

*Anger begins with folly  
and ends with repentance  
Henry George Bohu*

# The ECHO

Texas Prison News

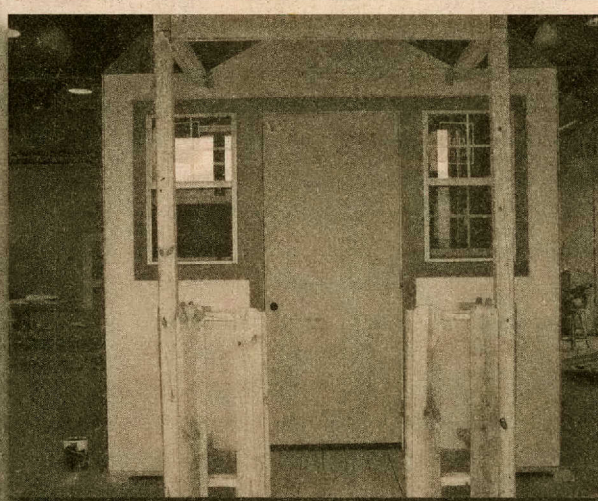
Letters to the Editor .....	Pg. 2
Dear Darby .....	Pg. 3
Health News – Weight Loss..	Pg. 4
Agency Updates .....	Pg. 5
Sudoku .....	Pg. 6
Crespo's Chess Corner.....	Pg. 7
Creativity.....	Pgs. 10-12
Bulletin Board .....	Pgs. 13-14
Recipes.....	Pgs. 15-16

See  
Halloween  
Word  
Find  
Page 7

Published Since 1928

Volume 84, No. 8, October 2012

Distributed Free to Texas Prisoners



**The Windham School District Construction Carpentry class of the Crain Unit proudly displays a children's playhouse built as a class project. This "non-traditional class" teaches students skills they need to gain employment upon release. The class covers various aspects of the construction industry such as using hand tools, power tools and blueprints, and building floors, framing, walls, roofs, concrete, windows, doors and stairs. Students are also able to obtain industry certification through The National Center for Construction Education and Research (NCCER.) The class meets for six and one-half hours per day for approximately six months. Carpentry students that participated in the class project are G. Boswell, H. Rucker, L. Barnes, L. Bolch, A. Chandler, T. Corral, N. Rice, T. Hunter, V. Parker, C. Peete, L. Stafford, T. Williams, L. Arebalo, C. James, R. Marshall, T. Lacy, K. Sawyer, C. Simms, C. Radacy and T. Duncan.**

## Finding purpose in prison

*Aaron Flaherty,  
Ellis Unit*

I have been in a correctional facility since I was 18 years old. It is easy to let the days float, to see many Mondays become a year, and then look back and realize I have accomplished nothing of note. On my tombstone will be a date of birth and a date of death; I don't want the dash between those two dates to represent an empty block of time. I don't want my life to be a meaningless existence.

I struggle to find purpose in prison. The environment behind these walls is filled with negativity and pessimism. There is constant bickering about the conditions

**I realize that if I am to live a purposeful life, ... it is up to me to do so.**

of confinement. I realize that if I am to live a purposeful life, one that will leave a positive impact on those around me while also contributing to my self-worth, it is up to me to do so. Nobody is going to hand me magic dust and a bag of tricks and tell me my road will be filled with glee. This is not a fairy tale.

A sign hangs on the wall at the prison's furniture factory where I work. It reads: "Excuses are the nails that build the house of failure." I am encouraged by those words. They remind me that I must put action to my resolutions or my purpose fails.

## Methamphetamine: Spiraling out of control

*By Wanda Redding  
Rehabilitation Programs Division,  
Program Supervisor V*

### We Have "Meth" the Enemy

Just as "crack" overcame cocaine as the "poor man's drug," meth is the new kid on the block, and its manufacture, distribution and use is wreaking havoc across the U.S. and world in epidemic proportions. The unintended consequences of abuse are in no way limited to just the user, as we are all affected. Our children suffer and feel its biting sting most of all.

For every pound of methamphetamine manufactured, there are pounds of toxic waste. These toxins include anhydrous ammonia, sulfuric acid, iodine, hydrochloric acid,

METH continued on page 3

## Rehabilitation Programs Division provides treatment services (part II of series)

The mission of the Texas Department of Criminal Justice (TDCJ) is to provide public safety, promote positive change in offender behavior, reintegrate offenders into society, and assist victims of crime.

Programs and services provided by the Texas Department of Criminal Justice (TDCJ) require cooperation between various divisions within the state correctional system and other entities involved in the rehabilitative process. Within TDCJ, the Rehabilitation Programs Division (RPD) serves as the centralized administration and management of programmatic activities related to offender treatment. The RPD is responsible for ensuring that all programs operate with consistency and quality with respect to planning, implementing and integrating the delivery of treatment programs across divisional lines.

The RPD facilitates offender programs to provide effective, evidence-based treatment services for offenders throughout the incarceration and supervision period.

Offenders in prisons and state jails are placed in appropriate programs in various ways, most often through the Individualized Treatment Plan (ITP), which identifies programming needs. Placement is also decided through a parole vote known as FI-R, which indicates an offender may be released to parole upon successful completion of a particular program.

REHAB continued on page 5

PURPOSE continued on page 4



# The ECHO

VOL. 84 NO. 8 • OCTOBER 2012

• 16 PAGES •

PUBLISHED FOR 84 YEARS, SINCE 1928

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Annual subscriptions to *The ECHO* can be purchased for \$12. Money orders or personal checks must be made out to *The ECHO/WSD*. Correspondence via U.S. Mail must be addressed to *The ECHO*, P.O. Box 40, Huntsville, TX 77342-0040.

Offenders can write *The ECHO* by truck mail.

ISSN 1530-7298.



## LETTERS TO THE EDITOR

To the editor,

I am writing this letter to tell you about the harmful effect of a drug called meth. I gave seven years of my life to this drug. In that seven years I caught eight drug possession cases in three different counties. Now I am serving time in TDCJ.

I often asked myself if using meth was worth it. I am not able to be there for my family. I have three wonderful kids and a wife that I traded for meth. It has taken me a long time to realize that I have lost everything for meth. All I can do now is wait and pray for parole.

I always have said that I will live life with no regrets, but I regret using meth for the first time. I just wanted to share this letter in hopes of assisting someone else from trying meth and ruining their life also. While the high may be enjoyable, it is not worth losing your life to TDCJ or death.

Sincerely,

**Jason Biggs**

**Goodman Unit**

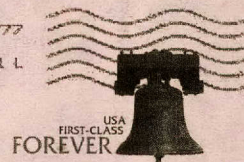
To the reader,

*Thanks for your letter. As editor, I receive numerous letters each month that give the same story as yours. People try*

*drugs, get addicted and end up in TDCJ with ruined lives. It's best not to try that first drug, and it's surely best not to go back to them once out of TDCJ.*

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To the editor,

I must say that this is the first time in my adult life that I have been proud of *The ECHO*. Seriously, the May 2012 issue had a few well addressed, on point, useful articles that I wish everyone would read... and should.

These articles are: "Get in touch with your outer child," "Where's Ronny?" and "The triple filter test." In fact, these three articles should be implemented into each offender's handbook upon arrival. But reality is, most "offenders", as I've witnessed throughout my 20 years of incarceration, still won't get it. The sad part about it is that most really don't know that they really don't know. I've actually regressed into that "outer child" stage since my incarceration. Before my incarceration, I thought and conducted myself as an adult. Once I became incarcerated, I slowly allowed my anger and resentment to override my intellect. This is when my "outer child" took control. Although unintentionally,

I've repeated false accusations, not realizing that most rumors are started and readily believed because of how we feel about that individual. Before my incarceration, I actually was considered by many to be a young adult of standards. I was the head foreman on my job, held many key positions at a record company in Dallas and my opinion was sought because I was responsible, dependable and well liked. I remember the last time I saw an ex-girlfriend of mine in the county jail. She stated to me, "I pray that prison doesn't change the nice person you are." Now 20 years later, I'm asking, "Where is Joseph?"

Sincerely,

**Joseph Porter**

**Allred Unit**

To the reader,

*The prison environment can definitely have an effect on all of us. Thank you for your compliments towards *The ECHO* articles. Contrary to popular opinion, almost all articles are written by offenders who are simply trying to offer assistance to other offenders. These three particular articles, I thought, were well thought out and well written. We are always looking to publish articles with a purpose towards self-improvement. Thanks for writing *The ECHO*.*

## Baking, cooking apprenticeship class accepting new students in Huntsville

The Huntsville Unit's Baking and Cooking Apprenticeship class is accepting new students. The class is three years in length, gives real-world experience and prepares the student for a career as a freeworld baker or cook. Graduates receive a certificate of recognition as a baker or cook from the U.S. Department of Labor. The certificate aids in gaining employment upon release.

### Requirements:

- Three or more years left on sentence
- No major cases within the last six months
- U.S. citizen
- High school diploma, GED or working on completion of a GED
- Willing to transfer to the Huntsville (Walls) Unit

### Interested offenders should send an I-60 to:

Mr. Hopkins  
Food Service Headquarters  
P.O. Box 99  
Huntsville, TX 77342





## DEAR DARBY

### LETTERS TO THE OL' THANG

Dear Darby,

What's up, old man? First off, I have to commend you and your staff on the great job you do with *The ECHO*. There's always good stories and informative material to read. The reason for these lines is to share a few thoughts with you.

Barring any setbacks, I'll be discharging soon after 11 years. I've given (or lost, depending how you look at it) 15 years of my life to the state. These last 11, I've spent in seg. I have to admit, the world has changed so much, I have a huge challenge ahead of me. The technology is amazing. There are so many things I'm looking forward to.

