

# The ECHO

Texas Prison News

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Distributed Free to Texas Prisoners

## TDCJ offering training program to offenders in Ad Seg, easing offender transition into general population

Offenders being released from administrative segregation will have the option to participate in a new four-month transition program at the Ramsey Unit before returning to general population: The Administrative Segregation Transition Program (ASTP). Offenders who are eligible are reviewed prior to placement in ASTP based on factors such as time until next review, behavioral history and special needs.

Offenders in the program are able to learn, use and explore techniques addressing emotional management, hygiene/health issues, goal setting and decision making, gang topics and communication. Participants will be prepared for entrance into general population, will use “staff-to-offender” communication activities and will have the opportunity to participate in faith-based group programs. They will also participate in developing life skills strategies and techniques.

ASTP classes will be facilitated by program staff addressing different phases of the transition process. Offenders will be able to examine how they came to where they are, what is important to them, and what is worth changing. Topics discussed in the Orientation, Core, and Transition phases of this program will also help offenders see how changes can be made and kept in place for the long term.

“This is a chance for offenders to focus on their decisions, talk about what they are thinking, and understand how others process information. Offenders are taught how to take themselves down the right path,” said

Marvin Dunbar, manager of Support Services with TDCJ’s Rehabilitation Programs Division. ASTP will allow for offenders to have case management meetings to discuss specific plans, give staff updates on how they are doing, and discuss individual treatment concerns. Classes and case management meetings will also benefit offenders by being a time to practice communicating and interacting appropriately with other individuals.

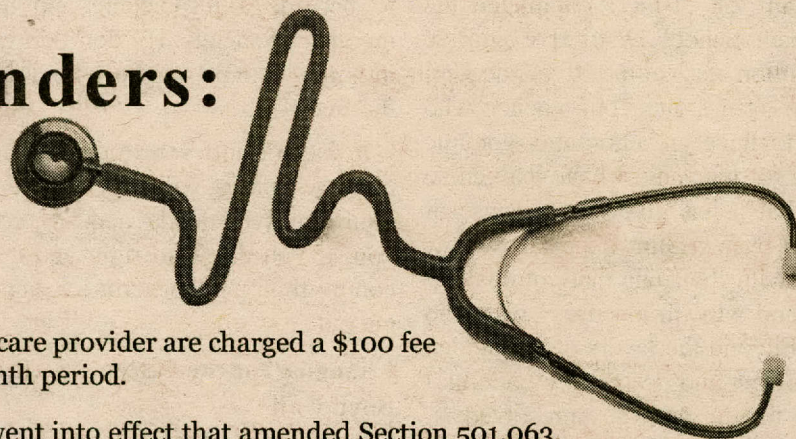
The Windham School District (WSD) partners with TDCJ in the ASTP, providing the Cognitive Intervention Program to help change criminal thinking patterns.

“It is an exciting time as we continue to find new and more creative ways to help individuals process their history of decisions and outcomes,” said Veronica Casanova, WSD Instructional Services Division director. “ASTP aims to empower offenders with awareness that making sound choices will lead to improved outcomes in their lives. Cognitive Intervention develops this awareness and helps ASTP participants prepare to return to general population and eventually the community.”

TDCJ program sponsors emphasize the focus on changing offender lives through the program.

“The agency is committed to promoting positive change by helping offenders discover positive options and putting them into action. We are here to guide participants transitioning into general population,” Dunbar said. As of June 5, 2014, there were 138 participants in the program.

## Notice to Offenders: \$100 Health Care Fee



Offenders requesting a visit to a health care provider are charged a \$100 fee for their first eligible visit each 12 month period.

**Beginning Sept. 28, 2011**, a state law went into effect that amended Section 501.063, Texas Government Code, and changed the amount the Department of Criminal Justice is required to collect from each offender who requests a visit to a health care provider.

**You will be charged a \$100 fee for the first eligible health care visit that you request each 12-month period.** The 12-month period begins on the day of your first eligible health care visit. You make such a request by completing and submitting a Sick Call Request form or by requesting a staff member provide assistance in accessing a routine health care service that is not an emergency or life-threatening as a walk-in patient. You may not request a provider by name.

FEE continued on page 6

## Child Support Corner

Texas Office of the Attorney General —  
 Child Support Division

Incarcerated parents often write personal letters to the Office of the Attorney General’s Child Support Division (OAG-CSD) seeking information about paternity and child support. The OAG-CSD cannot respond to personal letters, but there is a way for incarcerated parents to get this information: The ***Inquiry Form for Incarcerated Parents***, which is available in every TDCJ law library.

SUPPORT continued on page 6

# The ECHO

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### To the Editor,

I'm here on the Hughes Unit doing a 20 stretch (aggravated). I've got six years under my belt and was blessed enough to be accepted to the faith-based dorm. I've been out here on Z-pod for about seven months. I've met some really good, caring men who have come together on a simple project: to help the chapel in its efforts to supply the indigent with their basic needs.

The response to this effort was phenomenal! We have amassed donations from virtually every building: 500-600 soups, 30 deodorants and 200 bars of soap. God has blessed the Z-pod of the Hughes Unit in helping others.

We would like to extend a challenge to all the brothers on every unit to come together as one in the service of others. Those who can — act!

**Phil Masters  
Hughes Unit**

### To the reader,

*I know many chapels in TDCJ perform these services for their unit's indigent population. It's a great giving opportunity for those who can give and a great service to those in need. Thanks for your story and your challenge and the actions of the men of the Hughes Unit. It's always better to give than to receive!*

### To the editor,

On Jan. 24, 2014, I completed the [Windham School District] Cognitive Intervention class at the Riverside Unit with Mr. Hamilton as our teacher, who seems to have an automatic, genuine passion for teaching. I have learned so much that it has given me a sense of freedom from within. I know now how to deal with the trials that come along in life and why, in a sense, I was who I was. Beyond the layers of the hidden pain, sorrow and destructive patterns I walked in life, and the unresolved issues I held inside for so long, I finally came to a realization that I am the one who chooses my own destiny. I have a choice to determine what road I will follow, and I refuse to limit myself to all the unknown possibilities of success and all the opportunities in life that are attainable through perseverance, hard work and discipline. Now I am free and soar like an eagle. I hope and pray that

throughout these prison walls that each and every prisoner would "Let go, let God," and find their calling. Stop self doubting and live above and beyond. We all have potential and we cannot let our past define our future.

**Peace,  
Monica Maria Treviño  
Crain Unit**

### To the reader,

*Well said! It seems as though you are on the right road for your future. I have heard numerous positive comments from offenders about the Windham Cognitive Intervention Program classes and would highly recommend them to anyone qualified to enroll. Thanks for sharing your thoughts with The ECHO and our readers.*



### To the Editor,

My name is "Changing for the Better", I am 32 years old, serving a 15-aggravated sentence. I wanted to write to tell those who care about others not to change just to fit in. At the beginning of my sentence I tried to fit in with the wrong people and wound up with disciplinary cases for my troubles. Besides that, I did not feel like I was living my life, but someone else's life that I didn't even fully understand.

Now, I refuse to live someone else's way just to get along in prison. I will not steal from the chow hall, curse out an officer or hold lookout to assist "homeboys" in breaking the rules. I'm not about to hurt more people; I was sent to prison to change the bad inside, to become a responsible and honest member of society. If I don't do what's lawful here in prison, how can I do it in the freeworld?

It doesn't hurt you to do right, but I promise you, it will hurt your victim, your family, friends and, of course, you, if you don't do right and end up committing another crime when you get out.

**Changing for the Better,  
Boyd Unit**

### To the reader,

*It sounds like you have made some major decisions that should put your life on the right track. I heard a motivational speaker say that it is never too late to start making the right choices. Sometimes we think all is lost and that it is too late. It is never too late! Thanks for writing to The ECHO.*

### To the editor,

Upon reading Mr. Paul Reed's story, "The Last Round", in November's issue, several things came to mind. One was William Wallace in "Braveheart." For those familiar with the movie, William Wallace believed his strength came from within, from his spirit – a place no man could quench or kill.

Another thing that came to mind was the scripture "The spirit is willing, but the flesh is weak." I am willingly in a relationship with a man I have loved for 17 years. This relationship brings equal amounts of pain and joy, kind of like labor and giving birth. At this particular time, the pain in this relationship is intense for me and I find myself wondering if the healing joy of birth will ever come. Will God really wipe away all my tears? Will He really make all things new and heal my past like He says?

The last few weeks there's been no doubt in my mind that my spirit is willing to hold on and wait, but my flesh wants to throw in the towel and call it a day. Yet, as Mr. Reed noted, there is something within me that refuses to give up, that absolutely refuses to accept defeat. More than ever, in and of myself, I realize I have nothing – no strength, no fight left in me. So what is this something that refuses to throw in the towel?

Mr. Reed's aunt knew it. William Wallace knew it and I know it, too. It is faith. This week, through a series of written admonishments, God has given me the strength to stay in the fight; not meaning just stand there and taking a beating, hoping and praying the round will end soon so I can lie on the floor and nurse my wounds, but to win, to experience new birth.

I want to thank Mr. Reed for his timely piece (unwittingly, he has helped me more than he can possibly know). You never know how close the victory is unless you stay in the fight. Thank you, Mr. Reed, for encouraging me to stay in the fight.

**Anonymous**

### To the reader,

*Thanks for your very insightful letter. There is a part of the human spirit that can be energized and lead us to places we never would have dreamed. Never, never, never give up!*

## DEAR DARBY

### LETTERS TO THE OL' THANG

Dear Darby,

Can you help me? I sit in the day-room watching TV and every store day I see these guys come back with one or two full sacks of commissary, yet a week later they come by wanting a shot of coffee. How is this? As I live on a budget too, I always put my "needs" at the top of my list, and the "wants" after that. I know I drink a bag of coffee a week, so I buy enough to last a spend period, with two bags of coffee in reserve so I don't have to bum from anyone. Why can't these roaches do the same? They're cooking spreads every night while I go to the chow hall, yet I'm supposed to furnish their coffee when they run out? Don't they have any self-respect or pride in themselves? I would suggest that this is the difference in those that were "rescued" and those that were "arrested." The rescued are always looking for a free ride, run to be first in the chow hall and will knock you down getting out the door, first to sign up for anything that will happen where they can get something free.

On another short subject — when going to chow, quite a few of these guys are stopping in the hallway, shaking hands and hugging each other, slowing down the line. While they're usually in a hurry to get to chow, coming back they'll walk abreast and act like they're taking a walk in the park. It's all about me, me, me. They can't spell respect, let alone give it.

**Michael Wayne Roray,**  
**Michael Unit**

Dear MW,

I'm glad you wrote to me. Yeah, there are a lot of "rescued" folks in here who are self-centered. However, I think your dilemma with the coffee roaches stems from the lack of a word in your vocabulary. That word? "No." It's pronounced pretty much the way it looks. Say it a few times, Mikey, until it flows naturally from your lips. The next time your buddies come around for coffee when their lockers are empty, say that magic word. You'd be surprised — it's like a giant can of "Raid." Use it enough, and the roaches will scurry away to greener pastures.

