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The Journey of Eddy Zheng

From Immigrant to Prisoner now Social Activist

By **MICHAEL R. HARRIS**
Editor-in Chief
and
STEPHEN LIEBB
Staff Writer

When Eddy Zheng arrived at San Quentin 22 years ago, he couldn't speak a word of English. Today, thanks to prison education programs, he is a free man and a respected motivational speaker.

Zheng's life-changing journey included an A.A. degree from Patten College. Now he is a youth center manager teaching conflict resolution and life skills.

He will turn 40 on May 29. In a telephone interview Zheng, says his birthday will be an "opportunity to gather people together" and the theme will be "celebrating life" and not forgetting those in prison and those in the community who need hope and help.

Five weeks earlier, Zheng, a prisoner from ages 16 to 37, took another step in his journey, accompanied by 35 Asian, Latino and African-American kids from San Francisco. These high-risk youth, who had never seen snow, were on a bus headed to Lake Tahoe. They would spend two days with Eddy and 15 fellow staff members from the Community Youth Center (CYC) of San Francisco, learning conflict resolution and how to get along with each other. On top of that, as Eddy



San Francisco Mayor Gavin Newsom and Eddy Zheng

said, they would also "get to see snow for the first time."

Zheng's education and qualifications to teach conflict resolution and other skills needed by these young people were acquired largely in San Quentin where he served part of his seven-years-to-life sentence for kidnapping.

Eddie Xiao Fei left China with his family at age 12, moving to Oakland in November of 1982. Unable to speak English, unable to fit in, he stopped going to school and began hanging out in Oakland's Chinatown. He befriended people involved in organized crime and gangs. Yielding to his desire for money to get clothes better than the ones from Goodwill that he was wearing, he began committing crimes.

In his poem entitled Autobiography @ 33, Zheng de-

scribes the crime that earned him a life sentence in his poem: At 16 "I violated an innocent family of four and scarred them for life. Money superseded human suffering. I was charged as an adult and sentenced to life with-a-possibility No habes ingles. I wish I could start things over. I was completely lost"

A guilty plea to a charge of kidnapping to commit robbery sent Zheng to the reception center in Vacaville in 1987 and from there to San Quentin, then a maximum-security prison. In an interview with S. Q. News, he described his early years in prison: "I couldn't speak English. There were not many Asian-Pacific Islanders in San Quentin back then.

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Art Instructor Receives Award From Dalai Lama

By **ALY TAMBOURA**
Design Editor

Steve Emrick, San Quentin Arts in Corrections program coordinator, received an award from His Holiness the Dalai Lama for his compassionate contributions to society.

The award, "Unsung Heroes of Compassion," is a ceremony in which champions of empathy and kindness from around the world are honoured for their work and compassionate actions. Emrick was honored, in the third such ceremony, for his tireless work instructing incarcerated men in the arts. His work earned him the Buddhist distinction of Bodhisattvas "those who joyfully serve the world, dedicated to compassion and the liberation of every being."

The ceremony was held April 25-26 at the Ritz Carlton Hotel in San Francisco and attended by honorees and people there to hear His Holiness the Dalai Lama's speech on Dharma.

"People there were paying a lot of money to hear the Dalai Lama speak," said Emrick. "What I remember about it the most is: being in a room with amazing people."

Emrick, who holds a mas-



Steve Emrick

ters degree in fine arts, has more than twenty years working in the California prison system. He started at Tehachapi State Prison, then worked at Deuel Vocational Institution and the California Youth Authority, finally landing at S.Q. where he has been teaching art for the past six years.

"My family does not understand why I do what I do" explained Emrick. "But I can see the change in people as they learn and interact; they escape the harshness of prison through art and become better people."

Offenders who participate in the Arts in Corrections program have 75 percent fewer disciplinary actions and their recidivism rate is 27 percent lower than the rest of the prison general population, according to a 1987 study.

See **Steve Emrick** Page 4

S.Q. Program Aims To Teach Computer Skills

A university-prison program is under way to teach San Quentin inmates how to function in a computer-oriented society when they are released.

"We hope to teach basic computer literacy to individuals trapped in the 'digital divide,'" said West Hays, who along with Alayna Johnson coordinates a Democratic Educational Program (DeCal) at the University of California,

the Machine Shop," said Hays.

The DeCal is a student-organized course that sends 70 tutors every week to help inmates work toward their GED and other academic and professional goals. "S. Q. and UC Berkeley share a unique bond, in that there are brilliant individuals being underutilized in both places." Hays also added, "I am amazed by the

"The longer one goes without knowing the basics in rudimentary computer skills, the wider the divide grows."

Berkeley "The longer one goes without knowing the basics (rudimentary computer skills, word processing, etc.), the wider the divide grows. To further bridge that gap we are also working with Mr. Saenz to develop a Computer-Aided Design program in

level of talent and commitment the students from San Quentin display everyday. They possess professional skills and sharp intellects that are a scarce commodity in the world today, and we need them back in the community to share their strengths."



UC Berkeley DeCal Program Tutors, S.Q. Education Staff and CDCR Custody Officers

The DeCal won first place in the state-wide technology competition, and contributes their success to taking a unique approach to IT. "Alayna lent a creative, human angle to our proposal that the judges really appreciated," said Hays. Along with CAD tutor Erik McDonald, Johnson created a nine foot tall model cell, with a laptop trapped inside. Displayed on the screen was their lab design,

and wrapping around the cell was their proposal, asserting that too many bright and talented inmates reenter after parole. Seeing examples of the essays they write, and the art they create, and the goods they manufacture, the DeCal believes these men are better-suited for a life outside prison walls. They believe that San Quentin is brimming with minds that would better serve society from the outside. Lastly, they asserted that

computer training is essential in helping parolees meet their own goals to live unchained in a society that clearly counts them out.

Vice-Principal Frank Kelum of S. Q.'s education department said recently, "The state has launched its eApply4UI system for unemployed benefits, and that in the future even if an applicant wishes to complete a paper claim they may have to first

See **Computer Skills** Page 8

Never Too Late

Two Men Over Fifty Achieve Educational Milestone

By **DAVID MARSH**
Staff Writer

Henry Wallace is by nature a quiet and unassuming kind of guy. In a crowded room Wallace would be difficult for just about anyone to pick out. And, at 66 years of age, that's just about the way that Wallace prefers things. Kind of slow and easy.

But Wallace is hoping that just for one very special morning next month, maybe he'll be able to shed the low profile that he generally prefers. Because on that morning, June 18, Wallace will be taking the stage at San Quentin's Garden Chapel to receive recognition for achieving a milestone. He'll be receiving his General Education Development (GED) certificate

during the annual Education Department graduation ceremonies.

Wallace is hoping that his achievement can be a catalyst for young inmates entering the system who are ready for change in their lives. He's hoping that with his accomplishment many of these younger guys will realize that they, too, can achieve such a milestone in their lives. "And everybody," says Wallace, "can use education. It keeps your mind refreshed." So he's hoping that, at least for that one special day in June, folks might just take note of what he's up to.

For this smiling soon-to-be graduate, the GED certificate marks a successful completion to some unfinished business of 50 years ago when Wallace quit high school in 1958 to serve a two-

year hitch in the military. After two years in the army, the serious business of working for a living left too little time for a return to the unfinished business of education. Until now that is. And now, something has changed in his life.

