Public Defender Brendon Woods visits SQ

By Kevin D. Sawyer
Associate Editor

Brendon Woods, Alameda County’s Chief Public Defender, knows that prisoners take a dim view of lawyers from the PD’s office. And he wants to change that.

Woods, 48, and a native New Yorker, is the only Black chief public defender among 58 California counties. He visited San Quentin and met with inmates and discussed how to make California communities safer—that was also a first time event.

“I’m annoyed at myself for taking so long to get here,” said Woods, in response to a question about his firing staff. “Some people may have chosen to leave.”

“We’ve changed our model of representation to create a system of trust, with one attorney from beginning to end,” Woods wrote on the county PD website. “We have a lot to do still,” he added.

“Things are called, such as “public pretender” and “dump truck” and are stigmatized by PDs,” said Woods. “There’s a lot for us public defenders to learn.”

“I didn’t ‘clean house,’” said Woods, in response to a question about his firing staff. “Some people may have chosen to leave.

Criminal canines given reprieve through rehabilitation at SQ

By Charles Glauper
Journalism Guild Writer

In the County of Marin, some animals that are stigmatized because they are pit bulls are given a second chance.

Mack is one of those dogs. He was afforded the opportunity to be trained and prepared for adoption through the Pen Pal program—a 14-year alliance between San Quentin State Prison and the Marin Humane Society. The program connects dogs with behavioral problems and non-violent prisoners who want to care for them, according to the Marin Independent Journal.

Mack was also a first time inmate and nearly a decade removed from criminal activity.

“I didn’t really know what to expect. I thought we were just going to act,” Villafan said, “I didn’t know there was a science behind it.”

He enjoyed learning about the six pillars of improv: trust, active listening, spontaneity, presence, storytelling, and accepting offers.

Program helps at risk youth through music

John Wallace went to jail and prison 19 times, starting at age 18. Then he was sent to San Quentin, where he served two terms and started writing rap lyrics on his last trip there in the prison’s West Block.

An initial opening to a career in music happened by chance when Wallace and other inmates created what he described as a “radio show” called K-FU** Radio in the cell block where they would sing, rap and tell jokes at night. He said it was like comedy night in the cell block, and it inspired him to write music.

“We made the best of our time,” said Wallace, now 41 years old and nearly a decade removed from criminal activity.

Improv classes are routines in which groups of performers act out skits without any rehearsal or planning. The direction for the skits comes from scenarios suggested by the audience.

Student Angel Villafan took the improv class after seeing improv shows on TV such as Whiz’s Line is It Anyway and Me Cajo de la Risa.

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Navigating the unexpected: Improv offers critical life skills

By Aron Kumar Roy
Staff Writer

Roars of laughter filled the classroom as the Prison University Project (PUP) Improv Troupe put on the last of two performances for the spring semester. The April 19 show was a result of everything that the students learned in the Improv for Life class.

“Everything that you are about to see has not been planned; it comes from the shoulders, or as we say, it improv,” said SQN staffer, MC Aaron “Showtime” Taylor as the Prison University Project Improv Troupe introduced the show.

Dogs with their inmate trainers at SQ firehouse

By Charles Glauper
Journalism Guild Writer

Teachers and students of Prison University Project’s Improv Class

“Improvisations are routines in which groups of performers act out skits without any rehearsal or planning. The direction for the skits comes from scenarios suggested by the audience. Student Angel Villafan took the improv class after seeing improv shows on TV such as Whiz’s Line is It Anyway and Me Cajo de la Risa.

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By Harry C. Goodall Jr., Journalism Guild Writer

The prestigious HIMSS Davies Award of Excellence was given to the California Correctional Healthcare Services for developing an automated risk classification system in an effort to improve care and reduce unnecessary hospitalizations, according to a Healthcare IT News article.

In past years, the California Department of Corrections and Rehabilitation relied on paper as a basis for maintaining and storing inmate patient records—a system that was “unwieldy” and prone to losing papers. As the inmate population topped 125,000, inmates’ per-patient healthcare records were spread out across the state of California in more than 30 institutions. With new arrivals averaging 600 per week and 11,000 inmate transfers each month, their health records were slow to follow them.

The challenges of this person-dependent paper process potentially contributed to adverse medical outcomes and eventually resulted in the appointment of a federal receiver to oversee healthcare within the California Correctional system. This inspired and accelerated a shift to paperless documentation.

The creation of an automated risk classification system improved the placement of nearly 20 percent of all patients with a high-risk designation, allowing the department to transfer inmates to prisons located closer to tertiary care centers—which had access to expanded healthcare services.

“Quality patient care is the principle function of any healthcare organization, regardless of the patient population,” said Federal Receiver J. Clark Kelso. “Incorporating information technology solutions to leverage healthcare data is imperative to make informed decisions and improve organizational performance.”

These changes now allow healthcare staff and the department to quickly communicate inmate patient healthcare factors in order to appropriately place and house at risk inmate patients.

The department as a whole was able to offer appropriate patient care while reducing avoidable hospitalization for “high-risk” patients from 70.9 percent per 1,000 patients in 2015 to 43.5 percent in 2017. This reduction of paper records has saved the department more than $2 million dollars in the first three years of operation.
Some prisons suffer another form of lethal penalty

By Harry C. Goodall Jr.
Journalism Guild Writer

An alarming number, 80 prisoners, died in Texas jails in 2017, according to a recent study by the Texas Commission on Prisons. The Texas Commission on Prisons is an agency that sets the standards for Texas jails to follow. They perform annual inspections of local jails and prisons. TCCJ is also responsible for investigating the deaths that occur in the jails and prisons.

We should look to the TCCJ to do what they were never intended to do. We're putting all our eggs in one basket," said Michele Deitch, director of the Sentencing Project.

The Texas Commission on Prisons高峰论坛...
A federal judge has or- dered Santa Rita jailers to stop unnecessarily disrupt- ing the sleep of female pris- oners on seven nights a week. At 2:30 a.m. and breakfast at 4 a.m. “Nighttime disruptions,” said the proposition that de- tainees have a right to sleep, “should get their prescription, but why 2:30 a.m.?” U.S. District Judge James Donato commented. He added that the Alameda County Sheriff’s Office offered no justification for breaking up sleep at 2:30 a.m.

He ordered the Santa Rita jail to stop waking up fe- male prisoners needlessly because of a basic human need, accord- ing to the Washington Post. “The deep depriv- ation has been found to be cruel and unusual punish- ment for those duly convict- ed of crimes,” the judge said. “The state has no right to deny that these women have not even been tried.”

Prison detainee Tiki- sha Upshaw said, “There are even some who need to stay awake during the day time to keep them from self- harm, and even some who are psychotic. I can’t remember things people have told me.”

Donato acknowledged the welfare checks are legiti- mate because they help the detainee with family, or with the prison system on a recent trip. “This is where she came from,” said the judge. “I want to see any calls or see who they slept with.”

After lights go out at 11 p.m., she should be allowed to sleep for 80 minutes before another welfare check. “I’ve never had a public defender in the case, said, “Basically, as a reporter I wish I had a daughter to see you, but the dogs don’t see you, the dogs don’t see you, the dogs don’t see you.”

“One of the men talked about crying when he had to let his dog go,” Sweeney said. “Sweeney believes the law allows you to help them grow, and they need that, so I think they’re good.”

At CIW the students met a male guard from Corcoran State Prison. He was contem- plating transferring to work at Sky because he had been talking in the men’s prison, actually having to be a children’s hospital nurse, according to Sweeney.

“Woods said that the law would protect them from the harm—fentanyl, pot—more of a routine.”

By Alford King

LA’s “MV” story touched him, because he told me about how his daughter was sick (she died) and he “was just trying to care of his house and who he died,” Sweeney said. Concellova said, “I told him I wish I had a daughter to call, and get on her nerves, but my daughter’s greatest fear was not being mistakes in prison.

The group also visited the SQ Media Center, including Alameda County Public Defender’s office, told the group that the presentation was not a $15. They also visited the offices of the law clinic, a couple of the prison’s medical offices, and the phones and their stories fi- nishing that they did not get to talk with any of these people.”

