

No amount of ability is of the slightest avail without honor. — Andrew Carnegie

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Distributed Free to Texas Prisoners

Former board chairwoman Crain returns to Gatesville to honor grads

Former Texas Board of Criminal Justice (TBCJ) chairwoman Christina Melton Crain recently spoke at Gatesville-area GED graduation ceremonies held by the Windham School District (WSD).

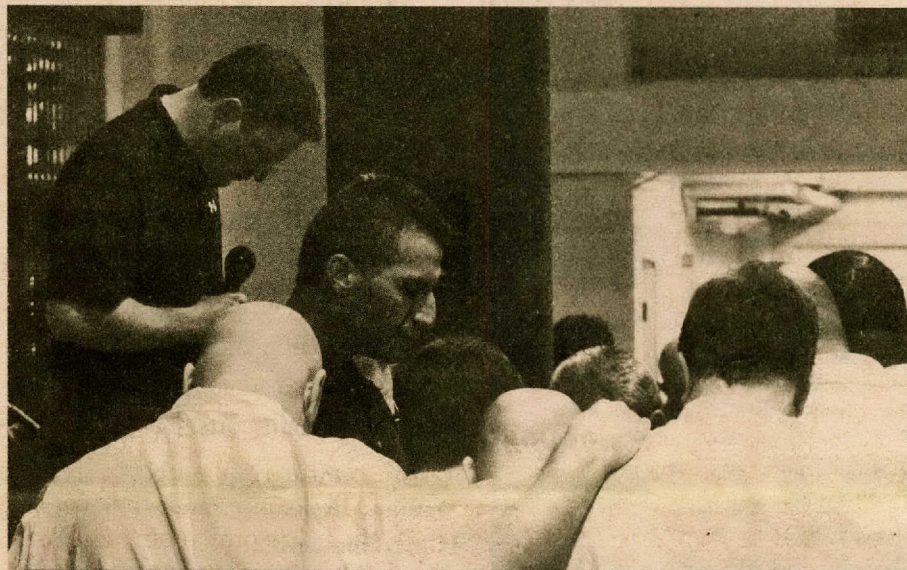
"It is never too late to be what you could have been," she told graduates, quoting author George Eliot. Ms. Crain reminded students that George Eliot was the pen name for a female who lived during the time when women were not published. She took the male pen name so she could have her writing published.

Crain told the graduates she herself wanted to be a ballerina at age seven and then a singer of commercials at age 12. As she matured, the realities of making a living took hold, and at age 18, she decided she would like to be a lawyer. However, she channeled her desire to sing into performing with a band, then singing the national anthem at events, and never forgetting her dreams.

Crain said everyone will make mistakes on their way to being what

CRAIN continued on page 6

Andy Pettitte pitches a one-hitter 'Love'



Andy Pettitte and Pastor Darren Dunn pray with offenders on Wynne Unit.

Tips for the prevention and recognition of heat illness

Editor's note: The following information was provided by the TDCJ Risk Management Department. Summertime and summer heat will soon arrive, 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

HEAT continued on page 15

By Jeremy Busby
Staff Writer

In March 2012, New York Yankees' legend Andy Pettitte startled the baseball world when he announced he would come out of retirement and attempt a major league comeback. Nine days later, Pettitte shocked the Texas prison world with an appearance at the Wynne Unit.

Less Than The Least Ministries (LTTLM) Z-Team organized and promoted the event, but offenders on the Wynne Unit were uncertain if the future Hall of Fame pitcher would be able to attend. Just days earlier Pettitte had signed a new contract with the New York Yankees and reported to spring training in Florida. Even as word began to circulate about Pettitte's signing and the possibility of him being unable to attend the event on the unit, he was en route to Huntsville, bringing tons of unbridled love.

Accompanied by his father, son and members of Central Baptist Church of Deer Park, Pettitte entered the unit's gym and instantly made known his message: LOVE! While others who accompanied him took their seats, Pettitte toured the audience and embraced as many offenders as he could. He was shaking hands and signing autographs all along the way.

Zeke Young and Lyn McNaspy-Rosen of LTTLM Z-Team opened the program by presenting Pettitte a customized leather Bible, embossed with the Yankee's logo. This gift was created by offenders in the Wynne Unit craft shop and donated to LTTLM for Pettitte.

The event featured musical guests from Central Baptist Church's praise and worship team: "The Refiners". This group is led by Pettitte's brother-in-law, Pastor Darren Dunn, and the group's lead guitarist and

PETTITTE continued on page 16

The ECHO

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LETTERS TO THE EDITOR

To the editor,

I would like to share my recent experience with your readers. Earlier this year my mother passed away. My family notified the unit chaplain, who notified me. Everyone was kind and compassionate.

My family member asked me if I wanted to attend the funeral. Knowing that my family doesn't have a lot of money, I responded with "no, that would cost too much," thinking that my family would have to pay for TDCJ escorts.

Despite my concerns, I was granted an emergency absence. Two of my unit's officers escorted me to the funeral and back to my unit.

Offenders may have the misconception about emergency absence. Please inform your readers that they don't have to pay for escorts.

**Thank you for your time,
William Hickson
Huntsville Unit**

To the Reader,

A "Non-Medical Emergency Absence" is a discretionary decision, not a right, governed by Administrative Directive (AD) 04.56 (revision 10). These absences are granted so an offender may:

1. attend the funeral of an immediate family member;
2. visit a funeral home to view a deceased immediate family member; or
3. visit a critically ill immediate family member.

Offenders who are eligible for emergency absences include those:

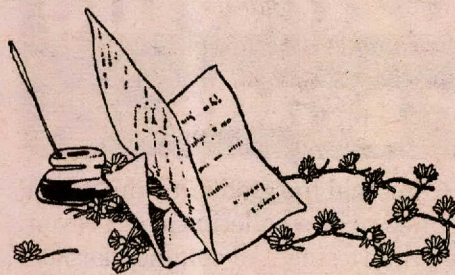
- not convicted of crimes involving homicide, kidnapping, sexual offenses, robbery, assault, escape, stalking or use of a weapon;
- with no major disciplinary cases within the last six months;
- within 12 months of parole eligibility if applicable; and

- with no unresolved or pending felony or U.S. immigration detainer.

THIS IS NOT AN EXHAUSTIVE LIST.

Visit the law library to view AD-04.56 for all the qualifiers and restrictions.

While this offender's family did not pay for the escort, this is not necessarily the case for all offenders. For example, AD-04.56, section I.4.a., explains that the families of parole modification offenders are responsible for the cost of escorts during the emergency absence.



To the editor,

Brothers: it is time to have courage and stand up for your rights, morals and family. My time here in TDCJ has shown me that time is valuable. Time doesn't stop; it keeps on going. Why waste time playing, lying, conning and flailing about? I see men in their 40s acting like 10-year-olds, wasting time for years on end, instead of using the time to better themselves.

To all the youngsters coming in the system: don't waste your time following a flunky. They will guide you down the same wrong path they've followed. Don't act out for the applause of a smiling face, because that smiling face will keep grinning when you fall. Your time is valuable — use it to your advantage.

I wrote this because I want for others what I want for myself.

**Peace,
Dante Phearse
Estelle Unit**

To the reader,

You made a wise observation. Many that come into prison try to please the wrong people in order to fit in with the wrong crowd, wasting time better utilized in improving themselves. Those interested in using their time, instead of

wasting it, should contact the education department on their unit to see what's available.

MUNCIE IN 473

12 JAN 2012 PM 1 1



To the editor,

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend...?" Socrates replied, "Hold on a minute. Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. I have a Triple Filter Test.

The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?" "Well, no," the man said, "actually I just heard about it and..." Socrates stopped the man and replied, "Alright, so you don't really know if it's true or not.

Let's try the second filter, the filter of Goodness. Is what you're about to tell me something good?" The man sputtered, "Um, no, on the contrary..." Socrates continued, "You want to tell me something about someone, but you're not sure it's true, and you say it's not good. You may still pass the test, though, because there's one filter left, the filter of Usefulness.

Is what you're going to tell me about this person going to be useful to me?"

"No, not really," the man replied.

"Well," concluded Socrates, "if what you want to tell me is not True, Good or Useful, why tell me about it at all?"

I feel that 90 percent of all human wisdom is the ability to "mind your own business." If more people would apply Socrates' Triple Filter Test, there would be much less idle gossip and everyone would be better off.

**Submitted by "Demolition"
Allred Unit**

To the reader,

Is it true? Is it good? Is it useful? Those are some great "filters" to use, not only in prison, but even when you get out. We all know how hurtful gossip and rumors can be, and in prison, it's all day long. A man of integrity is always wise with his words.

Dear Darby,

Well, from one ole thang to another, I just want to address a couple of things to the young ones. Unless you like being locked up, take advantage of this down time. Instead of idolizing the career criminals, use this time constructively and become the best man or woman you can be.

High school dropout? Get your GED! Got a diploma or GED? Try taking a computer class or some college courses if they are offered at your unit. Want to have a trade or career when you get out? (And no, dope-dealing is not a trade or career!) Try signing up for a vocational course like auto mechanics or culinary arts.

If you spend all your time playing dominoes or watching the "electronic babysitter," you will be back! Be smart and learn something new every day. A lot of people who are released from prison end up coming back. Why? Because they do not take time to make a change. You have a chance now, so don't blow it.

Something else to consider is the fact that your job in prison is not meant to be an opportunity to rip off the state. Your job is not an opportunity for you to make a stamp or some soups. You get caught (and most do eventually) and you get a case that could actually have an effect on your parole. On top of that, you lose the job! It's not worth it.

Maybe the best way to illustrate what I'm trying to say is the "lemming effect." Lemmings, for whatever reason, follow one another and jump off cliffs to their deaths. They will do this by the thousands. Every once in a while, one won't jump. Do you want to go off the cliff or do you want to be the one that turns away and lives? I vote for living.