When Robert Neyses, 68, entered the prison system for the first time at the age of 61, he was ashamed of the fact that his education amounted to that of a third grade level. His lack of a formal education, Neyses feels, played a major part in the break-up of his 13 year marriage and prevented advancement in a number of decent jobs that he held over the years.

A counselor at High Desert prison convinced Neyses to enroll in courses which would lead to his eventual GED certificate. When

Neyses arrived at S.Q., he continued the work he had begun at High Desert. Four long, hard years of lessons, classes, homework and more often than not, frustration.

Neyses, too, will take the stage at the Garden Chapel to receive his GED certificate on June 18. And he credits education with a major change in his life. He's no longer ashamed or embarrassed, and proudly he says, "I can read and write now, especially to my family. It's never too late to learn in these days." He encourages everyone to take the steps necessary in order to change their lives.

As to whether or not he will take the next step and enroll in college, Neyses smiles and says, "It's been a hard four years, but we'll see. In the meantime, I'll fish for some more books."

These two men with their inspirational stories are just two members of the graduating class for 2009, San Quentin.

Change is the theme for the

2009 Education Department graduation ceremony, and the role that education can play in changing the lives of the many graduates of Patten University, Coastline College, various prison vocational programs and approximately 100 graduates of the GED program, a great many of whom will be participating in the ceremony. Two residents of Condemned Row have also earned GED certificates but will not attend the ceremony at the Garden Chapel.

Dr. Martin Jones, a Program Coordinator of Counseling with the San Francisco Sheriff's Department is the featured keynote speaker for this year's ceremony. Dr. Jones will address the vital role that education can play in changing the lives of any of the multi-generational men who pass through S.Q.. Through his work at the county jail Dr. Jones is familiar with many of the inmates who come through S.Q., including some of this year's graduates.

Zheng

Continued From Page 1

A Samoan brother took me under his wing. Prison was a hostile, violent environment. There were many lifers and respect was a very important thing. At age 18, I was in an environment where guards and prisoners were stabbed. I worked in the laundry for two or three years and learned how to survive."

"In 1987 I turned 18 and went to the 'pen' from youth authority. The youngest prisoner in San Quentin's maximum security prison. I was lucky people thought I knew kung fu."

When S.Q. became a reception center in 1989, Zheng was transferred to Solano where he took ESL classes and in 1992 earned his GED.

Education Saved My Life

In the interview he spoke to us about the importance of education. "Education saved my life. Education transformed my life. Education helped me gain confidence and self-esteem," Zheng said.

After returning to San Quentin in 1993, he participated in Hooked on Phonics, college classes and Toastmasters, a public speaking program. At San Quentin, he began to take the foundational steps toward becoming a mentor and counselor to at-risk youth. He was a member of S.Q.U.I.R.E.S., a group which seeks to deter at-risk youth from continuing on a path that can lead to prison.

Although he had never had a drug or alcohol abuse problem, he went to A.A. and N.A. meetings so "I could learn from other people's stories and understand their struggle." His interests led him to begin an intense project of education and transformation that helped him to "clear his identity crisis."

"Education," said Zheng, "helped me gain confidence and self-esteem." Education was the means to hope and freedom for him, and he received an A.A. degree through the Patten College Program. He described it as a "critical thinking education."



Eddy Zheng and SF Police Chief Heather Fong

Positive Self - Alternatives to Violence

The drive to better himself led to his participation in conflict mediation classes, Alternatives to Violence and Self-Esteem. He concedes that at first he took programs "because of necessity," but later he continued in order "to invest in my future. I needed to understand the harm I have done to my victims."

He credits the programs he took at San Quentin with providing him the tools to be able to speak before hundreds of people, something he does regularly since his release from detention for an immigration hold on Feb. 27, 2007. Zheng has been applying what he has learned to help at-risk youth in the Bay Area. "I know I have an appreciation of life" and want to "maximize my potential in the community from what I have learned," he said.

"I can't think of a more concrete representation of hopelessness than prison bars. Yet, it was in prison that I discovered my passion to serve the youth and the community," Zheng said. "It was also in prison that I realized mental freedom is more important than physical freedom. I found this freedom through the education I received in prison." He expressed these sentiments to the audience at U.C. Berkeley's Boalt Hall School of Law on Feb. 23, 2008 upon receiving the Outstanding Leadership Award.

Community Activist

Zheng began working for the Community Response Network (CYC) on April 16, 2007. Since then he has received three promotions, most recently to

Project Manager. He now supervises nine staff members.

He described his struggle for acceptance in the Chinese community upon his release because of the media attention given to his fight against deportation to China. He was given the Chinese World Journal's Community Hero Award in 2007.

When Zheng was first hired by CYC, some of the program's financial backers "pulled out because I was an ex-con." Zheng adds that he was later "embraced because of my actions." He has pursued his dream of helping

is the only thing that ever works." He urged future lawyers to stay connected to the community. "When you're disconnected from the community, you're disconnected from your soul," he said. "You are a miracle," he added. "When you are a miracle, you need to maximize your potential as an individual to make a difference in society. You have a responsibility to yourself, to your family, to society, and to this world because you are living and embarking on this finite journey called life."

"In order for us to impact the community, to make it one filled with peace and harmony, one where we can claim to be a democracy, where we can claim that we love our neighbors, our family, our children (because they are the future) you have to make a personal sacrifice. You have to dedicate yourself to serving the community and doing good work. Don't just do what is easy; do what is difficult... The community will always sustain you. And when you are right, nothing will overcome that."



Eddy Zheng marches at an immigration rally

young people avoid the mistakes he made at age 16, as an advocate for at-risk youth, prisoners and minorities who often lack access to the legal system.

Zheng quoted Margaret Mead in accepting the Outstanding Leadership Award from the Bay Area Asian Pacific American Law Students Association Conference. Mead said, "Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it

Words of Hope

His message of hope and community service has taken Zheng to law schools, colleges and grade schools throughout the Bay Area. He is a peacemaker who has advocated for troubled youth facing expulsion from their schools, and has successfully mediated disputes between Chinese and African-American students in order to avert violence. Zheng is fluent in Cantonese and often volunteers to speak to

groups of Chinese students and mediate conflicts among youth in Chinatown. He is often interviewed by mainland Chinese media and other news organizations regarding such diverse community issues as immigration reform, prison reform and effective means of reaching at-risk youth. Zheng has been interviewed often by local Chinese media and other national media as well, regarding community issues including immigration reform, prison reform and how to reach at-risk youth.

Realizing His Dream

Also a published author, Zheng was most recently featured at a book reading and signing at the Southeast Campus of the City College of San Francisco on May 12, 2009 in order to promote the compilation of his writings, "*Other: An Asian and Pacific Islander Prisoner's Anthology*". His book was published by the Asian Prisoner Support Committee (APSC). He encourages Asian and Pacific Islander inmates to share their experiences in the form of written submissions to APSC. They will be published in a magazine form targeting at-risk youth.

No Threat to Society

He still faces possible deportation to China and is gathering support for a U.S. Senate bill to stop his deportation. He is undeterred by the possibility of having to leave his family and friends. "Each time he speaks, he gives a message of hope and inspiration to youth who seek change and alternatives from a life of crime," said KQED spokesperson. California Governor Arnold Schwarzenegger has said that, "Eddy poses no threat to society and should be allowed to remain in the United States to continue the work he has started with high risk youth."

