

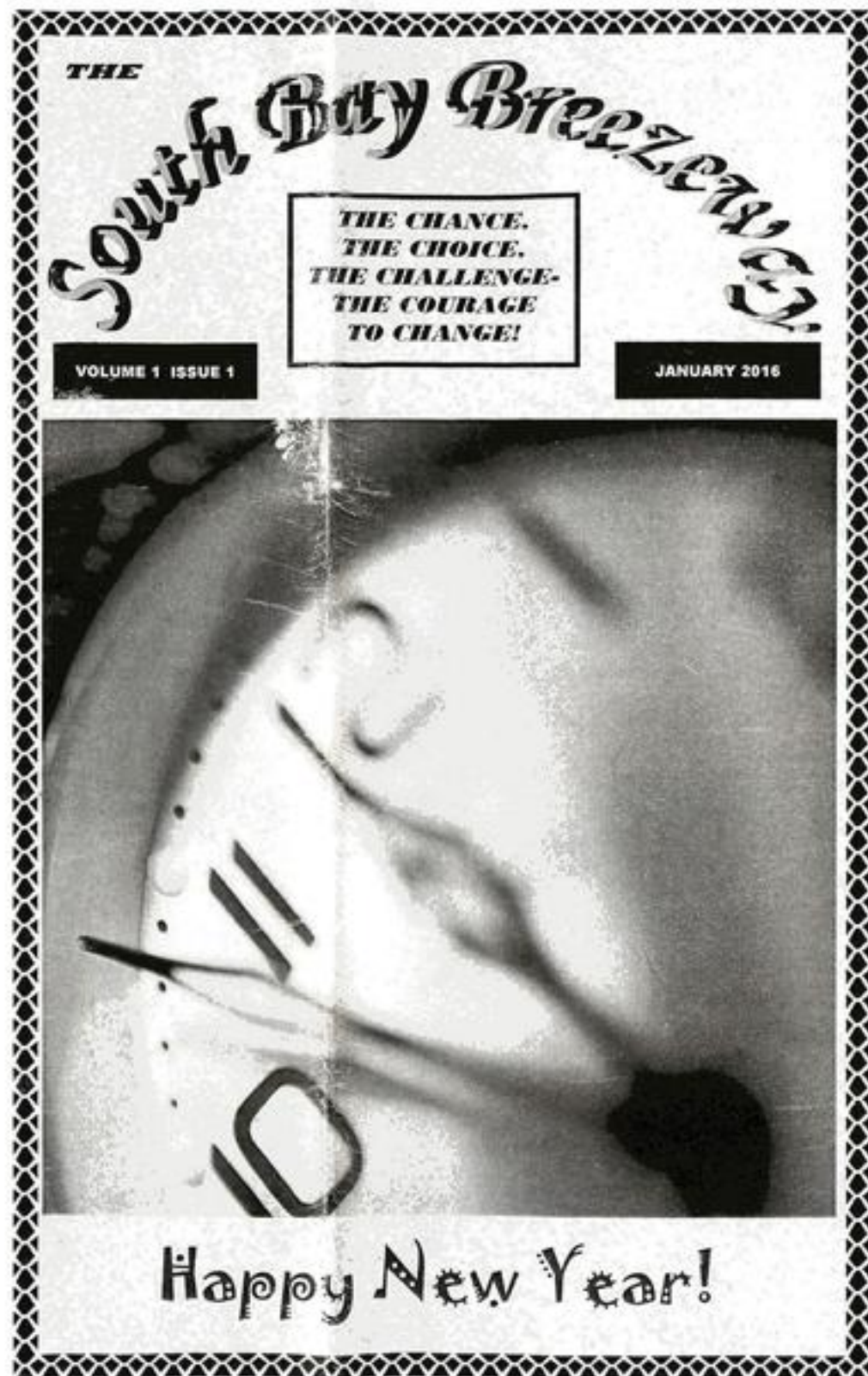
Hello Friends,

I haven't written
in a while because I've
been working on this
"PROJECT" is

I feel blessed to
be able to share the
1st issue of

"The South Bay Breezeway"
Tools for Change,
and Reasons for Hope

Til Next time -
Be Blessed?
Gary



The South Bay Breezeway
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Happy New Year!

The Jokes Page

Two men are approaching each other on a sidewalk. Both are dragging their right foot as they walk.

As they meet, one man looks at the other knowingly, points to his foot and says, "Vietnam, 1969."

The other points his thumb behind him and says, "Dog doo, 20 feet back."

An investment counselor decided to go out on her own. She was shrewd and diligent, so business kept coming in, and pretty soon she realized that she needed an in-house counsel. She began to interview young lawyers. "As I'm sure you can understand," she started off with one of the first applicants, "in a business like this, our personal integrity must be beyond question." She leaned forward. "Mr. Peterson, are you an honest lawyer?"

"Honest?" replied the job prospect. "Let me tell you something about honest. Why, I'm so honest that my father lent me \$10,000 for my education, and I paid back every penny the minute I tried my very first case."

"Impressive. And what sort of case was that?"

The lawyer squirmed in his seat and admitted, "He sued me for the money."

Two men went bear hunting. While one stayed in the cabin, the other went out looking for a bear. He soon found a huge bear, shot at it but only wounded it. The enraged bear charged toward him, he dropped his rifle and started running for the cabin as fast as he could.

He ran pretty fast but the bear was just a little faster and gained on him with every step. Just as he reached the open cabin door,

he tripped and fell flat. Too close behind to stop, the bear tripped over him and went rolling into the cabin.

The man jumped up, closed the cabin door and yelled to his friend inside, "You skin this one while I go and get another one!"

A man is talking to the Lord, trying to understand His eternal nature. "Lord," he asked, "What's a million years to you?" "A million years is but a second to me," the Lord explains. "And a million dollars?" "A penny," the Lord replies. The man feels bold and now proceeds to ask, "Lord, would You give me one of your pennies?" "Sure," the Lord replies. "just a second."

Jon had always wanted to be an actor, but never succeeded because he had a hard time remembering lines. A friend of his, Judi, told him about a bit part in a community play. She assured Jon that he could do it because he'd only have to remember one line. Jon decided to take the part. His only line was, "Hark, I hear the cannons roar!" Jon practiced and practiced, "Hark, I hear the cannons roar!"

The opening night of the play Jon was very nervous. Backstage, he practiced his line, over and over again, "Hark, I hear the cannons roar! Hark, I hear the cannons roar!"

Finally Jon was given his cue and went on stage.

He hears a loud BOOM and yells, "WHAT THE HELL WAS THAT?"

Rimer Reason

By David Rimer

The End of the World

I heard a mighty rumble,
A loud and frightening sound,
I felt it all around me,
Like a quake shaking the ground.

It sounded like a tornado,
Or a Hell-Bound passing train,
My life was flashing before my eyes,
So scared I was going insane.

Like the roaring of a lion,
Or Godzilla's mating call,
Or a herd of stampeding elephants,
I wasn't sure at all.

I dove under my bunk for cover,
In case the walls caved in.
I was a-shaking-and-a-praying,
Scared out of my very skin.

Then my body started laughing,
And said "Don't worry my friend".
That sound is not the end of the world,
Just Seabrooks snoring again.

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Mail Call

In walks the man, and in his hand,
I see a stack of mail.
And for but a fleeting moment,
There is silence in the cell.

I watch the men around me,
As they pretend that they don't care.
But when they get called forward,
A smile is what they wear.

My heart; it beats profusely,
As silently I pray.
"Please let the mailman call my name;
Let me hear from her today."

But there; I swear I heard it,
The mailman called my name.
Nothing ever sounded sweeter,
The mailman called my name.

Moonbeams, rainbows,
Fireworks above.
There's nothing like a letter,
Sent from the one I love.

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From The Editor's Desk

Gary Field

Tools for Change - Reasons for Hope

In 54 ~~AD~~^{BC}, a Roman general was camped out at the Rubicon River in Northern Italy. He had reached a point in his life when a critical decision had to be made. Should he move forward as expected, or change the path he was on?

That General was Julius Caesar, and his decision changed not only his life but the course of history. Rather than march his army north to Gaul as ordered by the Senate, he turned his army back to Rome and forged his place in history.

Webster's Dictionary now defines the word "Rubicon" not only as a river in Northern Italy, but "A point of no return". What it has come to mean in literature is a *critical juncture in one's life in which a crucial decision must be made*. It is a decision which commits someone to a particular course of action, hence the term, "a point of no return".

At South Bay CF, inmates can be said to reach such a juncture - a chance and a choice; a chance to change the way of life which may have led to incarceration, and an opportunity to choose a different course.

Cognitive behavioral therapy is based upon the premise that in order to change one's behavior, it is necessary to change one's thinking. So a change in one's personal life is preceded by a choice.

The challenge, as many of us have come to realize, is in finding the courage to change! Change often requires leaving the "comfort zone" of what is most familiar. However, "When you continue to do what you've always done, you'll continue to get what you've always got". Far too often these results are brought home by the clang of a holding cell door.

South Bay CF presents us with a Rubicon of sorts - we all walk the same breezeway, but it can lead us to Doors of Opportunity, or become like a Boulevard of Broken Dreams.

When we begin to accept the fact that we are where we are today because of decisions we've made in the past, we can ask ourselves, what kind of things can I begin to do today, which will make for a better tomorrow?

South Bay CF gives us that chance, but it's up to us to choose - the challenge is in finding the courage to change.

