

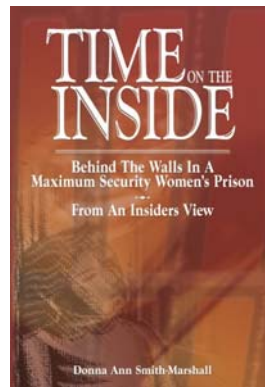
News Release

FOR IMMEDIATE RELEASE

**TIME ON THE INSIDE: Behind The Walls In A
Maximum Security Women's Prison From An Insiders View**
by Donna Ann Smith-Marshall

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Did You Know More Women Are Going to Prison Today More Than Ever and Why Society Can Help Change This

LONG BEACH, CA –October 23, 2006 –Prison causes damage and disruption to the lives of vulnerable women, most of whom pose no risk to the public.

- 60% of women prisoners have mental health problems.
- 35% have attempted suicide.
- 25% have been in the foster care system as children
- At least 50% report being victims of childhood abuse or domestic violence.
- Nearly 45% of women prisoners lose their homes as a result of imprisonment.
- 70% re-offend on release or shortly thereafter.
- Common offences for which women are sent to prison are theft, prostitution, drug use.
- A prison bed costs around \$31,000 a year.
- The women's prison population went up over 12% from 2005-2006.
- Prison is often a very expensive way of making bad situations worse.

Donna Ann Smith-Marshall, who is an 13 year expert in this field, and the author of an explosive, informative, new book; ***TIME ON THE INSIDE: Behind The Walls In A Maximum Security Women's Prison From An Insiders View*** — FMA Publishing — April, 2006, says; "Taking the most troubled individuals out of society and punishing them in order to teach them how to live within society is, at best, ineffective. Whatever else a prisoner knows, she knows everything there is to know about punishment because that is exactly what she has grown up with. Whether it is childhood sexual abuse, neglect, lack of concern; punishment is most familiar to her. Prison does not work. The best way to cut women's offending is to deal with its root causes".

TIME ON THE INSIDE takes readers vividly behind the walls of the United States Largest Maximum Security Women's Penitentiary, Central California Women's Facility—CCWF. This revealing book is a welcoming change from some of the intellectual offerings for individuals wanting direct knowledge of the areas of the penal system that have not been spoken of in detail. "TIME ON THE INSIDE" calls attention to **"Why more women are going to prison today more than ever"— "What really happens daily behind the walls" —"Why the Penal System promotes comfortability rather than rehabilitation"—"Why inmate deaths occur often"—"Why it's important for society to care about prisoner's rights" — "Why compassion is so important"— "How does one stay from doing Time On The Inside and "How to restore your life if you have/haven't been behind the walls."** Nonfiction • Hardcover • 192 pages • ISBN 0977441156 • \$20.95. Orders for this book can be placed at Publishers Website: www.fmapublishing.com and through Amazon, Borders, B&N and Local Bookstores.

AUTHOR BIO



Donna Ann Smith-Marshall was born on "All Saints Day", November 1, 1966 and is a native of California. She is a wife, mother, writer, motivational speaker, activist and a publisher who is the founder and creator of FMA Publishing — www.fmapublishing.com and the author of **TIME ON THE INSIDE Behind The Walls In A Maximum Security Women's Prison From An Insiders View**.

Donna Ann Smith — at the time of her sentencing, was ordered to serve a prison term of 3 years, 8 months in which she completed 2 ½ years, from 1993-1995 after not returning in 1991 to serve a one-year county term in which the prison sentence was originally suspended. Donna Ann is an expert in the field of women and youth of incarceration as she has over 13 years of knowledge and experience living, working and interacting with inmates and civilian staff in maximum and medium security prisons and halfway houses. Within the more than 10 years of her release, she continues to see the newcomer and recidivism rate grow as women going into the penal system this year alone will increase to 13,500 — 5,500 additional women since she came out. This is a huge increase and travesty as women of all ages who are mothers, wives, daughters, sisters, aunts, even grandmothers and now more than ever our youth, are being separated from loved ones. You also see lives torn apart due to the separation of mothers from their children with the hopes of a grandmother, older sibling or some family member being able to care for the child or worse case, placement in an already overburden foster care system.