Dear Darby,

There's a guy on my wing who goes to the shower and washes up with someone else's previously used soap. I jammed him up about this, but his response was, "It's okay — soap is self-cleaning." I couldn't dispute his statement, but it still seems wrong! My conclusion: Ick!!! What do you think, Darb?

**Washing away with my OWN soap,**  
**Michael Deen,**  
**Ramsey Unit**

Dear Mr. Suds,

Yet another new one for me. I've seen folks do the used soap thing, but I never thought about it. While your soap recycling friend has a point, I have to agree with you on the "ick" factor. I mean, you know what they've done with that soap (wash their feet, for example), and now you want to scrub your mug with it?! Ewww. Clean up your act: stick with your own soap.



Dear Darby,

I already know I'm wasting my typing ribbon writing you, but I will send this anyway.

I can't go to the door of my cell anymore without someone going by with their pants sagging halfway to their knees, yet if you say something to them about it, they'll holler about getting all in their business. Darby, when your pants are that low, EVERYONE is in your business!

I read in the paper the other day that the government is trying to get enough people to go to Mars and start a colony — and that this trip would be a one-way ticket to the red planet. I suggest that they gather up all these sagger and ship them to Mars, so they can start their own little sagging world.

**With respect to all,**  
**Wendell A. Lee**  
**Clements Unit**

Dear Wendell,

I wasn't going to waste this space with your letter, but I had to respond to your first line. You didn't use a ribbon can in your typewriter; you used carbon paper, which is quite cost effective, so quit complaining. As far as your idea about

shipping folks out to Mars, I don't think they'd go for it. It's mighty chilly on Mars, and these dudes would freeze to death with their pants hanging low.



Dear Darby,

Thanks, Ol' Thang, for what you do. I believe that I have a clue on your identity. If I recall correctly, we once mingled with those redheads at that sleazy joint in Juarez back in the '80s. Fun times, huh?

Anyways, I have something to share about the nagging and whining that occurs in TDCJ — who cares, people?!? This is prison, for crying out loud. It was never designed to be all comfy and dandy. The food isn't hideous, and it's free. The clothes might not be high fashion, but it's not like we've got to get dolled up for a date. We might not be surrounded by the most charming, well-mannered people, but that is to be expected because we are in a place filled with hoodlums and ruffians. But while my prison experience hasn't been great, it hasn't been unbearable, either.

I believe that we, as prisoners, need to make the best out of a bad situation. I still manage to do my time with a bright

**Famous Quote:**  
*'If a man be gracious and courteous to strangers, it shows he is a citizen of the world.'*  
— **Francis Bacon**

and optimistic attitude, despite living in far worse circumstances than I had in the world. I'm still breathing, and it feels great!

**Respectfully,**  
**Arnulfo (Noofy) Falcon Jr.**  
**Luther Unit**

Dear Sunny,

Yeah, I lived next to someone with your overly sunny disposition in the world. He had an accident on his bike which cost him his left leg (but the bike survived with a few scratches), and all he could say was "Now I'll only pay half as much for shoes!" Anyway, you ARE right in that our circumstances in here aren't always as bad as they can be, and a little optimism DOES make life more bearable. So keep your head up, Noofy, and hope for fried chicken on your unit's next chicken dinner day!

## 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). 🇹🇽



## HEALTH NEWS — NUTRITION — MEDICAL UPDATES



### Prevent, recognize heat illness

*Editor's note: The following information was provided by the TDCJ Risk Management Department. Summertime and summer heat have arrived, and offenders (and staff) are encouraged to be aware of these three types of heat illnesses.*

#### Offenders who are at a higher risk for heat illness include those who are:

- newly assigned to a job;
- on psychiatric medications;
- over the age of 60 or
- exposed to high temperature and humidity conditions.



#### Prevention of heat illness includes:

- drinking at least 1/2 cup of water every 15 minutes when working in hot environments;
- taking a five minute break every 30-60 minutes and
- decreasing intensity of physical exertion under extreme conditions.

#### Types of heat illness

**Heat Cramps:** usually develop following strenuous exercise in muscles that have been subjected to extensive work. The pain may be quite severe. Heat cramps usually occur after several hours of work and may occur even at low ambient temperatures. The cause is inadequate replacement of electrolytes (sodium and potassium).

**Prevention** is accomplished by ample fluid intake before, during and after work, and salting of food during meals (if not medically contraindicated). Use of electrolyte replacement drinks (sports drinks) may also be beneficial.

**Heat Exhaustion (Heat Prostration):** the most common form of heat stress, caused by depletion of water and salt. Symptoms include weakness, anxiety, fatigue, thirst, dizziness, headache, nausea and urge to defecate. Signs include profuse perspiration, rapid pulse, lack of coordination and confusion. Heat prostration may lead to heat syncope, a sudden onset of collapse that is usually of brief duration. During heat syncope the patient appears ashen gray and skin is cool and clammy. Failure to treat heat exhaustion may result in progression to heat stroke. Risk factors include failure to maintain adequate fluid intake during exertion, and taking diuretics.

**Prevention** is accomplished by ample fluid intake before, during and after work, proper work-rest cycles, and salting of food during meals if not medically contraindicated.

**Heat Stroke is a medical emergency!** While it may be preceded by signs of heat exhaustion, the onset is often sudden. In heat stroke the body has lost its ability to dissipate heat and maintain a normal body temperature. Body temperature is often elevated over 106°F. Exertional heat stroke occurs in young, healthy people who maintain inadequate fluid intake during exertion. Signs include headache, chills, gooseflesh, (weakness in coordination,) nausea and vomiting, progressing to unconsciousness. Classical heat stroke is seen in the elderly, those with predisposing medical conditions such as congestive heart failure, diabetes and alcoholism, and those on medications that cause fluid depletion, interfere with sweating or interfere with the body's thermoregulatory system. Classical heat stroke has few warning signs. Collapse may be among the first symptoms. Skin is hot and dry, and pulse is rapid and weak. Shock and death may occur in either exertional or classical heat stroke.

**Prevention** includes ample fluid intake before, during and after work, proper work-rest cycles, keeping people at high risk from working under conditions of extreme heat and humidity and maintaining adequate indoor conditions, such as access to cool fluids and use of cooling fans for persons at increased risk for heat stroke.

**Report all incidents of a heat-related illness to a staff member immediately.** ✦

### Aviso a los Ofensores: Cuota de \$100 por atención médica.

A los ofensores que soliciten una visita a un proveedor de atención médica se les cobrará una cuota de \$100 en su primera visita elegible por cada período de 12 meses.

**Desde el 28 de septiembre de 2011**, una ley estatal entró en vigor que enmendó la Sección 501.063 del Código de Gobierno de Texas, y cambió la cantidad que el Departamento de Justicia Penal tiene la obligación de cobrar a cada ofensor que solicite una visita a un proveedor de atención médica.

**Se cobrará una cuota de \$100 para la primera visita de atención médica elegible que solicite por cada período de 12 meses.** El período de 12 meses comienza el día de su primera visita médica elegible. Es decir, cuando se llena y envía un formulario para solicitar una consulta médica o mediante la solicitud a un miembro del personal para acceder a un servicio médico de rutina que no representa una emergencia o situación de vida o muerte. El ofensor no podrá solicitar un proveedor médico específico o por nombre.

Una vez que se haya hecho el cobro, esta cuota cubrirá todas las visitas de atención médica que el ofensor solicite y/o requiera en el período de los siguientes 12 meses. Una vez finalizado el período de 12 meses, el ofensor no incurrirá en otra cuota de \$100 sino hasta el día de su próxima visita de atención médica elegible. Si el ofensor no solicita una visita de atención médica elegible, no se le cobrará la cuota de \$100.

La cuota se cobrará a la cuenta de fondos del ofensor. Si no hay suficiente dinero en la cuenta de fondos, la ley requiere que el 50 por ciento de cada depósito en su cuenta de fondos se aplique al importe del crédito hasta que se complete el pago del importe.

#### No se le cobrará por la visita de atención médica si es para:

- Una situación de emergencia o una situación de vida o muerte, que incluye, pero no se limita a lesiones sufridas como consecuencia de un accidente o agresión.
- Servicios de seguimiento recomendados por el personal de atención médica;
- Cuidado crónico (incluidas las enfermedades transmisibles como el VIH, SIDA y tuberculosis);
- El cuidado prenatal;
- Las peticiones iniciales de revisión de salud mental, y de emergencia, seguimiento, o solicitudes de atención crónica para las revisiones de salud mental;
- El examen de salud y evaluaciones relacionadas con el proceso de diagnóstico y recepción;
- Los servicios médicos necesarios para cumplir la ley y los reglamentos del Estado.

**No se negará el acceso a servicios de atención médica si el ofensor no tiene dinero en su cuenta de fondos para pagar la cuota.**

#### Quejas de los ofensores en referencia a la cuota por servicios de atención médica:

De acuerdo con la política de Administración de Cuidados Médicos, "Cualquier queja acerca de la cuota anual de los servicios por atención médica debe ser hecha al director de la unidad, administrador de salud o el director de enfermería, enfermera jefe o administrador de la enfermería, según sea el caso, inmediatamente después de obtener el recibo con el balance en su cuenta de fondos donde se muestra el cargo. Si el ofensor no tiene saldo en su cuenta de fondos o el saldo es insuficiente para cubrir la cuota, el cincuenta por ciento de la cuota y el cincuenta por ciento de cada depósito de futuro en su cuenta de fondos se aplicarán a la cantidad adeudada hasta que todo el balance de \$100.00 sea pagado. Los cargos que usted considere que sean incorrectos deben ser reportados dentro de los primeros noventa (90) días siguientes a la fecha en que visitó la clínica por la que se produjo el cargo. De no hacerlo, no podrá realizar el reclamo ya que el plazo para tendrá presentar el reclamo habrá expirado". Por favor, tenga en cuenta que el cargo en su estado de cuenta aparecerá como "MF". Si usted tiene alguna pregunta o duda acerca de los cargos, el periodo de tiempo de 90 días iniciará a partir de la fecha en que este código se haya introducido en su estado de cuenta por una visita de atención médica elegible.

En lo relacionado con el proyecto de ley (HB 3886) que no había sido aceptado y por lo tanto hacia que la cuota anual por atención médica para ofensores fueran no legales ha sido enmendado. De acuerdo con Biblioteca de Leyes del Estado en Austin, Texas, "Aun cuando HB 3886 no fue aprobada durante la Sesión Regular de la Legislatura 82, SB 1, misma que contenía un lenguaje similar en relación con la cuota de \$100 por la atención médica, esta fue Aprobada en la primera Sesión Especial de la Legislatura 82. Este proyecto de ley modifica el Código de Gobierno para reflejar la nueva tarifa, efectiva al 28 de septiembre 2011". ✦

# Hodge Unit Adaptive class graduates with stronger life skills

Bryan J. Moore, Staff Writer

*"I've* been locked up 15 years and this class has shown me how much society has changed. This class teaches us how to access resources on the computer, how to grocery shop and how to use a debit card. Anybody who takes this class will benefit," Hodge Unit offender R. Woods said.

