who scored 10 to Shields' 7 in the quarter.

McGee joined in the play-by-play antics in Beil's place just in time for a front row seat as SQ's Phillippe Kelly performed a rap he wrote that morning about San Quentin's team beating Golden State. Incarcerated people watched Kelly's rap on ABC the next day from their cells.

The lead went back and forth until tied at 48 by halftime.

The SQ squad huddled around Coach Cuevas, and he told them,

"Keep running them. We're gonna win."

Then fans and players alike circled around half-court SQ's Brian Asey, who introduced Myers.

The Golden State GM, who went to UCLA, gave a brief speech about how years ago, coming from a place of privilege, he was a little scared to enter a prison, but he had misjudged.

"If a lot of you guys had a chance, you'd be the GM of the Warriors," Myers said. "I've never been better than anybody, and I've never been worse than anybody."

As the second half started, McGee went to play chess, and Beil retook the guest play-by-play announcer seat.

McGee, checkmated twice, went to try his hand at dominos. He won the first game then lost three straight.

"This was a new experience, I got a chance to play someone of his caliber and manhandled him," joked Tofa Sekona, who played McGee in chess. "I got autographs to share with my children. This truly helps us psychologically."

GS General Counsel David "Cap D" Kelly performed a half-time rap called "No Doubt."

In the third quarter, SQ fell behind 61-52 but charged back. Shells blocked Myers and Harry "ATL" Smith scored five points straight from the line and the field, narrowing the gap, 61-57.

"And he's wearing number 7," Beil commented.

Then came SQ Andre "NBA" Belion. He nailed a three-pointer and yelled, "Ahhhhhh."

On the next unanswered possession Belion hit a floater, giving SQ the lead back at 62-61.

In the fourth quarter, Smith gave SQ a three point lead with a break-away dunk and six minutes left.

Guard Joshua Burton followed with a three-pointer. The game came down to the final seconds and a ref's call.

Smith made two free throws to put SQ up 101-96 with 40 seconds left.

Robinson answered with a three-pointer, cutting the deficit to 101-99.

Then Robinson ended up with the ball again after a SQ turnover. He launched a three from the right-hand corner that missed, but the ref called a foul on Shields.

"He bumped him on the way by

as the shooter came down, knocking him to the ground," said ref Ishmael Freelon.

Robinson nailed all three free throws, which added up to his 28 point and put GS up 102-101 with 15 seconds.

The ball went to Shields who went strong to the rack and scored, putting SQ up 103-102 but leaving 7sevensconds for GS to respond.

Myers tried to spin away from a defender, but he turned right toward Shields who wrapped his arms around the ball and tried to wrestle it from Myers as time ran out.

The crowd ignited. Kirk Lacob said, "We had it. They made a great play. That dude (Shields) was MVP."

Shields, who scored 19 points with 9 rebounds, said, "It was liberating. It was a lot of fun because we played all around team ball — we were a unit."

Then, with a sad smile on his face, he dedicated the win to his mother.

McGee said, "This was dope, I don't know what I will take away from this event. I'm not a psychic,

but I know it will be positive."

Cuevas said, "I don't think there is a guy we can take out of the equation and still get that win. I can't think of a player who didn't have a big play. I think we won as a team."

Public Information Officer Lt. Sam Robinson noted, "They (SQ) had a good strategy — rotating all those bodies."

After the game, Kent Lacob told Smith, "The Phenom," he could try out for the Santa Cruz Warriors when he paroles next March.

"All glory to God," Smith, who scored 20 points with 15 rebounds, said. "All the trials and tribulations we went through during the season paid off."

Beil said, "This is no different from any game out in the neighborhood."

There was one difference: The SQ squad held Golden State's 2017 NBA Championship Larry O'Brien Trophy while they celebrated and posed for ESPN, Life of the Law, SQ News, The Athletic, San Francisco Chronicle and ABC photographers.

—Marcus Henderson contributed to this story.



The Larry O'Brien trophy carried by Javale McGee with Bob Myers

Photo by Harold Meeks



Harry "ATL" Smith jamming on a fast break

Photo by Eddie Herena, SQN



Santa Cruz Warriors GM Kent Lacob making a lay-up

Photo by Eddie Herena, SQN



Andre "NBA" Belion, David Lee and SQ Warriors coach Rafael Cuevas

Photo by Eddie Herena, SQN



Golden State try-outs Georges Niang, Antonius Cleveland with Kirk Lacob

Photo by Eddie Herena, SQN

San Quentin News remembers Arnulfo

Arnulfo T. Garcia

Continued from Page 1

"His predecessor as editor was Michael Harris, a legendary authority figure," McNamara added. "We would review the state of the world and the paper on solitary walks from the newspaper office across the Lower Yard as I left my stint as an adviser. As Michael prepared to finish his state prison sentence, the question arose as to his successor."

"One inmate hung as close as he could around Michael, expecting to get the nod. But, we agreed, he was too disorganized. There was one person who had the smarts and good nature for the job. Also, this guy got along well with all racial groups, a significant talent in prison. It was Arnulfo. Michael's assessment was exactly right. Arnulfo rose to become an inspiring, inventive leader."

"Then came the *San Quentin News* Forums, a brilliant program that has brought inmates and criminal justice leaders together in exchanges of thoughts and experiences," McNamara said. "Prosecutors from the Bay Area, New York City, Baltimore, Chicago, Houston and their points in between have had their eyes opened to the realities of prison."

McNamara continued by saying "Arnulfo was that rare person who combines great ambition with humane warmth. Most people driven to accomplish much are also a pain in the butt. Arnulfo was different — he aimed high and was also warm and caring."

"The forums arose because I brought my daughter Marisa Rodriguez, a San Francisco assistant district attorney, to San Quentin for a visit. She was astonished by the experience. Then she brought her boss, District Attorney George Gascon, in for a visit. Arnulfo seized the opportunity to create a series of Forums that can affect the criminal justice system for years to come."

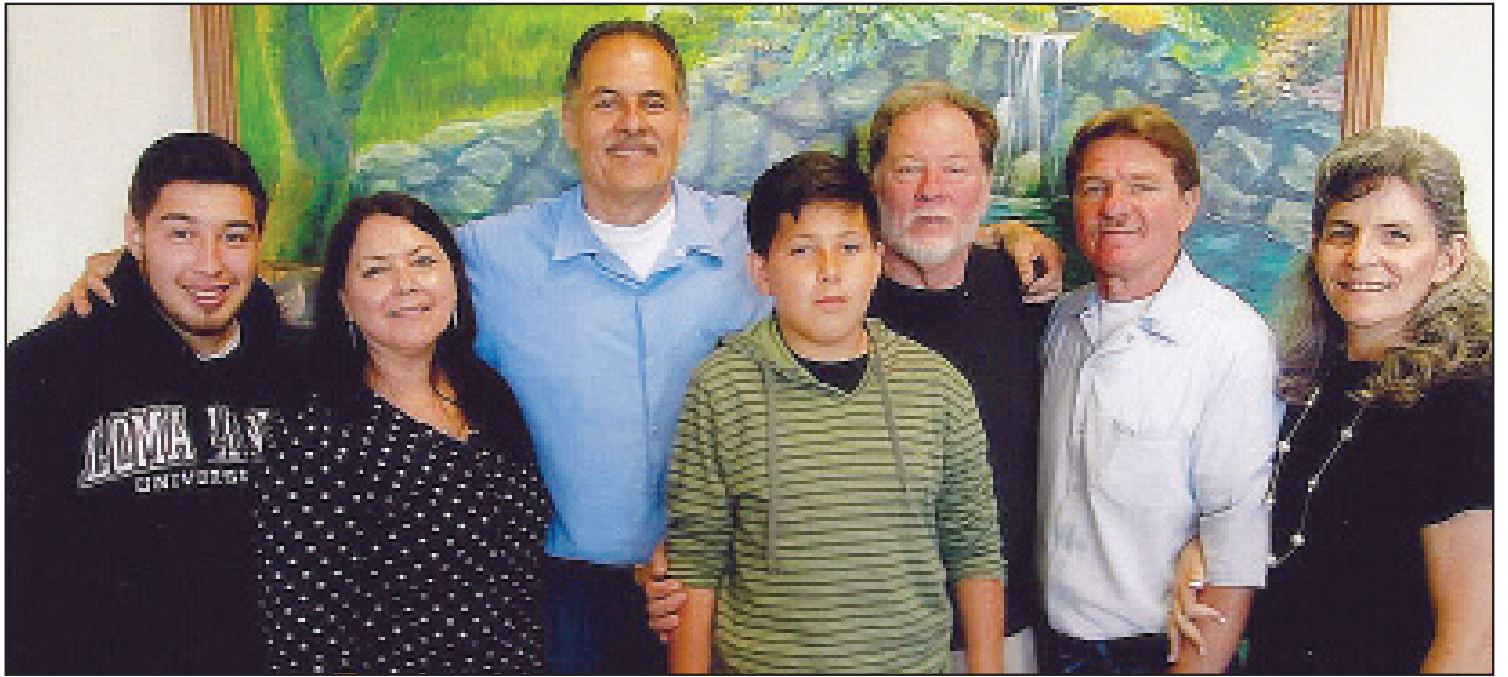
"The *San Quentin News* advisers picked Arnulfo for editor-in-chief, not because he was a great editor, but because he was a great diplomat," said John C. Eagan, a retired journalist and adviser who helped rescue the newspaper from the dustbin of history in 2008.

"Arnulfo got along well with everyone — a rare trait in prison — including newspaper staff, advisers, guards, administration and volunteers. He made thing run as smoothly as possible under the very difficult environment inside a prison."

"He brought enthusiasm, integrity and vision to the newsroom, along with humor and compassion."

"If he had lived, and if I were elected president, I would pick him to be my secretary of state. I think he would have done an amazing job of overcoming the hostility between the United States and Cuba, North Korea and other hot spots around the globe."

Arnulfo and the *San Quentin News* Graphic Designer, Aly Tamboura, did not like each other at first, but Arnulfo had this way of



Nephew Arnulfo Garcia, Yolanda Hernandez, Arnulfo Garcia, Arturo Garcia, Jesse Garcia, Nick and Monica Garcia

File Photo

making people not only like him but love him in the most unregretful ways.

"Arnulfo had a way of making you feel special. When he was talking to you, he was talking to you," said Roger Chavez. "He would always make time for you. He would say, 'sit down, let me talk to you.' He would come to the education office and spend time and talk about friends, family and life."

"He gave everyone encouragement, but he wanted you to always strive to be a better person. Getting out of prison was fine, but Arnulfo would say, 'becoming a better person was first and foremost.' I pray for his family and everyone who was impacted for the loss of a beautiful human being. Arnulfo was a special friend, and the loss of him and his sister Yolanda Hernandez will be felt by everyone. God needed them at this time, two special angels."

"We were fortunate to have Arnulfo as our Editor-in-Chief for so many years," said *San Quentin News* adviser Linda Xiques. "He was a natural leader, melding our multicultural staff into a competent, dedicated team. He did this with humor, absolute fairness, and firm idealism. 'Moving Forward!' was his byword; he was always sure the *San Quentin News* could be bigger, better, a stronger influence on criminal justice reform."

"He left San Quentin with a full agenda. He wanted to promote and strengthen the newspaper from the outside; he planned to work in the community to mentor young people; he wanted to push for more and better rehabilitation and reentry programs for paroling inmates. He wanted to 'move forward' toward making the world better. That he had so little time to put his dreams to the test is a tragedy that will continue to haunt the many people who knew and loved him."