Donna Ann has lived and worked in the United States Largest Maximum Security Women's Prison — Central California Women's Facility—CCWF, Northern California where she handled many processes to include processing newcomers and parolees into prison, relocation of inmates to various housing units during their sentencing to balance out the inmate yards as well as resolve/prevent any conflict between inmates and secretarial services for kitchen management. Donna Ann was also responsible for processing non-inmate men and women — civilians to come into the prison to handle numerous business accounts within the Prison Industry Association – PIA, which is a government organization within the penal system that profits from manufacturing goods and services such as coffees, teas, shoes, jeans, upholstery, carpentry and many more service for Major U.S. Businesses while using cheap prison labor to produce this merchandise.

Donna Ann has been a viable part of inmate reform and youth prevention as she served on the CCWF Women's Advisory Committee —W.A.C., which works as a go-between for inmates and prison officials to build a better understanding of inmates needs and concerns and to organize various committees and organizations to prevent prison disturbances or outbreaks as well as assist in any community efforts to deter youth from a life of crime which will ultimately lead them into the penal system.

She played a vital role as a motivational speaker working with a group of inmates and an educator as a part of the Prison Preventors Group based out of the Live Oaks Medium Security Women's Correctional Facility, speaking at assemblies in middle and high schools about my life experiences and sharing various scenarios of "what would you do in numerous unconstructive situations and challenges that occurred in your life that could ultimately lead you into being sentenced to serve time on the inside?" Donna Ann provided a wealth of valuable information in an effort to talk about peer and family pressures to help them make wise choices in an effort for them to have a fulfilling and rewarding life, not a life that can and will lead youth down a path of destruction and despair which allows negative circumstances and influences to impact their level of thinking, understanding, education, physical, mental, emotional and spiritual well being and life which can be destructive overall. Donna Ann doesn't hold back sharing her life experiences of drugs, alcohol, promiscuous sex, teenage pregnancy, depression and crime as she believes when a person can share their mistakes in life, it not only helps their healing, but most often another's.

Donna Ann has worked with young men and women ages 9 thru 18 who are serving and/or have served time in Los Padrinos and Central Juvenile Halls — Southern California, which are supervised by the California Youth Authority — YA. While speaking with these youths, she used an approach of listening, counseling, educational studies, allowing them to express themselves in open forums, round table discussions, writing, drawing and encouraging them to take a proactive approach of taking charge of life by accepting accountability for their wrong doings, seeking help spiritually and mentally and never believing the "hype" that if you've done wrong in life, you'll always do wrong. Believing this form of negativism will surely diminish their hopes and dreams.

When speaking with students, she has developed a great method of talking, listening effectively and allowing students to speak freely and openly, but respectfully as it is important to be an authoritative figure with our youth but not sanctimonious forgetting to share our mistakes in life and making them fear us as they will shut down and be forced to listen to what is being said but not digest the valuable information and insight they need to journey into a productive lifestyle now and in the future.

Donna Ann has an art of speaking with youth which is why a great majority feel comfortable sharing their issues, concerns, ideas, hopes and dreams and she is proud to say that as a mother of teenagers and young adults she is very proud of them and that they are progressing very well. Yes there are challenges that we face as parents, guardians and educators; however in the end, our youth want and need to be respected, listened to and assisted in reaching decisions that will result in positive outcomes and we must become role models in providing valuable, constructive and beneficial tools necessary for them succeed.

Donna Ann has worked for the Internal Revenue Service-IRS and General Services Administration-GSA government agencies prior to going into healthcare which she then worked in management for King Drew Medical Center as a Program Director in Pediatrics and as a Supervisor for Child Health and Disability Prevention-CHDP and Healthy Families Program-HF at Molina Healthcare for a combination of 15 years between these employers.

Donna Ann is working to establish Lets Focus Development Center for Women, a Non-profit organization dedicated to assisting women in various services to include counseling, parenting, educational development, job training and placement and housing assistance in an effort to positively progress back into society just as she did as Donna Ann not only wants to write about the penal system but do her part in helping too make a change.

As an activist, Donna Ann is working on a Bill to restore the rights of former prisoners once they complete a successful parole without having to go through all the bureaucratic loopholes ex-inmates face and to establish Southern Californian's United for Women Prisoners — SCUWP to raise awareness about the conditions of incarceration, the degrading and humiliation, the lack of medical care, rehabilitation and the comfortableness of prison which conditions you to view it as a place of acceptance— for the most part home as well as the grueling conditions first hand that plague the majority of women behind the walls and their families.

Donna Ann believes women — everyone should "Live Your Best Life and Your Best Self" and she is so blessed to say that she is trying her best to live this motto. She knows first hand that it is a struggle to stay from behind the walls; however God, faith, belief in and love of self, responsibility, accountability, ownership and rehabilitation are a necessity to stay from doing "Time on the Inside" in an effort to not adapt a mentality and acceptance of institutionalism. She also wants to give a clearer understanding of daily life and survival when "Behind The Walls," to those in society that may not be sympathetic to the problems, challenges and needs that are faced by many individuals in the system that a need for compassion, rehabilitation and resources are a necessity to effectively change the lives of individuals who have been affected by the California Penal System.

