

THE CAJUN PRESS

A BIWEEKLY



Making a Pitch for Jesus

by B. Irizarry

Pastor Carlos Dawson brings his message of hope to the AVC Varsity softball team and others who were invited to join the huddle.

Recreation and religion came together on Saturday, May 2, 2010, as members of the New Hope Methodist Protestant Church visited AVC. They came to play softball against our varsity softball team, but their mission was twofold: play ball and spread the Gospel. As far as the first mission, these guys were certainly impressive—some of their players were over six feet tall, and watching them warm up you could tell they meant business. They brought with them several softball bats, and a case of Blue Dot softballs. They all wore uniform shirts with the coincidental acronym of DOC. But for them it stood for Disciples of Christ.

Only seven members made the trip. They were supposed to play the previous weekend, but severe weather in Mississippi forced a rain check until this weekend. Since many of their players could not



Above: Carl Upton, Craig Upton, and Pastor Carlos Dawson.

Below: Craig Upton hit the ball over the fence.



rearrange their schedules, they recruited offenders from the compound to play on their team.

The Gators were not intimidated by their opponent's size—or if they were they didn't show it. The first game went the Gators' way by a count of 15 to 10.

Following the game, the Disciples' pitcher, Pastor Carlos Dawson, invited players and offenders from the sideline to join his teammates on the field. He spoke to everyone about their real reason for coming: to give his personal testimony. He spoke to them frankly about his life, and how he used to travel around the country playing professional softball. He spoke about having a wife and children, yet still feeling alone, as if something was missing from his life. That missing part, he told them, was Christ. Pastor Dawson told everyone that he had done things that could have landed him

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in a place like this, but he just didn't get caught. He encouraged the offenders by telling them just because they'd messed up, that all was not lost, that Christ died so their sins may be forgiven, and that they could begin a personal relationship with Jesus today.

The Gators and the Disciples then played another game. This time, the visiting team came out on top by a score of 16 to 13. Once again after the game, a different member of the Disciples' team spoke to the group and gave his personal testimony. This would become the pattern for the rest of the day, and they would end up playing four more games in the afternoon.

When Pastor Dawson was told that no one had ever hit a softball over the left field fence here, he said, "Well, that will change today." Then, Dawson, first baseman Craig Upton, and his nephew, shortstop Carl Upton, put on an impressive hitting display. Carl hit a ball into the razor wire in left field, but the ball bounced back in. Craig then hit

the ball over the inner fence, but still inside the perimeter fence. Craig then, not to be outdone, hit a shot over both fences.

Pastor Dawson then named Most Valuable Players for the day's games. Cozenskii Boudreaux was named Offensive MVP. Boudreaux was 10 for 14 (a .713 avg.), with 9 RBIs, 8 runs scored, and 4 home runs. Jessie Comeaux was named Defensive MVP for his aggressive play and hustle in the outfield. These players all received special bibles from Pastor Dawson and his group.

AVC GATORS STATS

Player	Avg.	AB	H	R	HR	RBI
FITZPATRICK, K.	.778	9	7	6	0	5
BOUDREAUX, C.	.713	14	10	8	4	9
COMEAX, J.	.667	12	8	7	3	9
HIGH, J.	.667	9	6	7	0	10
PAYNE, E.	.667	12	8	7	0	6
JOHNSON, D.	.636	11	7	8	2	7
FOX, R.	.625	8	5	5	0	3
STARKS, J.	.600	10	6	7	2	5
GLOVER, K.	.600	5	3	2	0	2
IRIZARRY, B.	.556	11	6	6	0	5
JONES, S.	.556	11	6	5	0	4
DUPREE, D.	.500	10	5	4	0	3
BOYD, R.	.500	8	4	3	0	3



Above: Pastor Dawson with defensive MVP Jessie Comeaux.



Cozenskii Boudreaux receives offensive MVP.



Meet the New Doctor

DR. CASEY McVEA JOINS THE AVC STAFF

By B. IRIZARRY

Dr. Casey McVea is the newest addition to the AVC family. He comes to AVC following years in private practice as a family practitioner. The doctor pointed out the advantages of working in the public sector, as opposed to private practice by saying, “The hours are better, and I don’t have to worry about paying staff and insurance.”

Dr. McVea, a native of Franklinton, Louisiana, completed his undergraduate studies at the University of Southern Mississippi. He then went to medical school at LSU-Shreveport, where he graduated in 1998, followed by a residency at East Jefferson Medical Center in Metairie, Louisiana.

When asked to contrast private practice with his work here, the doctor actually compared the two situations, stating, “In private practice, you never know what’s coming in the door—broken bones, diabetic emergencies, etc. Here, I’m treating those same things.” In the short term, the doctor would just like to get settled in, get used to the staff, and have them get used to him. Down the road, however, the doctor has larger goals. “I’d like to get those with chronic problems—high blood pressure, diabetes [etc.]—on a schedule [of treatment]. I’d also like to see an expansion of the KOP program.” He also believes that he can help cut down on outpatient hospital visits by performing certain procedures here.

Finally, the doctor looks forward to meeting everyone. “I’ve been here about five weeks and have met probably only a tenth of the population.” He then added, “If someone has a legitimate health concern, they will be seen.”



The Inmate Recreation & Officials Club Presents

The First Annual Compound-Wide Singles & Doubles Horseshoes Tournament

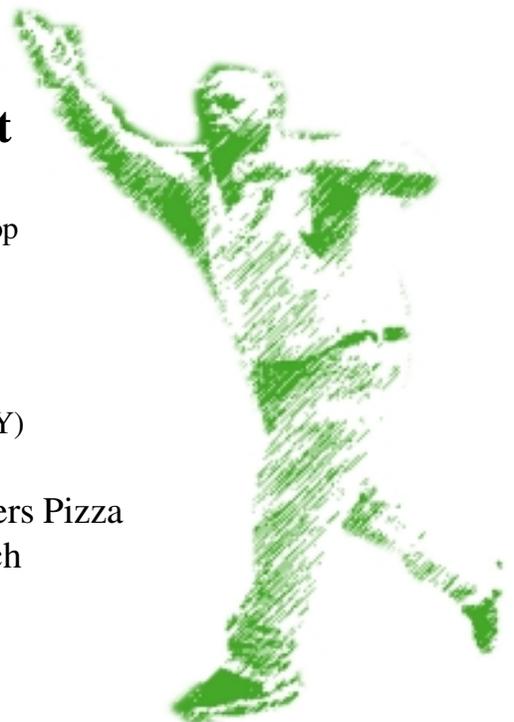
(single elimination)

The Champions from each yard will play to determine who the Top Individual and Top Team is on the compound.