The small things I took for granted: the touch of a woman's hand, a conversation with family, and listening to a dog bark. But most of all, I miss my family. My younger brother is not a kid anymore. I've missed 15 years of his life. My family doesn't know me as an adult and vice versa. They don't know what kind of man I've grown up to be. To be honest, it hurts. Knowing how much my mom needs me; how her oldest son has been apart from her and not being able to be there for her. I used to get weighted down by thoughts like this. Now I just figure it means that I'm alive and I've got a heart. That makes me vulnerable, but it's okay.

I knew that dwelling on my mistakes would make my time more difficult, so I started planning positive things to do. Needless to say, I'm anxious to be a normal person again. I want to do normal things. I've grown to be an ambitious, strong willed, determined man and I plan to be the best person I can be. I'm going to make up for lost time and make something of myself. If I could do things over again, I would. I can understand why some say "live for the moment," but one should also consider the long-term ramifications and consequences of one's actions, because others will be affected and possibly hurt by them.

Regret is one of the worst feelings you can have, especially when you hurt the ones you love. You can't take back the pain and disappointment you caused. Don't take life for granted. Think about the things you are missing because of the choices you made. The small things in life you took for granted hurt the most.

Thanks for your time, old man. It's greatly appreciated.

Respectfully

Raul A. Jimenez

Stiles Unit

Dear Raul,

*You've pretty much said it all. I would like, however, to address your remark about "doing normal things." My only advice to you is that you might want to define what "normal things" are to you. Watching TV is a normal thing in the free world just as it is in here. Neither place is it a very productive pastime. Eating junk food is also a normal thing both in here and out there. That particular pastime is probably more destructive than constructive.*

*So prior to getting out, you might want to look into creating a "normal things" list so that you have a path to follow. Other than that, you seem to have everything well in hand with regard to your upcoming release. Good luck!*



Dear Darby,

I have always wanted to write to you to say you always do a good job. Knowing it all must be tough. Well I have a question maybe you can answer for me. Is State Counsel for Offenders (SCFO) there to help me with a legal question? For example, I have a drunk driving charge, but I was never given a sobriety test. So was I really drunk?

I have submitted this question to SCFO but all I get is an index card telling me to look in a book in the law library. Is SCFO at least supposed to break it down in a way that I can really understand what is going on?

Sincerely,

Reggie

Eastham Unit

Dear Reggie,

*Put the coffee cup down and back away from the table. You have to be kidding me? How simple does it get? Step One: Go to the law library. Step Two: read the book! Listen Reggie, if you want to get anywhere in life, you have to put some energy into it yourself. You can't sit around the dayroom drinking coffee all day and expect a miracle.*

## Waiting

Submitted by Lisa M. Kerr Brown  
Plane State Jail

<i>I'm waiting to see your sweet face.</i>	<i>filled with pain and grief.</i>
<i>Got my dress whites on; not a hair out of place.</i>	<i>Soon my time here will be over, and I'm anticipating</i>
<i>Seeing you will surely bring me some relief.</i>	<i>you there at the gate arms open</i>
<i>My days here are mostly</i>	<i>and waiting.</i>

METH continued from page 1

red phosphorous, lithium metal, sodium metal and toluene. These are dumped in playgrounds, water sources, ravines, roadsides and backyards where our children play. Other children are subjected to living in homes where meth is cooked, exposing them to hazardous chemicals, dangerous fumes and combustible materials. Still more children are abused or neglected because of drug-addicted parents. It is known that parents abusing meth can stay high and wired for an entire week, and they can crash into a comatose sleep for several more days.

Meanwhile, the house grows filthy, and the refrigerator goes empty. Children in these situations many times are left to fend for themselves.

A Justice Department report noted, "in 2009, 980 children were reported to the El Paso Intelligence Center (EPIC) as present at or affected by methamphetamine laboratories, including eight injured and two killed at the laboratories. These statistics do not include children killed by random gunfire associated with drug activity or physically or sexually abused by a caretaker involved in drug trafficking or under the influence of drugs."

### Meth By Any Other Name is Still Meth

Methamphetamine is known in many circles by many names: meth, crystal meth, ice, crank, glass, speed, chalk, crush 'n rush, tina, snap crackle pop, white crunch, tweak and go fast, etc. Whatever its name, a "hit" triggers the release of dopamine in the brain, induces euphoria and

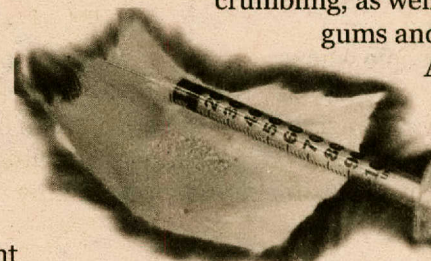
increases alertness and energy. A person coming off a high experiences the opposite—depression, fatigue and excessive sleepiness. A person high on meth often experiences psychotic episodes that can include paranoia, hallucinations, delusions and violent rages. The physical effects are damaging as well—weakening of the heart, increased possibility of suffering a stroke, permanent impairment of motor skills, scratching or clawing one's skin and extensive damage to teeth and gums.

"Meth mouth" is characterized by teeth that are rotten, stained or crumbling, as well as blackened gums and mouth sores.

According to the American Dental Association, treating just one individual for meth mouth can cost anywhere

from \$7,000 to \$14,000, provided there is anything left to treat. By the time some individuals are institutionalized, the only available treatment is to pull or remove any remaining teeth and replace them with dentures (about \$8,000).

Because the drug affects the area of the brain responsible for pleasure, meth addicts can become incapable of experiencing pleasure without the drug. Long-term use causes the brain to attack natural dopamine and serotonin. Eventually, the brain of the chronic abuser will shut down the area controlling emotion, memory and cognitive abilities. Meth addiction is treatable, but requires a long period of treatment. Complete restoration is unlikely due to damage to the brain.







## Conquering emotional eating

### Part I

Staff Report

Someone opens a pack of duplex cookies with the intentions of eating only one. A couple of hours later they notice the entire bag is almost gone. After a letter arrives from someone that has not written in a long time, suddenly there is a burning desire to prepare a chili spread. Most people might not think that these eating patterns are connected to their emotions. However, they never stopped to ask themselves if they were physically hungry when they ate those cookies or the chili spread. If there was no physical need for a meal, “emotional eating” has occurred.

According to Linda Spangle, the author of *Life Is Hard, Food Is Easy*, emotional eating is defined as: using food for emotional or psychological reasons instead of satisfying the body’s physical requirement for food.

Food somehow helps us fill in the gaps of everyday life. Whether it is eating junk food out of a locker every “in and out,” eating excessive amounts of ice cream on commissary day or enjoying a slice of that “homemade” cake that is floating around your cellblock, it all makes people feel better.

How food became connected to emotions is very simple. All babies cry when they are hungry, and the parents feed them. As one grows older, food begins to show up everywhere, and despite the fact that people are not always hungry, they always—eat!

In *Life Is Hard, Food Is Easy*, Spangle details how her mother would cook fried chicken, bowls of gravy, mashed potatoes, apple pies, every Sunday. All the family would gather and have a wonderful time eating. When they left the table, they all would feel satisfied, loved and full. In their house, food meant...happiness! Food helped celebrate birthdays, graduations, weddings and holidays.

Subconsciously, people who grew up with similar experiences learned how food and happiness correlate with one another. As a result, when people are feeling low, they have an inclination to turn to food in hopes of feeling better. When they feel great, they want to celebrate that feeling with—guess what?—more food! People, thus, consume more food than the body needs, which causes obesity.

To overcome emotional eating, Spangle offers these tips:

#### •Fuel Your Body

The body is like an automobile; it needs fuel to run efficiently. Plan a minimum of three fuel stops, with optional mini-stops in between. Keep fuel intake consistent. Ask if the fuel you are about to put into your body is going to meet your hunger and nutritional needs. Is there a physical hunger, or just a desire to eat? If it’s a physical hunger, you should eat quality fuel. Quality fuel should provide solid, lasting energy. Junk food like cookies, chips and candy bars are only “fillers” in your tank that won’t give good mileage.

#### • Eat To Appreciate Flavors

Don’t wolf down your food. Allow yourself to appreciate the taste, texture and the joy of food. Give taste buds a chance to notice the food. Oftentimes, people look at a food item and it looks delicious, but after the first couple of bites, it is not what you hoped it would be. Then instead of putting it down, it is devoured. If the taste of the food disappoints you, stop eating it! Also, take a closer look at where and when you eat. By managing your daily eating plan, one controls food instead of the other way around.

By applying these simple tips, “emotional eating” can be conquered.

References: *Life Is Hard, Food is Easy*, by Linda Spangle, 2003 E

## Don’t ‘waist’ your time

Staff Report

Making life changing decisions requires a true sense of courage, commitment and sacrifice. Anything that is worth having is truly worth working for—like a smaller waist! In order to reduce one’s waist size, many strenuous hours must be spent exercising and eating habits must be altered. People who are successful in shedding those undesired pounds and shrinking their waistlines often encounter a new, more tedious challenge of keeping those pounds off.

Most people have seen the battle with keeping the pounds off after successfully completing a weight-loss program. If not on a personal level, there are many celebrity examples, like Oprah. For many years, Oprah hosted the world’s most watched daytime talk show while battling to keep her waist thin. One season Oprah would have the thinnest waist, and the next season her waist would balloon back to her original size.

The same thing happened to Kirstie Alley. The famous bartender from the legendary TV sitcom “Cheers” watched her weight increase to nearly 300 lbs. She would lose most of it with a dietary program but always found herself gaining it all back. After losing nearly 100 pounds,

she would quickly regain it back and add 20 more.