MISSION STATEMENT

The South Bay Breezeway is a monthly publication by and for the inmates and staff of South Bay Correctional Facility. It provides a platform for the exchange of ideas, and showcases the talents of its culturally diverse community. Its submissions are meant to be inspirational, motivational, and transformational. They are meant to inform, educate and empower as they shine the light on the many programs and opportunities that South Bay Correctional Facility has to offer - Tools for Change and Reasons for Hope.

A Word About the South Bay Breezeway

The title South Bay Breezeway is meant to illustrate the point and provide an alternative to the way "news", "rumors" and far too often "misinformation" is currently spread around the compound.

Along the breezeway, what is commonly known as "Inmate.com" can create an atmosphere of tension and confusion, which is completely avoidable.

Although each issue will highlight special events or milestones within each "program"-we would like to "spotlight" a particular program monthly on a rotating basis with a "message" from the instructor, a student, or both.

We would like to take this opportunity to thank Warden Stine and A.W.P. Lawrence for allowing this publication to become a reality.

The South Bay Breezeway is actually the "brainchild" of its founder and Editor-in-Chief A.W.P. Lawrence. With the encouragement and valuable input from Warden Stine, we will be attempting to provide a platform for the exchange of ideas, and a bridge for communication between inmates and staff.

However, Wardens Stine and Lawrence have made clear that South Bay Breezeway should be primarily a source of information and reference for those of us who may wear the blues for the moment, but who have words of hope, encouragement, and information for each other. (Not to mention which teams may be making their presence felt on the Rec fields!)

We would like to invite the South Bay CF population to consider the Breezeway their paper—let's be clear. If someone has a "grievance", there's a place and a process

for that—this is not it. We are looking from those who seek to "light a candle, not curse the darkness." If you have something to share with the community which will enlighten, entertain, or inspire, please feel free to make a submission by attaching it to a request form and sending it into the Education Department with a note.

South Bay Breezeway submission articles or essays of 300-500 words are recommended—poems and artworks are also appreciated. All originals will be returned. (For artwork, please see Gary Field or Richard DeLisi, rather than attempting to stuff it in a request box.)

Before closing I'd like to also thank Ms. Murray, Creative Director, and Ms. McGhee, Business Tech Advisor, for helping to make the South Bay Breezeway happen.

Special thanks also go out to Director of Education Dr. Lopez our Publisher. Thank you for taking the time early on to put on your "Professor of Journalism 'hat'" ☺ and walking me through the process of what turned out to be a great adventure.

Until next time, I'll see you all, "Along the Breezeway!"

Gary Field

A man's judgment cannot be better than the information on which he has based it...give him no news, or present him only with distorted or incorrect data, with ignorant, sloppy or biased reporting with propaganda and deliberate falsehoods, and you destroy his whole reasoning process, and make him something less than a man.

*-Arthur Hayes Sulzberger
Publisher, New York Times*

Quotes

Tomorrow is the most important thing in life. It comes to us at midnight very clean. It's perfect with it arrives and puts itself in our hands. It hopes we've learned something from yesterday.

Faith is the bird that feels the high light and sings, while the dawn is still dark. —Tagore

The difference between holding on to a hurt, or releasing it with forgiveness is like the difference between laying your head down at night on a pillow of thorns or a pillow of petals.

If we doubted our fears instead of doubting our dreams, imagine how much in life we'd accomplish.

You know you're on the right track when you become uninterested in looking back.

You can't fall if you don't climb, but there's no joy in living your whole life on the ground.

You do big things by doing lots of little things.

Don't let someone dim your light simply because it's shining in their eyes.

A window stuck open is just as bad as a window stuck shut. Either way, you've lost it's use. Ditto for a mind. — Dr. Tayo Adeyemi

Choose your habits well. They will either become your power or your prison.

Your vision will become clear when you look into your heart. Those who look outside dream, those who look inside awake! —Carl Jung

One person with belief is equal to a force of 99 with only interests. — John Stuart Mill

Now after years of observation and enough courage to admit what I have observed, I try to plant peace if I do not want discord; to plant loyalty and honesty if I want to avoid betrayal and lies. — Maya Angelou

You might eat from the garden of your thoughts, so don't grow anything you don't want to eat. — T.D. Jakes

A man's nature runs either to herbs, or to weeds; therefore let him seasonably water the one, and destroy the other. —Francis Bacon

Don't be interested in controlling or conquering others. Learn to master yourself and achieving your personal potential without allowing yourself to be inhibited by a repressive society. — Francis Bacon

Create for yourself the kind of life that you would not mind repeating over and over again. — Francis Bacon

We know how to die, but have we learned how to live? Will you destroy or build? Will you behave with hatred or love?

Make war on hatred, battle against ignorance, fight for justice. You cannot kill darkness with more darkness. Only light can banish the shadows from this world.

One light, many lamps; one journey, many paths.

Thanks to Garrick Flannery for making some of these submissions!

*"And the Lord said unto Joshua, See,
I have given into your hands Jericho,
And the king thereof, and the mighty
Men of valor."*

Walls

By: Gary S. Field

Joshua faced a fortified city,
But he was standing upon promised ground-
There was no time for doubt or self pity,
Those walls would have to come tumbling
down.

God said the Victory was in his hand
And though he might not understand it-
He believed what God said He had planned,
Those walls would fall as God had command-
ed.

Between God's Promises and our possession,
There may be walls in all of our lives-
A place of prayer and intercession,
Where doubts fall and our faith survives.

Moses faced the pharaoh,
Having cast aside his fear-
And David faced Goliath,
Without a sword or a spear.

Gideon faced a mighty army,
With just three hundred men-
And Daniel didn't cower,
While in the Lion's den.

Paul found joy in trials,
Through suffering and pain-
He faced it all rejoicing,
And counting loss as gain.

It was not by power, nor by might,
The "Victory" was not theirs alone-
They were all strengthened in their fight,
By the power that flows from the throne.

Joshua- faced a fortified city,
And we're surrounded by some razor wire.
This (underline "this") is no time for doubt
or self pity,
It's God's promises that we require.

Joshua 6:1-20

New Year – I'm Not what I've Done, But What I've Overcome

By: Lewis Leight

It's all about TIME...
The TIMES of our lives...
TIME so elusive, like mercury,
Passing through our fingers and reigning
dominion over our lives...

Monday morphing into Friday,
Summer evaporating into Autumn,

Our babies' hair turning gray,
Our grandchildren becoming teachers...

A frenetic surreal cycle
That is annually interrupted
By the blast of the Shofar reminding us
To STOP, count our blessings,
Reevaluate our priorities,
Acknowledge our flaws,
Ask forgiveness, and pray
That TIME is on our side,
For another year to do it better,
Embracing every precious moment as an
opportunity
To open our heart for loving,
Our hand for giving,
Our mind for understanding,
Our soul for enlightenment,
Our essence for peace...

Living every nanosecond in the present
Before the clock runs away with
The TIMES of our lives...

Happy New Year To Us All

Graduation 2015

By: Gary S. Field

The Vocational Graduation at South Bay was a huge success. There may have been more obstacles thrown in the way of that event taking place then a grunt would face running laps around the base at a Marine Corps boot camp. We're not talking only about the effort spent in earning those diplomas and certificates of completion, but the hurdles faced by Dr. Lopez and the Education Department in making that day possible.

Prison blues were covered by caps and gowns and smiles were pasted on the faces of graduates and their proud families as they sat waiting in the Visitation Park for the event to begin. There was a slide show on a big screen T.V., set off to the right of the podium, which displayed the professionally presented Logos of Ms. McGhee's Diversified Career Technologies students.

The South Bay Graduation Band kicked things off with a rousing rendition of the song, "Celebration." Vocals by John L. Gordon were accompanied by band leader Bryan Edmondson and a talented supporting crew of Eric Swann, Sean Killian, Warren Tarver, Thiago Fernandez and Judson Vedder on Bass.

The Pledge of Allegiance was followed by a beautiful Invocation and blessing upon the graduates and their families by our new Assistant Chaplain, Ms. Brown.

The SBCF Graduation band then set the perfect mood of expectancy with the song, "Time of Your Life." Opening remarks were then made by Dr. Lopez, Director of Education here at South Bay C.F. Standing there, resplendent in his Doctoral Robes, many of us knew how he'd practically carried this event on his shoulders to make this day a reality.

His stirring remarks were followed by another great performance by the SBCF Graduation Band's cover of the song, "Stand By Me."

It was then time for the main event. ☺

Presentations to the graduates were made by the Vocational Instructors. Ms. Cade-Perry for PC and Technology Support Services. Mr. Freeman for his Commercial Class "B" Driving Grads. Ms. McGhee then recognized her crew of future entrepreneurs with certificates from her Diversified Career Technology Course. Mr. Solano was next in recognizing the Environmental Services group. Mr. White then presented diplomas to his Carpentry Crew. Mr. Wood joked about how, with a name like his, he should have had the Carpentry Class before presenting certificates of achievement to his graduates of Nursery/Landscape and Turf Mgt. courses. He made a point of acknowledging the academic skills necessary to complete those courses. He also made mention of how one of his students "Theron Toson" got all A's (Way to go Brother Toson) ☺

After the presentation of awards to the Graduates, it was time for what turned out to be the highlight of the day. Richard "Fat Mac" McIntyre brought the house down with an emotionally charged rendition of "I'll Stand By You." By the time he was done with that song, the audience was on its feet and I had to make believe I'd gotten something in my eye. It was the best cover of that song that I'd ever heard...in fact, I'd venture to say that it was better than the original. ☺

That musical selection was then followed by recognition of the Instructors and Teaching Assistants. Special notice was given, and well deserved, to the Teaching Assistants (ITAs) who were acknowledged as being the backbone of the Academic

and Vocational Programs.