Friday, May 14th, each yard will host its tournament.

Saturday, May 15th, the winners of the yard tournaments will meet on the Main Recreation Yard for the Championship round.

(Tournament is open to Honor Status and Trustee offenders ONLY)



1st place prize
2nd place prize
3rd place prize

1 Dominos Meat Lovers Pizza
1 Big Az Rib Sandwich
1 Burrito

Prizes are per person
Sponsored by I.R.O.C.

Life Without Parole

SUBMITTED BY CHRISTOPHER MASON

It was late one evening that I was going on about my business that I suddenly felt something drawing me in a different direction. What it was, I myself cannot explain; but, I found myself standing in front of this shabby-looking building. I asked myself, "What am I doing here?"

It didn't look like anyone would be inside. Yet, there was a sound coming from inside that brought peace to my soul. So I walked inside and found something unspeakably beautiful. There was a room full of people singing, jumping, and waving their hands. They were shouting for somebody named Jesus. I stood there watching this sight, stuck, unable to move, when a man stepped forward and said, "No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day" (John 6:44).

This man then called my name in a way that brought tears to my eyes. When I stepped forward, He said to me, "If any *man* will come after me, let him deny himself, and take up his cross, and follow me" (Matthew 16:24).

I was now standing before Him with a cross to my left when He asked me to follow Him. I didn't know where we would be going, but I couldn't help but say yes. This man then said to me, "Son, I sentence you to a life of service in my kingdom without parole."



Elder
James Samuels

Pastor
Michael McKinnies

Elder
Willie Faye Lang

Reverend
Alonzo Young

Reverend
Diane Waters

Minister
Kevin Matthews

Elder James Samuels has become a regular fixture at Grace Chapel. In the past several months, he and Pastor Michael McKinnies—along with an entourage of volunteers from the Greater New Orleans area—have come to deliver Good News in more than one form: the Holy Bible and the status of the David Project, a faith-based program that has among its goals helping offenders with housing, transportation, job

placement, and other basic necessities upon release that will ensure a successful reentry.

Elder Samuels is especially well received by the offender population since he was once an offender himself. The David Project is collaborative effort of a number of ministries, and the members of these churches have taken the lead in support of it.

Elder Willie Faye Lang is a chaplain at ORLEANS PARISH PRISON in New Orleans;

Reverend Alonzo Young is the pastor at I AM FREE MINISTRIES on the West Bank in New Orleans; Minister Kevin Matthews is affiliated with NEW HOPE BAPTIST CHURCH in New Orleans; and Reverend Diane Waters, Elder James Samuels, and Pastor Michael McKinnies represent GREATER ST. STEPHENS FULL GOSPEL CHURCH under the auspices of Bishop Paul Morton and his wife, Pastor Debra Morton, respectively.

From the Qur'an

SUBMITTED BY IMAM A. MUSTAFA EVANS

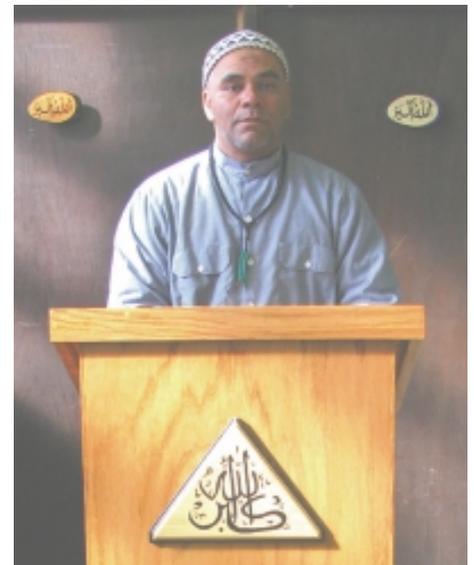
In the name of Allah, the Compassionate, the Merciful

“Or do those whose hearts is a disease, think that Allah will not bring to light all their rancor?”

“If We had so willed, We could have shown them up to you, and you should have known them by their marks: but surely you will know them by the tone of their speech! And Allah knows all that you do.

“And We shall try you until We test those among you who strive their utmost and persevere in patience; and We shall try your reported (mettle).”

—Surah 47: 29–31



War Stories

FROM THE SUMMER OF "LOVE"
TO THE LATEST BATH OF BLOOD

BY JAMES RODRIQUE



The Vietnam War cost the United States \$130 billion directly, and at least that amount in indirect costs. Nearly 58,000 Americans lost their lives in the Vietnam War. More than 300,000 U.S. soldiers were physically maimed, half of them very seriously. After returning from the war, many veterans thought that they had escaped the dangers of the jungle only to suffer from mysterious physical and psychological illnesses that appeared long after the war.

The number of soldiers and Vietnamese civilians that were wounded emotionally has never been tallied accurately. If they were, the costs change dramatically. These emotional wounds can be as debilitating as physical injuries because many of their causes and treatments are poorly understood.

One such affliction, Post-Traumatic Stress Disorder (PTSD), is a form of mental illness characterized by persistent emotional problems including anxiety, depression, and paranoia that some people develop after experiencing life-threatening events. Such events include warfare, rape, violent physical attacks, torture, child abuse, natural disasters, and automobile or airplane crashes. People who witness these traumatic events may also develop the disorder.

The Department of Veterans Affairs estimated that 20,000 Vietnam veterans committed suicide in the war's aftermath. That's one-third of the amount who died in combat. Throughout the 1970s and 1980s, unemployment and incarceration rates of veterans were significantly higher than in the general population. About one-third of homeless men in the U.S. are veterans.

Having been forsaken by the citizens they were sent to protect, the Veterans Administration, and by organizations such as the Veterans of Foreign Wars and the American Legion, Vietnam veterans had to form their own self-help groups. Collectively, they forced the Veterans Administration to establish counseling centers, staffed by vet-

erans, in every major city in the U.S. The Vietnam Veterans of America (VVA), has now become one of the most important veteran service organizations lobbying in Washington, D.C. for their causes, but it took decades to mobilize.

