

San Quentin News

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50-Mile Run Helps Marin Food Bank



File Photo

Acting Warden Cullen

By VINCENT CULLEN
Acting Warden, San Quentin
State Prison

On the cold morning of Dec. 11, 2010, a group of runners huddled under an awning in preparation for a quest to run 50 miles to benefit the Marin Food Bank.

This idea was formed by Rudy Luna, Correctional Lieutenant, several months earlier and gradually gained momentum until the morning of the 11th. Thus the first annual San Quentin 50-mile run for charity began.

Despite the cold weather, fog and drizzle, a large number of San Quentin employees stretched, strained and ached as teams to complete 25 laps of the San Quentin property, all for the sake of charity. Several different teams of staff members, some as few as four runners, started before the sunrise. Within each team, there were runners who were able to maintain a blistering pace, while others jogged or

walked. Regardless of each individual's prominence, the end result was 50 miles of charitable running.

While it is unimportant who finished the 50 miles first (that honor went to the Warden's Office Team). What is important that all the teams completed the 50-mile, grueling run. I would be remiss if I didn't mention the mileage leaders: Rudy Luna and Mary Cello. Rudy completed 28 miles, while Mary completed 20 miles.

Many staff members sponsored the teams, either with a flat donation or a per-mile donation. In addition to this event, food barrels were placed around the institution and staff responded.

THANKS TO MANY

San Quentin staff members donated over 560 pounds of food for the Marin Food Bank. More importantly, the 50-mile run raised over \$1,500 in cash donations for the Food Bank. I must take the opportunity to thank various staff members who worked tirelessly to ensure this run was successful: Rudy Luna, Mary Cello, Michelle Rochelle, Jenny Ray Turner, Kristine Ril-lon, Cheryl Beatty, Troy Kinsey and Sam Robinson.

Also, I would like to thank Costco for providing bottled water and Gatorade and the San Quentin Fire Station for assisting with course safety and aid stations.

The real impact of this entire process was our visit to the

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New Attorney General Reaffirms Prison Reform

By ANTHONY 'TARIQ'
FAULK
Journalism Guild Writer

With the renowned Delancey Street rehabilitation center as her backdrop, Attorney General-elect Kamala Harris used her first news conference since winning the race to reaffirm her intention to reform prisons and implement new ways of dealing with crime and punishment.

Harris, the Democrat and former San Francisco District Attorney, took over California's top law enforcement office in January after narrowly defeating

her Los Angeles counterpart, Republican Steve Cooley.

Speaking about the need to overhaul the state's criminal justice system and address its 70 percent recidivism rate, Harris said, "This revolving door has to be shut. There has to be some leadership around that, and I intend to be that kind of leader."

Harris made prison reform a cornerstone of her campaign. She promised to emphasize rehabilitation and figure out ways to divert criminals from prisons. She said the lawmakers and prosecutors should combat the social

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S.Q. News Website

The San Quentin News is available at its own website:

www.sanquentinnews.com

We welcome and encourage your feedback.

Farewell To CCI McGarvey

By Raphael Calix
Contributing Writer

One of San Quentin's most respected correctional counselors, M. McGarvey of North Block, is retiring. Because of California's budget crunch and changes in the pension system, it makes financial sense for him to leave now. Reluctantly, Counselor McGarvey leaves his "S.Q. Family" of co-workers and friends. Bonds formed over the years will not be broken by a well earned retirement package. As a counselor he found some rewarding moments while working with "Lifer" inmates in their preparation for a Board of Parole Hearing date. He said,

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State Court's Guidance On Parole Board Denials

By STEPHEN YAIR LIEBB
Contributing Writer

When a state court determines that the Board of Parole Hearings has denied parole without any evidence of current dangerousness, the court may only "direct the board to conduct a new parole-suitability hearing." The court may not direct the board to find the inmate suitable for parole or restrict the type of evidence the board may consider at the hearing, according to the California Supreme Court's decision, *In re Prather* [50 Cal 4th 238, Case No. S172903, July 29, 2010]

PAROLE REVERSAL

The California Supreme Court, in the Prather case, only considered what remedy a court may order when the parole board denies parole. California courts and federal courts may order the release of an inmate after a court determines that a governor's de-

Prison Crowding Decisions Expected

By MICHEAL COOKE
Journalism Guild Writer

The biggest issue facing California prisons is overcrowding, and big changes are on the horizon.

Two major issues will unfold in the coming months: California's gigantic budget deficit and a lawsuit awaiting a decision by the U.S. Supreme Court.

The Supreme Court will rule on a three-judge federal panel ruling that the state's overcrowded prison system causes unconstitutionally inadequate inmate medical and mental health care. This violates prisoners' Eighth Amendment right against cruel and unusual punishment, the judges ruled.

Meantime, newly elected Gov. Jerry Brown is grappling with a \$28 billion state budget shortfall. He is proposing several steps, including more prisoners staying in county jails, or prison inmates returned to county jails.

The California Legislature, politicians and a myriad of prison administrators have been unable, or unwilling, to fix the state's broken prison system

The high court is reviewing the panel's unprecedented

August 2009 ruling that would require the state to reduce its inmate population by nearly 40,000 to relieve prison overcrowding. The San Jose Mercury News reported that one of the federal judges deemed conditions so bad that inmates were "dying needlessly" on a regular basis.

David G. Savage and Carol J. Williams of the Los Angeles Times reported that the suicide rate in California's overcrowded prisons is nearly twice the national average, and an average of one inmate dies every eight days from inadequate care.

The Supreme Court will decide whether the three-judge panel overstepped its power to order inmate releases under a 1996 federal law, the Prison Litigation Reform Act.

California officials have asked the Supreme Court to strike down the prisoner reduction order because they say it violates the 1996 law. Robert Weisberg, a law professor at Stanford's Criminal Justice Center stated, "It's the first case really testing this particular issue under a relatively new statute."

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cision reversing a grant of parole suitability was not supported by "some evidence" of current dangerousness. A court may order an inmate's release after it determines that a governor's decision reversing a grant of parole was not supported by some evidence of current dangerousness. [*In re McDonald*, No B219424, ___ Cal. Rptr 3d. ___, 201 WL 4296703 at *9-10, Cal. Ct. App. Nov. 2, 2010]

EVIDENCE RESTRICTION

An order by a California state court granting a new parole hearing may not restrict the parole board from considering the full record in making a parole suitability determination. The Prather decision stated that courts may not "direct the board to reach a particular result or consider only a limited category of evidence in making a suitability decision."

However, the Prather Court acknowledged that, "in appro-

prate circumstances," a court may "order that the board not base an unsuitability determination solely upon evidence already considered and rejected by the board."

The California Supreme Court stated that an explicit order restricting the board from using evidence already considered and rejected by a court is unnecessary. That is because "the board is required to adhere to the decision of the Court of Appeal" or comply with an order made by a Superior Court that was not appealed.

The Prather Court stated that a court "order granting habeas corpus relief implicitly precludes the board from again denying parole" unless some additional evidence supports a determination that the prisoner remains currently dangerous. That evidence can be considered

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Rehabilitative Programs Reduce Recidivism

By **JUAN HAINES**
Journalism Guild Writer

California Department of Corrections and Rehabilitation (CDCR) Secretary Matthew Cate notes the irony of California prison policy where, due to the budget crisis, many rehabilitative programs have been cut. The irony is that research shows these are the programs necessary to reduce the state's recidivism rate.

Cate has managed to oversee CDCR operations while:

- A \$28 billion budget deficit has given rise to billion dollar cuts in public schools and other social services.
- The U.S. Supreme Court will decide on a population cap for CDCR by this summer.
- A federally appointed receiver is overseeing prison healthcare with a budget over \$800 million.

Cate was optimistic, "The receiver had a plan to build seven prison hospitals at a billion dollars apiece. Within the last year, we've gotten together. He's eliminated his seven projects altogether and agreed that we would build facilities that...have a healthcare mission. His seven projects are now one healthcare facility in Stockton."

HUGE PROJECT

AB900 is a \$7.4 billion construction project implemented by the state in response to a federal court's determination that California prisons are unconstitutionally overcrowded.

Ryan Sherman, a spokesperson for the prison guards' union, which opposed AB900, said the construction authorized by the bill would not solve the state's prison crisis.

"The state cannot build its way out of the overcrowding prison problem," he said, "If they build more beds, we will fill up more

beds and continue to be overcrowded. Until we figure out how to reform and reorganize the department so it's efficient and accountable, and take into consideration the limited budget and what's best for the state, I don't anticipate anything improving a great deal," reported Marisa Lagos in the San Francisco Chronicle.

AB900 projects underway or in the planning stages are:

- Medical facilities in Stockton, Vacaville, Corona, Paso Robles and San Luis Obispo costing \$1.4 billion for about 4,000 prisoners.
- Re-entry facilities in Apple Valley, Stockton, and San Diego costing \$442 million for 1,500 prisoners.
- \$453 million to add 2,942 jail beds in Calaveras, Madera and San Diego counties, and a new jail for San Bernardino County. [Source: California Department of

Corrections and Rehabilitation]

California's FY 2009-10 budget called for \$1.2 billion cuts from CDCR.

CDCR subsequently cut educational, vocational, substance abuse programs, and other programs for prisoners and parolees by \$250 million.

TECHNICAL ISSUES

With parole violations accounting for 47 percent of returns to prison within a three-year period, Cate did not know how many returns were for "technical violations." [Parolees who are returned to prison for noncompliance to a condition of parole that was not considered a new crime.]

Joan Petersilia, Stanford Law School, and an expert witness in the overcrowding/healthcare trial estimated that annually, 17,000 returns were for technical violations.

Cate responded to reducing the prison population by citing SBI266. He said it will "give us the ability to put female inmates in alternatives to incarceration," while acknowledging that is a pretty small part of the population.

According to a fall 2010 CDCR report, in a continuing effort to reduce prison overcrowding and increase access to health care and rehabilitation programs, CDCR increased its capacity to temporarily house an additional 2,336 prisoners out of state, bringing the total out-of-state beds available to 10,468.

CDCR has implemented a furlough policy that decreased correctional officer pay by 14 percent. Cate believes that the furlough affected the guards' morale, but did not interfere with their professionalism.

Alliance for Change Prepares Inmates For Life Outside

By **ARNULFO GARCIA**
Journalism Guild Chairman

Confining offenders without trying to change them is an experience of folly with short benefits of winning battles while losing the war. It is wrong. It is expensive. It is stupid, according to former U.S. Supreme Court Chief Justice Warren Burger.

San Quentin Alliance for Change is a consortium of prisoners, community volunteers, and prison staff working in conjunction to facilitate the re-socialization of incarcerated men and to create a successful re-integration process into the community.

Alliance for Change has formed a series of interaction guides for prisoners and members of the public to use, with the goal of creating safer communities. The idea begins by looking for volunteers to donate professional expertise in the day-to-day operation of the alliance.

HAVE RESERVATIONS

The Alliance actively seeks individuals who are involved in the justice system, and law enforcement, as well as judges,

district attorneys, parole officers, institutional staff, and community members who are crime victims.

Volunteers donate time to assist prisoners with critically needed social and interpersonal development, resume development, job interview skills, budgeting and other life skills are taught to prisoners who expect to be returned to their communities.

Paulette Brown has been coming to San Quentin since the death of her son four years ago and at the Alliance for Change banquet, Brown spoke on behalf of the survivors of crime. Brown promised to continue to participate with self-help programs to understand why her son was murdered, and why perpetrators commit their crimes. Her message to the perpetrators is how they are hurting families and the communities. "People of violence need to come out of prison and work with the community," Brown said. "Working with people that hurt people heals the community."

Individuals versed in effective communication, fundraising



Photo: Sam Robinson

Volunteers and inmate members of San Quentin's Alliance for Change

and networking are extremely important to the alliance.

Ricky "Malik" Harris, Alliance vice chairman, remarked, "...justice is not something we choose, but something we should all do together."

Naghznidl "Shahid" Rouse, Education co-leader, maintained, "At the beginning of a new journey, we are a team that is working hard to bring change to our communities."

Johnny Taylor, Evaluation Services co-leader, said, "The ones who go home and struggle, only to return back to prison with no programs, need to be reached and helped."

Marvin Andrews, public relations, used a quote from Jesse Jackson to express his sentiments: "Never look down on someone, unless you are helping them up."

Ernest W. M. Morgan VIII, public relations co-director for the San Quentin Alliance for Change, relating the words of W.E.B. Dubois to the effects of prison said, "The problem is plain before you. We are a community transplanted through our own criminal actions. I want to say that if we don't lift ourselves up, the system will pull us down. Education, employment and social reintegration are the levers to uplift the incarcerated and

formerly incarcerated men and women.

THE RIGHT IDEALS

"Employment alone will not do it unless it is inspired by the right ideals and guided by intelligence. Education must not simply teach work skills, it must teach life skills."

Acting Warden Vincent Cullen attended an event hosted by the Alliance group in December 2010 and said he was happy to see the beginning of the Alliance program. "I think that the Alliance for Change is going to be one of the premier programs of San Quentin."

State Delays Awarding of Contract for Death Row

By **RICHARD HALSTEAD**
Marin Independent Journal

Officials with the state Department of Corrections and Rehabilitation (report) they have delayed awarding a contract for the first phase of the \$356 million death row complex at San Quentin State Prison.

The corrections department has notified the three lowest bidders of its intention to "extend the period of award ... to allow additional time for the department to brief the new administration on various aspects of the project," said Paul Verke, a corrections spokesman.

Marin officials are mounting a desperate last stand to prevent

the awarding of the contract and kill the project. Assemblyman Jared Huffman, D-San Rafael, met ... with high-ranking members of the Jerry Brown administration in a bid to enlist the new governor's support.

The county of Marin has filed suit to stop the contract from being awarded and the county counsel is prepared to ask a

Marin Superior Court judge for a temporary restraining order, if necessary.

The corrections department received nine bids that it opened on Nov. 9. A low bid of \$126 million was submitted by McCarthy Building Companies of St. Louis, Mo. The process called for the awarding of a contract no later than 60 days after the open-

ing of the bids. Verke said McCarthy Building companies has, however, agreed to extend its bid to a new deadline.

This story is reprinted with permission from the Marin Independent Journal.

College Students Get Eye-Opening Experience At S.Q.

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

A group of 25 college students got a real education in California's penal system during a visit to San Quentin State Prison.

They sat in a circle with a dozen inmates for an eye-opening discussion of what it is like to live behind bars and walls for lives gone awry.

The inmates were members of a prison organization called T.R.U.S.T. (Teaching Responsibility Utilizing Sociological Training). The group conducts 24-part workshops aimed at turning lives into a positive direction.

Leading the students was Professor Elaine Leeder of Sonoma State University.

"A lot of these men who are here in blue, I know, have done the work on themselves and are prepared to get out," Leeder said. "But my students here today are fortunate because 217 students wanted to come into San Quentin to talk with you men, but I was only allowed to bring 25 students."

Paul Jordan of the T.R.U.S.T. program set the tone for the circle when he asked, "Who in here knows the difference between punishment and rehabilitation?"

One student, Laura, said, "The prison provides rehabilitation, but I really think it's up to the prisoners."

Most of the students had never previously identified with incarcerated people and exhibited typical misconceptions about

prison policy due to watching prison TV shows.

"Is prison portrayed like it is on the T.V. show Lock Up?" asked Vinnie, one student.

"A lot of what you look at is from a production standpoint," said Michael Harris, one of the San Quentin residents. "When they shoot, they focus on the inflammatory aspects of prison; they don't focus on programs like T.R.U.S.T. or students like you who want to learn about people who are incarcerated."

"Is there a huge difference as to how people are treated if they are tried as a juvenile or adult?" asked Kareena. A few men who were tried as juveniles responded.

"The judge said 15 years isn't that bad," said Ke Lam, a San Quentin resident. "I was young and I didn't know. I thought I could do 15 years and be home." But when Ke got to prison, he found out that 15 years to life means life. "I've been in prison longer than I was on the streets. Our age plays a big part in doing time."

Many students were surprised when they learned California's criminal justice system allowed a 14-year-old to get sentenced to life without the possibility of parole.

"The way my crime happened, I was convicted under the felony murder rule but I never killed anybody," said Charlie, a San Quentin resident who was tried as an adult. "As a kid, I was shackled in the waiting room at the county courthouse for hours

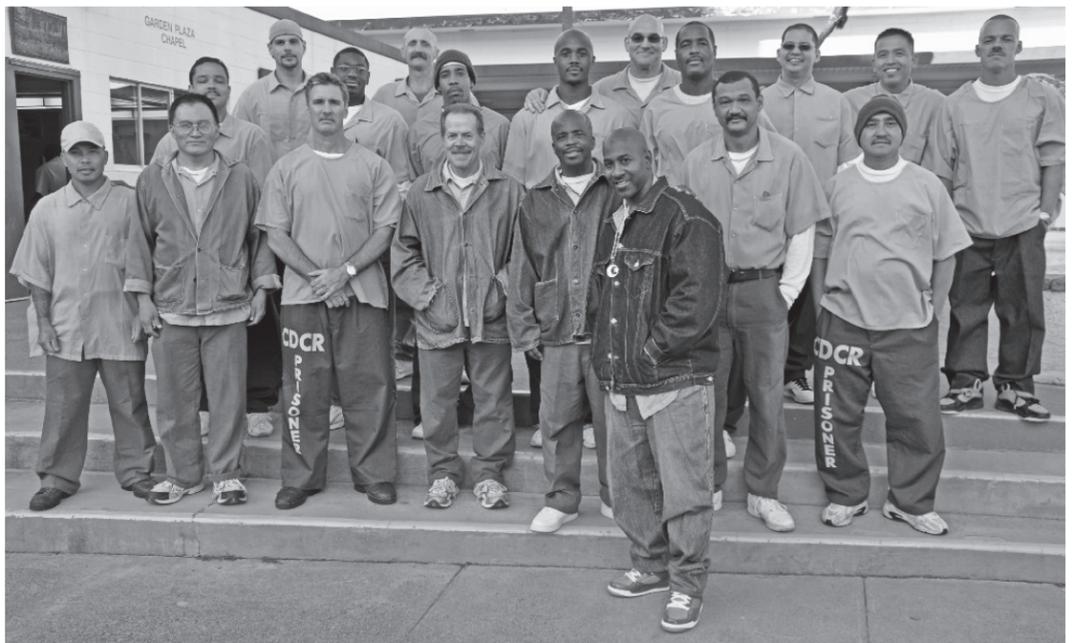


Photo: Sam Robinson

San Quentin T.R.U.S.T. 7th annual graduating class

and hours because I was 16. I couldn't be put in with the adults because of my age."

Mike Tyler was 17 when he came to prison. "I was the type of kid that needed structure. I wanted structure," Tyler said. "It's way different for a juvenile to come to prison. I can't buy alcohol, can't drive but I could spend the rest of my life in prison."

T.R.U.S.T. members noted that the students initially did not grasp the paradox that more prisons equates to less money for pro-social programs such as higher education, libraries, parks and health care.

T.R.U.S.T. members believe that the deficiency in these pro-social programs tends to inflate

to criminal behavior in an environment that relies on incarceration as the primary means of correction.

Jordan said, "In 2005 Gov. Schwarzenegger came into office and began making cuts, not to custody or staff, but to programs that offered rehabilitation. Today seven out of 10 people are coming back to prison; that is a high recidivism rate."