Maintaining weight loss is not easy at all. A recent article in USA Today profiled a man named Ken Chaney who has struggled to keep weight off. By the time he was 20 years old, his 5-foot-8 frame carried 335 pounds. After reducing his weight to 178 pounds, Chaney saw his weight increase again by 20 pounds, twice.

A recent survey of 3,000 people conducted by the National Weight Control Registry shows that people who have lost a significant amount of weight can maintain their loss by using a few simple strategies. First, one has to follow a low-fat, low-calorie diet of about 1,800 calories a day. Secondly, a regular exercise routine of at least 30 minutes a day is recommended. Lastly, one must eat breakfast on a regular basis and watch less than 10 hours of TV a week.

So, while losing weight is a very tough decision to make, keeping it off is even tougher. One cannot simply cross the finish line and quit. Instead, one has to gear up for the daunting task—keeping it off! People who don’t commit themselves to both battles are just “waisting” their time. E

#### PURPOSE continued from page 1

I aim to inspire those people around me to be the best they can be, while also trying to be the best person I can be. I challenge myself. I don’t live as though prison is the end of my life. This is part of my life, and I am preparing for another chance at freedom.

The State of Texas will not rehabilitate me or any other inmate. It will provide rehabilitation opportunities—vocational training, on-the-job training, cognitive programs, educational programs—but it will not force me to reform. That is a personal choice.

I choose to spend my time improving myself. At work, I am teaching myself computer programming. I recently finished my second college degree, with honors. Each day I learn a tiny bit more Spanish by conversing with bilinguals around me. I write, for myself and for others. I also reach out. I serve as a tutor and a supplemental instructor for the college program here at the unit. I assist people with legal research at the law library and I try to offer words of encouragement to people who are tempted to quit trying to better themselves.

I often listen to the conversations of the staff members around me as I wait to go from one place to another. I hear their complaints about life being a struggle in the world beyond prison gates. I hear them speak of wanting more fulfillment out of life. I have realized something in the midst of it all: each of us struggles to find purpose in life. Everybody wants his or her life to matter.

It is a guarantee that death will find each of us. What will the dash on your tombstone represent for you? Even in prison, how will you live? That question deserves some serious thought. Find your purpose and go confidently in that direction. E





# AGENCY INFO — POLICY UPDATES — LEGAL NEWS



REHAB continued from page 1

Offenders can also volunteer to participate in programs if they meet eligibility criteria, where space and time permit.

## Programs available:

### InnerChange Freedom Initiative

- Offenders must volunteer for this program.
- 24-month faith-based program (18 months while incarcerated, six months upon release.)
- Three Phases: (I—Rebuilding values; II—Community service projects, counseling and family education; III—Aftercare.)
- Mentor assigned to offender while incarcerated and will continue to mentor the offender upon release.
- Number of beds: 378
- Males—Vance Unit

### Sex Offender Treatment Programs

- For sex offenders who pose a moderate or high re-offense risk.
- 18-month or nine-month\* program
- Three Phases (I—Evaluation and Orientation; II—Intensive Treatment; III—Transition and Release.)
- Number of beds: 500
- Males—Goree and Hightower units
- Females—Hilltop Unit
- \* not offered at Goree Unit

### Sex Offender Education Program

- Four-month (FI4-R) program
- For sex offenders who pose a minimal re-offense risk
- Number of beds: 428
- Males—Hightower Unit
- Females—Hilltop Unit

### Serious and Violent Offender Reentry Initiative (SVORI)

- Targets Level I offenders, 18-35 years of age who volunteer or receive a Board of Pardons and Paroles (BPP) vote.
- Six month in-cell pre-release program for administrative segregation offenders.
- Offers literacy, anger management, cognitive restructuring, cultural diversity and substance abuse education.
- Offenders with the parole stipulation of SVORI aftercare may participate in a continuum of care through a Parole District Reentry Center (DRC).
- Number of beds: 63
- Male—Estelle Unit High Security

### Reentry Life Skills

- Offenders must volunteer for this program
- Six weeks (with two sessions per week) of life skills
- Utilizes video conferencing to teach parenting, nutrition, employment, money management, credit repair, CPS/ child support issues and other related life skills, and is offered each spring.
- Number of participants: 100-120 per year
- Males—Kegans State Jail
- Females—Plane State Jail

### WrapAround Resource Fair

- Serves female confinees at Plane and Henley state jails returning to Harris County/greater Houston area
- Assists offenders with developing a release plan.
- Designed to assist population releasing without parole or probation case management.
- Selected resource providers meet needs specific to the female population, including education, mental health, substance abuse, housing, employment, child support and legal issues not related to their

confinement.

- Targets 700 offenders per year

### Transformational Ministry Dorm

- Offenders must volunteer for this program.
- 12 to 20-month faith-based pre-release.
- Classes include biblical overview, values, life skills, personal responsibility, accountability, successful reentry, criminal thinking errors and anger management.
- For offenders releasing to San Antonio, Dallas, Fort Worth, Houston or El Paso areas.
- Number of beds: 56
- Males—Torres Unit

### COURAGE Program for Youthful Offenders

- Offenders between 14 and 17 years of age
- Offers substance abuse education, life skills, and cognitive intervention in two tracks: one for those who will discharge their sentence upon (or soon after) completion and one for those who will remain incarcerated after program completion.
- Transition services for youth transferring from TYC to TDCJ
- Number of beds: Males—184; Females—26
- Males—Clemens Unit
- Females—Hilltop Unit

### Volunteer Programs

*Volunteer activities, services and programs are essential to the rehabilitation of the offender population. The following are provided at most TDCJ facilities:*

- Literacy and education services
- Life skills
- Job skills services
- Parent training services
- Drug and alcohol education
- Support groups
- Arts and crafts
- Faith-based programs
- Victim awareness training
- Education on medical issues and prevention
- Other programs aimed at reducing recidivism  $\epsilon$

## Prison Rape Elimination Act (PREA) Ombudsman

In 2007, the Prison Rape Elimination Act (PREA) Ombudsman was established by the 80th Legislature (Texas Government Code §§501.171- .178) and was appointed by the Texas Board of Criminal Justice (TBCJ). The PREA Ombudsman provides offenders, family and friends of offenders and the general public an independent office to report sexual assaults occurring in Texas Department of Criminal Justice (TDCJ) correctional facilities, and to ensure the impartial resolution of complaints of allegations of sexual assault. The PREA Ombudsman reports directly to the TBCJ chairman and may be contacted at the following address:

**PREA Ombudsman**  
**P.O. Box 99**  
**Huntsville, Texas 77342**

Due to the serious nature of sexual assaults, and in accordance with TDCJ policy on "Zero-Tolerance" against sexual assaults, offenders knowledgeable of an offender-on-offender or staff-on-offender sexual assault that occurs within a TDCJ correctional facility are encouraged to immediately report the allegation to the facility administration or the Office of the Inspector General (OIG).  $\epsilon$



# Viewpoint on education's value: Jordan Unit celebrates GED graduation

Darren Crump - Jordan Unit

The Jordan Unit recently saw its second GED graduation of the year, with 11 offenders honored in front of a large gathering of family, friends and teachers. Principal R. Eason officiated the event, with keynote speaker John Studebaker, a Pampa city councilman, delivering a powerful and motivational speech on the importance of education. After the ceremony, graduates and guests were treated to refreshments and entertained by the Jordan Unit band.

While the ceremony was moving and interesting, one may ask what benefit these 11 graduates get for their efforts, besides a pleasant memory of the event and a piece of paper. They have to return to dayrooms full of naysayers who ridicule them for trying to improve themselves through education (or any means). The naysayers often say that anyone trying to improve while in prison is wasting time, because their efforts will have little or no value once they are released.

For anyone striving to improve themselves through education or other

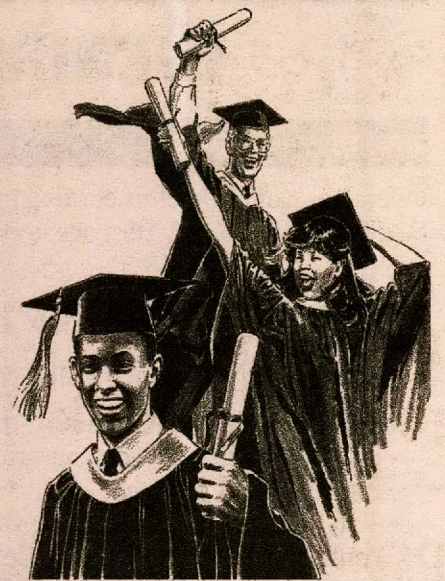


Jordan Unit's second 2012 GED ceremony honors 11 offenders

means, the following are three points that confirm the value of your efforts.

1. **Transcendent Value** — There are very few things that we can do while in prison that will add value to our lives once we are released; education is one. The education we obtain while incarcerated has the ability to transcend the prison walls once we are released, adding value to our life on the outside. A job application may not ask you if you know who is the best quarterback in the NFL or who is the highest scorer in the NBA, but it does ask if you have a GED. Employers do not care how many hours you watched TV or played dominoes while in prison, but they do care how many college hours you accumulated while here.
2. **Economical Value** — An old street saying goes, "if it don't make dollars, it don't make sense." Getting an education while incarcerated makes "dollars and sense." The U.S. Bureau of Labor Statistics shows that the more education you have, the lower your chances of being unemployed. In 2008, the dropout unemployment rate was 9 percent; high school graduate 5.7 percent; and a two-year associate degree 3.7 percent.
3. **Intrinsic Value** — Education has a value much greater than could ever be fully expressed in dollars. Education can enhance your life to the point that you can see opportunities where others only see obstacles. Education can broaden your vision, which is why it is priceless, and why people have fought and died for the chance to be educated.