Finally, don't think you have to join a group to survive or you'll get into fights everyday. You don't! If you do, then you are being a lemming! I am 56 years old, doing my first (and last) incarceration. It is an experience I could have lived without. I only violated my probation and got myself here. I'm lucky, though, in that I only got three years. I could have gotten 10. I hope to make parole by the holidays. Whenever I go home, I can guarantee this: I hate this place so much that I will be among the group of released prisoners that do not come back. And you youngsters can

too. Or you can laugh at me and say, "School's crazy!" You can keep coming back until one day you can't get out again. You see, TDCJ will always take you back, but they may not always let you out. Stop being a crash dummy. It's your choice. The true definition of insanity is doing the same thing over and over again, expecting a different result.

Sincerely,

Old School, not an Old Fool

Dear Old School,

Since anything I could say in response to your wise words would be redundant, I'll simply say, "Nuff said!" For more information regarding educational opportunities on your unit, send an I-60 to the Windham School District counselor in the unit Education Department.



Dear Darby,

I've been down three times, (I'm not bragging!), and not once have I attempted to roast the Darbster. But I'm a business-first kind of guy, so I'll get to the point. I'm very interested in taking some trade classes, but it seems so hard to get enrolled. Or if I do get enrolled, it seems as if there are a million people trying to do the same thing.

I did four years on a nine-year sentence last time and never once did I see any of the trade classes which I had applied for. Is there some kind of trick to the trade that you can lace me up on that might help me get in some of these trade classes faster? I am mainly interested in taking a welding trade as of right now. But I'm not picky, and I am willing to take any classes that are available. I have a 15-year sentence for drug related charges, and I know these kinds of cases are sometimes the first to go, so I'm trying to get all I can before I get kicked out of here again!

Now, on page 7 of the September 2010 issue of The ECHO, there was an article entitled "It's All About the Rumors!" Just want to see if you can clear

this up for me; set the record straight if you will. I heard that you were one of the original men that opened up the Walls Unit back in the 1800s. What's your TDC number? Wait, did they even have TDC numbers back then? So it must be true what they say; the penitentiary life does preserve the body, huh?

On the real note; to all of you that work so hard at putting together The ECHO month after month and year after year, we offenders really do appreciate all you do for us.

Thanks!

Sincerely,

Travis Hendley

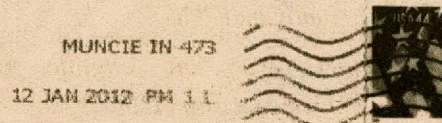
Choice Moore Unit

Dear Travis,

First of all, there is no way to circumvent the system where vocational enrollment is concerned. I have no tricks to give you. The only advice I can offer is that, rather than sitting around doing nothing while you wait to start school, you pay regular visits to your unit's library and absorb as much knowledge as you can. You might even find a book on welding! And make sure you have submitted an I-60 with your request to the Windham School District counselor at your site.

I'm not sure where you got the information that I'm over 100 years old, but it might help you—and all of those who may be wondering—to consider that there were actually several dogs that played the TV character Lassie over the years (one of which, I'm told was even a male). I'll say no more, lest I destroy the legend.

Finally, the folks at The ECHO appreciate your kind words.



Dear Darby,

In another issue I wrote a letter signed "Hopeless at Bill Clements High Security." I talked about my time in Texas compared to my time done in another state and how in Texas you never know if or when you might make parole. It really makes for a hopeless situation for us inmates who are doing heavy time and are depending on parole to get

DEAR DARBY LETTERS TO THE OL' THANG

us out while we are still young enough to make a life for ourselves.

Anyways, I appreciated your response not to give up and have hope. You encouraged me to use my time to change and correct things that got me in here in the first place.

Also, I did not miss what you said about writing letters full of slang and misspelled words—to take time to try and educate myself. You were right! Instead of that case of soups, I bought a dictionary this last store day. Maybe I can get an "E" for effort.

Your response to my letter was encouraging and you were right. I've got nine years done on a 20 agg. Maybe it is long overdue for me to try to make some changes so if I can manage to break these chains, I can get out and stay out! Thanks a lot, Darby, for your kind words. They didn't fall on deaf ears!

With Respect,

Hopeful

Bill Clements High Security

Dear Hopeful,

It's time someone takes heed to the priceless wisdom that the Ole' Darbster imparts. You are aware that I have been doing this for a long time. Lately, you all have been harder to reach for some strange reason. I was beginning to think it had something to do with that new Folgers coffee down at the commissary. Now there is hope for the both of us!



HEALTH NEWS — NUTRITION — MEDICAL UPDATES

Exercise can make a difference!

By Jeremy Busby
Staff Writer

In the short time that you spend in the commissary line, you could lower your risk of having a stroke by 20 percent, of diabetes by 34 percent and of dying within the next few years by a whopping 50 percent.

Most commissary trips entail a 30-minute wait before one can actually purchase the desired items. According to a *Reader's Digest Disease Prevention Survey*, fitness experts concluded one could "sharpen their thinking skills, whittle their waist, and put some sparkle in their mood" just by engaging in a half hour of light physical exercise a day. Ranking physical activity high on their list of health-enhancing moves, *Reader's Digest* panel of experts says taking a 30-minute stroll most days of the week has substantial benefits.

There are a significant amount of offenders in TDCJ living with one or more chronic conditions. Just take a look at the daily insulin callout on the unit or the long line of individuals that pack the pill lines. Some of the diseases that plague the prison population are entirely preventable. More than half of the experts polled said, "at least 60 percent of all chronic diseases could be avoided entirely." The secret is not extraordinary—getting a half hour of exercise most days is the key!

Even for those who have a history of cancer, heart attacks and diabetes in their family, there's hope. While genes may increase the risk for certain diseases, one's lifestyle choices also play a factor. In the *Disease Prevention Survey*, bad genes weren't the number one cause of chronic diseases—unhealthy lifestyles were. People who ate high amounts of salty/fatty/sugary foods and didn't exercise contracted more chronic illnesses than people who merely had just bad genes. Those

who had bad genes, but exercised regularly and ate healthy, had a lower risk factor for high blood pressure, heart diseases and diabetes. So that bad set of genes which were inherited from family members doesn't always translate to chronic illnesses.

It is often believed that a person's health is their money. Once your health goes down, your mental health declines. Your livelihood, and most importantly, your wallet decreases. Consider the health problems of those around and the difficulties they have traveling to and from the dining hall. Consider the unlimited trips they take to

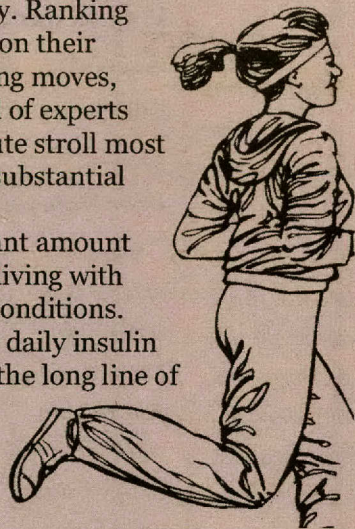
medical facilities and all the prescription medications they take on a daily basis. Not a very attractive way to live. It is clear that no one would have a desire to live this way for the next five or 10 years. Thus, to promote good health...exercise!

People often think exercise programs are difficult and burdensome.

Conversely, regular exercisers would say the hardest part of an exercise program is "getting started."

Once the decision is made to get going, the rest is relatively easy. It's not necessary to implement a program that consists of lifting on every single weight machine on the recreation yard. Nor do you have to run 1,000 miles a day. Instead, make a decision to walk around your cell for just 10 minutes or dance to your favorite tunes on the radio for 10 minutes. Do this three times a day and you will have an effective 30 minute workout. Once you have successfully implemented this routine, you have begun the journey to a healthier life.

Reference: Supercharge your Health, Copyright 2009 by The Reader's Digest Assoc.



Veggies are to be eaten!

Staff Report

"Eat your vegetables," says one's parents. "They will help you grow big and strong." Most children dreaded that message, because at that age one could not get past that awful taste that came with a serving of Brussels sprouts (or even consider the thought of growing big and strong). Sadly, this same mindset remains consistent throughout one's adult life.

Despite the fact that most people are aware of the benefits that come with including vegetables in one's diet, there are a significant amount of people who continue to neglect them. Electing to maintain a diet of fatty meats and unhealthy starches—like pork and pasta—have led to a significant amount of adults incurring chronic diseases like diabetes and hypertension. While certain meats are important to one's diet, the vegetables that are neglected are essential also.

Most green vegetables like Brussels sprouts and broccoli provide a great source of nutrients that the body needs to fight various diseases. If eaten on a regular basis, a recent study by the *British Medical Journal (2010)* concluded that one could reduce their risk of diabetes by a whopping 14 percent! Recently the U.S. Department of Agriculture introduced an initiative called, "My Plate," to give people a visualization of what one's plate should look like at each meal—fruits and vegetables comprised 50 percent of the plate. This effort was designed to show people how vital vegetables are to one's diet.

So, why don't more people eat vegetables? Perhaps some would suggest the limited access that one has to fresh vegetables, while others are just not interested in adding them to their diet. Whatever the case may be, people should understand the benefit that comes from including vegetables in their diet.

Just as in one's childhood, eating vegetables helps put one on the path to wellness. As adults, one's focus is no longer centered on growing "big and strong." Instead, one is more concerned with living a long, healthy life. It is worth noting that this is unlikely without a healthy diet of veggies.

Dead man walking

By Tim Jordan-
Powledge Unit

There goes a dead man walking!" As I walk my daily miles on the prison rec yard, I hear the whispers of truth. My diagnosis: liver cancer, with contributing factors of drug abuse and alcoholism.