"He always had a smile on his face and was incredible to work with. I am certain I learned as much — if not more — from him than he did from me. I will miss him terribly."

Arnulfo had a story to tell. He

would sit for hours and write stories about his life in Half Moon Bay, Mexico and prison. We would laugh and call him Pachuco because his past lifestyle left him with the coolest walk we've ever seen.

"I've worked with Arnulfo for four years, as the layout designer, and recently departed to another organization," said Phoeun You. "If I could say one thing to him it would be that I'm truly sorry for the bitterness and resentment I had for him when I left. I thought he was mad at me for leaving, instead he's been nothing but kind for my transition. Arnulfo represents what it really means to let go and move forward. He's a mentor and a friend, I'll miss him."

"He was a great friend and leader," said Marcus Henderson. "He never lived his life like he was in prison. He preached to look at the big picture and to have integrity. He taught me to make my world bigger and to always build bridges."

He always told me that he wanted his brother Nick Garcia, then an inmate, to go home. "He's been away from our family far too long," Arnulfo said. Time and time again he would say, "Nick and our sister love each other more than anything in the world. They just don't realize it yet."

Many inmates did not know his sister Yolanda Hernandez, but through Arnulfo's stories we felt like we did. He told us that she was just as funny as he was and that she loved her family a lot.

"A family man describes Arnulfo Garcia best," said Wayne Boatwright. "What this title does not clearly convey is that he had many families and loved them all. Whether you were at the *SQ News*, Creative Writing, Media Center, Green Life, GRIP, SQUIRES, Spanish VOEG or any of the other organizations that he helped to either found or been a member of, you were family. Your family mourns your passing Arnulfo."

Every day he would tell stories about his family, especially his daughter Carmen. He made everyone in the newsroom save their soda

can tabs for Carmen's college education.

He once tried to protest against something that she did by growing his beard out. He could've won that battle if it wasn't for all those rebellious hairs that retreated. He couldn't stop scratching his face.

"Mr. Arnulfo Garcia was my mentor and best friend, as he was the one who helped me get a job in the *San Quentin News*," said Wesley R. Eisiminger. "While working in the newsroom we were all like a family inside the wall, and we looked after each other. Besides working in the newsroom we both had daughters, and we would take walks around the track and talk about some problems we had; we became even closer as brothers."

"I always look up to him as he was like family, and we treated each other that way. I will miss him and will always keep him in my mind and keep his saying 'Moving Forward,' as he made this paper what it is today. I will do my best to keep it going and make all of his plans for the future come true."

He loved taking credit for, as he put it, "saving Watani Stiner" from his lonely days of sitting in the baseball dugout, lost as he was staring off into space.

He ate breakfast with Juan Haines, Watani, Michael Endres and Gil every day. They would sit at the same tables every morning.

When they returned to the building after breakfast he would always wait for me to stop by his cell and pick him up for work. I would sometime grab Nick's toes as he tried to get that extra hour of sleep after his brother left for work.

Arnulfo always began his day by telling me the latest prank he pulled on Juan that morning, like slipping a hot pepper or extra Sriracha sauce in his eggs when he turned his head or filling Juan's coffee cup to the rim until Juan couldn't pick it up.

"It will always be an honor to represent what Arnulfo has brought out in me as a human being," said Juan Haines. "He is an inspiration to life. I would not be the journalist that I

am, if it were not for Arnulfo's influence in my life. That being said, it's hard to develop friendships inside prison — they are a cruel place, however, some of the kindest people reside behind bars and Arnulfo was the kindest of the kindest."

"What makes it easy for me to say that Arnulfo is my friend is that he is the most caring, thoughtful, and compassionate person I've ever met. His dedication to be the champion for the underdog will forever be the driving force in my life."

Almost every day Gil would go to Arnulfo's cell and cook him these huge burritos for lunch. If he didn't make it back to the cell, Michael would meet him on the yard and give them to him."

"Arnulfo, thank you for your unlimited friendship, thoughtfulness, kindness, laughter, encouraging words and generosity," said Michael. "I am proud to say you are my friend, came to be like family, older brother to me. Thank you for being you. Your brother in Christ Jesus, Amen. With love and respect."

"Arnulfo, you'll be missed," said Gil. "I hope your family comes together in this time of need. I don't know if your family understands how much and how many people you've helped in here, but know that you'll be missed and always be in our hearts. Nick be strong, always thinking of you. Chango, may you Rest in Peace."

Many people did not just like Arnulfo, they loved him. That miracle was the guide lighting the trail that everyone ran down. Now that our path has disappeared, it's going to be difficult to reignite his torch.

"Like everyone else, I felt shock and disbelief when I learned the news of Arnulfo's passing," said Kevin Sawyer. "There are few men that I've met in the California Department of Corrections and Rehabilitation who left such an impact on the system's inmates, staff and volunteers. During Arnulfo's journey with us, he struggled until he finally got it right. And in doing so, he embodied transformation and became the face of rehabilitation; a



Nicholas and Monica Garcia, Sabrina Garcia, Carmen, Arnulfo and Nick Garcia

File Photo



Arnulfo with Doug Butler at Santa Cruz Beach BoardWalk

File Photo

Timoteo Garcia and Yolanda Hernandez



Arnulfo with Carmen, Eddie and Amy Stark, Michael Endres and Nicholas and Monica Garcia

File Photo



Arnulfo enjoying 2017 Day of Peace

Photo by Eddie Herena, SQN

shining example of determination and resilience.

"Arnulfo reached out beyond the walls of confinement and brought the world into a place that is too often forgotten or invisible. He was many things to the people who knew him, and he never ceased to make friends with people from all walks of life. Everyone liked him.

"In the six years that I knew Arnulfo T. Garcia, he wore many hats, and they were always changing for the better. His first hat was that of son to his parents. I met him when he wore the hat of Editor-in-Chief of *San Quentin News*. He was the boss; 'Jefe' I would sometimes call him, jokingly. Most importantly, above all other things, in the end the hat I cherished the most was friend."

"Arnulfo was simply a great person because he was simple," said Jesse Vasquez. "He wasn't pretentious or overbearing. He was just structured in his thinking and behavior. Whenever I sat down to listen to what he said, it was like listening to a modern Greek ghetto philosopher because he understood human nature and our plight.

"Because he knew himself he was able to relate to everyone he encountered. He had been there, wherever 'there' was. I learned to interact with the real world by watching him mingle with prison staff, college professors, district attorneys, and every type of prisoner."

"Arnulfo constantly showed me true kindness in a place I'd never have expected to find it," said Davontae Pariani. "In the short time I knew him, he always made me feel welcomed ... like I was family. I feel honored that I was able to not only meet, but also learn from such an inspirational man like Arnulfo T. Garcia."

For someone like Arnulfo to leave us this soon in life it's not fair, and it's painful as Hell. I know I'm being selfish, but I don't care, I think I deserve the right to miss my brother Arnulfo.

"Life is uncertain; fate has a way of taking our loved ones at the worst

time, tears shed and solemn times ahead," said Jonathan Chiu. "The only thing we can do is remember what Arnulfo has done to leave his mark with everyone both good and bad.

"We carry on our lives now aspiring to how Arnulfo dedicated his life to family, rehabilitation and helping others achieving their best self. Goodbye and our memories of time spent with you remain deep within us. Until we meet again."

"They say you do not die until people stop saying your name. Arnulfo Garcia will live forever through his accomplishments," Raasaan Thomas said.

Charles David Henry said that, "Only those who are fit to live do not fear to die, for life and death are a part of the same great adventure.

"There are very few people that I've met in this universe that I can really call 'a friend' and I cherished and relished every moment we spent together on this planet. It was a great adventure ... I will truly miss you 'my friend.'"

"He never once, since I've known him, passed up a good healthy laugh. Even when he blew out his leg playing handball against Jorge Heredia he couldn't help but laugh. Arnulfo said to me, 'ask him [Jorge] who got skunked though.'"

"There are countless memories I lived along Arnulfo to talk about for days, said Jorge. "One of my favorites memories I will keep close to my heart is our mini handball tournament we held one-on-one in San Quentin's handball court on a cold Monday morning. Arnulfo skunked me 8-to-0 seven times in a row. In a prison handball game the term skunked, is equal to say I got knocked out in a boxing match. Yes, I finally said it like it is guys.

"The relentless 60-year old Pachuco defeated me back to back without breaking a sweat. Arnulfo counter-attacked everything I threw at him, low balls, high balls side to side and kill shots to the corners of the handball court. He dived, jumped and hustled every single one of my hand-

ball moves and out-do me without huffing and puffing as I was.

"Arnulfo never stopped smiling, not even when he busted his leg on his last handball kill shot to the right corner of the court. Who's laughing now I told him? Who got skunked seven times, he replied to me with a wide smile! Arnulfo I hope we meet again when my time comes to share one more good laugh with you mi carnal."

Arnulfo was also a great boxer, as he would remind us, while he threw a few punches in the air at our photographer Eddie Herena. "Arnulfo was a force that filled the newsroom," said Eddie. "A force that moved people into action. A force steady moving forward."

"The last time I saw Arnulfo I told him, 'I love you Güey.' I gave him a big hug, and I never saw my best friend again"

Arnulfo told me that he dreamed of one day stopping the gang violence in California, and we talked about the various ways we can accomplish this goal. He always gave credit to the SHU kickout prisoners, saying he witnessed the growth in them and that they will be the ones to make this prison culture better.

"Arnulfo, my heart is full of sorrow at this moment, but the moments we shared together outweigh this sadness," said Tare Beltranchuc. "I will always hold on to the good memories in the newsroom. I want you to know that you inspired me to be a better person, and for that I will always be grateful. Rest in Peace 'Pachuco.'"

"Arnulfo has a unique way to persuade you to get involved in any self-help program that he believes will help you in the long run," Marco Villa said. "He was a mentor to me and for that I will always be grateful. May God comfort your family and your loved ones."

Arnulfo always dreamed big, bigger than anyone I have ever met. He not only taught me how to dream big, he also taught me how to chase those dreams.

"I remembered Arnulfo said, 'It takes a team to get to the moon,' referring to NASA's mission to the moon," David Le said. "It's an analogy he liked to share to emphasize that going to the moon is a task for the gods, but humanly possible if we do it together. He is a visionary who knows that a vision is only a dream unless it is executed; he needs us as much as we need him to see that vision through. I believed it."

"Most of us, even if we are loved and respected, are ultimately replaceable," said Nikki Meredith. "In fact, one of the tenets of his the importance of cross-training so as guys leave the prison, there are other staff members capable of taking their jobs.

"Once in a while, however, someone comes along in our lives who is so unique in his natural abilities and his acquired skills, that he is not replaceable. Arnulfo was one of those people. Fortunately for us, one of his gifts was to inspire and that did not die with him. His legacy will live on both in and out of San Quentin. In SQ the guys will continue to improve their own lives because of his influence and at the newspaper, the staff will work hard to continue producing a publication worthy of his respect; outside prison, his goal of promoting dialog between the incarcerated and the officials who incarcerated them will expand. There is not a doubt in my mind that his dream will come true — the exchanges he shepherded will result in a more just society, not just in California but in the country as a whole. In spite of the fact that his contributions will continue to make a difference, it's heartbreaking that it has to be accomplished without Arnulfo's presence — his wisdom, his warmth and, most of all, his generosity."