Meanwhile, he has been studying Tai Chi with a Wu Shu and Tai Chi champion from Beijing as a part of his training for his work. In addition, he is preparing to enroll in a community college as preparation for eventual enrollment next year at U.C. Berkeley.

"A tree as big as a man's embrace springs from a tiny sprout. A journey of a thousand leagues starts from where your feet stand." Lao Tzu, "*The Tao Teh Ching*."

NATIONAL NEWS BRIEFS

WASHINGTON STATE – 5-9-09 – A Seattle man became the third person in the U.S. to die as a result of the H1N1 virus. Worldwide the swine flu virus has led to the deaths of 53 people, most of them in Mexico, and sickened more than 4,100 others.

IOWA – 4-28-09 – Same-sex couples wasted no time in tying the knot in the nation's heartland after Iowa became the third state to allow same-sex marriages. Iowa, through a unanimous state Supreme Court decision, became the third state to allow same-sex marriages. A Vermont law permitting same-sex marriages will take effect in September.

CALIFORNIA – 5-8-09 – A new study has recorded a 12-fold increase over the past two decades in the number of autistic people who are receiving services through regional centers in the state. Autism, the cause for which is unknown, is a severe developmental disorder characterized by communication difficulties and a lack of socializing with others. Nearly five boys have the disease for every one girl.

UNITED STATES – 5-9-09 – Job losses declined to the lowest level in six months amid signs that perhaps the worst part of the recession has ended. The jobless rate rose to 8.9 percent, and 13.7 million Americans are out of work.

OAKLAND – 5-8-09 – Devaughndre Broussard, 21, has admitted to being the triggerman in the 2007 killing of Oakland journalist Chauncey Bailey. In exchange for a sentence of 25 years in prison, Broussard plead guilty to two counts of voluntary manslaughter and agreed to testify against Yusuf Bey IV, the man who allegedly ordered the slayings.

TEXAS – 5-11-09 – U.S. District Judge Samuel Kent received nearly three years in prison after pleading guilty to lying to investigators about sexually abusing two female employees at his Galveston, Texas courthouse.

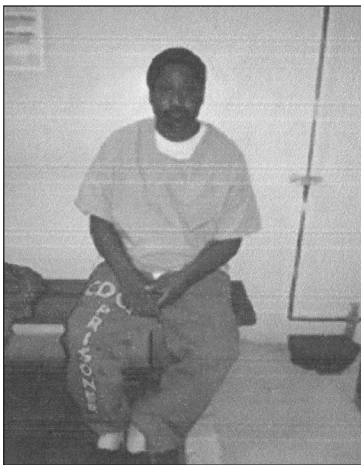
Daniel's Dilemma

By SHIRA SHAVIT, MD
Contributing Writer

Like the majority of those incarcerated in California prisons, Daniel had no health insurance upon leaving San Quentin. After one year in prison, his SSI was cut off after supporting him for nine years following his kidney transplant. He was given thirty days medication when he left prison.

Daniel was rejected after re-applying for SSI and faced an awful reality: would he have to go back to prison just to get his medications? Or would he stay out and jeopardize his new kidney?

Without medical advice, Daniel started taking his medication every other day to make it last, but soon he started having concerning symptoms. He was distraught and insulted by a system that made him feel as



Daniel

if he "didn't exist anymore" and that his life "didn't even matter."

Daniel did end up back at San Quentin and he is about to be paroled again. He's left with the same worries about his health and his future. No one should have to decide between incarceration and organ failure.

Asian Support Commitee

Reaches out to S.Q. Prisoners

By HARRISON SEUGA
And
STEPHEN LIEBB
Staff Writer

Members of the Oakland based Asian Prisoner Support Committee (APSC) came to San Quentin Health Fair on May 1, 2009 to connect Asian and Pacific Islander inmates with its culture, education and legal support services. The APSC hopes to raise awareness about the growing Asian/ Pacific Islander (API) population in prisons.

The APSC provides advice, research and referrals for reentry back into the community and immigration issues. The APSC volunteers, Ben Wong, Lo Niumeitolu, Sun Lee and Kasi Chakravartula learned of the need and concerns of API inmates through Eddy Zheng, a former API inmate who emphasized to them the need for community interaction with API inmates.

The APSC released the book, *"Other: An Asian and Pacific Islander Prisoners' Anthology,"* edited by Eddy Zheng and Ben Wong. They passed out copies to inmates and encouraged API prisoners to contribute writings and artwork to a zine to be distributed

to API youth in the Bay Area.

San Quentin's API inmates appreciated the effort and commitment of the APSC volunteers. Perry Sinocruz, a Phillipino, described their presence as "refreshing." He said that he would be "writing about my experiences for the zine so I can use my life to try to help young people out there."

Eli Sala, a Samoan, said the APSC showed a concern for our "transition back into his community. They mentioned support for lifers and non-lifers. It will help a lot. It's hard when you don't have support when you parole." Sala added, "It feels good knowing there are groups out there trying to help us out. I had never seen one before."

Nghiep "Ke" Lam, Chinese, appreciated the enthusiasm of the volunteers in meeting a definite need. "They are reaching out to the incarcerated Asian Community. Every community has specific resources for a specific target population. The Asian/Pacific Islander group seems to be lacking in this regard. They are filling this gap," Lam said.

Letters and contributions to the zine can be sent to:

Asian Prisoner Support Committee at PO Box 1031, Oakland, CA 94604.

Health and Wellness Corner

The San Quentin News "Health and Wellness Corner" column runs every month. A University of California, San Francisco, health professional student will answer questions that you submit about health issues. Inquiries will be answered in the next month's paper. Feel free to ask us questions about any medical concern that you have, and it may be answered so that everyone can benefit. If you have a question, put it in a U-Save-Em envelope addressed to: Health and Wellness Corner, UCSF Doctors (Dr. Shira Shavit) – Medical Box. If you include your name and number, they will be kept confidential. Note that this column is for general medical questions.

This edition, we will address the following question:

Should I Be Screened for Prostate Cancer?

What is prostate cancer?

The prostate is a small organ that sits between the bladder and the penis. The prostate gland has a minor role in making a fluid that mixes with sperm and other fluids during ejaculation. Prostate cancer is uncontrolled growth of the cells in your prostate. When prostate cancer cells grow in an uncontrolled way, they can spread throughout your body. **My doctor told me I have a large prostate. Does this mean I have cancer?**

No! The prostate gland grows over time in all men. Some older men have large prostate glands. This larger gland pushes on your bladder and your urethra, which is the tube that carries urine from your bladder to your penis. When this happens, you may have to urinate more often, and it may take you longer to start urinating. If you are bothered by these symptoms, talk to a doctor about medications that can shrink your prostate. This enlargement of the gland is not dangerous, and it does not increase your risk for cancer.

What is a PSA test?