A hot cup of coffee in hand, my mind travels beyond the fences, almost a lifetime ago in my half-century plus mind. Who was I back then but a barefoot kid waiting on the tooth fairy to slip a dollar under my feather pillow. Where did all the years go? Where did I cross the



line between right and wrong? Hell on earth is waking up to one's selfish results...people wronged, love never shared, my own loneliness. The only hope is seeking the true forgiver.

The wind parts my soul as the angels sing their song. God-given peace is the full order of the moment. Each step takes me closer to my final destiny.

A lifetime in 30 minutes following my feet on this beaten path. My coffee's cold and a correctional officer announces, "Count time!" I look back at that beautiful East Texas sun going down.



To be successful, stay active

By *Jeremy Busby*
Staff writer

Bernard Hopkins, Jr., one of the greatest boxers ever, was once asked about the secret to his success. For more than 20 years, he dominated the sport of boxing, at times securing victories against opponents half his age. He revealed his secret was in his dedication to training. Hopkins maintained the same training regimen for the entire span of his boxing career, which included running 10 miles every morning. No matter how many matches he won and how many more championships belts he held, Hopkins never became complacent.

This mindset could make a lot of us better in TDCJ. There are far too many of us who have become complacent with our accomplishments. Once we secure one victory, we lose our drive. It appears as if we just give up. Take for example a recent conversation I had with another offender on my wing. I asked him why he wasn't involved in any type of schooling, because I noticed that he does nothing but sit around the dayroom all day when he is not at work. His response was, "I already have my GED." I then began to tell him about the numerous other victories that are out there for his claiming, but he insisted that having a GED (that was obtained five years ago) was more than enough for him. Obtaining your GED is only your first victory. There are more victories to be had!

John H. Johnson, the trailblazing Ebony magazine publisher said, "show me a man or woman who is satisfied with what he/she's got, and I'll show you a man or woman who's not going to get anything else, and is in danger of losing what he or she has." Admittedly, no one could ever take your GED away from you, once you have obtained it, but imagine how many more accomplishments (victories) are still waiting. Consider the aforementioned offender. Had he continued to pursue ways to make him better where would he be now? Maybe he would have one vocational trade or two; maybe some college credit hours or even a college degree? Instead, he has squandered five calendar years doing nothing.

As ex-offenders reintegrating back into society, we have to be better, more educated and assertive than our counterparts to be successful. What better way to do that than to utilize our time wisely and obtain as many educational victories as we can while incarcerated? No matter how well you're doing and no matter how well you've done, you have to keep your eyes open and look for your next accomplishment.

No one represented this better than Hopkins. His inclinations towards success compelled him to be assertive. Had he stopped training after his first victory, he would not have had the legendary boxing career that placed him amongst some of the greatest boxers the sport has ever known. Instead, he was persistent and determined to be the best. We can do the same.

You can't be satisfied with yesterday's success, no matter how enjoyable or satisfying it might be. You have to stay hungry and maintain your drive to win!

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). *E*

TDCJ Crime Stoppers:

Benjamin Lund aka "Beans"



Height: 6 feet 1 inch
Weight: 165 lbs.
Eyes: Brown
Hair: Brown
DOB: 08/18/1985
Date Missing: 06/13/2005
Age Missing: 19
Race: White
Missing From: Harker Heights, Texas
Bell County

Mr. Lund was last seen wearing a white t-shirt and blue jeans.

William Powers III



Height: 6 feet
Weight: 170 lbs.
Eyes: Brown
Hair: Brown
DOB: 01/05/1961
Missing: 05/01/1983
Age Missing: 22
Race: White
Missing From: Midland, Texas
Midland County

Mr. Powers occasionally wore prescription glasses. He had a small scar on his right temple and a round scar on his left hand between the thumb and forefinger. He was working in the oil field at the time he went missing and was known to drive a 1965 Ford station wagon.

TDCJ Crime Stoppers:

If you have any information on the above described missing persons, please contact the TDCJ Crime Stoppers Office at P.O. Box 1855, Huntsville, TX, 77342-1855 or 1-800-832-8477. TDCJ Crime Stoppers will pay up to \$1,000 for information leading to the arrest, filing of charges, or indictment of person or persons that committed a felony crime or is a wanted fugitive. Crime Stoppers guarantees your anonymity.

MEMOIRS OF A PRISON CHILD

By Ruben Constante Jr.
Torres Unit Reporter

Feb. 13, 2012, Lockdown: Day Four

We were just shaken down here in O-wing at the Torres Unit. As always, most of my peers were scrambling left and right, hoping and praying (complaining and whining, actually) that the bosses over at the gym wouldn't be "trippin" over small stuff.

Me? I just sat and watched the whole thing go down. I listened. It's something I've developed in this place—calculation, cautiousness. I'm swift to hear and slow to speak. Before I open my mouth, I open my heart. I listen to what's not being said and see what's not being shown.

I notice design.

So as I witnessed my peers wrestle with the possibility that their property could be confiscated, I brought to mind all that prisoners have to endure. In what's often perceived as a monotonous madhouse, prison has a clever way of teaching its inhabitants attitudes, habits, behaviors, perceptions and beliefs. In that process, as you and I "do time," we are given a degree of decision-making regarding how we deal with this place.

This truth ushered into my mind the days when I was under the care and custody of my mother. When I was 12, I had certain privileges I could enjoy only if I had been a good boy and had done what I was told to do. In other words, Nintendo time meant I had to take out the trash. Phone time with my girlfriend meant I had to cut the grass. Well, during

those budding days of adolescence I began to feel an acute anxiety, like I was being torn between the comfort of childhood and the new frontier of puberty. On the one hand, I liked that I didn't have to do anything to enjoy a benefit, because Mom provided everything. On the other, I swelled with the desire to explore new territory.

Thankfully, this experience is transitory and soon passes, or, at least it's supposed to! You see, children eventually release the comfort of the crib and embrace the advantage of adolescence. They learn that the privileges of pleasure can be taken away when they misbehave. They are taught that there are no free handouts and honest, hard work is an essential part of life. They learn to be responsible. They grow up.

Unfortunately, amnesia also settles in. A basic feature of adolescence is forgetfulness. It works like this: Somewhere along a teenager's life he tends to

lose track of the household lessons his mother taught him. He often forgets that bad behavior results in restriction. He forgets what diligent work produces: responsibility and appreciation. He quickly becomes disgusted with humble pie and prefers, even demands, an entrée of entitlement.

In short, he becomes a child again. He thinks that he can do whatever he wants because someone else will clean up his mess. He possesses a reckless disregard for himself and for others, and he's quick to tell others "mind your own business" when they try to hold him accountable. (Teenagers always get mad when someone tells them what to do,

don't they?) Eventually, though, this product of entitlement often lands people like Mr. "I'm-My-Own-Man" in a world of hurt and puts him in a place where mommy can't take care of him anymore....

Enter the Texas Department of Criminal Justice—the child's new guardian.

Because he couldn't behave himself responsibly and because he thought no one could tell him what to do and because he couldn't live a civilized life, he placed himself in a position of dependence again. As with any developmental phase, the process begins anew.

The child is told what to do and where to do it; what to eat and where to eat it; what to wear and how to wear it; he's told where to go to school and when to go to school. He can fuss all he wants, but he'll never get his way. He's told to go to his room, sit down, clean his room, brush his teeth, comb his hair and pick up his clothes. It's a no-win situation for him, and his best bet is to learn the ABCs of responsibility, of maturity....

That's what I noticed this time around during our biannual lockdown. I don't know if policy makers and penal administrators are aware of this type of socialization in prison, but I think it's important that we know. "Free will" is an individual affair—everyone chooses what they make of themselves. *E*



CRAIN continued from page 1

they want to be. Some mistakes will have more severe consequences, she said, such as the ones experienced by our students. However, it is human to make mistakes, and they are not the end of hope.

Crain told WSD GED graduates that they have made the first step to not being "professional victims" by going to school. They obtained their GEDs, so they should not put their dreams away. She also spoke about her initiative, "Doors," which deals with the public perceptions concerning offenders and said the public needs to embrace and help offenders coming out of prison. Crain also recognized the support of the graduates' visitors.

"They are here, and their actions speak louder than their words," she said, asking the graduates to applaud their visitors. She also asked the visitors to cheer for their graduates.

Each graduate can stand on her own, make herself a better person, make her relationships better and make more out of her life, according to Crain.

She then led the graduates in telling their guests in unison: "I am amazing; I am going to make something of my life, and I am going to give back."

As former chairwoman of the TBCJ, Crain also led the Board of Trustees for the WSD. The former Gatesville Unit was renamed the Christina Melton Crain Unit in 2008 to recognize her service to the Texas criminal justice system. *E*

..... SUDOKU

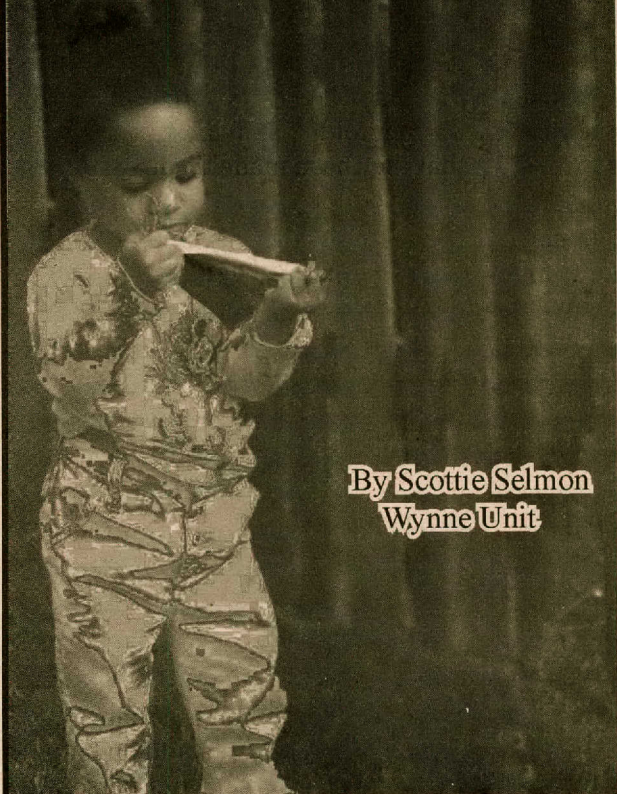
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Easy

Difficult

Daughter's letter prompts response



By Scottie Selmon
Wynne Unit

I am a man who goes through life with an attitude that screams—I don't care! When I received a surprise letter from my child after I came to prison, I realized that I do care. There are people depending on me to care. Regardless of my situation, I am expected to be there for my daughter to the best of my ability. I have to care enough to let her know that I want her to succeed. The last time I saw her: she was in diapers. Now she is a beautiful young lady who has the right to know who, what, when, where and why she came to be.

