CDCR’s New Secretary Plans Rehabilitative Efforts

By Noel Scott
Journalism Guild Writer

California’s new prison boss says he plans major changes to boost rehabilitation efforts and cut back on inmate abuses.

Scott Kernan said altering the prison culture is his top priority as the new secretary of the California Department of Corrections and Rehabilitation, The Associated Press reported on Feb. 10.

It’s an us-against-them culture that often pits prison guards against inmates and outsiders, Kernan told the AP in an interview.

Kernan, 55, worked his way up through management starting as a correctional officer in 1983.

According to the AP, Kernan reported the prisons are less crowded, and state policymakers are emphasizing inmate rehabilitation.

To accomplish this, Kernan wants training for rank-and-file correctional officers, leadership programs for supervisors, and a search for methods that have worked in other states.

This follows a scathing report by Inspector General Robert Barton, who says the California Correctional Peace Officers Association, which is the guards’ union, “encouraging a code of silence.”

Outside Guests Flock To SQ Financial Literacy Class

By Rahsaan Thomas
Journalism Guild Chairman

Outside guests and young incarcerated men flocked to Curtis “Wall Street” Carroll’s Financial Education Class to hear him translate investment jargon into terms they understand.

Up-and-coming filmmaker Taylor Laslie drove up from Los Angeles to check out the class. She heard about it from a Life of the Law podcast.

Despite being a 2012 Yale graduate, she knew nothing about investing.

“You, I am one of the people who thinks about finance as being an elite game,” said Laslie. “My parents are lawyers and I am well-educated but I never thought about stocks, finance, and assets management. I’m similar to a bunch of the guys starting out in this program.”

A Look at Peace Day’s History

By Juan Haines
Senior Editor

The San Quentin Day of Peace committee was established to show fellow inmates ways to reject violence and support peace. The tradition continued May 7.

In 2006, interracial strife kept San Quentin State Prison on repeated lockdowns. Just before a yard event to celebrate Black history, all came to a head as a race riot erupted. Afterward, a multiracial group of men, most serving life sentences, came together and went to the administration to ask for a Day of Peace.

Each year the Day of Peace event draws support from high-ranking administrators supporting the efforts of peaceful-minded inmates.

“Open dialogue, violence prevention workshops, and the annual Day of Peace celebration serve as alternatives to violence and thus stem the tide of violence by saturating prisons as well as society with peace,” said Inspector General Robert Barton.

Chairman Chris Schumacher said at last year’s celebration.

In support of peace, hundreds of inmates wearing white T-shirts along with prison staffs and local community members walk together around the prison’s Lower Yard.

Ribbon cutting ceremony at the Richmond Center

Richmond Gets Re-entry Center

By David Eugene Archer Sr.
Journalism Guild Writer

The new Richmond Re-entry Success Center is designed to help people recently released from prison or jail to get back on their feet, broadcast station KQED reports.

The center is located in downtown Richmond to be easily accessible to formerly incarcerated people, reported Sukey Lewis for KQED.

See Richmond’s on Page 4

Jeri Jones, Audrey Auld and Pam Delgado performing at Peace Day 2015

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See Day of Peace on Page 4

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Photo by Leeanne Miller

San Quentin’s Lower Yard
San Quentin Nurse Heals One Inmate at a Time

By Tommy Bryant
Journalism Guild Writer

Diabetes is a serious problem at San Quentin and Elina Appleton, a nurse there, is her mission to help those affected.

“Most inmates have no idea about their disease is or how it affects them until they start losing toes, feet, legs, kidneys, go blind, have heart attacks and/or strokes,” said Appleton a licensed vocational nurse best known to inmates.

The legendary H-U nurse endures a hundred questions and symptoms a week. Often the answers indicate diabetes. About 20 San Quentin inmates in H-U have been on regular insulin treatment.

“Inmates with borderline AIC blood levels approaching 6.9 are the most likely candidates for Type II diabetes,” adds Appleton. Avoiding painful amputations and expensive medical care is clearly a win-win for inmates and taxpayers, she says.

She takes a 10-week class that covers diabetes issues including monitoring the glucose meter for healthcare management. “Once inmates observe their suspected levels most begin to watch what they eat and exercise after meals,” states Appleton.

San Quentin News strives to report on forward-thinking approaches in criminal justice policies that support positive changes in prisoner behavior, particularly through rehabilitative efforts.

San Quentin Nurse Heals One Inmate at a Time

By Thomas Gardner
Journalism Guild Writer

Early access to psychiatric care for people who are mentally ill can mean fewer violent incidents and hospitalizations, reports public television station KQED.

When the opportunity to treat beginning-stage mental health disorder is missed, then a sort of “snowball” dynamic can be set in motion, where violence continues to escalate, the report says.

Many families of patients at the psychiatric facilities feel that their loved ones are now finally getting the kind of treatment that they should have gotten before the tragedy happened that sent them there, Shaffer reports.

“All inmates have no idea about their disease is or how it affects them until they start losing toes, feet, legs, kidneys, go blind, have heart attacks and/or strokes,” said Appleton a licensed vocational nurse best known to inmates.

This class helped me to see problems more about my life than I did, so I’m grateful,” said Martin Dorgan, an inmate at H-U. He added, “Some of my peers have gotten parts cut off.”

“I now have the power to take control of my diabetes,” the other student inmate.

Inmate Dennis Bagwell, a diabetic for 30 years, said, “I have...lost sight in one eye due to diabetic complications. It is up to individuals to take control of diabetes before diabetes takes control of them.”

“The tough part is keeping sugar levels down with limited diet options,” inmate Demetris Verdann said. Inmate Robert Craig suggested, “Everyone on this block should be taking a program like this, whether you are diabetic or not.”

Philip Budweiser said he used to ignore diabetes because “I was depressed...I used food and sweets as a crutch. I would like to thank all of the San Quentin medical staff for the help and continuous support they have afforded me.”

Appleton said she entered a 100-Mile bike ride sponsored by Tour de Cure American Diabetes Association, which raised $1 million for research on diabetes. Shaffer said she diabetes affects more than 24 million people in the United States.

Early Psychiatric Treatment Reduces Violent Incidents

sanquentinnews.com

"We need to make more treatment available in the community whenever possible"

The sentencing court recognized Shawn’s mental illness, and as part of a plea deal agreement, he was found “not guilty by reason of insanity” after having suffered a severe head injury as a result of being struck by a car, the report adds.

On that tragic day at the police station, Shawn was shot but survived; however, an officer was shot and killed accidentally by a fellow cop, the story noted.

Shaffer has filed a law-suit against the hospital alleging negligence for not keeping their son safe, the report says.

Despite the complaints and problems at California’s state mental hospitals, Shaffer says,” We have made tremendous progress in safety improvements and in mitigating violence at the hospital.”

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San Quentin News

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On that tragic day at the police station, Shawn was shot but survived; however, an officer was shot and killed accidentally by a fellow cop, the story noted.
By Charles David Henry
Journalism Guild Writer

San Francisco District Attorney George Gascon's attempt to reform law enforcement is generating an all-out battle with police officials and deputy sheriffs, the San Francisco Chronicle reported.

Gascon is a former career cop, who aspires to become the city's top prosecutor. He finds himself in an ugly dispute with Police Chief Greg Suhr and the police officers’ union. This animosity stems from how he proposes to set priorities for fighting crime in the city, according to the Chronicle.

The rift escalated when Gascon lambasted the Police Officers Association earlier this year when he went on a rip-roaring binge of flimsy claims that Proposition 47 has emboldened criminals.

A number of sources have responded to Proposition 47 crime rates have not increased.

Gascon was widely praised for a new campaign to🔕 crime in California for Proposition 47 in 2014.

By Tommy Bryant
Journalism Guild Writer

Many law enforcement personnel are resisting implementing Proposition 47, which reduced some drug offenses from felonies to misdemeanors, according to the American Civil Liberties Union.

There is “a disappointing level of resistance,” the ACLU states in their report, as reported by Ben Poston in a Nov. 11 Los Angeles Times article.

“Some are making irresponsible and inaccurate statements linking Proposition 47 and crime,” the ACLU said. “Others are falsely claiming that the law has not worked.”

The ACLU strongly support the California ballot proposition.

Some law enforcement officials, including Los Angeles County Sheriff Jim McDonnell, blame a rise in crime on Proposition 47. According to the Rights for Repeat Offenders Under Proposition 47, the Times reported.

The Sacramento County Sheriff’s Department reported arrests for Proposition 47. The Sacramento County Sheriff’s Department reported arrests for Proposition 47.

Enrollments are down in drug treatment programs because a threat of a felony can no longer be used to persuade offenders to sign up, Los Angeles County authorities told Poston. “I don't know how they can look at attendance rates and say that Proposition 47 has emboldened criminals,” said Charles David Henry.
Secretary Kernan Committed to Rehabilitation

Continued from Page 2

The Inspector General General report found that guards at High Desert State Prison had created a culture of racism and used a startling amount of force against inmates, among many other problems.

The new training will include stress management and diversity classes for all employees and a national executive training class for wardens, Kernan said.

"The more training officers have, the better suited they are to contributing to a better correctional system," said Kimberly Monteith-Prude, a spokeswoman for the guards' union.