PSA (Prostate Specific Antigen) is a protein produced by the cells of the prostate gland. The PSA test measures the level of this protein in the blood. It is normal for your PSA protein level to be low. What if my PSA protein level is high? If your PSA level is high, it can mean one of two things. First, it can mean nothing is wrong, only that you have a large prostate gland. Second, it can suggest you have prostate cancer. The important thing is that a high PSA level does NOT mean you have prostate cancer. But your doctor will want to do more tests. The next test is usually a prostate biopsy, which involves sticking needles into the prostate so doctors can examine the cells for cancer. Should I have a PSA Test for Prostate Cancer? This is a very complex question, and there is no right answer. Experts recommend talking with your doctor about the pros and cons of getting screened for prostate cancer. For example, if you are African-American, or if your dad or brother had prostate cancer, then you are more likely to get the cancer. You are also more likely to benefit from the test, when you are in your 50s and 60s. In fact, experts recommend that you not have a PSA test if you are younger than 40 or over age 75. Prostate cancer screening may not be helpful because the cancer grows very slowly, so most patients with prostate cancer die from something else, like heart problems, before the cancer becomes a problem. Also, surgical treatment for the cancer can cause problems, like trouble having an erection or difficulty holding urine. It is up to you and your doctor to talk about these issues to decide if a PSA test is right for you.

—David Kaufman, UCSF Medical Student

The Real Purpose of Yoga

By JAMES FOX
Contributing Writer

The practice of Yoga in prisons has often been misunderstood or misperceived as coddling criminals. If yoga is properly taught, this could not be further from the truth. But before talking about the specifics of Yoga in prison, it should be helpful in offering some background on the practice.

The word Yoga means to join, and refers to the union of the body and mind, as well as uniting the mind with a higher rate of consciousness. Contrary to popular belief, Yoga practices are not specifically tied to Buddhist or Hindu philosophies but rather stem from an ancient science called tantra, a

Sanskrit word meaning expansion of consciousness and liberation of energy. In fact yoga can support whatever religious or spiritual belief one might have because its main aim is to release identification with the false self (the ego), and instead connect with one's true nature. This is why yoga is often referred to as affecting body, mind and spirit.

There are several different forms of yoga. For instance, Karma Yoga is the yoga of action in which one engages in work of service for others as a path to higher consciousness. Martin Luther King Jr., Mahatma Gandhi and Mother Teresa are good examples of Karma Yoga practitioners.

Hatha Yoga, which is what most people identify as yoga in

the western world, is the yoga of effort. It is the physical form of yoga that employs conscious breathing and postures to develop mental, emotional and physical balance. An estimated seven million Americans engage in the practice and numerous scientific studies support the physical and psychological benefits of Hatha Yoga practices with veterans returning from Iraq and Afghanistan to address symptoms of Post Traumatic Stress Disorder (PTSD).

The body and mind are in a constant state of interaction, and the turmoil of life can create experiences of anxiety, depression, fatigue, despair, agitation and rage, particularly under incarcerates circumstances. While appearing to deal with the physical body alone, the regular practice of the stretches, twists and bends

that make up the postures (asanas) of a class, along with the controlled breathing (pranayama), actually influence the nervous system and chemical balance of the brain. So practicing Hatha Yoga correctly not only can restore strength, flexibility and stamina to the body, it can also improve one's mental and emotional state.

My classes at S.Q. also emphasize discipline of the mind and body to build positive behavioral habits and impulse control, particularly as it relates to anger and addiction recovery. The classes help to develop the "witness", or what psychologists refer to as the observing ego. By being aware moment-to-moment of thoughts, emotions, breathing, and corresponding sensations in the body, one can develop the capacity to see things more clearly and inter-

rupt old patterns that in the past were unconscious or automatic.

Put in the simplest terms, yoga is for people who want to challenge themselves to become more of who they really are. It helps free the mind from confusion and distress, allowing one to be at peace. And whether on the inside or out in society, yoga can be a valuable practice in support of one's lasting character change and overall well being.

James Fox is a certified Hatha Yoga instructor who has practiced Yoga for more than 20 years including teaching for the past nine years. He has taught at least 600 classes at S.Q. since establishing the Insight Prison Project's Integral Health/Hatha Yoga program in 2002. In addition to teaching the public, he teaches three classes weekly at the prison: two at H-Unit and one for North block participants.

Welcome to the 'Wonderful World' Of San Quentin Prison Journalism

By STEVE McNAMARA
Contributing Writer

It's a world of hurt for America's newspaper business. Circulation has been sliding for years. Ad revenue has fallen off a cliff. Bankruptcies are in the air. The San Francisco Chronicle and Boston Globe are hanging by a thread.

With those disasters looming outside prison walls, the situation at the San Quentin News produced by inmates looks pretty good. Circulation is stable. Ad revenue is the same as ever—zero. The publisher, which is the state of California, has big money problems, but bankruptcy is probably not in the cards. That's the good newspaper news at San Quentin.

Now for the other news. I worked for newspapers outside the walls for 50 years before being asked by former Warden Bob Ayers and Lt. Rudy Luna to join John Eagan, Joan Lisetor and Steve Cook as advisors when the SQ News was brought back to life after almost 20 years. The objectives are the same outside prison and inside prison: find the story, write it, print it and get it to the readers. But a lot of challenges are brand new to Eagan, Lisetor, Cook and myself. Examples:

- Phones. Outside reporters rely largely on phone calls. San Quentin inmate-reporters can rarely use a phone, and only by pre-arrangement.
- Internet. E-mail, Google and other electronic research tools are the life-blood of outside reporters. They are not usually available to inmates.
- Network. At outside newspapers the computers used by writers, editors, designers and



San Quentin News staff and Advisory Board. Back row from left: John Wilkerson, Michael Harris, Bill Reeves, Steve Cook and Ted Roberts. Center row from left: Dave Marsh, Aly Tamboura, Kenny Brydon and Darrell Hartley. Front row from left: Steve McNamara, Joan Lisetor and John Eagan

production are networked so stories and photos easily move electronically. Not so at SQ News. To move stories requires...

- Flash drives. Even this slower method of story transfer can be challenged because prison authorities are suspicious of flash drives and would be happier if they were banned.
- Photos. Inmates are not allowed to have or use cameras. Getting photos into the paper is a challenge.
- Searches. Inmate newspaper staff members must undergo strip searches when they leave

the area where the newspaper office is located, which slows things down and results in some paperwork being confiscated.

- Printing Press. Scheduled print dates fall by the wayside when inmate disturbances cause prison-wide lockdowns, so the April issue came out in May. Also, San Quentin's press does not have a newspaper folder attached to it so 7,500 copies of the paper must be folded and inserted by hand—a long process.

Despite all this, and despite the fact that the inmate staff

had no newspaper experience eleven months ago, the quality result has amazed the four of us on the Advisory Board.

Steve McNamara worked for the Winston-Salem Journal, Miami Herald and San Francisco Examiner. For 38 years was owner-editor-publisher of the Pacific Sun in Marin County. He was also president of the California Society of Newspaper Editors and the National Association of Alternative Newsweeklies.

Recent S.Q. Parolee Murdered In El Sabronte

By STEVE BYERS
Contributing Writer



Brandon James Hollis

Brandon James Hollis walked out of the gates of San Quentin State Prison on August 26, 2008 carrying with him the dream of getting his life back on track. Hollis, who had just finished serving four years at eighty percent, had everything going for him: a beautiful young wife, a loving supportive mother, and most importantly, the pending birth of his first child. Unfortunately, Brandon Hollis' dream was deferred on, April 29, 2009, when Brandon or "O.B." as he was known to his family and friends, was gunned down in El Sobrante.

Hollis' death reverberated throughout the Bay Area community, including here at San Quentin by those who knew him, both inmates and correctional staff alike. No one who had ever met Hollis, could deny his good heart, shining personality, or trademark contagious smile.