I care enough to want to tell my side of the way things were, instead of her hearing it from an uninformed source. A long time ago I learned to put a cap on my emotions so I would not feel so bad when certain things happen in my life. This changed when I received that letter from my child! When I thought I would never see her again, I pushed all my thoughts about her to the back of my mind. I prayed for several years to see or hear from her. My prayers were answered when she contacted me and wanted to know if I cared. After thinking about it, I determined that, "Yes, I do care."

ε

THE HARMFUL EFFECTS OF UNREALISTIC OPTIMISM

By Jeremy Busby
Staff Writer

Is there a such thing as being "overly-confident" about one's chances of successfully reintegrating into society? Does the level of optimism or lack thereof have anything to do with one's chances at returning to communities and living a lifestyle other than the one that landed them in prison? Most offenders are afraid to admit that their chances of returning to prison have nothing to do with their beliefs about returning. According to a recent Pew Center study of 41 states, 43.3 percent of all prisoners released in 2004 were back in jail within three years.

Clearly, there are exceptions to the rule. People who come to prison and actively seek to address those behavior patterns that caused their incarceration increase their opportunities for success. Those offenders are perhaps the majority of those who succeed. When one considers the rest of the prison's population, the facts show that chances at recidivism are extremely high. The sad reality is that most offenders are not aware of this disturbing fact or unwilling to admit it.

Optimism is great when it is placed into proper context. Typically, those who possess the belief that they have the power to succeed in any given situation perform better than those who don't. In fact, pessimistic people have a tendency to derail their own success by thinking negatively. For example, according to a book written by scientist C.S. Carver, entitled, "Attention and Self-Regulation: A Control-Theory Approach to Human Behavior," optimistic cancer patients typically live longer than pessimistic ones. It is believed that the positive thoughts of an optimist lower stress and promote recovery.

So does this mean that offenders who are optimists survive longer in the free world than those who are pessimistic? The answer to that question depends on the type of "optimist" one is alluding to.

For instance, there are the "naïve optimists" who believe that everything will turn out all right without any active effort on their part. As an example, some offenders come

to prison and never make any true effort towards changing their erratic behavior. They deceive themselves into thinking that they are prepared to re-enter society. Instead of acknowledging character flaws, they justify them and oftentimes accumulate more. There are "unrealistic optimists" who have lofty dreams of owning a business, maintaining a marriage and even possibly becoming someone's mentor. Surprisingly, they never take into consideration

that no one has a desire to deal with one who thinks, acts and lives like a criminal. Their chances of recidivating are astronomically high! Think of them as that person who eats an abundance of fatty foods despite suffering from high blood pressure, and thinks it's okay. This is not ignorance; it is "unrealistic optimism."

Lastly, there are "constructive optimists" who take active efforts to craft their destiny. These offenders enter prison with a sheer determination to correct all

of the things that contributed to their imprisonment. They take an honest inventory of themselves and go about their business to become a better human being. They take advantage of every single opportunity that exists in prison to better themselves. They refrain from doing the wrong thing. The idea of doing wrong, just because they are in prison, is non-existent. When they reenter society, they have solidified themselves to withstand the temptations of drugs, crime and other destructive activities that would cause them to take another trip back to prison. Their optimisms are realistic.

So while the "average" offender has an "average" chance of returning to prison, those who fail to acknowledge their circumstances and correct them are "unrealistically optimistic" about their future and increase their chances at returning. This unrealistic optimism cripples the ability for one to dictate that which is within their control, like—staying free!

ε



Get in touch with your outer Child

By William Chaplar

Released

Anyone who has ever taken a psychology class or read a book on the subject has probably been exposed to that whole Id/Ego/Superego triumvirate developed by Sigmund Freud. For those who have never heard of it, Freud contended that the human psyche was divided into three parts. The Id was supposed to represent our innate biological drives—such as the drives for pleasure and survival. At the other end of the spectrum is the Superego. This part of the psyche is the part of us that strictly upholds morals, social conventions and laws essential to co-existing with other human beings. The Ego, therefore, is supposed to be the mediator between these two extremes.

A somewhat updated version of Freud's concept is found in a book written by psychotherapist Susan Anderson. In "Taming Your Outer Child," Anderson introduces readers to her own three-pronged human psyche. Rather than using Freudian terminology, she has chosen to utilize three different terms. Her "Inner Child" correlates to Freud's Superego. Her "Adult Self" is her term for the Freudian Ego. Then there is the "Outer Child," which corresponds to Freud's Id.

In the Andersonian version of human personality, the Outer Child is the part of us that causes all the trouble. It's the part that eats too much, acts manipulative, gets drunk, overreacts to small things and performs a host of other negative behaviors that cause otherwise mature adults to come across as little kids.

Anderson's book points out some very interesting aspects of the Outer Child that might be of particular interest to those of us who wonder why people in prison act the way they do. For instance, the author points out that one of the Outer Child's favorite mottos is, "Negative attention is better than no attention at all." In my years of observation, I have come to accept this as an established principle where prison inmates are concerned. Since so much of what people do in here is virtually guaranteed to bring about negative attention, why do they do it? Might it be that they crave that attention? Since anything the officers say in response to their wrongdoing

will satisfy their craving for attention, then the fact that the attention is negative is pretty much a moot point.

Another interesting point made by Anderson was the idea that "the Outer Child is the addict, the alcoholic, the one who runs at the mouth and does everything to the extreme." Anderson goes on to say that the Outer Child is a hedonist "who seeks the most immediate way to pleasure." Now, there is no way that I can be the only one who can see parallels between this Outer Child entity and many of the people in the penitentiary!

All of this is in direct contrast, to Anderson's Adult Self aspect of human personality. Here, the Adult Self "learns to gratify its needs for pleasure in more substantial ways, such as developing a new relationship or building a new career rather than relying on quick fixes that are not good for health, reputation, or waistline."

Many of us have heard some variation of the Golden Rule, which admonishes us to treat others the way we would like to be treated. The Outer Child's rule goes more along the lines of getting others to treat *you* as you want to be treated, and treating them pretty much anyway you like. I cannot remember how many times that I've heard offenders shouting epithets at correctional officers even as they, themselves, are demanding to be treated with respect. While the Golden Rule seems to hold little sway in prison, that Outer Child rule...well, it *rules!*

In a very real sense, Susan Anderson's depiction of the Outer Child (which is essentially a more contemporary version of the Freudian *Id*) is a mirror image of so many of the people that the correctional officers in prison constantly have to put up with. So the next time someone in here does something that would be appropriate behavior for a 7-year-old, understand that such behavior is his or her Outer Child speaking out. The best thing for *adults* in here to do, in such cases, is simply smile, walk away and pity the individual for never having experienced the pleasure of growing up.



A little child shall lead them

Staff Report

While watching a Little League World Series game, I witnessed something odd. It wasn't actually odd per se. One might even say that, in a perfect world, it would be considered *normal*. Since, however, Americans have been desensitized to inappropriate behavior when it comes to sports—indeed, we have actually come to *embrace* it—then what I saw the youngsters doing should at least be considered unusual.

The pitcher threw a wild pitch, hit

the batter, and the batter took his base. Nothing unusual about that. What made the incident unusual was the fact that, before he threw his next pitch, the pitcher walked over to first base, extended his hand, and the two players shook hands as if to say "all is forgiven." I later discovered that this is standard practice in the Little League World Series when a pitcher hits a batter.

Now, the average fan of professional baseball would no doubt expect a totally different

response to a batter being hit by a pitch. Most baseball spectators would have been waiting for a batter hit by a pitch to throw his bat at the pitcher and charge the mound in a violent frenzy. They may even sit in anticipation of the two benches clearing and a riot breaking out. While this sort of anticipation is understandable among prison inmates—many of whom watch televised sports solely for the fights—one would think that responsible adults would find

such a reaction to be completely reprehensible. Sadly, though, this is what we've come to expect when grown men play baseball.

I realize that it's the adult supervisors of the Little League organization who mandate that their boys behave responsibly and act how we would hope grown men would act. What I'm unable to understand, though, is why the adult supervisors in Major League Baseball can't keep those men from acting how we would expect spoiled boys to act.

TELFORD UNIT CELEBRATES GRADUATIONS

*Jamie Stewart
Telford Unit*

The Telford Unit Windham School District campus recently honored the achievements of academic and vocational graduates. Sharing in the moment alongside the proud graduates were a host of family, friends, teachers and staff.

Honor graduates included E. Ramirez (valedictorian) and J. Guidry (salutatorian). Vocational honor graduates were C. Bagley (Plant Maintenance), B. Cox (Small Engine Repair) and W. Malin (Construction Carpentry). Telford Unit's Excellence in Teaching honoree, Ms. D. Thomas, gave a heart felt address during the graduation ceremony.