The union, however, filed suit against the department and the Inspector General's Office over the months-long investigation at High Desert.

Kernan also said California is on its way toward regaining control over its prison medical system.

CDCR lost control of its medical department more than 10 years ago by federal court order due to inadequate programs. The following Q&A with Secretary Kernan was provided by the CDCR's Public Information Office on Feb. 23:

Q: What do you see in store for CDCR staff?

A. I see an evolving role for all CDCR staff in a fast-changing, social, justice system. The expectation of staff to singularly keep an inmate, ward, or parolee behind bars is evolving to an expectation that all staff be professional role models and participate in the reformation process.

We have to understand the incredibly difficult environment that staff work under each day and give them the tools and training to make sure they do their job and keep the public safe.

The expectation of staff safety at its core. We cannot tolerate abuse or bias toward inmates just as we can't tolerate abuse, violence, and harassment from inmates or other staff. I have difficulty accepting when our critics paint us with a broad brush of being insensitive, biased, racist, and abusive.

But I also challenge us to not paint the same broad brush toward inmates. I know that a vast majority of staff come to work each day and do the right thing. We have to figure out how to continue to evolve our profession and help an inmate who will ultimately be our neighbor.

Q. What challenges are there in managing inmates after the population reduction measures?

A. The monumental shift in criminal justice practices in the last five years has greatly impacted our population demographics. We have fewer inmates with greater supervision needs and more complex challenges that require response if we are going to protect public safety. No matter that complexity, 90 percent-plus of inmates complete their sentence and are released to our communities.

Our challenge is to address the individual inmate's criminal thinking and give them the skills to not perpetuate their criminality and create more victims. If we did that 20, 30, 90 percent of the time, think of the victims we would save, the money California taxpayers would save, and the lives we would change.

Q. How do you see CDCR's rehabilitation efforts working — both inside and outside the walls?

A. Inside, we rebranded from significant cuts in our in-prison educational and Career Technical Education (CTE) programs. We hired teachers and vocational-instructors, updated curriculums, invested in learning technologies, and expanded college education programs throughout the system. Our Prison Industry Authority (CALPIA) expanded cooperative agreements with the private sector and implemented a number of cutting-edge programs that are both profitable and rehabilitative.

I will see that we build on the improvements in these programs. The evidence clearly shows that an inmate with an education, CTE certificate, or experience in a field that is transferable to the private sector is more successful.

Outside, CDCR is taking a larger role in coordinating with federal, state, and local agencies to supervise and program offenders to prepare them for transition to society. We are building on our existing collaboration with agencies and developing new partnerships. I will see the partnerships addressing housing and employment needs, access to medical and mental health care, transitional services for long-term offenders, and re-entry services for offenders preparing for release.

Q. What can CDCR do to further combat criminalization?

A. The public and private sector people looking for help feel more empowered. King said, "I know that when I came home, there was nothing like this." The center has helped about 100 inmates leave the county since opening in October 2015. Contra Costa has invested about $200,000 in community-based re-entry services and $400,000 in the center's monthly report.

Supervisor Gioia said as more people hear about the center and get the help they need, he hopes it will become a model for the rest of the state.

Richmond's New Re-entry Center Helps Ex-Prisoners

Continued from Page 1

The center is key to the county's plan to help keep people out of jail, said Contra Costa County Supervisor John Gioia. "If we can show this center works and these programs work, it'll hopefully widen the case for investing more money in this type of work, it makes quality of life better for people who are released from jail and return, and it makes our community safer.

So it's a win-win."

Center director Nicholas Alexander commented, "If we look back at how re-entry worked over the last decade, it's really been unsuccessful...over half of people tend to go back into incarceration...the bar is pretty low, unfortunately."

"Part of why re-entry work has failed is that people can be denied employment and housing based on their criminal history," Alexander added. The center's holistic approach is designed to make it easier to navigate those legal barriers.

"As a whole we're working more collaboratively, so less people are going to slip through the cracks," Kenneth McDowell spent five months behind bars on a felony assault charge. When he got out about a year ago, he had lost his housing and job. He said, "You have to gather your thoughts...and you have to just take every step a little step at a time."

McDowell wants to become a chef, but he is working as a janitor at the center.

Fifteen years ago, Daminion King was serving a three-year sentence for firearm and drug possession. Now he's a coach at the center. The space is designed to make

Day of Peace Established in 2006 to Discourage Violence

Continued from Page 1

Supporters take to a makeshift stage in the middle of the yard to give speeches, recite poetry and entertain participants about what the event means to them.

During the last couple of events, The Native Hawaiian Religious Group of San Quentin entertained the walkers with dances. A Asian group called Heiwa Taiko, drummed for the walkers.

Music is provided by Bread & Roses each year.

Last year, the folk singer Audrey Auld entertained the walkers for over an hour. The event was created in a workshop with inmates.

The sidewalk art contest is one of the biggest attractions to the Day of Peace, with more than 100 exhibits last year.

Josh Walkenhorst and Natalie Tovar bring Day of Peace participants snacks donated by Walkenhorst's package vendor. Over the years of the celebratory tables, have been sprawled across the yard with various self-help groups giving out information about their organization. The groups include: Veterans Healing Veterans from the Inside Out; IFA Foundation; No More Tears; The Work; Protestant Church Project LA; TRUST; ELITE; Brother's Keeper; SQ CARES; Native Hawaiian Religious Group; Catholic Church; Catholic and Gang Members Anonymous; Shakespeare at San Quentin; Kid Creativity Project; Alliance for Change; The Last Mile; Restoring Our Original True Self; Kid Creating Awareness Together.

The Heiwa Taiko drummers performing at the 2015 Peace Day celebration...
 "Uncontrolled prejudice" may explain why White police officers shoot young Black men, the article states. It may explain why White police officers shoot young Black men.

The conclusion is based on the Implicit Association Test (IAT), which measures unconscious racial prejudice. The test online demonstrates a "moderate to strong bias," reported in the latimes, by Chris Mooney, a book author.

The article described a study where Denver police officers were shown photos of Black and White men. Some of these men in the photos held guns and others held "harmless objects" such as wallets. The officers were asked to press a "Shoot" or "Don't Shoot" button for each image. Police officers reacted faster to harmless objects when deciding whether a subject was armed, but they still showed bias against Black targets.

The IAT "asks you to rapidly categorize images of faces as either 'Black American' or 'European American,'" reported by Chris Mooney. "You also categorize pairs of words, like 'cute,' 'happy,' 'awful' and 'peace' as either 'good' or 'bad.'" According to Chris Mooney, "African and faces keep flashing by, you struggle not to make too many sorting mistakes," Mooney reported. "You think of yourself as a person who strives to be unprejudiced, but you can't control these split-second reactions."

The study, according to an article off thehoot, suggests the article that came to the same result: "Police are considerably more likely than those in suburban communities to actually label and file in their brain the potential "prejudice and stereotypes." The study, according to an article off thehoot, suggests the article that came to the same result: "Police are considerably more likely than those in suburban communities to actually label and file in their brain the potential "prejudice and stereotypes."

A new study reveals that rich Black kids are more likely to go to prison than poor White kids, The Washington Post reported.

"Race trumps class, at least when it comes to incarceration," the report added. "A good start may simply be making people aware of just how incongruously biased they can be. That's particularly critical in law enforcement, where implicit biases can lead to tragic outcomes," Mooney wrote. "The IAT can be taken online at understandingprejudice.org."}

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**Wealth Is Irrelevant to Minority Incarcerations**

By Marcus Henderson

A new study reveals that rich Black kids are more likely to go to prison than poor White kids, The Washington Post reported.

"Race trumps class, at least when it comes to incarceration," the report added. "A good start may simply be making people aware of just how incongruously biased they can be. That's particularly critical in law enforcement, where implicit biases can lead to tragic outcomes," Mooney wrote. "The IAT can be taken online at understandingprejudice.org."
Dr. Timothy Belavich answered Sun Quentin News questions last December about the delivery of health care services to prisoners and the climate formerly acting director of the Division of Health Care Services. He was formerly the acting director of the Statewide Mental Health Program. He is now employed by Los Angeles County, located in countries formerly San Quentin News reported his views on the current law and the law's effect on the prisoner culture. This edition focuses on Suicide and Use of Force. Transgender Special Needs will appear next month.

By Dr. Timothy Belavich

Contributing Writer

Q. Tell us specifically about programs and policies that have been implemented to reduce the suicide rate.

A. The prevention for staff, patients and families is an important piece of any suicide prevention program. Suicide prevention posters are located in every institution. Custody staff trainings posters point out ways to identify suicide warning signs and risk factors. We have created workshops for prison guards, social workers, religious leaders and prisoner advocates about the prisoner culture. This edition focuses on Suicide and Use of Force. Transgender Special Needs will appear next month.

By Charles David Henry

Journalism Guild Writer

The most punitive and rapidly growing prison systems in the world are in the United States. This is not normal, natural or inevitable.

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Western democracies, particularly in Europe, have seen their own criminal justice systems corporatized, militarized, and penalized in the wake of the 2008 financial crisis. The government interest that has extended to its prisons, has a 20 year history of mass incarceration.