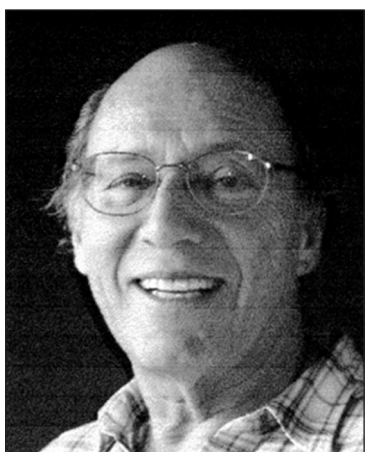
S.Q.'s Best Kept Secret: Therapy by Hari Lubin

By VINCENT RUSSO
Contributing Writer

Every Friday at approximately 10:45 a spry 77-year-young gentleman, Hari Lubin, heads to the Education Building to sit one-on-one with those seeking to shift their core beliefs.

Many of these beliefs have lead to incarceration and some to addictions. These beliefs are no longer serving the individual well; in fact, many times it is the basis of unhappiness, chaotic relationships, and unhealthy family dynamics. The sessions promote the individual potential for transformation.

Those who have been fortunate enough to participate with Hari have found his therapeutic techniques unique. Hari is a Certified Advanced Emotional Freedom Technique Practitioner (AEFT). AEFT is based upon discoveries



Hari Lubin

by Dr. Roger Callahan and Gary Craig. The premise is that all negative emotions are a disruption in the body's energy system.

Hari stated in an interview, "I bring to this work all that I have studied, experienced, and worked with - including my own personal issues and spiritual realizations. This allows

me to hold the space for my clients while I work with them on their deep-seated issues so that they may return to balance."

Those who have had sessions with Hari have found him to be a gentle soul who truly cares for those incarcerated.

One of the advantages that Hari brings to S.Q. is that anyone can sit with him, and discuss what is going on. This man with integrity will hold your confidentiality. One of Hari's areas of expertise has been working with those who have Post Traumatic Stress Disorder (PTSD). Not only do veterans suffer from this but also those who have been incarcerated or have had a traumatic experience in their life. Hari has been volunteering his time with the Vietnam Veterans Group of San Quentin (VVG SQ). The U.S. Congress has recognized the VVG SQ program and Hari.



Steve Emrick and Patch Adams sharing a light moment

Steve Emrick

Continued From Page 1

Emrick has successfully petitioned \$30,000 in grant money which has been used to bring artists and other instructors into the prison. Such notables as doctor and humanitarian Patch Adams and local author Tobias Wolff are recent visitors.

Some of the activities which Arts in Corrections features are music, painting, creative writing and drawing. The program provides an outlet for prisoners' artistic expression and is one of the last art programs

among California's 33 overcrowded prisons. Not many people have the patience and tenacity which Emrick possesses which allows him to teach in the prison environment.

"I resigned three times in my first year as a teacher," says Emrick. "My boss kept talking me into coming back."

"I do see an influence in the program; it does make a difference," says Emrick "The art program improves public safety by lowering recidivism."

ARTS & ENTERTAINMENT

Poetry

I am Who I am

*I am Who I am
But I'm not who I was.
I wonder what one mistake in a life time does?
I hear happiness all around my life and me,
I see happiness being cut off;
Right after my boundaries.
I want only, what I cannot have.
I am as if "me" but now it is time
To take a different path.
I pretend to people and myself that
I'm ok
I feel deep down that I'm only sending
My real feelings away.
I touch the world as if I can control it,
To make it perfect.
I worry about everything in my life, but
Myself and wonder if it's worth it.
I cry when hardships are here,
I am unexpected when something new
Appears, just like a hawk when finding
It's prey.
I understand all different cultures,
Religions, and ways.
I am as if normal, because normal is only different.
A dream I haven't yet succeeded, is a dream
I still have to accomplish on my mission.
I am who I am, but I'm not who I was,
Although I will be who I'll become,
For I am.
—Sabrina Nichol Garcia*

Sharing My Peace

*Peace is our future, peace is our goal
Peace is something within our control
Peace in our homes, Peace on our streets
Peace is the winner we cannot defeat*

*Unite a community, get past the colors
Live in tranquility, Love all your brothers
A moment of clarity, we seek to uncover
Living in harmony, we need one another*

*Peace is forgiveness, Peace is our grace
Peace in our hearts, for us to embrace
Peace is an olive branch, Peace is a dove
Peace is to give unconditional Love*

*Reaching a compromise, a common ground
An inner child that wants to be found
Accepting yourself and those you're around
The stillness of night not even a sound*

*Peace is surrender, Peace is Serenity
Peace is living your life with integrity
Peace is humility, Peace is our gratitude
Peace is a loving and caring attitude*

*Acting responsibly we cannot pretend
Living respectably in all we attend
Being accountable and making amends
Not insurmountable on Peace we defend*

*Peace is our guidance, Peace is our light
Peace makes it possible to put this in sight
Peace is our faith, Peace is our choice
Peace is uniting and using our voice.*

—David Mairs

*In dedication to the S.Q. Day Of Peace Committee and our
sponsor Associate Warden K. J. Williams*

Snippets

Quarter Horse's get their name for their ability to run a 1/4 mile at high speeds.

Ulcers are caused by bacteria that thrives in stomach acid.

A fetus has finger-prints in the first trimester.

Red Sea is named for the algae that turns the water red.

Alaska has both the western and eastern most points in America.

New moon is in the first phase and cannot be seen.

Terra cotta means colored earth in Italian.

Ice is a mineral.

Neptune has the strongest winds in the solar system.

El Nino, which begins in late December, refers to the Christmas child.



Lovely One

*Last night
a lovely woman,
tall, blond, fortyish;
almost turned her ankle turning
back to take a second look at him.*

*He saw this question in her eyes,
"You think I'm really that beautiful?"*

*The loveliness in the vulnerability
he saw in that aching look
made him want to run to her,
wrap her in his arms,
kiss her eyes and tell her,
"Yes, yes, yes, you are that lovely."*

*But , in this reality,
instead of doing what his heart
wanted,
he had to turn away
and put the baseball equipment
back into the trailer.
—John Neblett*

Last Month's Sudoku Solution

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

S.Q. Variety Book Club Book Review



By RANDY MALUENDA



THE KITE RUNNER (by Khaled Hosseini) -- Friendship, betrayal and redemption before and during Taliban Afghanistan.



THE ROAD (by Cormac McCarthy) -- Father and young son travel the dangerous and desolate landscape of post-apocalyptic America.



THE TIPPING POINT (by Malcom Gladwell) -- Author describes factors that determine the source and viability of movements and trends.



WHAT IS THE WHAT (by Dave Eggers) -- "lost boys" of Sudan suffer hardship and publicity.



YUROK WOMAN -- Life and adventures of Native American in 19th century California.

RATINGS:

Top responses are four ribbons progressing downward to one:



Responses which are two ribbons or less are not recommended reading:



Art by Erin O'Connor

Sudoku

By GEORGE LOWE

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

Countryman's Long Road Home

FROM S.Q. TO DEUEL VOCATIONAL INSTITUTE BACK TO S.Q. BEFORE PAROLING

By **JEFF BROOKS**
Journalism Guild Writer

"All I was trying to tell the (DVI) officer was to speak to my counselor, I wasn't supposed to be here... then the officer told me I had five seconds to comply with his order and to get back in the cell," said Randell Countryman.