In his salutatory address, J. Guidry expressed how his teacher and classmates were like family. He

mentioned how easy it is to shut off others — how secluding oneself may seem like the answer. Receiving help from others is important on the road to redemption, and pride has no place in the equation for those who sincerely desire to become better.

E. Ramirez, the valedictorian for the GED class, spoke about the beauty of change and the hard work that accompanies it. The appreciation of family support was also strongly mentioned in his speech.

Ramirez ended his address by acknowledging who he believed were the true valedictorians: the family members who have endured the challenges alongside their incarcerated loved ones. Even as their personal lives continue moving, it is family that motivates the men more than anyone else or anything, according to Ramirez. ε



Telford Unit GED and vocational graduates are A. Williams, C. Bagley, J. Guidry (Salutatorian), T. Wynne, C. McNac, E. Ramirez (Valedictorian), J. Pierce, C. Moore, S. May, J. Thomas, J. Hawkins, W. Malin, J. White, T. Villa, A. Rodriguez, J. Cortez, B. Cox, K. Brookins, O. Paris, K. Ausborne, J. VanHooser, G. Solis and N. Baldwin.



Polunsky Unit basketball tournament

*By Kevin Hargrove
Polunsky Unit Reporter*

The determination, quick reflexes and pure basketball skills of the Seven Building team caused it to totally dominate the Four Building team. J. McGinnis and D. Ho scored a combined 26 points, helping their team become victorious with a 58 - 52 overtime victory.

The Seven Building unit champions are:

(Back row) J. Douglas, F. Garcia, J. Garcia, O. Sanchez, A. Castillo, R. Knowles, J. McGinnis, A. Levier (Commissioner); (Front row) D. Ho, D. Page, G. Sanchez, G. Milne

(Not appearing in photograph: A. Villavicencio) ε

Darrington Unit hosts Bridges to Life graduation celebration

*By Michael Ingram
Darrington Unit Reporter*

The Darrington Unit celebrated two completions of the Bridges to Life (BTL) classes last year. One class was from Darrington's main building and the second class from Darrington's trusty camp. According to the BTL founder John Sage, who was in attendance, this was the very first time BTL graduated two classes at one unit simultaneously. There

were 65 men whose outlook on life, responsibility, accountability and forgiveness changed for the better. The program was hosted by Beverly Barnes, regional coordinator and Darrington's facilitator for BTL.

After introductions were made, offender Stanley James opened with a prayer. Volunteers "Martha and Ernest," performed "To God Be the Glory" before John Sage was introduced. Graduates were then given a chance to express what the class

had taught them. Many offenders expressed heartfelt gratitude for the program and the volunteers.

"I found my true self in this class," offender Ja'Relle Walton said. "I ain't never graduated from nothing. This really is a good class. If I learned something, I know everybody else did."

BTL was founded in 1998 by John Sage after his sister's murder in 1993. Although the perpetrators were caught within 48 hours of commit-

ting the crime and ultimately sentenced to death, John states that he still didn't feel a sense of justice and for the next several years became deeply depressed. It wasn't until he continuously prayed and asked God for direction in his life that God put the idea of starting BTL in his heart. The mission of BTL is to connect communities to prisons in an effort to reduce recidivism by empowering victims and helping rehabilitate prisoners. ε

Mother

Submitted by Jessica M. Evans
Released

I look at their pictures.
I remember funny things they said at visitation.
I am grateful for the four-hour visit
Although I know they can't stay the whole time.
It doesn't matter how long they stay,
They are here long enough to remind me
That I am their mother.



She warned me this would happen.
I laughed. "What does she know?"
She looks exhausted and a little older.
She is just as much in prison as I am.
She is my mother.
My children are changing every day
And I am not there, she is.
I never really was there.
I was high.
I was selfish, stupid, and weak.
They all still love me
Whether or not I deserve it.

They love me because I am their mother.
And she is my mother.

The voiceless cry

Submitted by Evangel Brasel
Woodman Unit

Have you ever heard the silence of a single falling tear?
In the quietness of a broken heart
hides pain that no one hears.
Pain that hides behind a smile with a heart that's open wide
Bites back the tears so no one sees or hears her voiceless cry.

She lives each day full of life
While she's laughing through her tears
With a heart that cries alone at night
For the love she holds so dear.

Silence is golden in a voiceless cry
When no one sees your tears.
But her mother doesn't know she's crying
For her love is to calm her fears.

She sits alone in silence and prays from deep inside
That pain will turn to peace and love
To ease her voiceless cry.

Above the music in heaven, there is only one who hears
And answers the prayer of a broken heart
Who has a single falling tear.

LONELY DREAMER

Submitted by Larry Forrester
Dominguez Unit

I close my eyes; I see your face
But you're not really here.
Where are you now; how do
you feel?

I know you're out there
somewhere.

I miss your smile; I
miss your touch,

I miss your
wonderful kiss.

I never really
thought that soon

I'd lose that kiss
to this.

All in my dreams, you
spend your nights

Forever in my head.

Now when I wake, these
morning lights

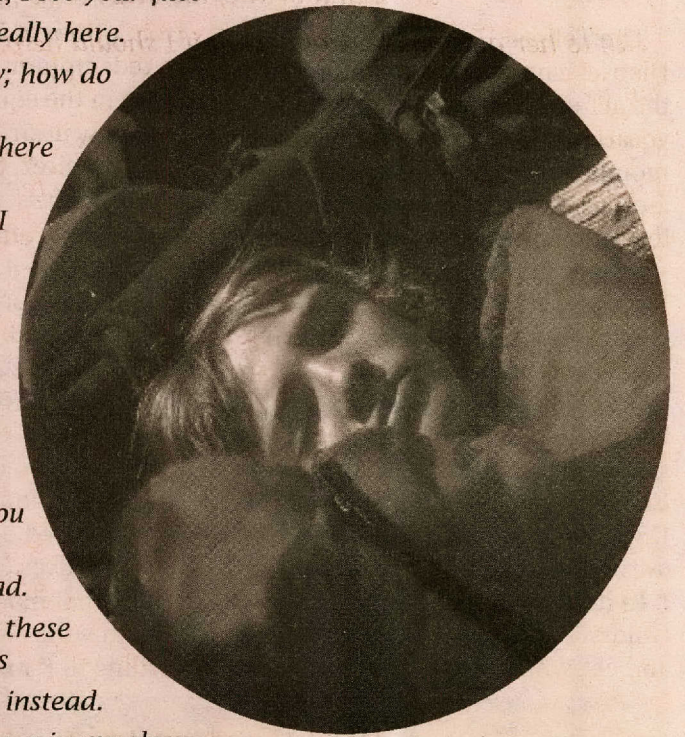
Caress my head instead.

And so tonight, deep in my sleep

I'm thinking about you.

While I must live without your touch,

I can't dream without you.



MOM, TO YOU

Submitted by Harold Daniel
Released

A mother's love,
One of a kind.

Words of wisdom,
Best I'll find.

A mother's protection
Her wonderful care.

Her tender feelings,
With me she'll share.

A mother's touch,
A kiss to heal.

Her beautiful smile,
A difference I'll feel.

On Mother's Day,
Which is once a year,

Though I love her every day,
This one will bring a tear.

HAPPY MOTHER'S DAY

The beautiful people

Submitted by Angie Davis
Mountain View Unit

As I sit and think about you and about me;
How all that was is now nothing more than memories,
I look outside and I watch another angel fall from the sky.
Her wings are bruised and brittle, too scarred to fly.
I run to her and pause, wondering if I should help.
But as she looks up at me and stares,
I can tell she has no will; she no longer cares.
I touch her beautiful face and catch her single tear.
I pick her up gently as she trembles with silent fear.
She points me in the direction she wants to go.
She holds on tight as I promise to never let her go.
She's so fragile, her wings are shedding.
She closes her eyes while the sun is setting.
She's so beautiful as I look at her face.



I whisper, "Please don't go. Show me the place."
She opens her eyes and forces a grin.
She doesn't want me to see the pain she holds within.
She leads me to a lake so peaceful and serene.
She loosens her grip and tries to flap her wings.
I get down on my knees still holding her tight.
She looks me in the eyes, trying to settle upright.
I look at her with a smile although no words are said.
She grabs my face and breaks down, instead.
I ask, "What's the matter?" as I wipe her tears away.
I lean in closer, and she had this to say:
"Love life and keep it simple, but most of all
Protect your heart from the beautiful people."
My angel closed her eyes and her body went limp.
I just sat there and cried because I knew who she meant.

Sleepless nights

Submitted by William Marshall
Smith Unit

Sleepless nights and endless fights
Between you and I.

My nightmares of the past, at times,
Make me want to cry.
So many things I've done to you;
so many things men shouldn't do.
But I did it all and did not care,
not thinking that, someday, you
wouldn't be there.
Now look at me here all alone
Without you to call my own.
And I'm sorry for all the things
in the past.
I just wish, somehow, our love
could last.
But we have gone our
separate ways,
So I'll have sleepless nights
and endless days.
I'm sorry for the things I've
said and done.
My loneliness has now begun.
I know you're tired and, with me,
you're through
Because of the things I've done to you.

I just wish that I could let you know
That I'm sorry and I love you head to toe.
I wish that you could forgive me
And that I could somehow see.
Until then, though, I'll have sleepless nights
Dreaming of you and me.

The homestead

Submitted by Eric L. Mapps, Sr.
Ft. Stockton Transfer Facility

There once was laughter in this place;
the walls and halls so full of space.
It seems the foundation is good;
dry, sun-baked mud.
Reddest dirt with brittle
air pockets.

Fragmented cracked bricks
this humble abode
now sits abandoned; the
sign reads "Foreclosed."
Has it really been so long
since I've been gone?
This place once
so esteemed;
now no goal to redeem.
A cracked window; the
front door ajar.
I take a step, and
stand in place.
I listen to the shattered glass
cry out under my weight.
I think back over the years,
holding back the tears.
Generations have passed through
this dwelling place.
It was once a home; it was once so safe.
Spider webs adorn the corners.