In new prison, Incarceration Nations, searches for clues that might answer the question of what justice is or, rather, what it ought to be, looks to the world.

When the world is forced to look at the reality of incarceration, the American criminal justice style of punishment seems to always be chosen. According to Dreisinger, the “American system is not normal, natural or inevitable.”

In her review of Incarceration Nations, Alexander narrated.

“America has the world’s highest incarceration rate and an abnormal recidivism rate of 60 percent. However, the rate of re-offending is substantially lower in Western Australia are now worse than the racial disparities in the UK, of the traditional United States,” Alexander wrote.

In a released statement, Dreisinger said, “America, it seems, is finally beginning to tackle the legacy of punishment and human warehousing coldly captured by the term mass incarceration. We are the world’s largest jailer, with 2.3 million people behind bars.” One in 31 adults, or 7 million people, are under some form of state or federal correctional control. More Blacks are in some criminal re-train than were enslaved in 1850. 1 out of 25 of the adult population in prison also suffers from mental illness, Dreisinger adds.

America considers juveniles too immature to vote or buy alcohol, however, our criminal justice system deems them mature enough to live in adult prisons, where one in 10 is sexually assaulted. “We are one of just nine countries who punish (with both life sentences and the death penalty),” Dreisinger continues.

Different approaches to incarceration are being pursued in Norway, often with greater success, Dreisinger said. “In Rwanda, an African country that is committed itself to healing, forgiveness, reconciliation and restorative justice, following a genocide in which neighbors hacked one another to death in the streets.”

The country of Norway, “reflecting its long-standing egalitarian culture and spirit of communitarianism, a spirit that extends to its prisons,” has a 20 percent recidivism rate. When the first day overcome our own history of genocide, slavery, discrimi-

nation and oppression and cre-

ate a justice system that is truly a source of international pride and hope,” she adds.

The study showed a strong connection between poverty and crime, making it nearly impossible to set formerly incarcerated people free.

Aside from the economic devastation, other unmitigated effects of imprisonment follow to the re-entry process. The stigma, isolation and trauma of being sentenced to very long time in prison has a terrible impact on the families and communities of the incarcerated and their loved ones,” says the report.

The “Who Pays?” report con-

cluded that 55 percent of formerly incarcerated persons and 50 percent of the family members (including children) suffer from the stig-

mata, isolation and stigma that are associated with the incarceration experience. The report found that 23 percent of the families are living in poverty, 37 percent have significant problems with mental health conditions, such as post-traumatic stress disorder, hopelessness, depression, anxiety and nightmares.

By Forrest Lee Jones

Journalism Guild Writer

Even with a new skill set and good behavior, returning home after prison is not easy. It can be difficult for former inmates and the communities they return to, according to a report in Ebony magazine.

“As we work to reduce mass incarceration, we must be sus-

ceptible to the barriers the formerly incarcerated will ultimately face,” the report op-ed by Zachary Norris says.

“Once they leave the iron curtain of prison, they should not have to begin a new sentence on the outside. While there are significant gains and reinvestment in poor and struggling communities, life after prison can sometimes take more than extension of a sentence.”

This past year, there has been bipartisan support for prison reform in Congress, which demonstrates the nation getting serious about prison reform, the Jan. 29 story notes. How-

ever, a critical element missing from the conversation of mass incarceration reform, is how to reinvest in com-

munities and how to help them succeed once they come home, writes Norris, who is executive director of the Ella Baker Cen-

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“We know that this country’s long history of racial injustices has led to communities of color being overwhelmingly targeted by the criminal justice system and disproportionately suffer-

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ation and poverty, we need a serious examination of the aver-

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American Inmates Can Take Cure from Nations Abroad

By Forrest Lee Jones

Journalism Guild Writer

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Kid CAT Speaks!

My name is Jeffrey Hall. I am serving a life without parole sentence at Solano State Prison. I’ve been in prison for 25 years now.

I’ve been reading (Kid CAT Speaks) articles… and I find them intriguing. We have a fair amount of programs here at Solano. I usually enjoy your articles and the cause. Is there something LWOPs can do to help under the Kid CAT banner and/or to create a branch of Kid CAT? I’d be very grateful for any information/guidance you can offer.

Kid CAT Response:

We appreciate your letter and willingness to be of service to your community. We receive letters from juvenile lifers including yours. Write the letter as if you would contribute to rehabilitative programs. It is encouraging to see leadership in various prisons reaches out and steps up with the desire to create programs like Kid CAT.

We would like to help by creating an informational packet of the Kid CAT group so that our community partnership manager could send it to the community partnership manager at Solano. We would work to secure approval to make this packet available.

Meanwhile, Kid CAT holds monthly writing workshops with The Beat Within. The workshops are based on pre-selected quotes and writing prompts created by juvenile lifers. The prompts are general and intended to stimulate thought. Volunteers, then, will create responses. Thereafter, the participants read their pieces. The prompts are general and intended to stimulate thought. To request more information or to volunteer, visit the Kid CAT website.

Children are now being exposed to a controversial interrogation technique by adults that can lead to false confessions. The American Bar Association (ABA) reports.

The ABA Newsletter urges parents and teachers to fight the use of the Reid Technique in their schools. The Guide encourages parents to demand that they be notified before a principal admits it to their campus.

John E. Reid & Associates, the developers of the Reid Technique, have enjoyed the use of its technique on kids. In addition to training police interrogators, the company is now promoting its technique to school administrators across the country.

The Reid Technique is a set of psychological tactics designed for one purpose: “to extract confessions.” The technique is a guilt-presumptive, accusatory, manipulative process,” the ABA reported.

Children have a greater propensity toward false confessions than adults. Medical and psychological interrogation techniques designed for seasoned adult criminals battle the developing vulnerabilities of kids, according to the ABA.

Since I have been incarcerated at San Quentin, I have taken many advantages to serve in several camps and a new environment in which many people value self-reflection. I’ve begun to suspect that living under violent conditions may cause people to trap themselves in their own fusebox. The fusebox (self-reflection) is often cited as a lack of awareness about trauma’s impact.

Trauma has created a serious barrier to self-reflection for many people, including myself. For those incarcerated with lengthy sentences for whom the parole board will determine the time of their release, the parole board is a fusebox that people often prove disastrous: The parole board often cites “lack of insight” in issuing denials.

When I came to prison at age 19, the violence and intimidation checked me at first, but eventually became the norm.

In the worst moments of all in incarceration, trauma strips away the ability to empathize, to relate to other people, and to have self-reflection. The Diagnostic and Statistical Manual of Mental Disorders defines trauma as “an event in which there is physical harm, the self is wounded, or when a person who directly experienced events, witnesses or learns about a violent event is ‘damaged.’” This is a very experienced state.

Within several months after coming to prison, a numbness set in for me as the fear for being targeted and the trauma of witness violence. Though they may not have been diagnosed with actual PTSD diagnosis, incarcerated people often talk about the trauma they have experienced with indifference, hyper-vigilance, or other PTSD symptoms. The U.S. Department of Veterans Affairs reports, “All people (who) lived through a traumatic event that caused them to fear for their lives, see horrible things, . . . feel helpless, . . . (and experience) changes in the brain that may result in PTSD. Citizens that have whom I have been incarcerated has experienced these changes so far degree.”

I have been through four riots since I have been incarcerated — numerous violent alterations for the past 19 years,” said Donnie Smith, 55, 52, serving 25 years to life for first-degree murder.

If I could consult to talk about why I am in prison (because) I was worried about how other people (who) lived through a traumatic event that caused them to fear for their lives, see horrible things, . . . feel helpless — it cost me 32 years in prison. I have been to the board five times and was denied each time for a lack of insight.”

Says Falao Toalepai, 21, who is serving an LWOP sentence for first-degree murder, “It’s a recipe that can lead to false confessions. The techniques are at odds with self-reflection and insight. This issue has become increasingly relevant as California’s sentencing law reform allows more people to come before the parole board.

TRACMA

In the recent past, the American Bar Association is at odds with the parole board often cites ‘lack of insight’ in issuing denials. The parole board is a fusebox that people often prove disastrous: The parole board often cites “lack of insight” in issuing denials.

The participants discuss the prompts, then break off to write responses. Thereafter, the participants read their pieces. The prompts are general and intended to stimulate thought. Volunteering then, will create responses. Thereafter, the participants read their pieces. The prompts are general and intended to stimulate thought.
By David Eugene Archer Sr.
Journalism Guild Writer

Criminalization and poverty are intertwined within the nation’s incarceration system; a report by the American Civil Liberties Union (ACLU).

"It is difficult to find a state that spends the least on its criminal justice system," the ACLU stated. "Over the last 10 years, (Texas) has spent $80 billion a year on criminal justice reform, and that figure is expected to rise as we age." The report by the American Civil Liberties Union (ACLU) covers the cost of processing a person out of jail, the report said. "Pay-to-stay jail fees are the main on the person’s account and will be counted against the money paid at the time of release from the jail, the report added. "Collections are processed through a debt collection Corpora- tion. If someone were jailed in the CCNO for 180 days, they would owe about $11,996.20." According to the ACLU, individuals are typically expected to pay their debts while incarcerated, either directly or through commissary funds. If the jail is unable to collect all of the fees before the prisoner is released, the debt is turned over to Intellitech within 180 days. If not, it will be reported on the person’s credit history.

