

San Quentin News

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File Photo

Officials Lay Out a Plan For Correctional Education

By JUAN HAINES

Journalism Guild Writer

State officials came to San Quentin to observe the Adult Education Department and learn of its rehabilitation programs.

Glenn Brooking and Donna Seifert of the state Office of Correctional Education are educators working within a system described as "not perfect and has

limited resources." Nevertheless they aspire to develop a uniform strategy to improve California Department of Corrections and Rehabilitation's (CDCR) 33 adult education departments.

Brooking outlined his basic plan to fix CDCR's problematic adult educational system. Cur-

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OPINION

Prison Problems, Solutions

By MICHAEL R. HARRIS
Editor-in-Chief

America's prisons are overcrowded and a massive drain on public funds.

The solutions include:

- More realistic prison sentencing.
- Better job training and education for inmates.
- Job opportunities for released prisoners.

One of the toughest problems facing convicted felons is getting a job to support themselves and their families. A simple way to accomplish this would be for governments to require staff and

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Brown Leads Demo Sweep In California

By CHARLES "TAUB" BROOKS
Journalism Guild Writer

The race for California's governor is now over and Jerry Brown crosses the finish line to win a third term. The 72-year-old former governor from 28 years ago aims to lead the Golden State back to greener pastures.

"There's going to be tough times ahead," Brown said during his acceptance speech, "but we will pull through."

Brown, a Democrat, ran the state between 1974 to early 1983 and claims to have the insight and experience. His opponent, Republican Meg Whitman, doesn't think so. Though Ms. Whitman lost, the former head of E-Bay fought on the premise that she, not Brown, has the solutions to the economic woes and other pressing problems of California.

Now, the big question is whether Brown can lead California out of an on-going budget crisis, and if so, how.

Meantime, approximately 170,000 California prisoners who can't vote will be affected by the governor's decisions.

Here's a sample of San Quentin inmates' opinions:

Anthony "Tariq" Faulk: "I would have voted for Jerry Brown. I don't think he will get in the way of efforts to change the Three Strikes Law. He may not initiate it, but he shouldn't oppose it either like Whitman would have."

Michael Harris, Editor of the San Quentin News: "Brown, based on his political experience and the wisdom he has gain from his losses as well as success in politics. I think by electing him in his twilight years, I believe it gives him an opportunity to

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Cancer Walk Tops \$10,000



Photo: Rudy Luna

Warden Cullen, Laura Bowman and Jill Friedman

More than 500 San Quentin prisoners, volunteers and staff members walked 39 miles over two days and raised \$10,000 for the battle against breast cancer.

It was the second annual Avon Walk for Breast Cancer held Sept. 18-19, sponsored by San Quentin C.A.R.E.S. (Compassionate Accountability Remorsefully Expressed through community service).

Participants expressed deep concern about their mothers, daughters, sisters, wives and friends who have been or are breast cancer patients.

Here's a few of the comments: "My friend Linda survived breast cancer. I just want to support her." Barry Spillman

"I'm walking for my friend, Jaimee Karroll, my V.O.E.G. facilitator." Michael Nelson

"I'm walking mainly for my mom, Martha, and my sister, Mariela and all the women in my immediate family." Fernando Lemus.

"I'm walking for my sisters, and my nieces, the ones I have to shoo dudes away from." Kevin Hagan.

"I'm walking (for) all those who have lost their lives from cancer. I'm walking for my sister, Sheila Richardson, who died from breast cancer." Ray Richardson.

"I'm a survivor of cancer, I had testicular cancer." Curtis Roberts.

"I wanted to help out. My friend Moses' sister just had sur-

gery to remove her breast." Rubin Ramirez.

"I'm here supporting anyone who has cancer. My father is a survivor of prostate cancer." Jerome Boone.

"I'm in this walk for my sister, Ruthie, and my Aunt Ruth." Moses.

"I'm walking for a friend who died from cancer." J. Tyes.

"I'm walking for myself and my mom, because I'm a survivor." J. Evans

"I'm walking for my sister-in-law, who's in remission, in San Carlos." Yah Yah.

"I'm walking for my Grannie and myself." Khaleefah.

"I'm walking to support the cause of breast cancer, and to give something back." Michael Villanueva.

"I'm walking for everyone and for my mom." Enrique Gomez.

"I'm walking for everyone who has cancer." Bryand Raul.

"I'm walking for everyone and to support a good cause." Manuel Ortiz.

"I'm down with the cause." George.

"I've had family who's had cancer and I'm supporting them." Joe.

"It's a good thing to do." James.

"I'm supporting Jennifer Seymore and Johanna Robles,

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Photo: Rudy Luna

Blues Brothers flag football team opens the season S.Q. Blues Brothers Start Season with Dominance

By RUDY MORALES
Journalism Guild Writer

Led by a pair of high-scoring quarterbacks, the Blues Brothers gave the blues to Golden Gate Ministries, 42-0, on the opening day of flag football season at San Quentin.

Quarterback K. "Bilal" Chapman opened the attack, throwing for three TDs and running for another. Starting at wide out, K. Carr Sr. pulled in two of the scoring passes, then switched to quarterback where he passed for two touchdowns and ran for another. M. Mitchell crossed the goal line twice, taking a pitchout

before running the distance and also pulling in a TD pass.

Blues Brothers starting center R."Big Rob" Haynes, anchor of the O-line, explained, "Golden Gate was using stunts and delay

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New S.Q. News Website

The San Quentin News is now available at its own website:

www.sanquentinnews.com
We welcome your feedback.

VIG Veterans Reach Out To The Community

(Editor's Note: This is the second of a two-part series by Karen Weber-Stanley. It was published by The Airborne Quarterly Magazine in its Spring 2009 issue.)

The Veterans Issues Group (VIG) program provides support to its members while achieving an unprecedented level of community outreach, a level comparable to that of VIG therapeutic programs. It is directly proportional to the number of modules the VIG members successfully completes. As the veteran becomes aware of the tools for change, and is able to address past experiences with closure, participation in community outreach increases dramatically. Participation in these programs takes on a therapeutic aspect limited only by the means by which to deliver new ideas. This is evident by the VIG members that chair committees or hold Executive Body positions with the Vietnam Veterans Group of San Quentin (VVGSG).

INCARCERATED NETWORK

The NIVN is one of 100 plus veteran groups that are incarcerated across this nation. Having a network within various correctional systems has given the VIG the opportunity to address veteran's specific needs. The NIVN is not available in all 52 states. Therefore, veterans within facilities that do not have self help veterans' programs do not gain knowledge or therapy, and their specific needs go unaddressed. It is a national phenomena that the majority of incarcerated veterans have honorable discharges, and seek professional care to make life changing choices. Through contact with the NIVN, success and failures are shared. Approaches to changing and preparing for release are shared through surveys and VA related services. The NIVN is a roadmap to providing county, state, and federal services. The key element that has been a hallmark of success is that honorably discharged veterans do not waste valuable veterans' services. At any given time, the NIVN can conduct a national survey of incarcerated veterans to address any questions, and the response will be unlike any state, county or federal inquiry because NIVN knows what works, just as veterans did on the front lines.

Over the last 5½ years, this writer has had the privilege of having contact with many members of the VVG-SQ and other incarcerated veterans groups across this nation. I have constantly been amazed at the deep caring and concern that these veterans have for their country, each other, fellow veterans and individuals in need of emotional or spiritual comfort. From behind prison bars, these veterans have reached out to better the lives of those in their community and around the country. Such displays of compassion and humanity are rare to find in today's world, and it is even rarer to find such noble attributes among those incarcerated in prison.

As an individual whose daily work puts them in contact with adults in turmoil (including those with criminal histories and serious substance abuse) this writer can state that the same sentiments exhibited by members of the VVGSG, the VIG, and the NIVN do not appear in many of them. In fact, the majority of the population this writer works with are self-serving, concerned with no one's needs or success but their own. The totality of the VIG programs success is truly an impressive accomplishment, and a solid indication of the commitment these incarcerated veterans have to successful reentry into society.

Veterans from across this country should lend their support both individually and collectively to the members of the VIG and their fellow associations nationwide. It is through the support of all veterans, that these successful programs will garner much needed publicity, and continued success. In addition, all veterans should be advocating for the NIVN to be available in all 52 states, so the success can spread to all who find themselves "doing time", after honorably "serving time", when their country called.

PROGRAM FOR SUCCESS

The VVGSG Veterans Issues Group Modules for Success are as follows:

1. Anger Management
2. Understanding Anxiety
3. Development of Insight
4. Dysfunctional Criminal Behavior

5. Development of Health Value System
6. Negative Core Beliefs
7. Stress Reduction Techniques
8. Anger Management/Control
9. Increasing Self Awareness
10. Victim Awareness
11. Coping Skills
12. Personality and Behavior-Developing Insight
13. Dealing with an Empathic View of Victims
14. Understanding Ourselves Part 1 and 2
15. Becoming Stronger
16. Advanced Communication Skills
17. Codependent Behavior
18. Advanced Assertion: Understanding and Skills Toward Healthy Communication
19. Self-Esteem: Insight and Development Towards Personal Growth
20. Parenting
21. Criminal Thinking
22. Relapse Awareness
23. Changing Your Stinking Thinking (Cognitive Distortions)
24. Therapeutic Issues
25. Risk Factor Management
26. Positive Self Talk
27. Getting Beyond Past Trauma
28. The Grieving Process: Understanding and Dealing with Loss and Grief in our Lives
29. Preventing Relapse Parts: 1, 2, 3, 4
30. Compulsive/Addictive Thinking and Behavior
31. Staying Happy Alternative Activities
32. Recovery (Substance Abuse Aftercare)
33. Stress
34. Personal Growth

An incarcerated veteran who successfully completes each of these modules has made serious commitment to his future, and successful reentry into society. Many of us on the "outside" do not commit to such intensive personal growth and self awareness. These veterans stand as an example to all.

Highly Decorated Veteran in San Quentin

Ronald Self at Operation Just Cause Ready To Capture Manuel Noriega In Panama



By JULIANGLENN PADGETT
Managing Editor

America's combat veterans often return home with latent trauma that impacts their lives. Sometimes war heroes land in prison, and there is a growing movement to help them avoid destroyed lives.

One supporter is San Quentin Prison inmate Ron G. Self, a highly decorated Marine who is urging help for imprisoned veterans.

Self, 45, is a clerk for the Veterans Information Project (VIP), which coordinates with the Veterans Administration to help imprisoned veterans get benefits for which they qualify.

"One of our main objectives is to get less than honorable discharges upgraded to honorable. It can happen. You can get it done in 90 days," Self said.

"Another main goal is to get them their benefits. Many of the guys don't even know they qualify for benefits. We help them make that happen," he added.

"We need to do a better job of helping Vietnam combat veterans. A recently created Veterans' Court focuses on Afghanistan and Iraqi veterans. That needs to be expanded to include guys who fought in Vietnam," Self said.

Self is serving a 25-to-life sentence with a seven-year enhancement for use of a firearm.

He was convicted of conspiracy to commit murder and attempted murder.

He served in a Marine Corps Special Forces unit, specializing in prisoner and hostage rescue behind enemy lines. He enlisted with a Master's in Psychology with the intent after his first four-year tour of attending Officer's Candidate School (OCS). During the Gulf War, his degree qualified him to operate in a billet normally held by a Captain. Subsequently, he was promoted to Captain at that time.

His decorations include two Navy Marine Corps Medals and numerous other citations for heroism and combat wounds.

The Navy Marine Corps Medal is the highest Marine medal given during peacetime or non-declared actions.

One of the medals involved pulling 15 Marines from a burning helicopter in Pohang, Korea.

He entered the California Department of Corrections and Rehabilitation in April 1997, and has been a resident of San Quentin since 2009.

Innovative Methods For Rehabilitation

By E.J. GRIFFIN

Journalism Guild Writer

California is devising new methods of providing rehabilitation services to prison programs cut back in the state's budget crisis.

"We are changing the way we do business to reach as many offenders as possible with less funding," says Elizabeth Siggins, acting chief deputy secretary for adult programs in the California Department of Corrections and Rehabilitation (CDCR).

The 2009-10 state budget cut \$250 million from prison rehabilitation, educational, vocational, and substance abuse programs.

Inmates with experience in the appropriate departments along with volunteers will be used to augment this new direction in providing effective programming.

Siggins said some key components are:

- Correctional Offender Management Profiling for Alternate Sanctions (COMPOS). It assesses offender needs and assigns them to appropriate programs for maximum effectiveness.
- The California Static Risk Assessment (CSRA). It uses offender's past criminal history and characteristics such as age and gender to predict the likelihood of re-offending.

PRAYER FOR THOSE IN THE MILITARY

Praise to you, ever-watchful God,

For you are our refuge and strength

In every time and place.

Send your blessing upon those

Who are serving our country In the armed forces.

By your powerful Spirit, Shield them from all harm.

Uphold them in good times and bad,

Especially when danger threatens.

Let your peace be the sentry that stands guard over their lives,

so that they may return home safely.

Look with compassion on all victims of war;

ease their sufferings and heal their wounds.

Put an end to wars over all the earth,

and hasten the day when the human family will rejoice in lasting peace.

Grant this through our Lord Jesus Christ, your son,

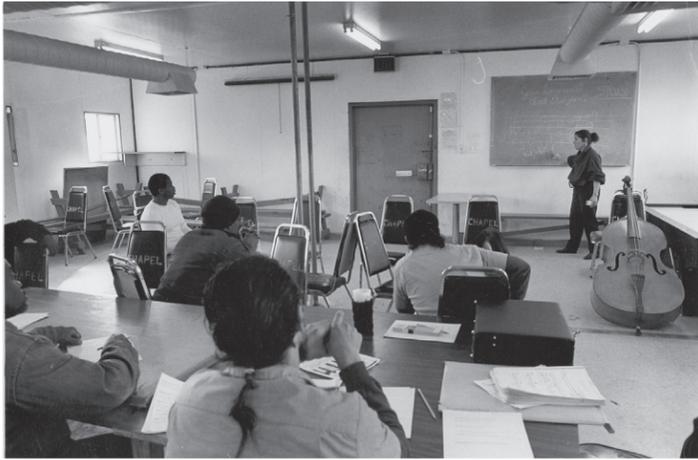
who lives and reigns as the Prince of Peace,

both now and for ever. Amen.

~John F. Kinney

Bishop of Saint Cloud

Aida DeArteaga Bids S.Q. Farewell



Ms. Aida DeArteaga's file photo

Ms. Aida DeArteaga back in the day teaching her class

By AIDA DeARTEAGA Contributing Writer

This is a farewell letter to all of the men that I have had the pleasure of teaching and working with over the past 25 years here at San Quentin.

I will be officially retiring on Dec. 31. My last day will be Nov. 10, as I will be taking a medical leave for the repair of a rotator cuff tear.

I began teaching a jazz improvisational class here in 1984. At that time I was playing music professionally in order to earn money to finish my teaching degree. I have maintained a part in the Bay Area jazz, classical and salsa music community to this day.

PRAISE FROM SANTANA

One night Carlos Santana was teaching transcendental meditation in the room next door. He thanked me for sharing the love and knowledge of music with the men. After a year, the California Arts Council gave me a three-year grant to develop a big band here. Upon finishing the grant, the state hired me to facilitate the San Quentin Arts in Corrections program.