Old, faded painted walls peeling with honor.
I touch my face, it's wet.
I walk away; I've paid my respects.
I still have my tears to shed
for the old homestead.

The sweetest woman (my mother)

Submitted by Lisa M. Kerr Brown
Plane State Jail

For the sweetest woman I ever knew;
you've helped me with all that
I've been through.
There must have been times you thought I
wouldn't make it.
I know there were times your nerves
couldn't take it.
When I was small, you showed me
the right path.
Sadly, I fell upon Satan's wrath.
Doing it my way I thought was best.
But now I sit here with this
ache in my chest.
I know if I'd listened to
your words so true,
I wouldn't be here now...
I'd be home with you.



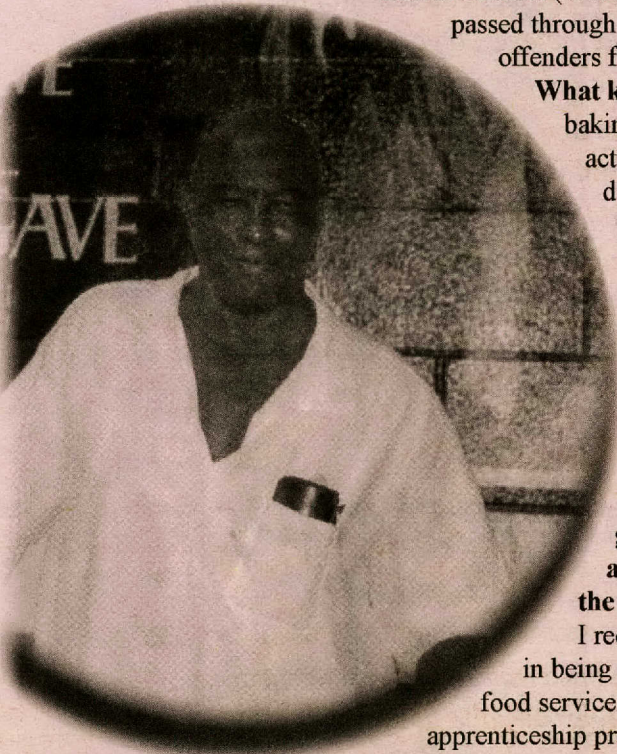
JOB OF THE MONTH

Kevin Hargrove
Polunsky Unit

Job Title: Food Service Baker

Offender: Tommy Stewart, age 62, incarcerated 38 years

How did you get this job? I submitted a request for the job. I had obtained an on-the-job-training (OJT) certificate as a baker, had completed the food service preparation class and had obtained a three-year apprenticeship certificate as a baker with the Windham School District (WSD). Knowledge of my skills had been passed through word-of-mouth from both officers and offenders from other units.



What kind of work do you do? I do specialty baking — mostly for unit programs and activities/events. I also work as an officer's dining room (ODR) baker and, when needed, I assist baking for the general population meals.

What benefits do you feel you get from your job? I get self-gratification. I am glad to be able to help provide quality meals for both officers and offenders and to be able to make something from nothing.

How would someone go about getting a job like this or to receive the training to do this work?

I recommend to everyone that has an interest in being a baker to utilize one of the WSD food service preparation or college classes and/or apprenticeship programs.

Anything more you would like to say in

favor of this job opportunity? I feel that the person that takes on a job as a baker has an obligation and duty to strive to prepare the best product that he or she can! The job of being a baker requires that one has good mathematical, reading and science skills in order to follow recipes and written instructions. One must be able to work well with others and follow guidelines and orders.

When he gets out

By William Chaplar
Former staff writer, now released

One day, not long ago, I was sitting at a table in the chow hall eating lunch and listening to another inmate talk about becoming a master electrician when he gets out. He had recently completed the electrical trades vocational course, and as a result, had begun considering his options. I listened as he described to his friend the path he would take; how he would need to spend this much time as an apprentice and that much time as a journeyman when he gets out. His positive attitude prompted me to ask him what he was doing right now to get ready. I fully expected him to launch into a litany of things he was currently doing in preparation for release.

"Ain't nothin' I *can* do in here," was his reply. Even as he said the words, however, he pulled a chicken patty out of one coat pocket and a biscuit out of the other.

I looked on as, seemingly without any guilt whatsoever, he devoured the pilfered food—apparently unconcerned with where it had just been. He no doubt felt, as do so many in prison, that he had a right to all the state food he could steal.

This misguided individual, who only seconds earlier had been describing his lofty goals, saw absolutely no contradiction between those noble aspirations and his institutionalized behavior. He obviously shared the commonly held belief among prison inmates that the penitentiary is in no way connected to the outside world, so it doesn't matter how we act in here. As I left the table, I couldn't help but wonder at what point in his career—apprentice, journeyman or master—he will be when he is slapped in the face with the painful fact that such a belief is false. What will his hourly wage be when he discovers that how you act in prison is how you *act*? And at what rung of the vocational ladder will he be when the behavioral (or *misbehavioral*) patterns he thought he'd left in the penitentiary end up being the reason he is sent *back*?

As I headed back to my cell, I thought to myself, "I guess he'll find out when he gets out."

Where's Ronny?

By Ronald Ryan Hughes Unit

I knew this kid once who was a class clown. He was always getting people to laugh and have a good time. He was a very versatile person—skateboarding, partying, dancing and even looking good in a suit! This cat had it all: family, friends and females.

Then, around the eighth grade this guy started to disappear from the scene. When he returned, he was different. Those who knew him could barely recognize him. Around this time I began to notice that Ronny wasn't the same. He changed his name to "Big Ron" and adopted a ferocious attitude. He distanced

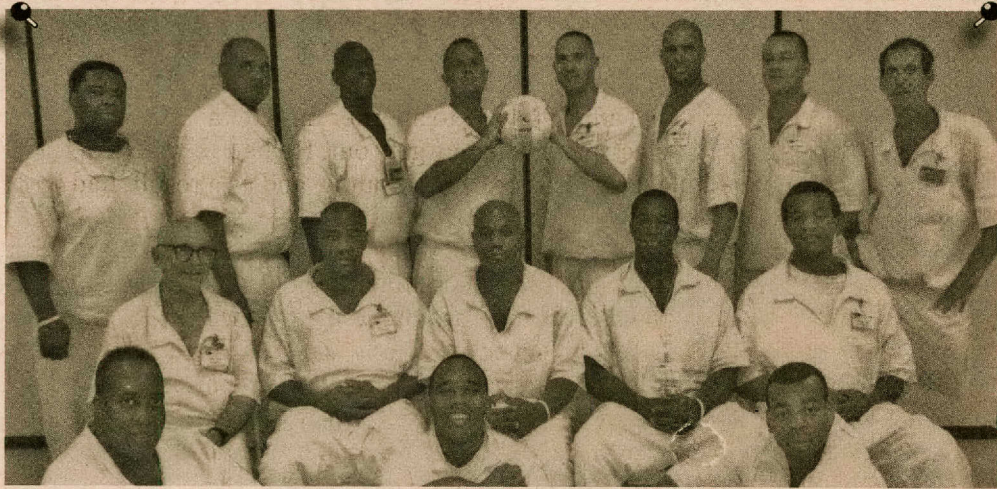
himself from all his friends and quit the high school's football team. His grades began to drop because he would show up for class with a hangover. After a weekend of partying, Big Ron would park his car in the high school parking lot on Sunday nights just to ensure that he could make it to his classes on Monday.

In 1990, Big Ron disappeared completely. Everyone who knew him, forgot him! Little did they know, Big Ron was in prison. Ronny had completely melted and faded; his true identity was gone. Filled with hatred, rage and violence, Big Ron had become a monster.

Soon his prison time was nearly finished, and Big Ron realized that he would be released from prison. Memories engulfed his thoughts as he contemplated his future.

Prison is all he knew, and the thought of returning to society brought a sense of panic. In a few days he would be free to go home after spending more than half his life behind bars. Suddenly he decided to look into the mirror. There he saw an unfamiliar face. Tears began to roll down his cheeks. Taking a deep breath and looking hard at himself, he asked the dude in the mirror, "Where's Ronny?"

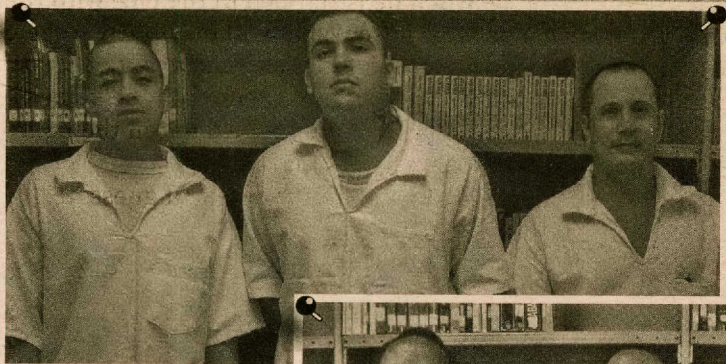
TDCJ/Windham bulletin board



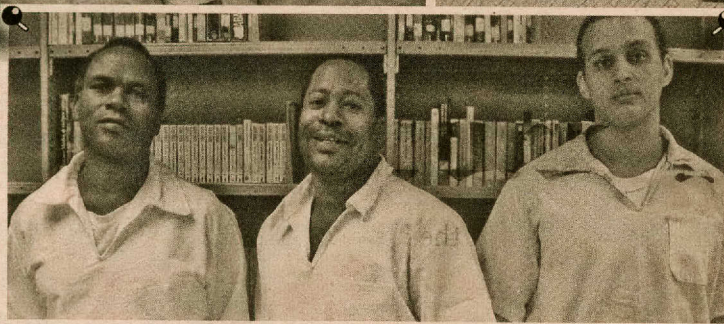
The Carol Vance Unit Youth Ministry sponsored a number of tournaments. Under the direction of offender R. Ussery with offenders L. Green, D. Petty and R. Thomas as judges and co-facilitators, 121 men participated in 3-on-3 basketball, volleyball, ping pong, dominoes, chess and Scrabble competitions. Each event was double elimination with the exception of the Scrabble tournament which was played as two-man teams and single elimination. The following are winners: Z. Hoppe (Scrabble), J. Christ (Scrabble), M. Sauels (dominoes), T. Smalls (chess), B. Hale (ping pong), M. Coleman (basketball), J. Browning (basketball), J. Carter (basketball), J. Rutledge (volleyball), M. Hadley (volleyball), J. Rappa (volleyball), Z. Hoppe (volleyball) and B. Hale (volleyball).