Look around at the prisons filled with those who have little or no education, because they are the ones who lack opportunities, vision and hope. It is a proven fact that the more education you obtain while incarcerated, the lower your chances are for recidivism. What's the value of freedom?  $\Sigma$



## Class report: Cognitive Intervention

By James Carter  
Estelle Unit

Cognitive Intervention is a 60-day program offered by the Windham School District (WSD) that can assist anyone who wants to replace a negative attitude with one that is more positive. Throughout the course of the class there are several different exercises that allow one to take a self inventory and identify the negativity that exists within them. This is not just some class that participants sit through for three hours. Instead, it is a life-altering course that really helps one break the cycle of negativity and begin a new life.

While I was enrolled in the program, I came to terms with the errors that existed in my thinking. I realized that speaking less—or none at all—in certain situations, could really be a positive solution to a problem. It gives one a chance to consider all available solutions and an opportunity to select the best one that fits the situation.

I urge anyone who is looking to better themselves to enroll into Cognitive Intervention. It will help better one's way of thinking and also one's life. It is an outstanding course!

**Editor's note:** Anyone wishing to enroll in WSD's Cognitive Intervention program should send an I-60 to the education counselor on their unit. The program includes work on anger management, impulse control, overcoming criminal behavior and other critical topics.  $\Sigma$

## .....SUDOKU.....

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

Easy

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

Difficult



# Crespo's chess corner: rook endings, part three

Richard Crespo  
Terrell Unit

## Rook and pawn vs. rook — 'Lucena's position'

In this rook and pawn vs. rook position, black's king is pushed out of the pawn's way. Here the white's king has already managed to reach the seventh rank. See diagram A.

Nothing can stop white from winning if he knows the proper technique. This is another position that you should know well — a position which can lead by force to the "Lucena position." This position is hundreds of years old and is named after Luis Ramirez de Lucena, the author of the oldest existing chess book, published in 1497. Interestingly, the manuscript doesn't include this position! White can win by a technique Aaron Nimzovitch later dubbed "building a bridge." White configures a straight line of rook, king and pawn on the same file, escaping checks and ensuring that the pawn can advance to the queening square.

First, white advances his pawn as far as possible.

1. Kh7 Rh2+ 2. Kg8 Rg2 3. g7 (see diagram B.)

3. ... Rh2 (or 3. ... Rg3 4. Rh1 Kf6 5. Kh8 Rxg7 6. Rf1+ Kg6 7. Rg1+ with the win.)

4. Re1+ Kd7

To make progress, white needs to move his king out of the way of his pawn. Moving the king immediately accomplishes nothing: 5. Kf7 Rf2+ 6. Kg6 Rg2+ 7. Kf6 Rf2+ 8. Ke5 Rg2, and the king has to come back.

However, 5. Re4! Played to be able to provide a future shelter for the king. (See diagram C.)

5. ... Rh1 6. Kf7 Rf1+ 7. Kg6 Rg1+ 8. Kh6 Rh1+ 9. Kg5! (key move) Rg1+ 10. Rg4

The "bridge," which is really a block against checks, has been completed and white wins easily.

Diagram A: white to move

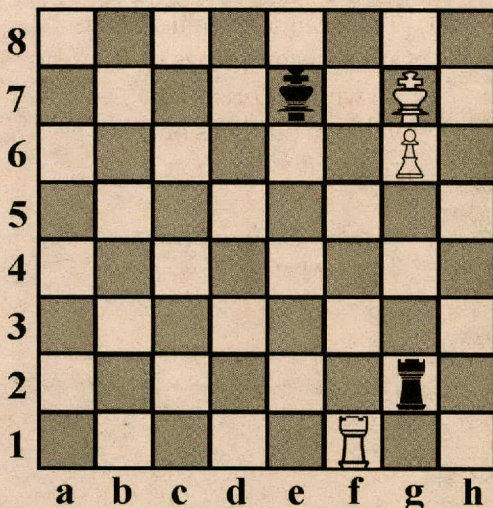


Diagram B: black to move

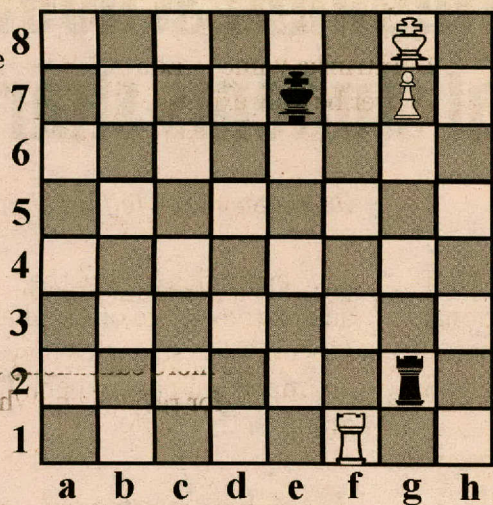
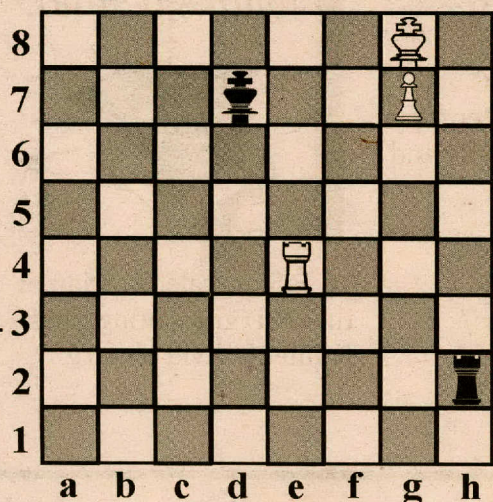


Diagram C: black to move



## The Stuff of Legends

Darren Crump - Jordan Unit

The Jordan Unit recently hosted Kairos Walk #31, and 42 men participated in a weekend filled with fun, food and fellowship. The 50-plus volunteers conducted an outstanding program of talks, activities and of course, delicious food.

Kairos is currently active on 44

units throughout Texas (the largest number in the U.S.), 33 different states and 12 different countries. One volunteer stated that while those statistics may be impressive, they are not important. What is important is getting the message of God's love active in the 42 men's hearts that participated in Kairos

31. E

## Halloween Word Find

Submitted Anonymously

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

GHOST

ORANGE

FRANKENSTEIN

SPIDER WEB

SCARY MOVIES

DRACULA

CANDY

HAUNTED

VAMPIRES

SKELETON

PUMPKIN

APPLE

WITCH

TRICK OR TREAT

BATS

COSTUMES

HALLOWEEN

SCARECROW

HOUSE



# Lane Murray Unit produces American Idol

By Christina Ashford  
Lane Murray Unit Reporter

The Lane Murray Unit's "American Idol" style competition was held for all general population offenders who were eligible to attend, regardless of their ability to sing.

Ms. Whitt, recreation officer, planned and organized the event. She started the day by singing Flyleaf's *Set Apart*. The ladies who participated brought smiles, laughs and even a few tears. Once the judges—Major Henson, Lieutenant Sweetwood and Ms. Whitt—were seated, everyone was allowed to sing a song of their choice. The judges picked the best 10 participants. Eight of the 10 chosen would compete at the finals.

For the finals, each lady would pick a song with music included from a list provided. During the weeks between rounds, the finalists were allowed to practice in the unit gym. Everyone worked hard to be prepared and bring their own flare to the competition. The final round was held in the unit chapel. All the participants, trustees and staff were welcome to attend. The judges—Warden Scott, Major Henson and Lieutenant Sweetwood—would choose the first, second, and third place finishers. The finalists started the show by singing a group song prior to performing their individual songs. The competition was tough. Everyone came to win. In the end, the top finishers were chosen in this order: third place Veronica Martinez, second place Jennifer Dunn and first place Nicole Hawthorne. *ε*



## Stiles Unit hosts Kairos event

Keith Demps - Stiles Unit

The Stiles Unit hosted Kairos # 27, a prison ministry formed of volunteers from various churches and religions within the area of a prison. The goal of Kairos is to allow the participating offenders to experience agape love. "Agape" is a Greek word used by New Testament writers to describe a self-sacrificial love. Agape love proceeds from a loving heart, and is directed to the other person to bless him or her and seek that person's highest good.

The Kairos ministry begins with a four-day program called The Walk. The Walk consists of 42 offenders whom have been selected to participate. These offenders are grouped together with Kairos volunteers who teach and illustrate to participants how to live, love and fellowship as Christians. Kairos also ministers to one's appetite. Throughout The Walk, refreshments and meals are provided by Kairos. Participants get the opportunity to eat food (other than prison food) and get away from the normal prison environment for four days.

The Walk ends on the fourth day, but the experience and love last forever. Once The Walk is completed, the Kairos ministry is still present on the unit through weekly prayer groups, monthly reunions and quarterly retreats. Kairos is a great example of agape love. "He who loves, brings God and the world together." (Martin Buber, 1952). *ε*

## Telford Windham School District GED, vocational students share graduation

Jamie Stewart - Telford Unit

The first Telford Unit GED and vocational graduates of 2012 were honored at a ceremony on Jan. 21, along with family and friends. Principal Y. Martin and the entire teaching staff recognized the men who worked so hard to obtain knowledge and skills to better prepare them for their futures. The commencement address was given by A. McCoy, spokesperson for Texas Representative C. Lavender, District 1. Her topic was "Overcome Adversity and Continue the Journey!"

