

San Quentin News

THE PULSE OF SAN QUENTIN—DESIGNED AND WRITTEN BY PRISONERS FOR PRISONERS, NON-CUSTODY STAFF AND CUSTODY STAFF

VOL. 2011 NO. 2

March/April 2011

SAN QUENTIN, CALIFORNIA 94964

POPULATION: 4,831

TED ROBERTS *Burton School Principal Bids Farewell to S.Q.*

By JULIANGLENN
PADGETT
Managing Editor

San Quentin's principal, Ted Roberts, an educational trailblazer, retired from his post after 27 years of service with the California Department of Corrections and Rehabilitation.

Ted Roberts has been at the helm of San Quentin's Rob-

Judy Breen Leaves S.Q.

By ARNULFO GARCIA
Staff Writer

For the past dozen years, Judy Breen was a beloved and familiar literary presence at San Quentin.

"I will miss all of you...I hope that men will not be kept in here unnecessarily," she said during her final interview at San Quentin. She has retired for medical reasons and is moving to New York.

Breen became interested in prisons during a London sabbatical from her San Francisco State teaching job.

When she returned home, she heard about the need for volunteer professors at San Quentin.

Breen is famous at San Quentin for her video literacy project (VLP) aired by SQTV book reviews. Some of the books reviewed by Breen are:

"Race Matters" by Corwell West, "The Brief Wondrous Life of Oscar Wao" by Junot Diaz, "New Jack" by Ted Conover, "This Boy's Life" by Tobias Wolff, "Incidents in the life of a slave girl" by Harriet Jacob, "Education of a Felon" by Edward Bunker, "The Road" by Cormack McCarthy and "Skeleton Crew" by Stephen King.

— Fernando Lemus contributed to this story

ert E. Burton Adult School for many years. He witnessed first hand the structural changes in education within the California Department of Corrections and Rehabilitation (CDCR), all the while climbing the ladder inside CDCR to be San Quentin's lead advocate for adult education.

"When I started with the Department of Corrections there were 12 prisons in California," Roberts said. "The atmosphere was very different back then, California as a whole was a much different place too."

Roberts began his career with the California Department of Corrections at Soledad State Prison as a vocational instructor.

"I started at that prison in vocations in 1984 as a graphic designer. Back then Soledad was a violent place to work," Roberts said. "But Soledad was also a training ground for me because much of what I've learned stems from Soledad."

DIFFERENT WORLD

In 1988, Roberts moved on to Avenal State Prison, still as an instructor in graphic design.

"I got to open up a brand new shop and design everything. It was a whole different world," Roberts said.

Avenal was a brand new prison when he started working there. "It was a level two that had dorm living, Soledad was a level four," said Roberts. "Where Avenal was a new experience for me. Soledad was old and rigid," said Roberts. "It was a lighter atmosphere altogether, but I didn't like the 105-degree heat at all."

His journey with CDCR began after he took inspiration from his father, Ken Roberts, who encouraged him to join the department.



File Photo

Principal Ted Roberts

"My dad worked in corrections for years. He was a sergeant," Roberts said. "And he taught me everything about working with inmates."

His father's motto, treat people the way you want to be treated. "...respect will be given both ways," said Roberts.

'NO PLACE LIKE IT'

Born in California, Roberts has lived here most of his life. Even though the state is going through some rough times, he said, "There is no place like it. California has everything,"

Roberts attended Chapman University from 1998 to 2000 obtaining a Bachelor's degree in organizational leadership. He said it was a wonderful study on how to lead an organization and have a good place to work. From 2000 to 2003, he attended California State University at Stanislaus for his Tier I administrative

See Roberts on Page 4

New Warden Takes Over at San Quentin

By WILL JASON
Marin Independent Journal

Editor's Note: This copyrighted story is reprinted with the permission of The Marin Independent Journal

A veteran of the state corrections system has been tapped to take over at San Quentin State Prison, where he started his career 30 years ago.

"It is an honor for me," he said. This is my last job that I anticipate having so I like the fact that I'm going to complete my career at the place where I started."

Michael Martel takes over (as acting warden) amid state budget problems and court battles over California's lethal injection procedures and a plan for a \$356 million Death Row complex at San Quentin.

He said he would focus his attention on the safety of inmates and staff and on complying with court orders, leaving larger policy questions to others. "Those are decisions that the Legislature and the public and the governor's office make," he said. "When instructions are given, I will try to make sure that we

comply in an efficient and fiscally sound manner."