On Dec. 17, T.R.U.S.T. held a banquet in which 25 men graduated from the seven-month self-help course. "These men were diligent with the program and they worked hard, we even had one graduate from H-Unit come in and take the course," said Kathleen Jackson Executive Sponsor of T.R.U.S.T.

The graduating students of T.R.U.S.T. are:

Molique Frank, Randall Maluenda, Anthony Diramos, Ernest Hill, Marvin Arnold,

James Cavitt, Christopher Deragon, John Vaden, Ronald "Yana" Self, Borey Ai,

William Quinones, Christopher Scull, Alladin Pangilinan, Eduardo Delapena,

Alexei Ruiz, Peng Nampha, Robert Bratton, Douglas Manns, Larry Ryzak,

Enrique Gomez, Mark Tedeschi, Edward Ballenger, Curtis Penn, Angel Alvarez, and

Phoeun You.
— Julian Glenn Padgett contributed to this story.

Troubled Youth Get a Boost in Life From SQ Prisoners

By **ANTHONY "TARIQ" FAULK**
Journalism Guild Writer

Their methods may be slightly different, but two youth focused-groups at San Quentin are committed to improving the lives of young men heading in the wrong direction.

S.Q.U.I.R.E.S. and R.E.A.L. Choices both receive groups of young men into the prison who have either gotten into trouble or are close to it. They provide a look into prison life and conduct workshops to deal with the challenges the youth face.

A vanguard of programs, S.Q.U.I.R.E.S., was started in 1964 by Ross 'Patch' Keller, a Death Row prisoner. Seeing his son beginning to follow his tragic example, Patch acted on a vision embodied in the S.Q.U.I.R.E.S. name – San Quentin's Utilization of Inmate Resources, Experiences, and Studies. He wanted to use inmates' knowledge and experiences to encourage "the youth of today from becoming the convict of tomorrow."

Of more recent origins, R.E.A.L. (Reaching Expanding Adolescent Lives) Choices uses

effective communication and life experiences as their main tools. Through dialogue they establish rapport, empathy and understanding to get through to the youth. Both point out that they are not "scared straight" programs.

According to S.Q.U.I.R.E.S. President James Houston, its motto is: "We don't scare straight; we communicate."

That's a sentiment also shared by R.E.A.L. Choices, says member Jonathon Wilson. "We attempt to change behavior of youth through cognitive change," not by scaring or strictly giving advice.

According to Houston, S.Q.U.I.R.E.S. achieves its goals through open and free dialogue. They establish an agreement to adhere to the principles of "honesty, respect and confidentiality," then talk about everything from family problems, drugs, gangs and sexual relationships. "Sometimes kids just need to be talked with – to know that they are being heard." S.Q.U.I.R.E.S. member Shahid Rouse says this "helps them connect with themselves."

R.E.A.L. Choices has begun using scripts to guide its dialogue. With each script focusing on different factors such as attitude, behavior and values, R.E.A.L. Choices members are able to focus on specific challenges that youth face and help them to develop new thought processes. As member Wilson stated, "If you don't think any different, you don't behave any different."

Both groups also work to achieve such cognitive change with parents who sometimes accompany their sons into the prison. This can be one of the biggest challenges. "Sometimes parents need parenting too," stated Rouse. He and other group

members work to get parents, often not open communicators themselves, to talk freely with their kids and understand their needs. Once exchange of emotions, fears and needs take place, parents are usually surprised and happy about immediate improvements they see in their relationship. "Parents have to trust the process," says Robert Frye, a member of both S.Q.U.I.R.E.S. and R.E.A.L. Choices.

A success rate of 70 percent has been attributed to such groups, "We can see growth in individuals," says Houston. "We know they leave here with a better understanding of themselves."

California Reentry Program's First Successful Fund raiser

SAN FRANCISCO — A re-entry program dedicated to assisting parolees held a silent auction that raised enough money to cover its expenses for a month.

This first fundraiser by the California Reentry Program was held in San Francisco recently.

Executive Director Allyson West said, "The fundraiser was

great. I'd say about 60 people showed up, many of them new donors, which expanded our mailing list considerably."

The donors were entertained by a guitarist and a performance by the Pacific Boys Choir.

"We are very excited about our next event, perhaps in summer 2011," said West.

SPECIAL EDITION

This issue highlights the significance of Black History month with a profile of Martin Luther King, Jr., and an in depth look into some of the nightmares that have emerged since his death.

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Unique Culture of S.Q. – Helping One Another

By **COLE M. BIENEK**
Journalism Guild Writer

San Quentin sits at the vanguard of CDCR's modest rehabilitative efforts. Each month, the S.Q. News profiles any of a number of S.Q. programs. In this era of budgetary starvation, S.Q. remains steadfastly in pursuit of something larger.

One of the things that make San Quentin unusual is that dozens of prisoners are committed to helping fellow inmates turn their lives around.

While San Quentin is a prison, in some ways it is very different; set apart from other institutions in several fundamental ways. The most important, I believe,

is often overlooked, minimized or disputed. With but a tiny few exceptions, San Quentin is the only prison in the state that recognizes and values the contributions made by inmates as mentors or facilitators.

For more than 35 years, California correctional theory centered upon punishment; in fact, the Penal Code states that the purpose of incarceration is punishment. Any rehabilitative efforts were provided by professional people coming in from the community, people working for the department such as teachers, mental health professionals, or chaplains. The essential nature of the effort relied upon the fact that these things were provided

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alone or in conjunction with other evidence in the record, which was not already considered and rejected by the reviewing court.

SEPARATION OF POWERS

In a concurring opinion in Prather, Justice Moreno clarified that the board may have its discretion limited or even eliminated entirely by a court issuing a writ of habeas corpus. The Prather court based its decision on the doctrine of separation of powers. This means the board or the governor has discretion to make parole decisions and the judicial branch cannot usurp those functions.

Justice Moreno explained that separation of powers also requires "that courts must be able to play their assigned role of reviewing agency decisions and fashioning appropriate remedies

when an agency has abused its discretion."

At a parole rehearing ordered by a reviewing court, the board "cannot, after having its parole denial decision reversed, continue to deny parole based on matters that could have been but were not raised" in the original decision. The board cannot deny parole "based on argument and evidence that reasonably could have been but were not raised at these prior proceedings."

A court may order expedited parole hearings when it orders that a new hearing be held.

If the board again denies parole and the court finds the denial was unjustified, "an order that the board grant parole may well be warranted." The governor would still have the right to review that decision.

—Hector Oropeza contributed to this story.

Supreme Court Tells 9th Circuit Court to Stay Out

By **STEPHEN YAIR LIEBB**
Contributing Writer

The United States Supreme Court in a unanimous decision ruled that federal courts have no business reviewing decisions made by the Board of Parole Hearings or by the governor denying parole to inmates serving life terms.

In a blunt decision made without oral argument, the Court held on January 24, 2011 that the only right that inmates in California State Prisons have at parole hearings is an opportunity to be heard and a statement of the reasons why parole was denied. In reversing two Ninth Circuit cases that examined whether decisions made by the Board or governor were supported by "some evidence" of current dangerousness, the Supreme Court said that it was "no part of the Ninth Circuit's business" to perform a review of state parole determinations. The Court de-

scribed the decisions made by the Ninth Circuit in those cases as "questionable."

The Court explained that "mere error of state law" is not a denial of due process. Whether the board or a state court decided cases involving parole correctly is beyond the scope of federal review.

The Supreme Court's decisions means the dismissal of hundreds of pending habeas petitions in federal district courts and in the Ninth Circuit Court of Appeal challenging board decisions and decisions by a governor reversing parole.

Challenges to parole board decisions and decisions by the governor reversing parole suitability findings may still be brought before California State Courts.

The case is *Swarthout v. Cooke*, 562 U.S. _____ (2011)

OPINION

to prisoners by people who had the training.

I came to believe that these people, the vast majority of whom are wonderful, caring and eminently helpful, were better than me in all the ways that count. They hadn't committed horrible crimes, and spent their lives in the grips of morbid drug and alcohol addiction. They had it all together; they lived lives of family, career and meaning -- a valuable example to the men they worked with behind the walls. This belief was not something that I discussed with anyone, or even fully understood.

As valuable as their help is, some small, nagging voice kept whispering to me, "You are different from them." I couldn't count the number of discussions with staff and volunteers where I heard a prisoner say to them, "You just don't understand what it's like in here." Empathic abilities aside, there is a ring of truth to that statement.

Within the rooms of 12-step programs, there is a belief that the power of peers helping each other is unmatched. Logically, it

is quite easy to develop this assertion. If you want to learn to be a doctor, you go to a doctor to learn. The teaching doctor has already experienced everything that the student will experience, and is able to understand and recognize signs that the student is either getting it or not.

If a violent addict like myself wants to change my life, I would go to a violent addict who changed their life. That's not to say I couldn't gain anything from someone who hadn't been a violent addict. But the violent addict who turned his or her life around can better communicate with me. Simply put, prisoners have something to offer each other that "outsiders" cannot match.

The San Quentin atmosphere benefits from utilizing inmate facilitators and peer educator/tutors. The message is: prisoners offer something valuable. This sentiment is reinforced in the lectures, classes, and workshops — by the inmate facilitators and free staff alike. I am thankful to the staff members who truly believe in prisoners' inherent value

and the prisoners who paved the way.

Borrowing a line from Stan Lee of Spider-Man fame: with great power comes great responsibility. The bulk of this responsibility rests upon the shoulders of the inmate facilitators, mentors, and tutors.

The power in having prisoner-led programs lies in the belief that I can do it too. I believe that the longer someone remains on the path, the more they want to talk about it and pass on what they have learned, not because of an ego-centered desire to shine in the spotlight, but because of a true calling to help, to give a hand up

Over the last two years, San Quentin has experienced a massive turnover. Prisoners left who had been here for years, and men from institutions without any programs arrived. Most of us newcomers have not experienced anything like San Quentin's inmate-facilitated programs. To put it bluntly, we need to know that the same opportunities exist for us that existed for you who came before.

NOTEWORTHY CASES ON PAROLE DENIAL

In re Raymond D. Macias (____ Cal. Rptr 3d ___ 6th Appellate District, WL 4457309, #H03365, Nov. 9, 2010)

This case provided a definition of what constitutes "a lack of insight" sufficient for denying parole. The California Court of Appeal acknowledged that "the very concept of 'insight' [is] inherently vague. The Court concluded that a lack of insight that supports a finding that an inmate is currently dangerous exists when:

1. the inmate demonstrates "a blindness concerning the nature of his or her conduct and/or the very pressures and impulses, that triggered it"
2. and there is a "factually identifiable deficiency in perception and understanding" involving a significant aspect of the crime or its causes.

However, when an inmate acknowledges the "material aspects" of the crime and demonstrates understanding and remorse, the Board's mere refusal to accept the inmate's statements it is not a sufficient basis to deny parole.

Schwarzenegger v. Plata (U.S. Supreme Court, 09-12331 Oral argument held November 30, 2010) [Source: lillbulletin, Sara Myers and John Suh, edited by Catherine Suh]

The U.S. Supreme Court held oral argument in the state's appeal of an order issued by three federal District Court judges to release California prisoners in order to remedy medical and mental health condition in California State Prisons. The three judges had ordered the state to reduce its prison population by about 46,000 inmates within two years.

The issues considered by the Supreme Court were:

1. Did the District Court have jurisdiction under the Prison Litigation Reform Act to order the release of inmates?
2. Was the order to release prisoners the only remedy for alleviating the violation of constitutional rights created by inadequate medical and mental health care?

Corrections and law enforcement personnel filed a brief in support of the order issued by the district Court to reduce the prison population.

Corrections personnel argued that the federal courts need to have a role in reducing the state prison population because California's attempts at reducing prison overcrowding have failed. In their brief supporting the prisoners who sued over inadequate medical care, corrections personnel argued that over the past 15 years there have been over 75 orders to cure inadequate health care in the state prison system, but the system is still deficient.

Gilman v. Schwarzenegger (U.S. Court of Appeals, 9th Circuit, No. 10-15461, December 6, 2010)

This case addressed the constitutionality of the provisions of Proposition 9 ("The victim's Bill of Rights Act of 2008L Marsy's Law") that extended the length of parole denials to a minimum of three years and maximum of 15 years.

A federal District Court had ordered a preliminary injunction against Marsy's law being applied to the plaintiff's in this case because they were likely to succeed in proving that the provisions of the law extending parole denials was a violation of the ex post facto clause of the U.S. Constitution.

The Ninth Circuit held that these provisions do not constitute an ex post facto violation because the increase parole denial periods to not create a significant risk of increased incarceration.

The court's decision focused on the provisions in Marsy's Law which allow an inmate to request an earlier parole hearing once the board denies parole. Inmates may submit a written request to the board with the circumstances and new information that justify an earlier parole hearing.

—Stephen Yair Lieb

McGarvey Bids Farewell To S.Q.

Continued from Page 1

"I could point them in a positive direction in their lives; to enable each of them to succeed as they re-enter their communities. And from this I have been rewarded to see some of them thrive and succeed after they were granted parole."

It is fair to say that McGarvey treated everyone, co-workers and prisoners alike, as human beings. He said, "We all eat, drink and laugh with the same emotions and face similar kinds of struggles in life." What was his big secret to success? He said, "Faith has given me a lot to rely on; to learn from my mistakes and never repeat it. I prefer to embrace the problems I encounter, and trust in God to direct the way."

Asked to share one thing that he believes would make the prison system better, he replied, "I have seen drastic changes throughout the Department since I started. Most of the jobs have gotten very technical and more labor intensive. In addition, with the current State fiscal crisis, employees are being required to take mandatory furlough days, which reduces the work production each month. As a whole, CDCR staff are not the cohesive group they once were. I feel that in order for the Department to become better as a whole we need to return to the realization that no job is more vital than another, regardless of pay scale. For example, without food service personnel, the inmate does not get fed; without medical personnel the overall health of the inmates drastically decrease; without custody staff there is no safety and security for the staff or inmates; without teachers and

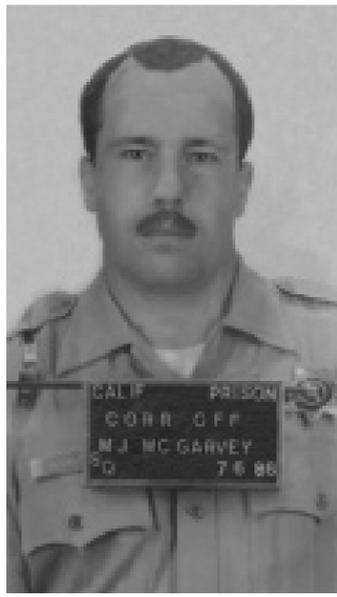


Photo: CCI McGarvey

CCI M.J. McGarvey

educational programs, inmates leave the prison ill-equipped to reintegrate into society. The list of essential jobs and their importance to the Department is endless. In short, if one of the cogs in the wheel is broken, CDCR comes to a grinding halt. As CDCR staff, we can make the Department better by not solely focusing on our own job, but to instead try and look at the overall picture and see how our job impacts other jobs throughout the institution."

Asked if he had any parting words to offer, McGarvey replied, "Over the years, I have worked beside some truly great men and women that possessed strong work ethic and excellent team building skills. I have also been fortunate to have worked for many supervisors and administrators that believed in me and were willing to give me a chance to prove myself. I would like to take this opportunity to express my sincere gratitude to those that believed in me and to the rest of my San Quentin family for continually sharing their knowledge, experience and friendship throughout my career."

Prison Overcrowding Ruling Coming Soon

Continued from Page 1

If the Supreme Court upholds the prison population cap, the state will have two years to gradually reduce the overcrowding. If the justices strike down the cap order, the federal judges who issued it will continue to oversee improvements to inmates' medical and mental health care.

At issue in the case, known as Schwarzenegger vs. Plata, is whether the three-judge panel correctly applied the law governing how federal courts can get involved in state prison management.

Meantime, some 200 people demonstrated at the San Quentin gate on Feb. 8. They protest-

ed construction of a new Death Row complex while budget cuts appear likely for services to the disabled.

The same day federal Judge Jeremy Fogel visited San Quentin's new execution facility. He halted California executions five years ago as unconstitutionally cruel and unusual punishment.

The new chamber was completed recently at a cost of approximately \$900,000. The former execution chamber was designed for lethal gas, but was later modified to accommodate lethal injections.

Some 720 men and women are awaiting execution in the state.

Legal Counsel For Death Row Prisoners Is Hard to Come By

By JULIANGLENN PADGETT
Managing Editor

Edward Patrick Morgan has lived on San Quentin Prison's Death Row without a lawyer for about two decades and what accounts as an automatic legal right is becoming harder to come by.

The California Supreme Court has been unable to allocate legal counsel because post-conviction legal challenges are breaking the system.

"Fewer young people are willing to take on the work," said Lynne Coffin, 61, a criminal defense lawyer whose caseload accounts for a large number of Death Row cases. "It's a huge toll on people having clients on Death Row."

BOTTLENECK CREATED

Morgan's attorney filed an appeal to probe, uncover and challenge every possible item in Morgan's case that was in 1996. These petitions from condemned inmates requesting habeas petition lawyers have created a bottleneck.

There is a 10-to-12-year waiting period to get a lawyer.

As of February 09, 2011, San Quentin has 673 condemned inmates. About half of those have no court-appointed attorney to address their legal challenges.

50-Mile Run Helps Many

Continued from Page 1

Marin Food Bank. Myself, Rudy Luna and Laura Bowman-Salzseider, had the opportunity and pleasure to visit the Marin Food Bank and meet the staff and volunteers.

All three of us were awestruck by the magnitude of operation and the need to provide food and services to low-income families in Marin County.

In 2010 the Marin Food Bank served over 120,000 people, an increase of 53 percent from 2009. The Food Bank distributed over 2.5 million pounds of food, which is a 55 percent increase from the prior year.

In these difficult economic times, more low-to-moderate-income families have to choose between essentials like food or utilities or necessary health care. I was heartened by the fact that San Quentin staff helped this valued organization that provides an absolutely essential service to our surrounding community.

I will endeavor to hold additional events such as this, and to expand the participation of staff, the inmate population and the surrounding community. My expressed gratitude to all who helped make this event a worthwhile adventure!

This number does not account for those who are currently in hospice care or having other medical needs taken care of, or those who are out to court

"The penal system is dealing with numbers it can't handle," said Michael Laurence, executive director of the Habeas Corpus Resource Center; a state agency that represents condemned inmates for post-conviction court challenges.

However, death penalty advocates and prosecutors lay fault to the modality of criminal defense work: "To turn over every rock in the world," Kent Scheidegger said. Scheidegger is the legal director of the Criminal Justice League Foundation whose group supports capital punishment.

"The idea that you have to pull out every stop in every case is excessive," he said. There's lots of pressure but that doesn't mean the state has to or should pay for it."

Berkeley-based criminal defense lawyer Cliff Gardner, one of the few lawyers who has won death penalty cases before the California Supreme Court, said death penalty advocates just want to make it easier to execute someone. "The idea that you're saving someone who is condemned to die seems to be the highest calling any criminal lawyer can have."

K-12 Education – The Only One To Receive More Money

Sacramento — In fiscal year 1976-77, 3.32 percent of the state's general fund (\$344.3 million) went to prisons, according to the Orange County Register. This year, 10.32 percent (\$8.9 billion) is budgeted for prisons

California law mandates each Death Row inmate receive an automatic appeal to the California Supreme Court. Each appeal deals with the events that happened at trial.

After the appeal, a condemned inmate may file a writ of habeas corpus.

Donald Specter of the Berkeley-based Prison Law Office said, "Representing a Death Row inmate is emotionally draining and the pay is not that good."