From 1989 through 2002, I was the artist facilitator. During that time the institution and state supported many arts events and programs. It was mandated that each state prison (33) have a full-time artist facilitator appointed that would develop an arts program.

HUGE CHALLENGE

During my time, we had classes in drawing, painting, drama, writing, afro-Cuban drumming and bands. We also hosted many guest artists such as B.B. King, Santana, Sheila E. and Pete Escovedo, Narada Walden, Bonnie Rait, Jeb Moe and many more. Out of the inmate bands and arts programs many men paroled into successful artistic careers. In 1994 Stanford University conducted a study that proved the Arts in Corrections programs in California lowered the recidivism rate by as much as 38 percent and the incident rate by as much as 56 percent.

In 2002, the Education Department invited me to develop an educational program for the

lock-up units. This was a huge challenge, but I was met by students from those areas of the institution that were sincere in their efforts to achieve academic goals. I remember vividly photographing 21 students from the lock-up units with graduating caps and gowns in the visiting room. These men pursued these goals primarily for their children; by sharing the value of an education with them.

STUDENT AT UCLA

I recall vividly one student referring to a dialogue he had with his daughter, "If I can do it from Death Row, then you can do from where you are." She is currently a student at UCLA. Prison students were inspired by competing with their children to see who would complete their degrees first.

Education is a way to find who we are in the world and how we connect to the universe. I built the program on the lock-up units

because I was determined to share this philosophy with men that are extremely disconnected from the mainstream. I went there in the evenings and taught cell front. I had to take books and materials up and down the tiers. After several years, a female sergeant allowed me to bring in desks and chairs and teach eight students at a time from holding cells. Once the men trusted that I would come back and follow through, I was able to get them to engage in their own studies.

The assignment on the lock-up units ended 10 months ago as a result of budget cuts. Since those budget cuts I have been assigned to three classes of ABEII/III. The students in these classes are working to earn milestones. Milestones are a way in which students can earn up to six weeks off their parole dates a year. Students can do this by increasing their grade point averages in reading, math and language.

Students need to be on the mainline and qualify to earn these credits. It has also been a rewarding and challenging position and I am grateful for all of the help that I have received from the inmate TA's and our most recent teacher assistants. It is from this teaching position that I will retire.

As a believer in the power of education, I would like to leave you with these words:

"Learning is not merely the process of gathering information, but a discovery of the extraordinary riches that lie beyond the scope of the mind."

May you all find peace and strength within your spirits.

CONDEMNED ROW
Earn your GED
Contact: Bolema in Education

The Physical Aspects Of Hatha Yoga

By GINO SEVACOS Contributing Writer

"Yoga" literally means union with God. It's a systematic practice of aligning the mind, emotions and body into harmony with spirit. Yoga was developed many centuries ago by sages with the sole intent of preparing themselves to meditate upon God. In the West, most people are familiar with only one component of yoga –hatha Yoga – the physical aspect.

Far more importantly are the shifts in mental attitude and development of an intimate devotional relationship with one's higher self that are intrinsic to the very essence of any true yoga practice. Since yoga embraces all philosophies and traditions and is essentially non-religious and non-exclusive, it can be practiced in a way to enhance and deepen anyone's faith.

Having lived in a spiritual community (ashram) in India in 1985 and again in 1991, I began to yearn once again for a deeper connection with my higher self. Memories of being surrounded

by hundreds of thousands of pilgrims sincerely devoted to, and worshipping in their chosen traditions – Buddhists, Christians, Jews, Hindus, Muslims, and others – all honoring, respecting and loving each other – made me all too aware of how man's ego has used religion to divide, inflict suffering and separate instead of to unify, accept and welcome.

After allowing myself to get sidetracked by turning away from my higher calling, I began practicing yoga again about 10 years ago in prison. I usually practice Hatha Yoga in my cell for an hour a day, six days weekly. Along with prayer, meditation, and chanting (God's name) it has brought a peace and deep inner acceptance of my life as it is. I also do a form of inquiry called "The Work" which helps me to identify and release those thoughts that don't serve my commitment to love unconditionally.

One of the central tenants of yoga is harmlessness – not creating suffering toward others

Former S.Q. Warden Helps H-Unit Inmates

By RICHARD GILLIAM Journalism Guild

For the men of San Quentin's H-Unit, new enlistees to the Stand Up Program obtain assistance every Wednesday morning from former San Quentin Warden Jill Brown.

Ms. Brown, who helmed California's oldest prison from October 2004 to July 2005, volunteers as the program administrator for a spate of programs that seek to educate and rehabilitate men locked behind bars.

After leaving San Quentin, Ms. Brown worked for a time as a parole administrator in Southern California, then a parole region administrator before retiring in December 2007. However, she didn't stay retired for long.

A series of budget cuts dramatically reduced the number of educators both inside prison and out. So Jacques Verduin, director of the Insight Prison Program, asked Jill Brown to fill the void left by the layoffs.

Stand Up offers classes in gardening, yoga, family reunification, fathering skills and non-violent communication. It also incorporates a multi-faceted approach to personal growth.

We "educate in the broad sense," Ms. Brown stated. "I think it's important when people learn how to look into themselves."

During her tenure with the Department of Education, Brown focused on children with special needs. After coming back to the Department of Corrections, she noticed a marked similarity in

the behavior between developmentally challenged children and inmates.

"If we could figure out how to focus more attention on our kids when they are young, say 4 to 10 years old, I'm convinced we would see a huge decline in our prison population," Ms. Brown said. She noted that the average prison inmate has just a seventh grade education and 50 percent are functionally illiterate.

Asked if she thought her efforts were making a difference, Ms. Brown smiled and said, "If I didn't see a change I wouldn't be here."

Ms. Brown holds a B.A. in Business Administration from San Francisco State University. She was also business manager for the California Department of Education's Northern Diagnostic Center during a hiatus from the Department of Corrections. Because of her background in education, she was tapped by the Department of Corrections to help create a framework for what would become the Milestones credit reduction program and the new Non-Revocable Parole policy for non-violent offenders.

Procrastination Messes You Up

Procrastination is one of the most common causes of failure. Don't wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.

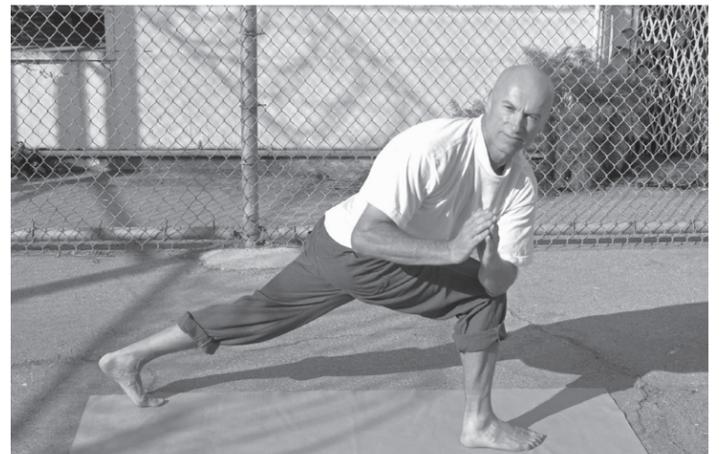


Photo: Rudy Luna

Yoga with Gino Sevacos on the Lower Yard of S.Q.

in thought, word or deed. So I adopted a vegetarian diet which fosters compassion for all living creatures. I've become open and more sensitive to seeing God in others. I've begun to feel privileged to offer service as a vehicle to awaken a deeper love for God.

I've discovered through my overall yogic practice that I can be unaffected by the craziness that goes on around me by maintaining control over my inner environment (mind and emotions) I'm able to make sound, calm judgments in my daily life through continuous practice of meditation and holding yoga postures while checking way-

ward impulses that could cause harm to myself and others. In effect, Bhakti, or devotional, yoga combines many different elements for honoring god through service, diet, deep breathing, physical postures meditation, worship and prayer.





Photo: Rudy Luna

Survivors of breast cancer with their band of S.Q. inmate supporters ready to walk hand-in-hand

Cancer Walk Raises Over \$10,000

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who's battling thyroid cancer." Stevo Phillips

"I'm trying to support the whole trip." Scott

"I'm here to support anyone who has cancer, and I'm growing my hair for Locks of Love. I challenge anyone to grow their hair, too." Twig

"We're down for doing the right thing and to support a good cause." Reggie M.

"My folks passed away from bone cancer. I'm supporting research." Q. Burns

"My mom and mother-in-law died from cancer, so I feel obligated to support the cause for a cure." Terry Calder

"I walked last year. I have family members who suffered from cancer. This is in memory of Betsy Dewitt." Kimya

"This is important to me personally because this is my community. Thank you for letting me be a part of this." Kelly Mitchell, Associate Warden.

Laura Bowman, a chief sponsor of S.Q.C.A.R.E.S, and George Lamb, its chairman, were driving forces behind coordinating with the volunteers who participated in this event.

HER PERSONAL STORY

"There are many, many walks for breast cancer. This is the only one that's mostly men" said, State Senator Lonnie Hancock. A prisoner in the audience replied, "That's because we love our mothers and sisters."

Assemblywoman Nancy Skinner of Richmond said that her story is personal – she had to raise her brothers and sisters because her mother died of breast cancer relatively young. Skinner recognized that many of her constituents are in S.Q., and expressed pride in the men who participate in the quest for the cure of cancer.

Speaking in Spanish, Francisco Vazquez Reyes said, "Estoy muy contento con este ebento pienzp que is una bendicion de Dios por la ayuda a personas que estan sufriendo y Dios nos



Photo: Rudy Luna

Laura Bowman Salzsieder (with visor) leads the pack of S.Q. volunteers and inmates

dice que tenemos que con por tir el dolo de los demos. Que Dios bendiga a todos los organizadores"

Also speaking in Spanish, Antonio Saldana said, "Estoy muy contento, de estar aquí porque no hay mal que por bien no vnegay y pues yo los quiero decir a todos mis quimonos que se encuentran aquí en San Quentin que los echen ganas a todos los programas cuando ya llegen a recepcion y anino my razon que con Dios todo se puede."

Karen Jandorf conducts a creative writing class for breast cancer survivors. One of her students answered this question: "What do men need to know about the breast cancer experience?"

"No matter what physical and emotional devastation comes with the health crisis of a parent, sons need to know that whatever happens, they will be okay. Ultimately, this sense of safety and hope will make them more compassionate. This is the role of a mother: to coax out of her boys an appropriate response even in the face of the ugly and unknown.

"Husbands need to know how deeply embarrassing it all is. How breast cancer patients lay bare on doctors' tables, on gur-

neys in freezing cold rooms, laid bare to strangers with certifications. No intimacy, just a specimen.

"Men need to know that we need to know they are there... beyond driving the kids to school and helping prepare the food and clean up the dishes. We need to trust the bond that pierces the curtains to the bedroom, where patience, love and acceptance is an absolute necessity for a spouse with a disfiguring illness.

HE TEACHES GUITAR

"Men are the model for boys. So men: reach out to us. Hold our hands and hug us the way you did before the blackness entered our home. Let your love transcend the nights of holding our heads over the Porcelain God as we retch after endless days of treatments and transfusions. Let your love remind us that on the inside, we are still beautiful."

Kurt Huget, teaches guitar on Thursdays in Arts in Corrections. He entertained the walkers during the final day of the event.

Huget said, "This was an amazing event where the inmates and some folks from the outside got to work together for a good cause. I'm proud because I

was able to bring in three female professionals who had never played in San Quentin before. Big Lou, she plays the accordion and adds a lot of fun and spirit. Julia Harrell, she played percussion with me while I played guitar and sang. She's an awesome musician, and Gail "Mojo" Muldrow, she used to play with Sly Stone and Johnny Otis. She's funky and fun. The real deal!"

Donations to help fight breast cancer may be made by going to our web page cited as: <http://www.avonwalk.org/goto/SQ-CARES> — Juan Haines

California Prisons Get More Money Than Its Universities

By JUAN HAINES
Journalism Guild Writer

These four governmental agencies cost taxpayers the most, in descending order: University of California (UC), California Department of Corrections and Rehabilitation (CDCR), California State University (CSU), and Department of Transportation (DOT).

In 2009-10, the state will spend an estimated \$22.2 billion on state employees' salaries, 17.8 percent of total spending. More than two-thirds (68.1 percent) of

Someday I'll Be Grateful

This poem was contributed by participant in the S.Q. Cancer Walk

Karen Jandorf

If you touch my chest, you will feel my Heart in your hand.

It is that close to the surface.

All its protective covering has been taken away.

If you hug me, you will feel my heart beat against your chest.

You will know the syncopation of my fear, my excitement, my equanimity.

There is no camouflage left.

If you see me, you will notice my shoulders fighting.

Curling inward, stretching outward.

Conflicting desires to contract and expand.

If you sense me, you will feel my heart protecting itself.

It is too naked, too raw, too vulnerable.

Energetic armor created in the wake of exposure.

If you love me, thought, you will invite me to unfold.

Your hand will become a safe haven for my broken-winged heart.

You will slowly and gently help me remove the suit of arms.

Your heart will become my polyrhythm and you will dance with me.

Democrats Sweep CA

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right the wrongs and mis-steps that he and other government officials have participated in."

John Neblett, San Quentin library worker: "I would have voted for the Green Party candidate, Ms. Laura Wells, because neither of the majority parties represent their people - they represent their contributors."

Other results: Lieutenant governor will be San Francisco Mayor Gavin Newsom by a 50% vote over Abel Maldonado's 39.4%, U.S. Senator Barbara Boxer 51.9% over Carly Fiorina's 42.6%, Secretary of State Debra Bowen 53% over Dammun Dunn's 38.5%. As of press time, the attorney general's race was too close to call.

state salaries goes to workers in the UC, CSU, CDCR and DOT.

UC and CSU account for 37.8 percent of all state employees. In the last 20 years, CDCR has grown from #3 to #2 largest employer.

CDCR accounts for 17.4 percent of the state workforce.

The Sacramento Bee has reported that 10 percent of the general fund went to UC and CSU and 3 percent to CDCR in 1980. Today 11 percent of the general fund goes to CDCR and 7.5 percent to public universities.

California's Aim at Protecting Children

By LAQUAN HAYES
Journalism Guild Writer

California is entering a new era of laws aimed at protecting children against sexual predators. There's Chelsea's Law, Amber's Law and the Polly Klass-inspired Three-Strikes Law.

A 55-year-old registered sex offender became the first person in California to be charged under Chelsea's Law. Joseph Cantorna was charged with four felony counts of committing lewd acts on a minor stemming from an incident on Cherry Road in Lakeside. Chelsea's law went into effect on Sept. 9, 2010, when Gov. Arnold Schwarzenegger signed the legislation. Previously, Cantorna would have faced a maximum sentence of 15 years to life in prison, said Paul Levidow of the San Diego County District Attorney's Office. The increased penalties under Chelsea's law now means he faces 25 years to life in prison for each charge.

Chelsea's Law is named after 17-year-old Chelsea King, who was raped and murdered. King disappeared during a jog in a suburban San Diego park. Her disappearance sparked a massive search that ended a few days later with the discovery of her body. DNA collected at the scene led to registered sex offender John Gardner.