McCoy's focal point was on what actually builds inside of a person as he/she endures some of life's hardest struggles. McCoy

gave examples of how the actual knowledge of Abraham Lincoln's life struggles played an important part in her grandmother's life.

*What's ahead is far more important than what's behind.*



T. Evans, valedictorian of the GED graduating class, painted a vivid picture

during his own address: "In automobiles, ever notice how the windshield is always larger than the rearview mirror? There's a reason for this. What's ahead is far more important than what's behind. The windshield in a person's life represents his/her vision ahead. The rearview mirror represents a person's past. As we continue to drive forward on our journey, a person's past struggles, disappointments and failures must become smaller and smaller, until finally they become a distant memory. What matters is whether you're willing to get behind the wheel of your vehicle and continue forward. Are you?" *ε*



# Wynne Unit Catholics host Brothers of St. Dismas retreat

By Jeremy Busby - Staff Writer

“This weekend is like you are going to a tropical paradise, so for a moment imagine you are leaving this place,” the weekend’s master of ceremonies, Deacon Dennis Hayes, said during the opening ceremony of The Brothers of St. Dismas retreat.

As the 72 participating offenders arrived at the Wynne Unit’s chapel, they were greeted by 26 members of the Texas Metanoia Team. Comprised of TDCJ volunteers from various churches around the state, team members stood at the chapel’s entrance singing and clapping their hands to begin the weekend retreat.

Named after the person that the Catholic Church believes was

the thief that was crucified next to Jesus, the Brothers of St. Dismas is a Catholic fraternal chapter and part of the TDCJ Life Changes Academy. The chapters are designed to provide a creative way for structured faith-based initiatives for Catholic men. There are 17 chapters throughout TDCJ.

After the opening ceremonies, offenders were divided up into 10 families. Each family had two volunteers from the Metanoia Team and was named after Biblical characters like Paul, Luke and John. Throughout the weekend the families would work in conjunction with one another during various group activities.

Selected members of the Metanoia were chosen to “witness”

to the gathering on an assortment of topics ranging from laity and grace to piety and reconciliation. Witnessing is a speech that contains a mixture of heartfelt personal testimonies and spiritual advice. After each witness, the families would return to their appointed tables and have a group discussion on the topic. At the conclusion of each discussion, the families would complete an assigned task to illustrate their thoughts on the topic.

After Metanoia Team member Mark gave a witness on “Laity”, each family was instructed to design a poster that demonstrated their discussion. Each family was permitted the opportunity to explain their poster to the gathering.

At one stage during the weekend,

each family was asked to create individual poster boards that reflected themselves before finding God and themselves today. Each person was allowed to stand before the retreat and present a poster. Most “before” posters reflected negative traits like self-centeredness, destructiveness and addiction to drugs. The “today” sides were all positive and echoed happiness, salvation and love. The gathering cheered after seeing each individual’s positive change.

During the closing testimonies, each offender came forward and explained what he received from the weekend retreat and what he intending to do as a result. The retreat ended with a celebration of Mass. *ε*

**Brothers of St. Dismas is a Catholic fraternal chapter and part of the TDCJ Life Changes Academy**



## Glass champions for life visit Polunsky

By Bill Zinger - Polunsky Unit Reporter

The Bill Glass Champions for Life ministry paid a visit to the Polunsky Unit on March 2 and 3. They brought their custom motorcycles with them and parked in the rec yards for the men to enjoy. Over 60 volunteer guests shared their life adventures with the crowds. Vietnam vets and ex-cons called to serve in prison ministry shared some quality time with the men. Musicians played rock and country music. Famed wrestler Tully

Blanchard of the ‘Four Horsemen’ spoke of the highs and lows of the entertainment trade.

Circus performer Tino Wallenda displayed his talent on the high wire set up for the occasion. The One Percenters Christian rock band pounded out such favorites as “Jail House Rock”, “On the Road Again” and “Heard it Through the Grapevine.” Remote control model airplane pros Jim Harris and Kirk Massey flew their World War II P-52 and Corsair scale

models in swirls, flips and dog fights.

The Bill Glass Champions for Life ministry is a nationwide prison program with headquarters in Texas. As many as 1,000 men and women travel to prisons across the country bringing hope and inspiration to the men and women in prison by reaching out with real concern to change lives and build new beginnings. *ε*



# Waking up

Submitted by Gilbert Vargas  
Garza West

When I was out in the world,  
sometimes thought about life.  
I thought of where I could be,  
And if I was living  
it right.

I knew my habits  
were bad,  
And that I was  
living all wrong.  
But I never  
thought I'd get  
locked up  
Because of the  
road I was on.

I had the love  
of my family  
And I had the love  
of my kids.  
I didn't even do drugs,  
So how'd I  
end up like this?

Drinking morning,  
noon, and night;  
Different girl every week.  
I even cussed  
at my parents,  
And I wasn't  
the dad I could be.

I knew I could have drunk less



Like my family wanted me to.  
I could be with my kids every  
chance I got  
Like a real father's  
supposed to do.

But the flesh is weak  
And I'm only a man.  
Every time I'd try to change,  
I'd find myself at it again.

So 20 years is what I got  
When I walked into  
that court.

My bad habits led me to  
a fight  
And now life seems  
so short.

I want a drink less now  
And to find me a wife.  
I want to be the kind  
of dad

That's always in his children's life.

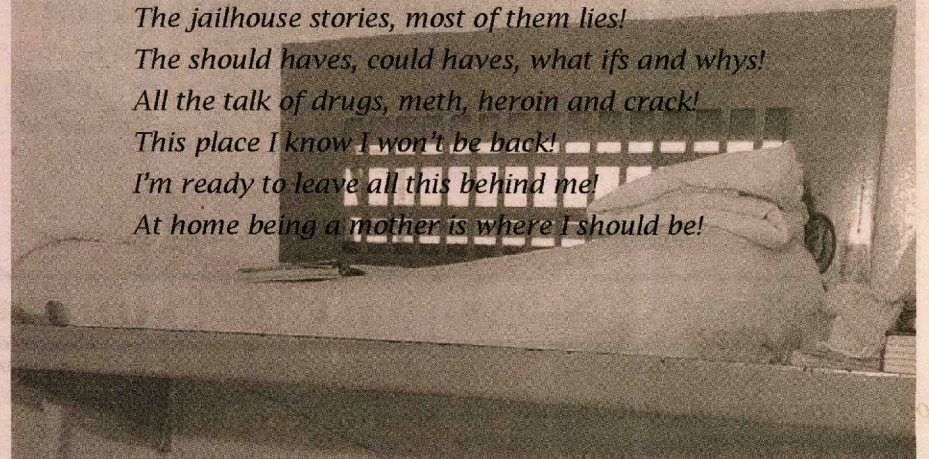
I hate that it had to come to this  
For me to realize  
That I had something great  
And I should have opened  
my eyes.

I'll just take this as an experience  
And live each day as it comes.  
'Cause I know this is just a lesson  
From the Man up above.

# Prison days

Submitted by Amy Westerman  
Henley Unit

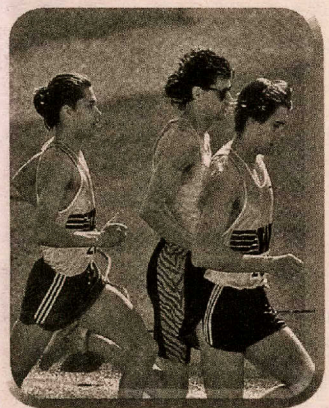
Laying in my bunk, counting down the days!  
Tired of this atmosphere and other people's ways!  
I'm tired of wearing nothing but white!  
I'm sick of hearing who's flyin' a kite!  
I'm done eating spreads and living out of a box!  
I'm tired of hand-washing all of my socks!  
I'm sick of mail call and waiting for a letter!  
I'm tired of hearing, "It will get better!"  
Having someone control everything I do!  
When to walk or talk and even eat too!  
The jailhouse stories, most of them lies!  
The should haves, could haves, what ifs and whys!  
All the talk of drugs, meth, heroin and crack!  
This place I know I won't be back!  
I'm ready to leave all this behind me!  
At home being a mother is where I should be!



# Be prepared

Submitted by C.W. Elliot - Wynne Unit

A marathoner starts a race  
but quits after a mile,  
and people ask why he so poorly fared.  
It doesn't take a genius  
that awfully long a while  
for all to see that he was not prepared.



A football team ranked number one  
gets beat their opening game  
by one that all agree could not compare.  
It doesn't take a sportscaster of nationwide acclaim  
to figure out that they were not prepared.

A student takes a test in school  
and flunks the thing hands down;  
her parents freak when they become aware.  
One needn't be an educator in search of renown  
to ascertain that she was not prepared.

A prison inmate who's released comes back after a year  
because he couldn't make it anywhere.  
It matters not to which theory you adhere,  
the bottom line is he was not prepared.

## Not just winners, but overcomers

The peer educators of the Pack Unit dedicate the following poem  
to all the peer educators throughout the Texas Department of  
Criminal Justice.

You have been EMPOWERED  
to tear

Down the obstacles which keep

You from creating a new life

A new world for yourself

And your families.

You have changed your self-

esteem

You have cast aside your

Worries, fears and feelings of

Inadequacy and insecurity.

This is the beginning of the  
future.

We see leaders

Continuing to build the public's

Trust and renewed

Commitment to make a

Difference in our society

We congratulate you and look

Forward to the future that

You will create.



# One more

Submitted by Michael Lawrence  
Holliday Unit

It starts after work when you  
first hit the door.

You head to the bar 'cause it's  
time for one more.

Although you've been at it since  
nine in the morn',

You say to yourself, "Hell, there's  
time for one more."