The prison has struggled with heavy turnover in the warden's job in recent years, with three chiefs from 1984 to 2004-- but seven in the years since.

Martel's predecessor, Vincent Cullen, was hired in January 2010 but replaced when he failed

to be confirmed in an evaluation after a year as acting warden. California Department of Corrections and Rehabilitation spokesman Oscar Hidalgo said Cullen would be reassigned to another job within the department.

"Mr. Cullen was effective at maintaining the sound operation of San Quentin during his time as acting warden, but it was decided that an alternate placement was more appropriate at this time," Hidalgo wrote in an e-mail.

Martel, who became eligible for full pension benefits at age 50, said he does not anticipate retiring anytime soon. He is earning \$122,000 a year. "Right now I have all the support of my family," he said. "I have very

See Warden on Page 4



Photo: CDCR Website

Warden(A) Michael Martel

Remembering Caesar Chavez

By DANIEL TREVINO
Journalism Guild Writer

As a young child I marched with Caesar Chavez in 1966 from Delano to Sacramento. My uncles were farm workers in the central valley in the 1960s and worked side by side with Caesar in the fields and in the struggle.

I heard people singing "De Colores" and yelling "Si Se Puede" or "yes we can" as we marched behind an image of the Virgin of Guadalupe as the lead banner. Mostly the younger kids rode in the buses and walked a little. I remember eating bean burritos next to the bus with complete strangers. In the valley most American Indians worked the fields or starved. My uncles heard Caesar's message and were compelled to help change the world.



File Photo

Caesar Chavez

My Uncle Joe Reyes and Dolores Huerta were part of the inner circle of the United Farm Workers (UFW). As a relative I was able to spend time at "La Paz," the United Farm Workers' compound in the Tehachapi Mountains and Caesar's home until the day he died on April 23, 1993.

Since I marched in the '60s I am eligible to live at the compound and attend college there, something to this day I have not

taken advantage of. I remember eating meals with Caesar at the table. He was such a humble, mild-mannered, human being who laughed heartily at a good joke. One thing that Caesar said that resounds to this day is, "The truest form of courage is to sacrifice ourselves for others in a totally non-violent struggle for justice." Caesar practiced this throughout his life, sacrificing his body through the many fasts that he endured for the cause.

I can also remember picketing with my cousins in front of Safeway stores carrying placards while Caesar, shouted "Huelga" or "on strike". I was at the cemetery in Delano as they laid this great man to rest. Everyone present from dignitaries to the common worker had tears in their

See Caesar on Page 4



Photo: Larry Schneider

Chris "Stretch" Rich and Judy Breen taping VLP segment

S.Q. Veterans Say Goodbye to One of Their Brothers



Photo: Laura Bowman

Joseph Diggs

By **JULIANGLENN PADGETT**

Managing Editor and

ARNULFO GARCIA
Staff Writer

Joe Diggs was a friend, father and a mentor to the men of San Quentin. He left this world honorably in a ceremony befitting a soldier who served his country in the United States Army.

Diggs, 60, who was well known in San Quentin, passed away February 2, 2011, while at Vacaville's prison hospice.

A memorial was held on Feb. 18, in the Garden Chapel for him and three other San Quentin men who passed: Phousaykeo Saysouribong, Robert (Bobby) Brown, and Jimmy Chapman.

The memorial for Diggs was a packed event that began with the Color Guard of San Quentin. The Viet Nam Veterans Group Color Guard consisted of Stanley Baer, Trenton Capell, and Garvin "Jo-Jo" Robinson. Stanley Baer opened the memorial service with a cadence. Then all three marched up the aisle, Capell and Robinson each carried a flag; one the American Flag and the other carrying the Prisoner of War and Missing in Action (POW/MIA) flag.

In attendance for the first time, three active duty Army honor guard soldiers proceeded to have a memorial ceremony for Diggs and presented Diggs family with a United States flag. This special honor was facilitated by Laura Bowman-Salzsieder, Community Partnerships Manager.

Diggs was incarcerated at New Folsom and then Old Folsom before he finally arrived at San Quentin. He said that coming here was a culture shock. "I've been in prison for 17 years, but I've been here at San Quentin for seven," Diggs said.

"San Quentin by far has more to offer. You know that you're a human being here," said Diggs. "No one wants to be treated like

an animal for years on end. It serves absolutely no purpose."