Woods is one of the April graduates of the Windham School District (WSD) Adaptive Skills class. Adaptive Skills is 300 hours of instruction taking nine months to complete. The objective is to assist students in developing the life skills needed to function normally in society.

When the average offender considers life on the outside, he or she thinks about challenges such as having reliable transportation and a place to stay, finding employment, paying fees and perhaps continuing with education.

However, there is a segment of



TDCJ offenders for whom the simple act of filling out an application or navigating employment websites poses a virtually impossible task. These offenders must work harder in order to

become socially competent.

The Adaptive Skills class works to prepare these offenders for social reentry according to instructor D. Green.

"We work on different areas, everything from communicating with other people to health care and money issues," Green said.

In the classroom there are four booths: Jobs, Money, Health and Other (a category dealing with issues such as transportation and the cost of housing).

Green said she has a specific meth-

od for maximizing her students' chances of mastering the material.

"I emphasize what is important and try to direct the class toward those things," she said.

Basic life skills include learning how to fill out a job application, a skill that the students are grateful to learn.

"Education is very important. I was embarrassed to go apply for jobs because I couldn't fill out the application," offender S. Watkins said.

In addition, teamwork principles are an intrinsic part of the coursework.

"I would have to say that 99 percent of the time the students all worked together. We were a group that worked as a group," Green said.

When the class starts, no one else can be added to the program until the start of another class. Upon finishing, the class shows up as "education program complete" on each graduate's ITP screen.

Graduates were not hesitant to describe some of the specific benefits the class provides.

"It would take half an hour to say all this course has done for me. The course has taught me to work within a group, how to stick up for myself, how to have confidence to sit down in an interview and how to ask them about the job," B. Nobles said.

SKILLS continued on page 6

## From the Texas Department of Criminal Justice

### Attn: Friends, Family

SEARCH AN OFFENDER'S VISITATION

ELIGIBILITY ONLINE @ [www.tdcj.state.tx.us/](http://www.tdcj.state.tx.us/)

Go to the TDCJ website (Homepage) - [www.tdcj.state.tx.us/](http://www.tdcj.state.tx.us/)

Locate "Quick Links" (right side of Homepage)

Click on "Offender Search" - enter information for one (1) or more fields - then click "Search"

Under the "Name" field, click on the offender's name for whom you are searching

Scroll down to "Offender Visitation Eligible" field -

Click on the field's contents

Review the "Offender Visitation" page for helpful information before visiting. 🗝

## Departamento de Justicia Criminal de Texas

### Amigos, Familiares

BÚSQUEDA DE ELEGIBILIDAD DE VISITA

DE UN OFENSOR EN LINEA @ [www.tdcj.state.tx.us/](http://www.tdcj.state.tx.us/)

Vaya al sitio de TDCJ (Página electrónica) - [www.tdcj.state.tx.us/](http://www.tdcj.state.tx.us/)

Localice "Quick Links" (lado derecho de Página)

Oprima en "Offender Search" - entre la información para uno (1) o más campos - luego oprima "Search"

Oprima en el lugar "Name" - el cual contiene el nombre del ofensor

Vaya hacia abajo al lugar "Offender Visitation Eligible"

Oprima en el contenido del lugar

Consulte la página "Offender Visitation" por información útil antes de visitar. 🗝

## CRIME STOPPERS

### - Missing Person -

#### Benjamin Lund, aka 'Beans'

Benjamin Lund, aka "Beans," a white male, weighing 165 pounds; 6 feet 1



inch tall, brown hair and eyes, went missing at the age of 19, on June 13, 2005, from Harker Heights, Texas, in Bell County. He was last seen wearing a white T-shirt and blue jeans. He wears glasses at times and has a faint scar on his upper right lip and a scar from an appendectomy. Two weeks after Mr. Lund was last seen or heard from, his vehicle was found abandoned in Killeen.

If you have any information regarding this missing person or any crime, please contact Crime Stoppers at P.O. Box 1855, Huntsville, Texas, 77342. You may be eligible for a reward from \$50 up to \$1,000 if your information leads to an arrest and conviction. 🗝

## SKILLS continued from page 1

"We learned how to write out a check, balance a checkbook and re-adapt to life in the free-world," D. Black said.

Some of the Adaptive Skills graduates did not attain literacy skills until incarceration.

"It's just so awesome. I always wanted to learn to read and write. I just never took the time. My sister is proud of me because now I can write her a letter, and I couldn't do that before," offender B. Nobles said.

"I've learned how to read and write and type, and I've learned a lot of new words since I've been in Ms. Green's class," offender D. Falcone said.

These sorts of accomplishments are what give an Adaptive Skills graduation special significance. Refreshments for the graduation were provided courtesy of the Hodge Unit's Restaurant Management

class, and this year's graduation address was delivered by K. Ainsworth, North Texas regional administrator for WSD. Ainsworth praised the group.

"On a day like this, we get to focus on all the good that we do. Today is a day to celebrate Ms. Green and to celebrate you," Ainsworth said.

"Every time I attend a graduation, I get to celebrate those outcomes that are a major part of Windham School District...to reduce recidivism in the state of Texas and create circumstances where our students can be successful upon release. We're proud of you."

"I know that you guys are probably going to give most of the credit to your teacher, and I know that she's going to give most of the credit to you all. That's the nature of the student-teacher relationship. That's the



way it should be," he said.

The graduates were quick to recognize Ms. Green's role in getting them to a graduation ceremony.

"We have achieved a goal that we have set in here. We've accomplished things we might not have if we had been on another unit. Ms. Green has brought us a long way; she's put in a lot of hard work," S. Gibbs said. ♣



## SUPPORT continued from page 1

The **Inquiry Form for Incarcerated Parents** is for incarcerated parents who have an open child support case with the OAG-CSD, or who want to establish paternity by opening a case. State and federal law limits the release of certain child support information; this form explains what the OAG-CSD can — and cannot provide.

Parents can use the form to:

- Request information on their open case about child support and medical support payments and amounts owed.
- Find out which child support office is handling their case.
- Request a case review to check if the child support order can be modified while they are in prison.
- Request an application to open a child support case to establish paternity (if the incarcerated parent was not married to the mother or father).
- Make a one-time request to forward a letter

for their child to the person who has physical possession, provided the incarcerated parent has an open child support case and does not know their child's address.

There are two ways to request the **Inquiry Form for Incarcerated Parents**. Incarcerated parents can complete an I-60 form to request the inquiry form from the law librarian, or complete an I-60 form to request access to their unit's law library. Staff at the law library will let parents read the OAG-CSD publication **CHILD SUPPORT: Information for Incarcerated Parents and Parents Returning to the Community** to see if their child support questions can be answered. If additional information is needed, law library staff will offer the **Inquiry Form for Incarcerated Parents**.

It is important to remember that the **OAG-CSD can only respond to child support questions submitted on the inquiry form.** ♣

## FEE continued from page 1

Once incurred, this fee covers all health care visits that you request for the next 12-month period. At the end of the initial 12-month period, you will not incur another \$100 fee until the day of your next eligible health care visit. If you do not request an eligible health care visit, you will not be charged the \$100 fee.

The fee will be charged to your trust fund account. If there is not enough money in your trust fund account, the law requires that 50 percent of each deposit to your trust fund account be applied to the amount owed until the total amount is paid.

**You will not be charged for a health care visit that is for:**

- An emergency or life-threatening situation which includes, but is not limited to, injuries sustained as a result of an accident or assault.
- Follow-up services recommended by the health care staff;
- Chronic care (including communicable diseases such as HIV, AIDS and TB);
- Prenatal care;
- Initial requests for mental health reviews, and emergency, follow-up, or chronic care requests for mental health reviews;
- Health screening and evaluations related to the diagnostic and reception process;
- Health care services necessary to comply with state law and regulations.

**You will not be denied access to health care services if you do not have money in your trust fund account to pay the fee.**

**Offender complaints about health care services fee:**

Per Correctional Managed Health Care policy, "Any complaint about the annual health care services fee must be made to the unit practice manager, health administrator, or the director of nursing, nurse manager or nurse administrator, as appropriate, immediately upon your receipt of the trust fund statement containing the charge. If you are indigent or the balance of your fund is insufficient to cover the fee, 50 percent of the balance and 50 percent of each future deposit into your trust fund shall be applied toward the amount owed until the entire \$100 is paid. Charges that you believe are ineligible must be reported within 90 days of the date you were seen in clinic for which the charge occurred. Failure to do so will result in your inability to grieve the issue because you will have exceeded time limits for filing." Please note that the charge on your trust fund statement will be coded as "MF." If you have any concern about the charges, the 90 day time period will start from the date this code was entered on your trust fund statement for an eligible health care visit.

Concerns about HB 3886, the bill which contained the inmate health care fee, not passing and thus making the annual health care services fee unlawful have been brought forward. According to the State Law Library, Austin, Texas, "While HB 3886 did not pass during the Regular Session of the 82nd Legislature, SB 1, which contained similar language regarding the \$100 health care fee, **did** pass in the 1st Called Session of the 82nd Legislature. This bill amended the Government Code to reflect the new fee, effective September 28, 2011." ♣

## The Writer's Corner - Lesson 6: Hardcore grammar

Bryan J. Moore,  
David Van Houten  
Wynne Unit

**A** clause is a unit that usually contains a subject and a verb. A **phrase** is a unit of one or more words that works as a noun, a verb, an adverb, an adjective or a prepositional phrase.

And then there's — oh! Hello! Forgive us for jumping straight into this hardcore grammar without even greeting you first, but this is stuff a writer really needs to know. The only way you'll get to where you want to be as a writer is through some serious grammar work. With a firm grasp of the concepts of grammar, you'll start to see sentences like they were Legos, that is, made of moving, interlocking pieces. This alone will have a major impact on your writing.

Stephen King once wrote, "Grammar is the pole you grab to get your thoughts up on their feet and walking." How many of you have sold as many books as Stephen King? We thought not, so stick with us through the academic stuff and we promise it'll be worth your while. On with the lesson.

Because a clause contains both a subject and a verb, it can often make up a whole sentence: *John danced*, or *John dances*, or *John has danced*.

It can also be apart of a larger sentence:

*John has danced the tango with a happily married 80-year-old woman who was wearing Prada.*

A phrase is a single word or a cluster of words that work together as a part of speech. They come in five flavors: **noun phrases, verb phrases, adverb phrases, adjective phrases** and **prepositional phrases**. To understand phrases better, let's look again at John and his 80-year-old dance partner.

### John

John is a noun phrase. It's only one word, but it can be more:

*John Hawkins, Big Bad John, the man called John, and John of Mars*

All of the above are noun phrases. Any could function as the noun in a sentence, which is what concerns us: their function. Every phrase has a **headword**—the word on which the other words are hinged. In *John of Mars*, John is the headword, and since it's a noun, this is a noun phrase.