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Merle Haggard: San Quentin Parolee, Music Icon

By Thomas Winfrey
Art Editor

“I turned 21 in prison doing life without parole,” music legend Merle Haggard sang in his famous 1968 hit “Mama Tried.” The song was Haggard’s public apology to a religious mother, Flossie Mae, and his acknowledgment that “she tried to raise (him) right.”

Merle Ronald Haggard passed away on his birthday, April 6, 2016, at his ranch in Palo Cedro, Calif. He was 79 years old.

Haggard was only 15 years old when he first went behind bars for a robbery. In the next five years, he was locked up for other petty crimes until, at the age of 20, he was sent to San Quentin State Prison for burglary in 1957. His three years spent behind the San Quentin walls ultimately impacted both his life and the music he made. Curly Ray Martin, 76, lived several years alongside Haggard, inside and outside of prison walls. Both grew up in Oildale, Calif., a small town on the outskirts of Bakersfield.

“I drove my grandmother over to Mrs. Haggard’s house because they both were church-going women, and that’s where I met Merle,” recalls Martin. “About three months later, I heard he was in trouble — and he ended up in San Quentin.”

But Haggard was in trouble from birth. He spent his first years in the abandoned boxcar that his father, James, a railroad carpenter, had turned into a makeshift home for his family, according to Nancy Henderson in the New York Times. Soon, Merle lost his father to a stroke.

“It was a devastating event for the young boy, who was very close to his father,” writes Henderson. Haggard spiraled into a rebellious way of life. Henderson said Haggard hopped a freight train and was chased all the way to Fresno, where police retrieved him. He spent his youth engaging in petty crime and truancy from school. Even when he was in reform schools, he attempted to escape, only to be thrown back in again, according to Henderson.

Nearly a year after Haggard landed at San Quentin, Martin followed in his friend’s footsteps, and reunited with Haggard at San Quentin for similar burglary charges. During their time spent together, Haggard taught Martin how to play the bass guitar.

Long before Haggard got his first break in the music industry (he was hired to play bass in Wynn Stewart’s band in 1963), Haggard honed his craft of music on the San Quentin yard. Martin remembered.

“Sometimes you’d see of Merle sitting by himself near the old steam plant, up against the fence, writing songs, and reunited with Martin, who was retrieved him. He spent his first marriage, Dana, Kelli, and Jenessa; four children from his first marriage, Dana, Kelli, Marty and Noel; and a son, Scott, from a previous relationship.

1937-2016

Merle Haggard in San Quentin North Block on June 20, 1994

“I’ll tell you what the public likes more than anything,” Haggard once told the Boston Globe. “It’s the most rare commodity in the world – honesty.” On top of his honesty, Haggard stood out in country music for “defying the conventions of the Nashville musical establishment,” and was “an architect of the twangy Bakersfield sound, a guitar-driven blend of blues, jazz, pop and honky-tonk,” according to the New York Times. Four years after his release from San Quentin, Haggard reunited with Martin, who was paroled, in 1964. Martin recalled how Haggard had already become a success, “so much so that he could drop $3,000 on a bet at one of the tables.”

In 1972, then-California Gov. Ronald Reagan granted Haggard a rare full pardon. But Haggard never forgot where he came from. In his song, “Branded Man,” which was released in 1968, Haggard sang, “But no matter where I’m living, the black mark follows me/I’m branded with a number on my name.”

Martin, who has been back in prison since 1967 for a murder conviction, considers Haggard’s transformation a triumph. Haggard’s music and the stories he told with his songs have resonated with millions of fans over the years. “Merle made everyone proud,” Martin said of his old friend.

Haggard is survived by a sister, Lillian; his wife, Theresa Lane; their two children, Ben and Jenesse; four children from his first marriage, Dana, Kelli, Marty and Noel; and a son, Scott, from a previous relationship.

Merle Haggard’s live performance

Merle Haggard in San Quentin North Block on June 20, 1994

Merle Haggard playing the fiddle

Merle Haggard in San Quentin North Block on June 20, 1994

Merle Haggard in San Quentin North Block on June 20, 1994

Merle Haggard in San Quentin North Block on June 20, 1994
Mother's Day: A Chance to Honor Our Mothers

By Angelo Falcone
Journalism Guild Writer

In honor of Mother’s Day, we wondered: How much do the men in blue love their mothers? More than their girlfriends or spouses? Do their emotions match those of men on the other side of the wall?

“There is a higher volume (of flower sales) for Mother's Day than for Valentine's Day,” according to Flower Confidential by Amy Stewart.

“There may be a reason for that. Valentine’s Day is all about roses. But when people send flowers to their mothers, they tend to send arrangements, not just a dozen roses ... so you might send more stems to your mother at Mother’s Day than you do to your wife at Valentine’s Day,” Stewart reports.

Asked On the Line posed this question to men on the main line: What do you admire most about your mom (or the woman who raised you)?

Markee Carter: “My mama is my heart and soul. We have been there for each other through good times and bad times. I have done a lot of bad things in my life and she was always there for me when I was on the streets and in here. I am happy that we still have that bond. We love each other and I can talk to her about anything, so I thank God for blessing me with my mom and long as we live.”

Jose Flores: “Women come and go. Girlfriends can be here today and gone tomorrow. But there is only one Mom, with a capital M. The love from Mom is truly unconditional. It doesn’t matter what I do or say, who I am, or what choices I make, my Mom loves me no matter what. But the love of a girlfriend or wife is conditional. There are things that I can do, say or be that will cause a girlfriend or wife to stop loving me. Only Mom loves forever.”

Walter Johnson: “Moms, thank you for always being understanding with me, for always being there for me, and for always being truthful. Moms, I hope you have a happy and blessed Mother’s Day.”

Christopher Scull: “My mother was truly the most loving, caring and helpful woman I have ever known in my life. I miss her very much. I will always love her. I will always remember her because she loved me the most.”

Forrest Jones: “My biological mother, Genova Jones, died when I was a baby. My godmother, Elvira Miles, raised me just like she raised her own children and she instilled in me the same qualities that she instilled in her own children. I admire her for that. My godmother died last year.”

Cody Brown: “Mom, you are honest, loving, courageous, trusting, selfless, humble, respectful, resilient, tolerant, beautiful, and you have an amazing sense of humor. Nobody is perfect, but in my eyes, you are the embodiment of a perfect mother. I love you so much.”

Phil Phillips: “My mother is a pillar of strength and inde-
Mother's Day: A Chance to Honor Our Mothers

My mother never let the circumstances overcome her; she rose above them. She also, by her diligent attention to health, stayed young and fit.”

Matthew Edwards: “I admire my mother’s love, strength, and sacrifice. My mother got pregnant by force, rejected her racist family’s disapproval, and still chose to birth me with love. Through disrespect, adversity, or heartache for me coming to prison, my mother’s unconditional love, strength, and selfless sacrifice remains unshakeable and everlasting.”

Ray Monde: “My mom’s fierce independence and determination to be self-sufficient inspired me not to be easily influenced by others.”

Matthew Nguyen: “What I admire most about my mom, aside from the fact that she carried five children from Vietnam to America and that she gave birth to seven children, is that she gave birth to me, I was her last one, and I was an 11-pound, 12-ounce baby. I love you Mommy!”

Sam Johnson: “Mariah Johnson, Elizabeth Johnson, Connie Herbert and Deloris Williams: You all loved me with so much unconditional love, even with my flaws of not feeling I was good enough or when I was weak with low self-esteem. Your love wrapped my heart gently and warmly. Your love assured me that I was a gift from God. Through my 25 years, your love kept me from being alone. Thank you for your wisdom, understanding, strength and life lessons. When the walls of my cell felt like they were closing in, your love penetrated the cold darkness with the light and love of Jesus. To all my mothers who raised me with their unconditional love, hugs and kisses, I, your loving son, love you and adore you in the mighty name of Jesus Christ.”

A. Alvarez: “I am the luckiest man for being born to my mom. She cherished me in a way I couldn’t understand until I became a parent. Thank you, mom, for loving me and not judging me.”

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Snippets

Mercury, also known as quicksilver has a silvery color and reflective metallic nature.

In all of India’s 100,000 year history, it has never invaded another country.

Sunlight can reach a depth of around 262 feet in the ocean.

Owls have an 80% success rate for catching their prey.

Lucha Libre wrestlers are generally divided into two types: rudos and técnicos. The rudos are the “bad guys” and the técnicos are the “good guys.”

Octopuses have three hearts, which are all located in their heads.

Gold is so malleable that a thread drawn from one ton of gold can stretch over 480,000 miles, comparable to stretching from the earth to the moon and back again.

Yoga comes from the Sanskrit term word “yui” meaning “to unite”.