Gardner's DNA was in a felony conviction data bank. He was paroled Sept. 26, 2005, after serving five years for two counts of lewd and lascivious acts on a child younger than 14 and attacking a 13-year-old neighbor. Gardner was found guilty of King's murder. Gardner was also suspected of being responsible for the disappearance of 14-year-old Amber Dubois of Escondido. Faced with the possibility of the death penalty, Gardner entered a plea bargain and was sentenced to three consecutive terms of life without parole.

Brent and Kelly King, Chelsea's parents, worked with Assemblyman Nathan Fletcher, R-San Diego, on AB1844 that ultimately became law. Sen. Mark Leno, D-San Francisco, explained the goal: "We wanted a bill to lock up the worst of the worst – to find a way to make room for them in our overcrowded prison system and implement (reforms) so we could effectively prevent these horrific crimes in the future. We did that."

Brent King stated, "If this legislation would've been in place before, Chelsea would still be with us."

Chelsea's father said from the family's new home in Illinois that he hopes to get the California measure adopted in other states, calling the vote a "bittersweet moment." Chelsea's mother said she watched the Senate vote on television with tears in her eyes. "I can't think, aside from having my daughter back here, of any-

thing more meaningful to (us)," she said.

Amber's Law was inspired by 14-year-old Amber Dubois, killed by convicted sex offender John Gardner.

Mark Klaas, president and founder of Klaas Kids Foundation, established the organization after his 10-year-old daughter, Polly, was abducted and murdered in 1993 by a recent parolee, Richard Allen Davis. The result was passage of the Three Strikes Law. Klaas said he believes the Amber's Law will have a more immediate effect than Chelsea's Law.

He states: "Sentencing gets a lot of publicity, but they rarely seem to deliver on the promises. Other administrative bills are less colorful and more localized, but they have a possibility of helping shore up infrastructure."

Under Chelsea's Law, lewd and lascivious action on a minor will carry a mandatory sentence of life without parole. The "one-strike" provision applies to forcible sex crimes against minors that include aggravating factors, such as the victim's age or whether the victim was bound or drugged. Despite its broad sweep, Brent King says the bill's cornerstone is the one-strike provision. "It was my and Kelly's belief that there was no reason that we could find that people who targeted young children violently could ever be reformed, so why give these violent sexual predators an opportunity to strike twice? That was our premise and it grew from there," he said.

Officials Outline Plans For Prison Education

Continued from Page 1

Currently, CDCR has 33 independent adult education subdivisions. Brookings said he would like to consolidate the prison education departments, which would allow a unified leadership, streamline decision-making, and simplify tracking of student progress.

Brookings said, "My vision is that education for CDCR will be one entity, similar as the format in a school district. Currently our prison education systems are disjointed."

Brookings, a colleague of Ted Roberts, principal of San Quentin's Robert E. Burton Adult Education Department, has professional experience with him from a stint at Avenal State Prison in 1989. Roberts directed a tour for Brookings and Seifert, showing them San Quentin's unique educational and self-help program opportunities.

Brookings remarked that few citizens volunteer at other prisons because they are located in



File Photo

Honore Gatera and Charles Annenberg-Weingarten in Memorial Cellar

Bringing A Message Of Forgiveness To S.Q.

By JULIANGLENN
PADGETT
Managing Editor

A survivor of the ethnic slaughter in Rwanda visited San Quentin recently with a message of forgiveness.

Honoré Gatera lost 27 members of his family in the genocide attacks that claimed 800,000 lives starting August 22, 1994.

"I know you were among the people who killed my family," he told the people who killed his loved ones. "Could you please accept that and I will forgive you."

"I started my struggle for forgiveness in 2003. My government passed a presidential law releasing all the perpetrators who had participated in the genocide," Gatera told

San Quentin inmates at a forum in the Education Building titled *The Power of Forgiveness*.

"I didn't want to say how vast forgiveness is but what I want to say is what lies behind it," Gatera said as he looked out at everyone. "In the cases of the men who are in prison here everyone needs to understand who he is. What is the reason for your thinking of who you are, and what is your understanding as to why you chose the path that brought you all here?"

"Your Identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you. The genocide happened for three months," said Gatera, 28, in an excerpt from Explore.org's documentary film "Raindrops over Rwanda."

This short film made its debut screening in San Quentin in September. Charles Annenberg-Weingarten of the Annenberg

Foundation and creator of Explore.org showed the film and introduced the people of San Quentin to Gatera.

"I was going to Darfur and then I went to Rwanda. I was studying some genocide issues and I was really blessed to meet Honoré in Rwanda," Annenberg-Weingarten said.

Gatera is the head tour guide for the Kigali Memorial Centre. Kigali is the capital of Rwanda. Craig Shawley of the African Wildlife Fund introduced Gatera to Annenberg-Weingarten.

Referring to the slaughter, Annenberg-Weingarten said, "All the people on the block, on your block, and everyone on the next block and the neighborhoods after that are all dead."

—Eddie Griffin contributed to this story.

A prisoner at Mule Creek told Brookings how important it was to him to earn a GED. The prisoner wanted to enroll into a program that teaches solar panel installations. He recognized the potential in earning an honest income through a program that was available in prison. This is the process of goal-setting and taking advantage of positive programs available in prison.

Brookings encouraged CDCR to implement the Milestone Credit program to the best of its ability.

Regarding AB900, "I agree with Brookings that these are difficult times right now," said Seifert. "We're still moving the department forward and those types of things are making sure we have the right inmate in the right program, for the right amount of time to complete the program. It is all preparation for an inmate's eventual release back to his or her community. Incentives for participating in a rehabilitative program were always a part of AB900 and the Milestone Credit program is in alignment with AB900. We believe that pro-social activities should be rewarded."

Brookings, a graduate of Cal Poly San Luis Obispo, is a 30-year veteran of the education field.

Seifert, a graduate of Florida Atlantic University, obtained her teaching credentials from National University, and her Administrative Services Credential from CSU, Stanislaus. Seifert, "A fervent believer in lifelong learning," is currently enrolled in a community college taking various earth science classes for "personal enjoyment."

A selection of inmate artwork appears in this issue as a tribute to the former Arts in Corrections program, now gone.



100 Years of Talent At Journalism Guild

By **ARNULFO T. GARCIA**
Chairman, Journalism Guild

Journalism, like technical communication, has various aims, one of which is to write something that people will talk about. The San Quentin Journalism Guild teaches prisoners how to report news in methods that will interest readers and help them make informed decisions.

Three advisers with a combined total of more than 100 years of professional journalism experience assist the Guild with the many techniques of jour-

nalistic writing. San Quentin Principal Ted Roberts provides unflinching support for the guild and the San Quentin News.

Advisers Steve McNamara, John Eagan, and Joan Lisetor provide suggestions that apply specifically to the journalistic style of writing, editing, and publishing. They are committed and dedicated along with the prisoners to provide a professional quality newspaper, and to report newsworthy information.

The Journalism Guild meets Friday mornings from 8:30-9:30 for members to learn journalistic techniques, turn in stories, and discuss newsworthy projects.

Guild members support the newspaper in order to keep the San Quentin community and other prisons informed about subjects regarding the prison community, and inform non-incarcerated readers about prison issues.

Recently a national magazine, "The Informant," and National Public Radio's "Cross Current" featured one of the Journalism Guild members, Richard Gilliam. Gilliam's piece discussed prison overcrowding and its effects from a prisoner's perspective.

Gilliam pointed out that the California prison system was built "to house 87,000 prisoners, but at present it is packed with more than 170,000."

The newspaper prints 7,500 copies. It is also posted on its recently created internet site: sanquentinnews.com

Finding a Loved One

The California Department of Corrections and Rehabilitation (CDCR) started a free online search engine designed to assist users find out in which of the state's 37 facilities a prisoner is housed.

Users merely enter a name or prison number into the search engine and the prisoner's most current location, age, date of incarceration, prison number and directions to the prison will appear.

The website, <http://inmatelocator.cdcr.ca.gov> does not post the prisoner's release date or criminal history.

If the prisoner's location cannot be found on the web page, the public may contact the Department's Identification Unit at (916) 445-6713.

Milley Award for S. Q. News Advisor

[Editor's Note: Reprinted with permission from Pacific Sun]

Former *Pacific Sun* editor and publisher Steve McNamara was honored for his contributions to the Marin County community at the 16th annual Milley Award ceremony recently.

McNamara, who purchased the *Pacific Sun* in 1966 from a "mom and pop" who ran the paper in back of the Stinson Market for three years, made a bold move which has forever changed news reporting on the West Coast.

The second-oldest alternative weekly in the country, the *Pacific Sun* followed in the footsteps of New York's *Village Voice* in hopes of bringing a feisty progressive publication to Marin during the political upheaval and consciousness-raising times of the 1960s.

Running the paper was also a family affair, as McNamara's wife, Kay, played many roles in the office before pursuing her career in marriage and family therapy.

After nearly 40 years with the *Pacific Sun*, McNamara sold the paper to Embarcadero Media in 2004.

Today, McNamara serves as an advisor for the *San Quentin News*, the only inmate-produced paper in California. "I've really become friends with many of them," says McNamara, of the inmates he works with. "We have a shared objective of putting out a good paper."

McNamara's role at San Quentin came through researching a book he is working on about the human qualities and motivations around compassion and generosity.

In addition to spending several days a week working passionately on the prison's paper, McNamara serves as senior editor at his son's Marin-based SuperTopo publishing company.

The current staff at the *Pacific Sun* offers a heart-felt congratulations on this well-deserved award.

Five Milley Awards are given to local residents each year, four for artistic endeavor and one



Photo: Steve McNamara

Harriet Hendel, Robin Ledbetter, and Stan Hendel

New York Visitors Impressed by S.Q.

By **JUAN HAINES**
Journalism Guild Writer

A pair of prison advocates from New York sat in on an English 101 class at San Quentin last month. Their presence created a stir among the students, who wondered why they were there.

"[W]e were eager to see and experience the Prison University Project firsthand," Harriet Hendel said. Hendel believes educational opportunities for prisoners are an excellent means of rehabilitation. "We were extremely impressed with the professionalism of San Quentin staff...which we thought was sensational."

Harriet and Stan Hendel, were interested in visiting San Quentin because she realized facilitating a writing workshop at Greenhaven Correctional Facili-

ty in upstate New York, "Turned out to be the most rewarding volunteer work I have ever done!" Harriet Hendel currently plans to continue her philanthropic service at Bedford Hills, a New York state women's prison.

The Hendels are currently advocating for the reduction of Robin Ledbetter's sentence - currently incarcerated at York Correctional Facility in Niantic, Connecticut.

At age 14, Ledbetter was tried as an adult, and convicted of felony murder as an accessory in the robbery of a cab driver.

Ledbetter accompanied a 15-year-old boy who killed the cab driver. The boy was sentenced to 87 years. Robin was sentenced to 50 years with no chance of parole until 2045.



Photo: Kay McNamara

Steve McNamara

for community involvement. The four artistic awards this year were given to poet Richard Moore, who also co-founded Pacifica Radio (KPFA), was CEO of KQED and produced and directed more than 110 documentary films; Bill Champlain, singer-keyboardist of the band Chicago and founder of the Sons of Champlain; Frederic Larson, former *Chronicle* photographer twice named California Press Photographer of the Year and a Pulitzer Prize finalist; and Sharon Boucher, noted theater director and performer.

About 3 years ago, Harriet Hendel read, "I'll Fly Away," edited by best selling author Wally Lamb. The book, composed of stories written by women at York Correctional Facility has a contributing piece by Ledbetter called "The Gift", a short story about her relationship with her grandmother and their bond.

The story deeply touched Hendel, and had a strong impact on the men at Greenhaven. Hendel began writing Ledbetter. A line in Ledbetter's opening letter, "Writing lances old wounds, and helps to heal them." greatly impressed Hendel.

MOTHER DIED

According to Hendel, Ledbetter, the victim of physical, emotional and sexual abuse as a child, had drug-addicted parents. When Ledbetter was 15, her mother died from HIV/AIDS. Her father, an ex-heroin addict, spent time in prison. He now lives in Massachusetts, working for an outreach organization assisting homeless veterans called: We Soldier On. He regularly visits his daughter.

This philanthropic couple has counseled and delivered meals to HIV/AIDS patients, worked in a soup kitchen, were mentors for middle school kids at risk, and volunteered to be a 'safe home' for battered women.

Baseball Trivia

Ichiro Suzuki became the first player to have ten consecutive 200-hit seasons this year. The only other player to have ten 200-hit seasons is Pete Rose, but it wasn't done in consecutive seasons.

Need a Job? Coors Brewery May Hire

By **JEFFERY LITTLE**
Journalism Guild Writer

Coors Brewery founder Bill Coors had an idea in 1968 that involved giving back to the community by hiring men that had been incarcerated. He knew the difficulties that men and women face when trying to obtain employment and he launched the "Golden Door Employment Program."

The company hires 10-12 ex-felons annually, providing work in entry-level warehouses for six months to a year. After passing the company's probation period and maintaining a clean parole, Coors hires the candidate on a permanent basis.

"We're the best-known company in the prison system," said Ed Cruth, who operates a special program within the brewery that focuses on hiring ex-felons and helping them obtain a high school education.

Many American companies like Coors offer employment to ex-felons. Certain crimes limit employment opportunities. A

person convicted of fraud, for example, cannot work in the insurance field.

"I don't ask about their previous criminal record," said Tim Jimmerson, an operations manager at Phase 2 Construction in Colorado. He said he believes that if a person has paid their debt, they deserve a shot.

Coors isn't the only company that offers ex-felons a chance at employment. Six months before being released into society, an inmate should find a company for which they would like to work. Use the telephone book and obtain the address and write to the Human Resources Department, and inquire about similar programs, and request an application.

Many companies will not respond, but some will. Do not become discouraged. The more effort you put into making a life for yourself outside of prison, the better your chances of succeeding. If you're thinking of relocating to Golden, Colorado, contact Coors Brewery.

Fostering Rehabilitation Through Family Visits

By JUAN HAINES
Journalism Guild Writer

Prison administrators, prison reform activists, incarcerated parents, and their children recognize that visitation is a powerful tool in fostering rehabilitation and healthy development for families that must bear with the effects of incarceration such as loneliness, isolation and alienation – essential ingredients for depression. Incarcerated parents and their children are prime targets for these negative influences when prison walls separate them from meaningful interaction, according to “Caught in the Net: The Impact of Drug Policies on Women and Families,” www.fairlaws4families.org

Faith-based Get on the Bus finds children’s odds of delinquency increase dramatically when visits with their incarcer-

ated parent is denied. Children who are allowed regular visits with their incarcerated parent demonstrate better emotional and social adjustment; they can be assured they are loved and that their parents have not abandoned them by choice. Regular visits between children and their incarcerated parent lower rates of recidivism for the parent and improves family reunification following the parent’s release from prison.

Get On The Bus administrators work tirelessly on the two most important days of the year for the incarcerated parent by providing transportation for their children to visit them on Mother’s Day and Father’s Day.

Get On The Bus director Hilary Carson and her staff met with Ted Roberts, Principal of Adult Education Department, in an effort to expand the program

to San Quentin State Prison.