"Arnulfo didn't wait to channel his determination and ambition into dreams and plans after release," said Sarah Horowitz, a *San Quentin News* adviser. "He acted in the present to change what he could — now — for the better."

"Arnulfo was one of those rare people you only meet a few times in your life if you're lucky," said Yukari Kane. "The first time I met him, I knew instinctively that he was dependable. Trustworthy. A friend. He was always making sure that everything was OK, I was OK, that we were all OK. His last words to me before he left San Quentin were, 'You're doing a great job. Keep doing what you're doing.' I know those words will stay with me and inspire me to be a better teacher, a better journalist and a better person."

"My lasting memory of Arnulfo Garcia: His making burritos for the writers and editors in the newsroom," said *San Quentin News* Adviser William Drummond. "That was the nature of his leadership. A sense of humor, a human touch and enormous generosity. I've known many great journalists and great editors. Arnulfo was one of the best. He did more with fewer resources than any of them, and he left a lasting legacy that will change the way Californians think about incarcerated Americans."

Many of Professor Drummond's Berkeley students grew fond of Arnulfo.

"The first day I nervously walked into San Quentin Prison, I was greeted by Arnulfo's firm handshake and a mischievous smile," said Grace Cha. "He had pulled up a full-sized headshot of me on the computer. 'Is this you?' We all laughed at the picture of me in my ridiculous Hawaiian shirt that I had sent to the men as my introduction.

"This would set the tone for the rest of my interactions with Arnulfo. Endless laughter, friendly jabs, life lessons and a hunger to always do and be more. I don't get it and I don't think I ever will, but please keep him

and the men at San Quentin News in your thoughts.

"Arnulfo was seriously driven to continue his work for the newspaper long before and after he got out 2 months ago.

"I'll keep rocking my Hawaiian shirts for you, big guy. Rest easy."

"Arnulfo was a role model to many and a kind and intelligent leader for San Quentin News," Libby Rainey said. "He was also my friend. He will be dearly missed."

"I had the pleasure of working with Arnulfo Garcia at the San Quentin Newspaper," said Spence Whitney. "He was the Editor-In-Chief and was always energetic, friendly and really sharp. He earned the respect of all those around him. After spending years in San Quentin Prison, he was released two months ago and was eager to spend time with his family and get his life on track. To find out he died in a car crash with his sister leaves me with a heavy heart."

"I met Arnulfo while helping out with San Quentin prison's newspaper several years ago," Amina Waheed said. "He was a gem — incredibly warm, and always smiling. Heartbroken to hear he recently died in a car crash with his sister, so soon after being released from prison."

"Trying to describe the magic that was Arnulfo Garcia is much harder than I thought," said Susanne M. Karch. "Everything I write falls far short of the reality of the impact he had on everyone who knew him.

"As a volunteer, we are constantly told to avoid 'over-familiarity' in all its forms. Yet, after six years of knowing Arnulfo he wormed his way into my heart with his ever-present smile and his bouncy, loping walk that said he was on his way somewhere to go get something done! He was like a magnet, pulling people in who wanted to be part of whatever he was up to next.

"So many of the men I have met inside are shining examples of human possibilities. And yet, Arnulfo seemed somehow bigger than life.

"His dreams, his can-do attitude, his kindness, his OG ways even at his young age of 65 and so much more is what he gave us.

"I mourn alongside his brothers inside, his family and his many friends outside for the loss of someone so powerful and full of promise for the good he dreamed of doing after release. We will need to console ourselves with the knowledge that, however he did it, he has left a permanent mark on each of us.

"A good question to ask myself when faced with life's difficulties will be 'What would Arnulfo do?'"

"Arnulfo was as big-hearted, welcoming man," said *San Quentin News* Adviser Jan Perry. "That didn't stop him, though, from holding your feet to the fire if he felt your efforts fell short of his expectations. He was trying to help those who were caught up in the criminal justice system, and he wanted you to work for it just as hard as he did."

The last time I saw Arnulfo I told him, "I love you Güey." I gave him a big hug, and I never saw my best friend again.



Yolanda and Daniel "Nane" Alejandre

File Photo



Arnulfo with Bonaru, John Wilkerson and Aly Tamboura in the Print Shop in 2011 File Photo



Arnulfo with Daniel "Nane" Alejandre and Aly Tamboura File Photo



Lt. S. Robinson, Juan Haines, Sean Webby, Jeff Rosen, Arnulfo and Dan Barton File Photo



Arnulfo with Marisa Rodriguez, George Gascón and Advisor Steve McNarmara File Photo

Art & Entertainment



"Vivir Una Vida Juntos", Acrylic on canvas 2016 by Carlos Moreno

Snippets

Soccer's world governing body, the Federation of International Football Associations, has more members than the United Nations.

Helium is a very light, inert, colorless gas and has the lowest melting point of any element. No matter how low the temperature, it is the only liquid that cannot be solidified and remains a liquid to absolute zero.

Indonesia is made up of 17,000 islands, but only an estimated 6,000 are inhabited.

Rugby balls have always been oval. The boys at Rugby School use inflated pigs bladders for the balls which are oval.

Kangaroos can jump 45ft., but cannot walk backwards.

Wordcross Puzzle

By Jonathan Chiu / Edited by Jan Perry

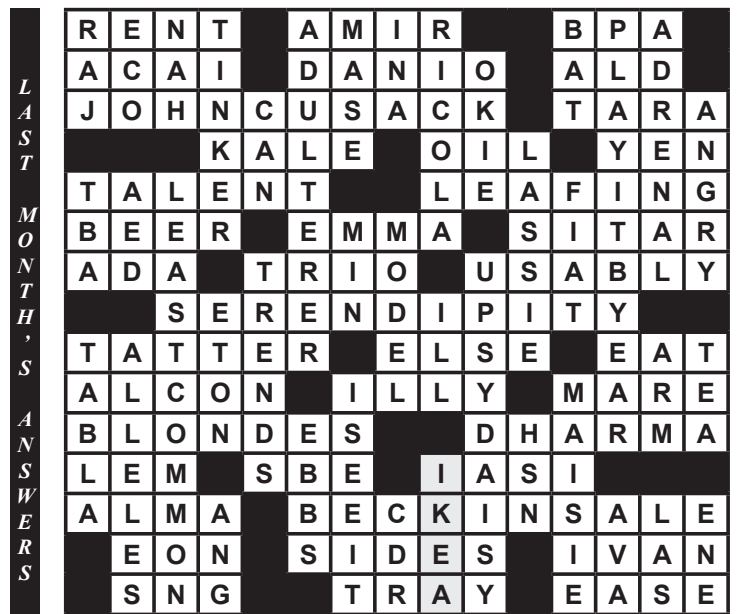
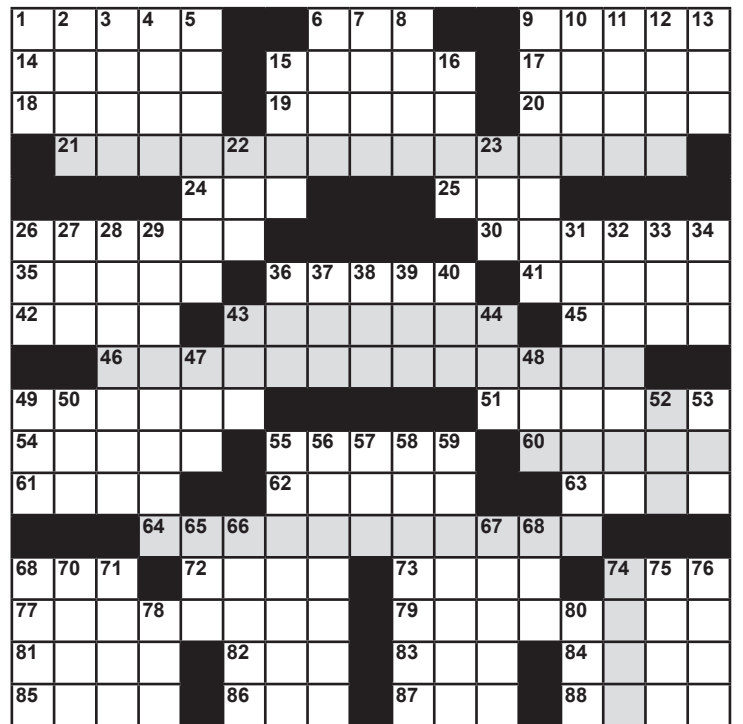
Across

1. UK's animal protection agency (Abbr.)
6. Type of payment
9. Mexican side
14. Negatively charged ion
15. Fairchild of Little Big Town
16. Pimple
18. Americanized Mexican (Mex.)
19. Gaseous procedure
20. Brazil monetary units
21. Farewell to you
24. Affirmative
25. Brush away
26. _____-minded
30. Male fertilizing organ of a flower
35. A person of rank (Scot.)
36. Couscous brand
41. Intensely gaze
42. Singer Seeger
43. 46 Across' sister
45. Tollgate location (Abbr.)
46. **SQN's Executive Editor**
49. Shrewd
51. Terra-_____
54. Punish severely
55. _____ if everything's normal
60. Dudes (Sp)
61. Arachnid
62. Slam
63. Good action
64. Funeral phrase
68. Egyptian unit of weight
72. Plaster the roof of a building
73. Opening paragraph of a news article
74. U.S. pamphlet agency (Abbr.)
77. Vit. B deficiency disease
79. Symbol that represents without sound
81. Chevy badging
82. Football stand
83. Marsh land
84. A type of DVR
85. Detergent brand
86. WWII org.
87. Ages (Abbr.)
88. Copies

Down

1. Music genre
2. Smooch (Brit.)
3. _____ Rivera
4. Silver salmon
5. Painkiller

6. Walking accessory
7. City in N Central Utah
8. A paper size
9. Runs
10. Ship side
11. Borrow
12. Purchased
13. Machine guns
15. Computer buttons
16. Go away (Brit.)
22. Ask
23. Ethiopian king
26. "Interstate Love Song" band (Abbr.)
27. Definite article
28. Sound of gunfire
29. Dictatorship's requirement
31. You should always have a positive one
32. Zoo aquatic animal
33. A type of business system (Abbr.)
34. A mountain gorge
36. Unfortunate (Abbr.)
37. TV puppet
38. Philosophical religion
39. School sub. (Abbr.)
40. U.S. regulators (Abbr.)
43. Cantonese
44. Curve
47. Chemistry term (Abbr.)
48. Protruberance on a wheel
49. Military weapon (Abbr.)
50. _____Fi
52. What's up
53. Flash memory storage (Abbr.)
55. Clothes
56. Spicy peppers
57. Wine cask
58. Increase the volume
59. Racing driver
65. Overseas financial institution (Abbr.)
66. _____ this matter
67. Port in Yemen at the mouth of the Red Sea and also a Gulf
68. Company leader (Abbr.)
68. Newspaper eulogy
70. Russell of *The Americans*
71. JLo's other half
74. SQ self-help program
75. Rescue
76. Famous _____
78. Prisoners' luxury
80. Joyriding videogame (Abbr.)



Missing clue from Sept.: 57 Down. Self-assembling store

Sudoku Corner

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

Last Issue's Sudoku Solutions

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

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

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

Answer to last month's Brain Teaser:

			2		0	2	
3	4	4					
1			2		3	4	
	1		1	3			2
1	2		3	4		3	
2					3	2	1
	4	5	5		3		
2		2			2	1	1

This month's Brain Teaser:

If TEN = 20 - 5 - 14; and MEN = 13 - 5 - 14; what do WOMEN equal by the same logic?