Donna Ann was raised in the church from a little girl and knows that many don't know that God can and will change all things. She wants you to know that we must seek Him first and believe that He along with faith must be the key factor. Once we believe that God will fulfill all our needs, this is standing on faith and He truly will do so; however understand it is in His time not ours. As Psalm 145:18, says, "The Lord is near to all who call upon Him; To all who call upon Him in truth." This is what we must do in order to succeed in this world; call on God, work together in Prison Ministry and community activism programs, learn to be forgiving and nonjudgmental and learn that compassion for others will ultimately lead to doing our part in making this world a better place for all of us.

Donna Ann currently resides in Southern California with her husband and four children.

Sample Interview Questions

TIME ON THE INSIDE Behind The Walls In A Maximum Security Women's Prison From An Insiders View

By: *Donna Ann Smith-Marshall – FMA Publishing*

Contact Person:

Deneen A. Williams - Director, Public Relations

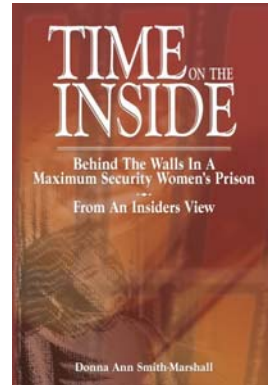
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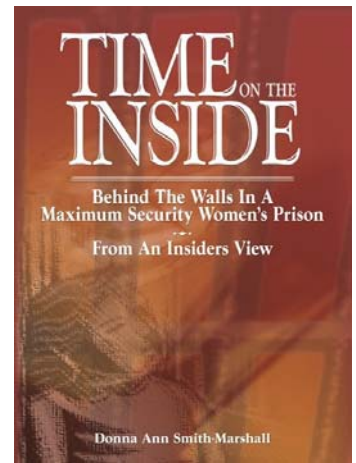
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- How did you become interested in writing about the California Women's Penal System?
- Describe the typical day in a Maximum Security Women's Prison?
- Why do you feel there is no rehabilitation being offered for women and what types should there be?
- Tell me more about the Prison Industry Association–PIA and why you feel inmates are exploited?
- In the book you ask if people are willing to assist in the change and what are they willing to do to change the process of Time On The Inside, Behind The Walls? Can you elaborate more on what people should be doing?
- You talk about mental prisons and barriers that inmates must learn to deal with to succeed in society. What are some conditions that negatively impact them and what must they do to succeed?
- You speak about inmates taking accountability for their actions, not letting other people dictate to them how life should be, how they should act and who they are. What can they do to ensure they follow these methods?
- How do feel people have allowed their current environment to control their image of truth?
- Why do you feel inmates are afraid of and may not want to change?
- Why do you feel before inmates, ex-convicts make a move, they should seek God and then help from others more than they would those familiar barriers?
- You state if everyday we all do things to the best of our ability, then all our daily experiences will become successes. If any of us cheat or don't do our best, then our experiences will have a negative impact. Why do you feel this is so?
- Is there a typical length of time it will take an ex-convict to get situated back into the mainstream of society?
- Why should rights be restored for ex-convicts?
- Why should society be compassionate? Why should they care at all?



PLEASE ACKNOWLEDGE

We have received the complimentary book or galleys you sent of
Book title _____

- We expect to review this book on (date) _____
- We will contact you for more information on (date) _____
- Please send a photograph of the book
- We did not find this book suitable for our review

Name of the reviewer _____

Full job title _____

Name of publication or broadcast station _____

Mailing address _____

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Comments (optional) _____

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FMA Publishing

Review Department

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Thank you.

Talking Points

TIME ON THE INSIDE: Behind The Walls In A Maximum Security Women's Prison From An Insiders View

By: Donna Ann Smith-Marshall – FMA Publishing

Contact Person:

Deneen A. Williams - Director, Public Relations

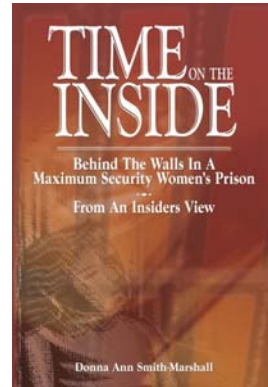
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Here are various talking points related to the book in which you can use to spark dialogue for your audience.