Sudoku Corner

Last Issue’s Sudoku Solutions

The Month of May

• May is the third of seven months in a year with 31 days. This year, May has five Sundays, five Mondays and five Tuesdays.
• Holocaust Remembrance Day and Cinco de Mayo (The Battle of Puebla) are on Thursday, May 5.
• Mother’s Day is Sunday, May 8; Mother’s Day in Mexico is on Tuesday, May 10.
• Armed Forces Day is on Saturday, May 21 and Memorial Day is on Monday, May 30.
• For the Christian community, Eastern Orthodox Easter is on Sunday, May 1; the Ascension of the Lord is on Thursday, May 5; Pentecost is on Sunday, May 15; The Most Holy Trinity is on Sunday, May 22; Mary, The Help of Christians is on Tuesday, May 24 and The Body and Blood of Christ is on Thursday, May 26.
• The World Almanac reports May is Clean Air Month, Get Caught Reading Month, National Barbecue Month, Asian Pacific American Heritage Month, National Inventors Month, and National Mental Health Month.
• There are two astrological signs in May: Taurus, the sign of the Bull (April 20 to May 20) and Gemini, the sign of the Twins (May 21 to June 21).
• The May birthstone is the emerald.
News Briefs

1. Sacramento, Calif. — Gov. Jerry Brown granted clemency to 59 people, just before Easter Sunday. Most were convicted of nonviolent drug-related crimes. All of those pardoned have obtained a court certificate declaring that they are now rehabilitated. A gubernatorial pardon may be granted to people who have demonstrated exemplary behavior and have lived productive and law-abiding lives following their conviction.

2. Los Angeles — Robert Contras will be paid nearly $6.9 million to settle a lawsuit after police shot him and left him paralyzed, reports the Associated Press. Officials said they fired after Contras turned toward them with something in his hand—it was a cellphone.

3. Colorado — A 2015 change in the law regarding parole re-vocation cut in half recidivism rates for technical violations and reduced the state’s prison population.

4. Oklahoma — The Oklahoma Corrections Department has paid $92.7 million to Tennessee-based Corrections Corporation of America and Florida-based GEO Group, Inc. to house state prisoners for one year, according to prison officials. Since 2004, the state has spent about $975 million on contracts with the for-profit, private prison companies, the Oklahoma reports. The state’s prison system is operating at 122 percent of capacity, prison officials report.

5. Michigan — Inmates at Chippewa Correctional Facility in Michigan’s Upper Peninsula have participated in a peaceful protest over the quality of food provided by a state contractor, an official said. The demonstrations follow another protest at Kinross Correctional Facility, the Detroit Free Press reports.

6. Hartford, Conn. — In 2007 Connecticut raised the age that juveniles can be tried as adults to 17. Gov. Dannel P. Malloy says he now wants the age to be raised to 20 by July 1, 2019. Malloy’s reasoning includes research that shows developing brains can make bad, impulsive decisions that can lead younger people into the criminal justice system, reports the Associated Press.

7. New York — Richard Rosario spent 20 years in prison before his conviction was overturned, and he was freed. While Rosario was in Florida, he was convicted of a shooting that happened in New York City even though he said he had 13 alibi witnesses to confirm his story, reports the Associated Press. Rosario’s case adds to the more than 25 New York City convictions that have been overturned in the last five years.

8. New York, N.Y. — A jury trial set Candie Hailey, 32, free after dismissing a charge on which she had spent more than three years in a New York City jail, reports the Associated Press. Hailey, who has been diagnosed with borderline character disorder, mood disorder and anti-social personality disorder, spent much of those three years in solitary confinement for re-peated rules violations. She had faced new charges of criminal mischief, harassment, obstructing government administration and assault, all from her stay in jail. The charges were dismissed in March.

9. New York — U.S. District Judge Shira Scheindlin approved a plan in March to reduce solitary confinement in the state’s prisons. Scheindlin says the “historic settlement” will greatly reduce the frequency, duration and severity of solitary confinement for thousands of prisoners, making conditions “more humane and more just,” reports the Associated Press. She called solitary confinement a “drastic and punitive designation, one that should be used only as a last resort and for the shortest possible time to serve the penal purposes for which it is designed.”

10. Williamsport, Pa. — Lycoming County Coroner Charles Kiessling Jr. has started ruling heroin overdose deaths as homicides. Kiessling says drug dealers are murderers. He said he wants to raise awareness of a heroin epidemic that contributed to an 13 percent increase in overdose deaths in the state in one year. “If you choose to sell heroin, you’re killing people and you’re murdering people. You’re just as dead from a shot of heroin as if someone puts a bullet in you,” Kiessling told The Daily Item of Sunbury.

11. Frankfort, Ky. — Proposed new legislation would give some nonviolent felons a second chance by letting them seek to have their criminal records erased. Republican Gov. Matt Bevin said he looked forward to signing the bill, if it clears the state House and Senate, reports the Associated Press.

12. Ocala, Fla. — Johnny Edward Ostane was freed after serving more than two years for battery of a police officer and other charges. Ostane’s release came after a follow-up investigation found inconsistencies with the arresting officer’s report, along with inconsistencies in other reports by the same officer, the Ocala Star-Banner reports.

13. Sacramento, Calif. — Following their conviction, 11 of those pardoned had obtained a court certificate declaring they are nonviolent drug-related crimes. All of those pardoned have obtained a court certificate declaring that they are now rehabilitated. A gubernatorial pardon may be granted to people who have demonstrated exemplary behavior and have lived productive and law-abiding lives following their conviction.

14. Gun toting group (Abbrev.)

15. City in Central Switzerland

16. Car speed rating (Abbrev.)

17. A coach drawn by four horses

18. 4:00 p.m. prison number

19. To express approval or limitation movement (Prison Slang)

20. To be frank with personal stories

21. A type of child’s gun

22. A type of child’s gun

23. A type of child’s gun

24. To be high spirits

25. To rotate, spin

26. A spade’s job

27. ‘80s TV show

28. To move violently

29. Weather condition

30. Refusal or denial

31. The six degrees of winning a game

32. Children’s detective (Abbrev.)

33. Giorgio Armani cologne

34. Millions has six of these

35. Donald Trump’s talk show

36. Margarita emotion

37. Drag’s oneself (Yiddish)

38. A type of medical scan

39. Rest, and so forth

40. School fitness subject

41. To express delight

42. Retirement gov’t. agency (Abbrev.)

43. Former Katherine of “Grey’s Anatomy”

44. Every January 1st is at?

45. Able to live only

46. Out of, tall, or call to

47. A type of detection test

48. U.S. marijuana regulator

49. A type of medical scan

50. A spade’s job

51. A type’s job

52. Tragedy emotion

53. It clears the state House and Senate, reports the Associated Press.

54. Southeast Asian spicy cuisine

55. Out of, tall, or call to

56. To rotate, spin

57. Beloved

58. Prison bus

59. To rotate, spin

60. Out of, tall, or call to

61. Weather condition

62. Forming commercial

63. A type of medical scan

64. Adds style to a web page

65. TV show (Abbrev.)

66. Brown sash worn with a Kimono

67. Like it or ___
Cinco de Mayo: De Historia y Cultura a Comercialización

Por Tare Beltranchuc y Marco Villa

Contribuidores

El Cinco de Mayo es el día festivo que probablemente la mayoría de personas en los Estados Unidos confunde con la Independencia de México, la cual se celebra el 16 de Septiembre. A pesar que el Cinco de Mayo a ganado popularidad en los Estados Unidos todavía existen personas que desconocen la historia que dio origen a la celebración.

Todo comenzó en 1861, cuando Benito Juárez llegó a ser presidente de un país económicamente arruinado. Los conservadores habían derrocado el Tesoro Nacional, obligando al Presidente Juárez a suspender los pagos de la deuda externa hasta llegar a un acuerdo con los gobiernos europeos. En respuesta Francia, España, y Inglaterra enviaron sus flotas de guerra a ocupar el puerto de Veracruz para exigir el pago de la deuda al gobierno mexicano. Los ingleses y los españoles se marcharon después de haber llegado a un acuerdo en el cual México garantizaba continuar con el pago tan pronto como le fuera posible. Sin embargo, los franceses gobernados por el Emperador Napoleón III aprovecharon la oportunidad y trataron de conquistar y establecer un imperio francés en territorio mexicano que favoreciera los intereses de Francia.