After spending 21 years behind bars, Countryman, 39, granted parole, departed San Quentin, only to return two days later.

A bureaucratic snafu by prison officials, led Countryman through a harrowing ordeal in his attempt to parole. Countryman, who was to be transferred to San Diego so he could be picked up by his parole agent, was instead dropped off at Deuel Vocational Institution in Tracy for two days, then returned to S.Q., according to Countryman.

Countryman, a fixture within S.Q.'s many self-help and leisurely activity groups, participated in groups such as: Anger Management, Alternatives to Violence, Breaking Barriers, AA/NA, Patton College, The Journalism Guild of S.Q., Blues Brothers Football and the Giants Baseball programs.

Everyone who knew Countryman couldn't help but like him with his easygoing personality, and he liked to laugh and joke a lot. In his college classes he always introduced himself as "Republican Randy."

"I'm comfortable with



Randell Countryman

who I am now. I don't just see things through my own perspective anymore," said Countryman. "The college program has helped me to look at things with more of an open mind," he said.

"The prison environment, along with maturity, has taught me balance and peace. I've gained a greater sense of compassion for other human beings, and its something I will take with me outside," he said.

Anybody who knows Countryman, knows he's got a couple of big passions. His first love is NASCAR, especially Dale Earnhardt Sr. He also loves baseball, and was a member of the S. Q. Giants baseball team.

"The first thing I plan on doing is picking up a pack of smokes, a lighter, and a Pepsi, because, I'm still pissed off tobacco was taken," said Countryman. When

asked what his immediate plans were, he said, "My first meal will be my mom's lasagna, and this Mother's Day will be the first time in 22 years that my brothers and I will be able to spend it together with her, I can't wait."

When asked what he did when the correctional officer ordered him to get back into the cell within five seconds, Countryman said, "I told him I didn't need that long and I immediately got my butt back inside."

Eventually the error was recognized by staff, Countryman was sent back to S.Q., spent the night, and said goodbye to everyone all over again. The next morning Countryman was provided a special transport to Lancaster state prison where his parole agent was to meet him and take him to San Diego and his waiting family.

Prisoner Richard Shores Passes After Parole Denial

By **JULIAN GLEN PADGETT**
Journalism Guild Writer

Friends of Richard Shores gathered at the Garden Chapel Friday, May 8, for a ceremony to remember him in life, and to mourn his passing.

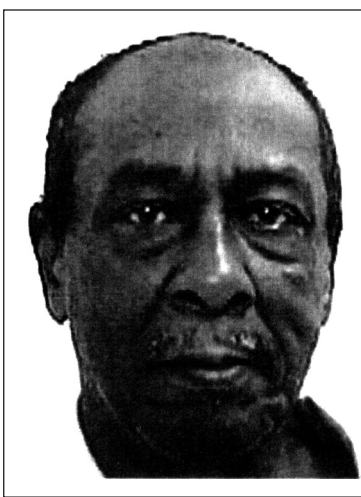
Soft music filled the hall as several inmates, some free staff and correctional officers took their seats. As people filed inside the mood was noticeably somber and quiet.

But that feeling immediately changed when Pastor Morris A. Curry stood and approached the microphone. He lowered his head while clearing his throat and said, "Today we're here to remember a colleague and a friend, a man of strength, kindness and integrity."

Those in attendance nodded their heads in silent approval at Pastor Curry's opening statement.

"Now all of you here today knew Richard Shores or worked with him. I want to give you a moment to speak about him."

An inmate named Angel said, "I worked with him on the clean-up detail. He had a feisty character but he was fair." After taking a few seconds to compose himself Angel said what all were feeling at that moment.



Richard Shores

"Mr. Shores will be missed."

As the ceremony progressed, energy from everyone and the various speakers generated a sensation that radiated a feeling of sincere warmth, and respect. Inmate Bishop said, "Shores marched with Dr. Martin Luther King Jr. and was involved in the civil rights movement. In the end he didn't let his illness define him. He felt the election of President Obama was truly a historical event. An honoring song was shared by a Native American prisoner. At the end he said, 'This song is for the man who walked mother earth for us all.'"

A solemn prayer called the

Mourner's Kaddish was recited by John Sklut a Jewish inmate here at San Quentin.

Before the service approached its end, Corrections Officer Wright said, "If you knew him you could see that he was dependable and a hard worker. But I grew to know him as a good man in an honest sense. I'm gonna miss him."

"He was a person full of life and he wanted to see his sister Brenda and his ex-wife Virginia one last time before he died," said Shores's last cell mate Kevin Daniel. "The parole board gave him a date but they took it away because he didn't have a place to go after he got out. He was a tough man but that bothered him deeply."

Daniel explained, "Shores had a saying before he went to bed. He would always tell me, 'I'll see ya', its time for me to catch up with the other side of sleep." Putting his hands in his pockets Daniel blinked his eyes a few times and looked up towards the ceiling and said, "Shores was my friend, and a good one."

As I write this my prayers are with Shores, his family and all of us. Because in the end what really matters is not just how a man lives while he is here but how a man is remembered after he is gone.

S.Q.'s Prison Hobby Craft Last in the State

By **DANIEL TREVINO**
Journalism Guild Writer

California Department of Corrections in the mid 70's established a hobby craft program for incarcerated inmates.

San Quentin's hobby craft program is one of the last left operating in the state's penal system.

For over 30 years the hobby shop was located on the bottom floor of the "old hospital building."

Once construction began on the new hospital, the hobby shop was moved to the converted "old" laundry building, and has been there since 2006.

The hobby program and gift shop are run by hobby manager Andrea Williams for Condemned Row, and Chris Howard supervising the mainline.

The hobby shop is open seven days a week from 8 a.m. until 2 p.m.. The gift shop is open from Wednesday thru Sunday from 8 a.m. until 1 p.m..

In order to participate in the hobby program you must be privilege group A and fill out an application form. Accept-

tance into the program is limited by the availability of space.

There are approximately 50 mainline prisoners who use the hobby shop, plus 50 who do in-cell hobby. In addition to those in Condemned Row, the total number of inmates participating is 350.

Items made in the hobby shop include woodcraft such as jewelry boxes, clocks, chess boards, miniature pianos, pool tables and cable cars.

In-cell hobby craft consists of beaded jewelry, oil-on-canvas paintings, pastels, greeting cards and artwork done in both pen and pencil.

Prices vary from greeting cards for two dollars to paintings and jewelry boxes that sell for several hundred dollars.

Prisoners use the money made from sales to purchase materials needed to continue their artwork. Most use the money made from sales to send home to their loved ones.

A sample of most of the art craft made in S.Q. can be seen and bought at S. Q.'s gift shop located near the front entrance of the prison.

Q&A On Learning to Play The Guitar

By **JUAN HAINES**
Journalism Guild Writer

An Interview With
KURT HUGET

What influenced you to work with prisoners?

Because of my work with Bread & Roses, I had been to San Quentin several times, presenting music workshops. When Steve Emrick told me that the arts program wanted to start a weekly guitar class, it sounded like an interesting challenge to me, so I accepted his offer to teach it. I had only taught sporadically before, so I had to prepare for teaching a group, particularly one with varying degrees of musical experience among the students.