Get On The Bus can only take place through the generosity of individuals and groups who are committed to this special event. Local volunteer, John E. Kalin, Attorney at Law, and his wife have made this commitment to San Quentin State Prison.

Get On The Bus obtains sponsorships through the following methods: Event Sponsors contribute \$1,500; Bus Sponsors contribute \$500; Family Sponsors contribute \$300; and Child Sponsors contribute \$75.

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Prison Problems, Solutions

Continued from Page 1

contractors to provide a percentage of their jobs to ex-inmates.

Where would we find the money? From the billions of dollars we spend now because 70 percent of released prisoners return to lockup, a cost of about \$45,000 per inmate per year.

Incarceration in America is authorized through powers created by the U.S. Constitution, which means that prisons operate under control of both the federal and state governments. Incarceration is one of the main forms of punishment for convicted felons.

THE LARGEST JAILER

A significantly greater percentage of the American population is in some form of correctional control in spite of declining crime rates, roughly 25 percent from 1988-2008, reported in a New York Times story published March 2, 2009.

How did the U.S. become the largest jailer on the planet?

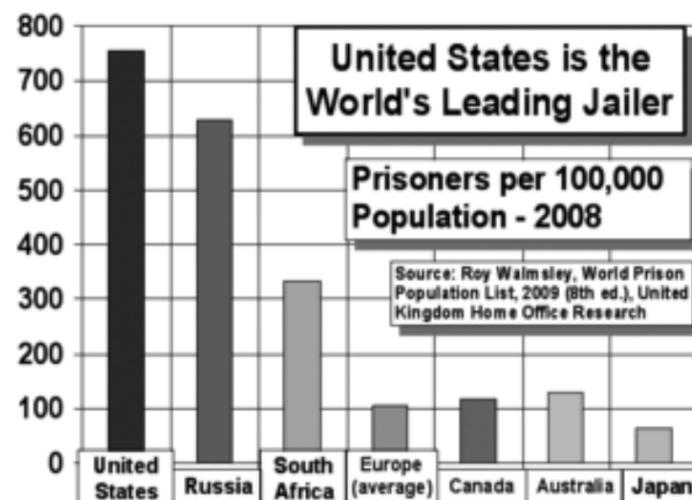
In an article for Prison Fellowship, Alyson R. Quinn writes, “In the last three decades, many of America’s national and state policy-makers – with broad public support – made sweeping avowals to get ‘tough on crime.’”

Harsher sentencing legislation soon followed, such as three strikes laws, mandatory minimums, and abolishing parole for certain offenses.

The result: longer sentences for crimes such as theft and drug possession, and repeat offenders have been improperly handled due to a lack of focus on rehabilitation.

POPULATION

According to the U.S. Bureau of Justice Statistics (BJS), “In 2008, over 7.3 million people



were on probation, in jail or prison, or on parole at year-end – 3.2 percent of all U.S. adult residents or 1 in every 31 adults.”

BJS also reported that in 2002, 93.2 percent of prisoners were male. About 10.4 percent of all black males in the U.S. between the ages of 25 and 29 were imprisoned, compared to 2.4 percent of Hispanic males and 1.3 percent of white males.

JUVENILE FACILITIES

In a 2004 report, the FBI said women accounted for 6.9 percent of prison inmates and 23.2 percent of arrests were females, 20.4 percent below age 18.

More than 2.3 million were incarcerated in U.S. prisons and jails in 2008, the BJS reports. There were 92,854 held in juvenile facilities, according to a 2006 report by the Office of Juvenile Justice and Delinquency Prevention.

Through the juvenile courts and the adult criminal justice system, the U.S. incarcerates more of its youth than any other country in the world.

RECIDIVISM

Magnifying the problem is recidivism. A survey of 275,000 prisoners released in 1994

showed 67.5 percent were re-arrested within three years, and 51.8 percent were back in prison. However, the study found no evidence that spending more time in prison raises the recidivism rate, and found that those serving the longest time, 61 months or more, had a lower re-arrest rate (54.2 percent) than every other category of prisoners.

The percentage of prisoners in federal and state prisons aged 55 and older increased by 33 percent from 2000 to 2005, while the prison population grew by only 8 percent. The Southern Legislative Conference found that in 16 Southern states the elderly prisoner population increased on average by 145 percent between 1997 and 2007.

An aging prison population brought higher health care costs, seen in the 10 percent average increase in state prison budgets from 2005 to 2006.

COSTS

In 2006 corrections cost \$68,747,203,000.

“The average annual operating cost per state inmate in 2001 was \$22,650, or \$62.05 per day; among facilities operated by the Federal Bureau of Prisons, it was

\$22,632 per inmate, or \$62.01 per day,” the BJS reported.

It costs \$9 billion a year to house approximately 500,000 people awaiting trial who cannot afford bail (BJS).

Incarceration of a parent also adversely affects the family left behind, and minority families are disproportionately represented. Seventy percent of children with a parent in prison belong to a racial minority. Once a parent is jailed, parent-child contact often fades away. Prisoners’ children, seldom recognized as victims themselves, face an elevated risk of long-term emotional and behavioral disturbances, including academic failure, aggression, and intergenerational incarceration. (Christina Melton Crain. “Children of Offenders and the Cycle of Intergenerational Incarceration.” *Corrections Today*. 1 Oct. 2008.)

COULD BE DIVERTED

When corrections policy emphasizes punishment over rehabilitation, prisons risk becoming warehouses for inmates. Without access to evidence-based programs to combat addictive behaviors, improve literacy, and impart parenting and vocational skills, released inmates emerge from prisons no better equipped than when they went into them.

Truly dangerous criminals belong in prison. But many offenders could be diverted to alternative corrections without risking public safety, and others could be given tools to make their prison time a truly transformative experience instead of simply a brief hiatus in a life of crime.

Because public safety is at stake and public funds are scarce, it is time to examine whether every taxpayer dollar spent on corrections is really making our society more secure, just, and compassionate.

With a correctional population of 7.3 million, long-time civil rights advocate and litiga-

tor Michelle Alexander asks this question: How can Americans address mass incarceration’s affect on racial justice?

“The New Jim Crow,” Alexander’s book, explores mass incarceration in the age of colorblindness.

The economic downturn has hit state budgets hard. States face a projected \$375 billion shortfall between FY2010 and FY2011. One of the reasons: corrections budgets ballooned 349 percent between 1987 and 2008.

NON-PRISON OPTIONS

There are also cost-effective approaches outside of prison walls, such as community corrections options. Dr. Joan Petersilla notes community corrections are “non-prison sanctions that are imposed...instead of a prison sentence...to provide offender accountability, deliver rehabilitation services and surveillance, and achieve fiscal efficiency.”

DIFFICULT DECISIONS

Community corrections approaches are generally found to be more effective, particularly for drug-addicted felons, and they can offer significant savings. An Ohio study in 2002 found that the state saved between \$2,000 and \$11,000 per person by appropriately diverting an offender to community corrections instead of prison.

Departments of Corrections throughout the nation face difficult decisions. In California the secretary of the Department of Corrections and Rehabilitation, Matthew Cate, summarized the situation of many: “The budget reality has forced...tough choices as we weigh population reductions, staff layoffs, and a significant cut to our rehabilitation programming. We must target our limited resources.”

— Juan Haines contributed to this story.



S.Q. News File Photo

Inmate Ed Ballenger with Teacher Richard Saenz

Vocational Machine Shop Thrives in S.Q.

By MICHEAL COOKE
Journalism Guild Writer

The first thing you notice upon entering the Vocational Machine Shop at San Quentin State Prison is that every student is busy, whether producing a piece of metal-work, attending a class, working in the CNC (Computer Numerical Control) simulator room or receiving individual instruction from the shop's supervisor, Mr. R. Saenz.

Saenz, who is short in physical stature, is the commanding presence in the shop. He holds everyone's respect and rapt attention as he speaks. His background in aerospace machining and engineering allows students access to a wealth of knowl-

edge and information which Mr. Saenz gives freely.

Question any student regarding his experience in the Vocational Machine Shop and the first thing they all unanimously mention is Mr. Saenz. If the caliber of a program begins at the top, then R. Saenz is doing more than simply teaching inmates how to shape metal into useful pieces. He is also shaping lives.

The "Shop" has a long history of accomplishments, including work for California non-profit organizations such as the Exploratorium Science Center in San Francisco and the Marine Mammal Center in Sausalito, which donated a welder for their project. The aluminum carriers that were used in the PBS documentary on the Marine Mammal

Center to transport rescued sealions and release them back to the ocean were made by the "Shop." Mr. Saenz has indicated that a future project with National Aeronautics Space Agency (NASA) to produce satellite components is nearing final approval.

In 2004 and 2008 projects were entered into competition at the California State Fair. In each year a First Place Award and Outstanding Project Award in the Industrial & Technology Education category was awarded. In 2004, Mr. Saenz won the Outstanding Instructor award.

The "Shop" boasts a wide range of machines, including manual and CNC lathes and mills, tool grinding and polishing stations. They can also learn the art of casting metal. The "Shop" performs precision machining on most any metal, steel, cast iron, brass, aluminum and stainless steel.

Three certificate programs are offered: National Institute for Metalworking Skills (NIMS) Certifications, the CDCR 1,800-hour Certificate, and the 8,000-hour Indentured Student Certificate accredited by the Division of Apprenticeship Standards. The Machine Shop also offers Milestone Credits.

Because of state budget cuts only two vocational classes remain: Machine Shop and Sheet Metal. Both shops remain because they offer outstanding opportunities for incarcerated men who are sincere about learning a marketable, well-paying trade. —Dwight Krizman contributed to this story.

New Program Gaining Popularity At S.Q.

By DERECK EDGERLY
Contributing Writer

A new program aimed at helping inmates live successful lives upon release from prison is gaining popularity in San Quentin.

The program, called Members of Modern American Society (MOMAS), is a self-help group which teaches financial skills, and finding and holding employment.

MOMAS is comprised of a group of dedicated volunteer instructors, along with the inmate Teaching Assistants (TAs).

The MOMAS material is "fluid," in that it evolves according to, or conforms to, the current status of the employment sector and economy.

A key element is how to obtain and maintain gainful employment. This section covers job applications and résumés, plus maintaining a productive work ethic.

Guest speakers include business owners and prospective employers. They share what they look for in an employee. A group of professionals conducts typical job interviews, and then

gives feed back on what areas need improvement.

Another element is personal finance, covering budgeting income, building and maintaining a good credit rating, and developing a sound retirement plan.

This module includes assignments ranging from grocery shopping, to paying for transportation to and from work. It also covers paying rent and other bills, opening and maintaining a balanced bank account. Participants also learn the latest rules and regulations regarding credit cards and banks. It also teaches the importance living within one's income.

Students also learn about financial security and a chance to reach for the "American Dream." This section covers the basics of the stock market and writing and developing a business plan. Students are "paid" mock salaries, which they must use to determine the amount of a mortgage loan they can afford.

A small "think tank" of incarcerated men developed MOMAS, including Chairman Michael R. "Harry O" Harris.

Judge Slams Prison Care Of Disabled

By JUAN HAINES
Journalism Guild Writer

A federal judge's tentative ruling found that California's prison system still does a poor job of identifying and caring for developmentally disabled prisoners nine years after the state agreed to improve services.

U.S. District Judge Charles Breyer's preliminary order rejects corrections officials' effort to end court oversight of the 2001 settlement. Although Breyer doubts that the state can correct the problems on their own, he ordered state officials to submit a new plan that will improve employee training and better identify developmentally disabled prisoners.

Judge Breyer wrote that prisoners "are regularly verbally, physically, and sexually assaulted, exploited, and discriminated against in California prisons. Developmentally disabled prisoners are punished for violating prison rules that they do not understand, and are punished at hearings which they cannot comprehend."

200 Folsom Inmates In Violent Brawl

By JULIANGLENN
PADGETT
Managing Editor

Seven inmates were wounded in a violent yard brawl that included 200 inmates at Old Folsom State Prison.

The Sept. 2 riot broke out at approximately 7:30 p.m. while inmates were exercising on the prison's main yard.

"It started on the handball court and just gradually migrated to several areas of the main yard to encompass nearly the entire main yard population," said Anthony Gentile a prison spokesperson.

The riot ended after 30 minutes of correctional officers trying to quell the combatants.

Between 20 and 35 prison guards controlled the episode by first using three chemical dispersant grenades. This led to firing between 15 to 20 non-lethal rounds into the crowd.

When the non-lethal rounds proved ineffective, five live rounds were fired as well.

Three inmates were transported to local area hospitals and two other inmates were treated at the prison. None of the injuries were life threatening.

"It appeared to be a spur of the moment event," said Gentile. We fired rounds of rubber bullets but that didn't stop them."

Out of approximately 400 inmates on the yard, guards hit five inmates with gunfire and two other inmates were injured fighting other inmates.

Folsom State Prison is located 20 miles from the state capital, Sacramento, and is a medium-security facility that reportedly holds 4,000 inmates.

After San Quentin, which was built in 1852, Folsom State Prison is the second-oldest California prison.

Built in 1880, Folsom State Prison its first riot in 1927. In October 2009, eight inmates were injured fighting in the dining hall.

In September 1996 one inmate was killed and 13 wounded, and six guards were also injured.

One guard and 24 inmates were injured in a riot in April 2002 when approximately 80 Mexican inmates fought on the main yard.

During the month of September 2008, five inmates were treated for wounds after a riot involving hundreds of Folsom inmates.

Earthquake Plan at S.Q. Being Updated

By MICHEAL COOKE
Journalism Guild Writer

In the event of a major earthquake, San Quentin Prison authorities say their main concern would be the possibility of broken gas and water lines.

Damage should be minor to structures, because of steel and concrete construction, and the location of the prison being built on solid rock.

Fire Chief G. Maresh says the formal earthquake safety plan is being updated, and staff is being trained regularly on emergency procedures.

He is responsible for implementing the San Quentin earthquake preparedness plan.

Chief Maresh said his primary responsibility was the safety of human lives and the safe occupation of housing units and support buildings. He said that should the housing units become uninhabitable the institution could be evacuated, if necessary.

In a major earthquake, Chief Maresh said, "Conditions would be similar as trying to coordinate the emergency response of a small city." Additional resources would come from Homeland Security and the federal government. Further emergency response would come through the Incident Command System (ICS), for implementing an all-purpose response.

He was less certain, however, of how much destruction could happen in the case of a 7.0 or 8.0 trembler, especially if it happened on the San Andreas Fault.

Safety precautions are vital during an earthquake. People can give themselves a measure of protection if they are adequately prepared.

Emergency response personnel suggest the following tips as prudent precautions if you are ever caught in an earthquake:

- Stay where you are until instructed by staff where to move to a designated safe area.
- Stand under a door frame or crouch under a table or chair until the shaking stops. (Most people are killed or injured by falling Debris.)
- If you're inside, do not go outdoors until the shaking stops.
- Stay clear of walls, windows and damaged structures, which could collapse in an aftershock.
- Move away from down power lines.
- Comply with staff directions.
- Follow the posted evacuation plan.
- Be Patient.

I do not have to be a prisoner to another man's weakness no more. My choices determine how my world will turn out. — R. Poma

California's Own Political Dynasty

MICHAEL R. HARRIS
Editor-in-Chief

The Brown family name has become common place in political circles throughout California and beyond. The Brown family includes the governor-elect, Edmund Gerald (Jerry) Brown Jr., his father Edmund Gerald (Pat) Brown Sr., and sister, Kathleen Brown.