ARGUE FOR RELEASE

Specter recently argued before the U.S. Supreme Court for the release of 40,000 California inmates due to prison overcrowding. "Yet I'm sure that if Mr. Schwarzenegger's family or friends were on Death Row, he would want to have a Death Row attorney turn over every rock to make sure they could get the best representation to get them off of Death Row."

The state Supreme Court did accept earlier this year a cursory post-conviction challenge from Morgan. The court accepted Morgan's petition as a simple placeholder until a lawyer could file a proper habeas corpus petition.

This maneuver will prevent Morgan from missing important legal deadlines and permit him a chance to challenge his sentence later.

Prison Reform for New Attorney General

Continued from Page 1

problems that lead to crime, not just the criminal.

The 46-year-old Harris replaces Democrat Jerry Brown, who moved up to the governor's office after his successful campaign. She is the first black and the first woman to hold the Attorney General's post in California. Her victory also gave Democrats a sweep of all statewide offices.

Harris's campaign was scarred by criticism relating to tainted evidence blamed on San Francisco police and failure of prosecutors to disclose police officer's criminal history to defense attorneys. Both incidents led to the dismissal of hundreds of criminal cases.

Despite such controversies, Harris prevailed with environmental protection and prosecu-

while the shares for higher education, tax relief and natural resources all have decreased. Of the 150 state departments, only K-12 education increases its share of the budget more than prisons.

tion of financial predators, also cornerstones of her campaign.

"I think she might be good," said San Quentin inmate Kamal Sefeldeen, a clerk in the law library.

Sefeldeen expressed hope that she does not see her role as a blocker of every lifer release like past Attorneys General. He also would like to see Harris work with criminal justice professors and students to come up with options for reform, and for her to adopt a plan to release some of the 7,000 non-citizen prisoners who have done their time and want to be deported, but are being held in limbo due to political pressures.

"I've heard good things about her," states inmate Karl "Ishmael" Freelon, "but it's to be seen how true it is."

Volunteers and Prisoners Sing During Holidays At S.Q.

By **JEFF BROOKS**
Journalism Guild Writer

As inmates and visitors can tell you, San Quentin celebrates Christmas like no other prison in California. There were carolers in the cellblocks, a banquet honoring volunteers and inmates' kids got presents around the Visiting Room Christmas tree.

One of the festive things about Christmas time in San Quentin for an inmate is hearing the carolers come into the housing units to sing traditional Christmas songs a cappella.

This year there were 56 volunteers and 12 inmates, led by Craig Singleton, a volunteer at the Protestant Chapel and head of the Dominican University Music Department.

"We come in with a spirit and attitude that we are here to uplift the men," said one long-time volunteer, Jerry Stubblefield, a retired Golden Gate Seminary professor. "We come to minister in this place, but I would say that we are ministered to."

Stubblefield added, "For several years we went into the gym. One of the things that amazed

me, and it probably shouldn't have, was that the inmates knew all of the carols and they sang with us. It made us feel great."

Another festive event was a banquet honoring volunteers who work with inmates in Protestant Chapel programs.

In the past, volunteer Christmas carolers were confined to the entrance rotunda of Condemned Row, but for the first time the volunteers were allowed to enter into the Condemned Row housing unit.

The carolers sang traditional Christmas songs before the rapt



Photo: Sam Robinson

Stan Baer and Geo Caffale packing toys for the children



Photo: Sam Robinson

Prisoners and carolers singing cheerful songs during the holidays in S.Q. units

725 New Laws For California Citizens

By **MICHEAL COOKE**
Journalism Guild Writer

California welcomed the New Year with 725 new laws. One was Assembly Bill 1399, the California Medical Parole Bill. It allows medical parole for terminally ill inmates. The bill was authored by State Sen. Mark Leno and sponsored by J. Clark Kelso, the Prison Health Care Receiver appointed by federal District Court Judge Thelton Henderson.

California is looking for ways to slash \$800 million from the Prison Health Services Department's \$2 billion budget. Medical parole would apply to inmates in state prisons with permanent disabilities and whose release would not pose a threat to public safety.

Medical paroles are prohibited for inmates sentenced to death, life without the possibility of parole, or Three-Strikers. Terminally ill inmates sentenced to life with the possibility of parole may be considered for medical parole. It has been estimated that approximately 700 state inmates would qualify for consideration for medical parole.

The state's prison health system has identified 21 inmates whose average annual health

care cost more than \$1.97 million each.

That is nearly \$41.5 million a year for 21 prisoners.

Inmates released on medical parole would shift the cost of their health care from the state to the federal government.

California already allows dying inmates to apply for compassionate release, also known as medical parole, although few are actually released prior to their deaths.

Penal Code 1170 (e), (2)(A)(B) (C) gives courts the discretion to resent or recall if they find (1) the prisoner is terminally ill with an incurable condition caused by an illness or disease that would cause death within six months; (2) the conditions of release or treatment do not pose a threat to public safety; (3) the prisoner is permanently medically incapacitated with a medical condition that renders him or her permanently unable to perform activities of basic daily living, and result in requiring 24-hour total care.

Lawsuit To Reform California's Public Education Funding System

By **LAQUAN HAYES**
Journalism Guild Writer

A second lawsuit aimed at reform for California's public education finance system has been filed in Alameda County Superior Court.

This lawsuit is similar to the *Robles-Wong v. California*, filed 2010 by the Californian School Board Association (CSBA), the Association of California School Administration (ACSA) and the California State PTA.

In the latest suit, a coalition of grassroots groups and individuals representing low-income students and parents makes two claims:

1. The states school-funding system fails to provide children with an opportunity to obtain a meaningful education in violation of the Education Code.

2. That this failure violates the Equal Protection clause of the Constitution.

Marin County Attempts to Block Death Row Expansion

San Rafael — Marin County officials have filed a lawsuit seeking a temporary restraining order to block San Quentin's new 541,000-square-foot Death

Row, containing 768 cells with 1,152 beds. California Department of Corrections and Rehabilitation officials announced a delay in awarding a contract for

audience of inmates as they sat locked inside their cells.

Many inmates joined in with the singing and when it was over there were numerous shouts of "Thank you!" and "Merry Christmas!"

"I really appreciated that people from the surrounding communities would take the time out of their busy lives to come in here to sing to us and bring us some Christmas cheer," said Kris Miller, an inmate.

"I just sat back in my cell and closed my eyes and felt like I was in a different place for a few moments," said Chris Murphey, another inmate. "I just wish they could of stayed longer," he said.

The volunteers and inmates sang in North Block, South Block, West Block, and East Block (Condemned Row).

For 22 years, the Vietnam Veterans Group of San Quentin (VVGSO) has been instrumental in making Christmas very special for the inmates and their visitors during Christmas time.

In previous years, veterans dressed as Santa and his elves would pass out toys to all the children who visited during the holidays.

One of the special things for inmates was having their pictures taken with their children and Santa Claus, but after 22 years of this tradition, the administration deemed the Santa Claus outfit was escape paraphernalia. So this Christmas there was no Santa in San Quentin.

— Julian Glenn Padgett contributed to this story.

unless it is accompanied by extensive and systematic reform."

The lawsuit's contention is that education is a fundamental right of young people provided by the California Constitution and the California Supreme Court. However, school years are being shortened, critical teacher positions are being eliminated as well as course offerings and there is a shortage of instructional material and school supplies.

The suit claims these shortages are at higher rates in urban communities, which unconstitutionally violates the rights of African-American and Latino students.

"We have to sue. Not only are we losing teachers and seeing class sizes skyrocket, but districts are eliminating librarians, nurses, school psychologists, courses in music, P.E. and electives," said Giselle Quezada from ACCE.

the first phase of the \$356 million complex until Feb. 9 to allow recently installed Gov. Jerry Brown the opportunity to review the plan.

Another Viable Vocational Trade on the Chopping Block

By MICHEAL COOKE

Journalism Guild Writer

and

DWIGHT KRIZMAN

Contributing Writer

As the budget squeeze continues, prison officials in Sacramento have designated San Quentin's highly successful landscaping program as "not viable."

Tony Leyva, the prison's Vocational Landscaping instructor and a veteran of more than 20 years with the California Department of Corrections and Rehabilitation, has already received his layoff notice.

It seems as though keeping the program would be a no brainer, considering the state's purported focus on reducing recidivism. Unless things change, the program will close in April 2011. Leyva expressed his disappointment for the students because it would only take another six months to allow approximately eight current students to complete the course with a "viable working knowledge."

Ordinarily, when you hear the word "prison," images of convicts and steel cells come to mind, not flower beds. Rarely do most people equate nature's beauty and prison in the same sentence. However, if prisons do have a character or face, the individual responsible for this countenance would be its landscaper.

Everywhere you look around San Quentin, you can find tiny pockets of beauty in a desert of human desola-

tion. Leyva maintains the landscaped face of San Quentin. Prior to working at the CDCR, Leyva operated his own landscaping business for 20 years, tending to properties owned by celebrities such as Clint Eastwood and Betty White.

"There is a satisfying feeling for me in giving something to those who are in prison who can't be in the community doing this work through this program," Leyva said in an interview. "Studies show that Vocational Landscaping leads the way in reducing inmate recidivism out of all the other vocational training classes in prison. Men who grew up mean and violent on the streets can change a lot when they begin to grow and nurture living things. You've taken a person with no regard for others to appreciating and developing life," he added.

The men who are students in the Vocational Landscaping program echoed these powerful and inspirational words.

In March 2010, Leyva redesigned the vocational landscaping curriculum to better incorporate the existing knowledge and skills of the students as they transition through the program.

Many landscape projects are in progress around the prison at any given time. Students have been busy rebuilding parts of the facility, including the shade-house, where specific plant species grow, "hardscaping" pathways with bricks and stones, demolishing and clearing,

and then redesigning and replanting garden areas around the vocational buildings.

"The state, however, has gutted the program and dumbed it down. Where we once produced a comprehensive program, Sacramento wants us to get 'em in and get em' out in a few months. I need at least 18 to 24 months to teach a complete program," lamented Leyva.

"Our class has become a real team and includes all races. No prison politics means a true sense of freedom for the men. They develop a real sense of responsibility," noted Leyva. "Landscaping is a viable trade that's always in demand. It does not require a great deal of knowledge to enter the field. You can really learn as you go. I believe you never become an expert because there is so much to learn for the rest of your life."

Leyva stated he started his own business at the age of 24, and it took about two years to build a solid week of 30 hours. Professional landscapers can earn as much as \$100,000 a year, he said. Charging a client \$60 to take care of their property twice a month averages about \$30 for what amounts to a half hour of work.

According to Leyva, he could operate the program at no cost to the state. He did it for 2 1/2 years at Soledad State Prison through donations and support from industry and trade advisory members. "I could even make it work on a part-time basis," he said. There is no shortage of students wanting to get into the program from H-Unit. Referrals come from teachers.

Successful Re-integration Programs Reduce Recidivism

By ARNULFO GARCIA

Journalism Guild Chairman

and JUAN HAINES

Journalism Guild Writer

"When people get out of prison, they have so many strikes against them, they feel doomed to failure. The Report of the Re-Entry Policy Council details the kinds of services – drug treatment, job training, and family counseling – that can keep people from returning to prison, help them to take care of their families, and allow them to become productive members of society," said the late David Lewis, President and Co-Founder, Free-at-Last.

The successful reintegration of prisoners into society is a very important aspect of an effective criminal justice system, however little is known about the development effective prisoner re-entry programs.

To assist policymakers and practitioners seeking to improve the likelihood that adults released from prison or jail will avoid crime and become productive healthy members of families and communities, the Council of State Governments established the Re-Entry Policy Council.

The Policy Council includes a hundred leaders at the local, state, and national levels, as well as: state legislators; criminal justice policymakers and practitioners; workforce development and employment services of-

officials; housing providers and housing system officials; representatives of health, mental health, and substance abuse treatment systems; victim advocates; the formerly incarcerated and their families; ministers and others working in faith-based institutions.

The Re-Entry Policy Council report provides hundreds of recommendations which reflect the common ground reached by this wide-ranging, diverse group of leaders. Decades ago, many of these ideas were unknowingly a part of a philosophy put into practice by a man committed to public safety through a vision of successful reconnecting ex-prisoners to their communities.

Jacquin "Jack" Brito has been involved with numerous public safety policy makers throughout his career as an advocate for successful re-entry of ex-convicts.

He has once again emerged in the forefront of a call to duty for common sense public safety policy while our cash-strapped state struggles with unconstitutionally overcrowded prisons and one of the highest recidivism rates in the country.

"I will volunteer to assist setting up the demonstration project at no charge," said Brito.

Founded in 1975, Brito continued to direct two re-entry facilities until 1997: Casa Libre and Casa Oasis.

Brito touts the success he has enjoyed in reintegrating ex-convicts into the community by asserting that eight out of 10 residents, who completed Casa Libre and Casa Oasis programs had no further problems with law enforcement two years after they graduated.

Casa Libre and Casa Oasis provided room and board, peer and individual counseling, job development and placement, transportation, and time off on weekends so participants could visit their loved ones.

Enlightening the public about the food preparation brought a smile to Brito's face.

"The food was excellent and the average weight gain by the participants after 90 days was about 30 pounds. Their bellies were full, and happy hearts helped to keep everyone content and in good spirits. This was a major part in their ability to complete their assigned programs and duties," he said.

Residents who found jobs paid 25 percent of their earnings to the costs and operations of the facilities, which reduced the taxpayer's burden significantly. The remaining costs were paid by the state under a yearly contract. In the 1990s, each prisoner's incarceration cost was about \$107 per day; today that cost has increased to about \$135 per day. During that period, Brito's rate was about \$43 per day, with 25 percent offset by contributing residents. Casa Libre and Casa Oasis had room for about 30 residents at a time – with an average stay between 90 and 120 days. Parole officers would frequent the programs, ensuring that public safety needs were met.

San Quentin View

By JULIANLENN PADGETT

Managing Editor

How would you solve California's budget problems?



Ke Lam: There is a need to reconstruct the penal system with more effort towards restorative justice instead of punishment. Less

money will be diverted towards incarceration and that money can be channeled towards education.



Kevin Carr: Address the prison overcrowding situation and revising the Three Strike law while looking into releasing pris-

oners who are over 60 with terminal illnesses and indeterminate lifers who have met their matrix and done all the Parole Board has asked of them. Start releasing lifers because statistics prove 98 percent of Lifers who get out don't come back. Therefore, saving money from what they spend to house Lifers, the end result would be saving billions of dollars.



Cole Bienek: The budget problem is too large to solve with a single solution; it must be attacked from all sides as if it were

an invading army. A safe and progressive prison yard can be run (see prisonhonorprogram.org). With this program we find that we're saving \$20 million in reduced costs associated with violence, overtime and medical costs associated with violence.



Nathaniel Rouse: It costs \$47,000 plus medical expenses (per year) to house a prisoner. I would release inmates who have proven

over a period of time they've changed their lives. In this economical climate, I would reduce prison guards' pay, and they would get 60 percent of their retirement and no annuities. No quitting and coming back as an annuity that hurts the state. Once you retire, that's it.



Malik Harris: Repeal Proposition 13, the Three Strikes law, Marsy's law, Jessica's law and any law that has mandatory mini-

mums. Cowardice of politicians is bankrupting California. They don't want to do their job so they throw it off on the voters using scare tactics. Privatize and localize grades K-12, get rid of junior high schools and keep taxes low for everybody: the rich, the middle class and the poor. It won't work in the first year, but in three to five years, California will be back on track.

Nutritionist Offers S.Q. Prisoners Advice

By **BAHIYYAH MITHCHELL**
Contributing Writer

Editor's Note: Bahiyyah Mitchell is president and CEO of Creatively Succulent, a catering and pastry company based in Sacramento. She has 16 years of experience in culinary arts, hospitality and nutrition. She has worked in many major fine Sacramento restaurants as well as for Martin Yan, Wolfgang Puck, Randy Paragary and Mai Pham. She teaches nutrition, culinary arts, and gardening/composting to underserved children.

It is an honor to collaborate with the San Quentin News to provide you with information to make proper food choices and be conscious of your overall wellness with the resources you have. My goal is to improve and/or maintain your health.

The demographics and dietary restrictions are diverse among the San Quentin population; therefore, the suggestions I provide are for the masses and I encourage you to modify them according to your taste, individual health and needs. Food is not just to satisfy your appetite; food is medicine and fuel for the body.

The American Dietetic Association says a healthy diet for a man is:

- A minimum of one cup of dried fruit, or two cups of fresh fruit, plus 2 ½ cups of vegetables daily.
- Once per week consume tomato or tomato-based products, grapefruit, or watermelon to provide your body with the antioxidant lycopene to ensure your prostate health.
- Consume at least five ounces of whole grains daily. Re-

place your white breads, cereals, and pastas with brown rice, breads, cereals, and pastas.

- Consume a minimum of 2-3 servings (one serving is typically an ounce) of fish per week. Limit your intake of red meat and fried foods, which can increase your chances of heart disease and colorectal cancer.
- Choose unsaturated fats such as nuts, avocado, seeds, and canola oil instead of saturated fats such as butter and high fat sweets.
- Consume 4700 milligrams or one teaspoon of potassium daily from fruit, vegetables, fish and milk. (You will accomplish this from steps 1 and 4)

When you are hungry between meals and need a snack, snack consciously. Some great snacks you may have accessible to you are tortilla chips and avocados (do not add mayonnaise), almonds, fruit cups, Moon Lodge White Cheddar Popcorn, yogurt, and the whole fruit popsicles in the visiting room vending machines.

It is also very important that you consume enough water to where you never feel thirsty. Sixty percent of your body weight is water. Water is essential for flushing out toxins, carrying nutrients to cells and your oral hygiene. The quantity of water needed varies by person but the general rule for consumption is eight eight-ounce glasses daily.

Have a love affair with your food. Use all your senses to fully enjoy what you have before you. Your appetite will be satisfied longer when you learn how to allow your senses to indulge.

Justice Prevails for Innocent Prisoners

By **JUAN HAINES**
Journalism Guild Writer

A judge has overturned the double-murder conviction of a man who spent 18 years in prison.

The judge found that police investigators knew that the prosecution's "star witness" lied on the stand about being compensated for testimony, but they did nothing to intervene.

Caramad Conley has been imprisoned since 1992, convicted of an allegedly gang-related double killing. A Superior court judge ruled Conley was denied a fair trial, making his conviction unconstitutional.

The same "star witness" was involved in other cases ultimately overturned by the courts with monetary compensation awarded to the wrongly imprisoned men.

Other recent wrongly convicted cases include Robert Lee

Stinson, convicted in 1985 in the death of a 63-year-old Milwaukee woman. A judge released him from prison in 2009 after new DNA evidence exonerated him. The state of Wisconsin is expected to compensate Stinson \$115,000 for his 23-year imprisonment. Stinson said the money will be his first income since being released from prison.

Still another case involved Maurice Caldwell, who spent 21 years imprisoned for a second-degree murder conviction based on the testimony of a single eyewitness. Another convicted criminal eventually took responsibility for the murder. The Northern California Innocence Project at Santa Clara University School of Law presented Caldwell's case to the court. Caldwell's conviction was overturned because his lawyer failed to properly conduct an investigation of the case.

EDUCATION

Robert E. Burton Adult School

The Vision of the Robert E. Burton Adult School

The Mission of the Robert E. Burton Adult School is to prepare incarcerated adult students to become positive, productive citizens and contributing members of the community. By offering classes that aid the development of educational, occupational, health, and social skills, the school provides students with opportunities to learn and practice these proficiencies.