Although South Vietnam was the U.S. ally in the conflict, far more firepower was unleashed on South Vietnamese civilians than on the North Vietnamese. About 10 percent of all bombs and shells went unexploded and continued to kill and maim throughout the region long after the war, as did buried land mines. Vietnam developed high rates of birth defects, almost certainly due to the use of chemical defoliants such as the infamous Agent Orange. This and other defoliants used during the war destroyed about 15 percent of South Vietnam's valuable timber resources and contributed to a serious decline in rice and fish production, the major sources of food for Vietnam.

Amerasian children who were the legacy of American soldiers and Vietnamese mothers during and after the war were shunned by Vietnamese society and suffered abuse, ridicule, and homelessness as well. For these children there was no summer of love, or any other season of love, only dejection.

Much later, the long-term effects of exposure to the chemical weapons used during the war began to reveal themselves in the form of complaints from thousands of Vietnamese civilians and U.S. veterans of skin rashes, liver disorders, and rare cancers (soft-tissue sarcomas, non-Hodgkin's lymphoma, and Hodgkin's Disease). In 1984 the seven major manufacturers of Agent Orange agreed to an out-of-court settlement of \$180 million in a class-action suit filed on behalf of Vietnam veterans. By 1986 over 210,000 claims had been filed. The growing body of medical evidence and pressure from veterans organizations prompted the U.S. Congress to act in 1991 by passing a bill that provides disability payments to Vietnam veterans suffering from soft-tissue sarcomas

and non-Hodgkin's lymphoma, but for many it was too little too late. Another bill was passed in 1996 to provide benefits to the children of Vietnam veterans born with spina bifida, an often severe birth defect that affects the nervous system.

All of these costly horrors were perpetrated under the fictitious pretext of stopping the spread of communism, which never materialized after the fall of Saigon. Rather than learn from these mistakes, we moved swiftly into a new era of war with new justifications—"weapons of mass destruction."

The next generation of veterans came home with similar problems. Gulf War syndrome is a collective group of medical ailments reported by veterans who served in the 1991 Persian Gulf War. The term Gulf War syndrome emerged in the years following the war, when up to 1-in-7 U.S. troops who had served in the Gulf came to VA Medical Centers with complaints of mysterious ailments they attributed to their wartime service. About 85 percent of these veterans were diagnosed with known illnesses, including connective tissue disorders and chronic fatigue syndrome. For the remaining 15 percent, however, VA doctors have been unable to provide either a definitive diagnosis or effective treatments. Increasingly, it has become clear that the U.S. Department of Defense had evidence during the war suggesting that American troops had been exposed to nerve gas and other chemical weapons. But the evidence was kept secret for more than five years, even though the information might have explained at least some of the health problems reported by Gulf War veterans.

"History is a vast early warning system."

Sources: *Cousins, Norman.*

Brigham, Robert K. B.A., M.A., Ph.D. Prof. of History, Vassar College. / Encarta 2004.

In follow-up segments, we will feature "Case Studies" of offenders who have military stories to tell. All information must be verifiable.

Case Study #1

THE TRUE STORY OF A VIETNAM VETERAN AND HOW
THE WAR AFFECTED HIM

THE VETERAN'S NAME HAS BEEN CHANGED
TO PROTECT HIS PERSONAL PRIVACY.

Jim grew up in the Pacific Northwest in the 1950s and '60s. He was your typical military "brat" in many respects. He came from a stable household. His father had served in World War II as a pilot in the Army Air Corps and his mother was a housewife. He had two siblings, a brother and a sister; he was the youngest of three. One of the things that typify military families is that they're uprooted frequently. When Uncle Sam cuts orders for a new assignment, it's time to say goodbye to all your friends and begin adjusting to a new life, a new school, and, sometimes, a new culture. During our conversation, Jim said, "I've lived in every state in the continental U.S."

Despite a higher than average number of reassignments, even for government employees, his experiences were not unlike many military kids. He took woodworking in high school, had a paper route to earn a little money, and ran on his school's track team. He graduated from high school in 1965—an all-American 18 year old ready to make his way into the adult world.

Simultaneously, people from all walks of life had become active in peace movements to end American involvement in the war. The U.S. government thought that if South Vietnam were defeated, communism would spread throughout Southeast Asia in a "domino effect." Those who protested the war argued that it was not, as government leaders argued, a vital struggle against world communism.

While the debate ensued, many potential draftees were fleeing to Canada, burning their draft cards, occupying campus buildings, marching on Washington D.C., and finding a variety of ways to avoid the dangers of the jungle, others were enlisting dutifully in a gesture of patriotism that would later prove both unappreciated and for many personally debilitating.

Jim volunteered to serve his country even in the face of mounting opposition to the war. He did Basic Combat Training and Advanced Individual Training at Fort Ord, CA; his Military Occupational Specialty (MOS) was, in military parlance, 11 Bravo. He was a grunt, a

The following is an account of one offender's experience during and after the Vietnam War. The story is not intended to diminish the crime that led him to prison; nor is it intended to glorify his wartime exploits in any way. It does, however, contribute to the body of evidence that already exists of the effects of war on the lives of those who fought them.

The information contained herein was obtained through personal interview of a veteran by a veteran. Information regarding the years and places of deployments, rank achieved, training completed, decorations, medals, commendations, citations, and campaign ribbons awarded have been verified by official U.S. military documents.

ground pounder, and in the 1960s and early '70s, anyone who signed on to eat dirt in this MOS was practically guaranteed to find himself with a case of "jungle rot" in Southeast Asia. But Jim wanted to be ready, so he signed up for Special Forces training and spent another year at Fort Bragg, NC: home of the 82nd Airborne Division. He qualified as a marksman with the M14 rifle and earned his wings as a paratrooper. But he was just getting started.