The Brown political dynasty began in 1928 when the senior Brown ran unsuccessfully as a Republican for State Assembly. In 1939 he again ran unsuccessfully, this time as a Democrat for San Francisco district attorney. He ran successfully for the same position in 1943 and served until 1950, when he won election as attorney general.

END OF THE LINE FOR KNOWLAND

In 1958 Pat Brown ran for governor on the Democratic Party ticket. Brown faced off against a political giant, William F. Knowland, the U.S. Senate minority leader, who had come home to run for governor. In one of the biggest upsets in California political history, Brown defeated Knowland, effectively ending the senator's political career.

In 1962 Brown Sr. became a giant-killer again, when former vice-president and Republican presidential

nominee Richard Nixon challenged him for re-election. Nixon lost by a considerable margin. The senior Brown's own career ended in 1966, when the California electorate, having become dramatically more conservative in the intervening four years, replaced Brown with Screen Actors' Guild President Ronald Reagan.

His son, Jerry Brown, jumped into politics soon after, first winning election as California's secretary of state, and then in 1974, winning the governorship. He was re-elected in 1978. In 1982 he ran for the Senate to replace S.I. Hayakawa, but was defeated by the Republican mayor of San Diego, Pete Wilson. Brown Jr., sought the Democratic nomination for the presidency in 1976 and 1992, in the latter bid securing the primary votes of 11 states. In 1998, he was elected the mayor of Oakland. He was re-elected in 2002.

Jerry's sister Kathleen served as California's state treasurer and was the Democratic Party's nominee for the governorship in 1994. She, too, lost to Pete Wilson, who had abandoned the Senate and had been elected governor in 1990.

Born April 7, 1938, Brown is currently serving as the 31st attorney general of the state of California. He was elected to a third, non-consecutive term as governor on Nov. 2, 2010. Governor-elect Brown is scheduled to

take office in January – along with Gavin Newsom, the current mayor of San Francisco, as his lieutenant governor – 28 years after his last term ended.

When Brown was first elected in 1974 he was the youngest Governor in California history. In 2011 as California's 39th Governor he will become its oldest.

\$160 MILLION DOWN THE DRAIN

Brown defeated Republican billionaire Meg Whitman in what was the most expensive gubernatorial race in American history to the tune of \$160 million, \$140 million of which was reported to be from her own personal wealth. Brown told voters they could count on his government "know-how" to work with lawmakers in an attempt to fix the many problems plaguing the nation's most populous state.

Brown is a native San Franciscan and a graduate of St. Ignatius High School, University of California at Berkeley and Yale Law School. His first elective office was the Los Angeles Community College Board of Trustees.

Another California Brown is Marin County Supervisor Harold Brown, a first cousin of the governor-elect.

Most Parolees Returned to Prison Not for Committing a New Crime

By **JUAN HAINES**
Journalism Guild Writer

The severity of commitment offense has little bearing on whether parolees return to prison after release, according California Department of Correction and Rehabilitation's (CDCR) latest Adult Institutions Outcome Evaluation Report.

Prisoners committed for property crimes have the highest overall, three-year recidivism rate. Prisoners committed for crimes against persons, drug crimes or other offenses recidivate at an almost identical lower rate, whether it was at one, two, or three years of follow-up.

Prisoners housed in reception centers for at least 30 days prior to release have an abnormally high recidivism rate.

THREE-YEAR RATE

The evaluation termed a recidivist as an individual convicted of a felony and incarcerated in a CDCR adult institution who was released to parole, discharged after being paroled, or directly discharged from CDCR during a defined time period and subsequently returned to prison during a specified follow-up period.

The evaluation's purpose: to monitor the three-year rate of reincarceration of parolees during FY 2005-06 and examine how these rates vary across time and place, by person, by incarceration experience, and by CDCR missions and institutions.

Almost half of the prisoners released in FY 2005-06 returned to prison for a parole violation within three years.

Parole violators were classified as:

Parole Violation (Law): When a parolee commits a crime while on parole and returns to prison by action of the Board of Parole Hearings, rather than by prosecution in the courts.

Parole Violation (Technical): When a parolee violates a condition of his/her parole that is not considered a new crime and returns to prison.

Parole Violator Returning With a New Term: A parolee who receives a court sentence for a new crime committed while under supervision and returns to prison.

Only some 20 percent of violators returned to prison after being convicted of a new crime.

The three highest three-year recidivism rates occurs for prisoners who were convicted of vehicle theft, escaping/failure to report, as well as receiving stolen property. The lowest rates were for vehicular manslaughter, controlled substance manufacturing, along with committing a lewd act with a child.

The three-year recidivism rate for flagged sex offenders is 3.1 percentage points lower than non-flagged offenders. Recidivating flagged sex offenders are most often returned to prison for a new non-sex crime than for a new sex crime.

Fourteen percent of the felons released from CDCR in FY 2005-06 were designated as having mental health issues and generally recidivate at higher rates.

The evaluation found that serious or violent offenders recidivate at a lower rate.

The FY 2005-06 recidivism rate is 63.1 percent for prisoners who served 0 to 6 months of incarceration, and increases incrementally until it peaks at 71.5 percent for those who are incarcerated 19 to 24 months. The recidivism rate dips steadily as the length-of-stay increases, ending with prisoners who served 15 or more years with a recidivism rate of 37.8 percent. The evaluation assumed that effects of length-of-stay might also be confounded

by the general theory that people recidivate less because they age out of criminal activity.

As the number of prior incarcerations in CDCR adult institutions increases, so does the likelihood of return to prison.

When assessed for recidivism risk using the California Static Risk Assessment almost 53 percent of the prisoners were identified as being at a high risk for being convicted of a new crime, 28.5 percent were medium risk and 16.3 percent were low risk.

DO PROGRAMS HELP

Future reports will provide recidivism numbers for program participants within institutions, enabling the department to better identify programs that should be retained or expanded, those that need improvement, and those that should be reduced or eliminated.

Despite the fact that female offenders represent a small proportion of the prisoner population, they have a lower recidivism rate than males. CDCR continues to emphasize the importance of increasing rehabilitative opportunities for female prisoners through a commitment to gender-responsive programs.

Veterans Affairs

The 22nd Annual San Quentin Toy Program will be held in H-Unit and North Block visiting rooms. Stuffed animals, dolls, books, games, athletic items, toy vehicles, candy, and other similar items will be distributed to all children, ages 14 and under, who visit on December 11th, 12th, 18th, 19th, and 25th.

OPINION

Juvenile Justice – A Train Wreck Unfolding

By **MICHEAL COOKE**
Journalism Guild Writer

The juvenile justice system is in serious trouble – a train wreck already unfolding.

The issues of concern to the parents and guardians of these young perpetrators of violent crime is: Why it is happening in the first place, and how do we either prevent it or intervene before it occurs?

Is it a problem for government to solve, or does the solution lie with all of us?

Juvenile justice authorities believe a plan to mitigate such problems must include more job opportunities for young people and they should receive acceptance and support elsewhere.

If you suspect that a member of your family or a neighbor is involved with criminal or gang activity, it is important to acknowledge it and report it. The signs often include a change in dress style, secret behavior and increase in money and possessions. A problem only increases when you bury it and pretend it does not exist. It is even more difficult to expose when the parent is the direct recipient of a criminal enterprise.

You have to try to make sure that young people in your family occupy their time with activities that are wholesome and productive, such as organized sports, hobbies, and after-school activities these are all excellent ways to fill a young person's time and make them involved as a part of the community.

The biggest supporters that can provide intervention and prevention are faith-based organizations such as churches and non-government organizations. In general are put standing and

Believing that young people have a better chance of being helped if they are given positive activities, they take a more direct role in working with young people.

There are no simple solutions to reducing arrests. What is obvious is that we can't spend our way out of the problem through incarceration by locking up every juvenile offender.

The only real solution is deterrence through education reform, vocational training, and employment opportunity, as well as mental health care, substance abuse treatment and rehabilitation services for juvenile offenders when it becomes necessary to detain and incarcerate them.

We want teachers' compensation to reflect performance incentives. We should expect the same from the juvenile criminal justice system. We allow young lawbreakers to languish in juvenile detention centers to become the next generation of underclass recidivists.

This is a self-perpetuating system of failure, created to feed the insatiable hunger of the criminal justice system. Society does not benefit from the insane amount of revenue it spends to warehouse children through a graduated system of juvenile detention camps to adult incarceration.



RELIGION

Muslim Community Celebrates id-ul-fitr

By MICHEAL COOKE
Journalism Guild Writer

The San Quentin Muslim community had a feast Sept. 19 to celebrate id-ul-fitr (feast of fast breaking). Joining the feast were Imam Mikhail Muslim, from Folsom State Prison, graduate student Hafiz Hammad Shere, and North Star Elementary School math and science teacher Haseeb Sadat.

Hafiz Hammad Shere gave the invocation with a recitation from the Quran. Imam Mikhail Muslim asked for guidance and mercy for the community, and encouraged those attending to be steadfast in their religion.

Imam Muslim said, "We need to remember Allah in good times and in bad. Why are we only putting in a call to Allah when we need help? Don't be a reactionary or 911 Muslim. Don't put in the call only in a crisis. Read your Quran throughout the year.

The only loyalty is to Allah."

He also stressed the need to support the San Quentin Imam Q. Kawsar Hossain. "I've only known Imam Hossain a short

time, but I feel his deep sincerity and his desire to help, within the restrictions of the environment," he said.

"Don't allow people to use you as a bad example. You can avoid that by not setting any negative examples. Current society has become unsurpassed in advanced technology; however, society has become morally bankrupt. Who's going to set the example?" he challenged.

"I know what it's like to step into the ring every day. I grew up in the projects. I come from the 'hood. I could easily see myself on this side of the fence if I had allowed myself to get caught up in my friends' drama. But Allah had other plans for me, besides the penitentiary. Now, I'm an ambassador for Islam, because I stand up for Allah."

The Muslims enjoyed a meal of halal chicken, lamb, rice, a garden variety salad, pita bread, blueberry cheesecake pie, bean pie and ice cream.

Still Coming After 24 Years

By KENNY BRYDON
Contributing Writer

For the past 24 years, Mother Earline Gilbert has been coming in to make sure that, on Sunday mornings, there is someone there to cover and allow both Reception Center and Mainline religious services. She began with the Kairos program, and discovered a heart for the incarcerated.

"First I started coming to hear the choir," she said, "then Earl Smith (former Protestant chaplain) asked me to help out." She started to escort people in to the chapel, and taking the women to the ladies room. In time, she began to have a clear understanding of how things operated, and correctional staff came see her

as someone able to handle responsibilities.

The mother of two children, and three grandchildren, Gilbert has done much over the years to be of assistance. Still, the story of her presence here also has its share of the unexpected. "I lost my father by a hand gun from a robbery," she shared.

On Sunday mornings, you'll see Mother Earline at the entrance of the San Quentin's Garden Chapel, where she enforces a sort of dress code to those who aren't wearing their shirts and jeans appropriately. In her speaking to these generally younger prisoners, there's the reason for her name here, which receives immediate compliance as it were their own mother giving the order.

Insightful Words Drawn From The Holy Qu'ran

Allah is the "Light" of the heavens and the earth. High above the petty evanescent lives, He illumines our souls with means that reach our inmost being. Universal (is His light), so pure and so intense that grosser beings need a veil to take his rays. His elect are ever absorbed in prayer and praise and deeds of

love, unlike the children of darkness, struggling in depths profound of vanities false. All nature sings of the glory of Allah, and men of fraud and hypocrisy are but rebels in the Kingdom of Allah.

(Holy Qu'ran – Surah 24:35-57) (chapter)

By LAQUAN HAYES
Journalism Guild Writer

A group of San Quentin inmates came together in February to form a group that became the Christian Creative Writing Fellowship. Despite its lack of an outside volunteer/sponsor, it continues to meet in the Garden Chapel library every Friday from 10 a.m. to noon. Members of this creative writing group saw the need for inspirational literature to be published.

Members of this group say that non-Christians are welcome to be a part of this group. However, the group opens with prayer and closes with prayer in the name of Jesus. The group says they would like to host a writing contest open to the general San Quentin population. The winner of the contest would receive a prize. The prompt would be centered on inmate's experience of a divine intervention. The members of this group believe that this is a new concept for creative writing in a prison setting.

This group is following in the footsteps of the creative writing group in the Arts In Corrections program. They would like to collect an anthology of San Quentin's prisoner writing and make it available on Amazon. They would also like to have a web site where members of the public can log on and read the groups writings. Members hope to begin to receive support from local churches to assist with moving these ideas forward.

Members of the Christian Creative Writing Fellowship believe they can make an impact on the literary world. Ken Brydon stated, "I had already received an honorable mention by Pen America, a national prison writing contest for prisoners. Jennifer Scaif, formerly of the Patten University Project, was also very impressed with some writings I'd submitted to Patten College's 'On Line,' a prisoner student anthology."

"Turning In The Spirit," by Mike Erwin, is about a man that passes away in prison and then

a transformation into heaven begins. "Endor's Tower," by Paul Stauffer, takes place in 2000 B.C. A young man goes on a journey and questions God's presence while facing evil witches. "The Missing Pastor," by Curtis Penn, is about a pastor who leaves town in search of a loved one he never knew he had. "The Mailman," by LaQuan Hayes, is about a messenger who is on a mission to deliver a message to the father of his love interest but is faced with opposition from the young woman's ex-lover.

Group memoir writing has been therapeutic for some members, said Moses Duron. He added, "I started the Christian Creative Writing group not knowing the spiritual growth I would receive. The fellowship and openness has opened doors I had shut for years. Writing has allowed me to express my struggles and failures and face them. I'm making changes in my life with the help of Christ Jesus."

Words to My Daughter

By JULIANGLENN
PADGETT
Managing Editor

Nick Garcia lives with three big regrets: the taking of a human life, his seven years to life sentence, and the loss of his son and daughter. But he dreams of getting out of prison one day and seeing his family again.

When Garcia, 57, came to prison 33 years ago he was cut off from almost all contact with his children.

"I've been married twice. My first wife's name was Veronica," Garcia said. "She is the mother of my children, Nicholas and Melissa Garcia."

While at California Men's Colony (CMC) Garcia reached out to his family because it was important to him to find a way to still be in their lives. But Veronica had decided early on not to bring their son.

COULDN'T GET UPSET

"I had to ride with it," Garcia said. "If I had gotten upset I would have lost the chance of seeing my daughter."

At 24, Garcia found himself in the clutches of the criminal justice system and the next time he saw Melissa she was 13.

"The day I went out to the visiting room, I saw my sister Leilani, Veronica and this beautiful girl I had not seen since she was 5," said Garcia.

For him it was a joyful yet painful reminder of what he had



Photo: Nick Garcia

Melissa and Nick in 1986 missed for so many years—his family.

"We were hugging each other; there were a lot of tears from both of us and she wouldn't let me go. I got the feeling that she didn't want me to go away again," Garcia recalls.

Yet the vision still echoed in his memory of the night Melissa watched in shock as five to 10 police and detectives raided his home, with weapons drawn to arrest her father for murder.