"Seasons of Love" was the final musical selection, and it was a treat to see the smile on the face of Dr. Lopez as he led the SBCF Graduation Band in closing out the program. Not everyone was aware of the challenges that Dr. Lopez had faced in order for the program to proceed. When I questioned him afterward about where he'd found the fortitude to continue onward amidst the storm of circumstances he faced, his reply was telling. "It was never about me," he said "The students earned the opportunity, and the family and friends who came out to share in their success should not have had to suffer because of any bureaucratic snafus."

When I considered how Dr. Lopez took his advanced degree, not to some cushy job in the suburbs, but to the position of Principal at a tough inner-city middle school, I recognized that he was one of those unique individuals who seek to have a positive impact on the lives of those who are usually left outside the boundaries of academia. I also realized how fortunate we were here at South Bay CF to have an educator of his caliber helping us all to seek that which was best within us. Thank You Dr. Lopez!

The Keynote Speaker:

The Keynote address for the Academic Graduation, held on Dec. 9th., was delivered by Palm Beach County Commissioner, Shelly Vana.

Commissioner Shelly Vana attended Indiana University of Pennsylvania and received a BA in Psychology. Ms. Vana worked for the Palm Beach County School District for 20 years, teaching at the Dreyfoos School of the Arts, Jupiter High School and serving as a district wide science resource coordinator for Palm Beach County. As president and CEO of the Palm

Beach County CTA, Shelley served six years on the School District Audit Committee, Education Commission, Education Foundation and the charter School District Advisory Board.

Commissioner Vana was first elected to the Florida House of Representatives in 2002. She represented Florida State House District 85 which included various cities in Central and Western Palm Beach County. She served as Vice Chair of the Palm Beach County Legislative Delegation from 2007-2008.

As a member of the Florida House of Representatives, District 85, Shelly Vana serves on the Education K-20 Committee, Education Appropriation Subcommittee, Policy and Budget Council, Growth Management Committee and Agriculture Committee.

Shelley Vana was elected to serve as Palm Beach County Commissioner District 3 on November 4, 2008 and was reelected November 20, 2012. Shelley serves on the Board of the Florida Association of Counties (FAC), and is a FAC Advanced Certified County Commissioner. She also serves on the Water Resource Advisory Commission (WRAC), Early Childhood Cabinet, Early Learning Coalition, Children's Service Council, Corrections Task Force, is an Alternate of Treasure Coast Regional Planning Council, and is a signatory on the Four County Compact regionalizing South Florida.

You would have had to be made of stone not to be inspired by the encouraging message delivered by Commissioner Vana.

I Need A New Trial

By: Bro. Sterling Clowers, Sr.

Sometimes, we must lose the battle in order to win the war. The most important test that we may have to pass before we are able to be greatly used by God is to be punished for well doing, and then keep quiet about it.

How many times have we gone through something, and in our haste, were quick to say, "I know why this has happened to me"? We will believe that God is angry, and He's getting even with us for some sin we once committed. Do you know that when God chastens us, He's not getting even with us for our sins?

God's chastening, is not God's way of getting even, God got even at the cross. Many times, God will chasten "you" when nobody else can tell that you need it, or deserve it, (Job was perfect and upright).

I can tell you, that if this is happening to you, God is preparing you for something better, some more valuable and worthwhile.

Remember, God does this for our "profit." (Hebrews 12:10)

How many of us have been hurt after being falsely accused? Well my brothers, you need to know that God feels more deeply about it than you do. When we try and defend ourselves, God may back off, and many times we'll make a bigger mess of the situation; we may only make it worse than ever. Joseph would have looked like a fool-he left his coat in her hand (Genesis 39:12). When will we learn to be quiet and say nothing? If we don't try to manipulate the situation, God will be touched by that, and then He will act. How many of us know that God likes to do that? But He wants to do it all by himself.

Joseph faced a new trial, he resisted the

temptation, and he would never be sorry for that. Joseph qualified himself for greater trials, trials that would later prepare him for many blessings.

Do you know, my brothers, that when you're going through something, Jesus Christ can give you a love for himself, a love that is so real and so great that it is actually greater than your trials and temptations?

If God puts you in a situation where you can't defend yourself, be thankful. God knows that if He lets you speak, you probably will, and you may be competing with what He wants to do.

God allows us to be put in "impossible situations", so that we may learn (not know) they are possible with God.

Joseph was faced with a "new trial", but why are we faced with the same old trials, over and over? Because God continues to allow is another chance to dignify (overcome) the old trial.

So what am I saying? I am saying that until we work through that old trial, without murmuring and complaining, that trial will never end.

God's purpose is for us to come through, having been "Tried as Gold." (Isaiah 13:12, 48:10)



In the Valley

By: Bobby LaTulip
A member of "The Way"

Been in the valley for so long,
I almost forgot right from wrong.
In this valley of sin,
Nobody wins.
While in the valley, you cannot be smart,
For all you think of is not from your heart.
While in the valley, you lose your vision and way
And in the end, you will pay.

While in the valley, there is no hope,
Then, you realize you are in need of a pope.
Then, your mind begins to see a rope,
Because you don't know how to cope.
Then a small still voice comes over you, and says:
"Come out of the valley of darkness and into the light,
For I will show you how to walk through this Valley of Death and fear no evil."

Yes, the Creator heard my cry
and answered my prayer,
From the valley of despair.

Now I walk one day at a time,
Hoping and praying that I'll be fine.
My addiction has nearly taken my life twice,
Now, they have a killer substance called "spice."

Dear Heavenly Father,

Help me to stay on the narrow path
to eternal life, There is much to distract me.

Renew my heart daily and if you must, help
me to put on the "Armor of God" so I may
deflect all the fiery darts that come my way.

I shall thank you in advance, and stand firm
on your Son's word. (Matthew 7:8-9)

Hold On

By: Gary S. Field

*I've been down in the Valley of Despair,
Where a thousand tears are shed-
Way down deep in the Valley of Despair,
Where my faith was like a thread.*

*That thread of faith was my road to hope,
And I held on in desperation-
Until I wove that thread into a rope,
It was "The Hope of My Salvation".*

*At times it seems I've been to hell and back,
But I've come back with a testimony-
The Lord was there to pick up the slack,
And never once did He leave me lonely.*

*There's death and doubt, and yes-despair,
Down in the valley, as everyone knows-
But I've come back with a word to share,
It's to the Valley that the river flows.*

*In the darkest part of that valley,
I came across the "River of Life"-
A fountain that was flowing freely,
Amid that barrenness and strife.*

*Way down deep there in The Valley,
Amid the darkness and despair-
My spirit began to rally,
When I realized that the Lord was there.*

*He was, right there beside me,
The 'Shepherd' that I'd heard of-
To comfort, lead and guide me,
Into the light of the Father's love.*

*So hold on if you make that journey,
To where the bitter winds often blow-
With his rod and staff He'll comfort you,
No matter where you may have to go.*

GED Prep Academy

By: Gary S. Field



Ms. Butler brings to the GED Prep Academy a Master's Degree and a sincere desire to see her students reach their educational goals.

She began teaching here at SBCF this year after a teaching background that included Middle Grades of Public School as well as University Education classes.

According to Ms. Butler, "The GED Academy is designed to give students more emphasis on understanding and reasoning than procedure. The goal of the GED Academy is to provide students with a set of tools that will enable them to reason effectively when confronted with problems instead of relying on remembering rules and procedures. Students will also learn basic computer skills such as keyboarding and other basic computer techniques. The class uses software called GED Academy, and it is the last class required before a student is registered to take the official GED Computer Based test."

Ms. Butler also pointed out the fact that there have been changes to the GED test since 2014. Those changes include:

- New technology-enhanced items.
- Extended response (ER) item-allows test takers to demonstrate their written communication skills and analysis of text at a high DOK (Depth of Knowledge) level by producing a writing sample in response to a prompt.
- Short Answer Item- to assess higher level cognitive skill.
- Drag-and-drop Item- this item is an effective tool that enables students to interact with academic content in real-

world situations, such as reordering paragraphs in a letter to improve the letter's organization.

- Hot Spot Item- allows students to respond to graphic stimuli in a way that mirrors real-life situations.
- Drop Down Item

There have also been changes to the Essay portion of the test. Instead of the descriptive or explanatory writing as required in the 2002 series, the 2014 exam requires test-takers to develop an argument in which they use evidence directly drawn from provided passages to support their assertions. The Essay itself is now referred to as an Extended Response.

A final change in the GED testing as of 2014 pertains to the method of scoring. Unlike the 2002 GED standards, which allowed a passing score of 410, but required an average of 450 to pass; the minimum passing score for the 2014 GED test will be 150 on each test (Language, Math, Science, and Social Studies)

It's been said that "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are important."

The students brought that persistence and determination necessary to achieve their academic goals, but kudos to Ms. Butler for creating the atmosphere in which they can pursue them.



Spotlight on

Therapeutic Community

"I'm glad I don't have to explain to a man from Mars why each day I set fire to dozens of little pieces of paper, and then put them in my mouth."