In 1969, Jim got the orders that so many other young Americans dodged: a one-year rotation in Vietnam to help "stamp out communism." They loaded him onto a C-130 transport and 72 hours later—via Alaska and Japan—he stepped into a world that would change his life forever. In Vietnam he received further training in small arms and as a "tunnel rat." He was then assigned to a three-man team whose mission was to search & destroy: seek out the enemy, kill any suspected Viet Cong and their allies, and destroy their ammunition and provisions. The work was dirty; the jungle was a steam bath, but he had his orders under penalty of courts-martial if he disobeyed, so he did his duty even though his conscience disagreed with some of their mandates. In the course of his duties he qualified as a sharpshooter, this time with the M16 rifle introduced in 1966. He earned the National Defense Service Medal, the Rep. of Vietnam Campaign Medal, the Vietnam Service Medal w/3 bronze stars, and the Vietnam Cross of Gallantry w/ palm-leaf clusters. These decorations may not mean much to a civilian, but they are hard-earned awards to a "grunt" and not given without due consideration.

Little did he know, however, his medals, his commendations, not even his rifle would be able to save him from the invisible threats lying dormant within his body and his mind. From 1962 to 1970, defoliants were being used to strip the jungle of its hiding places. These defoliants contained dioxin, a persistent, broad-spectrum chemical. They remain in the environment for years, accumulating in soil and organisms. Once in the soil, they persist in the food chain and concentrate in animals up

the food chain. Dioxins are toxic to a wide range of organisms and cannot be confined to the target species once released in the environment. Studies have since confirmed that increased occurrences of cancers and nervous-system disorders are caused by exposure to dioxins.

If the constant threat of being ambushed by an enemy with the home-field advantage wasn't nerve-racking enough, there were booby-traps, tropical diseases, and, hey, while we're at it, let's spray 'em with a chemical that causes nervous-system disorders as well. Add to these daily horrors the guilt associated with killing another human being, and you have the recipe for a textbook case of Post-Traumatic Stress Disorder (PTSD).

Unlike many others, Jim survived the carnage of combat and received an Honorable Discharge at the respectable rank of Sergeant E-5, a noncommissioned officer.

Back home in the states after the war, Jim settled into family life with a wife and two children. But at night the terrors of war pressed down upon him, nightmares being a classic symptom of PTSD. When his wife could no longer take it, his marriage ended in divorce.

Many years later Jim began exhibiting strange physical symptoms to accompany his psychological demons. He lost weight; he developed nervous tics. The VA hospital finally diagnosed him with PTSD and cancer in 2006. Eighty percent of his stomach had to be removed due to the cancer. Forty years after the war, Jim battles the physical symptoms of Agent Orange by day. When the sun sets, his battles are psychological—both the result of friendly fire.

In many cases, it turns out that the enemy wasn't the communists after all. The courage it took for young Americans to fly halfway around the world to defend their country without questioning authority was eclipsed by the inability of politicians to admit that they were wrong. Communism did not spread with the fall of Saigon. The next generation of patriots is still looking for weapons of mass destruction, and testing new prostheses.

Culinary Arts Opens Doors

It is up to the student where it leads

to New Careers

Cooking is a combination of art, invention, and science. Indeed, cooking calls for highly refined senses of taste and imagination, but these artistic elements must be supported by a vast understanding of more scholarly disciplines. Various sciences—mathematics, chemistry, business management, biology, agriculture, and human resources—are as important as a “knack” for cooking if the modern chef is to be successful—many chefs often possess a number of language skills as well.

In the kitchen brigade system, the executive chef, *literally*, is the top of the food chain and for good reason. The chef is typically the most well-educated and experienced member of the team. No matter how good a chef is, however, it takes a cohesive team of dedicated and talented employees for a restaurant to be successful. It is the chef who must be able to assemble, train, and motivate a diverse staff in a variety of specialties toward a single theme for which a restaurant is defined.

To become a chef is a long process that begins with a deep personal commitment to learning the fundamentals of cooking and manifests itself only when the diligent apprentice has mastered all areas of the kitchen, can identify and employ a variety of ingredients and preparatory techniques, and then integrates them through experience into his or her own particular style.

The professional chef has an eye for detail and a flair for creating food that not only tastes good but is visually and texturally appealing. A chef knows the history of food and how to prepare an array of foods in a variety of styles. A chef knows the business of running a restaurant, including developing and managing a knowledgeable staff, purchasing, advertising and marketing. And most importantly, a chef has taste—the ability to make discerning judgments in aesthetic matters—*good* taste. Until an apprentice chef gains experience in all these areas, he or she cannot rightly give themselves the appellation of *chef de cuisine*.

The culinary arts is the oldest and most essential of the arts and crafts. Cooking involves a variety of primary techniques that

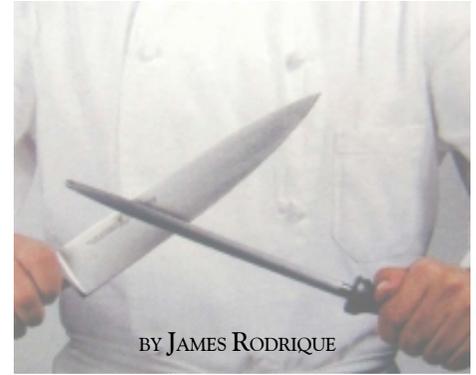
include the use of dry heat, immersion in or contact with heated liquids or fats, curing, smoking, and marinating. Secondary cooking responsibilities range from simple kitchen chores—dish washing, table setting, and routine equipment maintenance—to more specialized knowledge.

The Culinary Arts course offered at Avoyelles Correctional Center and administered by the Louisiana Technical College has all the ingredients necessary to give students a good start in this lucrative field. In 2005, the National Restaurant Association estimated that Americans spent \$476 billion and employed more than 12.2 million people annually in restaurants in the United States. Culinary schooling alone, however, does not a chef make. Upon return to the job market, culinary school graduates will find that they will be asked to take entry-level positions to gain real-world experience. This is true even for culinary school graduates with associate and bachelor's degrees. Make no mistake, becoming a chef is hard work. In a busy restaurant, the pace is frenetic. The hours are long. Competition from other good restaurants is fierce, and there is a lot of pressure to perform consistently, often six or seven days per week.

Chef Emeril Lagasse asks his employees the following rhetorical question before service everyday: “What do we sell?” He then proceeds to answer his own question: “We sell food, beverages, and service! How do we do that better than everyone else?” he continues, “with superior knowledge, better communication, and teamwork!” These catch phrases may seem trite, but let's explore what they actually entail.