As educators we believe that all human beings possess the potential for positive growth and change. The Robert E. Burton Adult School is committed to promoting this transformation in each student by teaching life skills that can be used through every stage of life, including areas of academic, vocational and social development.

The Goal of the Robert E. Burton Adult School is to provide quality educational programs – offering academic, vocational, re-entry and life-skills instruction – that will prepare students to perform independently and successfully as they reintegrate into society. These programs address the assessment and instruction of basic life – and literacy skills.

Student Learning Outcomes

CSP-San Quentin's Robert E. Burton Adult School STUDENT LEARNING OUTCOMES (SLO'S)

Students will be prepared for a successful parole by...

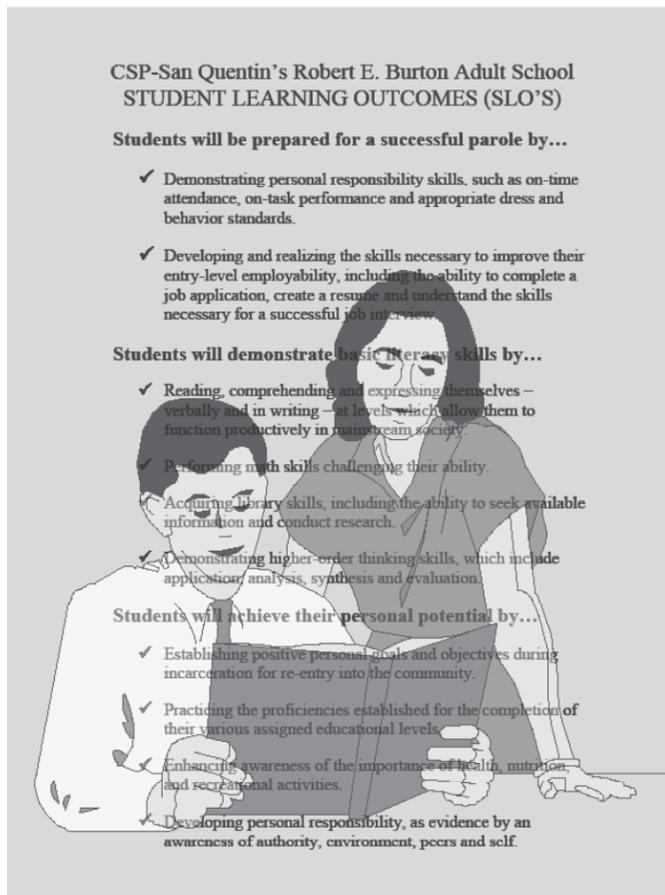
- ✓ Demonstrating personal responsibility skills, such as on-time attendance, on-task performance and appropriate dress and behavior standards.
- ✓ Developing and realizing the skills necessary to improve their entry-level employability, including the ability to complete a job application, create a resume and understand the skills necessary for a successful job interview.

Students will demonstrate basic literacy skills by...

- ✓ Reading, comprehending and expressing themselves – verbally and in writing – at levels which allow them to function productively in mainstream society.
- ✓ Performing math skills challenging their ability.
- ✓ Acquiring library skills, including the ability to seek available information and conduct research.
- ✓ Demonstrating higher order thinking skills, which include application, analysis, synthesis and evaluation.

Students will achieve their personal potential by...

- ✓ Establishing positive personal goals and objectives during incarceration for re-entry into the community.
- ✓ Practicing the proficiencies established for the completion of their various assigned educational levels.
- ✓ Enhancing awareness of the importance of health, nutrition, and recreational activities.
- ✓ Developing personal responsibility, as evidence by an awareness of authority, environment, peers and self.



The Fallout From WikiLeaks Document Release

By RONALD G. SELF
Contributing Writer

The United States military and allied forces face increased risk due to the disclosure of classified documents, according to the Pentagon. Last June Julian Assange, founder of the whistle-blowing website WikiLeaks, released 400,000 pages of classified documents pertaining to military operations in Iraq and Afghanistan.

U.S. personnel are being placed in harm's way because of Assange's postings, according to Pentagon spokesman Geoff Murrell. He summed it up during a press conference reported by John F. Burns and Ravi Somaiya of the New York Times on Oct 23. "These documents [...] were a gift to 'terrorist organizations.'" This "gift" provides terrorist groups with patrol tactics, troop strength, specific weapons systems deployment, and other vital information related to how and under what circumstances troops are used.

ROAD MAP FOR THE INSURGENTS

Furthermore, the documents describe what the call signs (i.e. names) of specific U.S. and allied units are and gives enemy personnel a road map of how to defeat the U.S. military, according to Murrell. An example he gave is that enemy insurgents can now better prepare how to ambush U.S. and allied forces. Additionally, insurgents now have an enhanced view of how primary and secondary units respond, thus enabling the enemy to more effectively conduct offensive operations.

I believe that from the moment those documents went public, every Marine and soldier, as well as every mission currently underway in Iraq and Afghanistan, was compromised.

Pfc. Bradley Manning is a former Army intelligence operative currently under detention in Quantico, Va. Manning is suspected of leaking the information to Assange in agreement with Assange's decision to place the documents in the public domain. The release of secret information introduces the public to a flawed game of "Hide and Seek." The point of this game is to remain hidden from the person(s) who are doing the seeking. A

OPINION

successful game is one where the person hiding is not found. In Assange's version of this game, he interjects himself by drawing a map that leads the seeker (insurgents) directly to the persons hiding (coalition forces). "GAME OVER."

Assange's decision to leak classified documents places U.S. military personnel in grave danger, consequently putting our allies' personnel in danger as well. In addition to the harm to our U.S. personnel, our Iraqi and Afghan counterparts are being hunted down because of the postings. Amnesty International and Reporters without Borders have joined the Pentagon in condemning Assange's postings for placing people's lives in greater danger.

Burns and Somaiya also reported an illustration of this: "A Taliban spokesman in Afghanistan [...] said in a telephone interview that the Taliban had formed a nine-member 'commission' after the Afghan documents were posted 'to find about people who are spying.' He said the Taliban had a 'wanted' list of 1,800 Afghans and was comparing that with names WikiLeaks provided."

The military relies upon those men and women for information regarding the location of insurgents. Based on military history, the key to winning any campaign in a foreign country is in winning over the hearts and minds of the people that live there. WikiLeaks information compromises our ability to keep our allies out of harm's way.

Assange says he firmly believes that all the documents should be in the public domain; the world should have equal access to the information released by WikiLeaks.

According to Burns and Somaiya, Assange stated that the release of the documents, "constituted the most comprehensive and detailed account of any war ever to have entered the public record" and, therefore, the public is entitled to have access to this information. Assange de-

fends his decision to leak the records in the interest of "tremendous good and [the] prevention of harm" ignoring the fact that U.S. policy forbids any military personnel from leaking classified documents to the public. Manning is said to have handed over these documents to Assange, who in turn posted them on the World Wide Web, violating national security under the 1917 espionage act. The act states, "any one releasing classified or secret documents with the intent of causing intentional harm can and will be tried."

If the breach accrues during a time of war, the individual can be executed for treason. Not only does the release of these documents violate national security by leaking classified information, it has also caused a diplomatic embarrassment, eroding our credibility with other world powers by demonstrating the country's inability to safeguard classified information.

MILITARY'S REPUTATION TARNISHED

The perception of our country becomes one that is not trustworthy, causing the U.S. military's reputation to be brought into question. The posting of the classified documents is duplicitous on Assange's part and greatly handicaps our ability to ensure the safety and greater good of all free people.

Furthermore, the information posted by WikiLeaks dramatically compromises our ability to combat terrorist organizations and conduct military operations globally. Most importantly, it further endangers the lives of our military personnel – for no other reason than Assange's distorted sense of self-righteousness – at revealing this holy grail of classified documents.

Editor's Note: Inmate Ronald G. Self was a Marine who served in the enlisted ranks as well as the officers corps.



Vietnam Veterans Group of San Quentin



On Saturday, February 12, we are once again packing *Care Packages* with *Operation: MOM* for our troops deployed overseas. Anyone wishing to donate the items listed below can drop them off at 1-N-35 or 5-H-6 or give them to any group member along with your name and CDC No.

BEEF JERKY	INK PENS
MOUTHWASH	TOOTHBRUSH
DENTAL FLOSSERS	SKIN CARE LOTION 16 OZ.
COCOA BUTTER LOTION 16 OZ.	SUNSCREEN
SHOWER SHOES	FINGERNAIL CLIPPER
COTTON SWABS	WASH CLOTH
IVORY SOAP	IBUPROFEN 50 CT.
TYLENOL 60 CT.	ASPIRIN 100 TABS
ALLERGY TABS 24 TABS	ANTI FUNGAL CREAM
ALKA SELTZER 2/TABS/PK.	COUGH DROPS
LIP BALM SPF-15	ROLAIDS
VITAMIN C COMPLEX 100 TABS	AA BATTERIES 4-PACK
SALTED PEANUTS	CARAMEL CORN 3.53 OZ.
DUPLEX SANDWICH COOKIE 5 OZ.	SUGAR SUBSTITUTE
CRUSHED CHILI PEPPER 1.12 OZ.	RICE & BEANS
INSTANT OATMEAL	BEEF STEW 8 OZ.
CHILI W/BEANS 8 OZ.	BEEF & CHEESE STIX

Everyone participating will receive a laudatory chrono. All donations **must be received by Friday, February 11.** Thank you for your consideration.

Veterans Affairs

The Vietnam Veterans Group of San Quentin (V.V.G.S.Q.) will be sponsoring the Ninth Annual Operation: MOM packing day on Saturday, February 12, 2011 from 0800 – 1500 hrs., in the Education Building B.

Boxes, measuring 8 x 8 x 4, will be packed by inmates and volunteers, and sent by Operation: MOM to our troops deployed overseas.

VETERANS INFORMATION PROJECT
SAN QUENTIN STATE PRISON
SAN QUENTIN, CA. 94964
PHONE (415) 455 5043 EXT.5043
FAX (415) 455-5049



ATTENTION ALL VETERANS

The Veterans Information Project (VIP)

Our mission statement for this project requires that we provide veterans incarcerated in San Quentin State Prison all possible information regarding benefits available by virtue of their service. The goal of this project is to provide encouragement through positive contact, to ease transition back into society, and to reduce the recidivism of former members of the Armed Forces.

The VIP Office provides help in accessing the following services:

Outreach programs throughout the State of California
Enrollment into the VA Health care system
Transitional housing (Statewide)
Disability and Pension claims
Discharge up-grades

All inquiries can be made by filling out the Request for Service form, and sent via a U-Save Envelope, addressed to: Veterans Information Project, EDUCATION BUILDING

RON G. SELF, V.I.P. REP

"Semper Fi"



CA1-01



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INCARCERATED NOT FORGOTTEN

RELIGION

Clear and Simple Message of Faith

By JULIANGLENN PADGETT
Managing Editor

For seven months, Deacon Chuck McNeil served as San Quentin's Assistant Catholic Chaplain, living his desire to be of service while following his call to foster responsibility, rehabilitation, and restoration.

On Mondays and Tuesdays, Deacon McNeil met with the men throughout the prison. His message: People can change and learn to be better individuals.

"I was attracted to the Deaconate because, like so many Deacons, I knew they were working in prisons and working with the homeless," McNeil said.

His late mentor and friend, Deacon Paul Moriarty, who passed away in 2002, counseled McNeil on his passion for detention ministry. "He helped me discover that I had something to offer."

For years, McNeil honed his skills in detention ministry, counseling in the county jails around the Bay Area.

"Much of my counseling, sitting with people, started feeling like spiritual direction," he said. At many sessions, he said, people began admitting how jail saved them from additional destructive behavior. But he felt being a jail counselor was limiting.

"San Quentin is very different," McNeil said. "I've developed good relations here."

He believes his skills as a grief counselor are useful for people who have suffered family losses while imprisoned. "I don't know

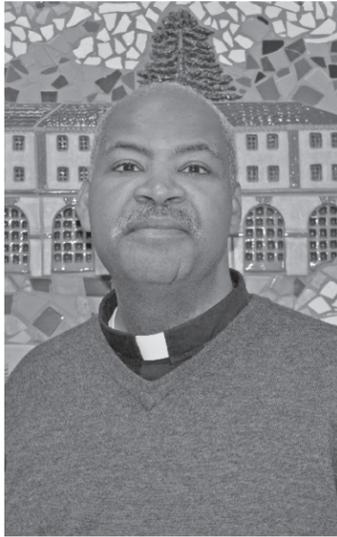


Photo: Sam Robinson

Deacon Chuck McNeil

if I helped those men, but I was present; I was in the moment with them and I listened." He never expected to be ministering in a place with condemned prisoners. Many in the Roman Catholic Church and other places oppose capital punishment, he noted. "They understand how sacred human life is," McNeil said.

McNeil was ordained 11 years ago and came to San Quentin in July after working as a substance abuse counselor in California for several years.

Deacon McNeil's San Quentin tenure lasted a few months. He has since moved on still working as a Deacon within the Catholic Church.

"The Catholic perspective on crime is people should be held accountable for their actions but all forms of punishment must have rehabilitative aspects," McNeil said.

How S.Q. Experience Is Teaching the Teachers

By BECKER NEWBOLD
Contributing Writer

Coming to San Quentin with experience teaching at UC Berkeley, many of us come to the Prison University Project (PUP) not knowing what to expect, but hoping to be able to contribute our language and literature skills to the community outside of traditional academia.

PUP provides Spanish classes to students with five days a week (three days for literature classes), allowing the opportunity for an immersion experience that gives students a great deal of exposure to the language.

What makes the classes interesting is that students at San Quentin are adult learners, most of whom are highly motivated and some have experience speaking in their families or communities. There is a great variety of

skill levels and previous experience among the students, which can cause some challenges at times, but also brings great diversity into the learning experience.

Overall, teaching Spanish at San Quentin has been a constant process of negotiation, but it is also very rewarding. Every time a student suddenly understands a grammatical concept, uses Spanish to communicate ideas to a classmate, or discusses Spanish literature, it reminds us why we are volunteering.

Teaching here is both absorbing and energizing, and we hope that the students are getting as much out of the experience as we are, and that they find ways to use their skills on a daily basis.

Becker Newbold is a volunteer teacher at San Quentin.

'Ray Gun' New Tool At Prisons?

By JEFFERY LITTLE
Journalism Guild Writer

The words "ray gun" usually brings to mind an imaginary future technology associated with science fiction movies such as *The Terminator*, *Star Wars*, and *Star Trek*; Part of science fiction has become fact.

In January 2007, The Associated Press reported that Moody Air force Base was testing a new form of weapon called Ray Gun. The weapon isn't shaped in the form of a gun or rifle; it's an octagonal disk that's attached to a military Humvee. An operator inside the vehicle uses a joystick to zero in on a target. Once the target has been acquired, the operator fires a 100,000-watt beam at the speed of light. This beam can be discharged from more than 500 yards.

This beam emits a flash of white-hot energy — an electromagnetic beam made up of very high frequency radio waves that you can't see or hear. This beam only penetrates 1/64 of an inch of skin, (which is equivalent to three sheets of ordinary paper), yet participants of experiment claimed that while the demonstration was not painful, it was intense enough to make them believe their clothing was about to catch fire.

The CBS-TV show *60 Minutes* reported on the device in March 2008.

On Aug. 23, 2010, Debra Dupre, staff member with the Human Rights Examiner posted a story on the internet with a caption reading, "Military Ray Gun to be tested on inmates." She said one test was performed at the Sheriff's Detention Center located in Castaic, California.

Commander Bob Osborne, who is head of the Technology Exploration Branch of the Sheriff's Department of Homeland Security Division, was quoted as saying, "The Assault Intervention System (AIS) developed by Raytheon Co. could give the Sheriff's Department another tool to quell disturbances at a 65-inmate dormitory at the Pitchess Detention Center North County Correctional Facility."

The new weapon is listed as a non-lethal device. It has been tested on humans more than an estimated 11,000 times over 10 years, CBS reported.

292,000 CA Children Have a Parent in Prison

Sacramento — The California Research Bureau estimates 292,000 California children had a parent in prison or jail. The 2000 survey also showed another 564,000 minors had a parent on parole or probation; with those numbers combined, nine percent of California's children had a parent in the criminal justice system.

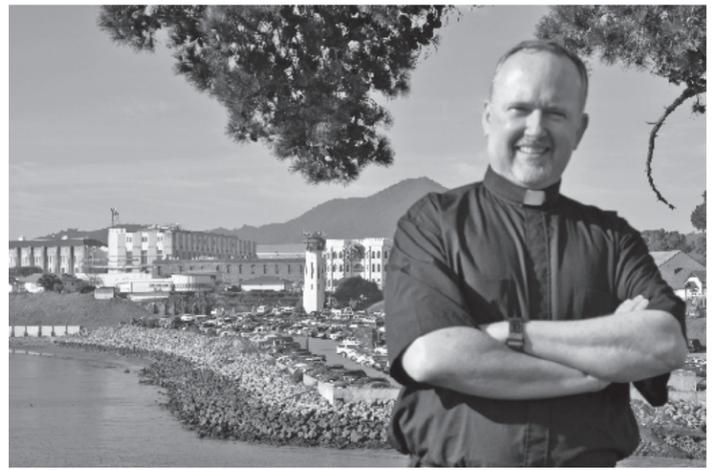


Photo: Sam Robinson

Father George Williams ready to serve S.Q. prisoners

S.Q. Has New Catholic Chaplain

By KENNETH R. BRYDON
Contributing Writer

San Quentin now has a Catholic chaplain. Father George Williams, 53, began his duties on Jan. 12, replacing Father Barber, who retired.

Father Williams grew up in Connecticut, attended Syracuse, and then served five years as an Air Force officer. He was stationed in Alaska, Germany, and Saudi Arabia.

"The majority of my life has been working in Prison Ministry. I'm currently working on a Doctorate in Criminal Justice. I always had a strong interest in doing prison work. I was ordained in 2004 in the order of Jesuit Priest, and asked for ordination for Prison Ministry," he said.

His last post was Massachusetts State Prison in Concord for five years, and before that 10 years in the Boston City Jail. When asked of comparing where he came from to here, he said, "Prison is prison; we have better weather here." He also noted that there was not a Death Row there.

He explained how he came to know about the position because of visiting with Father Barber. "I came here to steal ideas, and exchange thoughts. The priests doing this work are few and far between." He noted San Quentin holds half the number of all inmates in the Massachusetts system. "I personally knew many inmates there, so the size (of San Quentin) really struck me."

Spiritual Food for The Faithful

Psalm 69:33 — For the Lord heareth the poor, and despiseth not his prisoners.

Psalm 102:69 — For he hath looked down from the height of his sanctuary, from heaven did the Lord behold the earth.

Job 3:18 — There the prisoners rest together, they hear not the voice of the oppressor.

Job 3:19 — The small and great are there, and the servant is free from his master.

Psalm 102:20 — To hear the groaning of the prisoner, to

loosen those that are appointed to death. Asked about his accomplishments in Boston, he said it was not about accomplishments, "It was how I was able to serve God. Some of them died there, but at some point along their journey, they came back to the Church. I feel that they found some peace, even though they didn't measure up to society's standard."

Father Williams is also interested in work in recovery; he himself was working at halfway houses. "I'm not about shoving religion down their throat. It's really not about programs, but about how do we learn to live our faith as Christians, no matter where we are." He saw the value of the many other programs at San Quentin. In Massachusetts, the only programs were basic education and some religious programs.