“Oddly enough, many of whom have attended the University of California, Berkeley and the University of California, Los Angeles, have said that the educational system is more than 12 languages, and “come from diverse ethnic and racial back- grounds,” according to the Drug Policy Alliance, a non-profit criminal justice news outlet.

“One of the allotments just need some time to listen to folks who’ve served time. Alameda County employs 40 support staff and 87 investi- gators to staff the public defender’s office, according to its website, and titled: “People need to be defended in the San Quentin Carson.”

However, Woods did say the Alameda County is “per- haps very well funded” compared to other counties in California. He said, “We are number 47 (the Safe Neighborhood and School Marshal’s Model) in the state, and the prosecutor in the case, said, “Basically, as long as we can prove that the sentence. He added that “US Attorney General’s Office, to staff the public defender’s office, according to its website, and titled: “People need to be defended in the San Quentin Carson.”

He was also asked if he would consider being a children’s hospital nurse, according to Sweeney.

“Woods said that the law would protect them from the harm—fentanyl, pot—more of a routine.”
Governor Gavin Newsom appointed new players in the key CDPR positions

By Salvador Solórzano

Journalism Graduate Writer

Gov. Gavin Newsom announced in late March three key appointments for the California Department of Corrections and Rehabilitation (CDCR). All three appointments came after a period of uncertainty for the prison system’s leadership. Newsom’s appointments include a Republican, a Democrat and a person without a political affiliation.

Dale Ray, who has been appointed Secretary of the CDPR, he began his corrections career as a CO at Wasco State Prison in 1991. He worked multiple jobs as counselor supervisor, captain, chief deputy administrator and warden of the California Substance Abuse Treatment Facility and State Prison at Corcoran.

His yearly compensation is $189,456. Allison is Republican.

However, there is still more to do, and we’ll be looking at all of our options when the time is right,” Ferguson wrote. A spokesman for the prison guards union said the group “believes the state of California is responsible for people who are tried, convicted and incarcerated … not a private corporation who answers to shareholders.”

California should pay counties to house overflow inmates, Bonita said. However, the California State Sheriff’s Association opposes the bill. “Please understand,” Writes organizer Cathy Salcido, “this bill would be a disaster to our communities and would put an additional burden on our residents.”

Since that time, the CDPR has been trying to find new avenues to reduce its inmate population. The agency has implemented changes such as reclassifying certain lower-level offenses as misdemeanors, expanding access to mental health services and increasing the use of probation and parole for low-level offenders.

AB32 would prohibit contracts with private prisons

By Anthony Faulk

Staff Writer

California would phase out the use of private prisons under pending legislation. AB32 would prohibit new contracts with private prisons and phase out existing contracts over four years, the San Francisco Chronicle reported. The measure was introduced by Assemblyman Rob Bonta, D-Alameda.

Bonta said he introduced the bill because corporations that provide private prisons put “too much money for their shareholders over the well-being of our communities,” according to the March 31 Chronicle article.

California has been using private prisons to meet its legal obligations. “That’s the wrong approach to a government service that should be a public good,” Bonta said. The bill is part of his broader plan to reform California’s mass incarceration from mass warehousing, to mass incarceration from mass warehousing, and to “the rehabilitation of our prisoners,” Bonta said.

Shutting down private prisons will require California Department of Corrections and Rehabilitation to reduce the state prison population to make room for the 2,000 inmates currently housed in private prisons in Kern and San Bernardino counties, the Chronicle said. This decline will need to be achieved at a time when the 113,656 non-private prison population is only about 3,700 below a federal court-ordered cap, the newspaper reported. Gov. Gavin Newsom campaigned for an end to the use of private prisons in California. His campaign website said that Newsom believed the 113,656 non-private prison population was too high.

AB32 would prohibit contracts with private prisons

San Francisco DA office to dismiss all convictions back to 1975

By Lloyd Paisley

Journalism Graduate Writer

The San Francisco District Attorney’s office said it will file motions to dismiss marijuana-related convictions dating back to 1975, according to the San Francisco Chronicle. DA George Gascón announced this step following the legalization of marijuana in California two years ago. It’s incumbent that we, as law enforcement leaders, continue to evolve approaches that advance fairness and public safety in our respective communities,” Gascón said.

San Francisco is the first jurisdiction in the country to take this step to clear old marijuana-related convictions. The measure was introduced by Assemblyman Rob Bonta, D-Alameda.

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Editorial

By Marcus Henderson

I am proud to have worked and walked the journey of prison journalism with a remarkable group of men for the past five years. These dedicated men have produced the award-winning San Quentin News while also balancing college and rehabilitative programs.

That hard work has paid off for some of those in the newsroom: Six of our fellow staff members received commutations from former Gov. Jerry Brown, while other staff members have been “found suitable” by the parole board and are home now.

I am honored to have my name recently added to the distinguished list of editors-in-chief of San Quentin News. Coming off a Level Four yard and outside, an event that would have been a once-in-a-lifetime experience for many of us, I never thought I would find more to my life than just doing time.

I thought I was OK because I was functioning. I wasn’t self-conditioning myself with drugs or prison wine. I still had my hard exterior, but I was dead inside.

I locked up a lot of the real me. I didn’t know what “making amends” was until I came to San Quentin. The first day I arrived, my old cell-mate from Calipatria State Prison, Ruar- an (“New York”) Thomas, asked me to help cover a baseball game in which the prisoners were playing a team from outside, an event that would be unheard of in my former prison world.

Thomas told me to interview those people. My mouth dropped, and I realized I hadn’t talked with anybody besides prisoners and guards for more than 15 years. That was my introduction as a reporter. I had to learn the power of capturing history and fairness, no matter if you talk to a daily fun and excitement—a much needed relief from the rigors of incarceration.

I realized how many negative beliefs about pit bulls, Mack is just the opposite. Mack is a 7-year-old fun-loving pooch who came to Marlin Humane Society as a stray. To better his chance for adoption into a permanent home, the Pen Pal team intervened and situated Mack with one-on-one, 24/7 love and attention at SQ. Jer- nemy Mayfield and his dog love and attention at SQ. Jer- nemy Mayfield and his dog

Rehab dogs

Continued from Page 1

Participants in the program believe the process is profoundly therapeutic for dogs and humans alike at San Quentin.

According to the Marin Independent-Journal, a special bond is forged between each dog and prisoner, and it gives inmates the chance to nurture living creatures that need help. And, of course, the presence of the pooches provides daily fun and excitement—a much needed relief from the rigors of incarceration.

One instance is the Pen Pal program. The Pen Pal volunteers, Jeremy trained Mack in all of the fundamentals of good canine behavior.

After several weeks of training, Mack appeared to be ready for a stable home. He was taken back to the shelter but showed signs of separation anxiety, according to the article. The Pen Pal staff figured that Mack should return to the prison to help work through what they viewed could be an impediment to adoption.

At a happy reunion, Jer- nemy gave Mack equal doses of behavior training and love. And eventually, Mack became suitable for adoption, demonstrating the success of the Pen Pal program formula.

In a recent interview, Mack’s owner, Jeremy, said “I love him, and I want him to be adopted.” He also said, “I think he’s going to be a great pet.”

The Pen Pal program continues to facilitate productive relationships built on love between Marlin Humane Society and dogs and those who get a second chance to find a forever home.

Love Paul training his dog

Letters to the Editor

By Eddie Turner

Many of us don’t have the rare privilege of having a father in our lives when we were children. The lack of a father’s love and guidance caused us lots of pain.

It is naturally in the heart of a child to want to do right. But without the natural love, discipline and proper teaching that comes from a father, most young men will surrender to pain and shame, which will lead them later in life to mistreating the people they grow to love.

These young men start to look for love in all the wrong places. This newfound love turns out not to be love at all, a false love that lies, steals and even kills.

It usually starts out innocent, or even fun. But once the poison of deception enters the heart, the young man becomes corrupted. From that point on, their lives start to slowly go downhill.

If we can’t stop this stagnation in our young men today, they will stay children in morals, manners and actions forever.

Many of us have something to give to these young men. They’re seeking love and understanding. And they are eager to learn from those older men who continue acting like delinquents themselves. These men may dress, look and sound like us, but the heart is not. And their presence among us creates a hole where our young men can stumble and fall.