Now you start thinking 'bout  
bad things in store,

But those thoughts start to fade  
if you have just one more.

The cell phone goes off as you  
look at the door.

You glance at the clock; is there  
time for one more?

Now slam it on back; that one  
goes to the core.

You try and walk off, but instead  
hit the floor.

Dust yourself off, now your  
body's all sore.

What a lousy excuse to have just  
one more.

So you head to the house where  
you feel life's a bore.

She's gonna be hot 'cause you  
stopped for one more.

Now you see lights and you  
know what's in store.

Handcuffs and cop cars and cold  
concrete floors.

They used to go easy, but that  
was before

You stopped at the bar and  
caught number four.

Now into the hearts of your  
family you tore,

Because you were selfish and  
had just one more.

Now you ask God that your life  
He'll restore.

You pray now for chances:  
please, God...just one more?

## Have you ever?

Submitted by Reynaldo Reyna

Middleton Unit

Have you ever  
found yourself, in a place  
- so cold and alone?  
And even though it  
held no shelter,  
you called it your home?

Have you ever  
found yourself hungry,  
and so desperately in need?  
Or gone without help, 'because  
you hated to ask or to plead?

Have you ever found yourself  
wishing you've never been born?  
Or done something so shameful  
that left you emotionally scorned?

Have you ever found yourself so  
carelessly out of control?  
And, because of your mistakes,  
you had to pay the toll?



Have you ever found yourself  
thinking you're just  
buying your time?  
Or wondering  
"if only," I hadn't  
committed my crime?

Have you ever found yourself  
unmercifully trying to change?

But found yourself losing, and  
you nothing have gained?

Have you ever found yourself  
with the odds against you  
all stacked?

And, instead of  
stepping forward,  
you had to step back?

Have you ever found yourself  
wanting someone  
to help you along?  
To give you their love,  
that would want to  
make you go on?

Have you ever thought of  
asking the man upstairs?  
He is always with you,  
because He loves you  
and cares.

## The eagle still flies

Submitted By Tim Jordan, Powledge Unit

I am proud to have known  
Some real heroes of our day  
Some are still with us  
Some have flown away ...

Away above to that  
great gig in the sky,  
I smile through the blue

With a tear in my eye ...  
To dad, my brothers, the  
Veteran friends out there  
Old Glory whips through my  
memories

My heart truly cares this  
November please let us honor

them all

For if they would not have  
stood for us  
America would fall ...

God bless you, we love.  
For all of you we pray,  
The eagle still flies, thank you.



## I'm ready

Submitted by Richard Ponce - Dominguez Unit

Racing thoughts fill my mind  
I am flooded with emotions  
That make me teeter with anxiety  
and melancholy.

Aggravation is beginning to  
interfere with my motivation.  
In group, I find empathy; I am  
trying hard to fight apathy,  
But I find it so hard when I am  
surrounded by negative entities.  
In all the years that have passed,  
The damage has been done.  
I hate who I've become.

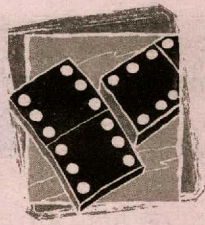
Now I am a stranger to my  
family and those who thought  
they knew me.  
I dove into the River of Deceit.

My pain was self-chosen.  
This affliction of addiction has  
brought me much pain  
and sorrow.

It is time to change, no more  
putting it off until tomorrow.  
My morals became jaded;  
the value of life and love was lost.  
Memories of innocence are now  
clouded by times of trouble.  
Now again, I'm trapped in a  
four-walled world.  
With all that my eyes have seen,  
I have aged beyond my years.  
They have given me life  
experiences that no one needs or  
would care to share.

My stubbornness and pride  
made me see blissful ignorance.  
I was drained of all hope  
and lost my faith.  
But now I am ready  
to break this cycle.  
I know who I am  
and who I want to be.  
I wish it hadn't taken this long  
for me to see.  
I pray for strength and discipline  
to complete my goals.  
I will be able to win the battle  
I fight within myself  
And have control of  
my troubled soul.





## Disappointments, dominoes, and doing time: Beaumont Slim chooses new beginnings

**W**hen I first arrived at TDCJ, I thought my life was over. Coming from the background that I came from, I felt only losers came to prison. I have been many things in my life, but a loser is not one of them. I made some bad decisions, and those decisions were directly responsible for me being the first member in my family to come to prison. My parents raised me the right way. I was supposed to have a long, exciting football career. If things failed on the field, my intentions were to go into coaching. Getting married and having a family of my own was also a part of the plan. All of this went down the drain with one foolish mistake. This troubled me deeply. I let many people down, including myself. As I looked at the uncertainty of my future I couldn't help but think negatively. What am I supposed to do with my life now? There is no way I can become a better person in prison. My life was doomed!

"Hey, Steve, snap out of it, man. They are about to roll the doors for chow," I heard my cellie, Beaumont Slim, say as I came back to my senses.

Beaumont Slim was the first cellmate I had when I reached my unit. He had been in prison for five years and from what I could see, everyone pretty much respected him. Obviously, Beaumont Slim was not his real name. People called him that because he was from Beaumont and he was, well...slim.

We got along fairly well. He taught me a lot about prison culture. I could always depend



*Cowboy Steve*

on him to help me understand the things that confused me—like why guys sit around and play dominos all day.

"It is their way of doing time," he would tell me. "Some guys read books, some exercise; others play dominos."

Beaumont Slim did his time differently. He was always gone to some type of lay-in every day. Since coming to prison he had obtained his GED from the Windham School District and was enrolled in Lee College. He also was a peer health educator, volunteering his free time to teach other offenders about contagious, infectious diseases. In addition to that, Beaumont Slim participated in some of the classes that were offered in the chapel. He was always on the go, doing something positive.

"So what was on your mind, Steve?"

"Well, I was just thinking about my mom and pops. I really disappointed them. I was not supposed to come to prison. I let them down."

"Man, you can't dwell on the past. What is done, is done! You can not allow that to dictate your future. It is not too late to make things right.

You have to pick yourself up and utilize your time here properly."

That was quite easy for him to say. He was not the star player on his high school football team or the person voted "most likely to succeed" by his classmates. I had the world in my hands and blew it.

"Do you think that you are the only person to come to prison and let someone down?" Beaumont Slim asked. "Almost everyone in here has disappointed someone. There are people in here who are going to continue to disappoint people. They never learn their lesson; never change for the better. Disappointing people is part of life. The key is stopping the disappointments now and start making people proud. Today is a new beginning."

What my cellie said had some truth in it. I remember my grandmother would always tell me, "Today is the first day of the rest of your life." Suddenly I came to the conclusion that I'm here to serve my prison sentence and there is nothing I could do to change that.

That was over eight years ago. Beaumont Slim was a genuine friend, and he showed me how to get enrolled in college. I cannot properly describe how proud my parents were the day that I graduated with my associate of arts degree from Lee College. Today, I know that each day brings a new beginning and it is up to me to embrace it. *E*

## A book review: Hillenbrand's 'Unbroken' explores human spirit overcoming adversity

By Jim Brannen  
Duncan Unit

**I**n the annals of WWII history, there are many profiles of courage, but none more amazing than the story of Louis Zamperini. Yet, until Laura Hillenbrand's best-selling novel "Unbroken" was released in 2012, most had never heard of him. Like her debut novel "Seabiscuit," "Unbroken" is a riveting tale of survival and overcoming all odds.

Louis Zamperini grew up as the son of Italian immigrants in Southern California. From the time he could walk, Louie couldn't stand to be corralled or restrained. He

started smoking at age five and drinking by the age of eight. It seemed like most of his childhood adventures ended with the words, "and then he ran like crazy!" As a teen, Louie rode the rails and ran away from home, staying only a few steps ahead of jail or juvenile detention.

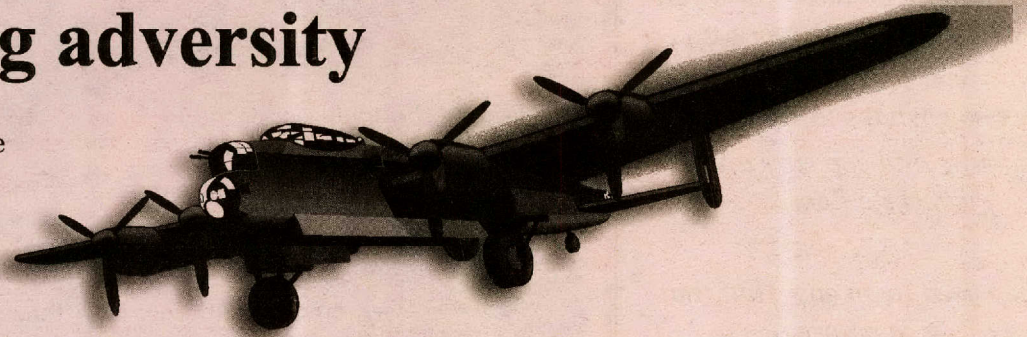
Desperate to give him a healthy outlet, his older brother encouraged him to take up sports. Once Louie began running competitively, he found his passion and quickly became the fastest high school miler in American history. He competed in the 1936 Olympic Games in Berlin and was poised to set world

records in the 1940 games when WWII broke out.

The athlete became an airman. Louie and his crew were shot down over the Pacific and spent a record 46 days adrift at sea. Rather than being rescued, they were captured by the Japanese. This began a two-year ordeal as prisoners of war that gave new meaning to the term "hard time".