Superior knowledge begins with the history of cooking and its evolution over time. By the time of the earliest settled communities, cooking had become more than merely a means of survival; people had begun to concern themselves with flavor and quality, rather than simply quantity. The great 19th-century French gastronome, Anthelme Brillat-Savarin, declared, “Beasts feed; man eats; only a man of culture and intellect knows how to eat.”

By this time, the craft of cooking was



evolving into an art. The people of the Indus Valley are known to have ground spices, and their Chinese contemporaries preferred tender young pigs to meatier but tougher older animals. By early Babylonian times, succulent fungi called truffles were being rooted from the ground for the pleasure of those who could afford them, and the tough meat of old oxen was deemed fit only for dogs. Forty kinds of breads and pastries were available to upper-class Egyptians by the 12th century B.C. Nine hundred years later the Athenians had preceded modern restaurateurs by inventing the *hors d'oeuvre* cart.

It remained for the Romans to elevate cooking to the status of high art and to make elaborate dining a major preoccupation of civilized life. Although the 19th-century French master chef Marie-Antoin Carême denounced it as “essentially barbaric,” classical Roman cookery might easily have evolved into something much like Carême's cuisine had not the Roman Empire broken up. With the barbarian sweep across Europe in the 5th century A.D., the progress of Western cooking came to a virtual standstill and was not revitalized until the Renaissance.

By general consent the three major styles of modern cooking are Chinese, Italian, and French. Of these, the oldest, the purest, and perhaps the most sophisticated for its time is the Chinese. In *The Importance of Living*, the Chinese-born writer Lin Yutang states, “The Chinese do not draw any distinction between food and medicine.” In French, the word restaurant is derived from *restaurer*, meaning “to restore” [strength]. This medicinal quality assigned to food by the Chinese predates that of the Europeans by many centuries. Even today, many of China's traditional ancient remedies are derived from animal parts, herbs, and spices. In a land chronically overpopulated and fuel-poor, people concerned with healthy eating had

EDUCATION

to use ingredients and develop techniques unknown elsewhere. In essence, Chinese cooking is quick. To prepare meals using small quantities of fast-burning fuel, the Chinese developed the wok, a round-bottomed pan that circulates heat quickly and evenly while enabling its user to keep its contents in constant motion. With the wok, and using ingredients cut into small, thin morsels, the Chinese cook exposes the maximum amount of food surface to heat in the shortest possible time, often simultaneously preparing a sauce in the same vessel.

The ingenuity of the Chinese is illustrated in the following anecdote by British author Paul Levy in *Out to Lunch*:

The southern Chinese...will eat almost anything...Southern [Chinese] themselves tell the story about the Indian and the Cantonese confronted by a creature from outer space: the Indian falls to his knees and begins to worship it, while the Chinese searches his memory for a suitable recipe.

Chinese cooking is typified by lightness, freshness, *variety*, and the interplay of contrasting textures, flavors, colors, and aromas. Its influence is evident in modern cooking from Japan, Europe, and the United States and especially in the (relatively) recent development of *nouvelle cuisine*.

Italian cooking was also shaped by fuel shortages, in this case the result of early deforestation. Like the Chinese, Italian cookery is essentially quick, with thin cuts of meat exposed to heat for periods of short duration, and with relatively bland grains such as pasta (wheat), polenta (corn), and risotto (rice) dependent on sauces and garnishes for flavor. Based primarily on that of the Greeks, Etruscans, and Saracens, Italian cookery was refined to a high degree by the early Renaissance, when it produced the first truly modern European cuisine.

Mosieur Boulanger was a Frenchman who in 1765 brought the concept of restaurants as we know them today to Western civilization. Diners were offered a "variety of foods prepared on premises to customers whose primary interest was dining." His first recipe was a "dish of sheep feet in white sauce," offered as a restorative. While the French began to set the standards in the 16th century for all other Western cuisines later, it was the arrival of the Italian-born queen

Catherine de Médicis in 1533 who contributed much to the advancement of the art; with her came a small army of Florentine cooks, bakers and confectioners, an assortment of advanced kitchen gear, and a variety of delicacies then unknown to the French. In the 17th century, François Pierre de La Varenne, a great chef trained in the French court, began a culinary revolution by developing the first true French sauces. La Varenne was followed by a long line of French master chefs, who in their times revolutionized cooking procedures: Marie-Antoin Carême (18th century) is generally acknowledged as the founder of *grande* (or *haute*) *cuisine*; Auguste Escoffier (19th century) is credited with modernizing, codifying, and promoting classic French cooking, or (*cuisine classique*); and, in the 20th century, a band of young innovators based their *nouvelle cuisine* in large part on Oriental traditions over 2000 years old. This "new" cooking style is characterized by lightness, purity, and simple, undisguised flavors with an emphasis on fresh, seasonal, locally available ingredients. The book is not yet written on the developments that the 21st century will bring to the industry, but the U.S. is slowly becoming recognized as major force in the culinary arts in large part due to the contributions of its culturally diverse population and their contributions from their home countries. This, of course, is only a brief sketch of the history of cooking. Many others made their contributions and many more will do so in the future.

In addition to being familiar with the long history of the culinary arts and a plethora of ethnic ingredients and cooking varieties, modern chefs must also be knowledgeable of new technologies that their historic counterparts didn't have to be familiar with. Canning, freeze-drying, vacuum packing, and irradiation techniques are now common for preservation. Mechanical mixers, food processors, infrared thermometers, and computer technologies are all employed daily in the modern kitchen as well. Advancements in agriculture, hybridization, genetic modification, animal husbandry, and aquaculture have led to a more reliable supply of ingredients that customers now routinely demand.

Food safety and sanitation is another area that requires a certain degree of basic scien-

tific knowledge. The chef and all employees involved in handling food must know the causes of food-borne illnesses, must know how to handle foods in a safe manner, and must take a proactive approach in creating and maintaining a safe and sanitary working environment.

Advances in science have contributed to better knowledge of contamination hazards. As a result, potential biological, chemical, and physical dangers can now be prevented from occurring in the modern kitchen, but it takes constant vigilance. Understanding that hot foods should be kept hot and cold foods cold isn't enough to ensure food safety. The recommended safe internal cooking temperatures for neutralizing bacterial contamination ranges from 145°F for 15 seconds to 165°F for 15 seconds depending upon the type of food being prepared. In addition to minimum internal cooking temperatures, holding temperatures, time, humidity, acid/alkali balance, and atmospheric conditions are important variables that professional chefs must know and understand.