I knew that the students had a genuine interest in learning to become better at playing music. And I wanted the opportunity to further my teaching practice, so I figured that it would be a good experience for all of us, and that's what it's turned out to be.

What are your expectations for the guitar class?

First and foremost, I wanted everyone to have some fun and be creative. I'm trying to pass along, in a quick and easy way, the things that I've learned over many years of playing. I teach the basics (chords, strumming patterns, etcetera) to the first-time players, and advanced techniques to the more experienced pickers. I want playing the guitar to be enjoyable and satisfying every time you pick one up. And I always encourage players

to experiment, not to be afraid to make mistakes. Sometimes mistakes turn out to be brilliant ideas.

What are your musical roots?

I started off playing classical piano when I was eight, but like many guys my age, as soon as The Beatles came along, I switched to the guitar. I've always been interested in listening to, and trying to play, different kinds of music: rock, blues, folk, jazz, country, reggae, Irish music, etcetera. For me, listening to one kind of music would be like eating the same thing every day for breakfast, lunch and dinner! Also, since I'm a songwriter too, I've paid a lot of attention to the great American songwriters, going back to the 1920s.

How can new students enroll in your class?

New students can just show up for the class, on Thursday nights from 6 to 8. If they want to get a loaner guitar, they'll need to ask Steve, and also demonstrate that they're committed to staying in the class for the long run.

What would you like to say to the prison population about music?

Playing music is just about the most therapeutic thing I know to do. It makes me feel better when times are tough, it makes me feel like I'm creating something and expressing myself in a way words can't do, and when I play with others, it makes me feel connected in a brotherly way. I encourage everyone to take advantage of this class, as well as the other activities in the Arts In Corrections programs.

OPINION

Editorial Opinion

An Education Should Lower Prison Sentences

ALY TAMBOURA
Design Editor

On the heels of a federal court ruling that says prison overcrowding is causing unconstitutional medical care in California prisons, a change in sentencing credits may be a viable option for law makers to bring the state prison population down.

For years it has been rumored among prison inmates that the California Department of Corrections and Rehabilitation (CDCR) was considering a change in the sentencing credits to alleviate prison overcrowding. More than ever it seems as if the rumors may come to fruition. The CDCR is now considering rewarding inmates with enhanced sentence credits for completing predetermined rehabilitation programs.

The Secretary of the CDCR, Matthew Cate “wants to reduce the prison population with enhancements for inmates who complete certain rehabilitation programs such as GED, college degrees and vocational training,” according to an April article in the San Francisco Chronicle.

The article was published in the wake of Counsel to the Senate Public Safety Committee, Steve Meinrath and Jerry McGuire’s visit last March to an Ethics class at San Quentin, which is part of the Prison University Project (PUP). A week later secretary Cate visited the same class. The visits were



in culmination of Jody Lewen, PUP director, testifying March 10 at a joint hearing of the State Senate and Assembly Public Safety Committees on prison education.

Why visit a college class jammed with inmates, why hold hearings and why now? A possible answer to the question is: state officials must respond to the federal court ruling demanding a fix to the prison overcrowding problem. Changing the sentencing credits for prisoners who obtain an education is one option to help lower the prison population.

It makes sense to reward those prisoners who utilize prison education programs and take a proactive role in their rehabilitation. The benefits of an education on the offender’s ability to assimilate back into society are immense. Furthermore, empirical data proves that educated people commit less crime.

Thus, education is a proven strategy that can be used to help quell California’s depressing offender recidivism rate, which stands at more than 70 percent.

In a time when the CDCR is looking to implement evidenced based rehabilitation programs, it is time to reward those who are striving to educate themselves and those who learn trades. Education is rehabilitation and those who are rehabilitated should be rewarded through the elevation of their sentencing good-time credits.

Does society want an unedu-

cated, unskilled offender with little hope of success paroling to their neighborhoods, or an educated offender with job skills and a mindset to succeed? The obvious answer is the latter, as is a proven fact that when a prisoner is rehabilitated through education the risk they pose to public safety is greatly diminished.

With California’s dismal financial situation, taxpayers should no longer have to burden the cost of keeping offenders, who have achieved educational milestones and are ready to be released, behind bars. Longer prison sentences do nothing for public safety; 90 percent of offenders will be released, when and how is currently in the hands of the legislature and state officials. Making an allowance for education in the process of lowering the prison population seems like a no-brainer and is a step in the right direction.

Why Self-Help Programs Matter

MICHAEL HARRIS
Editor-in Chief
and
STEPHEN LIEBB
Staff Writer

How do we measure the value of a program designed to help inmates? Which programs are effective and produce results that can be quantified? Which programs should be kept and which should be discarded? These are valid questions that have taken on more significance in the wake of the ongoing and escalating violence in Oakland.

An understandable and emotional response to the slaying of four Oakland police officers has been a demand for a revision of the parole system to make it harder for inmates to be paroled and for even tougher sentencing of felons. This reaction urges that we throw away those who have committed crimes forever.

Van Jones, President Obama’s advisor on green technology wrote in his book, *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*

“...the green economy must do more than reclaim thrown-away stuff. It must also reclaim thrown-away lives and thrown-away places. And it must reclaim the thrown-away values that insist we are all members of one human family, with sacred obligations to each other.”

Self-help programs and groups at S.Q. are reclaiming thrown away lives and people. This is a sacred duty and the essence of the green movement. Those of us who have been broken and restored to wholeness through the efforts of volunteers and the training and teaching of programs constitute a vital force whose value is recognized by Jones and others. Jones said to us in his talk at S.Q., “San Quentin can take healing and recovery to a different level.”

“Sometimes a breakdown is what is required before you can have a breakthrough. The country is going through a breakdown, it can lead to a breakthrough,” Jones said.

Jones argued that it is useful to “talk to people who have walked through the process of recovery. Sometimes it’s not

easy, not always a straight line.”

Ancient teachers of Kabalah also recognized the value of brokenness. They recognized that the depth of failure was also a path to reach our inner core of strength and holiness.

One such teacher said, “There is nothing more whole than a broken heart.”

A Hebrew poet wrote, “Forget your perfect offering, there is a crack, a crack in everything. That’s how the light gets in.”

Before we throw away any program we need to consider the value of a person it may have helped. It is true that some programs duplicate areas covered in other programs. But each program has its own tone and character and may be more effective in communicating to certain individuals than others.

Different classes may provide the moment a person needs to have that breakthrough moment. S.Q. is characterized by a remarkably low incidence of violence. This may be due in part to the availability of self-help programs and the positive outlets they provide for inmates to share feelings and experiences, vent and receive feedback.

Self-help programs have a positive effect on maintaining a peaceful environment on this mainline. These same programs may also reduce violence in our communities.

Inmates in reception center housing who will return to Oakland and other Bay Area communities torn by violence need access to self-help programs. Programs need to be expanded and made available to more of the population. Lives may be saved if a young man is given a future and hope through a group or program.

Self-help programs are not like American car companies, businesses with products that not enough people want to buy. Many programs have to limit participation because there are more inmates who want to participate than they can accommodate.

We urge that before any program is discarded or a human being is thrown away, the value of the life it may restore to wholeness be part of the calculation. The lives it may save by preventing violence are of inestimable worth.