Strong's Concordance translates the word "Sorcery, or Witchcraft," as used in Galatians' Chapter 5 under works of the flesh, as "Pharmakeia," (Strong's #3096) from which we get the current English word pharmaceuticals or drugs. Perhaps that would help to explain why the current epidemic of synthetic drugs such as Spice and Flakka are currently ravishing our communities. Headlines across the country are beginning to echo with stories about the horrific effects of these new drugs. Flakka is flooding emergency rooms across the country with many users acting possessed as they shed their clothing and run screaming down city streets as though pursued by demons that only they can see.

They rip off their clothing during these frenzied attacks because, aside from the hallucinations and delusions that torment them, body temperature spikes up as high as 106 degrees. Their delusions are often accompanied by adrenalin-surged strength so that it may take four or more cops to restrain them.

Flakka, a ridiculously cheap synthetic poison, is the chemical cousin of "Bath Salts." You may remember Bath Salts from the headlines not long ago in which a Miami man had to be shot and killed to stop him from gnawing off the face of a

homeless man under a bridge.

Both Flakka and Bath salts are synthetic versions of naturally occurring amphetamine-like drugs called cathinones. The drug's active ingredient, alpha-PVP, was banned and labeled a Schedule 1 drug by the U.S. Drug Enforcement Agency (DEA) in early 2014. However, that doesn't stop unscrupulous dealers from importing raw ingredients from China and mixing them with whatever toxic materials are at hand to magnify the effects of these synthetic poisons.

Flakka works by blocking the body's ability to reabsorb the brain chemicals dopamine and norepinephrine, according to Dr. Robert Glatter, M.D., emergency physician at Lenox Hill Hospital in New York City. Dopamine is the "feel good" hormone linked to other drugs, while norepinephrine is a form of adrenaline.

You can kick all of those big words to the curb and realize that unregulated chemicals being imported from China are being mixed up by bath tub chemists and being sold on the streets for just a few dollars. It is a cheap high that is flooding the emergency rooms, crowding the jails, and filling psychiatric beds.

Along with the insanity of Flakka, Synthetic Marijuana- Spice or K2 is a synthesized compound which mimics the affects of the THC content in marijuana. Users regularly suffer from such side effects as rapid heart rate, vomiting, agitation, confusion profuse sweating and hallucina-

You Can Do It Too

Part I

By: Rolando Dellano

Don't let anyone tell you that because you get out of prison with a "felony conviction" you can't succeed. I got out of prison after serving 5 years and I had nothing but my willingness to work, a belief in myself, and more importantly, my faith in God.

When I came to this country from Cuba I knew nothing would just be handed to me – I was young, and I knew this was the Land of Opportunity, but I also knew that opportunity was not to wait for, but to work for.

I came to the U.S. when I was about 19 – Hurricane Andrew had hit, and I had steady work from sunup to sundown picking up the pieces in Homestead. But after a full day's work I went to school at night, and after 2 years I got certification in A/C repair and air duct cleaning.

For the next 7 years I was living my piece of the American Dream- I was working hard, but it was for a good company and I was gaining valuable experience while working on jobs that included Emilio Estevez's house on Fisher Island and his Miami Sound Machine offices.

Unfortunately, with success also come temptations – just when it seemed like everything was going my way, the bottom fell out... I lost everything that I'd worked for and they even tried to strip me of my dignity after I got off that BlueBird at the South Florida Reception Center – you guys know what I'm talking about.

I was 28 years old and found myself locked up in the land of opportunity – I spent the next 5 years bouncing around in the Department of Corrections- but while a lot of other people were serving their time, I was making my time serve me. I was deter-

mined to leave prison, not as a bitter person, but a better man.

I got out at 33 and was determined to pick up the pieces of my life the way I once picked up the pieces in Homestead after Hurricane Andrew. Everyone said it couldn't be done...

They were quick to point out all of the problems I would have as a convicted felon – I had no job, no money, and no license... If I listened to them I would have wound up at a homeless shelter standing in line for a handout.

I had a problem – true- but rather than run from the problem, I would find a solution. Poco por poco – I worked my way back... a little job here, a little job there. From a bus to a bicycle to a beat up Nissan- I did what I had to do to fix the problems that I had created.

Before long, I was driving around, legally, with a new work van, filled with tools- I'd earned back what I had lost, and more. Starting over with nothing but my willingness to work hard, a belief in myself, and my faith in God, I was once again living my version of the American Dream.

Then, guess what happened? With success came more temptations and it wasn't long until I found myself getting off that BlueBird at the South Florida Reception Center again.

But that's a story for the next issue.

Before I go home soon, I'll tell you how by the Grace of God I got off that bus with 25 years, and everyone said that I had a big problem.

True, but I also have a big God, and He had a solution.

Emotional Detours

Part 1

By: Joseph Henry Washawitz

I have a good friend who taught me an important lesson about dealing with volatile people. He used one simple word that has the power to neutralize almost any aggression by a person in a position of authority. The lesson is especially useful here in prison where life can be hard because, whether you are right or wrong, a confrontation with a correctional officer can often turn out bad. However, the same is true for any confrontation, whether you are dealing with a boss, a senior official in the workplace, a supervisor in a government job, or even someone who just happens to be in your immediate vicinity.

My friend, let's call him Rick, was not like the rest of us who needed better parenting: He got into trouble at a young age simply because he was susceptible to the unhealthy influences lurking in his community. When he first came to prison at age 18, he had 16 life sentences that were "corrected" down to 11 life sentences and several hundred years. His early years in prison were not the most mature moments in his adult life. It took time to come to terms with his situation and his own mental activities. After so many years of fighting, using drugs, drinking prison hooch, and taking month-long trips to solitary confinement, he decided to make a serious change in the way he approached life.

Rick didn't see any burning bushes. He didn't have a religious or spiritual awakening all of a sudden. In fact, he stumbled many times on his road to maturity, but he never forgot that he had made a decision to change for the better.

He began to read and learn. And he read and learned some more. And he continued to read and learn. He studied religion, science, history, technology- computers in particular- and he attended as many vocational, academic, and rehabilitative classes as he could attend. Later, when his father passed away and

left him a few dollars, Rick used his money wisely and earned a Bachelor's Degree in Business.

Where others fell to the wayside, Rick pressed onward. Where others allowed negative conditions and negative attitudes to change their minds, Rick remained focused on his immediate, intermediate, and long-term agendas. Where others failed, Rick grabbed success.

Whenever a person-whether officer or inmate, male or female-crossed his path, he refused to internalize any of the emotional or irrational outbursts that they would attempt to transmit into him. If an officer corrected him about something - and he would calmly look at him or her and say, "Okay."

"Inmate, you're not supposed to be there!"
"Okay." Pause. "Where do you want me to go?"

"Inmate, you're doing that wrong!"
"Okay." Pause. "How do you want me to do it?"

If another inmate complained about hating this or being tired of that, Rick would look at him and go, "Okay."

There were certainly times when he had to take action and make things happen, but the point of the matter is that he never let the negative emotional outbursts or frustrations of other enter his personal atmosphere. Now that I think about it, I don't recall ever hearing him raise his voice other than to call someone who was far away. Rick didn't avoid trouble because he was scared of anyone. He behaved himself in such a manner that no one troubled him. He was proactive in staying positive, speaking respectfully to all, and working toward a better future.

To Be Continued.....

tions. If you happen to see someone in the Rec yard swimming on dry land, you can assume that he's a "spice cadet".

In the following issues of The South Bay Breezeway, we'll be putting a spotlight on the dangers of these two drugs, and helping to provide the necessary information to help those of us who may have family and friends caught up in the grips of these dangerous substances. Tools for Change and reasons for hope.

You can't talk your way out of a problem that you've "behaved" yourself into - one of the most baffling challenges for anyone who has battled addiction issues is that even when one recognizes the destructive effects of their actions, they find it so difficult to change their behavior.

For many inmates, a journey through the Therapeutic community at South Bay may be an important first step before being able to fully take advantage of the many other opportunities South Bay has to offer. Based upon the concept of cognitive behavioral therapy, the T.C. Program helps participants to understand that in order to change one's behavior, they must first change their thinking.

Below is the philosophy of treatment for South Bay's Therapeutic Community and substance abuse treatment program:

Modality II New Vision takes a holistic approach to chemical dependency

treatment. We view it as a problem of the whole person. Problems may include thinking process, values, occupational and/or educational functioning, and interpersonal skills as well as spiritual and moral issues.

The disease model of addiction, which includes both physiological and psychological factors, states that substance abuse has cause, a course, a predictable outcome, and is progressive. Recovery is viewed in the same manner with a cause, a course, and a predictable outcome. It is important to recognize that recovery involves more than abstinence. It encompasses learning how to live joyfully as responsible and productive members of the community. Effective role modeling, full-time program continuity and maintenance are facilitated by the use of experienced residents in key positions of responsibility. The Modality II New Vision Treatment Program is a comprehensive program of recovery within the highly structured regimen of the Therapeutic Community.



Dancing With My Friend

By: Daniel Marquez

I finally got the flakka,
Drawn up in the syringe.
And as I inject it in my arm,
I feel my muscles twinge.

The waves caress my body,
As silently I sigh.
It's a scary kind of
soothing relief,
That initial body high.

And then it finally reaches
my mind,
And I start to feel O.K.
The heebie jeebies subsiding,
The withdrawals have
gone away.