### has danced

*Has danced* is a verb phrase. It contains the auxiliary *has* and the past participle *danced*. Together, they convey the action. (Don't worry if you don't know the terms auxiliary or past participle. You can write without knowing the exact terms, just like you can use a computer without knowing how to program one).

### the tango

*The tango* is another noun phrase. In our sentence, it's the object of the

verb, unlike our other noun phrase *John*, which is the subject of the verb. It breaks down like this: **Subjects** perform the action of a verb; **objects** receive the action — or are acted upon.

### with

*With* is a preposition. These include words such as *with, of, to, at, in, and above*. A preposition and its object act as a team. Our preposition *with* has the object *a happily married 80-year-old woman*. Together, they are a prepositional phrase.

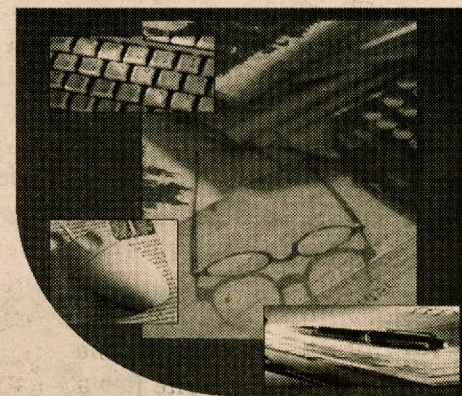
### happily

*Happily* is an adverb phrase. Yes, we did already account for happily as part of our prepositional phrase. But, there can be phrases within phrases. So, our prepositional phrase *happily married 80-year-old woman* also contains the adverb phrase *happily* which modifies the adjective *married*.

*Happily married* is an adverb phrase. It contains the adverb and adjective used to modify the noun *woman*. The noun phrase *happily married woman* contains the adjective phrase *happily married*, which contains the adverb phrase *happily* and the adjective phrase *married*. They're all modifying *woman*. Dizzy? Just remember that phrases can work like nesting dolls and you'll be okay.

### 80-year-old

*80-year-old* is an adjective phrase. It could be a noun phrase in some



cases, but here it is modifying *woman*. *Woman* is a noun phrase.

### who was wearing Prada

*Who was wearing Prada* is a relative clause. It's a modifier, which means it works like an adjective on the noun *woman*.

If you find all this stuff a bit difficult, that's because it is a bit difficult! All you need to focus on right now is to start identifying phrases and clauses in your reading and writing. Especially be on the lookout for prepositional phrases, which can be the most useful to a writer—and the most fun. We'll finish up with clauses next time. Until then...here's your home work!

### Assignment:

*Write a one page report on nesting dolls, their origin, purpose, and how they relate to the context in which they were referred to in this lesson.* ♣

## Safe Prisons / Prison Rape Elimination Act requests offender information

The Texas Department of Criminal Justice is currently working to become compliant with 28 CFR Part 115, *National Standards to Prevent, Detect, and Respond to Prison Rape*, otherwise known as the Prison Rape Elimination Act (PREA) standards. During this process, it is important to discover current TDCJ offenders who identify as transgender in order to ensure their ongoing safety. The term transgender is also used in similar terms, such as transsexual or individuals diagnosed with Gender Identity Disorder (GID), as written in the Correctional Managed Health Care (CMHC) policies.

- A **transgender** is defined in the PREA standards as a person whose gender identity (i.e., internal sense of feeling male or female) is different from the person's assigned sex at birth.
- A **transsexual** is defined in CMHC policies as an individual (age 18 or older) with a sense of discomfort and inappropriateness about his or her anatomical sex, who wished to be rid of one's own genitals and to live as a member of the other sex.
- **Gender Identity Disorder** is defined in CMHC policies as a strong and persistent cross-gender identification, which is the desire to be or the insistence that one is of the other sex. A person is diagnosed with GID due to evidence of clinically significant distress or impairment in social, occupational, or other important functioning areas.

Any offender requesting to be identified as transgender, transsexual, or GID is encouraged to promptly submit an 1-60, *Inmate Request to Official* to the Unit Safe Prisons/PREA Compliance Manager. ♣

## Prisiones Seguras/Acta de Eliminación de Violación en Prisión Peticiones Información de Ofensor

El Departamento de Justicia Criminal de Texas está trabajando actualmente para convertirse en cumplidor con las *Normas Nacionales para Prevenir, Delectary Responder a Violación en Prisión, 28 CFR Parte 115*, conocidas de otra manera como normas del Acta de Eliminación de Violación en Prisión (PREA). Durante éste proceso, es importante descubrir a los ofensores actuales de TDCJ quienes se identifican como transgénero para garantizar su continua seguridad. El término transgénero es también usado en términos similares, tal como transexual o individuos diagnosticados con el Trastorno de Identidad de Género (GID), como está escrito en las políticas del Manejo Correccional del Cuidado de la Salud (CMHC).

- Un **transgénero** se define en las normas PREA como una persona cuya identidad de género (i.e., sentido interno del sentimiento masculino o femenino) es diferente del sexo asignado a la persona al nacer.
- Un **transexual** se define en las políticas CMI-IC como un individuo (edad 18 o mayor) con una sensación de incomodidad e inconveniencia de su sexo anatómico, quien desea librarse de sus propios genitales y vivir como un miembro del otro sexo.
- **Trastorno de Identidad de Género** se define en las políticas CMHC como una flierte y persistente identificación de género cruzado, la cual es el deseo a ser o la insistencia que uno es del otro sexo. Una persona es diagnosticada con GID debido a la evidencia de malestar clínicamente significativo o deterioro en áreas importantes de funcionamiento social, laboral o de otro tipo.

Cualquier ofensor pidiendo ser identificado como transgénero, transexual, o GID se le anima a que envíe rápidamente un 1-60, *Petición de Preso a Oficial* al Encargado de Prisiones Seguras/Cumplimiento PREA de la Unidad. ♣

## The shadow cast

Submitted by Gregory D. Rains  
McCormell Unit

Once upon a journey along the path of life, I came upon another soul who passed me.

Looking o'er my shoulder to bid a kind farewell, I there beheld a stranger dark, familiar as myself.

"Lo," said I. The stranger turned and looked me in the eye, and hardly could my mind believe, the face I saw was mine. "Who be you," I asked of him, "Who darkly looks like me?"

"Your stalking shadow left behind, and now I take my leave."

'Twas but a dream, I did believe, and thought to play along and so

I asked, "Why must you leave? How long will you be gone?" With a smile, as to a child, he said, "If you must know, I am the past that followed you, wherever you would go."

"Of all the good that you've become, I am the negative that lurks behind and bides its time, 'til darkness falls again."

"But if," I asked, "You are my past, that shadows me in wait, why is it now, upon this path, you go the other way?"

Low my shadow's head did bow, 'twas such a sorry sight. I could have sworn I almost saw a tear fall from his eye.

"Tis you, by love's eternal light, who's driven me away." And with a smile I said "Goodbye," and sent him on his way. ♣



## Unit celebrates Resurrection Day

Lance Brown  
Eastham Unit

The Eastham Unit's Therapon Criminal Recovery and Relapse Prevention class held its annual Resurrection Day Celebration with friends and family. The event is part of the family dynamics portion of the Therapon program, reconciling families and stabilizing men's support networks. The men enjoyed the opportunity to share a meal with family members, some for the first time in 30 years.

Dr. Paul Carlin, founder of Therapon, invited four special guests to attend the event: D. Hardy, C. Davis, L. Anderson, and B. Hodges. These special guests were all Therapon graduates who have since been released on parole and gone on to live successful lives in the free world. L. Anderson has been on parole 14 months and spoke about the wonderful things God has

done. D. Hardy has been out of prison two and a half years without a traffic ticket and said he believed that if God could help others, then He could do it for him, and He could do it for the men on Eastham. Therapon graduate B. Hodges has been on parole for three years, and he, along with his wife, completed the process to become certified volunteers. "If I hadn't been through this program I wouldn't be here today," he said. "If you use the tools Dr. Carlin and Miss Jeri give you, then you will succeed."

In a 1985 Newsweek article, Eastham was called "The House of Pain." Today Eastham is known as a house of prayer. According to Assistant Warden Reeves, Eastham will soon be known as a house of programs.

"Warden Bell has big plans for these programs and all the administration is going to see to it those plans are realized." ♣

## Enter the superhero

Bryan J. Moore  
Staff Writer

There is a group that exists among the offender population that is in such a minority that you rarely encounter its members. They are hard to catch because they are usually too busy doing time instead of letting time do them. This group seems to fortify themselves by means of circumstances that typically victimize those around them.

Not content to become products of the prison environment, these people have mentally transcended their physical captivity in the effort of cultivating internal strength and incredible depth of character, in spite of the odds against them. I refer to this class of offenders as **superheroes**. Superheroes are defined by their tendency to not merely survive, but to actually thrive in the face of adverse conditions.

Every superhero has an origin story. The origin story of a superhero is very important because as I've read, it "shows the exact moment that a normal guy goes from being just like everybody else, to somehow better, faster, stronger." Renowned mythologist Joseph Campbell described the origin story like this: "A hero battles super-

natural forces and returns home from this mysterious adventure with the power to bestow boons (good things) upon his fellow man."

Offender superheroes are no exception. They have decided to use prison as the starting point of their amazing transformation, allowing the ups and downs of incarceration to serve as the "mysterious adventure" Campbell describes. They accomplish this by altering their perspectives so that prison takes on extra dimensions in a realm beyond physical sight.

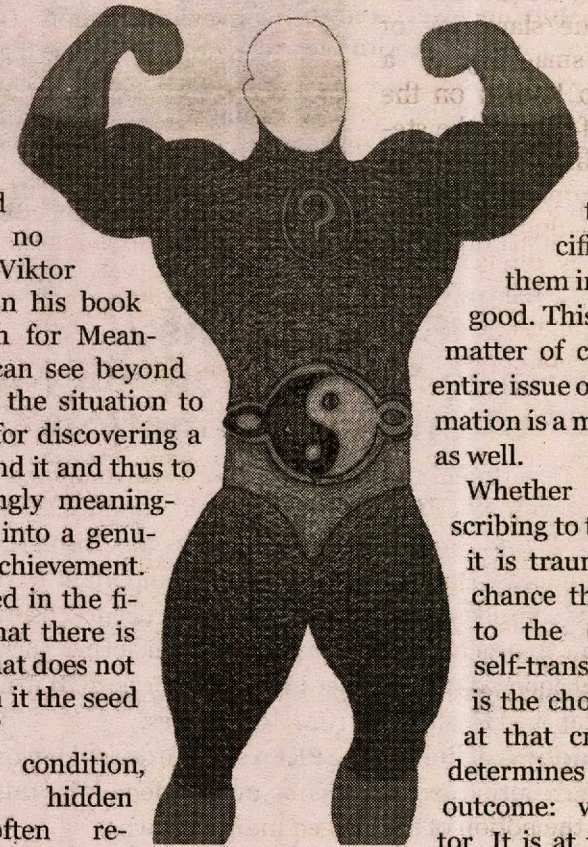
In this realm beyond physical sight, prison becomes a dojo where the superheroes practice the martial art of emotional and psychological self-defense. Prison becomes a monastery where they learn self-restraint, self-discipline and prudent self-denial. Prison becomes a laboratory of the human soul where they experiment with ways to conform the forces within them to mindsets conducive to success. Finally, prison becomes a university in which the offender superhero learns hard but vital lessons in patience, perseverance and coping with loss.