This generation of lost young men looking for fathers is a problem that was caused by us and must be fixed by us. We must make them our first priority, coming up with ways that will keep this from happening to the next generation.

May peace and love be with you.

Eddie Turner

San Quentin News has been working for our incar- cerned population since its revival in 2008 and that’s more than a decade. Our staff will continue to get a newspaper out and into your hands, despite lockdowns, quarantines and searches.

Some readers want more legal advice, but not one of us is a lawyer, and we wouldn’t want to mislead anyone.

But we will always report on CDCR policy changes and any new laws that are passed. Believe me, we hear you—and we are doing time just as you are.

Even if you don’t like something or someone, it is not for us to take away their voice. Our stories are intended to give voice to all of our audience, including volunteers, staff and adminis- tration.

San Quentin News has been working for our incar- cerned population since its revival in 2008 and that’s more than a decade. Our staff will continue to get a newspaper out and into your hands, despite lockdowns, quarantines and searches.
Lal received two back-to-back Rule Violation Reports (RVRs)—or "15s"—for possession of a cell phone, and then, separately, the phone's charger. Facing渲染 transfer to a higher security prison put all the opportunities available to him at SQ in jeopardy.

CCT's Sibley remembers the incident well: "Lal came into my office and immediately told me, 'I know I f-ed up.' He had no idea he was in the process of getting a second RVR—because while he was there talking to me they were searching his bunk area and found something else.

'I got caught with what ever he got caught with, but I know he'd really been trying to program—to go to school, learning to code, working with Lt. Sam Robinson.'

Lal went before a YOP dis- pute committee, where his fate would be determined. "At any committee like that, there always has to be at least two counselors and one captain," said Sibley.

Although the final decision was not hers to make alone, Sibley spoke up for Lal's need to go to school. "Some guys fail and have to go to other prisons to learn lessons they'd have to learn the hard way, he actually takes the time to understand your situation.

"He's the best counselor when it comes to helping out kids—getting them programs and staying at SQ," said Sibley. "I'm just looking at her funny.""She's the worst counselor ever," said one guy when told about the 'worst counselor ever' Gabe Uribe, another YOP who faced transfer, said, "Sibley doesn't want to see any young guys fail and have to go to other prisons to learn lessons they'd have to learn the hard way, she actually takes the time to understand your situation.

"She definitely gave me that kind of time—made sure to remind me of how short a leash I was on."

Not only did Lal progress successfully through the ranks as a coder in The Last Mile, but he now teaches coding to prisoners at other facilities, male and female, via video phone conferencing.

"We can relate to these young men and women through coding, but it's about much more than coding," he said. "We end up talking about the daily struggles that, as youths, we all go through."

"She's the only counselor I've ever known who has more in common with me," said Lal. "She's the only counselor I've ever known who has more in common with me," said Sibley. "Obvi- ously, I'm not, like, 20—not one who has more in common with me.""

"I still stand by every- thing I said before," he told SQNews right before press time. "But she was real cool today. She helped me out a lot. She was great."
By Lisa Strawn
Journalism Guild Member

For the past five years, Dave Inocencio has been coming to San Quentin to lead a writing workshop for The Beat Within publication that he started 21 years ago in San Francisco.

He got involved with San Quentin through Karen Drucker, who, at the time, worked with the KIDS CAT program and emailed him asking him to be a part of it. The first time he saw the CAT program, Inocencio was blown away.

"KIDS CAT shows all those who are incarcerated that they matter and have a story and a place for them at the table," he said.

Prior to meeting Drucker in 2013, Inocencio had started The Beat Within after working as a social worker for juveniles in San Francisco’s county jail. He wasn’t afraid to go into jails. It was inspiring for him.

"The system would label the kids, but once I saw them, I found that they had dreams, loves, and fears," he said.

According to Inocencio, the reading of The Beat Within has helped to listen and connect with the souls and wisdoms of those who often don’t have a voice.

In January 1996, Inocencio had his first workshop. It was the same year Tupac Shakur was killed. The kids began to tell Inocencio stories about Tupac and how he inspired them.

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Inocencio explained that he had a lot of interest in friends who wanted to help, leading to partnerships with The Ella Baker Center for Human Rights in Oakland and the California College of Arts, to name just a few. Now there are 25 outlets of The Beat Within in the U.S., including Hawaii and New Mexico, with more than 100 volunteers.

"I have pinch me moments, and I don’t take anything for granted because I wanted to learn from everyone and the volunteers," Inocencio said.

"It’s not about me."

The Beat Within has helped me learn express those feelings that I had as a kid," Nguyen said.

For the future, Inocencio hopes that The Beat Within will get more funding to expand to other prisons and jails.

"I have no plans to retire, and as long as people are incarcerated, I will have The Beat Within," Inocencio said.
“Improv gave me a chance to practice everything I've learned in self-help groups”

Improv Class

Continued from Page 1

“Improv gave me a chance to practice everything I’ve learned in self-help groups,” Chiu said, “End Scene.” After each round, the Improv troupe decided that with imaginary props. When other team members to act out their stories into a story about cats and rats gangbanging in the hood.

Torrence directed the first act in which Steve Brooks — the quickest gun in the West — played the main character in a Western movie. As he walked into a saloon, Aaron Taylor, playing a bartender garnered laughter from the crowd as he said, “We don’t serve your kind around here,” while pouring imaginary drinks. Both men are Black, which made this scene uniquely surprising and light-hearted — given the culture of racial segregation and tension in many prison settings.

Troupe member Dashawn Nicholson explained the rules: three actors, Mike Moore, Devon Torrance and Jonathan Chiu, would direct the other team members to act out scenes in a fictitious movie with imaginary props. When the Improv troupe decided that the scene was over, they would say, “End Scene.” After each director presented a scenario, the audience voted on their favorite 2 scenes, which they would like to see another act from. After the second round, a winner would be chosen for a third and final scene.

The next act was directed by Jonathan Chiu — a superhero movie in which Steve Brooks was directed to stand back to back with his arms interlocked. In the tradition of improv, audience members were encouraged to participate in the form of suggesting topics or even voting for their favorite scenes, but the whole room was pleasantly surprised, including the PEP Improv Troupe, when audience member George “Moo” Cote courageously and spontaneously stepped out of the crowd to play the evil supervillain. Everyone prepared for a battle.

END SCENE

The next skit was directed by Jonathan Chiu — the quickest gun in the West, said Brooks. The only people left standing were Sheriff Lodini and Brooks.

END SCENE

Next, Chiu opened up his second scene with the main superhero losing his life in the battle while his dedicated sidekick was crying in distress. The Siamese Superheroes were somehow split up during the battle and the sidekick ended up trying to stick them back together.

END SCENE

The show ended with comments from the audience. “Now y’all have let me know that all y’all crazy,” said Jack Benford, “It was hell good.”

Wife and husband Elena and Martin Lichtenthaler taught the improvisation class. They are also part of the Berkeley Improv Troope, where they practice improvisation in their free time. The unexpected duo, from Germany, are both visiting scholars at UC Berkeley, with Martin studying chemistry and Elena studying Chinese food politics.

“When attending an improv show, the audience should expect to have a good time, to be surprised, and to experience emotions,” said Elena. “It’s much more than just comedy.”

In the class, they aim to teach the scholars-in-blue improv skills that will benefit them in their everyday lives. These skills include: celebrating risk, building trust, supporting others, failing well, and being generous. The troupe practiced these skills throughout the semester, which gave them the cohesion needed for such an entertaining performance.

“If you can be vulnerable, develop empathy, and fail well, it makes you a better person,” explained Martin. “You don’t have to be funny or witty. Just be present, and I’m confident good things will happen.”

Improv students acting out Western Scene

The Siamese superheroes and sidekick stood together

Students taking questions from audience

Improv Students Deavon Terrance and Jonathan Chiu

Professors Elena and Martin Lichtenthaler watching their pupils

Photo by Javier Jimenez, SQN

Photo by Javier Jimenez, SQN

Photo by Javier Jimenez, SQN

Photo by Raphaele Casale

Photo by Raphaele Casale
By Kevin D. Sawyer
Associate Editor

Grammy Award winning cellist, Zuill Bailey, returned to San Quentin State Prison’s Protestant Chapel for a third time to perform for an audience of inmates, staff and outside guests.