But that was just the appetizer,
The main course is standing by.
That shot was just to feel
normal again,
Now it's time for getting high.

So I put some shards upon
my spoon,
And squirt the matter in.
I'm flirting with disaster,
By dancing with my friend.

I ball up the cigarette filter,
And start to come alive.
I started with twenty units,
I draw back forty-five.

I felt the prick as I hit the vein,
I register and then;
I inject the drug and go insane,
As it takes me for a spin.

Instantly I feel the heat,
Then cough that little cough.
I feel it take my breath away,
Man I'm getting off!

My body starts to tingle,
My mind is moving quick.
It grabs hold of my heart and
soul,
And then it hits me like a brick.

So I pick up my trusty
cell phone,
To call a chicken head.
I'm sure I won't be sleeping,

But still, it's time for bed.

Two hours now have gone by,
Yet I'm still alone.
No, I haven't dialed any
numbers,
I've been tweaking on my
phone.

I've changed all of the security
codes,
And reviewed every text and
call.
I start seeing the
grand conspiracy,
That's behind and links them
all.

I start checking out some
websites,
Those little pictures hurt
my eyes.
The sun was setting when
I started,
Now the sun begins to rise.

Finally the battery dies,
So I set the phone to charge.
I just need to get a little air,
So I step out in the yard.

I rub my eyes to adjust
to the sun,
"Hey, what the heck was that?"
There's something in
the bushes there,
Oh, it was just a cat.

But maybe it wasn't
Hey, did I hear a sneeze?
And now I find myself looking,
For the people in the trees.

I crawl into the bushes,
With binoculars I look around.
It feels like there's
something I'm supposed to do,
But I cannot put them down.

My vision starts to get blurry,
So I come out from where I
hide.
Anyway, I'm pretty thirsty,
And it's getting dark outside.

So I go back inside the house,
And shuffle into my room.
"Oh, hey look, my
phone is charged."
But instead, I pick up my spoon.

And again the monkey calls,
When will it ever end?
While the rest of the world is
living life,
I'm here,
Dancing with my friend.

And here I am, high again,
And stuck in another geek.
Then before I know it,
I've been awake for a week.

I crash and wake up in a cell
again,
With twenty years gone by.
Half my life spent locked up,
The other half getting high.

I'm tired of being locked up,
I'm tired of doing time.
Maybe that dancing partner,
Really is no friend of mine.

Now maybe yours is cocaine,
Spice, heroin or blues.
Maybe the shot that you prefer,
Is a stiff shot of some booze.

No matter what got triggered,
As you heard my little rhyme,
And you're thinking about
dancing.
With your friend one more time.

I ask you to consider,
Is it really worth it all?
The dance floor's really slip-
pery,
Sooner or later you will fall.

As you listen to this poem,
I ask you to reflect.
Are you powerless over your
addiction?
Is your life about to wreck?

As for me, I've had it,
I'm tired of being spun.
I'm trying the twelve step pro-
gram,
And now I'm on step one.

No, I'm not going to stop dan-
cing,
Just the partner I'm chained to.
And I'd like to try a new dance
now,
It's called life, hey, How about
you?

Hard Times are Only Temporary

By: DeAndre Woodruff

Every so often
someone asks me how I'm
able to deal with my sen-
tence. My demeanor, they
say, is not reflective of a
person with so much time.
My response is always the
same: "Thanks, but you
should've seen me at the
beginning of my bid."

Back then I was a
complete wreck both men-
tally and physically. Punch-
drunk from my sentence, it
was hard for me to even
open my eyes some morn-
ings. Instead of being
thankful to see another day,
I was bitter at the fact that I
had to wake up at all. Grief
had become my shadow
and misery my best friend.
For me, my bunk was a
refuge from the harsh reali-
ty that was now my life. It
was a place where I could
escape to a dreamland
where happiness and joy
still existed.

Years slowly crept by
as I spent hundreds of
sleepless nights going
through, what seemed like,
an endless list of "what-if"
scenarios. I constantly
wondered how things
would've turned out if I
would've zagged to the
right, instead of zigging to
the left...I imagined where

I'd be if I would've chosen
door number three, instead
of being impatient and
settling for door number
two. On those nights I
would stare into the dark-
ness for hours, rewinding
my life in my mind, while
desperately trying to pin-
point the exact moment
when I let everything go to
Hell. I would scrutinize
every move I ever made,
every person I've met, and
every costly mistake that
ultimately cost me my free-
dom. At times I would
become so lost in my
thoughts, that I would have
long drawn-out fantasies
about traveling through
time and returning to cer-
tain junctures where I could
alter my actions in an effort
to avoid all the pitfalls that
seemed to place my life's
journey into extreme peril.
To say that I was a light
squeeze away from crack-
ing completely open would
be an understatement.

Fortunately, before
going all the way over the
ledge, I was able to come to
terms with my situation. I
forced myself to snap out
of the deep funk that was
crippling my ability to
function. I accepted the fact
that regardless of how
much I prayed, hoped,
wished, or dreamed, there
was no way I could change
what had already occurred.
I realized then that the only
thing that was within my
power to change, was the
shape of my future. I had
two choices: wallow in self

-pity and despair, or contin-
ue to fight while making
the best of a bad situation. I
decided to choose the latter.

I decided to share this
personal experience after
reading an article in a
newspaper that stated that
suicides were at one of
their highest points in years
in the prison systems
throughout the country. In
detailing my own experi-
ence, I wanted to show that
even though hard times
affect everyone indiscrimi-
nately, we have the ability
to overcome them. Peaks
and valleys are a part of
life. And while death may
seem like the perfect prob-
lem solver when we reach
our lowest of lows, it is a
final, permanent solution to
a temporary bad situation.
Of course once you're
"gone" you cannot repent.

They say that in eve-
ryone's life rain shall fall.
And since we can't stop
ourselves from getting at
least a little wet, we have to
be tough enough to weather
the storm until the sun
shines again,

Shalom Aleichem.

You Can Beat the Odds and Be a Winner, Too

By: Unknown

Bury him in the snows of Valley Forge,
and you have a George Washington.

Raise him in abject poverty and you have
an Abraham Lincoln.

Subject him to bitter religious prejudice,
and you have a Disraeli.

Spit on him and crucify him, and you
have Jesus Christ.

Label him "too stupid to learn," and you
have a Thomas Edison.

Tell her she's too old to start painting at
eighty, and you have a Grandma Moses.
Have him or her born black in a society
filled with racial discrimination, and you
have a Booker T. Washington, Harriet
Tubman, Marian Anderson, George
Washington Carver or Martin Luther
King, Jr.

Make him the first child to survive in a
poor Italian family of eighteen children,
and you have an Enrico Caruso.

Afflict him with periods of depression so
severe that he cut off his own ear, and
you have a Vincent van Gogh.

Don't Quit

By: Clinton Howell
(Not an Inmate)

When things go wrong,
as they sometimes will,
When the road you're trudging
seems all uphill,
When the funds are low
and the debts are high,
And you want to smile,
but you have to sigh.
When care is pressing you down a bit,
Rest if you must, but don't you quit.

Life is queer with its twist and turns
As every one of us sometimes learn,
And as many a failure turns about,
When he might have won
had he stuck it out;
Don't give up though the pace seems
slow,
You may succeed with another blow.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you
are,
It may be near when it seems so far;

So stick to the fight
when you're hardest hit,
It's when things seem worst,
That you must not quit.

Business Plans for Success

Ms. McGhee

The Diversified Career Technology course
is designed to give participants an interactive
experience as they develop a wide range of busi-
ness skills. It's curriculum includes textbooks,
computer software, video, and PowerPoint
presentations as well as lively class discussions
which cover a wide range of real life business
scenarios and current events.

Students will learn how to take a "business
concept" through the necessary process of a de-
velopment and turn it into a customized business
plan. Along the way they will tackle such issues
as contracts, taxation, liability and corporate
structures.

Graduates of this Diversified Career Tech-
nology course will have not only attained
knowledge and confidence in their abilities to
develop their business ideas, but they will also
have completed a program of study which will
enable them to successfully re-enter society and
have a positive impact- tools for positive change
and business plans for success.

What's the First Step in Starting a Business? Getting Right Yourself.

Does being a convicted felon preclude you from
starting your own business? From being success-
ful? From being happy? The answer is
No...No...No.

When I was asked to write this column on entre-
preneurship, the first thing that came to mind was
telling you about success stories of former in-
mates who got released and became successful in
their own business, and in future articles, I will.
However, the first step to any successful venture
is naturally you, the business owner. Are you
right with yourself? Are you happy? I know
you're locked up, right? How can we be happy?
Well, being happy is a choice, just like being
unhappy is. Why would you choose to be unhap-

py? You can start being happier when you choose
to allow yourself to be! "Sure, but what about all
the crap in my life?" you say. Okay, we are going
to look at that and you're going to learn a bunch
of new stuff that will change your world. That
is...if you let it. But for right now, and I mean this
very minute, SMILE as big as you can. Is this
hard to do? Try it. Okay, smile again, this time
bigger. Now laugh, yes, right now. Can you laugh
without a reason? If you cannot manage a smile
or a laugh, what does that tell you about you?

Is it possible that you're too taken by who
you think you are? Or, perhaps more correctly,
who others think you are? Isn't that why most of
us are locked up? Think about it.

We were born to be happy. It brings out the
very best in us when we are genuinely happy. We
glow with the attractiveness that is magnetic.