San Quentin News would like to know:

- What prison are you at and how do you receive the *San Quentin News*? _____
- Does your library provide you with a copy of the *San Quentin News*? _____
- Do all facilities/yards at your prison receive the *San Quentin News*? _____
- What stories did you like the most and why? _____
- What story did you like the least and why? _____
- What kind of story would you like to read? _____

Mail to: San Quentin News
1 Main Street
San Quentin, CA 94964

La lucha hacia la Independencia de México

Español

Por Marco Villa y Taré Beltranchuc

Históricamente podemos afirmar que la libertad y el bienestar de la humanidad se ha logrado a través del sacrificio humano. La Independencia de México no fue la excepción, ya que medio millón de personas perdieron la vida.

La Independencia de México fue una rebelión del pueblo mexicano, quienes estaban cansados de la opresión de los Españoles. El propósito principal de esta rebelión era la liberación del mal trato, dominio y tiranía de los odiados gachupines, (personas nacidas en España viviendo en México).

El día de la Independencia de México da inicio en la noche del 15 de septiembre con el tradicional "grito de Independencia" lo cual hace referencia a la manera en la cual el cura Miguel Hidalgo y Costilla, considerado el padre de la patria, comenzó públicamente el movimiento que actualmente conocemos como el movimiento de la Independencia de México en 1810.

El período que llevó a México a su Independencia tuvo una duración de 11 años (1820 a 1821). Este movimiento se realizó a través de varias etapas debido a que los líderes en turno eran enviados a la prisión o ejecutados por las fuerzas leales de España.

El cura Miguel Hidalgo y el General Ignacio Allende iniciaron la insurgencia en 1810. En la madrugada del 16 de septiembre, Hidalgo hizo sonar las campanas de la Iglesia en Dolores Guanajuato para convocar al pueblo a levantarse contra las autoridades españolas. Hidalgo y Allende lucharon por más de un año hasta que fueron capturados, fusilados y degollados el 21 de marzo de 1811 en Acatita de Baján Coahuila. Posteriormente, José María Morelos lideró la segunda etapa del movimiento hasta su captura y ejecución el 22 de diciembre de 1815 en San Cristóbal Ecatepec. Después de la muerte de Morelos, Vicente Guerrero y

Guadalupe Victoria siguieron con el movimiento.

Irónicamente el cambio de bando de los monarcas mexicanos fue lo que ocasionó la consumación de la Independencia de México. En 1920, un nuevo gobierno tomó poder en España. Los mandatarios mexicanos, quienes habían sido fieles a España por muchos años, repentinamente prefirieron establecer un México independiente.

El General Agustín de Iturbide quien por años estuvo en contra del movimiento de Independencia, hizo una alianza con el General Vicente Guerrero, líder de los insurgentes en el sur. Este evento se efectuó el 10 de febrero de 1821 en Acatepan y es conocido como el Abrazo de Acatepan. El nombre hace referencia a Los Generales Guerrero e Iturbide quienes para sellar la alianza de la paz se dieron un abrazo. Seguidamente, el 24 de agosto de 1821 el Virrey español Juan O'Donojú e Iturbide firmaron los Tratados de Córdoba, en el cual se reconocía la soberanía e Independencia del Imperio Mexicano.

El 27 de septiembre de 1821, Iturbide acompañado de su ejército entraron a la ciudad de México y el 28 de septiembre la Junta Provisional Gubernativa realizó su primera sesión en el salón de acuerdos del Palacio Imperial. Los treinta y ocho miembros se dirigieron a la Catedral para jurar el Plan de Iguala y los Tratados de Córdoba. A las nueve de la noche se llevó a cabo la firma del Acta de Independencia del Imperio Mexicano.

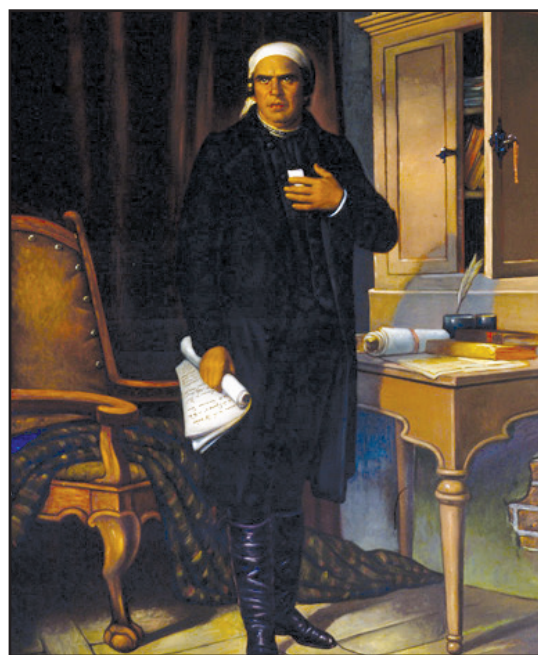
A pesar que la Independencia de México fue oficialmente declarada en septiembre 28, los mexicanos alrededor del mundo dan comienzo a sus celebraciones del día de Independencia el 15 de septiembre con el tradicional Grito de Independencia y continua la celebración hasta el 16 de septiembre. En la ciudad de México, en la noche del 15 de septiembre, los mexicanos se reúnen en el zócalo de la ciudad a las 11:00 PM, donde el Presidente ondea la bandera de México gritando "Viva México!... Viva Hidalgo, Morelos, Vicente Guerrero, Ignacio Allende, y Guadalupe Victoria!...", finalmente el cielo es iluminado por fuegos ar-



Miguel Hidalgo



Emperor Agustin



José María Morelos



Vicente Ramón Guerrero

tificiales.

Los mexicanos acostumbran celebrar su independencia en compañía de sus seres queridos y disfrutando de sus tradicionales

platillos favoritos (tacos, pozole, tamales, ...) y con sus respectivas bebidas (tequila, cerveza, ponche).

A pesar que las comunidades mexicanas celebran el día de su In-

dependencia en diferentes formas, el motivo principal de este día es recordar y honrar a esos héroes que con valor y coraje hicieron posible la libertad que disfrutamos el día de hoy.

Deltas reafirman su compromiso con el programa de fútbol

Por Eddie Herena
Periodista

El equipo de fútbol profesional Delta de San Francisco, visitó por segunda ocasión la prisión de San Quentin para participar en un encuentro entre los equipos de los Veteranos y los Jóvenes.

Los Veteranos fueron dirigidos por Andrew Lubahu, defensa del equipo Delta. Los Jóvenes contaron con la dirección del brasileño Pablo Diego, lateral de los Delta.

Kily Thron dirigió los ejercicios de calentamiento de ambos equipos.

El portero de los Deltas, Steward Ceus, mencionó "vengo con la intención de ser parte de este programa". Ceus entreno a los porteros Marco Villa y Moses Fuentes.

A los diez minutos del encuentro los Jóvenes abrieron el marcador con una anotación de Carlos Moreno. Sin embargo, al minuto 11, el cinco veces campeón Todd Donavan empató el marcador con un golazo desde 20 metros de distancia. Donavan ha solidificado su reputación dentro de la prisión como jugador de los Veteranos.

Moreno, quien parecía imparable, le dio la ventaja nuevamente a los Jóvenes al anotar su Segundo gol al minuto 26.

El portero Ceus comentó, "estoy muy impresionado con el nivel de juego".

El director técnico de los Veteranos tuvo que realizar unos cambios para detener el ataque de los Jóvenes. El primer tiempo terminó con el marcador a favor de



Acción de el partido en la yarda de San Quentin

Photo by Rahssan Thomas

los Jóvenes 2-1

Lubahu reunió a los Veteranos y les dio órdenes específicas, "cuando Todd tenga la pelota acompañenlo, y dejen de regular la pelota".

Por su parte, Diego felicitó a los Jóvenes, "estamos jugando muy bien porque estamos jugando en equipo". Los Jóvenes dominaron la primera mitad del encuentro.

Al iniciar el Segundo tiempo, el Veterano de 62 años, Jose "Shorty" Viera de tan solo cinco

pies de altura, ingreso al terreno de juego. Los jugadores del Delta se sorprendieron cuando al minuto 53 "Shorty" anotó el gol del empate a dos goles por equipo.

Los Jóvenes, quienes habían aprovechado al máximo su velocidad durante la primera mitad, parecían estar muy cansados en el Segundo tiempo. Los Veteranos tomaron ventaja de esta fatiga física y al minuto 65 Todd Donavan anotó su segundo gol del encuentro

al driblear a tres defensas y vencer al portero Moses. Al minuto 78, Jeff Williams apago toda esperanza para los Jóvenes al anotar el cuarto gol para los Veteranos.

Lubahu expreso efusivamente, "aquí es donde lentamente les damos el golpe final". Durante la segunda mitad, los Veteranos encontraron la fuente de la juventud y agarraron su Segundo aire para acabar con la inexperiencia de los Jóvenes.

El partido termino 4-3 a favor de los Veteranos ya que al minuto 79, Miguel Flores, el encargado de utilería de los Delta, anotó un impresionante gol en una Jugada individual. Flores comentó que estaba sorprendido de ver jugadores con mucho talento dentro de la prisión.

El partido termino 4-3 a favor de los Veteranos.

—Traducción por Marco Villa y Taré Beltranchuc

Graduación del programa de uso de sustancia en San Quentin

By Rahssan Thomas
Staff Writer

Presos graduados de un programa obligatorio, Substance Use Disorder Treatment Program, comentaron que el programa los motivo a cambiar.

Jason Gibau, de 36 años, dijo "al principio me enoje por que sentí que ya estaba cumpliendo mi sentencia, y ahora me están forzando a un programa de cinco días a la semana por tres largas horas. Sin embargo, al poco tiempo conocí a Mr. Anding, y me cayo bien. Mr Anding es de Harlem al igual que yo. Es una persona comprensible, no juzga, y no nos obliga a realizar cosas que no deseamos. Es el mejor maestro".

Anding añadió, "Nuestro primer reto fue el crear esa confianza. Compartir fue algo difícil para este grupo diverso, pero cuando empezamos a compartir nuestras historias todo cambio. Yo también tuve que compartir mi pasado".

Gibau, quien esta cumpliendo una sentencia de cuatro años por amenaza, ha decidido participar como voluntario en el programa Health Right 360, cuando sea liberado.

Gibau menciona, "Escogi hacer esto", "Para mi es de vida o muerte. Estoy consiente que podría tener una sentencia de vida con tan solo cometer una amenaza mas. Ahora solo quiero ser un buen padre".

El programa Center Point llamado Substance Use Disorder Treatment Program, (SUDTP), utiliza la terapia del comportamiento cognitiva para enseñar clases sobre el tratamiento del uso de sustancias, manejo del enojo, pensamiento criminal y relaciones familiares.

El 15 de junio se llevo a cabo la segunda graduación de este grupo. Antes de entregar los 78 certificados a los graduados de los diferentes programas, algunos participantes subieron a el podium para compartir su experiencia en el programa, incluyendo a Ron Davis, Guardian de San Quentin.