The key to learning how to cope lies in meeting several important conditions: find meaning in loss and trauma; discover strengths; and use those strengths for good.

For instructions on how to find meaning in loss and trauma, look no further than Viktor Frankl, who in his book "Man's Search for Meaning" said, "I can see beyond the misery of the situation to the potential for discovering a meaning behind it and thus to turn a seemingly meaningless suffering into a genuine human achievement. I am convinced in the final analysis that there is no situation that does not contain within it the seed of a meaning."

The next condition, discovering hidden strengths, often requires patience and inner watchfulness, but there are times, such as instances of great stress or turmoil, that strengths emerge fully formed with little effort at cultivation on our part. However they may arise, strengths and talents tend to reveal the true and unique character of the individual in whom they appear.

The third condition, use strengths for good, is one that asks participants to utilize inner strengths upon



discovering them. It also asks that participants specifically utilize them in the service of good. This is obviously a matter of choice, but the entire issue of self-transformation is a matter of choice as well.

Whether or not subscribing to the notion that it is trauma, destiny or chance that brings one to the crossroads of self-transformation, it is the choice one makes at that crossroads that determines the ultimate outcome: victim or victor. It is at the crossroads that one can make the decision to jump into the phone booth, do a 180-degree turn and transform themselves into a superhero who has not only the power to save others, but the plain old common sense to save themselves.

"Some succeed because they are destined to, but most succeed because they are determined to."

-Henry Van Dyke ♣



## Point of View – Penitentiary Zen

Bryan J. Moore  
Staff Writer

I'm sitting in a multi-purpose room: eyes closed, back straight, hands resting palms down on my thighs with my thumb and forefinger forming a loose circle. There are 23 other offenders around me in a similar posture. All is quiet save the rattle of the ventilation system.

"Now we're going to meditate for a few minutes. Focus on your breath. Breathe in, Aum-namah-shivayah, breathe out, Aum-namah-shivayah," said Julie, one of the two Prison Yoga Program volunteers who come annually to the unit to instruct us in meditation. Middle-aged and pleasant, she reminds one of a kindly aunt. Her voice is calm and soothing, fading lower and lower until the words find a second life as gentle echoes in my head.

The theme of this yoga session is listening beyond noise. Ironic, since my life is noise: yelling, shouting, squawking of walkie-talkies, blaring radios and televisions, whirring of fans, metallic clatter of trashcan lids, freight train snoring, rattling of dominoes, frequently followed by the slamming of dominoes, smacking of a pack of Top Ramen on the floor, and of course, the stereotypical, but all too real, eardrum-hammering thunder of steel doors banging shut. Ask any offender and they'll quickly tell you that living in prison is one continuous exercise in coping with noise.

The purpose of our meditation is to practice hearing the silence beneath noise, the silence that lies within.

It seemed to me that the idea was to use meditation to block out the noise. I'd forgotten to check my Western cultural baggage at the door, so I was not in the most receptive of moods. I thought, "Block all that noise? Yeah, right." I resumed focusing on my breaths.

The Western mentality is pointedly at odds with typical Eastern attitudes. In America we proudly subscribe to the notion of the rugged individual who pulls himself up by his bootstraps. We revere the mythological Tough Guy, the fellow who adapts and overcomes because he understands that it's "kill or be killed" and "fights fire with fire" because only the strong survive. All these clichés tumble out of me in succession instantly, without forethought — a testament to the fact that like many of us, I was taught this mythology before I was old enough to walk.

Many would not want to admit it, but it's precisely this ideology taken to its extreme that tempts some to commit crime. What can be more alluring than the romanticized Hollywood image of the gutsy street

thug who breaks the law—and wins? Or how about the ruthless corporate raider who steps on everyone to get what he wants? Films and television shows often serve as tutorials on how to live the Western mindset. They tend to promote two key characteristics, namely, aggression tempered with cunning. The Eastern approach is passive by comparison, with no sanction of guile or wrongdoing.

"I can tune out the noise just fine when I'm really ready to go to sleep; now it's just a matter of learning how to block it out when I'm awake." It's later in the day, and I'm speaking with Mardhu, the other Prison Yoga Program volunteer.

Mardhu, who looks like an Ivy League professor, is extremely slender and balding. His speech is often interrupted by bursts of laughter, not the boisterous

sort, but the hand-clamped-over-the-mouth kind that seems more gleeful reflection on an inside joke. He also takes longer than normal pauses, leaving the conversation suspended in mid-air as he pulls his thoughts together. With his Australian accent infusing everything he said with novelty and vibrant color, Mardhu put me on the right track.

"Well, Bryan, you're not 'blocking it out'; when you fight against it, that's like turning up the volume on the remote. Fighting it only makes it louder. The thing is to *accept* the noise and then move beyond it," he told me with a radiant smile.

"Of course!" I thought with a figurative palm against my forehead. I had been so bombarded by the cultural message of the West (*Go! Fight! Conquer!*), that

I couldn't hear the message the East emphasizes (*Stop. Be. Relax*). Conventional approaches to life mostly tell us to fix what is wrong with the engine; yoga is the practice of surrendering, embracing the engine, imperfections and all.

How often in the past had I made more of a mess of things by trying to "fix" a circumstance rather than accept the reality of it? Too many to count. And here I was blindly trying to make Eastern philosophy serve Western ends.

"Yoga's never asked me to give anything up. All it's ever done is made me better at whatever I was doing," Mardhu said to us at the close of the three-hour session.

My interpretation of that was I don't have to shed my Western perspective, which would be very difficult anyway. Instead, I need to recognize that Western and Eastern approaches to life aren't mutually exclusive. There are certainly times when you have to go, fight and conquer, but more often than we think, the solution is far simpler. Stop. Be. Relax. ♣



## A Woman's Perspective

Worldly possessions — the good, the bad, the ugly

Jennifer Toon

Mountain View Unit

I opened my box one morning and most of my things fell out. The sound of plastic hitting the floor is always annoying at dark thirty. How does a plastic cup bounce better than a handball and is even harder to catch? The noise caused my neighbors to stir.

"Sorry!" I said in a hushed tone. No one responded, which was a silent way of saying, "We understand, but it's still too early." I reached in, ever so slightly to tug my coffee loose when the Jenga-like puzzle of the remaining contents crashed onto the floor. "Yes!" I exclaimed, my composure gone. "That's what I wanted! Oh, the joys of living inside of a box. Boy, I wish I could just crawl in there myself!" I began stuffing things back inside impatiently, which of course only made objects tumble out faster. My neighbors stirred again. No one responded, which was a silent way of saying, "We're going to ignore your tantrum in hopes it will pass quickly." It took several attempts, and a strong cup of my signature black coffee to calm down enough to neatly reorganize my few worldly possessions.

I am not a hoarder. I broke myself of that years ago after my roommate at home gently brought to my attention the industrial size cases of shampoo, soap, and noodles I was squirrelling away.

"Why do you do this?!" she asked me.

"What if we run out?" I would say. Her response was that the grocery store was across the street, and as far as she knew, there wasn't a dangerous shortage of shampoo in Houston. There's nothing wrong with being prepared (she didn't complain when we were stuck during Hurricane Ike), but hoarding is different. I am constantly assessing what I need, what I have, what's useful, and what isn't. I'm a minimalist now, but even so, trying to squeeze your whole existence into a box isn't easy. It can be a huge source of stress, but fortunately it is a stressor within our control. I get to decide what I need and what I don't. Besides, it's just stuff, I'll survive if it's stolen, lost or taken. The reason people hoard is because they've attached emotions to material things, and also because of a fear of being without. No one likes being without; it's a uniquely unpleasant condition, but the more you hoard, the less you actually seem to have. When I'm frequently stressed about shoving my things into compliance, the less peace I have — the less freedom I have to relax.

I hate living in that box, but every landslide reminds me to reassess my needs and emotional attachments. I apologize to everyone for waking them up. ♣

## Trail of tears

Erin Nicole Chetwood  
Halbert Unit

I am currently incarcerated in a substance abuse felony punishment (SAFP) facility, in a town that I've never heard of, far from home. Yet, strangely enough, this institution has gifted me with the greatest internal freedom I have ever known.

I have spent all my life running, cautiously watching over my shoulder and holding my breath in anticipation of the next horror. Inflicting pain was never a capacity that I naturally possessed. I am intrinsically a creature of love; a peacekeeper not a warrior. But 27 years of victimization, of cowering to mental and physical torture, taught me to hate.

My hatred was directed towards the very ones who thrust their evil upon me and trained me in cruelty. I became the epitome of what I loathed. From that point, I spent my life inside a mental cage, fettered and shackled. Ironically, I have been set free by the tangible elements of restraint: handcuffs, leg irons, bars, gates and razor wire. Prison is not my punishment, but my privilege and my saving grace.

After having endured every kind of abuse imaginable, my trail of tears brought me to my refuge. Being in a safe environment, I can now exhale, close my weary eyes and rest my aching feet.

I spent many years in silence, withholding my true feelings, needs and desires. It is here that I have learned

to find my voice; to speak words that express who I am. I have had the opportunity to delve into memories of past experiences and accept them for what they were and not why they were. I have been blessed with closure. I realize what was done to me was neither my fault nor a reflection of me. Through my faith in God I have forgiven my abusers and moved beyond pain and suffering.

Today, I embraced my birth name: Chetwood, the name my father gave me. Today I looked in the mirror and saw my mother's features in my face. Today the two things that were once a source of shame and embarrassment for me are the two things that I take great pride in. I am proud to say I am my mama's daughter and my daddy's little girl.

I am still a work in progress, but I am a long way from where I was. I realize that I am a product of my past and I wear my scars proudly because they are evidence of the battles I have fought. I draw strength from who I am today: Erin Nicole Chetwood, a peaceful warrior who has survived a perilous journey.

Having broken free, I aspire to help others out of their darkness by sharing my experiences and passing on strength and hope. Today is the first day of the rest of my life unchained. ♣

## Texas Inmate Families Association (TIFA) announces upcoming parole workshops

Jennifer Erschabek  
Texas Inmate Families Association

TIFA is conducting two parole workshops in the San Antonio area this summer, along with one in Dallas in September. Interested friends or family members can visit the website at TIFA.org or call (512) 371-0900 to register or ask for more information. There is a fee of \$50 for members and \$85 for nonmembers (which includes a year's membership to TIFA) to attend a workshop.