El 5 de Mayo de 1862, el ejército francés bajo el mando del General, Charles Latrille de Lorencez atacó al ejército mexicano encabezado por el General Ignacio Zaragoza en el Estado de Puebla. La armada francesa estaba completamente segura de obtener una victoria fácil, ya que superior al ejército mexicano en número y experiencia. Los franceses eran combatientes de más de 6,000 soldados armados y disciplinados, pero un ejército mexicano poblemente armado con menos de 2,000 soldados. La batalla se extendió desde el amanecer hasta el atardecer. Sorpresivamente y en contra de toda predicción los mexicanos derrotaron a el ejército francés, considerado en esa época como “el primer ejército del mundo”. El cual no había conocido derrota alguna por 50 años, escribió Ignacio González autor del Significado del Cinco de Mayo. El triunfo de la batalla de Puebla constituyó una gran victoria moral para el gobierno Mexicano, representando su habilidad de proteger la soberanía de la Nación. La revista Time Magazine comento que “La victoria de la batalla de Puebla simboliza unidad y orgullo, lo cual aparente ser una batalla entre un David mexicano derrotando a un Goliat francés”. En los Estados Unidos, el Cinco de Mayo ha obtenido más popularidad que en México. En los años 60’s “Activistas chicanos acogieron la festividad como una forma de edificar dignidad entre México-Americanos”, José Alamillo expresó, Jose es un profesor en estudios étnicos en la Universidad de Washington en Pullman. A la llegada de los años 80’s, esta festividad empezó a tener una publicidad a gran escala, lo cual de acuerdo a Jose Alamillo, “Cambio el significado de una celebración enfocada a la comunidad a una festividad de alcohol”. El Cinco de Mayo es ahora una celebración mexicana donde los platillos mexicanos y las bebidas alcohólicas son el ingrediente primordial. Grandes corporaciones cerveceras como la Dos Equus, Tecate, Corona, y Anheuser-Bush (Budweiser) han tomado ventaja de la creciente comunidad hispana para comercializar este día festivo. Actualmente la conmemoración de la batalla de Puebla no se considera como un día festivo nacional en México, sin embargo, en el Estado de Puebla donde se llevó a cabo la batalla, si es considerado un día festivo oficial. La cantidad de pablancos organizan un desfile militar y simulan la batalla de Puebla para conmemorar la victoria del Cinco de Mayo.

En los Estados Unidos algunos miembros de la comunidad celebran el Cinco de Mayo exhibiendo banderas mexicanas y en ciertos vecindarios las calles son cerradas para celebrar en grande. En las escuelas algunos estudiantes decoran sus salones de clases y cocinan comidas mexicanas básicas. Varias restaurantes deleitan a los consumidores con platillos mexicanos (mole poblano, barbacoa, tamales, burritos, enchiladas, tostadas con guacamole, salsa picante) y disfrutan de sus bebidas favoritas (margaritas, cervezas, y tragos de tequila) al ritmo de la música de Mariachis.

Cinco de Mayo is probably the most misunderstood holiday celebrated in the United States. The defeat of a French army is often mistaken for Mexican Independence Day, which is observed on Sept. 16. Cinco de Mayo, translated Fifth of May, has gained popularity in the U.S. where many people are unaware of the historic battle that inspired the celebration.

It started in 1861, when Benito Juárez became president of a country in financial ruin. The fleeing conservatives had emplotted the national treasury, forcing President Juárez to suspend all payments on foreign debts until he could make new arrangements with the European governments. In response, France, Britain and Spain sent their troops to Veracruz to demand repayment. The French and the Spaniards negotiated their own settlements with Mexican authorities and headed back to Europe. However, France was ruled by Napoleon III, who saw an opportunity to conquer and establish an empire in Mexico that would favor French interests.

The French army was confident of victory. On May 5, 1862, over 6,000 well-armed French soldiers, led by Gen. Charles Latrille de Lorencez, attacked a poorly equipped Mexican army of less than 2,000, led by Gen. Ignacio Zaragoza. The battle lasted from daybreak to early evening. Surprisingly and against all odds, the Mexicans defeated the French army, considered "the premier army of the world," which had been defeated for almost 50 years, wrote Ignacio Gonzalez, author of The Significance of Cinco de Mayo. The victorious Battle of Puebla represented a great moral victory for the Mexican government, for it symbolized the country's ability to protect its sovereignty against other nations.

"As Time magazine noted, "The Battle of Puebla symbolizes unity and pride for what seemed like a Mexican David defeating a French Goliath."

In the United States, Cinco de Mayo has attained greater significance than in Mexico. By the 1960s, "Chicano activists embrace the holiday as a way to build pride among Mexican-Americans," José Alamillo said. He is a professor of ethnic studies at Washington State University in Pullman. By the 1980s, this holiday began to be advertised on a wider scale, "changing the meaning of the celebration from community self-determination to a drinking holiday for many people," Alamillo declared.

Now Cinco de Mayo is a day to celebrate Mexican food, traditions, culture — and booze. Beer corporations like Dos Equis, Tecate, Corona and Anheuser-Bush (Budweiser) have taken advantage of the ever-growing Hispanic community to commercialize this holiday.

Today, the conmemoration of the battle is not observed as a national holiday in Mexico; however, in Puebla, Mexico, where the battle took place, it is an official holiday. The community of Poblanos stage a military parade and mock battle to commemorate the Cinco de Mayo victory.

In the United States, community members display Cinco de Mayo banners and in some places the streets are closed for neighborhood gatherings. Students decorate their classrooms and try their hand at cooking some basic Mexican food. Some restaurants pattern their menus with Mexican dishes (mole poblano, barbacoa, tamales, burritos, enchiladas, tostadas with guacamole, salsa picante) and enjoy their drinks (margaritas, tequila, and other alcohols) to the rhythm of the mariachi bands.
Easter Day Banquet Celebration at SQ

By Arnnulo Garcia and Charles David Henry
San Quentin News Staff

The doors of the Catholic Chapel were open to approximately 250 invited guests on Sunday, April 3. They came to dine, fellowship and listen to the smooth sounds of jazz pianist Matthew Lee Jaspar, a quartet of pleasant musicians and songs by Michael Adams. As Father George Williams, the Chapel's priest-in-charge, told them, “The doors to the church are always open and not just to come to eat food. We are here to serve all, at all times.”

“Easter is the most important celebration of the Catholic Church; it’s the Resurrection of Jesus Christ,” he added.

Michael Adams opened the Easter Easter service, a reminder with these words: “We are all shar- ing the love of Jesus Christ here today. The church wel- comes all men of all races and all interfaith dominations to share Jesus’ unconditional love in God’s love.”

After Father Williams blessed the provisions, 12 line servers filled the plates of the invited guests.

The Easter Banquet had special meaning for many. Robert Tyler explained his feelings: “It’s the coming together of people in the church and non- members that brings the great sharing of love as a blessing.”

Roger Chavez commented, “The celebration of Easter and Easter Sunday was a green and beautiful celebration of the Catholic Church...a blessed to be here with the men of San Quentin.”

C. Jack- son

Prisoners Learning Meaning Behind Good Friday

By Juan Haines
Senior Editor

With its huge 1960s Afro standing out in a sea of blue- shirts, explosive tone of voice and soft keyboard melody gave San Quentin’s Protestant Chapel a type of pleasantness rarely found in a prison setting. Pats on the back and hugging responses are the norm in the men-in-blue mingled about in the place of worship.

Adding to the relaxing mood, Albert Flagg’s keyboard and a sharp, yet muffled bass guitar filled the air while dozens upon dozens of incarcerated men waited for Good Friday services to begin.

Seven microphones were evenly posted on the stage for the 25-member Garden Chapel Choir. In the background four large palm leaves uniformly decorated by “Jesus’ triumphal entry to Jeru- salem on what became known as Palm Sunday. A tall wooden cross, nailed to the back wall, invoked Jesus’ death by crucifi- cation. A huge crucifix above served as a reminder of the place of redemption.

The services began with all the men standing with heads bowed. A fiery sermon spoken in Spanish caused all hands to rise skyward. It ended with a long applause.

Again hands rose while the choir singing hallelujah.

Elder Derrick Holloway gave thanks to all of the men-in-blue and non-members that brings the gift of sharing love as a blessing.

In 2014, Deputy CDCR Press Secretary Dana Simas said, “It’s a glorious day at San Quentin.”

CDCR has so far failed in efforts to disrupt cell phone use by inmates.

AP spokeswomna Dana Simas said, “Eighteen CDCR prisons have had technology installed and in use.”

“Eighteen CDCR prisons have had technology installed and in use.”

But the prisons where MAS is operating was not disclosed because of security and securi- ty reasons,” she said.

AP reported the state in- stalled MAS “to prevent un- authorized cell phone signals from reaching their destina- tion.”

However, the technology used previously to carry cell phone traffic switched over to the new Long Term Evolution (LTE), 4G technology, which transmits voice calls over a wireless network, and the pris- ons’ system does not capture Wi-Fi transmissions, The AP reported.

The CDCR no longer plans to extend MAS’ service in its remaining 16 prisons, the article noted.

Global Tel-Link (GTL), the leader in the prison phone in- dustry, has the contract with CDCR to provide call- ing service and MAS technolo- gy. Taxpayers, however, do not pay for its cost, according to the AP. The company “recoops its cost from the fees inmates pay...using (GTL’s) land lines.”

In 2012, state legislators raised concern over whether GTL’s promised MAS technol- ogy is not delivering its promised “value with industry development.

Members of the state Senate Committee on Science and Technology (CCST) to analyze the issue of contraband cell phones and the value of new and technol- ogy to manage cell phone access in state prisons.

For the proposed MAS recently contracted for by the CDCR for managing cell phone issues in prisons, our conclusions are clear: the technology shows promise, but it is not ready for deployment,” the CCST stated in a 2012 letter.

“...we believe California must plan carefully how best to manage the issue of contraband cell phones in prisons...”

The CCST said the pre- liminary testing conducted in California at the time was “extremely limited in scope and scale,” proving only a concept trial and not a full pilot pro- gram.