"I was in the back room but they handcuffed me in another room when they arrested me," said Garcia. "I remember walking down the hallway and to my left was my daughter. My baby girl was looking at me yelling and crying, 'Daddy...Daddy.'"

Garcia was frightened more for Melissa than he was for himself. In pain, Garcia tried hold-

ing it together for his little girl. He did not want her to see him break down. "I remember saying it's going to be okay *Mija*," said Garcia. Then he was gone.

In prison and 11 years after his arrest, Garcia asked his former wife to bring her grandmother and Melissa for a family visit. His former wife asked to come, too. "I told her that she couldn't because we were no longer married," Garcia said. Melissa and Nick saw each other four times after that, and have not seen each other since. When Melissa would visit, they would discuss her dreams of attending college.

NINE UNITS AWAY

She inspired her father so much he continued his college education. Garcia is nine units from getting his Bachelor of Arts degree, and both his children are now college graduates.

He also has another daughter in college, Monica Garcia. "At the age of 13 Melissa knew what she wanted to do with her life and my continuation of college made me feel like we were doing something together," Garcia said. "After that year of seeing her I hope and pray I will see her again. I love you Melissa."

In November Garcia appeared before the parole board but the hearing was postponed to the next available calendar.



Photo: Rudy Luna

In-house musicians entertaining San Quentin prisoners on the Lower Yard

Hundreds Sample Inmate Talent On a Day Celebrating Recovery

By LAQUAN HAYES
Journalism Guild Writer

For hundreds of San Quentin inmates, it was a day to celebrate recovery from the drug addictions that led them to a life of crime and prison. Highlighting the September celebration were an impressive array of in-house musicians displaying their talents on the Lower Yard.

Five bands took their turns, playing a wide array of musical offerings.

There was The Usual Suspects, a jazz band featuring Dito Williams, Dwight Krizman, Kevin Hagan, D. Dixon and Bito Williams.

Featuring blues and rock was Cold Blue Steel, with Joe Mason, Doug Howell, Gary and John.

R&B sounds were provided by New Day, featuring Rico Rogers, G. Dixon, Kenneth Hagan, Rico Rogers, Ron Mos-

ley, A. Barries, N. Brown and D. Buckhanna.

Rock music was provided by Human Condition, with Marco Davidson, Joe Askey, Doug, and Joe Mason.

Latin music came from Latin Rhythms, featuring Robert P. Morales, Dixon, Espinoza, John Stuff, Juan Haines, Joe Mason and Doug.

The event was sponsored by John Muir Behavioral Health Center for Recovery, Fresh Start and Support 4 Recovery. San Quentin's bands assisted.

Overseeing the event was Rick Baez, director of Addiction Recovery Council.

Volunteer Tom Aswad stated, "We support the treatment of the inmates at San Quentin, the (in-mate) ARC counselors are every bit professional as the counselors on the outside and I've been doing this for over 20 years."

Pete's Coffee of Walnut Creek does fundraisers to support the drug program at San Quentin. Jen Sanchez, an employee at Pete's, stated, "I think it's a great cause. Last Christmas we raised \$3,000 and we hope to raise double this year and I want to thank all the customers of Pete's Coffee in Walnut Creek.

Contributing writer Charles "Talib" Brooks, who conducted interviews of the band spectators, wrote, "The band Cold Blue Steel had a cold blues song on their play list that had everyone (including myself) in the audience nodding their heads to its rhythm and professional sound. Though I personally did not come to see them, the audience loved them and it keeps me up; that's for sure. The lead singer and the harmonic player stole the show. The guitar player played and danced and that

stayed in my mind later after the song was over. The raspy voice of the blues singer was authentic and raw like a seesaw."

While the Latin players performed Santana's "Black Magic Woman" and "Change Your Evil Ways," inmates and volunteers danced the salsa.

Brooks stated the rock band Human Condition "played a song by Robert Cray and the drum percussion and the bass player really stood out (on) 'Ain't nothing but a woman.' This time I could hear every instrument." Lastly, on 'Have a drink on me,' by AC/DC, the lead guitarist really stood out, and when the hook was sung, volunteers joined in. There was a surprise ending with the bass and drum solo combo with Marco and John. How appropriate for the same two that started the show to also end the show. The rock band Human Condition was the source of power that kept the crowd electrified and juiced.

While the musicians took a break, Felon Oreilly, a comedian from the outside, took the stage and the crowd became overwhelmed with laughter. Oreilly joked about the wiles of being under the influence of drugs and alcohol and the poor choices that make lasting impressions on lives even after becoming sober.

Program inmate Dixon stated: "I was suspended for a year from the program and I couldn't get people to play with me ... But I learned how to humble myself ... I've been allowed back into the program although I still trip out and have to be sat down. I love it because I feel like I'm more prepared to enter back into society than I was before."

Tribal Quote

Whenever a man proves himself by his good life and his knowledge of good things, naturally fitted as a teacher of good things, he shall be recognized by the tribe as a teacher of peace and religion and the people shall hear him

—Iroquois Tribal constitution

Drama Group Helps Inmates in More Ways

The Shakespeare Drama Group was established in San Quentin's Arts in Corrections program in 2003 by the Marin Shakespeare Company. Today it continues to go forward and is sponsored by the William James Association.

Under the instruction of Suraya Keating, the Shakespeare group is comprised of several uniquely talented San Quentin inmates.

All are gifted thespians who have exhibited enough talent to attract the attention and coverage of San Francisco television station KPIX and Nancy Mullane's radio show on 91.7 KAWL.

Their July performance of Romeo and Juliet took place in San Quentin's Garden Chapel. One member of the San Quentin Shakespeare group, Angel Alvarez said, "It helps my mood because I'm a very serious person and it helps me step out of the daily struggles of dealing with incarceration."

The Arts in Correction building includes an art studio and a display of prisoner artwork. A beige canvas covering, stained by droplets of paint-covered drums, guitars and amplifiers. For San Quentin musicians, this room is also a rehearsal studio. The room also serves as a literary hall for San Quentin's creative writing group. In the summer of 2008, literary celebrity Tobias Wolfe was the guest speaker.

Instructor Suraya Keating is the theatrical teacher and director and is employed by the Marin Shakespeare Group.

Asked what she found unique about working with San Quentin inmates, she responded "Their willingness to learn and be silly and step out of their character."

Actor Cole Bienek said, "Everything is so serious in prison. I get to come in and be a little less serious. It's a creative outlet I get to be a kid again. I'm a creative person: I draw and play music. The arts program addresses a

different kind of problem-solving. It's an abstract reasoning as far as acting goes. It's different than sitting in a classroom and learning, but you have to have a balance of a creative outlet. The arts address an emotional aspect. I learn to reason and involve my feelings into becoming the character. People need a release, a creative release."

Asked what affect performing Shakespeare has on him, Erin O'Conner responded, "I think it helps me be a better communicator with others."

O'Conner further discussed how working with others requires taking instructions and talking to other actors to convey how parts are to be played. O'Conner played Romeo along side Lesley Currier in the July Shakespeare production held at the Garden Chapel. — Laquan Hayes



Where Are They Now?

By JUAN HAINES
Journalism Guild Writer

The number of illegal immigrants living in the United States dropped by one million from 2008 and 2009, according to the Department of Homeland Security. It was the second year of declining numbers and the sharpest decrease in 30 years.

The Border Patrol reports its arrests are down by more than 60 percent since 2000, to 550,000 last year, the lowest number in 35 years.

The number of Mexican migrants coming to the U.S. declined by 40 percent between 2005 and 2008, according to the Pew Hispanic Center,

The challenging U.S. economy has disheartened highly skilled immigrants globally from seeking jobs in America, and the number of applications for H1-B visas, for work permits, has slowed. Before the recession, the 85,000 H1-B annual quota would be filled within days of the application date of the first of April. For fiscal year 2010, the quota wasn't reached until December 2009.

The Census Bureau's American Community Survey last fall revealed a historic decline in the percentage of U.S. residents who are foreign-born – from 12.6 percent in 2007 to 12.5 percent in 2008.

The Past

Don't think about the negative things you've been through. Think about the beautiful things you've learned. Sometimes things fall apart so even better things can fall together. Things go wrong so that you can appreciate things when they're right. Go forward in a stay-strong way.

Our lives end when we stop believing in what we believe in. Success is not money or power; it's about what you achieve and what you do about helping someone else achieve their success

Are You Smarter Than an Inmate?

A father went on a long trip. He had three offspring, aged 9, 6 and 2. The father owned 17 villas and left explicit instructions in case something happened and he did not return.

He left in his will that his eldest was to get one-half, and the second oldest was to get one-third and the youngest was to get one-ninth of his wealth.

The father clearly left a plan as how to divide the property so clearly and immaculately that no villas were shared between the children. All three got shares, as their father had wished.

How did the father divide the villas so that none of the villas had shared ownership?

Please, mail in your answers to: Managing Editor, S.Q. News/Education Dept., 1 Main Street, San Quentin, CA 94964. For San Quentin prisoners, send your response in a U-Save envelope to Managing Editor, S.Q. News/Education Dept.

The correct answer will be published in the next edition of the San Quentin News.

SPORTS

S.Q. 26.2 Mile Race Brought Out the Best

For most of the inmates competing in the San Quentin Marathon, this race would be a new experience. Many of them trained judiciously for several months to improve their fitness so that they could survive a 26.2-mile race. The official starter was Coach Alphonso Jackson, a top-rated runner who coaches students from Oakland inner-city high schools to run the Los Angeles Marathon and who was featured in the critically acclaimed documentary film, *Runners High*.

Coach Frank Ruona was the rabbit for the front-runners, aiming to set an eight-minute per mile pace for the first 20 miles of the race. At the 19-mile mark, he was on that pace at 2 hours, 43 minutes and 36 seconds, but then had to drop out at 20 miles with a tight hamstring.

Ronnie Goodman and Eddie Herena continued the last 6.2 miles. Herena actually picked up his pace over the last few laps to finish in first place with a new San Quentin Marathon record of 3 hours, 45 minutes and 40 seconds. Goodman hung tough and finished in second place in 3:52.44.

Stephen Yair Liebb started out at an aggressive pace, running with Herena early in the race, but the marathon distance proved tougher than he had anticipated. Stephen hung tough, however, and took 3rd place in 4 hours 12 minutes and 11 seconds. Next across the finish line was Larry Ford. Larry had trained seriously for the race and was confident he could go the distance. But the 26.2 miles was definitely tougher than he had hoped and

finished in 4 hours, 18 minutes and 8 seconds.

Hector Oropeza finished fifth at 4:25.50. Dee Whitaker, wearing his cancer survivor tee shirt, was sixth in 4:38.45

When he finished the marathon Big Joey Mason put in a solid first 20 miles and he was able to speed walk the last 6.2 miles and finish seventh in 4:48.14.

Malcolm Jones, one of the long-standing members of the club, took eighth in 4:57.59.

The final finisher was Bill Pillars, another long-time club member. Pillars had hernia surgery recently but showed grit and determination in finishing the marathon in 5:4 minutes.22. Bill was accompanied by Coach Al for his last mile. Laura Bowman Salzsieder, Jill Friedman and Ronnie Goodman jumped in to run his last lap with him.

Five other inmates ran a portion of the marathon distance. Alton "Coach" Mcsween made a valiant effort to complete the marathon, but his body gave out on him at 20 miles and he called it a day after 4-hour, 23-minute run. Kimya Humphrey and Andrew Gazzeny both completed 13.5 miles in 2:43.24 seconds and 2:46.26, respectively.

Erick Copeland and Shane Edwards ran together for 13 miles and finished in 2 hours and 20 minutes.

Coach Al, along with Laura Bowman Salzsieder, Community Volunteers Jill Friedman and Dom Brassey and inmates Steve Pasascio, Evert Spells and Mike Tyler provided outstanding support and encouragement for the runners throughout the marathon.—*Drew Piazza*

Blues Brothers' Strong Start to Flag Football

Continued from Page 1

blitzes but our O-line was able to recognize the schemes."

One task that the Blues Brothers clearly handled was running the offense with two totally different styled quarterbacks. K."Bilal"Chapman was more pass oriented while K. Carr, Sr. favored the run. Haynes said that "the line was able to make adjustments on the fly; I feel the line is ahead of schedule."

On the defensive side of the ball, a smothering scheme by the Blue Brothers worked well, forcing three picks, one each by M. Mitchell, M.Tyler and D. Kennedy.

Starting cornerback M. Mitchell explained, "We've installed a different defense, showing blitz, backing out into man-to-man coverage or having the linebackers drop into coverage, letting

the corners shoot the gaps. It's more complicated, but really effective when run right. We're just starting to feel comfortable with it."

Cornerback D. Kennedy says, "With the speed we have this year, we're able to use more coverages. It's more aggressive; it makes us unpredictable. In the past we didn't have this speed, which forced us to play basic."

Quarterback K. "Bilal" Chapman says, "With Mario Ellis due back next week, this will help us on both sides of the ball. His size and speed presents matchup problems for opposing defenses."

Golden Gate Ministries quarterback M. Canon had a rough day. He said, "My passes looked good while they were in the air," but the Blues Brothers were "too fast and quick."—*Drew Piazza contributed to this story.*

How Tennis Is Done By a Wimbledon Champ



Photo: Rudy Luna

Pat Cash (back row, left) and members of the S.Q. tennis team

By DREW PIAZZA
Sport Editor

On a warm Friday morning tennis greats Rosie Casals, Pat Cash and Justin Gimelstob played tennis at San Quentin Prison, giving inmates a rare treat on fabulous net play. Cash is a Wimbledon champion. He is the youngest player to ever play on a Davis Cup team, giving Australia victories over Sweden twice. In 1987, Cash beat a heavily favored Ivan Lendl to become the Wimbledon champion, a crowning moment in his career.

After the Wimbledon title, Cash climbed up in the Players Box prior to the trophy presentation on center court. He has the distinct honor to have been the first to perform this feat.

Gimelstob attended UCLA and was part of the 1995-96 NCAA finals against Stanford University. He was in the top 100 players on the ATP Tour. He is a doubles specialist where he

won titles in Newport, Rhode Island, and has a total of 13 ATP double titles. In 1998, Justin won the Australian and French Open mixed doubles titles with Venus Williams.

Rosie Casals is a San Franciscan and a 12-time Grand Slam Doubles winner and Hall of Famer who along with Billie Jean King was a pioneer in the fight for equality in women's tennis.

All three played some exhibition matches teaching the finer points of tennis showing proper technique on volleys, serves, lobs and drop shots. They brought a wealth of tennis knowledge and shared valuable tips.

Gimelstob and Cash played doubles with San Quentin's Inside Tennis Team members Chris Schumacher and Raphael Calis, who matched the pro stroke for stroke. Later in the session Cash played Gimelstob, treating the population to some professional world-class tennis-hitting precision passing shots and cross court backhands and heated serves.

The following questions were answered by Gimelstob:

Have you ever been to prison before?

"Actually I have been to prison before I've never play tennis

in prison. This is actually a great situation to see the interactions this is a very unique experience and good quality of tennis. It was nice to see the knowledge and understanding of the sport. It was good to see people in various situations enjoying tennis under these adverse circumstances. It was nice to see the players in here with the familiarity of the sport and being so updated with the current situations in the tennis world."