“Thank you for taking me out of prison for a while,” an inmate in the audience said. It was by far the best turnout for one of Bailey’s performances. The audience kept growing during the performance as inmates and staff trickled into the chapel for the noontime show.

It was a sunny afternoon at the prison, so Bailey was competing for attention with men playing basketball and activities on the Lower Yard while others waited for the performance to begin.

Bailey opened with a solo performance of the The Swan by Johann Sebastian Bach, written in 1717. He followed with a piece by Tchaikovsky, and the audience quietly listened as they watched the emotion Bailey displayed as he played his 326-year-old Stradivarius cello.

“You smoked Eddie Van Halen,” one inmate in the audience called out, arousing laughter.

“Don’t tell him,” Bailey responded with a smile.

Moving through his selection of songs, he played faster and used more of the instrument’s fret board to demonstrate the auditory range of the instrument from high piercing notes to low bass tones.

Bailey welcomed Jeremy Constant, Marin Symphony’s concert master and Jenny Douglass, Marin Symphony’s principal violist and Bailey’s long-time performing partner.

“Thank you,” Bailey said in a humble greeting to the audience. “It’s really great to be back.” Remaining consistent with his prior engagements at the prison, he spoke candidly on the stage about his path to music.

“I didn’t ask to play the cello,” said Bailey. “It was destiny.” He shared a story of his first run-in with the cello at age four when he accidentally knocked the instrument out of a girl’s hand at a concert and broke it.

He shared a story of his first run-in with the cello at age four when he accidentally knocked the instrument out of a girl’s hand at a concert and broke it.

“Pretty cool, huh?” Bailey asked the audience. “The show parts are the hardest to play,” he said.

At age 19, Bailey said he was told by an accomplished musician, “Congratulations, you can play the cello. Now go get a life so people will care.”

Because of his age and years of dedication playing the cello, Bailey said he had not experienced hardship and “didn’t even have a girlfriend.” He said unlike many kids of that age, he didn’t know loss, suffering or other things life brings to someone, so he had to get some life experiences to play some songs well. Now he says: “It’s not what I do but how I feel is what sticks with me.”

Halfway through the show, Bailey opened with a solo movement of dedications. When he was done, the applause that filled the room was anything but obligatory.

“I was told by an accomplished cellist that I was the best cellist in the world,” Bailey said. “Nowoner can play borrowed instruments.”

Bailey said he had not experienced hardship and “didn’t even have a girlfriend.” He said unlike many kids of that age, he didn’t know loss, suffering or other things life brings to someone, so he had to get some life experiences to play some songs well. Now he says: “It’s not what I do but how I feel is what sticks with me.”

Halfway through the show, Bailey welcomed Jenny Douglass and Jeremy Constant, Marin Symphony’s principal violist and Jenny Douglass, Marin Symphony’s principal violist to the stage to play violin and the viola respectively.

The trio performed three parts of a five-piece movement, reading from charts. The first movement opened with a strong attack, filling the chapel with centuries-old sounds; the second was a pleasant piece played with single low notes from the cello that supported the high notes played by the violin and viola.

In the third movement, the cello growled as Constant and Douglass played the violin and viola, at times in what sounded like a call-and-response style.

“You have to be able to read together,” said Bailey.

“The key is to let yourself go,” Bailey explained. “Music lets me know I’m alive.”

“Have you named your cello?” an inmate in the crowd asked during a brief question and answer session after the show.

“I’ve considered calling it Rose,” said Bailey, referring to the rose painted on the centuries-old instrument. He told the audience they’re lucky to hear such an old cello because most are in museums.

Constant played a 1850 violin. “It’s amazing to be able to play borrowed instruments,” he said. “In a sense, these are our voices.”

It was Douglass’ fourth visit to the prison and her second time performing at San Quentin with Bailey. She is the Director of Education at Marin Symphony. She said the program trains children, ages 8 to 19, in orchestral ensemble. She’s been playing the viola since age four.

“When the three of you played, it seemed like there were more of you,” an audience member told the group.

“When are you coming back?”

“This is my personal third time,” said Bailey. “I guarantee we’ll be back.”
Wallace learned about equipment and video production at Community Media Center of Marin. While in the Marin county jail, he learned about a grant for mental health. He said funding was available for people to write about life experiences, so he applied.

Wallace said it was Cesar LaGleva of Behavioral Health and Recovery Services, who chded him in on available funding for kids. LaGleva's wife, Liz Prior, is the principle viola player for the Marin Symphony. STOP targets at-risk youth who attend Marin County schools, such as Marin Oaks High School, Madrone, and San Andreas. "The kids are really getting an opportunity by coming through our program," said Wallace. He built a multimedia studio at Marin Oaks, where he decided to make the studio a one-stop shop.

"Kids hear about the program through word of mouth," said Wallace. "And no experience is necessary for kids to participate in STOP."

The program starts with a group of about 15 kids. Wallace said about 11 to 12 finish the program, which meets twice a week for several months. There, they feed the kids, teach them song writing, recording and videotaping skills.

Wallace does on the outside what artist and producer David Jassy does with youth offenders on the inside of San Quentin. The two met in the prison’s media center and shared some ideas. Jassy extended an invitation to Wallace to participate in the 16 Bars Behind Bars project at the prison.

"I think it’s cool for you to come back to do 16 Bars Behind Bars," said Jassy. Jassy said "Some people don’t understand the impact this music has on kids." He said Wallace’s influence will help make a difference.

—Kevin Sawyer
AROUND THE WORLD

HANS WERNER HARDER
IN HAMBURG, GERMANY

SETH MALCOLM
IN GUILDHALL, LONDON
CROSSWORD PUZZLE

By Jonathan Chiu / Edited by Jan Perry

Across
1. Sets of martial arts movements
2. Genealogists
3. Place
4. Type of branch extension
5. Teachers’ org.
6. Praise
7. Rip
8. Beauty store
9. Stand out from the rest
10. Second British PM Teresa
11. Body of water
12. Brain (Sg)
13. Van Diesel char.
14. Sport movements
15. Stiller of Meet the Parents
16. The ___ U Give
17. Person who gets it done
18. Back tooth
19. Cavities connected to the lung
20. Flightless bird
21. Outdated transmission
22. Q
23. Rockwell of Matchstick Men
24. Apple system
25. Big ___
26. Treasure-___
27. Expensive watch brand
28. O2
29. Asian mountain range
30. Epps of The Mod Squad
31. Asian mountain range
32. Female sheep
33. Parent’s order
34. Stiller of Meet the Parents
35. Flightless bird
36. Apple system
37. “Person who gets it done”
38. Kilmer of Top Gun
39. Platforms
40. Purge
41. Back tooth
42. Beauty store
43. Flightless bird
44. Outdated transmission
45. Expensive watch brand
46. O2
47. Asian mountain range
48. Apple system
49. Comes mostly in plastic
50. Big ___
51. Actress in Bad Girls
52. Result of 19 and 37 Across
53. Prediction
54. Wise men from the East
55. Asian mountain range
56. Conceal
57. Vietnamese name
58. Ripped
59. Dr. __
60. Military organization.

Down
1. Hoda of Today
2. Curative substance
3. T.I.’s significant other
4. Chevy small vehicle
5. Follows blood, truth, or anti
6. Again
7. Photo, white and soy
8. Floor covering
9. 29 Down’s state
10. Buddies
11. Actress Miranda
12. Sonnier rather ___ later
13. Honda heal
14. Submarines’ necessity
15. Livable planets
16. Former President
17. Citrus fruit
18. ___ Gay
20. Motorist’s org.
21. ___ of Hazzard
22. ___ of Hazzard
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Creator’s note:

Apologies to last issue’s crossword.

Wrong clues were given to the puzzle.

The following box will remind you of the weather (at least in the northern hemisphere). Fill in the letters HOT so that those four letters are in each row, across, down, and on the long diagonal, but not two letters may be the same in any line, nor two identical letters be next to each other. One line is filled in to get you started.

Goal 1

H O T

Last Issue’s Brain Teasers of the Month

Tree: Elm, Ash, Beech, Lime, Poplar.
Person: Bill, Jim, Tony, Sylvester, Desmon.
Club: Squash, Golf, Tennis, Bowling, Soccer.
Bird: Owl, Blackbird, Crow, Robin, Starling.