Riverside Unit CIP graduates are A. Harper, L. Barnes, A. Barrajas, A. Bates, J. Belcher, S. Beshirs, L. Ducworth, S. Gremillion, S. Hampton, K. Herring, D. Lindloff, C. McDowell, B. Meshell, D. Moore, K. Porter, L. Schulte, M. Villa, D. Youngblood and J. Moss.



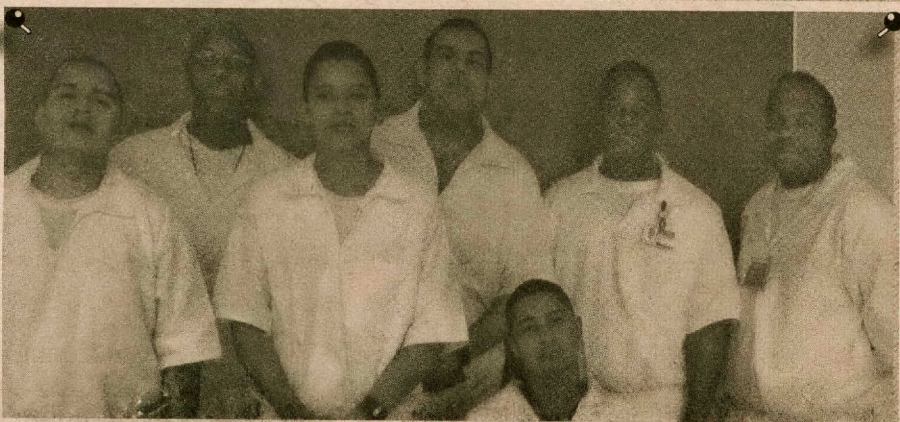
Wallace Unit CHANGES II graduates are J. Butler, J. Perez and C. Roman.



Wallace Unit CIP graduates are S. Johnson, J. Wells and D. Minor.

CHANGES — *Changing Habits and Achieving New Goals to Empower Success (CHANGES) is a 60-day life skills program designed to prepare offenders for release. It is offered by the Windham School District.*

Cognitive Intervention Program — *The Cognitive Intervention Program (CIP) is a 60-day program that assists offenders in interpersonal problem solving. This program teaches personal accountability and responsibility, anger management, impulse control, overcoming criminal thinking, setting goals, and other important topics related to release. It is offered by the Windham School District.*



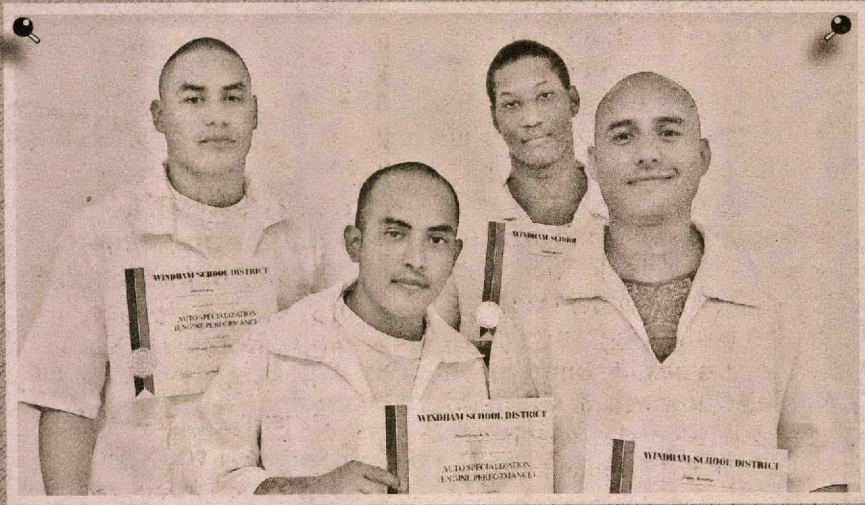
Wallace Unit CHANGES graduates are D. Vareia, E. Ramirez, R. Rodriquez, L. Cole, A. Garner, L. Harvey and S. Cedillo.



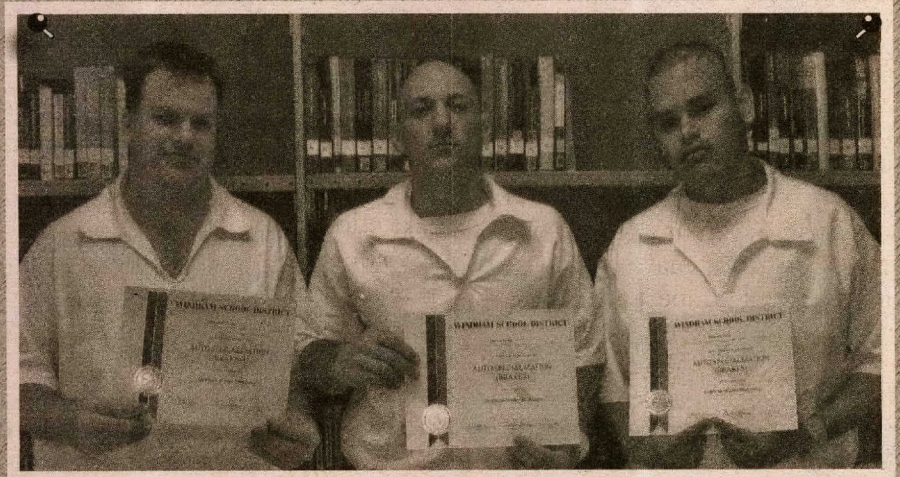
Wallace Unit CIP graduates are B. Carlin, C. Lopez, J. Schroeder, A. McBride and J. Moore.

TDCJ/Windham bulletin board

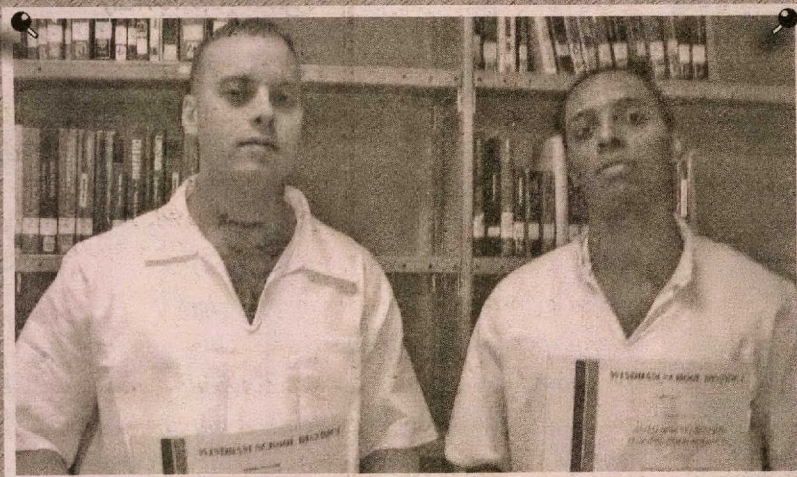
Wallace Unit graduates earn vocational degrees



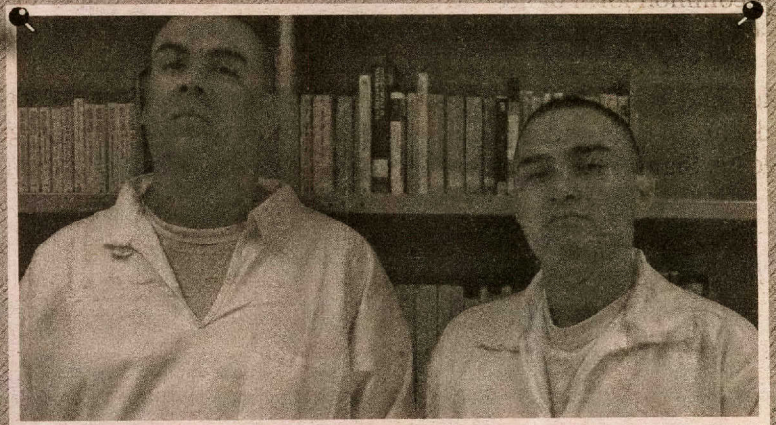
Wallace Unit Auto/Engine Performance vocational graduates are S. Garcia, D. Johnson, J. Renteria and D. Gonzalez Jr.



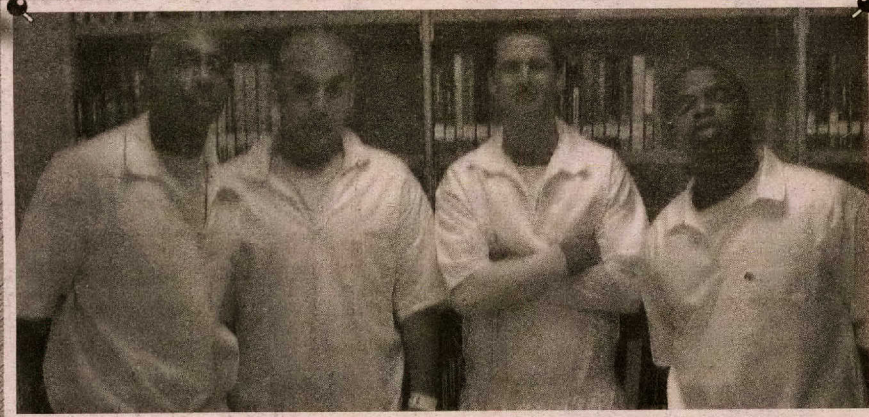
Wallace Unit Auto/Brakes vocational graduates are M. Smith, M. O'Connor and E. Espinoza.