El Guardian Davis comentó "ha sido un camino largo para llegar hasta aqui. Tratamos de implementar este programa hace dos años, pero no obtuvimos el financiamiento. Contratamos a un consejero de (CCIII), había planes de designar un espacio en la prision para el programa, pero no se ajusto al presupuesto.

"El año pasado nos llevo el presupuesto pero enseguida nos topamos con un problema; el espacio no cumplía con los requerimientos del departamento de bomberos. Comenzamos a buscar alternativas y pensamos en el gimnasio, sabíamos que no era el lugar ideal pero podríamos acondicionarlo.

"Nuestro trabajo es proveer la oportunidad, pero está en ustedes el qué le saquen provecho. Quizás algunos de ustedes no tienen idea de qué se trata el programa, pero una vez que se involucren y se



Felicitaciones de CCIII Palmer para Enrique Hernandez

Photo by Eddie Herena, SQN

den cuenta lo que ofrece, espero que aprovechen esta oportunidad. Se trata de la seguridad pública, salir de este lugar siendo mejores personas de como entraron. Valoren el trabajo del personal a cargo de este programa y aprovechen esta oportunidad, porque esta puede ayudarles a no regresar a prision. Felicidades a todos".

El ésta del programa es posible por la combinación de profesionales, ex-prisioneros y presos como administradores.

El Director de Programas de Justicia Criminal del Center Point, Steve Jackson, comentó "algo que he escuchado en la prision es, 'me vas a dar \$200, me vas a llevar al Greyhound, y así esperas que cambie'... esto no funciona. Mi última sentencia fue de 16 años. Cumplí mi condena y en menos de 30 días cometí otro crimen. Tengo ocho niños y no fui un padre para ninguno de ellos. También perdí un pulmón por el cigarro. Ahora no estoy dispuesto a perder mas, ningún otro hijo, ningún otro sueño. La parte mas difícil es seguir adelante. El cuidado posterior es el componente principal que aumentará las posibilidades de tener éxito en la vida".

Para el recién graduado, Julio Saca, observar a su mentor Michael Kirkpatrick en acción lo inspiro. Saca, quien sera puesto en libertad en septiembre, solicito una beca para estudiar consejería en drogas en el Merritt College en Oakland y la obtuvo.

Saca mencionó, "Fue una

gran experiencia porque tuve la oportunidad de ver lo que significa ser consejero en el uso de sustancias", "me convencí que esto es lo que quiero hacer. Usar drogas y vivir una vida criminal fué una perdida de tiempo, pero a la misma vez voy a usar esa experiencia para ayudar a mi comunidad".

Escobar, Director de Center Point expreso, "Lo peor que te haya pasado, puede terminar siendo lo mejor que te haya sucedido. Nuestra verdadera identidad es como respondemos al mundo".

La Consejera Transicional, Ms. Jones oriento a Seca durante el proceso para obtener su beca.

Ms. Jones comentó "mire en él una gran pasion de lo que quería hacer al salir de la prision. Sabia que existían recursos. Le proporcioné el papeleo y le dije lo que tenia que hacer. Usó su dirección de San Quentin y lo aceptaron".

Cory Warren se encontraba entre los graduados y consejeros que ofrecieron discursos cortos.

Warren comento, "solo entré para obtener los créditos de milestone, pero qué se gana uno en obtener solamente el milestone sin aprender el curriculum y solo salir para fracasar".

Bankston, Consejero en el Uso de Sustancias comentó, "como resultado de sus egos e imágenes estas personas pelean para no cambiar, hasta que ya no pueden pelear contra la calidez, empatia, el no juzgar y la alegría que prevalece en el grupo. Los participantes bajan la guardia y es donde



Director Escobar hablando a la audiencia

Photo by Eddie Herena, SQN

empieza la recuperación, lo cual es maravilloso".

El entretenimiento estuvo a cargo de una banda musical y los Asian Pacific Islanders llevaron a cabo un baile de Samoan Haka que representa la lucha dentro de uno mismo.

El evento dio fin con el otorgamiento de certificados a los gradua-

dos, un saludo de manos y posando para las fotos.

CCIII Palmer dejo un mensaje: "Pasen la voz de que se esta llevando a cabo algo interesante en el gimnasio. Si no han estado ahí, díganles que vayan".

-Traducción por Marco Villa y Taré Beltranchuc



Photo by Eddie Herena, SQN

Graduado Enrique Hernandez



Photo by Eddie Herena, SQN

Graduado Jimmy Rojas

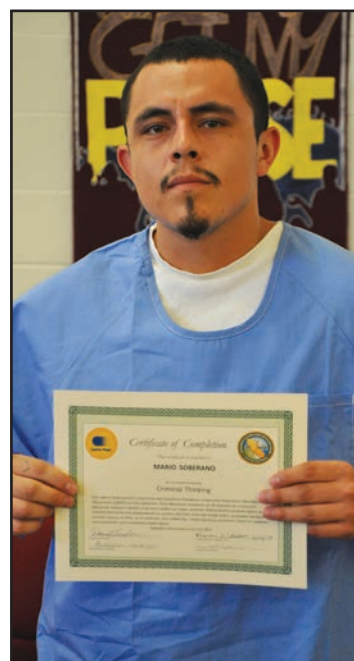


Photo by Eddie Herena, SQN

Graduado Mario Soberano

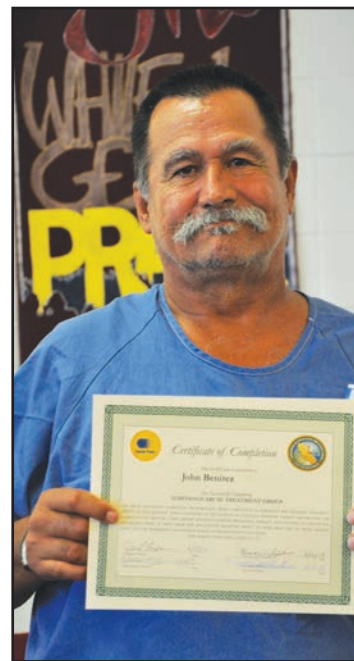


Photo by Eddie Herena, SQN

Graduado John Benitez

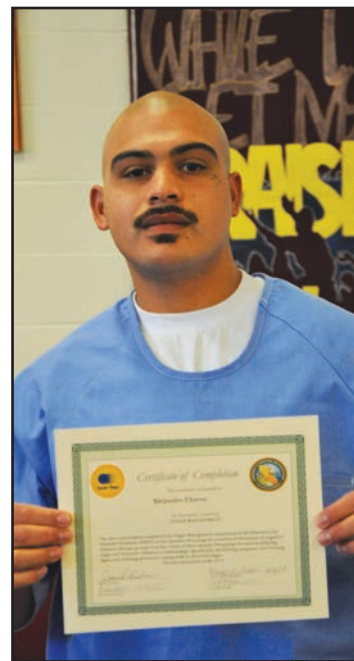


Photo by Eddie Herena, SQN

Graduado Alejandro Chavez

Tackling the story of innocence for an American crime

Book Review

By Juan Haines
Senior Editor

Former Green Beret surgeon and convicted murderer Jeffrey MacDonald is a unique figure as well as an enduring one in the annals of criminal justice — it's the longest-running criminal case in U.S. history. Is he an innocent man? Or is he guilty of brutally murdering his pregnant wife and their two children? There are reams of evidence to support both sides.

In dramatic fashion, there have been decades of storytelling: talk shows, magazines like *Playboy* and *Vanity Fair*, even Hollywood have taken several stabs at prying the truth out of what actually happened Feb. 17, 1970. From 1984 to a show currently in the works, there have been made-for-TV movies, miniseries, true crime investigations.

Janet Malcolm got into the fray in

1990 when she wrote *The Journalist and the Murderer*. Her book tackles the ethical quagmire that best-selling journalist Joe McGinniss got into after publishing *Fatal Vision* in 1983. The book came about after McGinniss and MacDonald struck a deal. MacDonald allowed McGinniss extraordinary access to the defense team during his murder trial as well as making available his friends, family, personal correspondence and even his condominium.

How many journalists, Malcolm asks:

"...live with a subject for six weeks, accompany him daily to a murder trial, form a business partnership with him, and write him in prison for three years?"

The book was supposed to portray MacDonald as an honest, decent man and characterize him as innocent. The men would even share in the book's proceeds. There was only one problem: McGinniss, after studying the evidence, decided MacDonald was guilty.

"...he [McGinniss] successfully hid the fact that in the book under preparation he was portraying MacDonald as a psychopathic killer."

When *Fatal Vision* came out MacDonald felt betrayed and sued McGinniss for fraud and breach of contract. In August 1987, the jury deadlocked. The case was settled with MacDonald receiving \$325,000.

All these years later, the ethics in reporting that Malcolm raises are every bit as relevant, if not more so, given the current distrust the American public has of journalists. What gives journalism its authenticity and vitality is the tension between the subject's blind self-absorption and the journalist's skepticism. Malcolm is well-known for identifying this balance:

"Every journalist who is not too stupid or too full of himself to notice what is going on knows that what he does is morally indefensible. He is a kind of

confidence man, preying on people's vanity, ignorance, or loneliness, gaining their trust and betraying them without remorse."

Malcolm, who toiled cross-country, interviewing both sides of the case as well as visiting MacDonald in prison, examines how it could be that five of the six jurors sided with a convicted murderer over a respected journalist.

The most damaging evidence against McGinniss came when the jury was exposed to the letter he'd written to MacDonald after he was found guilty:

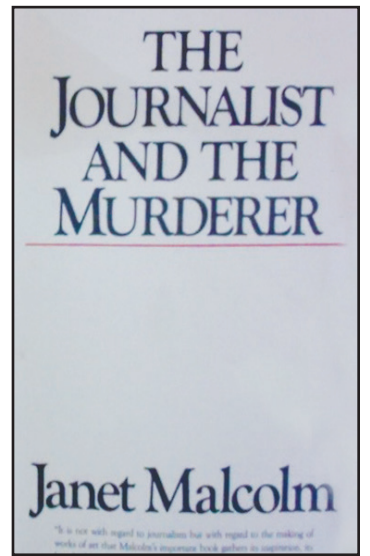
"What the f_____ were those people thinking of? How could 12 people not only agree to believe such a horrendous proposition, but agree, with a man's life at stake, that they believed it beyond a reasonable doubt?"

The jurors believed that the unique journalist-subject relationship entitled MacDonald to honesty, at the very least.

McGinniss' obvious deceptive nature raises the central question in Malcolm's book. Does a man who killed his family deserve honesty?

McGinniss' assessment of MacDonald as a psychopath was supported by the testimony of psychiatrist Michael Stone:

"...a person who has a propensity to murder is beyond the pale of psychotherapy. It is folly to think that a person like that could be corrected through the process of one-on-one therapy. He is a lost soul."



However, honesty was more important, even if the jury believed Stone. All the same, decades of research refute Stone's finding that people who murder are beyond the pale.

In San Quentin it's been demonstrated repeatedly that a criminal's "insight" into past behavior and the trauma that it caused can forever change that person's thinking and future behavior. Stone's assessment fails to consider the impact of victim/offender dialogue or restorative justice principles and how offenders who participate in these types of programs are capable of transforming themselves.

Unfortunately, we don't know if any of these rehabilitation practices apply to MacDonald. As long as he continues to claim innocence, rehabilitation doesn't apply, if he actually is innocent.