What you are advocating through this sporting event at San Quentin?

"I was asked that very question before I came in. What was I trying to accomplish or achieve? To be quite frank, I lived a very sheltered life and I just wanted to come out and meet people from a different life. I wanted to meet people under a different upbringing and that are in a different situation and basically just to meet people, and to see how tennis can help people. I love tennis. It's a big part of my life. I can say to see people using a sport I obviously love brings a new appreciation for the sport, coming in and seeing it used in this manner."

What did you expect to find versus what you found here at San Quentin?

"It's tough to have any expectations. It's actually cool to see people so active, to see people using tennis as a release. I would have probably thought it would have been more intense and confrontational, yet it feels like going to a normal park. People are exercising, walking around normal. I'm shocked and glad people are using sports to be stimulating and active. I think it's great, and for them to be using tennis, a sport I love, makes me feel good.

NASCAR

Smooth, fast and steady. Five years running, Jimmy Johnson kept his NASCAR reign going. Johnson's fifth title moves him past his mentor and teammate, Jeff Gordon, for most titles among active drivers.

SPRINT CUP

1. J. Johnson..... 6,622
2. D. Hamlin..... 6,583
3. K. Harvick..... 6,581
4. C. Edwards..... 6,393
5. M. Kenseth..... 6,294
6. G. Biffle..... 6,247
7. T. Stewart..... 6,221
8. Ky. Busch..... 6,182
9. J. Gordon..... 6,176
10. C. Bowyer..... 6,155
11. Ku. Busch..... 6,142
12. J. Burton..... 6,033



NFL SCORES Week 11

CHI	16	MIA	0
PIT	35	OAK	3
BUF	49	CIN	31
NYJ	30	HOU	27
DAL	35	DET	19
KC	31	ARZ	13
GB	31	MIN	3
BAL	37	CAR	13
T.B.	21	SF	0
N.O.	34	SEA	19
ATL	34	STL	17
JAX	24	CLE	20
WA	19	TEN	16
NE	31	IND	28
PHI	27	NYG	17

S.Q. Soccer Teams Ready to Start Again

Soccer is the largest sport in the world and it's alive in San Quentin, after a hiatus of years, and teams are working their way through the cellblocks.

"Who says there isn't soccer here at San Quentin?" volunteer coach Len Zemarkowitz said on a nice warm Saturday afternoon in the Lower Yard.

On the field the H-Unit Team defeated the North Block Team, 7-3. On Tuesday H-Unit again beat North Block, 4-2.

H-Unit proved too fast, too strong and exhibited more energy than their competition.

The soccer program is trying to expand beyond the current two teams. Coach Zemarkowitz said he is very interested in

starting a league, and enhancing the San Quentin play.

As the game was being played there were at least 10 to 15 guys sitting on the sidelines wanting to play, so there is a lot of interest.

Soccer games are on Saturday at 1 p.m. on the Lower Yard.

The Coach reported outside teams want to come in and compete against San Quentin teams.

Interested men should contact H-Unit Coach Marco Antonio, Coach Navarro Carrera, or Sergio Sanchez — North Block contact Osvaldo Elias 4N042. — *Drew Piazza*



Photo: Rudy Luna

Cal Berkeley tennis team with members of S.Q. team Cal Bears Tennis Team Pulls from All Nations

By RUDY MORALEZ
Journalism Guild Writer

On a recent warm Saturday morning, the University of California Golden Bears tennis team rolled into San Quentin and put on a display of great tennis with precision shots and lightening speed. The team is ranked 18th in the NCAA, with the 17th and 122nd ranked player in the nation.

Team members span the globe with Pedro Zirbin from Brazil (17), Chris Kongsfeldt from Denmark (122nd), Zach Gilbert from Marin, Ben Mikloclin from New Zealand, Chase Melton from Southern California, Bo Katsarov from Bulgaria, Tommy Murphy from Ireland, Sky Lavil from Marin, Carlos Cueto from Spain, and Nick Andrews from Sacramento.

It's not everyday you get a chance to play with this level of competition and the S.Q. Inside Tennis Team took full advantage of the opportunity.

Clinics were held with Cal's players serving at 120 m.p.h., one of them big lefty Zach Gilbert, son of Brad Gilbert, former top 5 player in the world. Serve after serve, San Quentin's James "J.T." Taylor returned the rockers.

Coach Peter Wright made it clear that the team wanted to be at San Quentin.

What does it mean to come here? Wright replied, "Everyone is human; there are good people everywhere."

Will Cal beat Stanford?

"If we don't, I should be fired," said Wright.

Pedro Zirbin, who grew up in Brazil started playing tennis when he was 10 years old. He has been in the United States for five years. He said coming to the United States has been a great experience for him, but he admitted that on occasion he gets homesick.

Zirbin said that he had never heard of San Quentin before this trip. When he asked friends about it, he got many stories and he readily admitted some of the stories weren't good. Zirbin said he thought it would be like the movies and "I couldn't believe people were walking around, playing basketball, walking around free." On this day there was the Breast Cancer Walk-a-thon and Zirbin shook his head in disbelief.

Zirbin is ranked 17th in the nation in singles play and holds a 4.70 GPA in Developmental Economics. He wants to turn pro after graduating from Cal and help develop his country.

He strings his racket at 58 pounds across and down with Luxalon and techno-fibers, which affords better topspin and control. He explained his game isn't power, even though he serves at 120 m.p.h. His favorite player growing up was fellow Brazilian Gal Novic.

Chris Kongsfeldt, the 21-year-old sophomore from Denmark ranked 122nd in the nation, said the Cal Berkeley experience had been overwhelming. He

said coming to San Quentin and sharing skills and technique was personally enjoyable. He realizes that everyone makes mistakes and said, "Today I don't see any prisoners. I see tennis players." Chris also wants to finish college and then turn pro.

Cal players were asked if Stanford rivalry as serious as it appears. Every one of them got glossy eyed. Making clear their dislike for Stanford.

Cal's tennis team has not been affected by the recent cutback in the university's sports program.

—*Drew Piazza contributed to this story*

'About My Pick Against The Giants'

By DREW PIAZZA
Sports Editor

It was done in five against all odds, unbelievable; but they did it. The San Francisco Giants won the World Series in grand fashion.

As the Sports Editor of the San Quentin News, I must humbly fear the beard. I, amongst almost every sports writer in the nation, didn't give the Giants a chance, even staking my reputation on the line. They weren't as good as the Philadelphia Phillies, at least on paper. They beat them.

The Texas Rangers had the most potent offense in baseball; not when it counted the most; the Giants handled them with ease. The Giants have proven that, on any given day, whoever plays the best wins.

So this leaves the question: If the team that's not considered the best, beats the team that is considered the best, isn't the team that wins the best?

The answer: THE GIANTS ARE THE BEST.



Photo: Sam Robinson

Piazza – Giants Fan Yet?

San Quentin's Player of the Month

Player of the Month honors for November goes to the Warriors' Mike Ware, #21, who plays both point guard and shooting guard. Mike is in his eighth year with the Warriors. He grew up in Los Angeles as a Lakers fan, idolizing Ervin "Magic" Johnson and attempting to pattern his play after the great Lakers superstar.

Mike's talent led him to many recreation center championships, eventually moving on to city and state titles. Playing with the Fremont Pathfinders, Mike often paired with his brother, Casper, in a one-two tandem that found their exploits covered often by the Los Angeles Times.

Mike is highly respected and regarded as a catalyst on the team, noted for his leadership skills. He is noted for his dazzling behind the back passes, and his no-look passes ala "Magic Johnson," as he racks up assists at a high clip.

What motivates you to compete with what appear to be guards much younger than you?

The competition and the mere challenge and the love of the game. Man, when I go out and compete with some of these guys that come in to play us and they're 10, 20 years younger than I am and I serve them, that's all the motivation I need [laughs].

As the floor general, and having two big men, how do you make sure the rock gets distributed evenly?

My first obligation is to make sure my bigs get involved early, which will set the pace for later in the game, but also be conscious of the fact that the other players need their touches as well.

What have you gained from playing here at San Quentin?

A higher level of playing with the youngster to force myself to compete with players much



Photo: Mary Cello

Mike Ware

younger, which makes me push myself to higher levels.

The offense you run appears to be a half court set. Would you like to open up and go up-tempo?

Our offense is geared to exploit what we have and we happen to have two very good big men. So naturally we want to exploit those matchups. There are times when I would like to run an up-tempo style offense, but we must stay within the game plan.

You log a lot of minutes and on defense you are matched with the opponent's point guard. That can be grueling.

Well, you're correct. I'm matched up with their point guard and it gets tiring chasing them around. Then I get hit with a blind side screen and then we have the ball and I have to run the offense. What I try to do is pace myself during the game. I had a coach back in high school who taught us how to reserve our energy and then know when to turn it on and off. Other than that I do leg routines because when your legs go your shot goes. Hey, don't write this, but I have an advantage with heart. Having heart can't be taught or coached. I've already won the battle before the whistle blows.

Joffrion's Picks

By RON JOFFRION
Contributing Writer

AFC-NORTH AFC-WEST
Steelers Chargers
AFC-SOUTH AFC-EAST
Colts Patriots

WILD CARDS
Ravens
Miami

NFC-NORTH NFC-WEST
Packers 49ers
NFC-SOUTH NFC-EAST
Saints Cowboys

WILD CARDS
Redskins
Falcons

SUPER BOWL
Saints vs. Ravens

Winner Ravens
WEEK 12

BAL	over	T.B.
PIT	over	BUF
NYJ	over	CIN
CLE	over	CAR
STL	over	DEN
HOU	over	TEN
IND	over	SD
NYG	over	JAX
KC	over	SEA
OAK	over	MIA
NE	over	DET
SF	over	ARZ
ATL	over	G.B.
PHI	over	CHI
N.O.	over	DAL
WSH	over	MIN

OPINION

Life vs. Death— No Easy Answers

By MICHAEL R. HARRIS
Editor-in-Chief

San Quentin was hyped-up last month, edging toward what was believed to be an execution. Although Death Row is a world unto itself, when it comes to putting someone to death this becomes the talk of the entire prison. And it inflames societal debate on the pros and cons of the death penalty. But what's really at stake here? What lessons can mankind learn from these moments surrounding life or death?

First, we start with the victim, who in most cases had no choice in the matter. More likely than not, his or her life was suddenly and violently taken away. Then there are the family and friends and those who specialize in the various fields of human behavior. They are left to ask difficult questions:

- Who would do this to my loved one or to a fellow human being?
- What kind of person would do this?
- What happened in the life of the person who did this?
- Where inside the perpetrator was the will to commit such a heinous crime against their fellow human being?

How did this happen? Some people want it explained to the last detail. Also, why, oh why did you choose my loved one to act like a wild animal? There's one more question, which I consider the most intriguing, but I hear very little about it: How would my loved one, the victim, want the perpetrator to be treated? Is it an eye for an eye? Or is it with compassion – unlike what they received themselves?

SOME ARE INNOCENT

We cannot ignore the fact that some people sentenced to death are actually innocent. We frequently read of cases where DNA evidence proves the prisoner did not commit the crime, occasionally after the inmate is dead.

Also, it is enormously expensive to conduct a capital crime trial, and wildly expensive for years of court appeals.

So my ultimate question is this: Where is the victim's voice in all of this?

How is justice determined, and what is the measuring stick? This is where the voter, the courts and politics take center stage in conjunction with the media in spinning the stories. But the ultimate question is this: Should the victim's wishes be expressed?

What should be the promise of justice? If we are civilized human beings, should the death penalty even be on the table, as opposed to life without parole?

If a second death is the answer, should there be a shorter time period before the second death occurs, the death of the perpetrator?

Here is my point: What society promises is something we may not have the moral right to deliver in a timely manner.

This may be a crime within itself. For example, if somebody perpetrates a crime that would make them eligible for the death penalty under the present guidelines, if that were changed to give that same person life without the possibility of parole, I think that most people would be okay with that punishment.

A FORM OF TORTURE

But if you promise to punish someone with death and the survivors must endure years and years of legal wrangling, this process in itself becomes a form of torture.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty.

Are we there yet?

RESULTS OF POLL

A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelgko asked people about their support of the death penalty for serious crimes. Californians maintains their solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion. But when a smaller number of voters were asked which sentence they preferred for first degree murder, 42 percent said life in prison without parole and 41 percent said death. Another 13 percent said it would depend on the circumstances, and four percent had no opinion." I think they reflect a growing preference for life without parole as an alternative," said Stefanie Faucher, associate director of Death

Penalty Focus, an anti-capital punishment group in San Francisco. "It is more cost-effective, is carried out more quickly and doesn't drag victims through years of appeals." But Kent Scheidegger, legal director of the Criminal Justice Legal Foundation, which supports capital punishment, said the question on death and life without parole was misleading because respondents were asked to choose a uniform punishment for all first-degree murderers. He goes on to say, "The question really is, do you favor the death penalty for the worst murderers?" Scheidegger said, "Very few people want the death penalty for every first-degree murder case." Overall, he said, the poll shows that "support for the death penalty is pretty stable."

In a recent interview with condemned prisoners conducted by San Quentin News, I asked the members of the East Block Advisory committee (E.B.A.C.) who represents the majority of the population on condemned row, what were their opinions when it came to life without parole or the death penalty?

One of the responses was, "Of course we want to live". Another response was, "But it's complicated." The group collectively explained how if one was to get life without parole they would probably be without counsel "And we would not have the assistance needed to fight our cases through the appeal process. We would be just like everybody else. Life without means that we would lose access to the court-appointed counsel."

LETTERS

Writing Works For a Parolee

[Editor's Note: David Marsh was News Editor of the San Quentin News before being paroled several months ago.]

To the S.Q. News Staff:

The new publisher who just took over our local weekly newspaper called me on Thursday and asked me to come in and talk with him. He LOVED an article that I wrote on a local children's program, and intends to pay me for it, and it will run in the issue that will come out a week from this next Thursday (I will send a copy). Complete with accompanying photos.

He wants to establish an ongoing freelance relationship with me, and we are discussing a regular column of prison-related issues. He said that he had already been pondering such a column due to the 13 prisons in our valley [near Visalia] that have become an integral part of our economy, and then he read my portfolio of S.Q. News work, and figured he'd found his man!

The fella showered me with high accolades, said I was a real pro, and had an extraordinary writing style! I had to pinch my-

Health and Wellness Corner

The San Quentin News "Health and Wellness Corner" column runs when articles are submitted for publication. A Centerforce health professional will answer questions that you submit about health issues. Feel free to ask questions about any medical concern that you have and it may be answered so that everyone can benefit. Put your questions in a U-Save-Em envelope addressed to: Health and Wellness Corner, Centerforce (Education Dept) – Medical Box. Your name and number will be kept confidential.

In this edition, we will address Hepatitis and your liver:

Have you ever heard of Hepatitis? Have you wondered what it was and why you should be concerned about it? Here are the basics of Hepatitis.

"Hepa-" is Greek for "the liver" and "-itis" means inflammation, so Hepatitis means "inflammation of the liver."