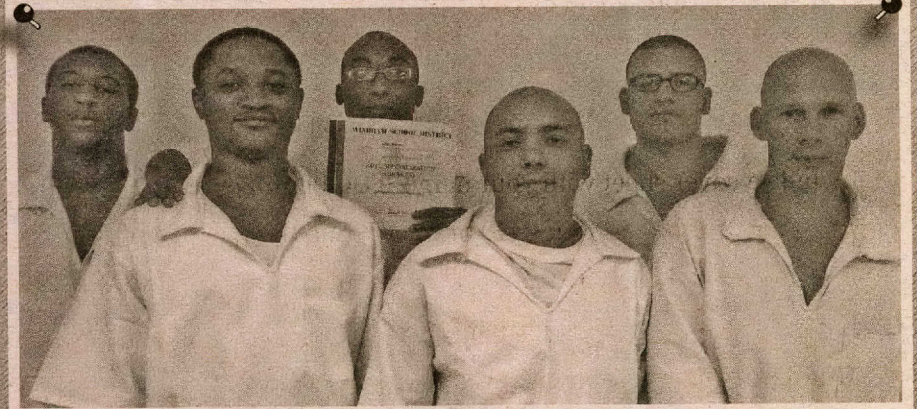
Wallace Unit Auto/Engine Performance vocational graduates are J. Browning and L. Dodd.



Wallace Unit Engine Performance/Construction Carpentry graduates are V. Campos, F. Rios Jr. and B. Hadnot.



Wallace Unit Construction Carpentry vocational graduates are M. Pam, P. Trammell, J. Sanchez and J. Braxton.



Wallace Unit Auto/Brakes vocational graduates are J. Robnett, B. Nunez, V. Rivera, B. Smith, C. Sansom and R. Baker.

HEAT continued from page 1

- 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. ε

The ECHO sponsors writing contest

Staff Report

Do you think you have the "write" stuff? Do you want to see how you measure up compared to the other writers in TDCJ? Enter *The ECHO's* writing contest! Recognition will be given to the top contestants in both fiction and non-fiction categories.

Fiction entries can cover any topic appropriate for publication in *The ECHO*.

Non-fiction entries can include memoirs (life stories), articles, editorial opinions or journal excerpts.

The top three winners in each category will have their work published, receive special recognition and receive a free one-year subscription to *The ECHO*.

Entries will be judged on content, clarity, creativity and correctness.

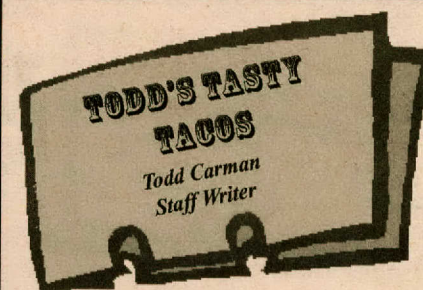
Submission guidelines:

- Include a cover sheet with your name, TDCJ number, unit of assignment and submission title.
- Specify your work as fiction (F) or non-fiction (NF).
- Entries should be neatly handwritten or typed. If typed, **do not use a script font.**
- Entries should be no longer than 1,500 words (three typed or five handwritten pages).
- Multiple submissions are allowed.
- Entries must be received by *The ECHO* no later than Sept. 15, 2012.
- Mail your entry via truck-mail or regular mail to:

The ECHO Writing Contest
P.O. Box 40
Huntsville, TX 77342-0040



RECIPES

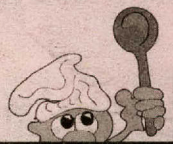


Ingredients:

1 bag beans, either refried or instant chili
1 pack flour tortillas
2 jalapenos, diced
1 bag pork skins, slightly crushed (optional)
1 summer sausage, diced (optional if using pork skins)
¼ tbsp. black pepper
corn chips
squeeze cheese
hot sauce
salsa (optional)

Directions:

Put beans, diced jalapenos, pork skins, summer sausage and black pepper into a spread bowl. Add enough hot water (the hotter the better) to barely cover the beans. Cover bowl with a newspaper and allow to cook for about 10 minutes. While that is cooking, place tortillas, two at a time, on top of a steaming hot pot to heat them, flipping the pair after 30 seconds. Place steamed tortillas in a separate bowl and cover. When the beans are cooked — they should have the consistency of medium-thick refried beans — stir well. Pour 1/8 bag corn chips on top of the beans. Shake a liberal amount of hot sauce onto the corn chips and mix well. Open up some newspaper sections and place on bunk. Spread the tortillas on the newspaper, then divide bean mixture evenly on the tortillas. Squeeze cheese on each taco, then add a little salsa. Fold the tacos and enjoy! Feeds two to three hungry dudes.



RECIPES

FUDGE COOKIE SANDWICHES WITH BUTTERSCOTCH ICING

By Adam Worster and Brain Blackburn
Segovia Unit

Ingredients:

- 1 package duplex/vanilla cream cookies
- 1 package chocolate chip/macaroon cookies
- 3/4 cup hot cocoa
- 1 pkg. powdered milk 13-15 pieces butterscotch candy
- 1 Chick-o-stick
- 2 Sweet things

Directions:

Icing:
Crush butterscotch candy and place in cup. Cover candy with hot water and stir to dissolve (not too much water). Separate cream from cookies and mix the cream in a bowl with dissolved butterscotch, milk and Sweet things. You may need a little more milk if there is too much water on the butterscotch. Stir well.

Fudge:
Crush cookies in a bowl and add hot cocoa. Mix together with 7-8 tablespoons of water. (Careful not to add too much water.) Mix until fudge sticks to itself. Separate fudge into 16 equal portions and sandwich them to chocolate chip or macaroon cookies. Add icing on top of cookie then crush Chick-o-stick and sprinkle on top of icing.

PETTITTE continued from page 1



Wynne Unit offenders meet New York Yankees pitcher Andy Pettitte. Standing from left to right: J. Busby (Echo staff writer), R. Hicks, Andy Pettitte, M. Kuykendall, P. Leaks and M. Vega.

vocalist, Jay Blocker.
“If it is not for Jesus, it is just a bunch of noise,” Pastor Dunn shouted to the audience just before the group performed, “Jesus is the Rock That Lasts.” More than 500 offenders stood clapping and singing with the group.

When Pettitte took the stage, it was obvious he didn’t come to give a speech. He grabbed a bag full of baseball gear and asked the warden’s permission to pitch to some of the offenders. After relocating to the north end of the gym, Pettitte dazzled those in attendance by throwing a couple of his signature fastballs that were caught by offender Vega. “Is

that all you got?” Vega asked Pettitte, in hopes of getting him to throw something faster. Pettitte quickly obliged and delivered a fast cutter down the middle of the plate that Vega couldn’t hold on to. “Everything was good until I teased him and he threw me that cutter,” Vega said. “It dropped on me at the last minute, and I couldn’t catch up with it.”

Pettitte replaced the real baseball with a tennis ball, and for the next hour, he threw batting practice to numerous offenders. The crowd oohed and ahhed at every single pitch and swing of the bat. In attendance for this event were V. Pittman, Wynne Unit’s senior warden; B. Pierce, TDCJ director of Chaplaincy; M. Upshaw, TDCJ Region I director; S. Ulmer, TDCJ Region I Chaplaincy director, and TDCJ chaplaincy volunteers Mike and DeAnne Barber.

“The biggest way to reach people is by being yourself,” Pettitte said on the stage after batting practice. “People can see right through a phony. I don’t pretend to know it all because I don’t. What I do know is love and compassion, and I show love and compassion to everyone.”

During a question and answer segment, Pettitte answered a number of questions ranging from his success as a baseball player to the many temptations he has faced over the years.

“Just like anything else, especially as men, we’ve got to make choices,” Pettitte told the crowd. “I try not to put myself in bad situations. When guys go to parties after a game, I go back to my room. I don’t put myself in those environments. If I put myself in those environments, I know I am going to fall.”

In a heartfelt moment, Pettitte was teary-eyed when he detailed some of the defeats that he had suffered off the baseball diamond, including, having spent so much time away from his family. Pettitte told the gathering that he was unsure if he would be able to uphold his obligations for the event after signing the deal with the Yankees. However, manager Joe Girardi told him to get on the plane and honor his commitment to the Wynne Unit.

“There is a reason why I’m here tonight,” Pettitte assured those in attendance. Undoubtedly, that reason was revealed when 18 offenders responded to the alter call and gave their lives to Christ. Pettitte gathered them in a huddle close to him and led them in prayer. “No matter what else happens in your lives, you are winners,” Pettitte told those 18 offenders. “There is no other place I’d rather be than right here on the Wynne Unit, and my heart goes out to you men.”

Pettitte’s message to all offenders is simple: “No matter how big of a problem you think you have, it is not too big for Jesus. God has got a plan for you. I love you, and pray that you can get out of prison.”

This message of love comes from a man who has won five World Series Championships and holds the record for most post-season victories (19) in major league baseball history. He can now add his successful “expression of love” and knowledge of the lives he changed at the Wynne Unit to his amazing repertoire.

Crespo’s chess corner

Richard Crespo
Terrell Unit

Blockade — to place a piece in front of a pawn to prevent further advance

Zugzwang — a situation in which a player is obligated to make a bad move

Sudoku solutions

Easy

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

Difficult

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