News Briefs

1. Santa Clara—After 12 years of back and forth legal maneuvering, the Northern California Innocence Project based in Santa Clara University cleared Ed Easley, a 62-year-old electrician, of molesting a seven-year-old in Shasta County 24 years ago, Bay Area News Group reports. Easley served eight years in prison and spent five years on parole. After his release the victim became remorseful and told the Innocence Project that the story that sent Easley to prison was a lie.

2. Sacramento—A new bill is working its way through the State Legislature that would allow most

sex offenders to come off the sex offender registry 10 to 20 years after they are released from prison, if they have not committed another serious or violent felony or sex crime, the *San Francisco Chronicle* reports. Many law enforcement and advocacy groups are backing Senate Bill 421, but victims and their families are divided.

3. Sacramento—A new bill is working its way through the State Legislature that would require a court to consider the defendant's mental health history when determining sentencing, *California Legislative Information* reports. Senate Bill 142 would take effect only if a judge determines that the defendant, at the time of the crime, was suffering from

a serious mental illness or has had a history of mental illness.

4. Lincoln, Nebraska—A class-action lawsuit filed by the ACLU of Nebraska citing prison overcrowding and continuous unrest at the state's prisons prompted officials to open a 100-bed, 7,000 square foot temporary housing dormitory at the Community Corrections Center in Lincoln, *Correctional News* reports. The suit alleges that prison conditions are causing an adverse health and safety environment, endangering the well-being of both prisoners and staff. The cost for the modular housing unit is expected to be \$1.8 million; the final cost won't be known until the project is completed.

5. Topeka, Kansas—The state's highest court handed down three rulings making it more difficult to prosecute undocumented immigrants who use stolen Social Security numbers to find employment, *Lawrence Journal-World* reports. In all three cases, the high court ruled that charges of identity theft and making a false writing against those individuals were pre-empted by federal immigration law.

6. New York City—The Metropolitan Detention Center has relatively few female inmates. Yet, female inmates account for a disproportionate number of sexual assaults, with most of the offenders, male officers, *The New York Times* report.



One of our finest shakes up SF Giants

Back In The Days

August 25, 1977

By Robert Simmons

Inmate Curtis Charles took a trip to Candlestick Park to engage in batting practice with the San Francisco Giants. On the way over, he stopped off at television station KRON for a brief interview, which was videotaped and later telecast on Channel 4. Curt was chaperoned by coaches Mike Ferretti and T.L. Baker.

Curt was greeted by numerous reporters and spectators when he arrived at Candlestick Park. He then proceeded to the Giants locker room, where they had set up a special locker for him. He suited up in Gary Alexander's old No. 42 uniform and headed for the diamond.

On his way, players Jack Clark and Darell Evans wished him well.

Curt warmed up with catcher Mike Sadek. Batting Coach Hank Sauer told him he would follow Willie McCovey in the batting cage. Jim Davenport was the batting-practice pitcher.

Curt said, "When I first went up

to bat, I was a little nervous, but after a while the butterflies disappeared. I started hitting line drives and several shots up the middle. It really got good to me. I hit one off the fence, about 375 feet out."

Curt said that after he left the batting cage, he talked to Terry Whitfield, who gave him a few tips on power. When McCovey had taken his turn in the cage, Curt went up a second time. This trip he almost knocked the stitches loose from the ball, hitting shots all over the field. "I felt more relaxed this time, which is probably the reason why I was sticking so good," Curt says.

Curt then went out to second base and fielded about 30 to 40 shots off the bat of Davenport.

Curt said the AstroTurf is "unbelievable, nothing like what we play on in Esque," with a slight chuckle in his voice.

"They also tested me for range," he said, "to see if I had mobility." Curt didn't disappoint anybody; his range was good on both sides of the field.

Davenport was particularly impressed by his play and said that with a little improvement he thought Curt could develop into a very good major league ballplayer.

After Curt came off the field,

batting coach Hank Sauer let him know that he, too, was very impressed.

He made a statement to San Quentin coach Mike Ferretti to the effect that he would like to have Curt at the Giants training camp at Casa Grande, Ariz.

Ex-major leaguer Curt Flood came over and commended Curt on his play and said he had the right tools to make it.

Before Curt departed from Candlestick, he went over to the bleachers and signed autographs for spectators who wished him well. He said the Yankees have also shown interest in acquiring his services, and he may end up signing with them. However nothing definite has been set at this time.

Curt said what happened to him just goes to show you that it is not impossible to make it if you work hard and remain athletically inclined. "Basketball players, football players, boxers, tennis players, whatever your sport may be, don't just sit around thinking that you are a convict, because if you work hard and do well you're bound to get some action," he said.

"There are many good athletes in San Quentin" said Curt, "and I just hope they will put their talent to use."

Death penalty appeal could possibly eliminate capital punishment in U.S.

By Charles David Henry
Staff Writer

A well-known criminal lawyer wants the U.S. Supreme Court to hear the death penalty case of Abel Daniel Hidalgo because he says it could wipe out capital punishment in America.

"I have spent the last few years with my team looking for cases that highlight the gross problems with the death penalty in practice, and this case is a perfect example of them," attorney Neal Katyal told *BuzzFeed News*.

He was also the lead attorney for Hawaii's challenge to Pres. Donald Trump's travel ban.

Four justices have been waiting for an opportunity to hear a case of this magnitude, the brief states.

Justices Stephen Breyer, Ruth Bader Ginsburg, Sonia Sotomayor and Anthony Kennedy have expressed various concerns about the Supreme Court's handling of death penalty cases.

Hidalgo, an Arizona inmate, has been arguing for the past three years that "the death penalty law is unconstitutional because it doesn't do enough to narrow who is eligible for the death penalty among those convicted of murder," the brief maintains.

Katyal's petition wants the justices to hear Hidalgo's case and "strike down Arizona's death penalty law."

Even though each justice has their own opinion about death penalty laws, Katyal, joined by several other prominent attorneys, contends "the time is now," to argue his case before the court.

Katyal cited constraints the justices used in their 1976 historical landmark ruling with *Gregg v. Georgia*. "The evidence is in. The long experiment launched by Gregg in whether the death penalty can be administered within constitutional bounds has failed; it has failed both

in Arizona in particular and in the nation more broadly."

At the time, the Gregg court found that new state death penalty laws were constitutional because they required the finding of aggravating circumstances. The court's controlling opinion limited who was eligible for execution "so as to minimize the risk of wholly arbitrary and capricious action."

Today's Arizona's death penalty law is such that there are so many aggravating circumstances that "every first-degree murder case filed in Maricopa County in 2010 and 2011 had at least one aggravating factor," making the person eligible for the death penalty, reported *BuzzFeed*.

The state's death penalty scheme has utterly failed "to genuinely narrow the class of persons eligible for the death penalty" as the court has required over the time since Gregg, Katyal maintained.

"A national consensus has emerged that the death penalty is an unacceptable punishment in any circumstances," according to Katyal's petition, "The court should take the case and rule that the death penalty, nationwide, is unconstitutional under the Eighth Amendment's guarantee against cruel and unusual punishment."

Katyal's petition focuses on three key arguments. "First, states can't give guidance to ensure that only the worst offenders are sentenced to death. Second, states can't enforce the death penalty without ensnaring and putting to death the innocent. And finally, the present reality of capital punishment — decades spent on Death Row with the remote but very real possibility of execution — is its own possible constitutional violation."

In its historical 1976 decision, "The court acknowledged that it might someday revisit the constitutionality of the death penalty in light of more convincing evidence."

Addiction expert addresses issues at SQ Enneagram group

By Juan Haines
Senior Editor

An expert on addiction asked an audience of 200 in the Protestant Chapel if they were addicted to anything. Nearly every hand went up.

Addictive behaviors and how to heal old pains were subjects of discussion on Aug. 31, when Dr. Gabor Maté visited San Quentin State Prison.

Maté began by challenging some of the causes for addiction. "The task is to find out how those problems came about," he said. "Many come from ADHD, anxiety, depression and personality disorders, which are developed from negative childhood experiences or by not having positive childhood experiences."

Addiction to opioids, alcohol and tobacco are huge problems in our society, Maté told the audience. He added that addiction is when a person finds pleasure in anything, but suffers long-term negative effects.

The solution to addictive behavior, according to Maté: find out what's going on in the family or community.

"Just Say No" to drugs was a slogan developed by Nancy Reagan, Maté said. "Those who engaged in drug abuse or addictive behaviors were seen as failures, derelicts, or making bad choices."

"Society's response: the person is a criminal and needs a 'time out' that lasts 20 to 30 years in prison, because we don't want your kind in society."

Decades of this strategy has resulted in the fact that, although the United States represents five percent of the world's population, 25 percent of the world's incarcerated

people are in U.S. jails and prisons. "Every fourth person incarcerated on Earth is in jail or prison in the land of the free," Maté said.

More than 2.3 million people are locked up in America and three out of four have a drug connection, research shows.

"And today, drugs are here more than ever, while at the same time, U.S. Attorney General Jeff Sessions wants to go back to the 1980s and '90s — more of the same called for by Nancy Reagan," Maté said.

"Ask, 'Why?' Why are people doing these things when they are seeing that their friends are dying?"

Much of the current research regarding addiction finds that it is a disease that affects the brain.

Opioids have been used for hundreds of years as a pain reliever, Maté explained. Opioids also work as an emotional pain reliever. People have been using all kinds of substances to treat pain and emotional stress for thousands of years. He went on to describe how these substances affect the brain.

Opioids have a physical attraction to brain cells—they fit perfectly into brain receptors.

"Our bodies seek these kinds of substances, naturally," Maté said. "Opioids drown out pain when the pain is too much. Opioids also activate the pleasure centers of the brain. We are social beings and need social attachments; opioids help us, in this regard, to connect with other people." Returning to Nancy Reagan's philosophy won't work, he said.

The problem, according to Maté, is that addicts have poor impulse control.

"Addicts have a difficult time regulating the stresses that come

from emotional distress, anxiety and depression," Maté said. In addition, he said, "The brain needs to develop in a healthy environment—this is the brain science of today. The brain circuitry for emotional regulation needs a healthy environment."

The good news is the brain can be rewired against addictions. "The essences of this recovery come from individuals discovering our 'true selves.' It's about reconnecting to ourselves."

"Finding yourself when you are so addicted is not a study, it's a practice"

A recovered addict, Victor Soto, also addressed the audience.

"We all are hiding from something," Soto said. "It took me 36 years to figure it out."

Soto is an addiction recovery counselor in Arizona. He said he grew up on the drug-infested streets of San Jose. A dysfunctional family taught him to hate people, and from there, he lost sight of himself. "I didn't know how to smile for 25 years."

He said he started listening to himself after reading *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*, by Don Richard Riso and Russ Hudson.

The last four-and-a-half years have been his path back to rediscovery and retaking control of his life.



Dr. Gabor Maté speaking to the participants

Photo by Eddie Herena, SQN

"It's very hard to change your life when you're in prison, but when you do, it's the truest form of transformation, because nobody wants to be here," Soto said. "Finding yourself when you are so addicted is not a study, it's a practice."

Maté was invited by incarcerated men and community volunteers involved in the Enneagram Prison Project (EPP).

EPP aims to show incarcerated participants which of the nine personality types they most resemble. The categories are specific, such as the Individualist, the Peacemaker, the Reformer. Grasping the impact of personality type encourages healthier life choices, EPP believes.