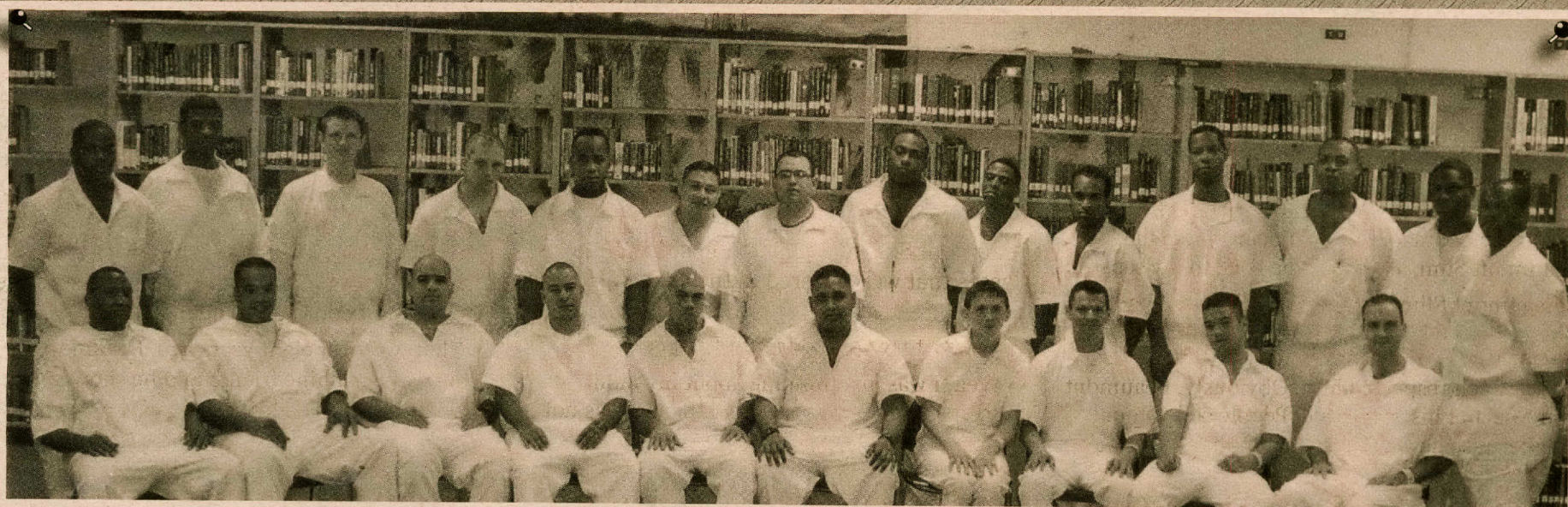
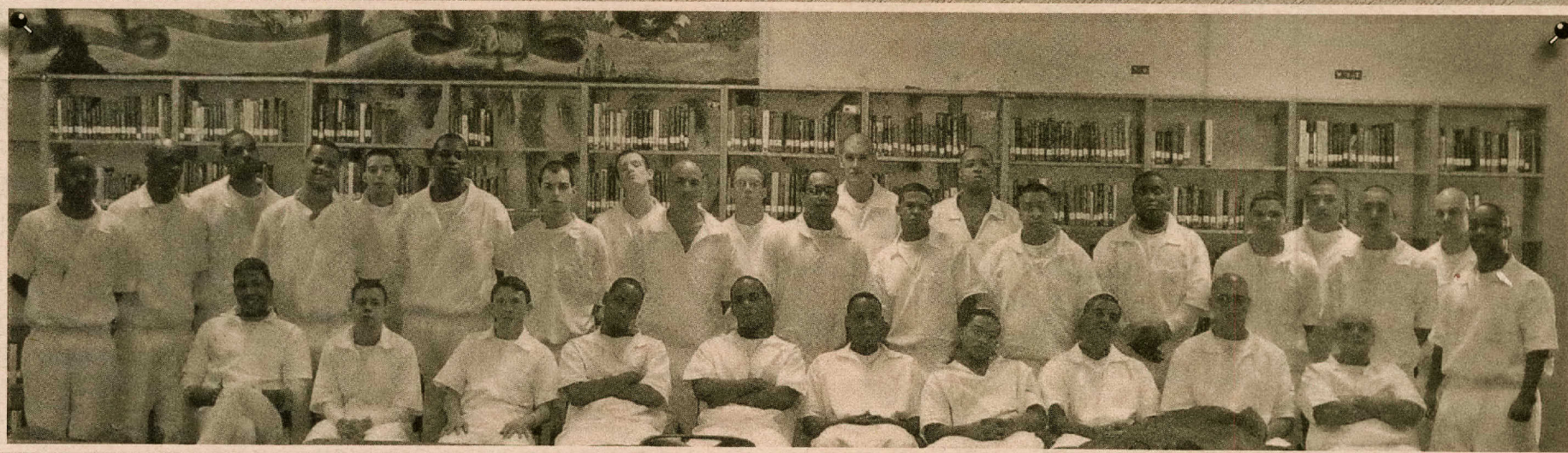
"Unbroken" is an inspiring

story, especially for those who face adversity and suffering in their lives. It is a tonic against self-pity and the "woe is me" syndrome. It is an incredible, true story that will lift your spirit and renew your determination to overcome whatever trials you must face in your life. It remains on the best seller list two years after its 2010 release. Check with your unit's library for availability. You won't be disappointed. *E*

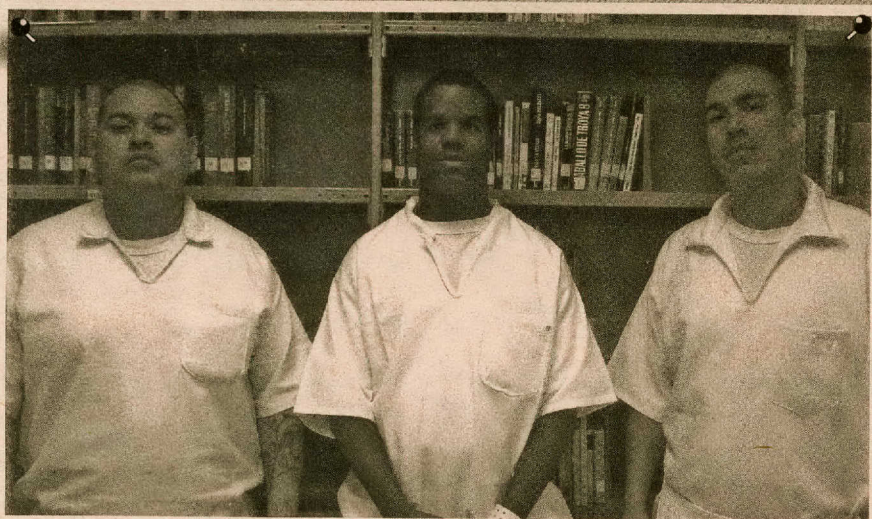




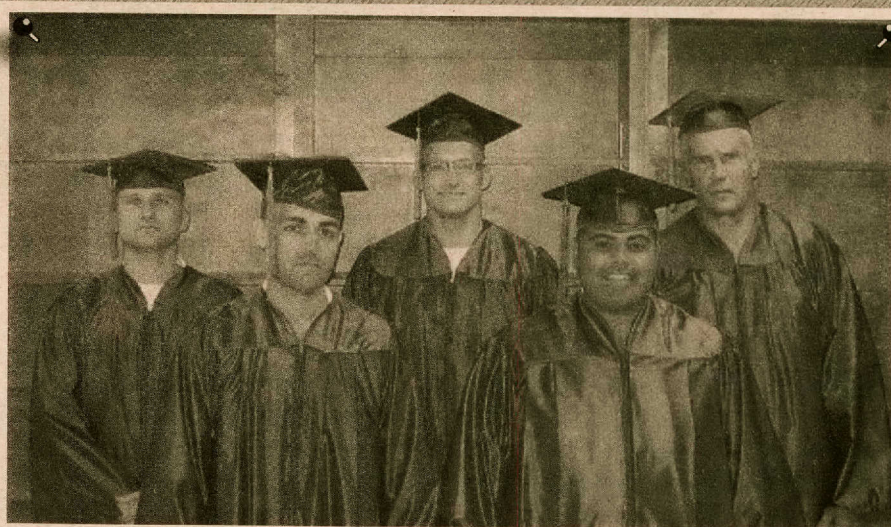
# TDCJ/Windham bulletin board



Telford Unit GED/vocational graduates are B. Stancik, T. Evans, R. Hewitt, J. Johnson, B. Britton, C. Venegas, R. Soto, D. Ruiz, J. Rhett, C. Graham, R. Garza, J. Porras, B. Brewer, E. Armstrong, A. Flores, Z. Hernandez, J. Morgan, D. Williams, D. Palomino, B. Seifried, E. Fisk, J. Conner, E. Adams, J. White, S. Sanders, R. Taylor, J. Rubio, R. Vasquez, M. Walker, J. Calvo, A. Rodriguez, C. Wilson, R. Palmer, A. Smith, T. Lynch, D. Piggee, L. Mitchell, P. Stewart, C. Reed, M. Mosqueda, C. Cantu, J. Boone, F. Jones, S. Wilson, J. Mayes, V. Turner, R. Vega, J. Roughley, E. Guerrero, L. Williams, C. Hilburn, J. Perez, F. Juarez, C. Childress, T. Villa, B. Williams and B. Oldfield.



Wallace Unit CHANGES II graduates are D. Hamilton, M. Ruiz and B. Carlos. CHANGES — Changing Habits and Achieving New Goals to Empower Success (CHANGES) is a 60-day life skills program designed to prepare offenders for release.



Daniel Unit Western Texas College graduates are J. Botts, M. Dominguez, M. Lovell, A. Caicedo and S. Bishop.