"There are a lot of good things going on in here," he said.

Since coming to one of the oldest prisons in the country, he said he is eager to break myths and stereotypes. "San Quentin is famous; you see the stuff on TV; the reality of the place is something completely different. You're dealing here with human beings, and the media makes the characters out of it."

He also sees his duties include reaching out to other faiths. "It's easy to get caught up in your own denomination, but I don't see that happening here," he said, "Feel free in coming to the services in here."

loosen those that are appointed to death.

Psalm 107:13 — Then they cried unto the Lord in their trouble, and he saved them out of their distresses.

Psalm 107:14 — He brought them out of the darkness and the deepest gloom and broke away their chains.

Psalm 146:7 — He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free.

— Arranged by inmate Mark Fournier

ARTS & ENTERTAINMENT

Christian Theatrical Group Impacts S.Q.

By LAQUAN HAYES
Journalism Guild Writer

The San Quentin Garden Chapel's drama team continues to perform impactful Biblical messages through modern day theatrical productions. However, unlike San Quentin's Shakespeare group that is sponsored by a Marin theatrical company, the Garden Chapel drama team has no outside volunteers. Members express their desires to form relationships with local churches.

Theatrical skits are not commonly done in church on Sundays, although they are an effective way to share the Christian faith on a practical level. How do you think the community views fine arts in a church setting?

James "JC" Cavitt, a San Quentin inmate and member of the drama team, stated: "I believe that many religious communities may have an appreciation for the fine arts but many would be a bit uneasy about viewing a theatrical skit during the church service. We have many traditionalists in the church who are used doing things a certain way."

What attracted you to the garden chapel drama team?

Michael Tyler is a San Quentin inmate and member of the dram

team. He stated: "I wanted to use my personality to give back or help in the ministry. It also allows me to express myself and help people find themselves."

What changes have you seen in the drama team?

David Cowan is a member of the drama team. He stated: "Changes are changes. Whether they are for the better or for the worse is up to the individual. I try to stay flexible by remembering that this is God's ministry; it could be better with better equipment and if we could all master having a servant's attitude."

Do you think that people are more open to the message of Christ through drama as opposed to a message being preached?

Jonathan "JW" Wilson is a member of the drama team. He stated: "I believe that ministry or preaching is good but sometimes we can't always identify with a scripture text or see the practical of it until we've actually been involved in the lesson itself. So for me, being able to recreate a spiritual principle from the Bible, I believe it's more effective than preaching because you have a visual demonstration"

Juveniles May End Up In Adult Prisons

Sacramento – More juveniles will end up in adult prisons if Gov. Jerry Brown's proposal to shift responsibility for some ju-

venile offenders from the state to the county by closing decaying facilities.

Making a Difference Through Music

Kurt Huget teaches guitar on Thursday evenings in San Quentin's upper yard Art Center. He also regularly performs at meals for the needy at St. Vincent's Dining Room in San Rafael.

Huget sang and played guitar for over 700 needy men, women and children as they ate free Thanksgiving meals at St. Vincent's. Channel 4 KRON News covered the event and interviewed several men and women who were moved to tears as they expressed their thankfulness.

They complimented how tender and well-seasoned the turkey was, along with the dressing, cranberries, and other side dishes. The Thanksgiving meal recipients were very grateful for St. Vincent services. They expressed how then they would not have been able to enjoy such a well-prepared meal on Thanksgiving Day.

As the festivities aired on KRON-TV News, the inmates at San Quentin were proud to see one of their own volunteers

on local television. Huget was asked, "What made you want to play at a soup kitchen?" Huget stated, "Because that's where people need to hear music. It's much more enjoyable than playing in a bar. People really appreciate the free music".

His selections included "blues, country, and reggae--a little something for everybody."

St. Vincent serves meals every day to people in need. Every year they serve at least 300 Thanksgiving meals, however this year they served about 700 meals. Huget plays music at St. Vincent once a month. His dedication to bringing joy to the less fortunate through music has made a strong impression on his San Quentin guitar students.

Several students have expressed to him how they would also like to play music at homeless shelters, hospital and elder care homes. Huget also played music at San Quentin's Breast Cancer walk in September.

—La Quan Hayes

Healing With Jazz

Tom Harrell is a world-renowned trumpeter who suffers from schizophrenia. While playing, and only while playing, all symptoms of his illness, disappear. Miraculously, the colorful bebop jazz tunes become a healing balm.

Harrell began building his jazz resume in the late '60s, touring with Stan Kenton's big band, Horace Silver, Woody Herman and many others. He has led his own bands since the early '90s.

The Los Altos musician's gigs are often hindered by his schizophrenia and those close to him often wonder if he can complete his stage performances.

Recently he took the stage at Yoshi's jazz club in the East Bay. Friends were doubtful, but with the rhythmic tap of one foot, he cued his band, put his trumpet to his lips and the jazzy notes bounced off the walls. Naysayer's looked on with amazement.

The healing power of music transcends the boundaries of music. Just as Tom Harrell relies on music to sooth his schizophrenia, San Quentin inmates and volunteers who participate in restorative justice programs rely on music to promote closure and healing from crime victimization.

Lorrain Taylor, whose twin sons were murdered, expressed her restoration through an original Gospel song, "Take a Stand," which included audience participation for the chorus. Music often becomes a conduit for healing when tragedy has struck devastating ways. —La Quan Hayes

Film Production

A Marketable Skill After Parole

The San Quentin Media Department plays a major role in San Quentin's prisoners rehabilitation. Under the supervision of Larry Schneider, prisoners are given an education in film production. This opportunity is not available at any of California's other 32 prisons, however San Quentin prisoners are making information available for other prisons to emulate these programs.

Men who work in the media department are interviewed below. Troy Williams is a San Quentin inmate, instrumental in developing the media department.

What projects are you currently working on?

Troy Williams: I'm producing T.V. News broadcasts entitled San Quentin Prison Report (SQPR) for the purposes of highlighting newsworthy events that occurs within these walls. People never get to see the positive things that occur inside of prison. Our goal is to highlight those events and programs and have them duplicated throughout the state so that other prisoners will have the same opportunities, and this is how we affect public safety.

I saw a segment of the SQPR that you were showing the warden. It was really funny, you portrayed an inmate who was being interviewed behind a silhouette to keep his identity hidden, and suddenly the silhouette falls down and reveals his identity, what was that about?

L. "Blue" Wilder is a San Quentin inmate and a member of the S.Q. media group. He stated:

"It was a comedy news report; I portrayed a character named John Cameron. It's a take on John Cameron Swayze. I also do voices, but mostly I do the music for the video productions."

Is this something you plan to pursue when you get out?

E. "Phil" Phillips is a member of the S.Q.T.V. He stated: "What I do is film the group functions, so I try to meet the media needs of that group. I shot a P.S.A. for Centerforce. Yes, this is definitely something I plan to do when I get out."

What projects have you worked on that you feel have made a difference?

Marvin Andrews is a San Quentin inmate and member of the S.Q. media group. He stated: "I operated the camera on a mock election for President Obama's 2008 election. That project was shared with the adult education department on DVD. I've also done a documentary on a graphic artist named "Juse" from Modesto, who's done graphics for LL Cool J and some other well known recording artist.

Do you plan on doing this when you get out?

Stephen Owens is a San Quentin inmate and member of the media group. He stated: "Yes, I plan to attend San Francisco State University for a degree in cinematography and expressions media and digital arts, I'm a creative person and I feel like this is a way for me to reestablish myself with the community." Owens paroled in November and is currently enrolled in San Francisco State.

—La Quan Hayes

Open Mic Night Brings Out Talent for Inmates and Volunteers

An open mic event sponsored by Jody Lewen and Amy Roza of the Prison University Project was held on Christmas Eve.

An audience of San Quentin inmates and Patten University volunteers crowded the old laundry building where college classes are normally held. Classroom deck chairs were replaced with regular chairs, converting the building into a makeshift auditorium. Inmates told stories, read poetry and sang Gospel.

Darrell Williams performed "Jailhouse Blues." His heartfelt sonnet expressed how prisoners feel when it seems like friends on the outside have forgotten them.

Andrew Mearis read an essay entitled, "This World." Mearis's thesis was that love triumphs over all.

John Neblett recited a poem entitled "The River Man," by Elizabeth Bishop. The audience was taken on an adventure

of mystery and mysticism as Neblett quoted the entire poem from memory. Audience members were left pondering the connection between the environment and their own purpose in life.

The audience's attention was then grabbed by E. "Phil" Phillips as he slammed an original piece entitled, "When is it going to stop?" "Dropping bombs, it ain't right; son, as I hear the pop, pop I want to know when is it gonna stop?" As Phillips completed his socially conscious poem with a rhythmic rhyme, female teachers and tutors somberly nodded their heads in agreement to its positive message.

The entertainment continued with a poem entitled "Wit and Wisdom," read by Larry Climmon. It told of the deception and facades that people present while experiencing turmoil in efforts to hide their true identities.

Angel Alvarez read a poem entitled "Don't Fall" that he dedicated to former Prison University Project administrator Jennifer Scaife.

The showcase ended with an original Gospel song sung by a group called New Day." The group consists of Rico, Napoleon Brown and Darryl "Shorty" Buckhana. They harmonized a smooth original Gospel medley entitled "Heaven," written by Napoleon Brown.

Vinny Nguyen, a member of the Juvenile Justice group, stated: "Our message is that we want the public and lawmakers to place the juvenile justice system under a microscope. Trying juvenile as adults ... is not the answer."

Inmates thank Jody Lewen, Amy Roza and all the Patten University teachers and tutors who supported the event. —La Quan Hayes



Photo: Coach Richard

Nghiep "Ke" Lam

San Quentin's 2010 Athlete of the Year

By DREW PIAZZA
Sports Editor

Nghiep "Ke" Lam was voted San Quentin's Athlete of the Year by the San Quentin News and through a survey of 80 athletes and members of the San Quentin population.

Where were you born?

Vietnam

Where were you raised?

San Francisco, The Petreo Hill area.

Where did you attend school?

Starr King and Sherman Elementary. James Lick and Petreo Hill Middle Schools and on to Lowell and Mission High Schools.

When did you start playing organized sports?

I started playing organized sports at about 10 years old. I first played Little League for the Pirates and the Rangers.

How long have you been here at S.Q.?

I actually arrived here June 17, 2003 from Solano.

What were your thoughts when you first arrived here at the "Q"?

As soon as the bus drove into the facility, the first thing I saw was the field. They were planting the grass; I found out later, the grass had been donated from the San Francisco Giants. I was amazed and smiling. At other facilities there is only softball, and the fields are hard dirt and not very well groomed, so I was real surprised.

How many teams do you actually play on? I'm told three or four.

No. I actually play for Hard Times Softball; we were formally the Pirates and the Bay Cats. I played baseball with the Giants; I'm on the tennis team, Inside Tennis.

What is your favorite sport?

Baseball, yeah definitely baseball.

I'm told you're pretty good at several sports. Which sport are you best at?

I really can't answer that I don't see myself in those lights, I'll let other people answer that, I just try and go out and play hard and have fun and try to create the best possible atmosphere.

The San Quentin News Sports conducted an extensive survey/voting process to pick this award. You were chosen by a huge percentage about 97% of the athletes and fans. What do you think about that?

I'm honored to be recognized by my teammates as well as our immediate community. And I was told that this award wasn't just for my athletic achievements on the field, but for overall conduct as a person through my deeds and actions. I was taught by my coaches that sports were more than playing a game or winning and losing. So I attribute my early coaches and my cultural upbringing for some of the disciplines. But ultimately God gets all the credit.

What do you like about playing here at San Q?

Playing sports at San Quentin offers so much more than just the level of competition. We play teams from the communities, which gives us chances to exchange views, concepts and just generally feel apart of society. When we play these guys, they treat us as equals, as competing athletes. They don't talk to us about prison; our exchanges are about the world, it's more than sports. Playing with outside teams we receive a more humanistic feeling.

With the new possible restriction being implemented about not being able to play both softball and/or baseball, how will this affect you?

Well, the jury is out on this one. However, I will say this: My first priority is to the Hard Times softball team, I'm the captain, and I take the trust the team has bestowed on me serious. So I'm totally dedicated to

Hard Times. If I'm able to play baseball as well, I'll cross that bridge when I get there.

What do you think about being considered one of the best athletes at San Quentin?

Well, I laughed when this was first brought to my attention. I never think in these terms. I am flattered to be mentioned in such conversation, there are some really good athletes here. I just go out and play hard. I've always had to prove myself, being of the smaller physical stature. I had to hone my skills and do more because I don't have the strength or power of bigger guys.

Well, let me correct you there, Ke Lam. I came out and watched you play last year, and your first at bat you slapped one to right center for an in the park home run; which was actually a triple and you scored on an error, but what a smash. On your very next at-bat you kissed the left field fence for a ground-rule double. So don't give me this "compensates for power thing."

What did sports do for you or meant to you growing up in the inner city of San Francisco?

Man, it was so important to me being raised in a single parent home, with no father. It was a way to survive and a sense of family. It kept me out of gangs and trouble; it gave me character. It offered me escapes and made me believe in myself; once I started seeing I could compete with anybody, it really helped build self-confidence and self-assurance.

Who are your favorite professional teams?

Drew, you're going to get me in trouble here. (Laughs) I'm from San Francisco, but I'm an Oakland A's fan. I grew up on Rickey Henderson and tried to shape my game after him. My football team is the 49ers, of course.

Speaking of the 49ers, what do you think of the new coaching changes in San Francisco?

I think it's great. I believe Jim Harbaugh is exactly what the '9ers need. They have a stellar defense; they're hurting on offense and Harbaugh is a quarterback coach, so I'm excited about that.

What are your goals for next season?

I want our softball team to beat Church on the Hill. (Laughs) San Quentin has never beaten Church on the Hill. But more so I want our guys to have fun and play hard with the least drama possible.

Is there anything you would like to add in your own words?

Yes, I would like to thank everyone who sees me in a favorable light to even vote and/

SPORTS

or nominate me for this award. I would like to thank the San Quentin News for this award; it's a nice thing you all are doing for the athletes. This has never been done before. Thank You.

What three teammates say about Ke Lam:

Fernando Lemus, pitcher, third base, first base, Hard Times

"I was not surprised on hearing Ke Lam would be the Athlete of the Year at S.Q. I have had the privilege of playing with Ke Lam on different teams at S.Q. On the hardball Giants baseball team, his skill level is among the top levels to emulate. He not only played shortstop, he also is very skilled at playing behind the plate and pitching. Then, when I played with him in the Hard Times softball team, his outfield skills are among the best I have seen in a long time. For example, his speed to get to the ball is very impressive.

"On one particular play, one of the opposing team players hit a hard fly ball. As I was the pitcher for the game, I quickly turned around and thought to myself, 'There is no way Ke is going to catch that ball.' However, as I saw him running, he caught the ball at the 'warning track' so to speak, but the walking track in reality at S.Q. I was truly amazed at that play.

"Also, his batting skills are one that I personally have aspired to copy. The strength of his swing coupled with his patience to wait for the ball to pass the plate, consistently drives the ball to the opposite field for a homerun. However, what most impresses me about Ke is his jubilant, soft-spoken behavior. I have never witnessed him belittle anyone on the baseball field, tennis court or basketball court. He is not the type of athlete that boasts about his great skills. He shows his great skills in the field of sport. It is always a pleasure to be part of his team and not so much fun to play against him because he is such a skillful athlete that it is difficult to try to come up with a secret formula to defeat him. He knows his sports very well and knows the strategies his opponents may use to defeat him. He will laugh and say, 'I know what you're trying to do' with that famous laughter of his. Truly a pleasure to know him and play sports with him."

Chris Schuhmacher, Inside Tennis team:

"Congratulations, Ke. Hey, Lizard (Ke's tennis nickname). In our matches, you've taught me that freak (shots) is the highest compliment you can earn on the San Quentin Tennis Court. This makes you the tennis freak, with your laugh and infectious smile. Just remember, Ke, one of these days..."

John "Dalton" Martin, first base, Hard Times team:

"San Quentin sports couldn't have selected a better candidate

for Athlete of the Year. Ke Lam and I first started playing softball together in 2008. From the very beginning I sniffed out extreme competitiveness. Ke Lam A.K.A. Mighty Mouse has remarkable power to all fields with the bat and excellent speed in the outfield, known as the "no-fly zone." Ke's attitude and his comradeliness for his fellow man in blue on and off the field are second to none. Ke's respect for the game and coaches alike are recognized. Ke does not engage in condescending second-hand talk behind players' or coaches' backs. I have enjoyed playing ball with Ke and plan to do so in the future. Ke is an impact player, and a great guy; a great pick for Athlete of the Year."

NASCAR's Scoring System

NASCAR is replacing the complicated scoring system it has used since 1975 with a more straightforward format, says Chairman Brian France.

A race winner will now receive 43 points under the new system, and the points will decrease down to 1 for the 43rd-place driver. There will be three bonus points for the winner, one bonus point for every driver who leads a lap, and one bonus point to the driver who leads the most laps.

The maximum points available now will be 48.

Under the previous system, a race winner was awarded 180 points, five bonus points for leading a lap, and five points for leading the most laps. The maximum under the old system was 190 points.

NASCAR starts February 20, 2011 at 9:00 am at Daytona Speedway. — Drew Piazza

BASEBALL TRYOUTS

The San Quentin A's and Giants will be holding try-outs on Saturday, February 26, and Saturday, March 05, 2011 at 9:00 am on the baseball diamond, Lower Yard.

SOFTBALL TRYOUTS

The San Quentin Hard Times Softball team will be holding their try-outs on Sunday, February 27, and Sunday, March 06, 2011 at 1:00pm on the baseball diamond, Lower Yard.

SPORTS

Muhammad Ali – Remembering One of the Best ‘Of All Time’

By **ALI RASHEED MUHAMMAD**
Contributing Writer

Once upon a time, a superstar emerged in the ‘60s, a man unlike any other in the long history of boxing. His name was Cassius Marcellus Clay, he was born on Jan. 17, 1942, in Louisville, KY., to lower-middle-class parents.

He was an angelic child, according to his sweet, church lady mother, Odessa. The youngster got involved in boxing because someone stole his bicycle. He wanted to administer a good thrashing when he caught up with the thief.

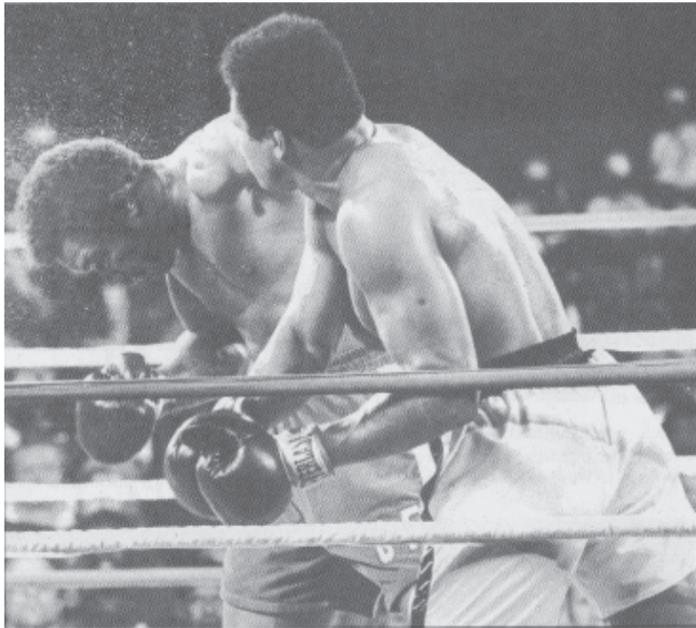
Clay swept through the amateur ranks and captured the public’s admiration and imagination by winning the Gold Medal at the 1960 Summer Olympics in Rome, exhibiting a flamboyance and style rarely seen in a boxer. A group of wealthy white businessmen formed the Louisville sponsoring group to underwrite the black boxer’s promising professional career. They hired the Dundee brothers to direct the boxing progress of the young, charismatic Olympic champion.