The lives of everyone with whom we come
in contact is enhanced by our glow. When we
have consciously committed ourselves to love and
happiness, a higher level of people gravitate to-
wards us. They want to be around us and plug
into our positive energy. When happiness is what
you've achieved, you cannot help but to become
successful.

Look around you now and be thankful for
what you see. Try it, it works. Anyone can choose
to be happy. It does not require money. Unhappy
people can't believe it's possible to be happy
without money, while happy people who know
who they are and are right with themselves know
that they will always have money. Does this make
sense to you? Think about it and it will. If money
is your purpose and existence, you are way off
track. Never chase money because what you
chase, runs away from you. Believe me, money
will find you!

In future articles we will discuss business
subjects such as corporations and stock investing.
But most of us are not at that point yet. Although
you will be soon. Get yourself right—start now!

Sign up for Ms. McGhee's business class.
It's the best class on the compound, just ask any-
one who's in it.

Mahatma ☺ Gandhi left us with this
insight:
"Happiness is when what you think, what you
say, and what you do is in harmony."

We convicts are strong, resilient, tough
people. If we can make it in here, we can make it
in the business world. Remember this, adversity
causes some to break; it causes others to break
records. Talk to you again soon.

—Tom Masciarelli

English Second Language (E.S.O.L.)

ESOL (English Second Language) class is, in essence, an educational program available to inmates whose primary language is other than English. The program is established to help inmates with difficulties in the grammar and phonetics of the English language. Classes are programmed to prepare students for further education (Mandatory Literacy, ABE, and GED) in a period of six (6) months.

In order to facilitate the prompt assimilation of any new entrant, ESOL curriculum is supported by an Individual Educational Plan (IEP) that will allow teacher and tutors to maintain a smooth transition for any new student.

The ESOL class is under the direct instruction and supervision of Ms. Gueddes.

The S.L.A.P Program

The Spanish Language Alternative Program (S.L.A.P.) is run out of the Therapeutic Community and presented by Mr. Plaza and facilitated by Onelio Fernandez. The program addresses such issues as, criminal thinking and negative behavioral patterns. The focus is placed upon correcting negative thinking errors. Role playing and "mock confrontations" between staff and peers help participants to recognize behaviors that may have been leading them into negative encounters in the past.

The goal of the program is to help clients begin to take responsibility for their lives and help set them on a course of self-improvement. S.L.A.P. also offers classes such as "Inside Outside Dad", Anger Management and other courses that will help equip participants with the tools needed to become better men, husbands, fathers, sons and leaders. The S.L.A.P. program also encourages those who have taken part in its course to become role models for their peers within the Spanish Community as they overcome the challenges that come with spending time "Behind the Wire."

Mandatory Literacy Class

Come One Come All!!

By: Joe Riley (ITA)

Do you have problems reading?

Do you have problems spelling?

Do you have problems with Math?

If any of your answers are YES, Come see me. I can assist you in these areas. Do not let pride stop you from getting the assistance you need in receiving your education.

Mandatory Literacy is where you will begin your journey to receive your G.E.D.

If you have any questions, come see me Joe Riley (ITA) in GMP-1, or you can send an inmate request to Dr. Lopez to be placed on ICT. I will be happy to answer any and all questions you may have.

What a Blessing

By: Steven Tinnie

In this day and age we are faced with many obstacles that can be very hard to overcome. We as people look continuously for some way to make these obstacles go away or at least lessen them somehow. In prison these things seem to be that much more of an issue. Simply put, because we are away from our family and friends and away from the grounding forces in our lives. So with that in mind we look for something to give us that grounding. Some turn to drugs, drinking, and other nefarious activities, while others look to a more positive outlet such as exercise, art in its various forms, and religion.

For those men seeking better things, and I mean the ones that build faith, character, and a sound moral compass, the Faith and Character Based Program at South Bay A-1 provides these very things. There are 50 grown men living together in an environment that is solely based on the negative, but here, these men learn the value of teamwork and many other valuable life enhancing skills. Over the course of 18 months we will learn how to be better men to our families, our work places, and to society as a whole. We have come together to build

strong ties with others that will last a lifetime.

So, in a world where things can and will try to bring you down, we have found that calm before the storm. Most of us that are in this program see it as a true blessing because we saw the direction that our lives were headed had we continued down the paths that we were on. This has provided that much needed time to learn and grow into better men.

I think back to all the men I have encountered while incarcerated and wonder how their lives have impacted my own, and vice versa. Now with all that I have learned, it's time to make an impact for the positive instead of that dead-end road of negativity. If ever asked, "When do you believe that your life turned around for the better?" my response would be "when I was given the chance to build up my faith and my character." I believe that if everyone could see the benefits that the building up of these qualities could do, they too would look for the place to build them up.

For me that happened in South Bay Quad A1 - The Faith and Character Based Program.

Day of Salvation

The very thing you seek
The item you crave
Is just around the bend,
The justice you yearn for
The love and trust of a true friend.

The very thing you pray for
Is a couple steps away,
Just beyond the rocks
Is the light of day.

By Jeffrey Langer

The T.U.M.I. Trumpet

By: Brian Kennedy

Right here on the compound at South Bay, we have our very own Christ-centered, two-year seminary-type program. It was brought here by Prison Fellowship, but the curriculum is the brainchild of the Reverend Dr. Don Davis and The Urban Ministry Institute (or T.U.M.I.), a division of World Impact. His vision, and T.U.M.I.'s mission, is to train us men for the advancement of the Kingdom of God among the urban poor.

What does that look like, or mean to us? Well, for starters, there is a lot of work for us to do—book summaries, bible passage analysis, ministry projects as well as preparing for quizzes and final exams. A huge impact on the program is that it is conducted entirely within "A" Dorm, Wing 4. This means that even after our commitment to classroom hours, we spend the remainder of our days among the same fifty people (including the five facilitators). Some are relatively new to the faith, while others have been serving the Lord for decades. Some of the guys haven't been in school for a while (due to their age) and had to re-learn good study habits. We also have the common challenges to face. Like personalities, age, cultural background, varying degrees of knowledge and understanding, with differing attitude in learning.

The real blessing has been witnessing their incredible growth in just the few short months we've been in class so far. We have experienced some honest-to-God answered prayer. Our worship services have been beautiful.

The thing that makes this really special is that our common faith trumps those things that make us different, and unites us in our goal to seek God's will for our lives.

So if you see a guy on the breezeway, or at a call-out, and you hear that he is a T.U.M.I. student, ask him what he has learned this week. Encourage him (and we all need encouragement), but know that God has that brother on a mission to be a light in a dark place.

By His Grace

Faith and Character-Based Dorm A-1

By: Jason Bennet

When we talk about the Faith and Character-Based dorm here at South Bay Correctional Facility, we must first talk about the atmosphere. There is an atmosphere of hope, love, and kindness in the Faith-Based dorm. When you have lived in other dorms on this compound you can feel the difference. There is a kindness that exudes from the Faith-Based dorm. The contrast between the atmosphere here in the Faith-Based dorm compared to

the other dorms I've experienced is amazing!

An atmosphere of peace and tranquility is all through the Faith-Based Dorm. The program teaches us how to improve and become a better person, father and husband, and a better and more productive member of society. This goodness shows in the way we conduct ourselves both in the dorm and all around the compound.

The courses offered to us are as follows: Anger Management, Inside Out Dad, Civics, Personal Change, and Personal Finances. There are also elective classes such as Art, Biblical Hebrew, Music Theory, Creative Speaking, Beginning Business Principles, Mindfulness Yoga, Pre-Marital Studies, Pre-Parental Studies, Purpose Driven Life, Computer Literacy, Biblical Studies and GED classes. All of these courses are a stepping stone towards personal betterment. We are being taught to reprogram our minds so that we can walk along a more productive path in life.

We are beginning a new road trip to travel on for the rest of our lives. Once we pass the crossroads of change we will be able to take the values and experience we are constantly learning and apply them to our lives, as well as all the lives we touch each and every day.

Gavel Club

Greetings!

It's my pleasure to welcome you to the South Bay Gavel Club. I'm proud of the richness and diversity of our educational programs. Is there a formula for success?

If there is a formula for success, it would include the Gavel Club.

The opportunity is here for expanding your horizons and developing your leadership skills. The mantra is success, and the materials provided by Toastmasters International will help you to take your leadership and communication skills to the next level.

Learn to be a confident, entertaining, and persuasive speaker.

The Gavel club communication series trains you for speaking situations you may encounter outside your Toastmaster Club.

Wherever you come from or what walk of life, the Gavel Club routine provides valuable insight to the members and help presenters to enhance their speaking and leadership skills.

I invite you to visit one of our meetings.

Jackie James
South Bay Gavel Club



CLUB MISSION

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self confidence and personal growth.

TOASTMASTERS INTERNATIONAL MISSION

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking-vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its program.

VISION

Toastmasters International empowers people to achieve their full potential and realize their dreams. Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.

VALUES

Toastmasters International's core values are integrity, dedication to excellence, service to the member, and respect for the individual. These are values worthy of a great organization, and we believe we should incorporate them as anchor points in every decision we make. Our core values provide us with a means of not only guiding but also evaluating our operations, our planning, and our vision for the future.

IMPACT

Making Moral Change in Prison a Living Reality

By Odell Swayser

If those of us in prison are to do anything more than serve time in a warehouse, it is essential that we equip ourselves to live a way of life that we have in the past rejected.