Chemical contamination comes in the form of residual pesticides used in growing the food, cleaning agents used in the kitchen and its environment, and toxic metals.

Finally, physical contamination can occur when foreign objects are introduced. Metal shavings from old can openers, broken glass, hair, dirt, and other objects are routinely introduced accidentally due to lack of proper training and poor safety and sanitation practices.

Personal cleanliness, **proper** hand-washing procedures, equipment sanitizing, color-coded cutting board use, gloves **changed frequently**,

*Whole Roasted Red Snapper
with fresh Italian parsley
and lemon*



PESCE RESTAURANT, HOUSTON, TX
CHEF MARK HOLLEY

EDUCATION

the two-spoon method for tasting food, and pest management are some of the sanitation practices culinary students are expected to learn.

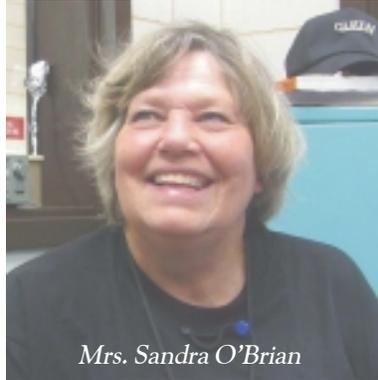
Chefs also learn the nutritional value of the foods they prepare. They know the individual constituents of foods and can make informed substitutions for customers with dietary restrictions for religious and health-related concerns.

When working with recipes, chefs are able to make the necessary mathematical conversions and appropriate measurements to ensure consistency no matter what the intended yield or portion size is. This may sound easy in theory; however, in a high-volume operation many factors come into play including the type of equipment used, evaporation during the processes, recipe errors, and the time required to cook different volumes. Chefs must also learn the hard reality that the *as-purchased* cost of many items differ significantly from the *edible-portion* cost when considering selling prices.

Controlling food costs is essential if a restaurant wants to stay in business. Many factors will negatively affect a restaurant's profitability: an improperly trained waitstaff; faulty kitchen procedures; improper receiving, storage, issuing and handling; and theft all have adverse affects on the establishment's profitability. It is the chef's responsibility to see to it that all kitchen employees are properly trained, and he usually works closely with the front of the house, office workers, and in dealing with purveyors. This is where effective communication and teamwork come into play. When communication between employees, vendors, or customers breaks down, it usually manifests itself with *poor service*—a death sentence to any business.

I interviewed Wesley Funderburk, a recent graduate from the Culinary Arts program to get his general impressions of the course. When asked if he had any experience in restaurant work before enrolling in the class, he said, "I only worked in fast food for a brief period, but it was nothing like this.

"One of the hardest things for me was the language; there's a lot of French words you have to learn," he said. "What I like the most was making pastries. There's actually a lot of interesting things to learn in that class if you want to learn them. They teach you history, the kitchen brigade system, and the dining room hierarchy too. How everyone has a specific job to do. In the front-of-the-house (that is, the dining room), you've got the *maitre d'*, wine stewards, captains, and waiters, all with specific duties and responsibilities. In the kitchen, it's the same way; there's the chef, the sous-chef, a grill man, a fryer, and a salad maker: just a lot more to it than I thought. We learned about different regional styles and inter-



Mrs. Sandra O'Brian

national styles of cooking too. Overall, the course gives you good experience in a lot of areas."

The program at AVC is taught by Mrs. Sandy O'Brian. In our numerous conversations for this article, she has proven to be a vibrant, well-informed instructor who takes great joy in her chosen profession. Like most chefs, her knowledge comes from a variety of sources and personal experiences. In addition to running a bed & breakfast for ten years, she has worked in catering, and came to teaching only as an accident of fate. Even as a teacher, O'Brian still finds

time to attend seminars to enhance her knowledge, increase her experience, and for her personal pleasure.

Obviously, not everyone who works in the culinary arts becomes a chef, and that's OK. There are plenty of jobs in the restaurant business that do not require the extensive knowledge that chefs possess. Students who sign up for the Culinary Arts program are given the *opportunity* to discover some of the many choices available to them in the food-service industry. Some will become butchers; others will become bakers. A student may decide that he likes the business aspect of the profession and become a manager. There are wine experts and cigar aficionados. I can already hear someone saying, "Hey, wait a minute; 'they' don't teach us all that stuff." And that student may be right, but this is what separates the student who seeks out knowledge from one who expects to be spoon-fed knowledge. Signing up for a course in any profession is only the beginning. When a student walks through the door, new worlds await on the other side. As an example, much of the information contained in this article was gleaned from Sarah Labensky's *On Cooking: A Textbook of Culinary Fundamentals* available to every student, other information was dug out of "The History of Cooking" in the Encarta Encyclopedia. We conducted interviews with students and the teacher. Some information came from personal experience in the business.

The point is, and this goes for any educational or self-help program, what you get out of any endeavor is directly related to what you put into it. When one is a child and throughout high school, teachers more or less lead you by the hand through the learning process. After high school, one learns to be self-reliant, to take the initiative to investigate further, and that education is a continuing endeavor that never really ends.

Graduation is only a measure of minimum requirements learned; it is not the end of the educational process. In most cases, it is only the beginning. But, when desire, ability, perseverance, and love of one's profession come together, happiness can then be perfected.

Grilled Veal Chop with Wild Mushroom Ragoût



Duchesse Potatoes garnished with potatoes guafrette with steamed tournier carrots and asparagus tips

BROWN PALACE, DENVER CO, CHEF MARK BLACK

Do You Have a Plan for Reentry?

Each issue, *The Cajun Press* elicits opinions from the offender population about various topics; this week we asked offenders to discuss their plans regarding their reentry into society.

Q: "Do you have any personal goals regarding your rehabilitation? If so, what are you doing to accomplish these goals?"



James Bourgoyne

"My personal goals are to stay out of trouble, never come back to prison, and spend as much time with my family as possible. I'm getting my GED. I'm taking an Electrician's course through Stratford Career Institution, and I attend Living in Balance."