Tony likes tomatoes. He only likes words that start with prepositions.

The following cryptogram is simple substitution of an unusual sort. Each letter or symbol represents one letter, the same one each time. Decipher the sentences.

JS1/4/40MRDD OD S DYPVL JYSY DU4/0YD YJTRR GPT PMR YJR FSU SGYRT UPI U NI OY

Eight coins represent a Christmas tree, as shown. Three tails-up coins (shown in grey) form the Christmas tree’s garland. There are six different challenges in the puzzle. The rules of each challenge are the same: by moving one coin at a time, in a few single moves as possible, make another Christmas tree of exactly the same shape and orientation, but with another arrangement of the garland. When moving at coin, the coin must be placed but not two letters may be the same in any line, nor two identical letters be next to each other. One line is filled in to get you started.

Last Issue’s Sudoku Solutions

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

Goal 2

Brain Teasers of the Month

Sudoku Corner

Crossword by Jonathan Chiu / Edited by Jan Perry

Chichimeca means “dog people” that was the name of the first founders of Tenochtitlan. Later known as Mexicans.

In 1962 a Mexican militia led by General Ignacio Zaragoza defeated far better equipped French expeditionary forces on Cinco de Mayo.

Napoleon was a military and political leader who rose up to become the emperor of France.

Cinco de Mayo first gained popularity in the U.S. in the 1950’s and 1960’s.

Officially, Cinco de Mayo marks the Battle of Puebla.

Sudoku by Jonathan Chiu / Edited by Jan Perry

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

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

www.sanquentinnews.com Page 13
Por Juan Espinosa
Diseador gráfico y escritor

Algunos reos reincidentes ven más esperanzas de rehabilitarse en San Quentin.

La música es un remedio para combatir la soledad en prisión.

Por Tar/ Beltraneces
Escrítor contribuyente

En los 17 años que lleva encarcelado, José Hernando Pedroza Quiñones nunca se ha separado de su guitarra. “La música se ha convertido en mi mejor herramienta para lidiar con la soledad y el estrés”, dijo Quiñones de 77 años de edad, en una entrevista con SQN.

Quiñones es un residente de la prisión de San Quentin que cumple una sentencia de 27 años y no recibió ningún permiso de reducción de sentencia durante el pasado y no recibió ninguna conmutación por correo. A pesar de que su aplicación de conmutación por correo ha sido cerrada, Quiñones se siente animado a seguir adelante.

Con una sonrisa en el rostro, Quiñones relató que nació con un amor por la música. “Mientras que otras cosas han cambiado en el tiempo, el amor por la guitarra me sigue a mí”, dijo.

La música, para Quiñones, es una escapatoria y un refugio donde puede sentirse libre de la soledad y el estrés del internamiento. “La música me ha permitido despejarme la mente y dejar de lado las preocupaciones del mundo exterior”, expresó.

Por la oficina del Gobernador

Las personas que han sido convictas por uno o más delitos, incluso el crimen, pueden elegir aplicar para una conmutación de sentencia. La Corte Suprema del estado de California revisará cuidadosamente cada petición, con el objetivo de identificar si el solicitante ha mejorado de manera notable.

Los planes del solicitante

Los solicitantes aplican por primera vez durante el mes de marzo, y la Corte Suprema de California revisará sus solicitudes.

”San Quentin tiene muchos programas, también puede aplicar para una conmutación de sentencia. La forma de conmutación de sentencia: La solicitud de conmutación de sentencia debe ser presentada a tiempo. Si no lo hace, su solicitud podría ser rechazada.

Con el respaldo y la ayuda de su esposa, Quiñones decidió aplicar. “En San Quentin, la guitarra me ha servido para dejar el oficio. “En la cárcel no aprendí más fácil en problemas”, dijo Quiñones de 77 años.

Una vez que la corte le envíe su petición original u otros documentos, la oficina del Gobernador revisará cada petición de reducción de sentencia. Se le pedirá que presente una re-aplicación en los tres años siguientes y, si la solicitud es rechazada, se le pedirá que presente una nueva aplicación.

La música ha llegado a ser un refugio para Quiñones, un músico que ha tocado la guitarra durante más de 50 años.

“La música es una vitamina para el alma”

Una vez que la corte le envíe su petición original u otros documentos a la oficina del Gobernador, el solicitante podrá someter una nueva solicitud de reducción de sentencia.

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San Francisco Glens vence a los Earthquakes de San Quentin 6 a 2

Jugadores de SF Glens y SQ Terremotos muestran sus habilidades futbolísticas en la cancha

SF Glens Jimmy Conrad muestra sus habilidades futbolísticas en la cancha

For Carlos Drouaillet

El equipo de San Francisco Glens pasó una extraordinaria goleada a los Earthquakes de San Quentin en un partido en el que los jugadores de ambos bandos trataron a toda costa de imponerse sobre sus rivales.

El Partido dio inicio a las 5:45 p.m. del 16 de abril, cuando Marc Weinstein, árbitro central dio luz verde a la competencia con las indicaciones de rigor: "juegan limpio, duro y respetuosamente".

Por ser visitantes sacó el equipo San Francisco Glens, tocando el balón con gran destreza, mientras los jugadores de los Earthquakes, recibían indicaciones verbales de los técnicos. Fue un partido perfectamente equilibrado, con el director técnico Garín "Yello" Robinson instruyendo en inglés, mientras Relajo "Cuco" Juárez lo hacía en español.

El campeonato de los S.F.Glens y de SQ News, tomaban fotos y video para los archivos de los equipos y la prensa local. El primer gol se dio a los 5 minutos del juego, cuando en una entrada fuerte por parte de los S.F.Glens, Jimmy Conrad (mandatado con el equipo U.S.A. del 2006), le pasó el balón a Steve Caro, quien no recibiendo la jugada de pared, cinco segundos en el balón, hizo una finta y se encontró solo el estribo para tirar de derecha venciendo al portero Hugo "Güero" Medina que quedó en el centro de la portería. Los Earthquakes avanzaron con buen estilo poniendo en problemas a los locales, pero no pudieron encontrar la red.

El partido no se desbordó, los porteros mostraron buen nivel, y en el minuto 33, el mediapunta Francisco Rasquet, anotó el tercer gol para los Glens.

Casi al final del primer tiempo, cuando los earthquakes veían la dificultad del partido, un gol por parte de Jonathan Rivas salvó la honra, pero el marcador del primer tiempo 3-1.

El segundo tiempo.

El segundo tiempo inició más arduo para los earthquakes, pues en los primeros 11 minutos recibieron tres goles doblando de Jimmy Conrad, al minuto 53 y el minuto 55, y el octavo, donde Andrea, quedó el número 21 al minuto 56, para poner el marcador 6-2.

Durante las jugadas que ocurrieron esos goles, López el portero recibió un golpe fuerte en el muslo izquierdo, no lo que implicó seguir jugando.

El tercer goleador de los S.F.Glens fue Refugio "Cuco" Juárez, mandado a calentar al portero suplente Luis Gutiérrez para hacer el cambio. El tercero fue descubierto por parte de Taré Bellfrancus, ya que se encontraba fuera del área, en el minuto 3, pero para los Glens, la pelota salió para el medio y fue recogida el portero Gutiérrez, para poner el marcador 6 a 2.

La balanza a favor de los visitantes en el minuto 75, el delantero de los Glens en jugada individual, jaló la marca de tres defensas y dio el pase perfecto a "El güero" Medina que quedó solo frente al portero Gutiérrez, venciendo con un tiro a bocajarro. El marcador final fue 7 a 1.

El portero López reinició al campo al minuto 32, donde se mostró delante del portero, Taríq Puljkamp de los Glens, fue un tiro cruzado anotando el octavo y último gol de la cancha, el marcador final 8-2.

The Trump administration’s controversial strategy to reduce the growing backlog of immigration cases has failed, according to a university study. The average wait for an immigration hearing is now more than two years, The San Diego Union Tribune reported.