**Saturday, July 12, 8-12 p.m.**

**St. Mark's Evangelist Catholic Church**  
1602 Thousand Oaks Dr.  
San Antonio, Texas

**Saturday, July 12, 1-5 p.m.**

**The Gathering Church**  
14670 Main St.  
Lytle, Texas

**Saturday, Sept. 13, 12-4p.m.**

**Lovers Lane Methodist Church**  
9200 Inwood Rd.  
Dallas, Texas ♣

## The ECHO requests submissions

The ECHO attempts to reflect positive values to fulfill the expectations you have placed on our prison newspaper. We request that YOU consider writing quality articles, commentaries, etc., to be published. All submitted articles will be appreciated and considered.

Please do not send anything more than 1,000 words (five pages handwritten, or three pages typed and double-spaced typed). Publication is not guaranteed, and it may take a few issues for an article to appear.

### Suggestions:

**Article:** An article is an objective discussion in an informative manner on any number of topics, such as health, history or legal issues. New and detailed facts need to have cited sources.

**Commentary:** A commentary is a discussion of any number of topics, but it is based upon the opinions or experiences of the writer.

**Book Review:** A book review details the subject, style and key plot elements of the book and generally concerns relevant topics of the day. Opinions about the book are welcomed.

**Extras:** Extras refer to letters to the editor, letters to Darby, puzzles, recipes and short stories, to name a few.

**Poetry:** Poetry is a piece of writing chosen and arranged to create a specific emotional response through meaning, sound and/or rhythm. (The ECHO already has more than 100 poems approved for publication and always has an abundance of poetry submitted, but if you have a really great poem, go ahead and send it.)

When submitting any of the above, write a heading at the top of the first page with your name, number, unit of assignment and the type of submission you are sending. For example:

**John Doe, #1234567**

**Huntsville Unit**

**Letter to the Editor (or article, poem, etc.)**

Don't hesitate to send us your work — even if you are not a professional writer. We will edit your submissions for clarity and effectiveness.

Thank you for your continued support of The ECHO. ♣

## The ECHO solicita contenidos

En The ECHO estamos tratando de reflejar valores positivos para cumplir con las expectativas que has puesto en nuestro periódico. Has considerado escribir artículos de calidad, comentarios, etc. para que sean publicados? Todos los artículos enviados serán leídos y considerados.

Por favor, no envíes contenidos con más de 1000 palabras (cinco páginas escritas a mano o tres páginas mecanografiadas a doble espacio). La publicación no está garantizada o puede tomar algún tiempo para que un artículo sea publicado.

### Tipos de Contenido:

**Artículo:** Un artículo es una discusión objetiva de manera informativa de cualquier tema, como salud, historia o asuntos legales. Si envías referencias a otros contenidos se necesitará citar las fuentes.

**Comentario:** Un comentario es una discusión de cualquier tema, pero se basa en las opiniones y experiencias del autor.

**Reseña del libro:** Una reseña del libro detalla el tema, el estilo y elementos clave de la trama del libro y por lo general se refiere a temas actuales.

**Extras:** Extras pueden ser cartas al editor, cartas a Darby, rompecabezas, recetas y relatos cortos, por nombrar algunos.

**Poesía:** La poesía es una pieza de escritura que trata de crear una respuesta emocional específica a través de significado, sonido y/o ritmo.

Al enviar cualquiera de los anteriores, escribe un título en la parte superior de la primera página con tu nombre, número de identificación (TDCJ), la unidad y el tipo de contenido que estás enviando. Por ejemplo:

**John Doe, # 1234567**

**Huntsville Unit**

**Carta al Editor (o artículo, poema, etc)**

No dudes en enviarnos tus contenidos aún cuando no seas un escritor profesional. Algunos contenidos serán editados para una mayor claridad.

Gracias por el continuo apoyo a The ECHO. ♣



## The long ride home

Submitted by Matthew Lewis  
Torres Unit

For many nights I laid restless in this hole  
on what a dream it is to finally make parole  
the thought of freedom, at times seems close  
but the thought of failure is what scares me the most

For many years, I've been rent free  
all bills paid, even cable TV

I now must move forward, to another part of life  
where the ones who really want to make it will press forward and continue to fight

I met a few good friends here, which in time I grew to love  
the brotherly support they would offer helped at times when life seemed dull  
my property is packed, I've said goodbye's as I entered the Bluebird  
"Don't come back," which some of y'all said was the last remarks I heard  
This time I've finally learned the hard way, I lost everything I ever owned  
the pain and scars this trip has caused makes this the long ride home



## Addiction

Submitted by Stephanie Kinsey  
Hobby Unit

I hate you with a passion that you'll never know  
but I continue coming back as if this isn't so

My addiction to your power seems impossible to tame  
regardless of what I believe it always turns out the same

On my way back to be with you I say it's my last time  
unable to say no until I've spent my very last dime

I'll do anything to be with you, no matter what the cost  
there's no way I can ever get back all the things I lost

I continue to think about you, it doesn't matter what I do  
pondering where I would be in life were it not for you

I met you a few years ago, I'll never forget the day  
I would do anything to go back again, say no and just walk away

Unfortunately, things are not that easy  
but there's something you should know

It's a waste of time to tempt me now  
because the answer's going to be NO!

## A shame to call my own

Submitted by Daniel Moses Scope  
Allred Unit

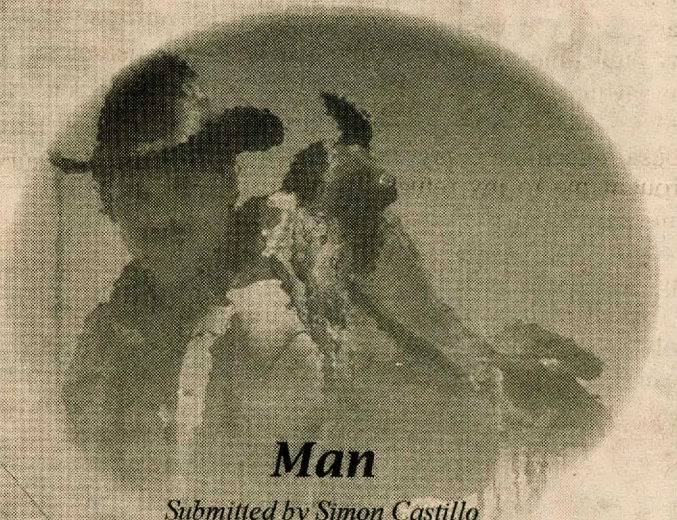
A shame to call my own,  
along with a sorrow amongst my soul.  
I wish that I would have known  
that my life would never again feel whole.

I must forever mask my pain  
beneath scowls and joyless smiles.  
When I said that I didn't love you that day,  
I believed it for just a little while.

But if I would have known myself then,  
I would have known it wasn't the truth.  
I have told you that I loved you again  
and my sorrow is forever my proof.

When I broke your heart that day,  
a part of me also broke in two.  
I've never seen a woman cry that way,  
now cry is all that I want to do.

But I can't because  
my heart is hard,  
memories filled with regret  
have left me with a scar.



## Man

Submitted by Simon Castillo  
Boyd Unit

A man who changes is a man who grows...

A man who fails is a man unknown....

A man who keeps his word is a man indeed...

A man who lies through life is a man in need...

A man who is lost can be found

A man with a plan walks steady ground....

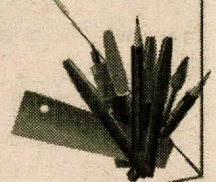
A man with self-control can be trusted at all times...

A man with no control is a dangerous sign...

A man whose life makes no sense is...

A man who chooses to live behind the fence...

 Creative Corner

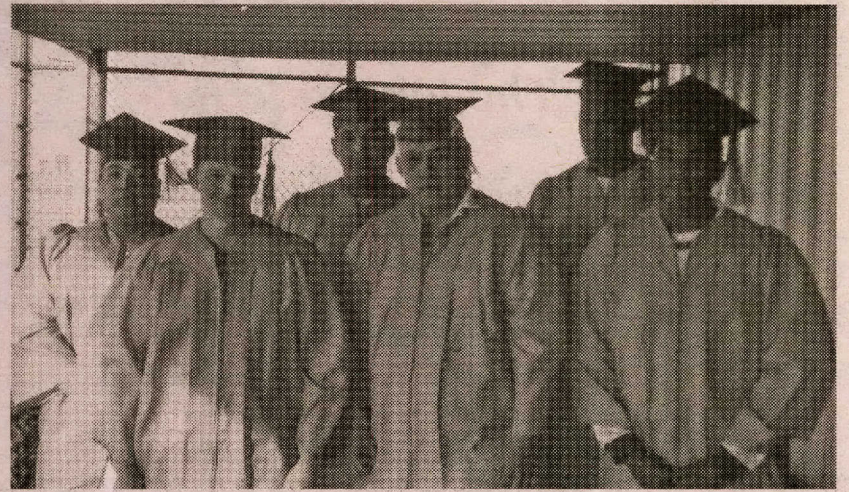


# TDCJ/Windham bulletin board

**GED:** The General Equivalency Diploma (GED) test is administered by WSD and evaluates five subject areas. Windham School District awarded more than 5,200 GED certificates during the 2012-2013 school year.



Fort Stockton Transfer Facility GED graduates are B. Hamilton, J. Jimenez, J. King, B. McGruder, D. McLaughlin, J. Oliver, D. Orr and C. Sadler.



Middleton Unit GED graduates are J. Marquez, A. Tarango, E. Williams, J. Elliot, T. Collins and K. Montgomery.



Dalhart Unit GED graduates are R. Jarmon, G. Bosquez, R. Richardson, J. Shober, D. Reed, R. Robertson, C. Franklin, T. Neal, G. Ingram, J. Blackman, G. Zaragoza, R. Arvalo, J. Brown, J. Arce, J. Martinez, L. Canada, C. Houston, R. Martinez, L. Pierre and D. Gaona.



Cole State Jail GED graduates are P. Perez, J. Rodriguez, D. Dewitt, J. Condra, T. Pollard, J. Frost, J. Galindo, S. Myers, A. Huckabee, C. Smith, T. Miller, C. Jones, D. Scott, D. Hickman, L. Harp and J. Fletcher.