Your liver is a reddish brown, approximately three-pound, football shaped organ located in the right upper quadrant of your abdomen. The liver is a "vital" organ; this means that a healthy and functioning liver is necessary to stay alive. The liver performs over 500 functions for our bodies. Some of these functions:

- Converts food into energy, stores this energy, and makes blood proteins
- Filters bacteria and poisons from the blood
- Filtering everything that comes into our bodies, including things absorbed from our skin
- Helping in making our blood clot, or stop bleeding, when we cut ourselves

When the liver is inflamed it does not function as well. Prolonged inflammation can lead to fibrosis (light scarring of the liver), steatosis (fatty liver), cirrhosis (heavy scarring), and liver cancer. Scarring of the liver can cause the blood to stop flowing as effectively through the liver. This causes the blood to back up and can lead to high blood pressure, among other things. Furthermore, if the liver is scarred, it stops performing those 500 functions as well as it did and, in some cases, at all. This can cause major health problems, pain and even death.

Hepatitis can be caused by toxins, over-consumption of drugs (prescription, over the counter drugs, and street drugs), heavy alcohol use and viruses. To care for your liver:

- Don't drink alcohol, or at the very least, limit how much you drink.
- Don't use recreational drugs.
- Take your prescriptions as instructed by your doctor or nurse.
- Be careful when mixing over-the-counter drugs, prescription drugs, herbal supplements, street drugs and/or alcohol.
- Stay away from poisonous liquids and fumes, including solvents, paint thinners and bug killers.

If you must use such chemicals, cover your skin, wear gloves and a mask and keep the windows open to allow air in.

Look in the Health Corner in upcoming editions of the San Quentin News for information on viral Hepatitis, how to avoid it, and what to do if you have it.

The organization's web site is www.Centerforce.org

self to believe that he was talking about ME!!! My break! A foot in the door, at last!

I want to share this as a bit of hope for what a parolee can accomplish with the right determination and a break at the right time. I was about ready to give up on the writing dream. I truly was!

I'm stoked, truly happy and encouraged!

David Marsh

S.Q. News: Job Well Done

To the Editor:

I just wanted to express to you at the San Quentin News that I really appreciate the work you do and the opportunities you give inmates to express themselves and be creative.

I don't know if what I wrote is acceptable or will help someone, but I pray that it does. Thank you for this chance to share what's inside myself with you and hopefully others.

God bless,

Michael Jackson

San Quentin Prison



ARTS & ENTERTAINMENT

POETRY

To realize
The value of a sister/
brother
Ask someone
Who doesn't have one.

To realize
The value of ten years:
Ask a newly
Divorced couple.

To realize
The value of four years:
Ask a graduate.

To realize
The value of one year:
Ask a student who
Has failed a final exam.

To realize
The value of nine months
Ask a mother who gave
birth to a stillborn.

To realize
The value of one month:
Ask a mother
Who has given birth to:
A premature baby.

To realize
The value of one week:
As an editor of a weekly
newspaper.

To realize
The value of one minute:
Ask a person
who has missed the plane,
bus or train.

To realize
The value of one-second:
Ask a person
Who has survived an ac-
cident.

Time waits for no one.
Treasure every moment you
have.

You will treasure even
more when
You can share it with
someone special.

To realize the value of a
friend or family member
LOSE ONE.

Remember...
Hold on tight to the ones
you love!

Inspired by Edgar Allen Poe
DREAM WITHIN A DREAM
By B. CAPELA

What is a dream within a
dream?

At first glance, it's not at
all what it seems.

Could it be, what we per-
ceive the future to be?

Or could it be the past, a
dream from our reality!

Only time may tell if it be
our will, or be our fate pro-
jected in our sleep.

Can we truly hold the
things dearest to our
heart?

Or are they but a dream, a
vision in the night, a dream
with a dream I guess you
can say!

Dear Lord may I never lose
the most fondest of all
dreams.

The sweetest memories I
hope to keep through out
eternity.

A dream within a dream of
you and me!!

POEM DOUBTS
Doubts only reside inside
man's mind.

Although most man's
doubts tend to mock the
length and existence of his
earthly time - especially
those serving behind peni-
tentiary lines; take heart
my brother, pay attention
to the signs—

Feelings of emptiness will
'spike' at the prisoner's
soul, pouring out the

memories of joyful past
times as by pure betrayal
of the eternal code—

Doubts squish the brains
of men, creating many
weary faces, you will soon
come to believe that hope
is mere laughter, wise
cracks and crannies, and
very small spaces, but by
remembering the sparkle
in daddy's darling little
girl's eyes I am able to find
my motivation—

Big, round, bright and
beautiful; full of promise
as the moon's glow in the
night, and as fiery as the
promise as the burning sun
in the day's sky 'O sov-
ereign lights'; reminding
and refining this troubled
man's mind, giving me
meaning of 'lives' sen-
tence, this too shall be
better defined in all due
time—

So as we climb from under-
neath the rubble of life's
unfortunate troubles, we
can restore the memories
and visions of old together,
and still to my amazement,
and surprise, the re-dis-
covering of hope is truly a
blessing and reflection that
is found in daddy's darling
little girl's eyes—

Allow me to ask you this
my brother - what's your
motivation to help you get
past these penitentiary
minds?

A-MER-I-CA
By HENRY L. TOWNSEND
JR.

A-mer-i-ca, top corpora-
tion of all incarcerated.
Gain with lives they have
grounded. To change my
ways rehabilitate, this is
what public officials swear
and state.

But, those of us who pay
realize these prisons hurt,
they dehumanize. How can
thoughtless men inspire?
How can their acts ad-
mire?

Lest we forget what they
have shown, now is the
time to make it known.
Don't let your vengeance
play the fool, nor let your
anger make you cruel.

A bitter death that eats
away. For us the sun,
moon, stars are crossed
with prison bars. Where
then compassion reaching
hand as God would have us
understand.

As thou have done the less
of these, enter my hell -
enter my peace.

A-MER-I-CA
**Last Issue's
Sudoku Solution**

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



Book Review

By RANDY MALUENDA



THE GREAT GATSBY (By F. Scott Fitzgerald) – This lively and profound tale of 1920's America entertains, but ends badly.



THE SUN ALSO RISES (By Ernest Hemingway) – Jaded American tries having a good time with the beautiful Lady Ashley in 1920's Spain.



CRIME AND PUNISHMENT (by Fyodor Dostoevsky) – Intellectual commits the perfect murder and is punished by guilt.



THE STRANGER (by Albert Camus) – A man living a meaningless life commits a senseless murder. He suddenly confronts his existence when he is sentenced to death.

No Rating

THE AWAKENING (by Kate Chopin) – Restless wife lust after a young hunk, but settles for an old smarmy lover. She finally finds fulfillment in fantasizing when she swims.

RATINGS:

Top responses are four ribbons progressing downward to one:



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



In Indian Country



By DANIEL TREVINO
Journalism Guild Writer

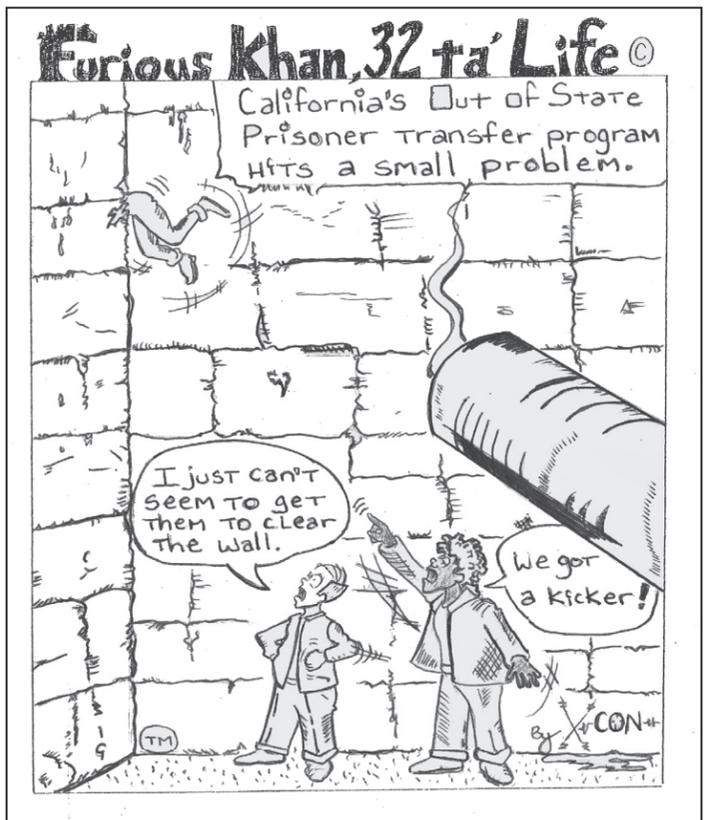
The animal most associated with the American Indian is the buffalo. As the salmon is to the northwest coastal tribes, the buffalo were synonymous with the life of the plains tribes.

Most of the plains tribes were nomadic, which allowed them to follow the buffalo. There was nothing on the plains more powerful than the buffalo, both physically and spiritually. A buffalo bull can weigh a ton and turn so quickly that he could outmaneuver most animals.

In today's national parks, buffalo kill more photographers and campers than grizzlies do. They are a dangerous, large and unpredictable animal.

The plains Indians -- Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche -- were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power based on knowledge.



Sudoku

By ANTHONY LYONS

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

Look Who Made It

By JOY RICHARDSON
Contributing Writer

Keith Chandler fought for many years to get out of prison and onto the streets. He has been out since D-Day, June 6, 2004. He says he always knew he would get out on D-Day and start the real fight.

What did you do when you first got released?

My P.O. took me to Steve Sander's house. Steve took me straight to his office, showed me my desk, gave me a password to the computer, keys to the building, and my own cell phone. It was the first time I had seen the Internet. We were very busy. The firm was in the middle of the Yes on 66 campaign, and Steve was president of the corporation that controlled the campaign.

[Proposition 66 was an initiative on the November 2004 ballot that sought to amend the Three-Strikes law so that it covered only violent and serious felonies. It failed to pass, with 47.3 percent of the vote.]

What did you do next?

We played a joke on some friends that had donated to Yes on 66. They didn't know that I had been released. Steve hid behind their door and I pretended that I had escaped. They drug me inside, Steve came out and we all laughed.

You were only on parole for nine months? How did you accomplish that?

I filed a 602 arguing that my release order stated I was to be released from the custody of the Director of Corrections and parole was custody. They also knew I was suing them. They never responded to the 602, but



Photo: Joy Richardson

Keith Chandler speaking at the State Capitol

I received an order by fax discharging my parole.

Have you found a significant other?

I recently met a woman that I really care about. We spend some of our time riding horses and getting to know each other.

What do you do in your spare time?

Spare time? I work full-time at Sanders & Associates, almost full-time on a green energy development company that I co-own, and volunteer at the Capital speaking out for prison reform. I recently testified at a hearing in front of the Assembly Public Safety Committee with Life Support Alliance, a group gaining momentum at the Capital advocating for lifer issues.

I understand you filed a lawsuit when you got out.

I sued the Parole Board and the Governor for violation of

my rights. The Parole Board shouldn't be immune for knowingly and intentionally breaking the law, which was what the court found occurred in my case. I was allowed by the Ninth Circuit Judges to do the oral argument myself. Unfortunately, they ruled against me.

Would you like to share any other thoughts?

The victim's rights people oppressing us are well-monied and bad-intentioned. The leaders have lost touch and they have become a vengeance rights movement. I also feel strongly that Parole Board members are intentionally ignoring the law, which is costing us at least \$100 million in wasted tax dollars each year. It's an insult to the people of California. The biggest message I'd like to get across to guys inside is to be really prepared for release. It's difficult out here.

Back in the Day

Selected Stories From Past Issues of The San Quentin News

SEPT. 1980 – Over 1,000 cantaloupes intended for the Labor Day evening meal were allowed to rot in the kitchen basement and had to be thrown out. Forty-seven of the 90 cases delivered to the prison became overripe when left in the basement for too long.

SEPT. 1980 – As the result of a recent foiled escape attempt, Close B prisoners will no longer be allowed to work behind the industry wall or outside of the prison's main walls.

SEPT. 1980 – A 40-pound patch in the 50-year-old wall above the East Block yardside gunrail collapsed without warning Tuesday evening. The area affected is about three feet in length.

SEPT. 1980 – A 30 year-old San Anselmo attorney, Gregory Anton, pleaded innocent to charges of attempting to smuggle marijuana into San Quentin prison.

SEPT. 1980 – Gov. Edmund Brown Jr. has vetoed a bill to

permit a 20-year-to-life sentence for anyone convicted the third time of a serious felony. The bill has been called "the habitual criminal" bill.

SEPT. 1980 – One warning shot was fired to break up a fight between two cellmates in the North Block Sept. 10. Neither inmate was injured, reported Lt. Silva.

SEPT. 1980 – A 20-year-old Max B prisoner was attacked and stabbed by two Chicano convicts, according to prison spokesperson Mike Madding. A total of four shots were fired by guards, and all three inmates received birdshot wounds. Two prison-made knives were found.

SEPT. 1980 – Massachusetts lottery winner Wilfred Madelle, Jr. has a problem picking up his one million dollars in winnings. He is an inmate serving a one-year term in the Worcester County House of Correction. A lottery spokesman said Madelle's status as an inmate will not prevent him from collecting the money.

The San Quentin News requests that all institutions send us reports of their athletic events so that they may be published in our newspaper. Information should contain the following:

Institution, type of event, date of event, names of players, scores, and all stats relating to the event.

Please send information to:

CSP - San Quentin
Education Dept. / SQ News
San Quentin, CA 94964

Attn: San Quentin News Sports Editor.

News Briefs

HAITTESBURG, Miss. – Two men have been freed after 30 years in prison for a rape and murder that DNA evidence proved they did not commit. Judge Robert Helfrich ruled on a petition filed by the Innocence Project on behalf of Bobby Ray Dixon and Phillip Bivens. He'll rule later on a posthumous petition for Larry Ruffin, who died in prison in 2002.

The three men were convicted in the 1979 rape and murder of Eva Gail Patterson, whose 4-year-old son watched her be killed.

CHINO – Last years riot at the California Institute for Men's West Facility caused \$5.2 million in damages. 75 inmates were involved in the repairs which took ten months to complete.

FOLSOM – Folsom prison inmates have begun growing food to feed hungry zoo animals. The Folsom Zoo Inmate Garden Project has produced more than 600 pounds of vegetables for rescued animals.

CHOWCHILLA – On Saturday, October 2, 2010, 15 inmates from the Valley State Prison for Women (VSPW) were recognized as recipients of the 2010 Cloke-Millen Peacemaker of the Year Award. This award is given by the Southern California Mediation Society.

Correction

In the previous issue of the San Quentin News, Abraham "Cuba" Yera's name was misspelled in a Sports article. The News regrets the error.

We Want To Hear From You!

The San Quentin News encourages inmates, free staff, custody staff, volunteers and others outside the institution to submit articles.

All submissions become property of the San Quentin News.

Please use the following criteria when submitting:

- Limit your articles to no more than 350 words.
- Know that articles may be edited for content and length.
- The newspaper is not a medium to file grievances. (For that, use the prison appeals process.) We encourage submitting articles that are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.

Poems and art work (cartoons and drawings) are welcomed.

- Letters to the editor should be short and to the point.

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

San Quentin News

Current and past copies of the San Quentin News are posted online at:

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