For 12 years Dr. Gabor Maté worked in Vancouver's Downtown Eastside with patients challenged by hard-core drug addiction, mental illness, and HIV. As a co-founder of the nonprofit Compassion for Addiction, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them. San Quentin has a 16-week Enneagram class that meets on Monday nights.



Dr. Gabor Maté with the facilitators and participants of the Enneagram group

Photo by Eddie Herena, SQN

Contra Costa County hosts Fair Chance Summit for former prisoners

By Joe Garcia
Journalism Guild Writer

Contra Costa County recently hosted a Fair Chance Summit, where former prisoners, state policy makers and local business owners came together to promote the idea that hiring ex-convicts can benefit the entire community, according to a *Martinez News-Gazette* article.

The Contra Costa Workforce Development Board invited State Senator Bill Dodd and County District Supervisor Candace Andersen to speak, as well as several former inmates. They each addressed a select group of human

resource professionals, corporate leaders and employment developers in hopes of encouraging them to help men and women with prison records get hired and become valued employees.

"This is good for our businesses and good for our communities"

"Studies suggest that being employed substantially reduces the risk of all recidivism outcomes," said

Workforce Board Interim Director Donna Van Wert. "This is good for our businesses and good for our communities."

The guest speakers included John Krause, a former San Quentin inmate, who is now the owner of Big House Beans, a coffee roaster in Antioch. Because he personally understands the struggle for newly released prisoners to find decent jobs, Krause actively seeks ex-convicts as potential employees. He believes they often work harder and are more appreciative of their opportunity.

Also asked to share his experience was Nilton Serva, an

ex-gang member who had served two separate terms for burglary convictions before discovering Earn and Learn East Bay. With that program's help, Serva enrolled at Los Medanos College, sought out job interviews, and successfully became a Costco employee while pursuing his business administration degree.

"We're seeing interest in hiring formerly incarcerated people, not only because of federal incentives that are available, but because it is an untapped labor market," said Van Wert, "that under the right circumstances can produce a valuable and loyal employee who provides a tremendous benefit to the bottom line

of a business." Western Contra Costa County currently has a 78 percent unemployment rate for its residents with prior convictions, said Alan Wang and Tish Gallegos, media contacts for the county's Employment and Human Services Department.

The purpose of the summit, according to Van Wert, was to show how hiring ex-prisoners can benefit the new employees as well as the companies and cities where they're situated.

"A lot of business leaders are looking to take advantage of tax credits, fidelity bonding and wage reimbursements," she said.



Ryan Steer dribbling down the court

Photo by Eddie Herena, SQN

A loss to Bittermen makes SQ Kings record 8-7

By **Rahsaan Thomas**
Staff Writer

After starting the basketball season in dominant fashion, the San Quentin Kings lost their third straight game. Bitterman Ryan Steer led his team with 40 points in the blowout 68-55 victory.

“We had too many defensive lapses”

Steer iced the game with a look-off finger roll and a big smile at the buzzer.

“Good shooting by Ryan,” said Kings Head Coach Orlando Harris. “Terrible defensive by the Kings.”

The Kings began the 2017 season with the goal of going undefeated, or at least improving on last year’s .500 record. They were 8-4 until the three consecutive losses made them 8-7.

Key players are injured. Power forward Thad Fleeton, a dependable post presence, spent the game on the sidelines. Point guard Tare “Cancun” Beltran and small forward Julio Saca were both starters and played

through injuries but weren’t effective. Beltran scored one point with one assist. Saca added seven points.

One of the Kings’ best scorers, Oris “Pep” Williams, only made 10 points, although he also had 11 rebounds and 3 steals.

Coach Harris doesn’t see the injuries as the problem.

“It’s adversity that shows the true character of this team,” Harris said. “When we’re losing, there’s finger pointing instead of taking accountability—come to work and do your job.”

Defensive assignments were missed and allowed Steer, one of the Bittermen’s best players, to go crazy. “We had too many defensive lapses,” Harris said. “I could score 40 if I came down court and found no resistance.”

Greg Tang with 11 points was the only other Bitterman to score in the double digits.

Joshua Burton led the Kings with 12 points.

Harris plans to “right the ship” by using the next practice to talk.

“We need to take a break from basketball and come out and talk,” Harris said. “We need to see where everyone’s head is at and get on the same page.”

Second is the new first in 1000 mile two-hour run

Whenever the 1000 Mile Club holds a track meet on San Quentin’s Lower Yard, everyone knows Markelle “The Gazelle” Taylor will take first place but second comes down to a race between Chris Scull and Eddie Herena. In the Two Hour Race, Scull took second by a lap.

“Markelle was only a mile ahead of me,” Scull said. “My sights are on first place.”

The two-hour race will be followed by a three-hour race to prepare for the yearly marathon in November.

The cool overcast day proved comfortable weather to run in, but coming off a three-week lockdown on Aug. 21 hampered training for the Sept. 8 meet. Still, 22 out of 24 runners ran for the entire two hours and a few improved on their times.

Tommy Wickerd completed 15-3/8 miles.

“I beat last year by a mile and a quarter,” Wickerd said. “I feel pretty damn good.”

He credits the improvement to fellow runner Jonathan Chiu, who completed 15.4 miles.

“Chiu pushed me,” Wickerd said. “I love this club. It’s one of the best decisions in my life.”

John Levin completed 14-1/4.

“I was very happy,” Levin

said. “My goal was to run a half-marathon in two hours, and I did more than that.”

Markelle, recovering from a knee injury, did not beat his 2016 record of 18.6875 miles. He dedicated the still impressive completion of 17-1/2 miles to victims of the wildfires in California and kids at Shriners Hospital.

“I thought the guys looked really solid,” said volunteer Jim Maloney, who tracked laps during the race. “It looks like you guys recovered from the three-week lockdown and are getting back on track for the three-hour race.”

—**Rahsaan Thomas**

The Top 10 finishers were:	
#	Miles
1.	Markelle Taylor.....17-1/2
2.	Chris Scull.....16-1/2
3.	Eddie Herena.....16-1/4
4.	Steve Reitz.....15-7/10
5.	Jonathan Chiu.....15-4/10
6.	Tommy Wickerd.....15-3/8
7.	Vincente Gomez & Sergio Carrillo.....14-3/4
8.	John Levin.....14-1/4
9.	Steve Brooks.....14-1/8
10.	Larry Ford.....13-3/4
11.	Mike Keeyes.....13-3/8

H-Unit takes over Becky tournament

On Sept. 4, on the San Quentin Lower Yard, Asian Pacific Islanders held a holiday basketball tournament, this time for Labor Day. Three teams pitted their best players against each other, North Block, West Block and H-Unit, in five 36-minute games under sweltering heat and, at one point, rain. H-Unit, the returning champions from the Fourth of July competition, two-peated, winning 31-11.

“They may have won twice, but we three-peated,” said North Block’s Vi Chau.

North Block, who lost by two points to H-Unit in the previous Independence Day Championship game, returned to the finals but not with all their players. Ravin Jenkins moved from North Block to H-Unit, tipping the balance of power.

“The trade with Sleep (Jenkins) was big,” said Julio Saca of H-Unit. “We have the best all-around team in three years so I felt confident.”

Also, in the past competitions North Block won, no one had an answer for Damon “LA” Cooke’s size and skills, along with the height and hustle of Juan Meza and Upumoni Ama.

Then newcomer 6-foot-4 and 299 pounds Neil Prudente, who played for Panama City College in Florida, arrived at H-Unit just before Independence Day and H-Unit won the prized trophy called, “Becky with the Good Hair.” During a three week lockdown, Becky was lost during a search so H-Unit is creating a new trophy — “Becky with the Dreds.”

“North Block may have won twice, but we three-peated”

Meanwhile, West Block struggled from the gate and ended losing all its games in the Labor Day series.

“We were dysfunctional,” said West Block leading scorer Rafael Cuevas. “Our better players had to attend self-help groups.”

At halftime in the Labor Day Championship game, H-Unit took the lead 19-10. Gary from North Block said the deficit was because there was “no chemistry.”

Meza advised his team to “slow it down” as frustrations from players missing baskets began to build. However, the pep talk did little as H-Unit continued their streak of blocks and steals, while North Block kept missing buckets.

Jenkins felt a different vibe playing with H-Unit. Throughout the series, he had been bullied, blocked and had the ball stolen from him, but in the final game, he took it personally. “I had to start aggressive. I didn’t want to lose in another team tournament.”

Prudente, who was a beast in the last tournament, had an average showing this time. “I had to spread the ball around; it’s all about team effort,” Woods said.

Still Prudente’s presence kept Cooke from going crazy.

“This was my first time playing,” said Sagar Patel, another new arrival to San Quentin. “This is the most fun I’ve ever had. It helps us with unity, respect, sportsmanship and helps bring people together. I didn’t feel like I was in prison for a minute.”

—**Rahsaan Thomas**

—**Jonathan Chiu**

contributed to this story



H-unit champions

File Photo

Some incarcerated support for Kaepernick

Cheers erupted throughout the cellblock as the Kansas City Chiefs scored another touchdown on the New England Patriots in the National Football League opener. As Ronald Bruce “Sky” Carter, a NFL fan for 30 years, heard the celebrating from inside his cell, he felt a temptation to turn on his personal television set to watch the game. Then he shook his head no, picked up a black history book, and stuck to a decision to support Colin Kaepernick.

“I thought it would be a hard sacrifice, but it’s the least I could do,” Carter said. “It might not make a difference, but this is the only way I can show support for him standing up for us. He’s losing millions, I’m losing nothing.”

On Aug. 23, several thousand showed up for a rally outside NFL headquarters in New York City. Boycott of the NFL has been called for over the perceived blacklisting of former 49er quarterback Kaepernick because of his stance against racial injustice. Specifically, Kaepernick took a knee during the national anthem to protest police shootings of unarmed black men. He also showed up to press conferences wearing t-shirts with figures like Malcolm X, Huey Newton, Fidel Castro and Muhammad Ali. While most incarcerated Black men support Kaepernick, many still plan to watch their favorite pastime.

“Kap did a great thing but even people who supported him are going out to play in the NFL,” said

Kahlil Dallas. “We need to be a little more serious about it. If you don’t want us to watch football, don’t play football.”

Dallas spoke about NFL player Michael Bennett, who police pointed a gun at and who advocates against racial injustice at the hands of cops, but still suited up this year—along with the other 70 percent of NFL players who are persons of color.

Dallas added, “I can see there are many other steps that need to be implemented before beginning with the NFL. There should be a protest banning the ‘Star Spangled Banner.’ That won’t alone fix our problems in America, but at least you won’t have an anthem empowering killing a slave. How about some Jazz or Tory Kelly and LeCrea?”

Carter, who works as an assembler for the Prison Industry Authority (PIA), believes that if the NFL has a million fewer viewers, Kaepernick will get a job.

Phillippe Kelly, who works for PIA too, said he’s still going to watch football.

“Personally I feel like [Kaepernick] is not good enough,” Kelly said. “History suggests you can get away with anything if you’re good enough in the NFL.”

San Quentin play-by-play sports announcer Aaron “Showtime” Taylor disagrees.

“You mean to tell me the dude from the parking lot is better?” Taylor asked. “All the brother (Kae-

pernick) did is take a knee and he can’t get a job?”

Taylor refuses to watch or listen to football this year, as long as Kaepernick, who threw 16 touchdowns last year with four interceptions, remains unemployed.