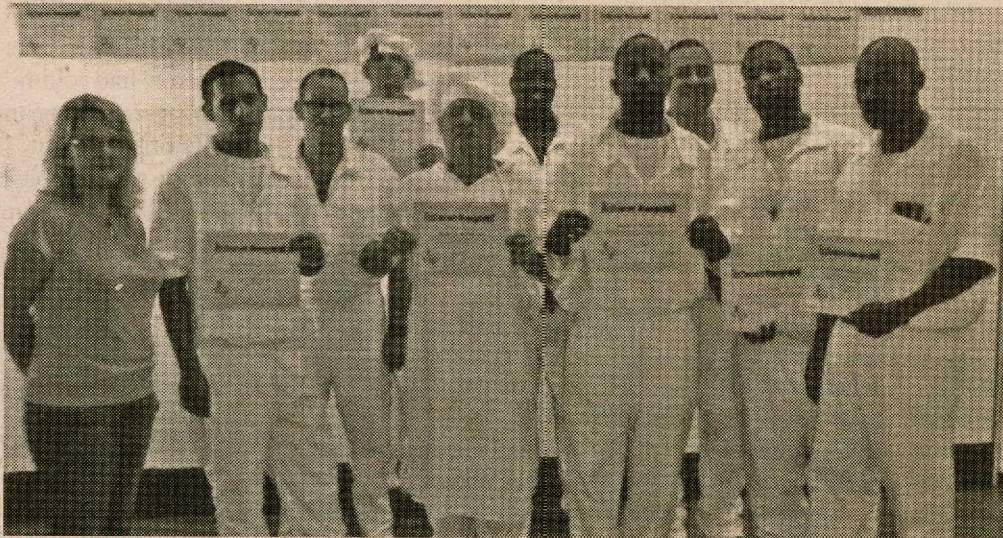


Wallace Unit GED graduates are D. Rodriguez II, A. Ramirez, C. Love, Q. Easley, C. Thomas, T. Richard, J. Orta, D. Flores, T. Harper, A. Blankenship, J. Huitron, V. Martinez, R. Baldwin, A. DeLong, B. McDowell, J. Young, J. Freeman, A. McBride and I. Rodriguez.



Ware Transfer Facility GED graduates are G. Vilson, A. Torres, C. Candillo, L. Ybarra, W. Thomas, T. Foley, P. Ybarra, J. Rios, H. Gonzalez, E. Reed, J. Luna and W. High.

# TDCJ/Windham bulletin board



Hodge Unit Restaurant Management graduates are A. Nickerson, C. Castillo, L. Hills, V. Lee, J. Griego, C. Hodges, H. Morrison, C. Sadler, J. Gonzales and instructor M. Poref.



Wallace Unit Automotive Brakes vocational graduates are T. Alder and J. Smith.



Beto Unit Trinity Valley Community College Data Processing vocational graduates are H. Falkenberg, E. Altamirano, T. Norris and I. Shipe-Bowie.



Cole State Jail HVAC completers are D. Jones, R. Robinson, S. Quintero, E. Kennemer, N. Shofner, A. Morgan, J. Kendrick, D. Reznicek, M. Phillips and T. Wilson.

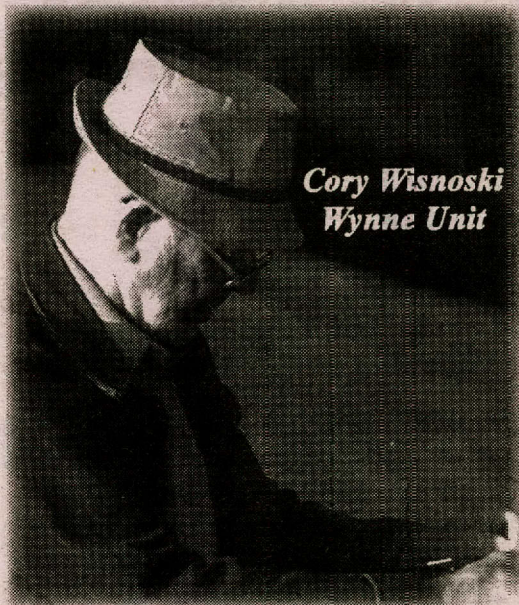


Allred Unit Electrical Trades graduates are S. Craddock, R. Jaramillo, J. Rapp, S. Wall, S. Chandler, R. Stephenson, J. Garcia, C. Pope, A. Harris, M. Porter, B. Sabastin, V. Jeffries Sr., M. Edwards, T. McGough, S. Buckley, A. Carrasco, M. VanHoose, E. Holloway, D. Gonzales, E. Martinez and B. Kelley.



Wallace Unit Automotive Engine Performance and Brake graduates are D. Granger, P. Broussard, K. Anderson, C. Velasquez and D. McCoy.

# Tommorow's rematch — another checkmate



Cory Wisnoski  
Wynne Unit

An old veiny hand reaches across a chess table and drops a queen in an obviously vulnerable position, free to be taken by an opposing knight.

"You don't think I know what you're doing?" Benny grunts. A plume of smoke drains from the side of his mouth, pulled by the icy wind like a novelty-sized boa feather from a magician's sleeve. He taps a cigarette on the rim of a plastic ashtray.

"What?" asks Roger innocently.

"You're trying to bait me with that woman so you can get my horse out of the way and slide your castle down. Like I don't see checkmate. Come on man, it's like we play the same game over and over again." He takes one last drag from his cigarette and stabs it out.

"Well, quit talkin' the board and play then," Roger barks with a smirk. To a passerby, the conversation might have sounded hostile, but it is purely in jest. They've joked with each other this way since they were kids. They'd grown up together in Hoboken, New Jersey and, even though it wasn't exactly a five minute stroll, the best stone table boards were in Central Park across the Hudson, so they never minded making the trip to meet up.

Benny takes a lowly pawn with his bishop or his "candle" as he calls it. They know the proper names of the pieces, but out of habit or maybe out of tradition, they still call them by the names they'd always called them.

"Frivolous move," says Roger. Benny knows Roger's plan is foiled and that he'll try a different tact for now. Then, like always, he'll probably go back to the original plan of baiting him with the queen. It was just Roger's style.

Since the accident, Benny has to move the pieces for them both so Roger calls out his next move and Benny reaches across the table to line up Roger's other bishop with his own king, al-

most knocking down a few pieces with his coat sleeve. "Check," says Roger.

Benny studies the board for a minute then moves his other knight in the way to block him. "Out of check," he claims with a smile.

"Like I won't do it." Roger commands the next move and Benny removes his own knight from the board replacing it with Roger's bishop. "Check, I say," says Roger with his best British accent.

Benny doesn't even take time to look before he takes the bishop with his king, but sees too late he's made a dire mistake. Roger calls his next move out with the same boyish smile that he's had since childhood, but Benny knows it's checkmate so he won't make the move for him. He won't give him the satisfaction. Instead, he scrambles the pieces, setting up a new game, but Roger shakes his head.

"It's time to hit the road, buddy. I have to go."

"One more," Benny pleads.

"Naah. I'm walking away a winner today. Not unlike any other day, of course."

"Come on," Benny groans.

"I've gotta go, man."

"Scared?" He asks, knowing that challenging Roger's manhood is the only way he can get him to stay. Roger makes a face, feigning deep thought.

"One more and that's it," he concedes.

The sun sets as Benny plays Roger one last game. He wins, quenching his thirst for a victory. He throws his hands in the air for the imaginary crowd, rasping his voice to sound like a stadium full of fans.

"Alright. Don't milk it. I'll get you again tomorrow."

"You don't want a rematch right now?"

"Tomorrow," he says firmly. "It's getting dark out. I know you don't want to miss Letterman."

"You always got an excuse." Benny says. "Alright. I'll see you. Same time?" Benny stands and starts dropping pieces in his wooden box.

"Same time," Roger says, standing. He walks the short distance from the tables to the bus stop on the sidewalk. Benny gives him a faux-salute as the bus rolls away, then makes his way to the other side of the park and hails a cab.

Arriving at his flat Benny scoots across the back seat, the pieces rattling around as he climbs out of the cab. He

pays the fare and makes his way up to his apartment. Climbing the stone steps, he looks up at his window. The kitchen light is still on. *Maybe Marie's still up*, he thinks as he makes his way up the single flight of stairs. He puts his key in the lock. Binx, the Siamese cat, flees from the confines of the apartment to go do whatever cats do.

"Marie?"

No answer.

"Marie, you left the kitchen light on again. You're going to run up the electric bill."

He plops down on the couch, just in time to catch the nightly news before Letterman comes on. He sees his name in the top corner of the screen, but it doesn't affect him like it would most people. Instead, all he can think about is chess, playing out combinations in his head. He knows Roger's going to want to punish him for walking away a winner, and he's got to bring his A-game tomorrow.

\*\*\*\*

Benny wakes to the morning sun. Marie is gone. He smells coffee from the automated pot. He walks into the kitchen and grabs the mug marked "His" next to the pink one marked "Hers." He turns the pot off, sets his mug down and makes himself some breakfast. He stares out the window at the gray clouds that engulf the sky.

Thoughts of the past that haunt him threaten to seep into his mind, but he just as soon blocks them out. Literally shaking them off, he walks out without bothering to wash the dishes or turn the lights off and begins his daily journey to the park.

\*\*\*\*\*

Two youngsters out for lunch from a local college are walking the perimeter of the park. They take advantage of the red light to weave through momentarily idle cars and cross the street. Walking past shops and businesses, one nudges the other and points at an old man sitting at one of the chess tables.

"Man, I see that guy every day. He sits at that same table, rain or shine." The other scrunches his eyes to get a better glimpse.

"You don't know who that is" the second friend questions.

"No."

"That's Benjamin Baker."

"Who?"

"That guy that started the IPATH company. *Man, I feel sorry for that guy.*"

"Why, what happened?"

"You didn't read that big article?"

His friend shakes his head.

"Yeah. A couple years ago, the Stone

ran a big print up of this guy. He'd suspected his wife of infidelity, and had it investigated, right?"

"Aww, man. I hate to see that."

"Wait, get this. He'd gotten word that it was true and that his wife, Meredith or Marie or whatever, had told him she was flying to Europe to see her mother but she never gets on the flight. It was during the same time that the big cruise ship went down by Georgia. Remember that?"

"I think so."

"Well, sure enough, she was on that cruise with Baker's best friend, Roger Rideaux."

"What!"

"Yeah. They had gotten trapped in their cabin when the boat sank."

"Daaaaaang."

"Yeah man. The guy went crazy after that. See, at first the paparazzi were at his doorstep every day and you know how *they* are. They're like leeches. Just relentless, man. Wouldn't let up on him. So after some lawsuits and what-not, not from him but from the guy's lawyers, the media just left him alone. Guy bought a flat in Hoboken where he grew up and gave the rest of his money away. Lives on disability now."

"Wow."

"They said after he went crazy, to him, it was like it never happened at all, and in his mind, his wife and his friend are still alive. He just lives the same day over and over again. They were going to have him committed, but his lawyers contested that it would do more harm than good and that he wasn't a threat to society."

"So they won't put him in a crazy house?"

"No. He just takes a cab to the park every day and plays chess with himself. Man, I can't believe you didn't hear about that."

"Now that you mention it I think I might've."

"Naah. You always say that just to sound like you're not out of the loop. You don't know everything, bro. You don't gotta lie to me."

The two friends laugh and duck off into the warming comfort of a coffee shop across the street from where Benjamin Baker sits deep in thought concentrating on his next move.

\*\*\*\*\*

"You don't want a rematch right now?"

"Tomorrow," Roger says. "It's getting dark out and I know you don't want to miss Letterman."