"What I'm doing is making plans so if I'm released today, tomorrow, or whenever, I'd like to go to California and join the Federal Forestry Service."

—Michael Quinn

"I do. I'd like to start my own clothing line. I have people on the outside who are in the business. I design my own clothes, and I am developing a portfolio while incarcerated."

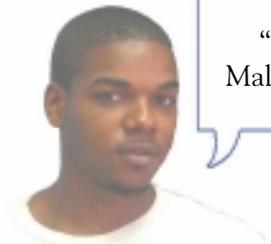


James Walker

"Just get as much education as I can. I finished Culinary Arts; I finished Carpentry. Now I'm trying to get enrolled in the Building Technology course."

—Wesley Funderburk

"I'm trying to better myself as a father for my daughter. I'm taking Nurturing Fathers and Malachi Dads, but I'm also taking time out to get to know myself."



Christopher Evans

"Receiving the Lord as my savior is my biggest goal. I just graduated from Bible College, so I have a diploma in Theology, but I'm working toward my associate's degree."

—Gerald Watson

"My personal goal is to get out. However, while I'm here, I'd like to get into Diesel Mechanics. That is a love of mine. I'm trying to get my 90 days in so I can go to Vo-tech."

"My personal goal is to stay clean when I get out. I'm taking substance abuse so when I leave I won't have that problem any more."

—Corey Williams



Carroll Alexander

"My personal goal is to stay free and maintain and try to stay alive. To accomplish that, I'm keeping my head on straight."



Keanté Wright

The Lost Art of Sportsmanship

BY B. IRIZARRY

fair play *n* : proper conduct or play: conduct that adheres to the rules or is just and equitable.

sports·man·ship *n* : fair conduct: conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others, and graciousness in losing.

A great many of us engage in sports at AVC at one time or another. Why is it so difficult for us, as athletes, to understand the two words above? We complain about the officials being so terrible (and sometimes they are), but perhaps the reason is that all of the really good officials have been chased away; they've had their love for the game stolen away by "athletes" who have no idea what the above words mean. Worse still, the referees are criticized by those who have never worn the striped shirt themselves.

The athletes are not the only ones to blame: the coaches are just as bad, or even worse at times. I cannot tell you how many times, while serving as secretary for the Inmate Recreation and Officials Club (IROC), these "coaches" come into the recreation director's office trying to break the rules to their advantage. When they are not allowed to do so, favoritism is to blame, not the fact that they were trying to cheat.

So, in an effort to edify the uninformed, let us now take a look at these two "foreign" terms, shall we? Fair play simply means that each participant in a sporting contest treats everyone else in the sporting contest the same way that they would want to be treated. Perhaps that is the problem—most of the participants expect more than equitable treatment, and when they don't receive it, they cry foul. Conducting oneself according to the rules is a difficult concept for a great many people on this compound. For most, it is the reason they are sitting in here with long prison sentences. Think about that the next time you think you are being treated unfairly. Are you really being treated unfairly, or are you not being allowed to cheat someone else?

The concept of sportsmanship goes even further than just the fair observance of the rules (although it is a big part of it). The words "conduct considered fitting of a sportsperson" means behaving according to the principles of fairness, observing the rules, showing respect for others, and accepting defeat graciously (I had to laugh when I read those last two). "Showing respect for others? Surely, you must be joking!" you say? Most of the participants in the sports leagues of AVC play only to "get my shine on," whatever that means. Unfortu-

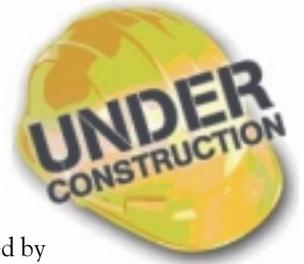
nately, showing respect for an opponent is a lost art. One cannot "shine" without an opponent. No matter how good you are, no one is going to come to the yard or the gym to watch you play by yourself (Do you hear that, all of you wannabe Michael Jordans?) The opponent is the most important element on the field or court. Without someone to compete against, you are merely practicing. And without a quality opponent to push you to your limits, you'd never improve. If defeating your opponent is so easy, couldn't anyone do it? By belittling your opponent, you diminish your own accomplishment. When you look at it like that (which many of us don't), doesn't it just make sense to give your opponent respect?

I laughed when I read "accepting defeat graciously" because I don't think I've ever seen anyone do that in my time here. Whenever someone loses, it's always someone else's fault—the referees, the recreation director, the administration, the Taliban, Martians—you get the picture. Simply stated, accepting defeat graciously means that one accepts defeat for what it is—a temporary setback or a reason to work harder. Anyone who has played in any type of *real* competition knows that not even "the best" win all the time.

The famous tennis champion, Martina Navratilova, said it best when she said, "The moment of victory is much too short to live for that and nothing else." If one plays sports only for the moment of victory, they are playing for all of the wrong reasons—especially in prison where winning or losing at a sport should be the least of one's worries. There should be more to your character than whether you won that basketball game or not. If there is not, perhaps you need to reevaluate your priorities and check your ego (which in most cases is another reason you may be here in the first place. I'm just sayin'...).

Being a good sport is a sign of character. Winning is a good thing. Don't get me wrong—I like to win just as much as the next guy. But, why does it have to be one way or the other? Why can't an athlete be a winner *and* a good sport? The answer is they can be. Most of us just choose not to be either.

AVC's Newest Educational Program: Building Technology Specialist



AVC will be starting a new Louisiana Technical College Vocational Program in June 2010. This program is called a Building Technology Specialists. The course is composed of basic Carpentry, Masonry, Heating and Air Conditioning, Electrical, and Plumbing skills. It is designed to give a student needed skills in the areas of general construction and maintenance. A Technical diploma (TD), Certificate of Technical Studies (CTS), and/or a Technical Competency Area Certificate (TCA) can be earned by students enrolled in the class depending upon when they exit or complete the program. This program is also a CTRP course for offenders who are eligible to earn educational good time. If you are interested in the program, and are within three years of your Work Release Eligibility Date (WRED) please write Mr. Russell in the education department to be considered for enrollment as soon as possible.