Managed access as pro- posed will not do the job that the CCST concluded in a 71- page CCST study. “MAS is not the only tech- nology that could be used,” the CCST wrote. “Several other technological options, includ- ing some that were identified during the development of this report, should be considered, tested and weighed before committing to a full investment in MAS.”

The CCST letter concluded, “...we believe California must plan carefully how best to manage the issue of contraband cell phones in prisons, and invest in research and de- velopment that will produce a system which meets the needs of the state through deploy- ment of a system and tested technology.”

The AP reported that the CDCR has asserted that Global Tel-Link will be able to keep up with developing tech- nology.

The number of cell phones confiscated in California state prisons in 2014 were reported to be 5,925. In 2015 there were about 15,000 phones confiscated, a figure that was less than 8,000 phones seized.
There was a time when it took rampaging terrorists to keep people from the polls, now it takes courts of law to discourage many Americans from the ballot box.

The Ku Klux Klan was formed in Tennessee back in 1866. It used violence and terrorism to stop Blacks from voting, according to Enduring Vision.

Much later Dr. Martin Luther King Jr. led non-violent protests by Paul S. Boyer.

A Yard Talk panel met in San Quentin State Prison's Lower Yard gym to brainstorm on how to get people back to using this right many have available. "John "Yahya" Johnson: "The solution is simple: know your Apathy in colored communities is because we show our disconc- tent and nothing gets done. We have to start teaching the people what the power of voting really means."

"When the slaves were freed in the South, look at how much voting changed. We had Black senators, members of Congress, Harim Revels, P.B.S. Pitchback, and Ida B. Wells. They changed the whole Southern society in 10-20 years. Then President Roosevelt D. Hayes pulled out the federal troops and southern- ers started attacking the vote, so we know that the power is real. We have to bring folks back into the remembrance.

"Although we don't like many things that happen, you can get enough people galva- nized around an issue, you can change it."

Eric Curtis: "There have been things that changed - people of color were able to do - the Rockefeller law, Proposition 36. However, it's like we score the number of Blacks who got murdered, and we never talk about the one who got beaten, and we never talk about the one who got thrown in jail."

"Also, Microsoft Access will be able to keep our fire camp firefighters program. The Associated Press

California's new corrections secretary says he plans to use more county jail prisoners instead of state prisoners for the firefighters program, The Associated Press reported. "As we expand to the county level, I think it's going to be able to keep our fire camp population at a right, reasonable level," said Scott Kveral, who recently took over as sec- retary of the Departmen Department of Corrections and Rehabilita- tion.

Kveral said he has made agreements with 12 county sheriffs and four more are pending to send county inmates to the state's fire camp program.

About 40 percent of the approximately 3,700 inmate firefighters committed man- slaughter, assaults, batter- ies, or robberies. However, inmates are reviewed for any risk of danger that they may pose before they are sent to the firefighter program. Crimey jail inmates may have active drug or mental health problems, cautioned Berkeley Professor Frank Zimring, who studied Califor- nia prisons for over 30 years.

Kernal could have extended the program to include first- time offenders with certain violent convictions who have "remained discipline-free, continued positive program- ming, and clear of mental health issues," inmate Alvin Timbol said in an interview.

Inmate Somveng Thongsy commented that it is rehabilita- tion, job skills, and responsibility that will help give him a better transition back into society.

Both Timbol and Thongsy concluded that Kernals de- cision came largely from opportuni- ties for people like themselves who are working toward their rehabilitation.

David B. Le Journalism Guild Writer

Inmate Computer Usage For Lauterary Chronos

Document in a security threat, there will be no adverse action taken at this time.

When it comes to inmate computers, the MAC Executive Council learned that all computers for inmate use must be modi- fied, tasks involving chrome and waiting lists must be in the hands of staff sponsors, local printing will no longer be sup- ported, and inmates with pay numbers will be audited in the near future.

"We reviewed the hard drives of about 40 inmate computers and found personal accounts of the Mac Mitchell. "No personal inmate documents should be on any computer. They need personal files and documents such as letters, homework, canteen and package lists, legal work and letters to victims. Unless a document is a security threat, there will be no adverse action taken at this time."

"Inmates may not print or have any identification infor- mation about other inmates, including names, CDCR num- bers, housing, and race or ethnicity on their computers. Inmates are also not allowed to have control over other in- ternal documents, especially those that can affect a release date or Milestone credits."

"Also, Microsoft Access will no longer be supported. This in- cludes staff computers. Instead of Access, staff will use Share Point and inmates may only use Microsoft Word, Excel, and Ac- cept.

Inmate computers will no longer be connected to local printers. "All printing must go through staff. We will be tran- sitioning to central printers accessible by staff employees only," said Mitchell.

Concerning inmates with paid job assignments, Mitchell said, "We will be conducting audits of inmates with pay num- bers. Job assignments take pre- cedence. Inmates may not par- ticipate in groups during their work hours. An inmate is paid based on what he does, not as a group. If an inmate is attending groups during his work hours and he is getting paid, that is fraud and he will be issued a 115."
For someone who has never experienced 21st century technology, coping with new technologies, like the internet, can be challenging. But placing these new developments in the context of a world from which you are separated while incarcerated is even more daunting.

Ernest Cline explores these elements in his book Ready Player One (2011) as he teaches on themes of individuality, coming of age, and technology. Set in 2045, the story revolves around a future internet called OASIS. Its creator, the reclusive and wealthy bachelor James Donavan Halliday, passes away, leaving behind his entire $20 billion fortune to anyone who can solve a puzzle he has built inside the internet.

Some San Quentin inmates are also gamers who, like Cline, have created their own avatars in images seemingly in perfect rehabilitative form. Every San Quentin gamer sits around with their thick reference books, making up fantasy worlds that they create. The office assisted Lytle in submitting claims. Lytle eventually transferred to the prison office in submitting claims.

Lytle reflects, “I think because I was in prison, I didn’t have a hobby. I didn’t have something to pass the time.” Cline’s use of gaming is an important element in this futuristic world. It creates two distinct worlds: the virtual world of OASIS, and reality. Cline’s characters struggle with this dichotomy, but come to the realization that reality, and the people in it, matter more than the circumstances of the game.

Nevertheless, Wade finally understands reality: “I come to see my rig for what it was: an elaborate contraption for deceiving my sense, to allow me to live in a world that didn’t exist. Each component of my rig was designed to fool me, and I willingly imprisoned myself.”

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The University of the Pacific Tigers tennis team broke barriers and built bonds through an exhibition game against San Quentin's Inside Tennis Team.

"Prison life is a part of the American experience," said John Stockton, the Tigers started the day with a team of the best 10 players from around the world, including India, Brazil and Ecuador.

Their star player, senior Sam Thompson-Bonilla, has been making a name for himself as a power to transform, and has a passion for the game. He also trained with a lot of the same people.

"I thought it took the easy route to get to the 1000 Mile Club," said Wickerd. "So doing something good in prison and with support is priceless. My wife was there to help me get my mom and dad raised me to do it."
By Raheem Thomas

Journalism Guild Chairman

The San Quentin Kings basketball team held off a fourth-quarter surge to beat the visiting Bittermen in the surprise pre-season opener, 61-53.

“They got out to an early lead and held on for dear life,” said Traiblazer Ryan Williams, who also plays for the Bittermen. “We’ll put our feet under us and come back ready to rock.”

Before the game, seven visiting Bittermen trooped onto the San Quentin yard on March 18, expecting the Kings to be there ready to play the season-opener.

“It feels fantastic,” said Williams. “We’ve been waiting all winter to come back here.”

However, nobody told the Kings they had to be entering a new era. More than half the Kings were locked in their cells watching the 6-7-6 Bittermen on their 13-inch personal TV sets.

While King Head Coach Orlando Metairie pointed out that assembling his team, the Bittermen watched the SQ Warriors tryout and talked with fellow basketball enthusiasts. By the time the sun broke through the overcast sky, the Bittermen were in uniform, ready to go.

The Kings jumped out to a 36-10 second-quarter lead with the shooting of Demond Lewis and Oris “Pep” Williams, who finished with team highs of 15 and 13 points, respectively.

Toward the end of the period, Ryan hit a three-pointer while falling to the ground. That ignited a Bittermen 10-2 run with new recruit Ron Quimel contributing an assist. The score was 32-26 Kings at the half after Ryan scored through contact, but missed the free throw.

He had 13 first-half points and finished with 23.

For Quimel, a junior high basketball coach, it was his first time playing inside a prison.

“People can tell you or give you a scouting report, but you’ll never experience it until it’s game speed,” said Quimel. “Basketball has been really really good to me. This is an opportunity to give back to the game that I love and make somebody’s day.”

In the third, Lewis dropped a three to help push the King back up. Oris followed with five points scored on back-to-back plays including an and-one and free throw. The score was Kings 49-34 at the end of the quarter.

“It feels great being out here with the guys,” said Lewis. “We added nice new pieces and it made us better.”

Lewis was referring to new King members Derrick Holloway, D.”Zayd” Nickelson, and Whitney Vardel Jackson. They played their first game in white uniforms with the gold crown crests on them.

The Bittermen closed the gap to 57-53 with one minute left in the fourth.

Ryan tried a three-pointer from the top of the key, but it missed. The Kings tried to score and Ryan missed another trey.