California Drivers Licenses Made Available to Parolees

By DAVID MARSH
Staff Writer

San Quentin officials are moving ahead with plans for a pilot program that would enable parolees to leave the prison with a driver’s license or state identification card in their possession. Most certainly prison administrators are to be applauded for getting behind such a widely beneficial project.

The pilot program will closely mirror one that’s already underway in three other California prisons. Still left to be ironed out are the details of how payment will be made for the \$27.00 driver’s license and the \$23.00 state identification card, the cost of which will be borne by the inmates themselves. There is a possibility that parolees may be

able to have the fee subtracted from their \$200.00 gate money.

In order to gauge interest among inmates for the program, a recent survey was taken of H-Unit Stand Up Program participants, and the results of the survey revealed an overwhelmingly positive response and interest.

In these gloomy economic times where programs are much more likely to be cut than initiated, the birth of such a hugely inmate-beneficial program is truly a welcome breath of fresh air. Anyone who has ever paroled from a prison without at the least a state identification card knows just how much of a blessing such a program would be for us, the inmate population.

Two thumbs up to the administrators who have contributed their time and energies to make this program possible!

INPUT SOUGHT

I am currently researching for a story in our next issue regarding the dental care that we receive here in S.Q. I would sincerely appreciate any input from both staff and inmates alike, including observations, comments and/or personal experiences. Please drop your comments into a U-SAV-EM envelope addressed to S.Q. News at the Education Department.

If you are in H Unit, you may contact me at Dorm 4-06L. Your cooperation will enable me to put together a comprehensive and quality story. Thank you.

DAVID MARSH
4H-064-L

H-UNIT MAC CONCERNS

By SQ News Staff

The sound of live music could soon make a return to the H Unit yard under a plan tentatively approved by H Unit Capt. S. Donahue. Details of the plan are still being worked out, but could allow for live music performances every other week through the summer.

At a recent informal meeting with the Men’s Advisory Council (MAC) members, Capt. Donahue was introduced as the new H Unit captain, and Associate Warden J. Lawson was also introduced

in his new role as H Unit A.W. Lieutenant M.D. Thompson has resumed his post on 3rd watch.

Residents of H Unit should note that MAC bulletin boards have been installed in each dorm and will be continually up-dated with information affecting S.Q. inmates. Dorm residents are encouraged to contact their dorm MAC reps with any problems they seek help with. Their concerns will be brought to the attention of the full MAC.

A Retro Look at SQ News

Article From October 22, 1982

Rand Studies

Long Sentences Urged For Frequent Offenders

“Violent predators” who terrorize the public with repeated street crimes could be identified and removed from society for long periods by selective sentencing, two studies suggested recently. Rehabilitation is being abandoned as an unrealistic goal of criminal justice, the Rand Corp. studies said. Crime could be reduced without overcrowding prisons, the studies said, by imposing long sentences on an identifiable class of “violent predators,” and shorter sentences on other criminals.

“We call this type of sentencing policy ‘selective incapacitation,’” a report by Peter W. Greenwood said. There was a companion report by Jon and Marcia Chaikens. The reports, commissioned by the federal government, acknowledged that the results would be controversial on ethical grounds because they recommended some criminals be freed while others convicted of the same crimes be kept in prison for years “in order to prevent crimes they might commit in the future.” “The system we now have implicitly accepts this concept for both criminals and mental patients. Preventive detention is a fundamental premise of incapacitation.” The six-year studies, done with a grant from the Department of Justice, were based on a survey of nearly 2200 prison

and jail inmates. The studies acknowledged that the researchers had access to information with the prisoners’ cooperation that prosecutors and judges would not have in real life, such as juvenile crime histories that remain secret in most states. Half of the robbers behind bars committed fewer than five robberies a year, the studies said, while 10 percent—the “high rate” robbers—committed more than 87 per year apiece. Half the imprisoned burglars committed fewer than six burglaries a year, while the most active 10 percent committed more than 230 annually. The studies identified seven factors and the researchers said the presence of any four usually identified the “violent predator” type:

- Being in prison or jail more than half the time in the two-year period before the most recent arrest.
- An earlier conviction for the crime being sentenced.
- Criminal conviction before the age of 16.
- Having served a term in a juvenile prison.
- Heroin or barbiturate use in the two years before arrest.
- Heroin or barbiturate use as a juvenile.
- Being employed less than half the time in the two-year period before arrest.

1. SACRAMENTO, CA. —The California Department of Corrections has submitted a 42-page plan to resume the execution of prisoners at San Quentin State Prison. Public hearings on the plan are scheduled for June 30. Executions have been on hold since US. District Judge Jeremy Fogel ruled that California’s lethal injection procedures are “broken” in 2007.
2. MAYNARDVILLE, Tenn.—Former death row inmate freed after spending more than two decades in prison. His release came after a Supreme Court ruling granting a new trial after DNA tests revealed inconsistencies in the prosecutions case.
3. HARTFORD, Conn.—Connecticut’s House of Representatives voted on a bill to eliminate the state’s death penalty. If the bill wins, the death penalty will be replaced with offenders receiving life sentence without chance of parole.
4. WASHINGTON— The Supreme Court will review whether sentencing Juvenile offenders to life sentences is cruel and unusual punishment. The court will hear the cases of two Florida men who were sentenced at young ages to life in prison in the fall term.
5. ALBUQUERQUE, N.M.—Former Jail official was sentenced to more than eight years in prison after being convicted of using excessive force on inmates in two separate jail facilities. Five other jail officials were also entered guilty pleas in the beatings.
6. BOSTON, Mass.—Legislation to limit access to criminal records of offenders released from prison has been filed by Gov. Deval Patrick. The measure will make it easier for ex-offenders to find housing and employment after incarceration.
7. McALESTER, Okla.—Donald Lee Gilson, 48, was executed May 14. Gilson was convicted of killing his girlfriend’s 8-year old son, but proclaimed innocence up to the time of his execution.
8. ATMORE, Alabama — Willie McNair, 44 was executed May 14 at Holman Prison. He was the fourth person executed in the state this year.
9. AUSTIN, Texas —Texas death row prisoner has been charged for smuggling cell phones



into the prison where he is housed. 30-year-old Richard Lee Tabler caused a statewide lock down while officials looked for the cell phones.

10. FARGO, North Dakota—Journalist Roxana Saberi, 32, was released from an Iranian prison where she was serving an eight year sentence after being convicted of spying for the U.S. government last month. Her release comes after pressure for the Obama administration demanding her release.

11. NEW YORK CITY, NY— A Rikers Island inmate has contracted the swine flu. The inmate came into contact with more than 70 other inmates who were screened for the illness, none of them have the flu.



UC Berkeley winning Democratic Education Program participants celebrate their victory

Computer Skills

Continued From Page 1

access it electronically and then print it themselves. How can someone who has never used a computer complete this task? Basic computer skills have become a necessity to function in the world today, and we hope to teach these lessons on the computers we bring into the prison. Hays is quick to point out, “Of course we rely heavily on prison staff participation. And

that if it was not for Vice-Principal Kellum it would be difficult to bridge the gap between UC Berkeley and San Quentin semester after semester. In addition, if not for Ms. Ficarra’s ability to coordinate and place us within various classrooms on the prison side, we would be absolutely sunk!”

By Michael R. Harris
Editor-in-Chief

Contributions by



San Quentin News

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We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances. Use the prison appeals process.
- However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. Poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
(No Street address required)