Angelo Dundee was a master of developing a fighter’s natural talent. He recognized that he had a phenom on his hands. Clay was a heavyweight who moved with the speed of a welterweight and possessed the ring smarts of a master boxer like Willie Pastrono. Angelo let Clay be Clay. He did not try to correct or expunge the young fighter’s mistakes; rather he smoothed them out so that the mistakes worked in Clay’s favor.

Clay defeated Charles ‘Sonny’ Liston on Feb. 24, 1964 for the heavyweight championship of the world. He delighted his fans, proclaiming that “I am the greatest” and dubbing Liston “a big, ugly bear.” Liston did not come out for the seventh round, and for more than a decade, Clay also earned other monikers including “The Louisville Lip” and “The Mouth.”

In the following years Clay became a Muslim and changed his name to Muhammad Ali. In 1967 Ali refused induction into the Army, based on his opposition to the Vietnam War. This led to the loss of his title, his suspension from boxing until 1970 and a five-year prison sentence, which was overturned.

Ali fought a tune-up with Jerry Quarry in 1970, then came the first Ali-Joe Frazier in 1971, dubbed “The fight of the century.” Frazier, then the world champion, won a 15-round decision in New York. Observers admired Ali, even though he had lost the decision, because it was a superb contest of wills, despite a 3½-year layoff.



George Foreman and Muhammad Ali (circa 1974)

Next came “The Thrilla in Manila” on Oct. 1, 1975, in which Ali defeated Frazier in what many people called one of the greatest fights ever seen. Trainer Eddie Futch, Frazier’s corner man in Manila, observed, “Ali takes his mistakes, shows them to you, then beats you with them.”

One of the things that saved Ali was that as his career went on; he reinvented himself. He displayed diversity by changing his style to what suited the style of the man in front of him. Like Cus D’Amato used to say, “In the first part of Ali’s career, the only time you touched Ali is when the referee made you touch gloves before the bout started.”

Later in his career he would fight an entire bout against Ken Norton with a broken jaw, and no one would be surprised. After all, this man had faced down an enraged killer (Sonny Liston) that he could not even see clearly (Round 5) and had survived the bout of blindness.

Ali became the second man in ring history to regain the heavyweight championship of the world, and the first to regain it a third time. Ali outfought, outlasted, and outwitted George Foreman in a classic upset. (October 30, 1974)

Even more than Joe Louis, Ali was a world Champion, a boxer who was the most famous face in the world. He crystallized this image on October 30, 1974, in Kinshasa, Zaire, Africa, when he regained his title from Foreman.

Despite an onset of Parkinson’s Disease, the world applauded as he lit the Olympic flame to officially start the 1996 Atlanta games.

Happy 69th Birthday, Champ! Happy Birthday, Muhammad Ali! Happy Birthday, Our Brother! And thanks for the memories.

—Ali Rasheed Muhammad was a training partner with numerous boxers, including Archie Moore, Marthy Monroe, Ken Norton and Hedgemon Lewis.



Ali with the Olympic Torch

NFL Team In L.A.?

Backers of a plan to build a football stadium in downtown Los Angeles have reached a naming rights deal worth \$700-million. It’s the first step towards bringing an NFL team to Los Angeles.

AEG, the company that among other holdings owns the Staple Center, announced a 30-year agreement with Farmers Insurance. The deal would provide AEG’s with income, starting at \$20-million a year and escalating incrementally every year after, according to individuals familiar with the negotiations. The stadium would be named Farmer’s field.

—Drew Piazza



The Passion for Baseball Runs Deep

By **RYAN LOUGHLIN**
Contributing Writer

Kevin Loughlin has coached Little League and high school baseball for the better part of the past 20 years. In 2009 he took on a new demographic when he began managing the San Quentin Giants.

The San Quentin baseball program is more than 100 years old and one of the few that allows outside teams to participate. In 2005, Loughlin was invited to play with “The Willing,” one of the civilian teams that competes against inmates on prison grounds. Upon arrival, Loughlin and his teammates received the standard greeting.

“We have a no-hostage policy here,” a guard tells them. “That means we will not bargain the freedom of an inmate for your safety, but we will do everything we can to get you out safe and sound. And with that, welcome to San Quentin.”

This wasn’t the first time Loughlin heard this message. He had been drawn back by his love of baseball and to revisit an important chapter in his childhood.

In the late 1960s, San Rafael Little League home games were played at San Quentin State Prison. Inmates on good behavior, also known as trustees, served as umpires and groundskeepers during the off-season.

“I didn’t know what to expect playing inside a prison,” Loughlin says. “But once I saw the field, I knew it was all about baseball.”

Loughlin was the San Rafael Little League home run leader in 1968. In commemoration, the inmates etched his name and the number of home runs he hit onto the outfield wall.

Ten years later, Loughlin took a criminology course at San Diego State University. One day an ex-inmate from San Quentin spoke to the students about life after prison. During the lecture, Loughlin stated his full name before asking a question. After class the guest speaker approached him.

“He recognized my name from the home run wall,” Loughlin says. “He told me that his involvement with the San Rafael Little League got him through some of the toughest times.”

When asked to coach the San Quentin Giants in 2009, Loughlin seized the opportunity. He was eager to get involved with the Giants because their “passion for the game is contagious” and they “don’t take a single pitch for granted.”

“I learned so much playing baseball at San Quentin as a boy,” Loughlin says. “I wanted to give something back to the program.”

James “Duce” Allen, one of Loughlin’s former players, has been out of San Quentin for 11 months. He immediately enrolled in school and found work with Solar Richmond, a non-profit dedicated to creating “jobs for underemployed local residents.” He says things are “going well” and that he owes part of his success to Coach Loughlin.

“Kevin wasn’t afraid to tell us when we needed to work harder,” Allen says. “He helped me believe that even though I messed up I still had a shot.”

In July 2010, Loughlin won a contest to bat against Tim Lincecum, San Francisco Giants’ two-time Cy Young award winner.

“All the guys (at San Quentin) are huge fans; we all listen to the games,” Loughlin says. “They heard about the contest and said I should enter.”

Before stepping into the batters box, Loughlin presented Lincecum with a baseball signed by each member of the San Quentin Giants. According to Loughlin, Lincecum was humbled by the gift and said he was going to place it on his mantle next to his Cy Young awards.

“The 2010 San Francisco Giants reminded us all that baseball is a game of underdogs,” Loughlin says. “With hard work, dedication and a little luck you can achieve anything.”

Ryan Loughlin is the son of Kevin Loughlin, the San Quentin Giants baseball team’s assistant coach.

N.B.A.’s 10 Best Guards In the West

	Points	Rebs	Asst.	Field goal
1. K. Bryant, Lakers	25.2	5.0	4.5	44.5
2. C. Paul, Hornets	16.7	4.3	9.7	49.3
3. M. Ellis, Warriors	25.2	3.5	5.6	46.5
4. M. Ginobili, Spurs	19.0	3.8	4.7	44.3
5. S. Nash, Suns	16.9	3.5	10.7	52.7
6. D. Williams, Jazz	21.8	3.7	9.3	45.8
7. R. Westbrook, Thunder	21.9	4.9	8.0	43.1
8. T. Parker, Spurs	17.5	3.3	6.8	51.6
9. J. Kidd, Mavericks	8.0	4.9	8.7	34.3
10. V. Carter, Suns	15.6	4.2	2.7	46.6



File Photo

Dr. Martin Luther King, Jr., speaking about his dream Has America Lived Up To His Dream?

By JULIANLENN
PADGETT
Managing Editor

Had he lived, Dr. Martin Luther King Jr. would have been 82 years old on Jan. 15. It is a good time to question whether America has lived up to his dream of social and legal justice for all.

As a key civil rights crusader killed by an assassin's bullet in 1968, he marched and preached for an end to racist practices in America.

The champion for non-violence and civil rights was born Michael King in Atlanta on Jan. 15, 1929 to the Rev. Michael King Sr. and Alberta Williams King.

After the family visited Germany in 1934, his father changed both their names from Michael to Martin Luther Sr. and Jr. in honor of the German protestant leader Martin Luther.

The young King Jr. attended Booker T. Washington High School, skipping the ninth and 12th grades. At age 15, without graduating from high school, he entered Morehouse College, graduating in 1948 with a Bachelor of Arts degree in sociology.

He met and married Coretta Scott in 1953 on the lawn of her parent's house in Heiberger, Alabama. King then began his doctoral studies in systemic theology at Boston University under the guidance of Dean Walter Muelder and Professor Allen Knight Chalmers.

During his college years, King was also influenced by educator, theologian and civil rights leader Howard Thurman.

Thurman was a classmate of King's father and had traveled as a missionary and met India's leading nonviolent social change leader, Mahatma Gandhi.

In 1959 King traveled to Gandhi's birthplace, inspiring this comment on a radio broadcast: "Since being in India, I am more convinced than ever before that the method of non-violent resistance is the most potent weapon available to oppressed people in their struggle for justice and human dignity."

King's legacy of nonviolence got its earliest start in 1955 during the Jim Crow laws era through-

out the South. In Montgomery, Alabama, on Dec. 1, 1955 Rosa Parks, a black bus passenger, refused to give up her seat to a white man and was arrested. That led to the Montgomery Bus Boycott, led by King. For 385 days, no African-American rode the buses; they car-pooled, rode bikes or walked.

"He was about healing," said Gino Sevacos a San Quentin resident. "Martin Luther King was the Gandhi of America. He was a loving man who was about healing the sickness of America."

Richard Poma, a resident of CDCR for 30-plus years, commented, "Whether white, black, brown or otherwise, Dr. King, stood for what this country was built on — not 'I the people' or 'me the people' but 'we the people.'"

For King and the Southern Christian Leadership Conference, the non-violent tactics of Gandhi proved useful and effective in his civil rights sit-ins, county jail time, marches and speeches.

He utilized its design in Albany, Georgia, and Birmingham, Alabama, where the infamous "Bull Connor" led police. At Connor's orders, water hoses and police dogs were used to control the protestors, including children.

The movement spread throughout the South, expanding to the right to vote.

Years later King led a march for jobs and freedom in Washington D.C. on Aug. 28, 1963. Demands resounded for an end to racial segregation in public schools, meaningful civil rights legislation, including a law eradicating racial discrimination in employment.

Dwayne Reynolds, in prison for 21 years and San Quentin for nine, said, "This is a prison industry and incarceration without rehabilitative preparation for transitioning successfully back into society; it flows against King's vision."

It was on April 4, 1968 on the second-floor balcony of the Lorraine Motel in Memphis where an assassin's shot echoed, silencing the voice of Dr. Martin Luther King.

"I was in Los Angeles; it was the day of his death," said Michael Cooke, a one-year resident of San Quentin. Cooke remembers his father's and uncle's anger. Cooke, 54, remembered his uncle sitting with his head in his hands saying, "They got him. They finally got him."

Cooke, incarcerated for 11 years, said King's ideals began to manifest when President Lyndon B. Johnson signed the Voters Rights Act of 1965.

"That suppressed what Malcolm X was saying, 'Either the ballot or the bullet,'" Cooke said. "Voting gave people voices in their own communities — how economics were distributed for schools, housing, jobs, commerce in general."

Joanne Connelly, a San Quentin volunteer said, "I'm reading Michelle Alexander's book *The New Jim Crow* and it's fascinating. From that my thoughts go to what Dr. King was working on, which was civil rights and dignity for all people."

Dr. King left a legacy for the world to follow during a time when America was flexing its muscles to become a true melting pot of racial egalitarianism.

Rose Elizondo, a five-year volunteer in San Quentin, said she became aware of Dr. King when she was quite young. "My father worked in the civil rights movement for Chicanos in South Texas. Martin Luther King was one of his heroes."

Elizondo volunteers for several programs and said that it is important to model King's legacy of peaceful liberation from segregation.

"I find and feel his spirit on Thursdays at Restorative Justice Interfaith as men of all races and faiths sit in a circle and talk. I see it Friday mornings in Green Life where we are becoming solutionaries for Environmental Justice as one of our facilitators said, "Let's live with the earth, not just on it."

"I hear Dr. King's spiritual liberation in the silence of Centering Prayer on Mondays and Buddhist meditation on Sundays," said Elizondo. "It's important to learn to be like Dr. King and dream of living in peace and harmony where our differences become our strengths against oppression."



Photo: Howard Sochurek/LIFE

Dr. Martin Luther King, Jr.

Honoring Martin Luther Kings Jr.'s Legacy

By ROSE ELIZONDO
Contributing Writer

It is essential to honor Martin Luther King Jr. and his model and legacy of peaceful liberation from segregation. San Quentin State Prison is a place where as a society we segregate those who have been sentenced for breaking laws. Yet prisons are not a cure but a symptom of both individual and societal brokenness in need of transformation. When I drive to San Quentin, I often listen to CDs of Martin Luther King Jr.'s speeches. Being a volunteer for over five years, I do this in hope of bringing his peaceful and creative spirit with me. But more than anything, his voice for justice helps me see with his eyes and seek out his spirit of resilience and reverence in the people and actions behind the bars of San Quentin. As I enter the prison, the sound of the iron gates slamming behind me reverberates through my spine. Martin Luther King Jr. felt the pain of injustice, but was optimistic that every person, situation and place can be transformed.

I find and feel Martin Luther King's spirit on Thursdays at the Restorative Justice Interfaith Roundtable, as men of different races and faiths sit in a circle, shoulder to shoulder, and work together to find healing for themselves and those they have harmed. Martin Luther King modeled "Ahimsa" or do no harm and shame no one, no matter what they do to you. As a group we create kinship and community amongst insiders and outsiders, survivors and perpetrators. Our stories become our common language of healing. We hold and behold a small carved bird in the palm of our hands. It is our talking piece and we pass it around the circle, listening to each other's personal stories with compassion.

Friday mornings, I see the non-violent hero Martin Luther King in the leadership skills beaming from the men in "The Green Life" program. They, like Martin Luther King, are recognizing our interrelatedness and mutuality by becoming solutionaries for Environmental Justice and working to transform San Quen-

tin into the first "green" prison in California. Sam Hearn said, "When an aluminum can is recycled, it goes through a process; The Green Life program is our recycling process." Kevin Tindall is motivated to learn about the earth because he wants his grand kids to see the same yellow butterflies he grew up seeing. Luke Padgett invites us all: "Let's live with the earth, not just on it."

I hear Martin Luther King's spirituality of liberation in the silence of Centering Prayer on Mondays. The peaceful quietude resounds in the ear of my heart. Through silence, the men are learning that their spirits can be free even if they're locked up. They take this peace with them to their cells, the yard and in dealing with others.

I get a taste of Martin Luther King's respect for civil rights when I see administration, staff, correctional officers and the men of San Quentin treating each other with the dignity and humanity everyone deserves as basic civil rights.

These are but a few examples of what I sense as "Soul Force" behind bars. Even when there is an absence of good and lethal absence of hope, I'm inspired by the attitudes of the men who bring out the inherent goodness in each other. This is what Martin Luther King's vision of kinship is about.

We have much to learn about creating what Martin Luther King Jr. called "Beloved Community" here in San Quentin. When the men and those who work here change the way they think, speak and act in their daily lives, they are not only changing themselves, it creates connections to the outside. This healing energy knows no segregation nor does it discriminate; it even passes through the granite walls and iron gates of the prison to the world. Michael Harris says, "We can become a beacon of light to others." We do this when we learn to be like Dr. King and put into practice his dream of living in peace and harmony where our differences become our strengths in the ongoing struggle for an inclusive justice that restores ourselves.

Quotes of Martin Luther King, Jr.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence; and toughness multiplies toughness in a descending spiral of destruction... The chain reaction of evil—hate begetting hate, wars producing more wars—must be broken, or we shall be plunged into the dark abyss of annihilation. *Wall Street Journal*, November 13, 1962

The curse of poverty has no justification in our age. It is socially as cruel and blind as the practice of cannibalism at the dawn of civilization, when men ate each other because they had not yet learned to take food from the soil or to consume the abundant animal life around them. The time has come for us to civilize ourselves by the total, direct and immediate abolition of poverty.

Where Do We Go from Here Chaos or Community? 1967

The Flip Side of the Dream: Martin Luther King Jr.'s Nightmare

Zacharia Ali,
Chairman
Gangster
Chronicles
and Founder
of Kidz at Risk



Courtesy of GC

By **MICHAEL R. HARRIS**
Editor-in-Chief

The dark holes of slavery, segregation, and poverty plagued America's Blacks for hundreds of years. Martin Luther King Jr. led America into a new era of social and legal justice, but there is a new deep, dark hole swallowing communities: criminality. Fifty years ago Blacks had only to look in any direction to see blatant racism and prejudice; some Blacks have become their own worst enemy and only have to look in a mirror to identify a big part of the problem today. I should know because I, too, was once such a person.

There is a solution: if you find yourself in a hole, stop digging. As a criminal in my youth, I have pondered this issue for years and realize the change must come from within.

I talked about this with a friend and fellow journalist, Zacharia Ali, the chairman of Gangster Chronicles.com and the founder of Kidz at Risk.org. His focus is America's disadvantaged youth, specifically those of color. Over the years, we have considered various possible solutions. He produced material for Gangster Chronicles.com that he thought may shine a light on the insidious nature of urban genocide.

Mr. Ali is committed to helping disadvantaged youth get

the knowledge and opportunity to thrive. He also states that he has not been personally affected by parental incarceration, but is deeply affected by the struggles of those families, and the terrible odds against their children. He says his inspiration is motivated by the idea that the opportunity to prosper is the right of all children, regardless of race, gender or economic standing. He expresses that he can no longer afford to sit idly by as a generation of children continues to be damaged by circumstances for which there are practical solutions.

"How can we have an educated understanding of their plight, yet take an approach-avoidance attitude to altering the process?" Ali says. So he decided to take action and created Kidz at Risk. "We intend to take on this battle, and fight for our children to become who they were truly created to be – SUCCESSFUL!"

Gangster Chronicles is a collaborative between global businessmen and those who are responsible for creating some of the problems. It was developed to re-educate two generations of misguided young people. It intends to expose and correct this condition, where the minds of our children have been maliciously indoctrinated into an altered reality, largely based in fiction, and solely created for profit. Both widespread and largely unaddressed, their perspective is a direct result of been raised in the eye of the Hip Hop storm.

"The base of the opposition to some Hip Hop is the belief that the lyrics endorse drug sale and use, violence, crime, sexual promiscuity, and an overall climate of ignorance. In fact, these accusations are very well founded; as teen pregnancy, the high school

dropout rate, and increase in crime are all on the rise, not only in urban communities, but in their suburbs as well. Gangster Chronicles differs from other approaches to combat this trend, by not only 'pulling the weed,' but 'killing the root,'" Ali states.

"It is common knowledge that these rappers and entertainers model themselves after Real Gangsters, except, they have never been Real Gangsters! By exposing the lies of posers with the truths of those they attempt to emulate, Gangster Chronicles will take a serious role in turning around the mentality of not only the Generation "X" and "Y" youth currently affected by the lies, but also future generations of children being raised in this counter-culture.