- **Women in Prison: A Growing Trend**
 - Why are more women going to prison today more than ever?
 - Why do women commit crime?
 - What happens day to day behind the walls day in a Maximum Security Women's Prison?
- **What is the Prison Industry Association–PIA and why you feel felons are exploited?**
 - Does the PIA exploit felons?
 - What types of jobs do felons perform in the PIA?
 - Who benefits from the PIA?
- **Sexual tensions in women's prison?**
 - Do women refrain or not from sex while incarcerated?
 - Are women forced into sex while in prison?
 - Does prison breed bisexuality behind the walls and out?
- **Does rehabilitation happen in women's prison?**
 - Should we allow rehabilitation in our prisons and after release?
 - Does the government have a right/obligation to ensure rehabilitation for convicts?
 - Should society have a say in rehabilitation of felons?
- **Why should rights be restored for ex-felons?**
 - How do ex-felons get their rights back after doing time?
 - Why doesn't the government allow ex-felons to have rights restored automatically?
 - Should society care about rights of ex-felons being restored?
- **What is Work Furlough and does it really help convicts?**
 - Does furlough benefit the convict?
 - What does a convict do at work furlough?
 - What should communities know about work furlough programs?
- **Why should society be compassionate about women in prison? Why should they care at all?**
 - Should society care about reforming an ex-felon?
 - Does society play a role in restructuring of women's prison?
 - How can society help change the number of women going to prison?

FMA Publishing

TIME ON THE INSIDE

Behind The Walls In A
Maximum Security Women's Prison From An Insiders View
Donna Ann Smith-Marshall

Many of us have various curiosities, after all it has been said this is what killed the cat. Our curiosities take us into many areas of life and now more and more of us are curious about women and crime and why so many women are going to prison and what goes on inside. Do you ever wonder? A great majority of us do; however the wondering is over as Donna Ann Smith-Marshall takes readers vividly behind the walls of the United States Largest Women's Penitentiary, Central California Women's Facility—CCWF with a stop through Sybil Brand Institute — SBI; Formerly the Largest Women's Jail in California where conditions at this jail were not fit for a rodent. This book will explore "Why more women are going to prison today more than ever"—"Why the Penal System promotes comfortability rather than rehabilitation"—"Why inmate deaths occur often"—"Why it's important for society to care about prisoner's rights"— "Why compassion is so important"— "What happens daily behind the walls"— "How does one stay from doing Time on the Inside" and "How to restore your life if you have or haven't been behind the walls."

STATISTICS:

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LCCN: 2005935495

Category: Nonfiction/Self Help/Inspirational

Price: \$20.95

Format: Cloth

Trim Size: 5.5 x 8.5

Page Count: 192 pages

Number of Illustrations: 1 Photo-Black and White

Additions: Appendices of recommended resources

Carton Quantity: 32

Author Resides: Carson, CA near Los Angeles, CA

COMPETITION:

- 13 Women: Parables from by Anne Near, March 2006 ISBN 1553651421
- A World Apart: Women, Prison, and Life Behind Bars by Cristina Rathbone May 2005, ISBN: 1400061660
- Life on the Outside : The Prison Odyssey of Elaine Bartlett by Jennifer Gonnerman, February 2005, ISBN: 0312424574

SALES HANDLES:

- Author is a 13 year expert in the field of Women's Prison Issues and served time 2 ½ years herself in this Maximum Security Prison.
- Statistics show Women in Prison today is a growing trend. In the past 10 ears the rate of women serving time has increased over 60%.
- This is an extraordinary look at the day-to-day activity that exist in a Maximum Security Women's Prison from an actual insider who experienced and saw conditions that plague women inside and outside the walls. This book not only looks into women doing time inside, but it gives a sense of hope and belief that although one does time behind the walls, with structure and commitment once released, life can renew itself in a positive light.
- This book will bring an awareness of "Why Are So Many Women Going To Prison and What Goes On Inside If You Are One Of Them"—"Why more women are going to prison today more than ever"—"Why the Penal System promotes comfortability rather than rehabilitation"—"Why inmate deaths occur often"—"Why it's important for society to care about prisoner's rights"— "Why compassion is so important"— "What happens when you're released" and "How Life can be renewed while in and after prison."
- Title supports Roland Amundson who was interviewed by 20/20, February 2006 and served as a Minnesota appeals court judge for more than a decade. He was sentenced to more than five years for theft and fraud in 2002 and he states, "Clearly, prisons don't work, if you set out to create a system that was more warped and inefficient and malignant, I don't think you could do it better."