The plan to reduce the backlog of immigration cases by forcing judges to take more cases was implemented in October 2017. Since then, the number of pending cases has grown from 655,932 to 830,000, according to Syracuse University’s Transactional Access Records Clearinghouse, which tracks data from immigration courts.

The backlog is likely worse than figures provided by Syracuse University due to the 35-day government shutdowns in December and January, the Feb. 21 story said. That resulted in the cancellation of roughly 60,000 hearings because around 400 immigration judges were absent or furloughed. Thousands of cases were rescheduled, thus extending the already long wait times.

The plan was described as a “comprehensive strategy for significantly reducing the backlog by 2025.” It was intended to reverse the growth of the caseload and reduce it, according to the Executive Office of Immigration Review (EOIR), which administers immigration courts.

The plan “has not only failed to reduce the backlog, but has eroded the court’s ability to ensure due process,” according to the American Immigration Lawyers Association, a group made up of more than 15,000 lawyers and professors.

The group said the administration has failed by pressuring judges to rule “at a breakneck pace” for whether an immigrant should be deported.

In defense, the Trump administration “agreed in a Nov. 1, 2017 memo that it would, on a limited basis, hire immigration judges to help reduce the backlog,” the group said.

Another argument regarding the aggravated situation was brought up by Stephen Legomsky, Homeland Security’s chief counsel for immigration judges.

"Immediately upon taking office, President Trump essentially advised Border Patrol agents and ICE officers that they were to begin removal proceedings as soon as they encountered someone that they suspected of being undocumented, without sufficiently increasing resources for immigration judges," Legomsky said.

Another aspect of the immigration migration is the need for autonomy of the immigration judges. Immigration judges are not independent, in contrast to the immigration judges. The immigration judges are part of the Justice Department, which means that the attorney general is both the chief prosecutor and judge in immigration cases and the boss of the immigration judges, according to government attorneys, The Union-Tribune reported.

The National Association of Immigration Judges has called for Congress to end the built-in conflict of interest between immigration court judges, according to The Union-Tribune.

="As long as we continue to allow the court to be used as a law enforcement tool, you are going to get these kinds of backlogs and inefficiencies," said Ashley Tabaddor, president of the National Association of Immigration Judges.

The Trump administration increased the number of immigration judges by 74 percent to 414 by the end of 2018. House Democrats have said they could be fired by the Justice Department in cases of incompetence, based on the suspicion that hiring was politically motivated.

The Immigration Lawyers Association wrote, “The current administration has taken advantage of the court structural laws by introducing numerous policies... that dramatically reshape federal immigration law and undermine due process in immigration court proceedings.”

—Carlos Drouaillet
Applying for a Governor's pardon in California

Two distinct processes available to California prisoners

People who have been convicted of a crime may apply for a commutation or a pardon.

From the Governor's Office

People who have been convicted of a crime and are currently serving their sentence in a community application for a commutation (reduction of sentence).

From the Governor's Office

People who have been convicted of a crime and are currently serving their sentence in a county prison or reduction of sentence.

In deciding whether to grant a commutation, the Governor's Office will carefully review each commutation application and consider:

- the impact of the commutation on the community, including whether it will contribute to a safer, more secure, and more equitable society; and
- the applicant's own behavior and rehabilitation efforts.

To apply for a commutation, fill out the Application for Clemency Form. Do not re-submit your application for Clemency Form. The Governor's Office will send a copy of the commutation application to the Board of Parole Hearings.

The Board of Parole Hearings will make a recommendation to the Governor, who then makes the final decision to grant or deny the application.

A pardon is a form of relief after the sentence has been served. It is granted by the Governor of California after a pardon hearing. The Governor of California cannot grant a pardon for a conviction that has been reversed or vacated by a court. There are two ways to apply for a pardon in California:

1. A petition for clemency from the applicant's local public defender's office.
2. A petition for clemency from the Governor's Office.

To apply for a pardon, the applicant must complete the Application for Clemency Form. The Governor's Office will then review the application and make a recommendation to the Board of Parole Hearings.

The Board of Parole Hearings will review the application and make a recommendation to the Governor. The Governor will then make the final decision to grant or deny the application.

A Certificate of Rehabilitation is available to those who have served their sentence and have demonstrated good behavior while in prison. A Certificate of Rehabilitation is a form of relief after the sentence has been served. It is granted by the Governor of California after a certificate of rehabilitation hearing. The Governor of California cannot grant a certificate of rehabilitation for a conviction that has been reversed or vacated by a court. There are two ways to apply for a certificate of rehabilitation in California:

1. A petition for a certificate of rehabilitation from the applicant's local public defender's office.
2. A petition for a certificate of rehabilitation from the Governor's Office.

To apply for a certificate of rehabilitation, the applicant must complete the Application for Clemency Form. The Governor's Office will then review the application and make a recommendation to the Board of Parole Hearings.

The Board of Parole Hearings will review the application and make a recommendation to the Governor. The Governor will then make the final decision to grant or deny the application.

In summary, to apply for a pardon, the applicant must complete the Application for Clemency Form. To apply for a certificate of rehabilitation, the applicant must complete the Application for Clemency Form.

Applications for both a pardon and a certificate of rehabilitation are encouraged to use that application for both purposes.
By Jean Haines Senior Editor
San Quentin News staffer, Kevin D. Sawyer received an honorable mention for PEN America's Writing Beyond Bars. The James Aronson Award for Social Justice Journalism is PEN America's highest honor for writing about social justice. It’s also encouraging to receive the right thing. It means I've put the right thing in the right place.

JH: What inspired Triple Sessions?

Sawyer: The start of football season always makes me look back at the years I played in high school. I was reading a couple books about football a few years ago and they made me recall the science behind the game. It made me think about the days in the summer when we practiced as a team. The heat was like a jacket, but there was so much camaraderie involved. Only a boy who's played multiple seasons of football can understand what it was to be a part of that team. It's like a football team and all it takes is to be a part of that team. It's like soldier who fight. You need to remember that—hopefully more than the coach remembers. It's the life lesson of teamwork.

JH: How does the interaction between you and your inmates help you into how you see yourself today?

Sawyer: When you think of prison, you think the opposite of football. But when you consider the outside world, it's important to understand the difference. It's the prison that enables the football.

KDS: I realize even more today how important it is to be a team player because none of us are in isolation. We're interconnected on each other.

JH: Talk about the future of prison football. Is it going to be a big deal in the prison literary world?

JH: Talk about three of your writings that best describe your style.

KDS: My writings pose the classic “Man Versus Scare” scenario. This type of story is a powerful vehicle for Power Distribution. Both deal with men facing state sanctioned psychological and physical violence. My characters try to slow the state's gradual march toward totalitarianism. That's what all the movements are about. The Danbury Mafia is waiting to come away with something. I try to think of this from my characters' point of view, what's the point in fighting the state?

JH: Do you know what your story is going to be about in the future? I'm thinking of submitting a memoir-based story my sister encouraged me to write about the struggles of two African-Americans in college degree. That's a subject that speaks to me, and it's a subject that's important when you consider how we're treating our history in this country.

JH: Why did you choose to receive recognition from PEN America's Journalism Guild Writer?

Sawyer: The uplifting experience of receiving an award means I'm probably doing something right. It makes me think about the people to receive recognition. It means I'm probably doing something right.

By Leonard F. Brown Journalism Guild Fellow

Some New York state prisoners given free electronic tablets

By Leonard F. Brown Journalism Guild Fellow

New York state prisoners have been issued computer tablets that give them access to a variety of features including music, movies, books, and educational games. Valdim Zakharenkov, 32, gave a tearful sermon that brought attending men-in-blue to their feet. Zakharenkov said that, in the past, he came to church only semi-regularly. He had been tired of living that way, and after the death of his mother, he became fully committed to Jesus Christ.

George E. Moses, 49, shared his experience in administering Internet-based meals to female inmates after catching the flu. The es- ther program’s success helped him understand God’s wisdom.

Armando R. Gonzalez’s sermon grappled with where true power comes from and why Jesus Christ sacrificed himself.

By Juan Haines Special Honorary Jury for PEN America

2. Louisiana

"We made some poor choices, but I’m my family’s breadwinner. I’m still here because I’m determined to make a difference."

3. New York City

"If you want to make an impact, you need to think outside the box. You need to be creative."