The issue is not "Rehabilitation", for that only means to restore a person to a previous condition. A stroke victim can be rehabilitated—that is, regain functions he once had. To rehabilitate an inmate is to restore him to the state he was in before his incarceration, which usually means living a life of crime and criminality.

To help the inmate live a responsible life requires a task of a far different dimension. It is one of "habilitation" - to help develop an entirely new way of thinking, both about himself and the world, to change his thinking!

The conventional wisdom has been that prisons need to educate the inmates by helping them learn to read and write or to acquire job skills. Although this is needed,



it doesn't assure he will begin his function responsibly, especially once he is released. No, making smarter criminals is not the answer. In order to change the man, you must change the way he thinks!

"Change"

If you change the way a man sees himself and others—you change his actions.

While moral education is important to the process of change, it is essential that the same recognize that their premises about life are flawed, and that they may only continue to lead lives that injure others, as well as themselves.

To begin this change process, we must know where to start. Most crimes can be placed into three categories...Lust, Greed, and Violence.

All three of these in one way or another have one mitigating factor: they may be all fostered by Anger.

One of the most effective ways to begin the change process is to learn what Anger is, and how to manage it. If you haven't signed up for, or have never taken an Anger Management class, I encourage you to do so now. It could be the start of a whole new you.

Simply send a request to Ms. Summerfield, and let her know you are interested in taking part of the IMPACT Anger Management class.



Welcomed Special Chapel Guests:



On December 6, 2015 The South Bay Correctional Facility was honored to present special guest harmonica player Harley Lamoureux and his wife Carolyn.

Harley Lamoureux

"Coconut Harley"

Harley was born in the housing projects in Jacksonville, Florida and grew up there. From an early age, he wanted to be a missionary. But his life took an unexpected turn in his teenage years, and he began to use and deal drugs. As a young man, he spent two years in a Florida prison on drug charges, so he can speak to what you are feeling and experiencing as you do your time. He is a born-again Christian who boldly shares the gospel of Jesus Christ at any opportunity he is given. His testimony comes from the heart of a servant, extending God's healing and grace to those who need it most. He has a full pardon.

His musical instrument of choice and strong natural talent is the harmonica, and he was inducted into the Blues Hall of Fame in September of 2014. He is a world class musician, and is known in Southern rock circles as "Coconut Harley". He has been a special guest harmonica player with The Charlie Daniels Band since 1985, and has performed in over 100 concerts with them. He has shared stages with artists like The Marshall Tucker Band, members of Lynyrd Skynyrd, The Allman Brothers, The Outlaws, 38 Special, Terri Gibbs, Vince Gill and many more.

Carolyn Lamoureux

Childhood Sexual Abuse Survivor
and Victim Impact speaker

Carolyn's life was forever changed at age 7 when she was sexually molested by a man in her neighborhood. The memories of these incidents were repressed and did not return until she was about fifty, and being treated for a major depressive episode, later diagnosed as Post Traumatic Stress Disorder.

She worked for the state of Tennessee in information systems for more than 30 years, and, at retirement, became involved in prison ministry.

Her heart is to share Christ and the hope He brings to men and women, helping them to recover from their own wounds. She ministered at the Tennessee Prison for Women for almost 20 years, teaching courses like Sexual Abuse Recovery, Domestic Violence, Making Peace with Your Past, and Thinking Matters. Additionally, she has facilitated Twelve Step Studies both in Al-Anon and Celebrate Recovery support groups.

She was a contract speaker for several years with "You have the Power, Know How to Use It", an advocacy group in Nashville, Tennessee. She is currently a victim impact speaker for restorative justice, sharing with male and female inmates the effects of the crime on her life and the hope available in Christ's recovery plan.

Contact information for Both:
The Gift Goes On, Inc.
Post Office Box 57185
Jacksonville, Florida 32241

And on the Internet at:
www.thegiftgoeson.net

From the Desk of Chaplain Brown

I would like to take time out to welcome everyone to the Chaplaincy Department. As we approach the New Year, we begin of course with the month of January. We got the word "January" from the Latin word Janus. Webster's defines Janus as the Roman God of Gates and New Beginnings. In art, he is often depicted with two faces, one looking toward the past, the other ahead to the future.

I understand that will be the theme of the January issue of the South Bay Breezeway-Gates, Doors, and New Beginnings-reflecting upon the past and looking with hope to the future that is appropriate. However, I'd like to point out that regardless of the month's origin, it will be a New Year of Our Lord (A.D.) 2016 and we are expecting a mighty move of God in the coming year. While open to all faiths and denominations, upcoming events will include worship workshops, a gospel extravaganza and much, much more.

Following this article will be a listing of the abbreviations used on the Chapel Calendar. I look forward to seeing you in the Chapel!

In closing, I'd like to wish everyone a very Happy Holiday, and a Blessed New Year.

Sincerely,
Chaplain Brown

*"Treat another man's faith gently-
it's the only thing he has to believe
with."*

Chaplaincy Department Service Abbreviations

AOY – Assembly of Yah.

BOI – Brothers of Integrity

CASB – Church at South Bay

CFY – Celestial Federation of Yahweh

JUMAH – Islamic Service

MEC – Missionary Evangelist Center

NWNOI – New World Nation of Islam

PBS – Pastoral Bible Study

PMI – Promise Ministry Institute

TAHLEEM – Islamic Study

TBN – Trinity Broadcast Network

ZEN – Buddhist Meditation

Asterisk on calendar (*) denotes Service by
Volunteer



South Bay's Got Talent

and much of it was on display at the Chapel on Thursday, October 29, 2015. Auditions were held for the newly formed Creative Arts Program. Poets, spoken word artists, musicians and singers filled the Chapel's hall, and an electric buzz filled the air.

The program's founder and director, Ms. Murray, and The Judges – Ms. Hill, Ms. Ross, Ms. Venegas, Mr. Spencer, and Director of Education Dr. Lopez- were joined by two inmate judges, Richard "Fat Mac" McIntyre and Patrick Broadnairz. They certainly had their work cut out for themselves trying to figure out who would make the cut.

There were Haitian, Spanish, and Gospel choirs which could have more than held their own in any outside competition or audition. Bass, lead and acoustic guitar players showcased their talents, and drummers "beat those skins like they stole something." The poets, rappers, and spoken word artists also put their talents on display. Nineteen different singers went from old school to reggae and pop, and then took us to church with some Gospel favorites.

The 63 performance artists who stepped up to the "mic" were in addition to the many visual and graphic artists, steppers and dancers who were going through a separate selection process in the music room.



Creative Arts Group

Ms. Murray emceed the event with finesse – and it was clear that it wasn't her first rodeo-so to speak. She kept the contestants moving along at an impressive pace, and didn't hesitate to do the "sand man shuffle" when necessary.

As Director of the newly formed Creative Arts Program, Ms. Murray has some very exciting plans for future events to be held here at South Bay, and the "Buzz Along the Breezeway" is that we can expect to be moved, motivated, and entertained, as the Creative Arts Program hits its stride.

A special thanks goes out to Ms Hill for her invaluable assistance and inmate aide, R. Delardilles, for being able to seem as if he was everywhere at once making things happen.

Interview with: Billy Alexander CREATIVE ARTS INMATE AIDE

By: Gary S. Field

As part of the Buzz created by the newly formed Creative Arts Group, I had the opportunity to spend some time with one of the aides, Billy Alexander.

Talking about the great opportunity for the men of South Bay to showcase their talents, I asked Brother Alexander what he thought of C.A.G.'s potential.

"It's like a breath of fresh air for a lot of guys who have been waiting for the chance to cultivate their gifts and to express their talents. I believe that the Creative Arts Group is going to provide them with a great opportunity to do so. That's one of the reasons that I feel so strongly that this is going to work."

How would you describe the "Buzz" at that first audition on Oct. 27th?

"It was electrifying! The excitement in the room was addictive...very impressive. I think the performers were feeding off of each other's energy and the atmosphere was really electric."

Were you surprised at the large turnout and the amount of talent?

"Not really, I've always known that there were a lot of talented people here at South Bay. Many of those people just chose to remain out of the spotlight. I believe that one of the great things about this program is that as they see others put their talents on display, it might just give them the nudge that they needed to show others what they've got to offer."

How long have you been working with the musicians and choir here at South Bay?

"I've been blessed to be around and working with these talented brothers for about five years now."

What do you think of the possibility of monthly shows by the Creative Artists Group?

"It's a great idea! Many of us can blow the dust off, so to speak, and get back into the groove of performing for the staff and inmates here on the compound. Painters have to paint, writers have to write.... We're performers brother, and this is our chance to shine."

And finally, Brother Alexander, do you have a favorite song that you like to "bring out" of the choir?

"Every song that we sing I love, because they all glorify God."

After that interview, of course I was looking forward to the first series of performances that were scheduled to take place on Friday, December 4th in Rec 1, and on Friday, Dec. 18th in Rec 2.

As it turns out, the first show had to be postponed because of rain. It has been rescheduled for Fri. Jan 8th. The second show, to be held in Rec 2, has been rescheduled for the Thurs. the 17th.

I hope to see you all there.