MARKETING:

- Local, Regional and National Advertising
- Online Bookstores: Amazon, Borders and Walden Books
- The Loop Online-Internet Advertising and Publicity
- Radio Tour in Southern/Northern California to include Los Angeles County, San Francisco and Oakland
- Book Signing tour in Southern/Northern California to include Los Angeles County, San Francisco and Oakland

AUDIENCE:

- Any woman who is serving/has served time in jail/prison
- Individuals who are interested in the Penal System
- Individuals interested in Women In Prison
- Inmate Advocacy Groups
- Mothers/Parents who are concerned about youth crime and want to share with their children, prevention of incarceration
- Women and Youth Organizations to include schools, colleges and church groups

SALES MATERIALS TO SUPPORT THE BOOK:

- Finished Books
- Colored Dustjackets
- Colored Bookmarks

Daily Breeze.com

Originally published Thursday, April 13, 2006

Convict-turned-author is making up for her time on the inside

Donna Ann Smith, a white-collar felon, tells of life behind bars in "Time on the Inside: Behind the Walls In A Maximum Security Women's Prison."

By John Bogert

Donna Ann Smith Marshall is a beautifully turned-out, soft-eyed woman of 40. A happily married mother of four, she runs an upstart publishing company out of her Carson home and has just printed her very first book, one that she also happened to write.

None of this is terribly unusual in a town where every other person I hear from is an author. What's unusual is Donna Ann writing about her prison years in *Time On The Inside: Behind The Walls In A Maximum Security Women's Prison*.

Donna Ann is the real thing, a white-collar felon who used her natural intellect for all the wrong things. But first I had to get past the mom-next-door looks. No hard edges here, just a history, a wrong turn taken when she got pregnant at 15, leaving behind school and dreams of being a lawyer.

"I decided to get ahead by not being honest," said Donna Ann, who got a federal job in L.A. by falsifying an application. This was 1986 and why shouldn't they believe a bright-eyed 19-year-old claiming to have a college degree?

She did OK, too, working hard and kiting checks from one bad bank account to another because, she discovered, if you dress nicely and smile you can get away with far too much.

"My teachers always told me that I was going to be somebody," she said. "Then the elements of darkness took me down another road. I tried to keep up with the other kids and if that meant stealing that's what I'd do."

She was finally caught during a Carson mall spending spree.

"In Sybil Brand for three months I was exposed to the whole degrading process, being locked in a small room with 75 women, with one toilet, limited paper and cavity searches. It was a jungle. Still, I wasn't angry at society for putting people like me in jail. I was mad because there was no rehab. This was a school for criminals. There was no help for the problems inside or out," said Donna Ann, touching on the theme that now guides her life.

Soon enough she was out, then back in, unreformed. Bailed out, she went underground until she was caught and sentenced in 1991 to 2½ years in the Central California Women's Facility in Chowchilla, the big house.

Only here's where the story diverges. In her book she deals with the weirdness of prison sex and all that. But she also mentions something I've heard before, that women on the inside behave differently than men.

Convict-turned-author is making up for her time on the inside

Donna Ann Smith, a white-collar felon, tells of life behind bars in "Time on the Inside: Behind the Walls In A Maximum Security Women's Prison."

By John Bogert • Originally published Thursday, April 13, 2006

"It was a tough place," said this now highly religious wife of an MTA worker. "But it was also a comfortable place. Women don't behave like animals. You put eight men in a room and somebody gets hurt. Do that with women and we mostly get along. There's a real comfort level on the inside, a kind of family. All the societal pressure is gone."

Then one day they hand you \$200 gate money and it's back to the real family, to the bad neighborhoods and everything that put you inside in the first place.

"Women come out with no support and nowhere to find help. I was lucky, I had family and church. I also came out knowing that I had to find a job," said this woman who now counsels in jails and prisons.

And she did, working her way up in a health care organization, then starting her one-woman publishing house, taking on the daunting process that got her new book onto Amazon.com and into Borders, Target and all the others. It is also available directly at www.fmapublishing.com.

The work itself is a fascinating account of a young woman's fall and redemption despite years spent in a ruinously expensive prison system that does, in her view, little to reform anyone.

"I wanted to write a message of hope," she said. "When I went in I was convinced that I wasn't like the others. I was white-collar and smart. But I was humbled. I learned that we are all human beings who need faith and compassion to survive. More than that, we are all obliged to help one another so we can say at the end of our days that we made a difference."

I'd say that she is doing just that.