4. Frackville, Pa

"I am a journalist through the creative writing profile to a PEN America's Honor Mention."

"I am an artist through the creative writing profile to a PEN America's Honor Mention."

"I am a journalist through the creative writing profile to a PEN America's Honor Mention."
Physical Education teachers meet the Q to hear about rehabilitation through sports

By Anthony Faulk

Staff Writer

Physical Education (Recrea-
tional/Coordinator) instruc-
tors from various institutions visited San Quentin on March 26 to attend the SQ’s recreational program and see if any can be replicated at their institution.

The group of 10 coaches, as the instructors are referred to by many incarcerated people, toured and participated in a panel discussion with SQ's head coach, Alicia Legarda, and Brian Hoffman, members of the San Quentin Athletic Association and National Basketball that are made up of incarcerated persons.

“For years I’ve heard about the amazing recreational opportunities available to the inmate population at San Quentin,” said Principal Hoff-
man, Kern Valley State Prison Adult School principal. “Seeing them for the first time is impressive! … The Q is the standard to which other institutions in California are chasing.

“From the beginning of the season, the SQ Kings loss to The Buttebombers 65-54. The Butterbombers were led by Ryan “The Rifleman” Stott, who dropped 20pts, and the Kings were led by Joshua “JJ” Burton with 18pts.

With 05 remaining on the clock, the Butterbombers had a lead of 10 points. At the buzzer, the Kings win by hitting two free throws, making the final score 67-63.

“I didn’t score a bucket all game,” Stott said with a laugh. “Feels good to step to the line and make a big shot. We needed that win.” The Kings were led by Derrick “Outloud” Gray with 18 points, while the visiting Buttebombers were led by Greg “Froyo” Froyo with 17 points.

As of 5/4/19, the SQ Kings are 1-3.

Jack ‘Big Body Benzo’ Benson

Student Athlete of the Month

Jack ‘Big Body Benzo’ Benson has been a sports staple at The Q since his ar-
rest with CTF-San Joaquin in 2010. Benson started at fullback and has been a key figure in the San Quentin offense ever since.

He began his sports ca-
reer at The Q with the All-
Madon딘 team, 19 Madden Flap Football was kind of soft here,” Benson stated. “They played a more tech-
nical style due to them running back and forth playing teams from out-
side. However, at Soledad, we were more focused on Flap football. Football, even with flags, still has the bind-
ing element, and All Mad-
don had a style that wasn’t what was coming from oth-

er institutions.

Benford first played first Center for the West Block War-
locks, the first team formed to play against SQ All Mad-
don within the prison. The Warlocks won both games.

Benford played football off and on over the next 8 years, but also took time to keep statistics for the various foot-
ball leagues here at The Q: Kings, Warriors, Intramural and the OBL.

“Rushing to rule the field was a need to have accurate stats being kept for the games, and basketball – like most sports – is about scoring, but what the players tend to be focused on is the numbers. Just like in football, the numbers are important,” Benford stated during the interview.

The King’s intermission

All in basketball, Benford
and his team were “in the 100-
point range.” These Southern California high school basketball teams
are annual events for guys at The Q and the most successful was 225pts.

“I love the ‘Meat & Pa-
tatoes’ game. Some of us have gotten bigger over the years, but we’re still mean. We’ve

On April 30, the Outsiders had a chance to win the league championship, but the goalie blocked their first attempt to score. Luckily, the Outsiders had an extra player on the field and scored the game-winner to put them in the championship game.

The Quakes scored their first victory of the season, beating the Warriors 83-63. The Quakes’ first win of the season came with a squad of 16 players for their second match of the season. After being winless for both teams, the match was split between the two teams.

In the second half, the Outsiders outscored the Quakes 22-8, lifting the score to a 53-83 victory over the Quakes.

“The game was won by the defense because we did not give up short passes,” Coach Taylor said.

When asked about his thoughts on the power of re-
habilitation in sports, Aaron Taylor, The SQ’s New Sports Editor and SQAA board member – talked about his coaching and sports organ-
ization experience starting with Central State Prison, where he arranged coopera-
tion between ethnic groups to start a basketball league that contributed to rehabilitation for 38 months without any racial incidents.

“People have to be involved in the sports program as part of the rehabilitation,” said Ali-

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organization experience starting with Central State Prison, where he arranged coopera-
tion between ethnic groups to start a basketball league that contributed to rehabilitation for 38 months without any racial incidents. 
Markelle Taylor getting at the finish line at the Boston's Marathon

By Adamu Chan
Journalism Guild Writer

The last several years, Markelle Taylor has become synonymous with the San Quentin 1000 Mile Running Club. Now that he has completed the Boston Marathon, and is off to conquer the world of competitive running, it seems like a good opportunity to reflect back on his legacy at San Quentin.

Markelle was San Quentin’s finest runner during his time here, a prodigy who not only shattered all of the existing distance running records, but also set high standards for the next generation of runners who will grace the Lower Yard at The Q.

As fellow 1000 Mile Club member, Rashaun Thomas said, “His training spoke to his focus. He broke records, then broke his own. He has all of the significant (records).”

Markelle’s work ethic was second to none and fellow runners would marvel at the drive of a man who it seemed running came easy to. “Markelle worked hard and was big into doing speed work,” says fellow club member Troy Darnmore, “he would run 200 and 400 yard sprints weekly.”

Despite being the fastest and most visible member of the club, Markelle maintained his humility and used his skill to inspire others.

Close friend and competitor Chris Scull explains it in this way, “What I got from him was a higher purpose of running – my victims, my community, not just my health. He dedicated every run to a cause. It could be his victim, it could be his daughter who had lupus.”

Markelle’s legacy is a testament to the power of purpose and hard work. As the men of San Quentin watch him from afar, ensconced in the race of life in the free world, he still is an inspiration and pace setter. Thomas sums it up in this way. “Before I could run 1 mile, he would lap me twice. It was like trying to keep up with a gazelle.”

By Rahsaan Thomas
Contributing Writer

Since leaving The Q, Markelle’s “The Gazelle” Taylor has run in the Boston Marathon. His training regimen has changed a bit though. Taylor trains on Mt. Tam, as well as having a new diet to stay healthy for races.

“I eat a whole lot healthier now. I get to train better too,” Taylor said. “I train on Mt. Tam, but, Mt. Tam trails ain’t nothing because I had it harder in prison. My next marathon will be a whole lot faster.”

His official time was 3:03 but his watch said 2:57:12. 3:03 breaks his personal best record set at San Quentin this year. 3:10. (by 7 minutes)

He ran for charity this year which put him in the fourth wave next year. While running Markelle said he kept thinking about the 1000 Mile Club to keep his focus.

“It was the 1000 Mile Club at San Quentin that prepared me for it. I had to run around thousands of people. I was in the fourth wave with over 32,000 people and only 300 behind me.”

Taylor, who picks a cause to run for in his races, ran for the Urban League, a group that helps people overcome social and economic barriers and violence, like women who need housing. Unofficially, he also represented the 1000 Mile Club and all lifers in prisons in California.

“Victims were with me in spirit. He didn’t seem tired after the race,” said film director Christine Yoo. “He looked like he could still go.”

Coach Kevin Rumon went to the Boston marathon, where he roomed with Taylor.

“It was a great help, great support,” Taylor said. “He’s a good coach . No one can replace Frank though.”

When asked about how he was adjusting overall to his new freedom, Taylor responded “Life is moving so fast out here, I’m still taking it all in.”

—Aaron Taylor contributed to this story

By Aaron Taylor
Sports Editor

With 2 ceremonial pre-game pitches, one by an octogenarian, and a national anthem complete with the presentation of the Stars and Stripes, the San Quentin Athletics opened their season with a 16-3 thrashing of the San Francisco Mission on 4/20/2019.

“It feels good to get back to the game that we love,” said Branden Riddle-Terrell, veteran A’s player. “We’ve been training and doing off season work outs, it’s time for us to shine now.”

Coach Mike Kremer brought his grandmother – who also attended the first annual SQAA Awards – to the game, and she threw out the first of two ceremonial pitches. She stood on home plate and threw a twenty foot left handed strike.

It also must be mentioned that she’s eighties.