Independent Study & Correspondence Course CTRP Good-time Credit

If an offender completes an Independent Study course with a passing grade from a DOC certified, accredited institution, he or she may earn **10 days per credit hour**. For example, a three-credit-hour course is worth 30 days; a five-credit-hour course is worth 50 days. **Louisiana State University (LSU) is a DOC certified accredited institution.**

Correspondence courses from Ashworth Career College, Stratford Career Institute, and other colleges may be approved for enrollment by the Education Department Coördinator; however, **these courses are not eligible for CTRP good-time credit.**

Callouts

Be on Time or Face the Consequences

Over the past few weeks, we have been monitoring that offenders are arriving for callouts. In some cases, offenders are showing up too early, but in many more instances they are arriving late.

Neither scenario is acceptable.

Offenders are expected to arrive no earlier than 15 minutes prior to the start of their callout, and no later than

the time the callout is scheduled to begin. Also, offenders who finish their callouts early must report to their housing unit key officer so they can be accounted for.

In most cases, when the offender is late for a callout, the excuse has something to do with the fact that they are rarely scheduled for callouts, and therefore do not routinely check

to see if they are on the list. This causes correctional officers to have to track down these offenders, keeping them from performing the duties they should be paying attention to.

This too is unacceptable.

Therefore, effective Monday, May 17, 2010, Avoyelles Correctional Center will assume a very aggressive posture to insure timely attendance at callouts.

Absent any circumstances out of the offender's control, e.g. cellblock traffic, fog counts, etc., all offenders are expected to be on time for their callouts or they will be subject to appropriate disciplinary action. Hopefully, everyone will make it a habit to check the callouts everyday so that they will be on time, and not have to face the prospect of receiving a rule violation report.

FOOD MONITORS

MAY 17 TH –MAY 21 ST	MAIN KITCHEN CULINARY/CELL BLOCK	LT. COLONEL GREMILLION DENNIS GRAYSON
MAY 24 TH –MAY 28 TH	MAIN KITCHEN CULINARY/CELL BLOCK	COLONEL VILLEMARETTE LAURA LABORDE

Food monitors are members of AVC's Administration that monitor the food and conditions in the main kitchen, the culinary kitchen, and the cell block on a rotating basis. Any complaints, suggestions, or compliments should be directed toward the food monitor of the week. If you do not see the designated food monitor in the kitchen at the time you are eating, you may write to them via farm mail.

Accessing the System

**WARDEN
LYNN COOPER**

**Deputy Warden
Gary Gremillion**

**Asst. Warden (Chief of Security)
Blaine Lachney**

**Assistant Warden
Myrna Cooper (Admin.)**

**Assistant Warden
Paul Gaspard**

**Assistant Warden
Clyde Benson**

**Business / Offender Banking
Dennis Grayson**

**Principal / Program Director
Clayton Russell**

**ARDC Manager
Wayne Millus**

**Director of Nursing
Tammy Lacombe**

**Mental Health Director
Alice Gentry**

**Chaplain
Leslie Draper, III**

**Recreation Director
Msgt. Beau Milligan**

**Offender Records / Legal
Tonia Rachal**

**AVOYELLES CORRECTIONAL CENTER
1630 PRISON ROAD
COTTONPORT, LOUISIANA 71327**

MONEY: Problems with savings and spending accounts, including purchases made through offender organizations, U.S. Savings Bonds, & court costs may be directed to Offender Banking.

MAIL: For problems with incoming or outgoing mail, write to the Mail Room. They will investigate your claim and respond in writing.

VISITING: To add or remove visitors from your list, or to get information on AVC's visiting policy, write to the Classification Department. Picnic Visit forms may be picked up from your unit's ARDC Specialist during lunch, or your dorm area.

MASTER PRISON RECORD: Questions about master prison record calculations, release dates, and good-time should first be directed to an Offender Counsel in the Law Library by writing Legal Programs and requesting a Law Library call out. If they cannot satisfactorily answer your questions, write to Offender Records.

SUBSTANCE ABUSE TREATMENT: To request placement in Drug & Alcohol Programs or for information on these programs, write to the Mental Health or Classification Departments.

SECURITY: Anything involving security, write ups, protection concerns, or problems with rules & regulations, should be worked through the chain of command. If you do not receive the answers that you are looking for, the Administrative Remedy Process is your last option. The ARP system should not be used as a means of vengeance against security, and should only be used as a last resort.

FAMILY: If there is a sickness or death in the family, have your family call the main switchboard.

EDUCATION: For information about one of the many educational programs at AVC, contact the Education Department in writing via farm mail.

LEGAL SERVICES: Submit a written request to use the Law Library. Request forms may be picked up from your ARDC Specialist. Specify if you need a typewriter.

TELEPHONES: Problems with the telephone system can be dealt with by writing to Mrs. Faye Coco in the Classification Department. Your attorney must submit a request to the Warden's Office for attorney conference calls. For family emergencies, especially when contact is required with someone not on your list, speak with the shift supervisor and explain your request.

TRANSFERS: If you want a geographic transfer, or wish to go to a halfway house, send a written request to the ARDC Specialist assigned to your unit.

CLOTHING: Place old or damaged clothing in bags provided in your unit at 5 a.m. on your assigned day. Any questions? Write to Sgt. Joey Coco, or get a pass to the Cajun II Hobby Shop on the exchange day for your housing unit. **CAJUN III-TUE., CAJUN II-WED. CAJUN I-THURS., HOPE-FRI.**

Unit Supervisors

- UNIT I:** Colonel James Cooper and Lt. Colonel Bruce Cazelot (Unit I is Cajuns 1, 2, 3, the Infirmary, Kitchen, Laundry, Gym, Big Yard, and Canteen 1).
- UNIT II:** Colonel Blaine Villemarette and Lt. Colonel John Dupas (Unit II is the Chapel, Education 1, Visiting shed, Hope, Crawdad, Vo-tech).
- UNIT III:** Colonel James Fontenot and Lt. Colonel Anthony Dauzat (Unit III is the field).
- UNIT IV:** Colonel James Longino and Lt. Colonel Kent Gremillion (Unit IV is Trips, Training, Mail Room, Fire/Safety, ACA).

ARDC Specialists' Kitchen Duty

Monday	_____	Ms. Diane Williams
Tuesday	_____	Mr. Leslie Draper
Wed.	_____	Ms. Greta Jones
Thurs. & Fri.	_____	Ms. Laurie Dufour