Desiderata

*Go placidly amid the noise and the haste,
And remember what peace there may be in silence.*

*As far as possible, without surrender,
be on good terms with all persons.*

*Speak your truth quietly and clearly;
and listen to others,*

*even to the dull and the ignorant;
they too have their story.*

*Avoid loud and aggressive persons;
They are venomous to the spirit.*

*If you compare yourself to others,
you may become vain or bitter.*

*For always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.*

*Exercise caution in your business affairs,
for the world is full of trickery.*

*But let this not blind you to what virtue there is;
many persons strive for high ideals,*

*and everywhere life is full of heroism.
Be yourself. Especially do not feign affection.*

*Neither be cynical about love;
for in the face of all aridity and discouragement,
it is as perennial as the grass.*

*Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.*

*Beyond a wholesome discipline,
be gentle with yourself.*

*You are a child of the universe;
no less than the trees and the stars;*

*you have a right to be here,
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.*

*Therefore be at peace with God,
whatever you conceive Him to be,
And whatever you labor and aspirations,
in the noisy confusion of life,
keep peace in your soul.*

*With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful. Strive to be happy.*

Max Ermann circa 1920

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY 2016 REC 1 & 2 EVENT CALENDAR						
3 Ping Pong and pickle 45 and over BBl league game Compound Soccer Los Cocotrichos vs. Net Shakers Rec 2 Softball/BB playoff	4 Compound Soccer: Stich United vs. Impacto to Rec 2 Basketball Playoff game	5 Basketball League Ping Pong and Pickle Ball League El Tricolor vs. Real Madrid Rec 2 B. Ball Playoff	6 Faith Based Football Winter Test Q1-vs-Q4 Rec 2 Softball Basketball Playoff	7 B.B. League Ping Pong and Pickle Ball Compound Soccer Aztec vs. Net Shakers Rec 2 BB Playoff Flag Football	8 Rec1 vs. Rec2 Basketball Rec 2 SBCF Winter Fest Talent Show 1:00 to 4:00	9 35 and over Basketball League game Rec 2 Softball league game Flag Football
10 Ping Pong and Pickle Ball 45 and over Basketball League game Compound Soccer league Internationals vs. Impacto	11 Basketball League Compound Soccer League El Tricolor vs. Stich United	12 Ping Pong and Pickle ball Compound Soccer League Real Madrid vs. Los Cocotrichos	13 Faith based Basketball Winter test Q1-vs-Q5	14 Ping Pong and Pickle Compound Soccer Net Shakers vs. Impacto to	15 Basketball League	16 35 and over Basketball League
17 Ping Pong and Pickle Ball 45 and over Basketball league game	18 Basketball League Compound Soccer League Aztec vs. Real Madrid	19 Ping Pong and Pickle Ball Compound Soccer League Los Cocotrichos vs. Stich United	20 Basketball League	21 Ping Pong and Pickle Ball Compound Soccer League Impacto vs. Real Madrid	22 Basketball League	23 35 and over Basketball League Game
24 Ping Pong and Pickle Ball Compound Soccer League Net Shakers vs. El Tricolor	25 Compound Soccer League Los Cocotrichos vs. Internationals	26 Ping Pong and Pickle ball Compound Soccer League Stich United vs. Aztec as	27 Rec.1 vs. Rec. 2 Basketball	28 Ping Pong and Pickle Ball Compound Soccer League Real Madrid vs. Net Shakers	29 Basketball League	30 35 and over Basketball League game
31 Ping Pong and Pickle Ball 45 and over basketball league game Compound Soccer league Internationals vs. El Tricolor						

THE SPORTS PAGES

A 4-Page Pull-Out Section

Kick off of the Football Season thanks to Warden Stine's innovation and the new "Modified Version" of Flag Football. "The intent was to limit contact and thereby minimize the chances of injury. Warden Stine's ingenious solution accomplishes that without compromising the integrity of the game," said Coach Bacchus.

Rather than having to snatch a flag while moving at full speed- contact is now made with the underhand toss of a nerf ball once the secondary closes to within 2 1/2 feet. The play is whistled dead at the point of contact by referees who are now zeroed in on that "point of contact" and will ensure that the 2 1/2 foot rule is properly enforced. In the event of an interception, there can be no return since the other team would not be able to stop the advance without a nerf ball. The revolutionary concept could become a prototype and spark a revival of football throughout the FLDOC.

Football had pretty much been written off as producing too many trips to medical.

A compound wide Soccer League has had tryouts and expectations are high for a South Bay CF All Star Team.

Plans are to take on a very talented team of players from beyond the wire called "Risk Takers For Christ" this spring.

If the Risk Takers for Christ's Softball Team is any indication, we can expect that SBC's All Star Team will have their work

cut out for them when they meet up this Spring. Coach Bacchus is confident that he will put a "well oiled machine" on the field.

The Risk Takers for Christ may be walking by faith, but South Bay's All Stars will be ready to "run and not be weary."



As with all of the teams he puts on the field, Coach Bacchus stresses "fair play, respect, and teamwork. The best team on the field at any time is not the one with the most talent, but the one that works together as a single unit.

A close knit team which has trained and sweat together on the practice field will be able to bring that extra degree that makes the difference between a win or a loss.

As usual, there are a few rivalries that we can look forward to in the coming year.... In basketball, we have the Old School players Vs. the "New Skool," - Experience and gamesmanship Vs. energy and enthusiasm. It's guaranteed to generate some Highlights for the Sports Pages as we enter the New Year.

The Faith Based Dorms Quads 1 and 5 will face off in a clash of the titans.

They may both "Walk by Faith" but only one quad can wear the crown.



THE COACHES' CORNER

COACH BACCHUS—REC 1

Thanksgiving Soccer All-Star Game Rec 1 vs Rec 2

The game started out with Rec 2 scoring early in the first half, making the score 1-0. The goal came off a save made by the goalkeeper (Ali) that deflected from defender Velez and over the head of Ali into the back of the net.

After losing Hagley earlier in the match because of a leg injury, and goalkeeper Ali playing with an injury, it seemed as though Rec 1's winning streak would be in jeopardy.

It didn't take long for Rec 1 to put it together and score the equalizer, a beautiful cross from midfielder Campbell to find striker McNabb who put a well placed ball in the right corner of the net. The score ended that way 1-1 at the end of the first half.

The second half started out with a couple of changes by Coach Bacchus. Those changes would pay off for him and Rec 1. Substitute O'Neil came into the game in the second half and positioned himself in the right place. The goalkeeper for Rec 2, Cisneros, made a critical mistake by dropping the ball in front of his net and midfielder O'Neil placed a left footed shot into the back of the net, and giving Rec 1 a 2-1 lead with 25 minutes remaining in the game. Solid defensive play from Fana and Velez in the second half made it appear as if Rec 1 would cruise in with yet another win.

But with a little over 2 minutes left in the game, defender Fana was called for a hand ball in the penalty box, giving Rec 2 a penalty kick and an opportunity to win the game, which they took full advantage of. Midfielder, Mario, put the ball out of the reach of goalkeeper Ali, tying the score 2-2.

The game ended with a tie score of 2-2.

Football League

Coach Bacchus is having practice games at the moment, giving everyone an opportunity to play and learn the way football will be played here at South Bay. It is the innovative idea of Warden Stine mentioned on the Highlights page that will allow us to continue playing the game. Eventually there will be a football league where you would be allowed to play competitive football. If you are interested in playing or learning the rules, see the coach in your respective Rec yard.

Basketball League

At the moment we are having Old School vs New School with the Old School manhandling the court at the moment. We are still trying and working on starting up a basketball league.

Reported by Afeez Ali



THE COACHES' CORNER

COACH MITCHELL—REC 2

Welcome Coach Mitchell

On October 1st, we welcomed a new coach for Rec 1. He's from nearby Pahokee, but he traveled a long way before returning to his roots and joining us here at South Bay C.F.

He grew up in Pahokee and was no stranger to the Muck Bowl and played on Pahokee High School's 1st State Championship Football team. He was also one of the top sprinters in the State of Florida, and was part of the 4x1 relay team which won the State Title in 1990. He also ran in the 100 and 200 meter events.

He made it to Division 1 powerhouse Kansas State on a track and football scholarship where he majored in Education. Coach Mitchell was invited to try out for the Olympic Team in 92 and liked his chances in the 100 and 200 meter events. Unfortunately, he blew out his knee during training and never got the chance to actually go for the gold.

After graduating from Kansas State, Coach Mitchell made an unusual career move. Rather than moving on with the keys of success which had carried him out of his small town, he came back to share those keys and help to open doors of opportunity for those he had left behind.

He is a coach for the High School Player Development Squad sponsored by the N.F.L. and National Guard. He is also the Co-Founder of the Pahokee Pride Youth Athletic league where the Exec. Dir. is Herman Crawford.

Having competed against some of the finest athletes in the country, Coach Mitchell has brought his competitive drive and wealth of experience here to South Bay C.F. to share with those of us who may find ourselves behind the wire.

Coaches Bacchus and Mitchell may have taken different paths to S.B.C.F., but the fact is, they could both coach in any organization they chose, and we are fortunate to have them here. They stand united in their opinion that aside from "winning", sports provide the opportunity to develop discipline and character. They both believe that the real keys to success include respect, fair play and sportsmanship. In fact, Coach Mitchell is a firm believer that "Respect is the key to life."

As we welcome Coach Mitchell, he would like to take this opportunity to thank Warden Stine and the Administration for giving him the opportunity to join us here at S.B.C.F. and becoming part of the GEO Family.

Welcome aboard Coach Mitchell, and here's a heads up... get your teams ready because when you begin to face off against Coach Bacchus' Rec 2 squads, you'd better bring you're "A Game" because..."You ain't in Kansas anymore."