"Thanks to massively popular gangster movies, such as 'Scarface,' 'The King of New York,' 'New Jack City' and so on, the ruthless Gangster has become an iconic representation of urban culture. These images have heightened popular interest in 'real' urban legends, such as Aaron Jones of Philadelphia, Rayful Edmond of Washington, DC, Wayne 'Akbar' Pray of New Jersey, Eric Bozeman of LA, and Haitian Jack of New York. These criminal icons became the educators and role models of the entertainers who, in turn, now educate our youth through the content of their lyrics.

"Our approach has been to procure the rights of these 'Urban Legends,' and expose the public to the duality of their reality, the extravagance and glamour depicted in Hip Hop, as well as the consequences of reckless, ruthless lifestyles and death, prison and loss. These

stories will be told through documentaries, biographies and full-length feature films. Our focus is not intended to glamorize the fame and the fortune these individuals enjoyed, but to honestly present the destruction, betrayal and shattered lives that these individuals experience as a result of their choices. We believe that by dispelling the myths, we can positively impact, and hopefully change, how our youth think and behave," Ali concludes.

The following are excerpts from gangsterchronicles.com by Marvin Ellison, a contributing writer to gangsterchronicles.com and a prisoner in the New Jersey State Prison.

From an article entitled, *Hood Kingpin (Everybody Wants To Shine)*: "When one generation fails to take heed to the missteps of those who preceded them, more likely than not, they're destined to repeat the same fate... I grew up in an era ('50s and '60s) when black numbers bankers embodied the criminal urban swagger of self-made men. Unlike the succeeding kingpins of notoriety (Frank Lucas, Frank Matthews and Nicky Barnes), numbers bankers weren't a cancer on the community. They were respected benefactors of the church and charitable causes. Hundreds of storefronts and bars augmented their incomes as drops or writing numbers, and untold thousands of minimum wage factory workers and retirees earned a descent living as bookies, runners and the like. No, those weren't the good old days, but there was order, respect, and community pride."

It's an historic fact: the drug game was imposed upon our impoverished urban communities during the aftermath of the Great Migration from the then-Jim Crow South, initially by Jewish gangsters such as Arnold Rothstein, then by Italian gangsters in the likes of Lucky Luciano. Segregated and disconnected from the so-called greater society, we were easy prey. And although Jewish gangsters were the first to deliberately concentrate heroin within our midst, the Italians made it readily available.

We all know the long line of legendary stars whose lives and careers were cut short due to heroin addiction (John Coltrane, Billie Holiday, etc.). The drug game was never a game, but a sinister scheme to enrich racist mobsters without a conscience.

The term "kingpin" wasn't a part of the then-food chain hierarchy. More violent than most, I faced a "death penalty" trial before my 19th birthday. After several hours of deliberation, an interracial, gender-mixed jury brought back "manslaughter" and one count of "atrocious assault and battery." Soon afterwards, I landed in the then-Trenton State Prison (New Jersey

State Prison) with a 13-17-year sentence.

"I don't think 'I'm sorry' is really the right words to say, because most people is sorry they get caught. So I just ask that you show me as much leniency as possible, so that I can get on and do my time."

-Demetrius "Big Meech" Fleury, page 276, second paragraph, BMF (*The Rise and Fall of Big Meech and the Black Mafia Family*)

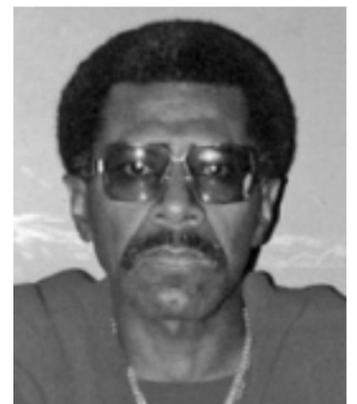
In a twisted code of "survival of the fittest," the violent ends of death merchants, addicts and stickup-kids, were acceptable. To the so-called norms of the greater society, it was considered "murder." Today, it's assault weaponry, drive-bys and innocent casualties. Yesteryear, it was one to the head. Today, a club gets sprayed. Forward-thinking gangsters like Luciano and Meyer Lansky laundered their illicit millions into legitimate fronts and parlayed their hold over corrupt politicians to elevate the socioeconomic and political prestige of the Jewish and Italian races. From the legendary Harlem gangster Bumpy Johnson to the Big Meeches of today, we have nothing to show as a trade-off for all the hell and affliction that resulted from their gaudy spotlights of infamy.

"We can't all become drug dealers."

-Newark detective (1979)

Truly, it's time to break the warped mold. Kingpin is a dated term, old, tired and useless. Every budding hand-to-hand has a supposed foolproof plan to preside at the thrones once held by RICO-lifers and hood legends. This self-destructing phenomenon or plague, is second only to the welfare policies and failed inner city school systems of the United States government, in having a lasting consequential impact on African Americans as a race. In my sick glory days declaring ownership over city blocks, a Newark detective trying to thwart several idolizing project youths from falling into my poisonous sphere stated, "We can't all become drug dealers." Although I hated cops, I understood and agreed with his point (Having steered clear of them, hopefully they succeeded in ac-

See *Flip Side* on Page 16



Courtesy of GC

Marvin Ellison



The Flip Side of Martin Luther King's Jr. Dream

Continued from Page 15

complishing their aspirations.) The ones who chose the streets (wanting to be just like me), I've bumped into them at this or that hellhole prison over 30-plus years of my incarceration.

"Slaves were property protected by the Constitution..."

-Supreme Court Chief Justice Roger B. Taney, *Dred Scott v. Sandford* (March 6, 1857)

There's a saying that "History repeats itself." Whether or not that's true, I do know that the fiery race-tinged rhetoric and divisive indignation being spewed by today's so-called Tea Party, sounds a lot like the Taney Supreme Court and slave holding plantation owners of the Bible-thumping Confederacy ("... **as being of an inferior order** blacks have **"no rights which the white man was bound to respect."** -Chief Justice Taney, *Dred Scott*). When we fail to recognize the big picture, we're easily misled and duped into the grab for instant gratification. Knowledge is power, acquiring it takes time, study and commitment. The deck was always stacked against us. Snatched from separate tribes and ethnicities, speaking different languages from different cultures, having different diets, customs, and holding different beliefs, we were nonetheless over the course of more than 150-years of brutal slavery; eventually, and forcible, forged into a genetically distinct, psychologically imbued and culturally infused, race of commonality on the soil of North America. Neither class, skin hue, religion nor desertion, can refute that fact.

"I thought I was on top of things and that the right people in place... I though I could beat the system, but I lost."

-Leslie "Ike" Atkinson, page 384, last paragraph, *Sergeant Smack (The Legendary Lives and Times of Ike Atkinson, Kingpin, and His Band of Brothers)*

When the so-called slave holding Founding Fathers declared, "We hold these truths to be self evident, that all Men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are, life Liberty and the Pursuit of Happiness..." they branded our foreparents "three fifths" of a "person". Thus, giving themselves an escape clause in the ownership of their ocean transported fellow-human beings of a different color (-United States Constitution, Article I, section 2, paragraph three). Between the Constitution, the King James Bible, Jim Crow, and in-

famous doctrine Supreme Court decisions such as, *Plessy v. Ferguson* ("separate but equal"), we've overcome monumental obstacles in asserting our humanity. Along the way, a few became foolishly corrupted and enamored with the dangled trinkets of chance. Such became the nefarious path to being a kingpin (flashy bling, cars, etc.) But in the end, there's nothing to show except the contrite of regret ("**I'd like to apologize to the many families hurt by the result of this ignorance...**") -Terry "Southwest T" Flenory, page 275, fourth paragraph, *BMF*). Meanwhile, state and federal prisons are crammed with life-sentenced kingpins, most of whom are likely to reach their senior years and pass away in the twilight of life without parole. Convicted of smuggling hundreds of kilos of "China White" heroin out of Thailand in the early 70s using military aircraft, Ike Atkinson was lucky in having been sentenced to 40-years opposed to life with out the possibility of parole. He was finally released from federal prison in 2007, after serving almost 32-years (page 387, last paragraph, *Sergeant Smack*).

I saw a woman holding two small children by the hand while waiting on line to get product from one of my dealers... I saw more and more broken spirits and sad souls trudging to get the drugs that would make them feel better temporarily. But I also saw my money — cash was being stuffed inside the pockets of the dealers on that corner. I was on one corner of Harlem. And I had dealers on every corner of Harlem and beyond."

-Frank Lucas, page 159, paragraphs three and four, *Original Gangster*.

"A teenaged township girl remains hospitalized in stable condition after being shot in the abdomen during a drug buy gone bad early Saturday morning..."

-*The Trentonian*, November 16, 2010

"Two Camden men have received state prison terms for their roles in a 2007 double slaying in the Southern New Jersey city. Authorities say 29-year-old Jason Rodriguez and 32-year-old Christopher Figueroa killed the pair so they could keep \$22,000 in drug money the four had agreed to split..."

-*Burlington County Times*, November 15, 2010

"Thirty-two members of a Hunts Point drug syndicate known as 'Satan's Bloods' were either arrested in morning raids by law enforcement, were already in jail or being sought,

authorities say... The gang dealt powder cocaine, crack and heroin 'seven days a week, 24 hours a day;?... Neighbors expressed relief — and some resignation — after the arrests ("I'm happy. It'll be quiet around here for a few days," said Tamicka Jones, 20)."

-*NYDailyNews.com*, November 11, 2010

"A judge yesterday denied lowering the \$1 million bail for an accused teenaged killer who tried to pay off a \$10,000 drug debt by robbing a Laundromat employee, only to panic and shoot him dead... Thomas Hawkins — an 18-year-old troublemaker whose mom predicted a year ago that he'd kill somebody if authorities didn't keep him behind bars..."

-*The Trentonian*, October 8, 2010

"Bail was set at \$100,000 each Tuesday for two suspended Camden police officers charged last week with using their badges to steal drugs and cash from neighborhood narcotics dealers (Antonio Figueroa, 34, and Robert Baird, 32)... three other Camden police officers implicated in the case had been free on bail since pleading guilty (Kevin Perry, 30, Jason Stetser, 32, and Dan Morris, 47, each face potential 10-year sentences)... Authorities say that the five were part of a special operation unit assigned to help enforce the law in some of the city's most drug-infested neighborhoods... The officers stole drugs and cash from dealers, planted evidence, falsified police reports, and lied under oath."

-*The Philadelphia Inquirer*, October 20, 2010

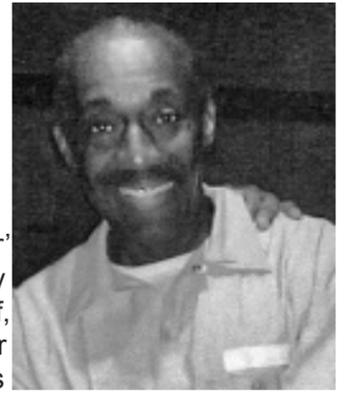
"On an August night 32 years ago, authorities say, three men who believe five teenage boys had stolen their drugs herded them into an abandoned house at gunpoint, tied them up and set the building on fire, burning them alive and leaving no trace... The boys, Melvin Pittman and Ernest Taylor, both 17, and Alvin Turner, Randy Johnson and Michael McDowell, all 16, were last seen on a busy street near a park where they had played basketball Aug. 20, 1978"

-*The Press of Atlantic City*, March 24, 2010

When it comes to juvenile lockdowns, the offenders are overwhelmingly African Americans. We shouldn't be surprised. The majority of inner city households are headed by single mothers. Without positive role models, young males tend to emulate what's around them. Within high-crime environments, it's usually drug dealing and gang-

banging. We say we want something new and improved for our young people, unfortunately we keep duplicating the same tired mold. Single females having babies in drive-by relationships. The adulation of fatherless brothers vying for his attention is a boost to the kingpin's ego. He starts smelling himself and believing himself to be invincible, or as in Nicky's case — Mr. Untouchable. Admittedly, kids use to mob me as if I were some kind of hero, even though I never presented myself to be anything other than a drug dealer. I had no second occupation; I lived the so-called game full-time. So I clearly understand that the foundation of a child's values comes about an early age. And in tough neighborhoods, kids more readily look up to the kingpin over President Obama, mainly because Obama can't part his troubled waters in his hood. You know, keep bullies off his back or buy him small treats. I was such a kid growing up in Pennington Court projects. I had juice. I therefore know young people lured to the corners are more apt to listen to those who are in the game or who lived it, over school teachers and such. When I sue to talk to at-risk young people don't have a clue about the legal ramifications and consequences relative to the situations they get caught up in. They don't know that in states like Florida, an 11-year-old can be sentenced to life. And in states like Pennsylvania, they sentence juveniles to life without parole. Stacy Torrance was arrested at the age of 14. A former honor roll student, he was duped by an adult gang-banger uncle who wanted to rob a friend of Stacy's brother who dealt drugs. Things didn't go as planned and the friend was killed. Despite being home in bed at the time of the killing, Stacey's nonetheless serving "life without parole" for second-degree murder. The streets don't care, the system don't care, it's on us to care. Without a doubt, no one's too young to lose their life to a prison number or tombstone running in drug circles. The five youths who disappeared in Newark 32-years ago, demonstrate the safety in numbers theory don't always work ("**With 10 homicides, Newark Nears a Bleak Milestone... one body short of a 1995 record, when Newark was buckling under a wave of crack-fueled mayhem... With three times the number of homicides per capita as new York, Newark remains one of the most violent cities in the country... young thugs, guns and drugs rule the streets.**") -*New York Times*, December 6, 2006).

Wayne 'Akbar' Pray
Editor in Chief,
Gangster
Chronicles



Courtesy of GC

man... Once known as Mr. Untouchable, Barnes was convicted in 1977 of being a narcotics boss in the first federal trial decided by an anonymous jury. He was sentenced to life without parole and sent to prison in Marion, IL. In 1981, after he learned that his drug partners were cheating him, sleeping with his wife and his girlfriend, and doing drugs in front of his two young daughters, he offered to cooperate with federal authorities. For the next 15 months, he worked undercover against his Harlem drug partners, his ex-wife, his girlfriend and his Mafia suppliers. His testimony helped convict 50 drug dealers and killers..."

-*Daily News*, March 14, 1999

Having read *Mr. Untouchable*, and a host of other drug dealer autobiographies, I'm amazed how they gloss over the human suffering of the enterprise. Like miniature Hitlers, they can't stand to bear witness to their work up-close and personal. The women who tricked until their good looks faded with pus oozing from their horribly swollen discolored abscessed arms and legs. The mothers with no money who pimp their daughters for a bag. The children with no clothes for school because the welfare check went into their mother's arm. The broken men who trade their wives and girlfriends to the kingpin who can do him the most favors. Nicky was a junkie, until the end he took pleasure in smoking dust. Some crime boss. Big Meech smoked blunts. But then again, all of his poster idols got high (Tupac, biggie, and Scarface's fictional Tony Montana). Let's weigh their big dreams. Frank Lucas wanted a plane. Nicky wanted a casino, Big Meech wanted a record label. So they plowed through thousands of people's lives.

"If you haven't buried a child, you can't possibly know what's it's like..."

-Shalga Hightower, 48 (*Asbury Park Press*, April 19, 2009)

Let's reclaim our heritage and sanity. There's absolutely no justification for continuing this mad circus. Think about it. Uneducated immigrant mobsters planted a Trojan horse in our midst. We fell for it. They're long dead, but we're still chas-

"Ex-drug lord is free... Nicky Barnes said to be a changed

See *Flip Side* on Page 17

KIDZ AT RISK

Georgia Prisoners Demand Improved Living Conditions

By JUAN HAINES
Journalism Guild Writer

Prisoners in seven Georgia state correctional facilities rebelled against alleged violations of basic human rights by partaking in a self-inflicted lock-down that was supposed to hinder prisoner-supported services throughout the prison system.

On Dec. 9, prisoners remained inside their cells complaining that their living conditions are unbearable. They claim their imprisonment is a form of slavery.

Michelle Chen of the Huffington Post reported that the strike ended after six days, due to rising fears that the situation would escalate.

"We've ended the protest," said one of the prisoners who

planned and coordinated the resistance. "We needed to come off lock-down so we can go to the law library and start...the paperwork for a (prison conditions) lawsuit."

Many people believe that the 13th Amendment to the U.S. Constitution abolishes all forms of slavery. But the amendment actually reads, "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction."

The prisoners issued the following statement: "...Brothers, we have accomplished a major step in our struggle...We must

continue what we have started... The only way to achieve our goals is to continue with our peaceful sit-down...I ask each and every one of my Brothers in this struggle to continue the fight. On Monday morning, when the doors open, close them. Do not go to work. They cannot do anything to us that they haven't already done at one time or another. Brothers, don't give up now. Make them come to the table. Be strong. do not make money for the state that they in turn use to keep us as slaves..."

Elaine Brown, former chairperson of the Black Panther Party, interviewed the protesters and presented the reforms they seek:

- A living wage for work

- Educational opportunities
- Decent health care
- An end to cruel and unusual punishments
- Decent living conditions
- Nutritional meals
- Vocational and self-improvement opportunities
- Access to families
- Just parole decisions

Naomi Spencer on the World Socialist web site said Department of Corrections officials denied that prisoners were engaging in coordinated action, but placed four facilities under an indefinite lockdown beginning Dec. 9.

Spencer quoted prison spokesperson Peggy Chapman as telling the Atlanta Journal-Constitution

that the protests were "a rumor... There's nothing really going on. Inmates are working... [except at] the prisons we put on lock-down. I think that [the protest] was the plan but I don't think it's come to fruition."

The Workers Solidarity Alliance supported the prisoners in the controversy with a statement that said, in part:

"...The strike is astounding in more than one way, perhaps the most important of which is that it has broken the racial boundaries that structure prisons... The prisoners in Macon, Hays, Telfair, Baldwin, Valdosta, and Smith state prisons do not have picket signs we can read, nor do they have speeches that can be read out loud to us.

LETTER TO THE EDITOR

Editor:

Marvin Ellison's Hood Kingpin (Everybody Wants To Shine) threw so much back into my face. We know the "War on Drugs" is just another form of institutional racism. It's been tucked safely away within the very laws that are meant to protect us, or should I say society, because the war on drugs is focused on "us."

One thing I've learned is that finger pointing will do nothing to convince our black brothers and sisters to put down the crack-pipe and dope sack. Like many others, I've also contributed to the failure and regression of our people. A sympathetic attitude

alone cannot inject a new way of thinking ... that will turn their lives around and make them a productive part of society.

So what can I do to help? I believe my voice can best be heard from the pencils that express the reality of what flows through the very veins of our communities. I propose that we exchange ideas that will bring forth a play that simultaneously tells the story of the drug dealer and user at the same time. The message being, we (black people) cannot "come up" as drug dealers without pushing our own further down. The play would depict the unspoken adversity, real life trag-

edies and experiences that our memories hold secret, but we all know.

For example, I see a young brother and sister being raised by a single mother who's addicted to crack cocaine. In separate bedrooms they each lay awake and listen to the unwanted sounds coming from their mother's bedroom, while she eagerly submits her body as payment for an addiction that she denies even having. Knowing what's happening, the daughter swears to never use drugs, and the son vows to never sell it.