Public Information Officer Lt. Sam Robinson threw the second pitch (from the mound, with some heat behind as well) and was also awarded an honorary SQ A’s jersey with his last name on the back. Then, he received his SQAA plaque and award for service to the athletic department overall, as well as the first SQAA baseball cap.

“How many hats can one man wear?” one of the players asked that drew a laugh from players around Robinson.

For the first five innings, Rob “Big Smooth” Polizen was on the mound, only giving up one run. He was followed by new pitching sensation, Carrington “Suit & Tie” Russell. He also gave up one run in his debut.

Russell is unique because his fastball is averaging around 77-79 mph, which is faster than many are used to seeing at The Q.

“As I get my fundamentals back into alignment, then velocity and speed will increase,” said Russell. “I can easily get into the mid-eighties once I get my mechanics totally back together.”

“It feels good to be back here at The Q,” said starting Mission pitcher Big Aaron. “From another team from last season based in Seattle. It’ll be good to see how the season turns out.

The A’s have a full slate of teams coming in this season, from a military team to Dowfegrovern from Los Angeles, as well as a returning team from last season based in Seattle.

Lt. Sam Robinson receiving his Athletics’ jersey

Photo by Javier Armenta, SQN

Coach Parratt on A’s opening day game

Photo by Javier Armenta, SQN

Markett running at SQ

Photo by Eddie Herrera, SQN

San Quentin News A’s Season Opener

June 2019
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www.sanquentinnews.com Page 19
By Juan Haines
Senior Editor

Acting with Compassion and Truth (ACT) is a first of its kind up in a prison program that explores how cultural differences affect the way people with diverse sexual orientations are treated. The group consists of LGBTQ people as well as heterosexual/cisgender people.

California prison officials and a journalist came to San Quentin, on April 10, to see how ACT is working.

A Hung inmate, Lee Xiong, told a compelling story about how his culture treats gay people.

He said that if a father, traditional Hung values, learned that his child was gay, “that child would be taken out fishing or hunting and he’d never come back.”

Xiong then revealed that his youngest brother had recently come out as gay. To gain insight into his conflict, he sought out and had a conversation with people in the San Quentin LGBTQ community. “I’m glad that ACT opened his awareness about his brother,” Xiong said.

Xiong has always really saved my brother’s life,” Xiong said.

ACT’s outside sponsor, Billie Mizell said, Xiong’s response to his younger brother serves as an inspiration, “for all those brave enough to join [ACT].” Mizell added, “Hopefully we can soon replicate ACT in other prisons. Lee revealed a deep love of family and community by showing up for this group and he has worked as hard as anyone I’ve ever seen to acquire the tools needed to be a good brother and good ally. I have seen the ripple effect go far beyond the walls to bring healing an support to families and friends on the outside.”

Meza, a transgender inmate, quietly sat across from Mizell. She listened to inmates talk about sexual identity issues.

“She’s not afraid to stay away from ACT for several months, because of shyness. I want to start coming back regularly,” Snockey said. “She’s a good person. Billie does a good job and that keeps me motivated to come back.”

ACT first began four years ago as an idea presented by Mike Nelson. Before the class started, Mizell said, “I remember asking LGBTQ community what they wanted ACT to be about. I kept hearing that they want to educate the larger community about what it means to be a LGBTQ member in order to reduce the violence, build empathy and bring both LGBTQ and women’s issues into a man’s prison.”

After some preliminary introductions, Mizell asked the group to use a couple words to describe their feelings about inviting guests that day: excited/nervous; anxious/confused; curious/awkward; and older/wiser were just a few.

After the check in, Juan Meza and Michael Adams stood in front of a white board.

Meza referred to a ginger bread sketch with brains drawn inside the head, a heart inside the chest area, and symbols for male, female and male/female in the genital area.

Meza pointed to the heart and asked what it represents. “Romantic attraction,” said one participant.

“Sexual orientation,” said another.

“Right,” said Meza. “What about this?” he asked pointing at the brain.

“Gender identity,” shouted several participants.

Also on the board, LGBTQIA was written.

Meza asked what the “T” referred to.

“Gender,” the class responded.

“What about the ‘G’?” Meza asked.

“Sexual Orientation,” several participants said.

Meza asked where to place “gi” on the ginger bread sketch. A participant called out, “That’s biology.”

Another added, “That’s in your head.”

He went through all the words to show how gender is constructed by various terms.

“Terminology is important in the way we communicate,” Meza said as he drew four long lines on the board and labelled the columns, 1- Racial Slurs, 2- Derogatory Terms for Women, 3- Derogatory Terms for LGBTQ and 4- Terms to disparage the Prisoner Masculinity.

The room sat in momentary silence after the participants filled in the columns with slurs and terms. (The majority of the terms are not appropriate for publication.)

Meza then drew a line across the column to demonstrate the intersectionality of the LGBTQI community with other groups as well as incarcerated people.

When we see the intersectionality of these words, we can see how we ourselves give these words power,” Meza said. “If we didn’t use these words against women, other races and the LGBTQI community, then they’d have no power to be used against us as incarcerated people.”

He added, “Sticks and stones will break your bones, but words will break your spirits.”

Eddie DeW utrecht chimed in to say, “These words are precursors to violence. They demean people and are used to justify violence.”

Mizell added, “When people hear these words, knowing that they are precursors to violence, fear comes into play. We all want to live in a place where we feel safe.”

Xiong commented, “There is no living with a homosexual,” Bankston said about how he felt. “We don’t do that,” he added, referring to peer pressure.

Bankston said he came to prison as a teenager in 2001. He then lowered his head and said, “I know what hate looks like. It was a long struggle for me, but now I know that I have to treat people different than that. When I first came to this class, I came just to survive. I went to prison (inadvisory informational letter), but when my older brother told me to start calling him she, she taught me all those things in my past were wrong. Now, I’m not here for the chronos. I need to understand my sister.”

“It’s going to be a struggle to learn,” Bankston said.

“The board didn’t tell me to come to this class. I’m doing it for me. I sent my sister a visiting form and I’m taking baby steps. It’s for me to figure out where we go from here.”

Mike Adams talked about a time while being housed in North Block that he was afraid of people like Bankston.

“Hearing that Nephew is striving to be a better person helps me heal,” Adams said.

Bankston responded, “When Mike told me that he feared me. That set me off for a long time.” Bankston looked at Adams and said, “I’m going to do my best to treat you better.”

He added, “I didn’t know the power of words.”

The federal Prison Rape Elimination Act (PREA) makes sexual harassment or assault in prison a serious crime. Amy Miller, an Associate Director for CDCR, asked the class, if anyone ever accepted a derogatory term directed at, or used, a slur against someone else just to be accepted. Nearly all the hands in the class went up.

Mizell said that since more than 23 years of experience in working with women, Miller knows what she’s talking about. She oversees CDCR’s Female Offender Programs and Services/ Special Housing. The office manages and provides oversight to the state’s three female correctional facilities, Folsom State Prison, California Medical Facility, California Health Care Facility, community correctional facilities, and three conservation camps that house women wildland firefighters. It also manages special programs including policies regarding transgender inmates and the implementation of PREA.

The PREA Statewide coordinator Captain Shannon Stark noted that everybody had a choice where they sat in the classroom. She noted that in other prisons that she’d visited blacks would have sat with whites, whites with whites and Mexicans with Mexicans. Here, she said there’s diversity.

The class ended with inmate Zakri “Egypt” Jones performing an original rap/ hiphop song, called I know. She was the inspiration for the song came in to a dream and an epiphany to where her life was going.

The entire class, including CDCR officials, had their heads bobbing and fingers snapping.

In a later interview, Bankston said that what he learned from the ACT class, he could take to the rest of his community.

“This shows that it’s possible. It’s a good thing to see. People need to hear ways to deal. Nephew shows that it’s real,” Stark said.

“It is important to honor the original pilot group who built ACT,” Mizell said.

In addition to Meza and Adams, they are Michael “Yoshi” Nelson, Lady JaeClark, Azarl “Big Az” Ford, Todd “Silk” Williams, C.J. Smith, Mark Hensley, John Windham, Philip Melendez, and Ray Aldridge.

Photo by Terry Thornton

Cultural differences affect the way people’s sexual orientations are treated