# TDCJ/Windham bulletin board

**GED – The General Equivalency Diploma (GED) test is administered by Windham School District (WSD) and tests in five subject areas. WSD awarded more than 5,000 GED certificates during the 2010-2011 school year.**



**Mountain View Unit GED graduates are B. Williams, C. Stonebarger, D. Henderson, S. Overton, C. Deadner, R. Black and T. Davis.**



**Clements Unit GED graduates are C. Argobonlo, F. Lane, D. Park, A. Cozine, D. Simmons, A. Arellano, A. Quiroz, J. Feeder, A. Aldrich, F. Castaneda, J. Walker and R. Acuna.**



**Crain Unit GED graduates are E. White, R. Giglio, J. Bradley, T. Cooks, D. Dumont, A. Lerma, M. Valles, A. Martinez, C. Lopez, T. Willis, A. Hoffman, B. Burns, P. Bryant, K. Johnson and A. Curtis.**



**Torres Unit GED graduates are T. Alexander, J. Baggett, O. Barrios, A. Bicking, B. Brown, R. Carrera, O. Casarez, R. Eads, D. Escamilla, M. Fletcher, D. Flowers, F. Garcia, R. Garcia, D. Handy, R. Lopez, J. Perez, H. Pymm, R. Rodriguez, G. Salazar, L. Sarmiento, A. Torres, A. Williams, J. Williams and also J. Williams.**



**Hilltop Unit GED graduates are L. Gutierrez, J. Jordan, A. Gonzales, D. Morris, B. Vermillion, C. Morrissey, V. Matthews, B. Morales, J. Buchanan, E. Vega, Z. Sanders, S. Cabello, E. Scarlett, D. Lewis, E. Pina, C. Hart, R. Silva, N. Chapman, B. Patton and M. Teakell.**





## Terrell Unit holds basketball contest

Anthony King - Terrell Unit Reporter

The Terrell Unit held a unit-wide basketball contest earlier this year. Out of the many competitors, the field was narrowed down to the final two: the "Baylor Bears" and the "Terrell Trustee Camp squad."

After four quarters of the lead going back and forth, the championship game was decided at the final buzzer, with the Baylor

Bears coming out on top.

The Baylor Bears MVP was D. Potter, and the Terrell Trustee Camp squad MVP was C. Winchester.

The first place winners were: M. Garcia, K. Ollison, M. Contreras, D. Lee, L. Burton, R. Allen, J. Jones (coach), J. Blaton, D. Potter, D. Davia and M. King.  $\epsilon$

### EXPERIENCED HELP WANTED: MANUFACTURING & LOGISTICS (M & L)

To apply for a Manufacturing and Logistics Division (M & L) job, send an I-60 detailing your work history and qualifications **to the appropriate plant manager**. You will be notified if you are chosen for a job.

#### OUTSIDE TRUSTEE POSITIONS

- **Diesel Mechanics** — W6/Beeville Unit Mechanical \*MUST BE AN OUTSIDE TRUSTEE\*
- **Clerks** — W6/Beeville Unit Mechanical \*MUST BE AN OUTSIDE TRUSTEE\*
- **Diesel and Automobile Mechanics** — Jester III/Central Unit \*MUST BE AN OUTSIDE TRUSTEE\*
- **Automobile Mechanics** — Wynne Unit Tire Shop \*MUST BE AN OUTSIDE TRUSTEE\*

#### G2/S3 CUSTODY STATUS POSITIONS

**\* NO OUTSIDE TRUSTEES \***

- **Small Engine, Mule and ATV repairers** — Michael Unit Mechanical
- **Graphic Designers** — Torres Unit Print Shop
- **Sheet Metal Workers** — Ellis Unit Bus Repair Shop
- **A/C Mechanics** — Ellis Unit Bus Repair Shop
- **Auto Electricians** — Powledge Unit Metal Fab
- **Machinists** — Huntsville Unit Machine Shop
- **Sewing Machine Mechanics** — Smith Unit Mattress Factory
- **Maintenance Mechanics** — Smith Unit Mattress Factory
- **Tractor Mechanics** — Huntsville Unit Mechanical Tractor Shop
- **Diesel Mechanics** — Ellis Unit Bus Repair Shop
- **Sewing Machine Operators** — Ellis Unit Garment Factory
- **Diesel Mechanics** — Wynne Unit Mechanical
- **Skilled Craftsmen, Carpenters, Woodworkers, Cabinet Builders** — Gib Lewis Unit Wood Shop

#### GENERAL CLERK POSITIONS

- **Clerks** — all M & L areas, must be a G2/S3 custody status. \*NO SEX OFFENDERS OR OUTSIDE TRUSTEES\*



## RECIPES

### WICKED POPCORN SOUP

By K. Robinson  
Lane Murray Unit

#### Ingredients:

- ¾ can V8 juice
- cheese popcorn
- pickle (chopped)
- jalapeno pepper (chopped)
- jalapeno chips
- chili flavor packet

#### Directions:

Mix together V8 juice, pickle, jalapeno pepper, and chili flavor packet. Then mix with popcorn. Enjoy with chips. Eat at your own risk.

### MARGARET'S CREOLE BANANA PUDDING

Margaret Williams  
Plane State Jail

#### Ingredients:

- 1 pt. banana pudding ice cream, melted
- 1 pkg. powdered milk
- ½ c. slightly crushed vanilla wafers
- 7 whole vanilla wafers

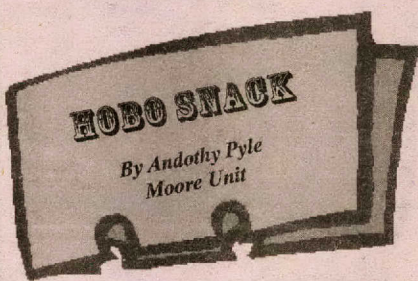
#### Directions:

In a spread bowl, add powdered milk to the melted ice cream; stir well. Mix in slightly crushed vanilla wafers. Garnish the edges with the seven uncrushed vanilla wafers. Serves two.





**RECIPES**



**Ingredients:**

- 1 pkg. macaroon cookies
- 1 pkg. duplex cookies
- 1 Chic-O-Stix
- 1 energy mix
- ½ spoon coffee mix
- ½ cup water

**Directions:**

Remove cream from half of the duplex cookies, put into cup; add ¾ spoon of water, ½ spoon of coffee and mix well. Repeat process with the other half pack of cookies, but only add ¾ spoon of water and mix well.

Crush Duplex cookies and slowly add 5-6 spoonful of water. Add ½ of crushed Chic-O-Stix and ½ energy mix. Mix into dough.

Take dough mixture and make 16 balls; put each ball between two Macaroon cookies and lightly smash together. Put creamy mixture in empty bag corner and cut a small hole in corner of the bag. Squeeze icing on top of macaroon cookie sandwich. Repeat with other ½ creamy icing; make own design with icing. Then sprinkle other ½ Chick-O-Stix and energy mix on top of icing.

# Coffield Unit holds TVCC commencement ceremony

Gregory Bryant - Coffield Unit Reporter

**T**he Coffield Unit hosted Trinity Valley Community College (TVCC) graduates from the Coffield, Michael, and Beto units. These graduates successfully completed all of the requirements necessary to obtain their Associate of Arts or Associate of Applied Science degree. In many cases, the students earned both.

The program began with friends and family members cheering as graduates entered the chapel dressed in their caps and gowns. After the invocation by TVCC Associate Vice President Dr. Sam Hurley, the Coffield Mass Choir sang "America

the Beautiful," followed by "I Finally Made It."

The commencement address was given by state representative Lance Gooden (R-Terrell). In his address, Gooden told the men, "Your degree in itself does not right all your wrongs, but it does show your determination to get your life on the right track." At 29 years of age, Rep. Gooden is the youngest member of the 150-member body, and he, too, is a TVCC alumnus.

After acceptance of degrees and turning of tassels, the graduates sang the TVCC Alma

Mater. The program concluded with a benediction from Chaplain Dan Rose. Graduates thanked the following program supporters: Dr. Glendon Forgey (president of TVCC), Dr. Jerry King (vice president of instruction, TVCC), Hurley, Roberta Eudey, Windham School District (WSD) principal, Captain A. Christopher (Coffield Unit) and the many teachers and professors that supported the graduating class.

Educational programs offered by TVCC are provided and managed in partnership with the TDCJ and WSD. These educational activities include both vocational training and academic education. The goal of these programs is to prepare the offender for success outside of prison and to enhance the rehabilitative aspects of correctional education. *E*

*Your degree in itself does not right all your wrongs, but it does show your determination to get your life on the right track.'*

— State Rep. Lance Gooden (R-Terrell)

## Sudoku solutions

### Easy

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

### Difficult

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

## Crime Stoppers

### Information sought on cold case homicide

On Nov. 1, 1980, a truck driver traveling on I-45 through Walker County discovered an unclothed woman lying facedown on the shoulder of the road just north of Huntsville, Texas. The female's estimated age was 14½ to 16½ years old. Her approximate height was 5 feet to 5 feet 3 inches and her approximate weight was 110 to 120 pounds. The unidentified girl had light brown hair, brown or hazel eyes, a 1½ inch scar at the end of the right eyebrow, pierced ears and no tattoos. She was wearing a rectangular-shaped pendant with a smokey blue stone on a gold chain.

If you have any information on this homicide, please contact the TDCJ Crime Stoppers Office at P.O. Box 1855, Huntsville, Texas, 77342-1855 or 1-800-832-8477. TDCJ Crime Stoppers will pay up to \$1,000 for information leading to the arrest, filing of charges or indictment of the person (or persons) who committed a felony crime or is a wanted fugitive.