As they grow, they try desperately to avoid the hand that's

too often the only hand to offer a way off of the merry-go-round of poverty. The hand that offers help is full of promises, but can only guarantee a prison cell or coffin. For a while the daughter is the only one who will escape the structured dementia that devours the hope and aspiration from everyone around her. She watches her brother develop into a cold-hearted drug dealer who cares only about reaching the top. But inside he regrets the path taken in his life.

This boy one day will echo Ike Atkinson's quote when he said, "I know I could have done well in school. My life could have

gone in a much different direction."

I see the brother having everything he wants while his sister follows the footsteps of Michelle Obama. Then the brother's lifestyle comes full circle. One day he witnesses another drug dealer selling rock cocaine to his sister. Standing there in the game of life, unable to move, he feels like someone from the outside looking in had just screamed, "CHECKMATE!"

Julius "Kimya" Humphrey Sr.
North Block

The Flip Side of Martin Luther King's Jr. Dream

Continued from Page 16

ing the curse they left behind. If we're more worldly than the illiterate Afghan peasant farmers who cultivate poppies and the Mexican cartels pumping us an endless pipeline of cocaine, we need to show it. In short, we have to take our power back. The August 4, 2007 execution-style murders of the three college students in a Newark schoolyard (Iofemi Hightower, 20, Terrance Aerial, 18, and Dashon Harvey, 20); revealed the lack of respect we command from foreigners. There's no one protecting our neighborhoods. Whether it's trigger-happy cops or immigrant gangbangers (M-13), we're having funerals without consequences. Meanwhile, bubble-heads preen about claiming to be running things. Check out their sob stories in *Don Diva* and *F.E.D.S.* Everything was gravy until it became time to pay the cost ("My partner dimed on me... My lawyer crossed me... the feds robbed me...") Boo-hoo. If we continue the status quo, permitting blinged out peacocks to rein over our zip codes with impunity, we're acquiescing to the mounting lives being cut short in the interconnectedness of a violence-fueled subculture with a track record of collateral damage (Mistys). Brothers on the

block, that "shine" ain't worth 30-years, life without parole, or 20-years if you sing. Sisters, think about Whitney Houston. Not even having money will save you from the eventual toll from living that life. No one's flying down or en route to save us. So let's honor the great sacrifices of our indomitable ancestors. Look out for one another, and have a life and future (No more hood kingpins). Peace.

LIFE WITHOUT A CAUSE

"Officials at Parker Elementary School, a kindergarten through fifth grade institution, discovered 70 grams of crack cocaine on the person of a 7-year-old male student... What is clear, police said, is that there was probably plenty of crack lying around his house. The crack apparently belongs to the boy's parents and uncles, who've all been arrested on a host of drug and child endangerment charges."

-*The Trentonian*, February 26, 2008. "Drug worker, 12, gunned down. At least 20 bullets pumped into him. James Coleman, a city resident (Camden) who friends and family called 'PeeWee,' was shot in the head and leg shortly after 11 p.m. in the Branch Village housing complex ("His

mom uses drugs, his dad is in jail..." -Demetrius Williams)"

-*Courier-Post*, July 6, 2007

"If you don't challenge yourself, you will never know what challenging means. I know a lot of people that ruined their future by taking the easy path in life."

-Kareemah Austin, 12, 7th grade (*The Press of Atlantic City*, January 26, 2010)

In gang-related violence-plagued city after city, our children are forced to duck around cars and corners fearful of being shot on their way to or from school. And they're ducking from the gunfire of people who live on the same streets, and went to the same schools as they do. Not even the gutless Klan was as unrelenting in gunning down children as today's self-hatred masked bangers. They'll throw away their guns and run from white cops, but a 6-year-old or 80-year-old at the bus stop doesn't stand a chance. That's not gangster; it's cowardice (they're subconsciously and boastfully killing the disappointing mirror of themselves). Such madness will continue for as long as it's tolerated and we fail to reach the compassion and inner humanity of those who give the "orders" and give them a reason to do right. According to recent government statistics, less than

40-percent of young teens found summer jobs. When it comes to our kids, it's more like 7-percent... The more you read, study and become globally knowledgeable, the more you'll come to recognize the bigger picture and its backdrop. And once you've learned the real game, you'll discover our options and avenues to equality and prosperity are far more expansive. Check the newspaper archives (LA, Chicago, Detroit, Philadelphia, etc.), you'll find gangbanging and its related criminality, is tired and old. After all, the so-called fast money and untold number of lost lives, prison years and destroyed neighborhoods, no one wins except career prosecutors and the government. We can either test our mettle against the challenges as 12-year-old Kareemah so maturely states, or remain victims of our own acquiescence to being erased. Let's stop the infectious spreading virus of colors. Embrace life.

"...you can't give up in life."

-Dr. Martin Luther King Jr.

Quite a few of us blame Africa's pompous tribal kings for having participated in the Middle-passage, transporting of our foreparents to endure insufferable tortures in the deconstruction of their humanity. Yet, we appear to be accepting

of predators and parasites in the trade of enslaving us through drugs; for their self-enrichment. I doubt that this is the future envisioned by the brilliance of Justice Marshall, when he stood smartly suited and tall before the all-white male justices of the Supreme Court to argue, *Brown v. Board of Education*, which outlawed government enforced segregation (it's really not that long ago, when it was a crime to drink from a "whites only" water fountain; a time when a cowardly mob of Klansmen kidnapped 14-year-old Emmett Till, and slaughtered him because he supposedly uttered something to a middle-aged white woman. A time when the original Tea Partiers wore hoods and could get away with bombing churches and killing four little girls. A time when police dogs, Billy clubs, cattle prods and high-powered fire hoses were used to prevent Civil Rights marchers from protesting for our right to vote. A time when Rosa Parks went to jail for refusing to give up her bus seat to a white man. The "Little Rock Nine," and so forth). A lot of dues were paid, a lot of lives were lost, and a tremendous amount of blood was spilled to gain the opportunities that are now taken for granted.

POETRY

CONCURRENT TIME

By Lydia Maniz

Dedicated to my husband,
Robert Maniz
21 years – only 12 more
to go.
12-23-10
Doing time in a prison with
no walls.
Marking days till the ink
runs out.
Building walls in front of
doors
and breaking windows just
to breathe.
Trying not to lose myself
amongst fiends in these
cutthroat streets
Crank games are to mind
trips
as my so-called “freedom”
is to his bars.
“I’m innocent!” I scream,
but it remains unheard,
drowned out by the sound
of the crimes listed under
his name.
I could run, but I’d never
escape.
The yearning for him never
fades.
I have no choice.
We both knew what we’d
lose
as he pulled the trigger
and I said, “I do.”
This is our time
- never actually shared.
Both feeling the cold,
two different sides of the
same glass.
Watching clocks that run
too slow
as life around us skips not
one beat.
Is it harder to touch but
never feel,
or to have known, but
never seen?
Vigilant and composed,
blue denim animal caged
on the yard.
Self-medicated euphorias.
Roaming the streets just to

get out the house.
He’ll watch for mail;
I’ll do the same.
He programs; I hustle.
Survival mode, the con-
stant mind frame.
We’ll do what we want
and never look back
parallel universes
with no love or regret.
Politics and egos
added to the state’s rules.
Judgment and temptation
mixed into an already
shady game.
Both feeling the anger
that builds from helpless
emotion.
Biting back the constant
loneliness
Quietly provoking us to the
edge.
Tiers and tiers of like-mind-
ed peers
and I, in a room full of
socials.
But TIME is done in the
mind
and our only thought is of
each other.
All time is hard time,
though the years fly by
with ease.
Hurrying up just to wait.
Pressing play and pause all
at once
the life of a convict’s wife,
a hard line unacknowl-
edged but walked.
Remember convict as you
do your time in prison
your wife does hers on the
other side.
And though
I’ll never walk a day in your
shoes
you’ll never know
what it was like waiting for
you.

IN THE MAIL
By Jason Scardino
Today I got a letter from
her
But I didn’t read the words
I read what was written in
between
Which left me most dis-
turbed
She spoke of how she
missed me
And of a love that re-
mained steadfast
Promised that she’d been
faithful
All these days gone past
Handled my affairs and
such
My possessions packed
and stored
Said there was nothing for
me to worry at
This girl that I adored
Wish you were here, wish
you were near
Wish you were coming
home!
Wish I wasn’t facing
This cold, cold world alone!
And then the letter ended
Before it had began
Before she had informed
me
That she’d found another
man.



Snippets

Vietnamese “fox dung coffee” is made from beans that have passed through the digestive system of a civet cat.

In 2006, the Gospel of Judas surfaced after 1,700 years. In it, Jesus asks Judas as his closest friend to give him over to authorities.

Steam rising from a Scup of coffee contains the same amount of anti-oxidants as three oranges.

If you chop off the head of a Cockroach, it can still live for up to a week because its brain is spread throughout its body. It finally dies of starvation.

The word “curfew” comes from the French *couvre feu* or “cover the fire.” A curfew was originally the time when you had to extinguish fires, candles and lamps.

Last Issue’s Sudoku Solution

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

Book Review

By RANDY MALUENDA



PHILOSOPHY FOR DUMMIES (By Tom Morris, Ph.D) – Showcases the major issues and modern applications of the major historical thinkers along with entertaining sidebars and detours.



SOPHIE’S WORLD (By Jostein Gaarder) – The history of philosophy blends into this novel about a young girl’s coming-of-age.



ATLAS SHRUGGED (By Ayn Rand) – Compelling philosophy of rational self-interest integrates into this melodramatic tale of a genius inventor who rallies other innovators to strike against an oppressive welfare state.

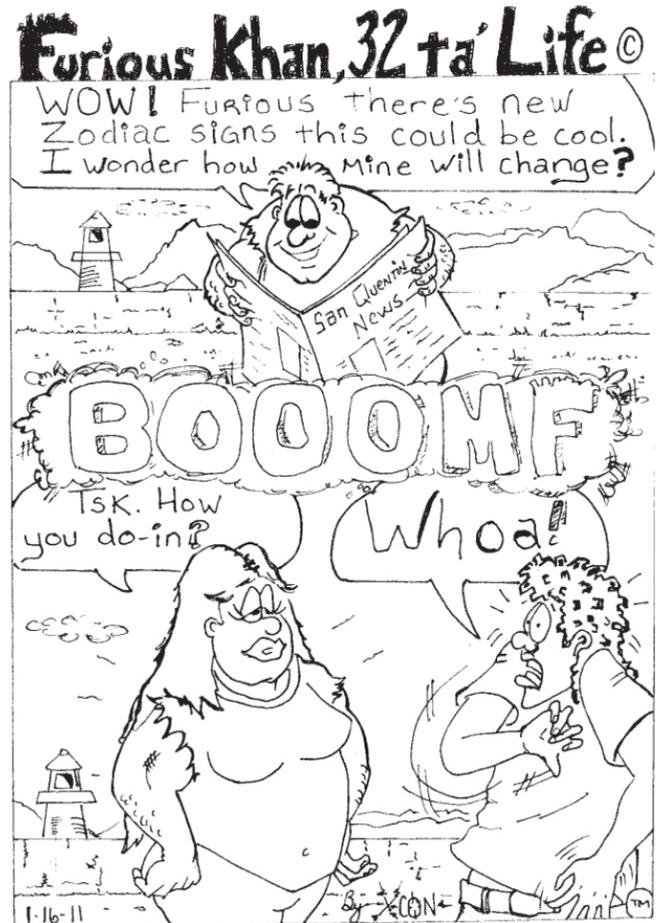


THE VARIETY OF RELIGIOUS EXPERIENCE (By William James) – Classic work of 20 lectures on religious experiences so readers can address their own issues. Some lectures are better than others.

RATINGS:

Top responses are four ribbons progressing downward to one:

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



Sudoku By ANTHONY LYONS

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

In Indian Country

By DANIEL TREVINO
Journalism Guild Writer

American Indians consider the coyote to be a trickster and co-creator of the world.

As a trickster, he always gives false information, and always gets into trouble in everything he tries to accomplish. For instance, if he stands out in the rain to see a lightning strike, he will get hit by a lightning bolt and die, but as co-creator he is immortal and cannot be killed, so he will come back to life afraid of lightning and rain.

As co-creator it is said that he brought fire, the sun, and stars to creation, items that were stolen from the creator. It’s said that he entered creator’s teepee and saw a shiny jar and wanted to play with it. Creator told him to leave the jar alone. When creator went for a walk, coyote couldn’t contain himself and took the jar. While playing with it, he tossed it up in the air; it opened up and the stars were scattered in the sky.

Creator banned coyote from his teepee and exiled him to the earth, where coyote wreaks havoc upon everyone and everything with which he comes into contact.

Coyote constantly slinks about, looking for whatever trouble he can get himself into, or who he can get to join him in his misadventures. Coyote is just trying to have fun, enjoying the creation he helped bring into existence, making a game out of everything that he does.

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). Your name and number will be kept confidential.

In this edition we will address Hepatitis B

Hepatitis B is a virus that causes inflammation of the liver. Hepatitis B infection can be either acute or chronic. Acute means that you are infected, but only sick for a short period. Most people

(approximately 85 percent of adults who get Hepatitis B) are acutely infected, but the other 15 percent or so become chronically infected. A chronic infection means that you are infected long-term, potentially for the rest of your life. The Hepatitis B virus is found in blood, semen, and vaginal fluids and most commonly passed from person to person through unprotected sex. However, Hepatitis B virus is also passed from person to person through other risky behaviors, such as sharing needles/works for injecting drugs, sharing tattoo equipment (needle, ink, and barrel), sharing razors, toothbrushes, clippers, sharing tooters or other drug sniffing equipment.

Symptoms of Hepatitis B can include fatigue, fever, jaundice (yellowing of the skin and eyes), loss of appetite, nausea, belly pain, diarrhea, muscle aches, or dark urine and feces. Not everyone who contracts Hepatitis B experiences symptoms, but those who have experienced any of these symptoms, should put in a sick call slip to see your doctor. Fifteen to 25 percent of people with

chronic Hepatitis B develop serious liver problems, such as fibrosis, cirrhosis, liver failure, and liver cancer. Every year, approximately 4,000 people in the United States die from Hepatitis B related liver disease. There are no special treatments for acute Hepatitis B. However, treatment is available for those with chronic Hepatitis B. A doctor can determine what, if any, treatment is necessary. For people who have never had Hepatitis B, there is a vaccine. The Hepatitis B vaccine is to protect people who have never had Hepatitis B from ever getting it. Treatment, on the other hand, is for those who already have chronic Hepatitis B. For adults, the vaccine is three shots over a six-month period. All three shots are necessary for protection against Hepatitis B. Other than the vaccine, the best protection is to use a condom during sex and not share anything that has come into contact with someone else's blood (i.e., needles, syringes, or any kind of injection or tattooing equipment).

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

News Briefs

SACRAMENTO—Gov. Jerry Brown is planning to throw more money at California's chronically overcrowded prison system. The budget for the California Department of Corrections and Rehabilitation (CDCR) will rise to \$9.1 billion from \$8.9 billion for the next fiscal year. The California Correctional Peace Officer's Association (CCPOA) made significant contributions to Brown's campaign as well as sponsoring advertising against Brown's opposition, Meg Whitman.

Brown says he wants to "fully fund the salary and wages of authorized Correctional Officers" and "correct for a decline in the number of overtime hours available." Almost 75 percent of California's budget is devoted

to employee costs. In 2009, the CDCR employed 68,000 people and paid them \$4.78 billion, an average of \$70,000 each. Overall the highest paid employees are medical personnel. More than 750 employees beat CDCR Director Matthew Cate's \$203,884 salary, including a parole agent in Los Angeles who took home \$301,117.

SAN RAFAEL — Nearly 800 people attended the 18th Heart of Marin Awards luncheon at the Marin Center Exhibit Hall to honor outstanding nonprofits and community leaders. Among those honored was Karen Jandorf, a volunteer facilitator with the Insight Prison Project, who was named Volunteer of the Year.

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:

www.sanquentinnews.com
or
http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ-San_Quentin_News.html

The opinions expressed herein do not necessarily reflect those of the Administration, or the inmate population, and should be considered solely the opinion of the individual author unless specified.

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Back in the Day

Selected Stories From Past Issues of The San Quentin News

FEB. 1981 — A total of six shots were required to break up a fight between two cons. During the altercation a correctional sergeant who had run to the scene was struck in the face by an inmate in the crowd that had gathered to watch the fight.

FEB. 1981 — It was a busy week in San Quentin prison. On the Max B yard Thursday an inmate was stabbed in the North Block rotunda. Three shots were fired to halt the attack and a prison-made knife was found at the scene. A warning shot broke up a fistfight on C-Section yard last week and no serious injuries were reported. In the B-Section protective housing unit last week, a warning shot was fired to persuade an inmate to return to his cell. And on Wednesday, an inmate was assaulted in the East Block rotunda as he was returning from the evening meal. A warning shot was fired, and the victim received three stab wounds. No suspects were taken into custody.

FEB. 1981 — An East Block officer making his rounds Feb. 17 observed a dummy made of stuffed clothes in one of the cells. A search of the institution revealed the inmate hiding behind a corrugated fence on the upper yard.

FEB. 1981 — A recent study of parole data from the year 1976–77 showed that in California, female murderers spend less than half the time that males do. And convicted rapists in 16 states served less time than the average

auto thief in West Virginia. A robber in South Carolina served 46 months — more time than a murderer in six states. The findings suggest that criminals need be more concerned about where they decide to rape, rob and kill, rather than the type of crime they commit.

FEB. 1981 — A warning shot fired to break up a fistfight interrupted the showing of the weekly movie Saturday night in the north mess hall. The participants were hauled off and locked up and the movie continued to its end.

FEB. 1981 — Inmates in the vocational print shop at Soledad prison were producing high quality counterfeit birth certificates, pre-stamped envelopes and marriage certificates. The marriage certificates could be used to participate in the prison's conjugal visiting program. An instructor uncovered the crime.

FEB. 1981 — The California Judicial Council has voted to allow cameras into criminal courtrooms if judges permit. No longer will the permission of defendants and prosecutors be necessary.

HISTORICAL PERSPECTIVE: In 1981 it cost \$13,000 per year to incarcerate an inmate. By 2009, that figure had risen to almost \$49,000.

MAR 1981 — After spending nine years behind bars for two drug-related murders he did not commit. Aaron Lee Owens was set free by the same judge who had sentenced him to life behind

bars. Owens told a crowd of reporters that during his years in first Folsom, then San Quentin, "I have been stabbed, been in riots, fighting when I didn't know what I was fighting about."

MAR 1981 — Prison officials have announced budget cutbacks in the Education Department that will result in most teachers losing their jobs and being replaced by guards. The Education Department currently includes the principal, nine instructors and 39 part-time instructors.

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.

Also contributions by the



BEHIND THE SCENES

The San Quentin News is written, edited and produced by inmates within San Quentin. It is printed by Marin Sun Printing, San Rafael, with a grant from Neighborhood House of North Richmond, a non-profit, and Community One World Enterprises, a social entrepreneurial company/C-One Media devoted to bridging gaps and building community.

SAN QUENTIN



Shortly after America entered World War II, San Quentin prisoners produced netting that was used beneath the Golden Gate Bridge to prevent submarine attacks on ships in San Francisco Bay.

STATE PRISON

January

SUN	MON	TUE	WED	THU	FRI	SAT
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23 30	24 31	25	26	27	28	29

February

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Presidents' Day	22	23	24	25	26
27	28					

March

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Dull Knife Day		

April

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Mother's Day	31				

June

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

August

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

November

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			

December

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Kwanzaa	27	28	29	30	31