"You always got an excuse." Benny says. "Alright. I'll see you. Same time?"

"Same time." ↘

**Thoughts of the past that haunt him threaten to seep into his mind, but he just as soon blocks them out. Literally shaking them off...**

# Eastham Unit holds sixteenth annual volunteer appreciation dinner

Lance Brown  
Eastham Unit Reporter

The Eastham Unit recently recognized the service of free world volunteers through its sixteenth Volunteer Appreciation Dinner. The Volunteer Appreciation Dinner was originally organized as a mentor/mentee dinner. Eastham's mentors help prepare offenders for release. Many mentors continue to work with offenders after release to see that the transition from incarceration to freeworld is successful. Most of the mentors in the program also serve Eastham by volunteering with other programs, so the introduction of a volunteer appreciation event was only appropriate.

The Chapel of Peace was filled with volunteers from across the state who, throughout the year, provide support for the men incarcerated at Eastham. Volunteers represented Bridges to Life, Overcomers, Therapon, Reconcilers, The Christian Motorcycle Asso-

ciation, Kairos, Voyagers and the numerous ministries who make Thursday and Sunday church services possible.

Chaplain Vance Drum, Region I director of chaplains and Eastham's chaplain of 27 years, spoke words of encouragement and praise to the volunteers and noted how much easier they make a chaplain's job.

"I could never have accomplished half of what I did without the help of volunteers," Drum told the guests.

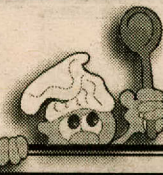
Bill Pierce, director of chaplaincy programs, explained there are almost 20,000 approved volunteers who come onto TDCJ-CID units every year to share their time. These 20,000 volunteers give incarcerated men and women approximately 530,000 hours of their time every year.

The Volunteer of the Year Award went to R. Whitney, who donates many hours of his time every week with the Kairos program as the overseer of the Voyagers program on Eastham. Whitney has brought

the greater Huntsville area men's choir to Eastham twice. The Eastham Unit has spent several months without a chaplain and Whitney is one of the volunteers who stepped up and filled the void so offender programs could continue uninterrupted.

Former director of Manufacturing and Logistics C.F. Hazlewood praised the assembled volunteers for their commitment to Eastham but said there will always be a need for more volunteers. Hazlewood pointed out that the Hispanic population in Texas and in TDCJ is surging and volunteers are needed to meet the ever changing demographics. He urged the crowd, when they returned to their home churches, to recruit Hispanic and Spanish-speaking volunteers.

Eastham thanks each and every one of its volunteers and recognizes their contribution collectively and individually. ♣



## RECIPES

### TAMALES

Bill Nguyen  
Michael C. Money

#### Supplies

- 25 empty soup bags
- 4 cooking bags (chip bags)

#### Ingredients:

- 2 packs chili-no beans
- 1 summer sausage, chopped
- 2 packs pork skins, crushed
- 4 jalapeno peppers, chopped fine
- 1 bag tortilla chips
- Dehydrated onion flakes and garlic powder (optional)

#### Directions:

##### Meat filling

Mix both packs of chili, chopped sausage and chopped jalapenos together and heat.

Crush pork skins and set off to side.

After meat is heated up, pour into bowl and add crushed pork skins, mix well.

##### Masa

Crush tortilla chips to a fine powder, add dehydrated onion and garlic powder (optional).

Add warm water to crushed tortilla chips a little at a time, knead into a dough — should be about like cookie dough. You want it sticky, but not sticky enough to stick to your fingers.

##### Final preparation

Take a small ball of masa (about the size of a golf ball) and spread it out flat on a soup bag which has been opened up flat (work on only 1/2 of the soup bag). Use other half of bag to help spread the masa out — you want the masa to be a rectangle about 4 inches wide by 5 inches long and about 1/8 inch thick.

Put a spoon of meat mix on the end of the 4 inch wide side of the masa, roll up masa, but do not roll up bag with it.

After the tamale is rolled up, bring it back to the end of the bag. Now roll bag and tamale all up together and close off one end of the bag.

Place tamale roll, closed end down, into a cooking bag-about seven tamale rolls per cooking bag. Place cooking bags in hot pot for two hours. Remove from hot pot, unroll and enjoy.

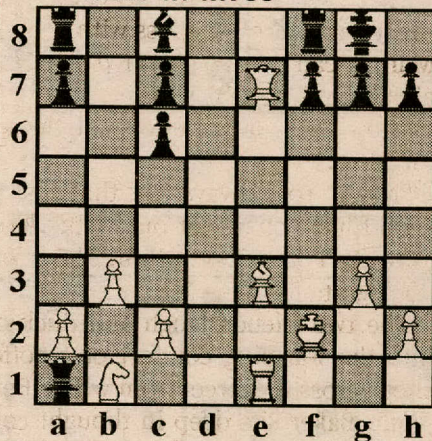


## Crespo's Chess Corner:

### Chess problems

Richard Crespo  
Terrell Unit

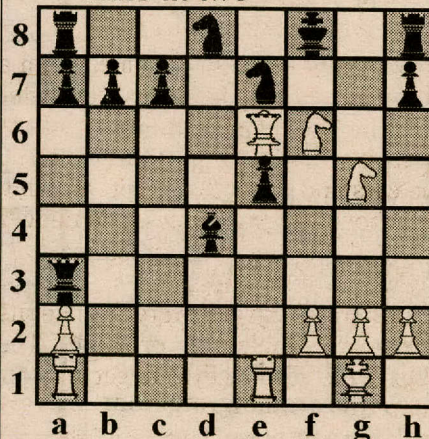
**Problem 1: White to move**  
— mate in three



**Answer:**

1. Qf7+ Nx7  
2. Ne6++  
3. Re8++

**Problem 2: White to move**  
— mate in two



**Answer:**

1. Qxf8+! Kxf8  
2. Bc5 Kg8  
3. Re8++

## Sudoku Solutions

Easy

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

Difficult

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



**Ingredients:**

- 2 beef soups
- 2 pouches Mexican beef
- 4 packets cream cheese
- 8 oz. squeeze cheese
- ¾ can V8 juice
- 1 tbsp. habanero sauce
- ½ tsp. salt
- 2 oz. ketchup

**Directions:**

Mix half of the spices with the meat. Place in a bag and heat in hotpot for an hour. Put the two soups (unbroken) in a bowl and add one seasoning packet. Add three quarters of a cup of hot water and cover. Heat open can of V8 in a second hotpot.

In a second bowl, spread one fourth of the soup noodles. Top with half of the meat mixture and spread evenly. Cover with 4 oz. of squeeze cheese and spread evenly. Cover the cheese with one half of the remaining noodles. Top with the other half of the meat mixture and spread evenly.

Squeeze the four cream cheeses over the meat. Cover with the remaining noodles. Cover with the remaining squeeze cheese. Mix the other seasoning packet with the habanero sauce, 2 oz. ketchup, and the heated V8 juice. Pour sauce over the top of the main dish. Cover and let stand for twenty minutes. Makes three to four servings. Enjoy!



**Ingredients:**

- 1 bottle barbecue sauce
- 1 bottle hot sauce (either regular or habanero)
- 1 pickle, diced, juice reserved
- 2 jalapeno peppers, diced

**Directions:**

Dice pickle and peppers. Place in two empty peanut butter jars, along with the reserved pickle juice. Divide barbecue sauce and hot sauce evenly in the two jars; stir well. Use as a dipping sauce with chips or as a condiment spread.

# Michael Unit mechanical shop keeps employee vehicles moving

Amos Jones  
Michael Unit Reporter

The Michael Mechanical Shop (MMS) ensures that state employees have safe and sound transportation while they are on the job. Last year more than 370 state vehicles were made safe and operable at this plant. Labor costs ranging from \$15 - \$30 per hour are saved by the performance of this necessary labor by offenders. Thus, MMS is saving state taxpayers enormous amounts of money on the maintenance and repair of state vehicles. Vehicles that run efficiently at sufficiently low cost is the most important goal of the MMS operations. This efficiency reduces the cost of safe reliable transportation for

the agency.

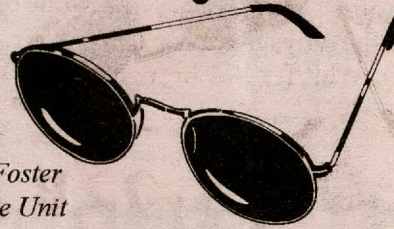
Jobs at MMS are filled with qualified technicians and a better quality of work is being performed. Safety of the vehicle is a top priority and quality of work is crucial to MMS operations. The plant manager inspects each vehicle as it enters the shop in an effort to reduce costly expenditures on vehicles whose usage is short termed.

The MMS works on busses, trucks, cars, utility vehicles and trailers. Offenders working at MMS receive valuable experience along with on-the-job-training certificates for the following career fields: diesel and gas engine mechanic, small engine repairs, vehicle electronic and elec-

trical technicians, brake technicians, transmission mechanic, sandblasting, painting, welding, billing and auto shop experience, all of which are valuable skills to be utilized by offenders.

The Sandblasting Department is supervised by W. Yonts, who trains offenders in the safe operation of sandblasting equipment. Truck beds, vehicle bumpers and trailers all require sandblasting to ensure the long-life of a finished paint job. The pay rate for this skilled labor in society begins at \$15 per hour and increases with experience. Mr. Yonts has had many years of experience in this field and he imparts that wisdom to the offenders who work for him. ♣

## How clean are your lenses?



Eric L. Foster  
Powledge Unit

**L**enses: One could compare the way that we view others to looking through the lenses of a pair of glasses. There are those who reduce everyone to the color of their skin, thereby reducing themselves to the same. Then there are those who see every act or word they don't understand as an overt form of oppression. In these people you'll find an abundance of aggression and a lack of understanding and maturity. Some see through the green lenses of envy, and prevent all attempts at companionship because they are overly suspicious of all others and believe everyone is driven by the same envious spirit of greed. While there are quite a few examples like the aforementioned, there are those whose lenses have been, proverbially, wiped clean. They are typically healthy, loving individuals.

I've discovered that different pairs of glasses are acquired at different times of our lives as part of our development, for better or worse, and that everyone tends to carry more than one pair at a time. Unfortunately, there are those whose lenses never clear. While this is sad for the individual, it is also something that cannot be changed through force or persistence without running the risk of confrontation. I've found it's easiest to avoid such confrontations by simply being able to identify those with distorted lenses who are suffering from arrested development - those who are "stuck in their ways".

This attitude is sad because these distorted lenses leave no room for positive growth. Taking off the distorted lenses is a bit hard because it takes an honest, introspective gaze to realize that there are parts of our character that are unsavory and ugly. Once the growth process has begun, it becomes easier to not only discard the old lenses but to try on a new pair.

So, don't be afraid to toss that old, cracked and fogged up pair and try on some that will help you see the good in others, in yourself, and in the future. ♣

## Sudoku

Easy

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

Difficult

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