Carter believes that while the NFL has excused shooting yourself in the leg, dog fighting, domestic violence and even murder charges, speaking out against the national anthem is considered sacrilegious.

“They will give the KKK a permit to spew hatred,” Carter said. “But a Black man speaking out in the workplace is too boisterous.”

According to the *Bay View* newspaper, a recent government report says NFL owners received part of \$6.8 million for patriotic displays during games, including National Guard Flag Runners leading players onto the field, color guard ceremonies, military appreciation tickets, and recognizing a National Guard soldier of the game. Kaepernick’s protest went counter to the NFL satisfying their government client’s promotions.

However, *Sports Illustrated* listed 55 players who continue to protest the national anthem in various ways.

“All the guys that did stuff in the NFL they allow the luxury to play—for how long?” Carter said. “Owners make billions, but just like convicts keep the prison system going, the NFL would be nothing without Blacks.”

—**Rahsaan Thomas**

San Quentin's baseball program honors AW Baker

By Marcus Henderson
Journalism Guild Chairman

The passions, struggles and rehabilitative power of San Quentin's baseball program were captured during a week of videoing by a film production team of two future football Hall of Famers.

"Everyone I have met has been friendly. You can see the humanity," said Mike Gattarella, film producer for The Religion of Sports. The executive producers are New England Patriots quarterback Tom Brady and retired New York Giant and television personality Michael Strahan.

The crew filmed the real heart of the program when the SQ A's took on the visiting San Francisco Expos for "Paul Baker Day," where inmate players and the Baker family, accompanied by Warden Ron Davis, honored the memory of Associate Warden Baker, who passed June 20.

"The baseball program is something Paul has always been proud of," Davis said. "It's a place for inmates to play team sports, and it shows the department's commitment to rehabilitation."

Monica Baker, Paul Baker's widow walked slowly to the pitcher's mound to receive two notes of appreciation signed by all the SQ A's and Giants players and sponsors.

"This game wasn't orchestrated by the administration. It was put together by the men on the field," PIO, Lt. Sam Robinson said. "From the day we lost Paul, they wanted the friends and family to know that their loss was our loss."

Chairman of the Veterans Group of San Quentin presented Mrs. Baker the three-corner folded American flag. She then threw out the first pitch.

"It really touch me when he passed," said John "Yah Yah" Parratt, SQ A's inmate coach. "You could tell that he really cared about what was going on in the prison, because no matter who he was walking with he would stop to talk and listen to us."



Monica Baker throwing out the first pitch

Photo by Eddie Herena, SQN



Mrs. Baker receives the flag from SQ veteran Gary Copper

Photo by Eddie Herena, SQN

"He would always ask about the baseball program and took our requests up to the administration like balls, bats or what equipment we needed," continued Parratt.

The A's used the energy of the day to start the game strong by making all the right defensive and offensives plays, but too many mental errors in the late innings allowed the Expos to put on a batting clinic to seal the victory 8-3.

"We still have to work on the mental parts of the game," said Elliot Smith, the baseball program sponsor. "We didn't make the right throws defensively, and we weren't sharp base-running either. To recognize Paul Baker was an excellent idea. He was a true friend to the program, and he will be missed."

"As for the filming, it's good if it gets publicity for the program, but if they try to sensationalize the inmates, then it is not worth it. But, I

think it will turn out fine."

"The baseball program is something Paul has always been proud of"

The lives of the A's players Brendan Terrell and John Windham will be elements of the production. The men were filmed in their cells and rehabilitation pro-

grams. The movie crew sat in on a session with Terrell in Criminal and Gang Anonymous, 12 Step to Recovery. Windham shared his transformation having been in the baseball program longer.

"This is our form of freedom. We get to re-live our childhood through the program," said Windham. It's a blessing; we build friendships with people who we would not normally talk to. We don't have a team. We have a brotherhood, and we win or lose together."

Nick Tannura, Expos head coach, who has been bringing his team in for three years, concluded, "This program is a testament to the love of the sport of baseball and rehabilitation. What I hear is those who have participated in the program have a low recidivism rate after they're paroled, so clearly it's helping."

The Religion of Sports will be a six-part series for Direct TV. The baseball program will be featured last in the cycle that includes rock-climbing and fishing.

Experience trumps youth once again



OG's Todd Donivant pushing pass Youngster Cesar Delgado

Photo by Rahsaan Thomas

By Eddie Herena
Staff Writer

The OGs beat the Youngsters, 5-3, in another summer evening San Quentin soccer match; this one with members from the San Francisco Delta on both teams.

The Aug. 29 match was a bit unexpected because the prison had just come off a lockdown that had severed communication with the outside. But, by 6:30 p.m. both teams had begun the battle of putting the ball into their opponent's net.

The Youngsters led by Delta goalkeeper, Alex Mangels, took a two-goal lead in minutes 15 and 22. Adrian "Güero" Montez of H-Unit scored the first goal, which was followed by one from Deltas Soccer Operations Manager, Mitchell Monihan, who referred to himself

as the Delta's "Team Mom."

In minute 30, Oliver Divljak, the Deltas field and schedule operator, put the OGs within a goal — one that looked like a header amid the swarm of bodies that crashed the net.

Karl Ouimette, the OG coach and Delta defender, was enjoying the game and wanted in, as Josh, the Deltas fitness trainer, kept making moves on the ball.

One minute later, the MSL champ and Deltas GM, Todd Donivant, tied the match at two goals with 14 minutes left in the first half.

But Carlos "Venado" Ramirez out of North Block—who prior to this match played as an OG—scored in the 32nd minute, ending the short-lived tie.

It did not take long for the champ Donivant to respond with ease in

minute 37. Since putting on a generic OG jersey, his goal count is four.

With the first half ending at 3-3 and no goals scored in the second, penalty kicks in favor of the OGs gave them the 5-3 victory. Tare "Cancun" Beltranchuc who shot second and Edgar Salazar who shot third were the only players to find the back of the net.

The match marked the Delta's third trip into the prison this summer with, once again, another set of new faces.

"The reason why you see new faces is because everybody [referring to the Delta] wants to come," said Donivant, who has made all three trips along with Andrew Crawford, the Englishman, responsible for uniting the inside and outside community in the name of sports.

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Behind the Scenes

The San Quentin News is printed by Marin Sun Printing, San Rafael.

Project Avary Walk to help children of incarcerated parents



Project Avary sponsors with inmates walking on the Lower Yard

Photo by Eddie Herena, SQM

PROJECT AVARY

Ending cycles of generational incarceration, One child at a time.



Project Avary

Continued from Page 1

The crowd listened to poems, songs, and speeches before they took to the dirt and gravel track for the march.

Ambrosia Phoummathep, 22, who has been in Project Avary since age 8 and now works as a coordinator, read a poem to the audience written by Allison, 16, about her father in prison.

"Nothing is easy. Driving hours to see him for two. Having to say

goodbye. Not getting to say I love you back, because his time ran out. Not knowing what's going on or why he's stuck in this place with these scary people," read Phoummathep.

"With this event you can see both sides of the effects of prison life on the kids and the parents," said Phoummathep. "It's pain on top of pain and we have to end it."

Sabrina Garcia, 22, and Fredrick Williams, 21, both Avary counselors, know first-hand what its like to have fathers serving time in San Quentin.

Garcia's father Nick Garcia

(brother of former *San Quentin News* Editor in Chief Arnulfo T. Garcia) was paroled recently after serving almost 40 years. Sabrina was conceived during a family visit in prison and had to build a relationship with her father through prison visiting rooms, where a lot of Nick's friends and other prison families watched her grow up.

She entered Project Avary at age eight, and now mentors the next generation of kids coming through the program. She credits Avary for providing a safe place to connect to other kids in the same situation.

She even found the love of her

life, an Avary co-worker, and they are married now.

"I'm proud to have her as a part of our family," said John Atkins, Sabrina's father-in-law and Avary board member. "I march for Project Avary, the men at San Quentin, and the Garcia family."

Williams, another Avary counselor, said his relationship with his father is a little more strained. His mother Jody married his father at San Quentin years ago and the couple is now divorced. The father is currently housed in another prison.

Williams arrived at Avary at age eight, and graduated into a counselor.

"I learn how to be a man at Project Avary," said Williams. "It taught me to be responsible, something my father wasn't. He has been in prison for a while and to me he hasn't grown. It's not about what you say, it's about action.

"That's why I strive to give to others, to help patch their wounds and ease their pain," continued Williams.

Jody Williams, Frederick's mother, warned men who were listening. "Don't be selfish when it comes to your kids. I don't care if you write 500 letters and they don't write back, you keep writing. You don't know what life has been like for them."

After hearing from the Project Avary alumni, the men in blue took to the stage.

Fateen Jackson and David "Preacher" Dorsagno performed a spoken word piece called "Revealed" dealing with their issues of abandonment.

"You see my father never bothered to stay in my life; despite the few years I had with him as a little tyke, he soon disappeared and became out of sight and there I go having to learn how to ride a bike and fly a kite on my own..."

Jason Jones and Jesse James Smith wove a thought-provoking tale of having a parent in prison and falling into the same life in their rap song "Keep Your Head Up."

The chorus said, "My daddy was in prison, my momma was in prison."

Smith's slender frame bounced up and down, on the narrow stage as he delivered lyrics such as "I miss my daddy so much. I miss him so much, but he kept going back to jail and I kept growing up."

Gino Sevacos' reggae-inspired song "Diversity" was an answer to the tragic events of racial strife throughout the nation.

"Diversity is what we like about our country," sang Sevacos. "Diversity, Red, Black and White, Brown, Green and everything in between.

"Invest in the future of the youth;

you already know what to do. Help them succeed, give them a hand, show them you love them because you can," continued Sevacos.

The march was hosted by San Quentin's KID C.A.T. program, a juvenile offender rehabilitative group. The group raised \$675 for Project Avary through \$5 donations.

"Project Avary was started here when (then) Chaplain Earl Smith's wife saw kids waiting outside the visiting room and said 'I wonder what we can do for them,'" said Zach Whelan, Project Executive Director. "Twenty years later we are back. The men have taken their hard-earned money to contribute. They have put on this incredible walk and that's powerful stuff."

To donate to Project Avary write "San Quentin Walk" in the memo line. Send to: Project Avary, P.O. Box 150088, San Rafael, CA 94915.

Written by Allison

Easy

1

Nothing is easy.
Driving hours to see him for two.
Having to say goodbye.
Not getting to say I love you back because his time ran out.
Not knowing what's going on or why he's stuck in this place with these scary people.
Moving from house to house because there is no father to support our family.
Having dinner without him.
Celebrating birthdays without him.
Him not being there to watch us graduate.
There is all this stuff that was not easy for me as a child of an incarcerated parent.

2

But you think it was easy for him.
Having to live with the guilt.
Having to be locked up in a cell.
Having to explain to his young children why he is where he is.
Having to spend holidays without his children.
Having to share his space with other people.
Having to always be ready to protect himself.
Having only a certain amount of time to call his children.
Having to look at your children behind a glass.
Having a limited amount of time outside.
Not being able to touch your children.
Nothing is easy.



Frederick Williams talking about coming into manhood with the help of Project Avary

Photo by Eddie Herena, SQM



Frederick's mother Jody talking about staying in touch with your kid's life

Photo by Eddie Herena, SQM



Project Avary and KidCAT volunteers

Photo by Eddie Herena, SQM



Nick Garcia's daughter Sabrina

Photo by Eddie Herena, SQM