Bittermen Timmy Hall fouled out intentionally grabbing Holloway to stop the clock. Holloway sunk one free throw, increasing the lead to 58-53.

Bittermen Rob Enber shot for a three from the top of the key that clanked off the rim and landed in the hands of King Tate “Cancun” Beltran. He broke down court to score his second three of the game, making the Bittermen out of reach for the Bittermen as time ran out.

Sweet 16, but he didn’t get to play because of a suspension over off-court problems. Playing for the Warriors represents an opportunity for redemption.

He missed a chance to go to the NBA because he was too focused. I had no father figure; nobody taught me anything growing up in Oakland,” said Simekins. “I’d tell kids to stay focused. Don’t lose track of your goals, and listen to good mentors or you’ll be in my position – all this talent and I ended up in prison.”

Warriors from last year who re-earned their spots included: Allan McIntosh, Harry “ATL” Smith, Montrell “Mad Defense” Vines, Rafael Cuevas, Jason Jones and Anthony Ammons.

Other new Warriors are Fournette, Maurice Gipson, Nick Benford, Harold Malbrough and Dave Lee.

Benedict said, “I’m excited. I came at the beginning of last year and didn’t make tryouts. I like everybody’s game and how they move the ball around. I like how everybody plays together. It’s a different team.”

“With the new coach and new players coming in, the team has come in and devote their time – it gives me hope that this society doesn’t look at us like we’re just prisoners.”

Lee said, “Hopefully as a parent, I can dictate the flow of our game. I’ll be able to help keep the team under control – cool, calm and collected.”

By Marcus Henderson

Staff Writer

The San Quentin tennis program opened its 2016 season with intensive fun and competitive games of mixed-doubles.

“You always want to have a good match no matter who you play,” said veteran Eddie Metairie. “Even if it’s doctors or lawyers, you approach the game the same.”

Metairie came with three talented women, who have supported the program for years. The women said they came to share their passion for the sport of tennis, and it’s about community involvement.

“I always wondered what it was like in prison,” said Metairie. “I never wanted to go to prison. Then I saw the tennis documentary, when the double champions Bryan Brothers came in. Then I thought, that’s was a good way to get in.”

Metairie and the women said coming in gives them the chance to learn about the guys’ life journeys and how their games have improved.

“It’s always a good time playing here,” adds Metairie. “You don’t always get that in the outside world.”

As the volunteers packed up their rackets and shook hands, the goals for the season were set: to have respect for each other, to have patience, to trust in yourself and your partner.

“It felt like a visit,” said Paul Oliver, SQ tennis team member. “I thank San Quentin for providing this outlet. Playing is a great stress reliever. It’s a thinking game, and that helps me keep my wits. The whole program is about being positive and good health.”

The March 19 opener lived up to its excitement with good competition and friendships.

So Kings Beat Bittermen in Pre-Season Opener

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“I always wondered what it was like in prison,” said Metairie. “I never wanted to go to prison. Then I saw the tennis documentary, when the double champions Bryan Brothers came in. Then I thought, that’s was a good way to get in.”

23 incarcerated basketball players showed up in the Lower Yard to compete for a chance to play for the San Quentin Warriors.

The group included most of last year’s team and several new guys eager to earn one of the 12 spots.

Making the Warriors is a huge opportunity. They play against former NBA players from the Golden State Warriors coaching staff, as well as former college basketball players and former overseas pros. They have even played active college teams like St. Mary’s and Pacific Union.

“It would mean a lot. It would mean I accomplished a feat over 23 other dudes. It means I have some talent,” said Edward Moss.

No one is guaranteed a spot, said SQ Warrior Head Coach Daniel Wright. “I don’t care who you were last year. You have to earn your spot.”

Wright listed the qualifications for being a Warrior as: having a great attitude, dominating a game without scoring, and making him say, “I got to keep you.”

Potential new recruits included Donnelly Thompson, a muscular guy who played youth league ball, and David Silva, an 18-year-old who would have started his prison time in a higher security level prison, if not for the Youthful Offender Program. Under this new law, incarcerated teenagers are sent to lower-level prisons instead of maximum-security facilities.

“It’s a fantastic opportunity – better than being on a level three with all that serious mentality,” said Silva.

The tryouts consisted of full-court scrimmage games, complete with referees.

“Your game isn’t judged by what you did in pickup games,” said Wright. “The game is judged with officials and shot clocks.

Warriors’ Luke Walton playing against the SQ Warriors

Thompson had a quiet, solid game, playing good defense and scoring a couple of baskets, but Silva stood out to Wright. Silva put himself in position to make easy baskets by being the first one back on defense.

“I didn’t think he was going to make it, but for what he did, he earned a spot,” said Wright.

The tryouts ended with a slam-dunk by Tevin Fournette, a former John Marshall High School player, who made the team.

Noticeably missing was 6-foot-7 former Memphis University player Mack Simekins. The 26-year-old was on a visit to prison. However, nobody told the Bittermen.

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Inside Tennis Team Opens Season
Financial Literacy’s Solutions for Everyone

Continued from Page 1

Her lack of investing knowl-
edge is the norm for Black peo-
ple. Only 25 percent of Black
households have over $10,000
saved for retirement, compared
to about double that percent of
White people, according to the
telecast Nightly Business News.

“That means the odds are
you will never be financially
sound,” said Carroll. “You’re
screwed...so what’s your alter-
sound,” said Carroll. “You’re
about style of management,”
said Carroll. “If you can’t man-
age cookies and chips ... then
you can’t manage money. We
are trying to change that tide.
You can’t keep your mom from
going to a home ... you are
broke. It ain’t your choice. We
ain’t even in a position to take
care of our elderly.”

Robert A. Bagwell, a 19-year-
old Hispanic student with VL
tattooed on his face, said “It’s
fairly simple. It’s not that hard
to understand the way they are
teaching it.”

Carroll teaching financial solutions to the class

Sacramento Judge and CCPOA President Visit SQ

By Salvador Solorio
Journalism Guild Writer

A judge and peace officer
leader, who visited San Quen-
tin recently, said they want to
support reforms in the crimi-
nal justice system.

They visited the Compara-
tive Religion class at San Quen-
tin to observe up close
one of the prison’s more than
70 rehabilitation, educational
and vocational programs.

“You guys are here of your
own accord, on your own
time,” Chuck Alexander told
the students. He is president
of the California Correctional
Peace Officers Association
(CCPOA).

He was accompanied by
Judge Steve White of Sacra-
mento, who spent time talking
with individual students.
Their visit came after an in-
vitiation from Prison Univer-
sity Project Executive Director
Jody Lewen.

Both Judge White and Al-
exander understand public
anxiety about crime, sentenc-
ing reform, the impact of the
Three Strikes Law, and man-
datory sentencing. Both want
to analyze data and inquire
into what things are being
done wrong in the current jus-
tice system process.

Judge White wants to change
the influence of law-making
that historically was emotion-
ally driven and instead use
data that will rationally influ-
ence law-making and criminal
justice policy.

Alexander, a successor to
CCPOA President Don Novey,
avovates that stakeholders in
the prison system work togeth-
er and focus upon programs
that will benefit public safety.
Alexander said he strongly
uses unconventional methods
with his younger students. “The
same old status quo doesn’t
work. I’m here (in prison, so
for him) the battle was lost.
We’ll lose the war if we don’t
do something different. It took
me 10 years to realize I needed
to make some changes. We have
to find a faster pace to get them
(young students) to see the need
to make a change.”

Carroll also instructed the
class on how to evaluate when
a disaster could mean a compa-
ny’s stock is undervalued.

“I find value by going into
the storms, because people that
run from a storm bring their
stuff behind,” said Carroll. “Oil
is the crisis which means oil is
the value. For the people in the
streets, they love it because oil
is cheap. With money they are
saving, they are thinking of
buying a new car...they are con-
sumers. They aren’t thinking
about benefiting from the very
thing that is saving them money
— lower oil stock prices.”

The San Quentin Prison Rep-
ort, the prison’s TV-crew,
filmed the class for a teaching
tool in other places.

“It seems like it is a blessing
that this gentleman has gotten
the opportunity to educate him-
self in the system, and now he’s
educating others,” said Catley.

Laslie said, “Wall Street’s
ability to take seemingly scary
financial situations and turn
them into understandable terms
is incredible, because teaching
is a really hard thing to do. It
says a lot about his patience and
passion.”

Joe Hancock, Carroll’s assis-
tant teacher, handed out small
packs of cookies to youngsters
who could tell him what a P/E
ratio is.

Carroll explained why he
has been a very effective and
influential lobbying organiza-
tion that pursued an agenda
that made correctional offi-
cers some of the highest-paid
and benefit-endowed public
servants in the state.

The Don Novey era of the
CCPOA influenced policy-
making legislators to pass
laws that did eventually lead
to state prisons becoming
overcrowded to the point fed-
eral jurists determined prison
conditions had become uncon-
stitutional.

Statistics have shown in-
mates that educate themselves
have much lower rate of re-
cidivism, which translates into
earnings for the state. Studies
show that a short job that is lost
in prison translate into employ-
ability on the street.