Diggs commented that being involved with the programs here at San Quentin helped him grow as a person. "Here I feel like I can breathe for first time."

Born in Houston, Texas, on Aug. 4, 1951, his family migrated to California years later.

"I don't know when that was exactly, but it was so long ago that the train, the Santa Fe Chief, still came over the Bay Bridge," Diggs said.

Diggs entered prison when he was 44 years old yet the last six to eight months of his life, he began developing complications with his heart. "I've got Cardio-Myopathy an enlarged heart," Diggs said. Cardio-Myopathy literally means "heart muscle," it is the deterioration of the function of the myocardium, the actual heart muscle for any reason. Cardiomyopathies are categorized as extrinsic or intrinsic. Where the primary pathology is outside the myocardium itself, it is extrinsic. However, intrinsic cardiomyopathy is defined as a weakness in the muscle of the heart that is not due to an identifiable external cause.

GOOD HEALTH CARE

In the mid-stages of his ailment, Diggs moved from his cell to San Quentin's Central Health Services Building, (CHSB). Diggs said the health care at the CHSB was as good as the Veterans Administration Hospital.

"People don't think so but the VA has pretty good health care," he said. A soldier through and through Diggs instructed that the VA can take care of its own. "They have an obligation whether vets discharge honorably or not."

Before his death Diggs expressed his desire to be with his family and about compassionate release for terminally ill patients.

"Some people as they get older can't take care of themselves. They should stay in prison hospice care," he said. "But those of us who have family should be let go to pass at home. That's compassion. Right now as an elderly prisoner, I'm forced to die in prison when I'm terminally ill and pose no threat to society. Where's the compassion in that?"

While at San Quentin, Diggs was a member of the Prison University Project, Viet Nam

Veterans Group of San Quentin (V.V.G.S.Q.), Veterans Issues Group (VIG) and a member of Reaching Beyond the Walls. Diggs worked in education and expressed pride in being the lead clerk for the "Veterans Information Project" (VIP) at San Quentin.

The Veterans Information Project in San Quentin provides incarcerated veterans with all possible information regarding benefits available by virtue of service.

HELP EACH OTHER

"For me working to help other incarcerated veterans gain information is important," Diggs said. "When you get here and you're a vet, the (VIP) is here for you. I mean that's what we vets do. We help each other no matter what, and I'm proud of that."

However, when it came to discussing the prison industry complex Diggs said that California's prisons are not serving their purpose.

"We all know some people need to be locked up, but the way we imprison people especially in California we need to be look into why we're doing this to each other," said Diggs.

Diggs said there is a responsibility of society to civilize people in prison and overall fact is rehabilitation is not happening in California prisons.

He said lifers should be released because statistics show, "Lifers rarely come back."

Nevertheless, it is unsound political practice where the parole board and the Governor purposely ignore these facts. This keeps California's prisons overcrowded, unsanitary and dangerous.

"Lifers who have taken the initiative to improve themselves through self-help programs, getting the GED or AA degrees are the ones that must be let out," said Diggs.

He commented that California's legislature must look deeply into new methods of incarceration. Not to use incarceration as a platform for lawmakers in Sacramento to scare the public into voting in laws that help further bankrupt the state.

"No professional jailer like the parole board commissioners, ex-police officers, district attorneys, or judges can truly teach a person how to stay focused while in prison, so when they get out of prison they stay out of



Photo:Troy Williams

Active duty Army honor guard members preparing flag

prison," said Diggs. "Only a lifer can do that."

However, this is a business, yet lifers who have done the inner work are denied parole and the people who haven't, short termers, are released. Those are the ones who you see on the news killing folks, not lifers."

Trenton Capell has been incarcerated for 14 years and a resident of San Quentin for a year stated that he met Diggs in the Veterans Group.

POSITIVE IMPRESSION

"It was inspiring to know him because even at a the dire time of his life and when he was having trouble getting to his job down in education Diggs always made his commitments," Capell said. "His name really fit in here because he really dug in."

Capell added that Diggs made a positive impression on his life that he taught him to fulfill his commitments.

"I met Diggs on the way here on the bus from Folsom in March of 2005," said Malik Harris, a six-year resident of San Quentin. "In our first meeting I realized right away there was a lot of fire in him, real passion."

Harris moved in the cell with Diggs to take care of him when he saw his condition had worsened.

"I don't see what the big deal is when I saw he couldn't stand under his own power, I knew in my mind there was no one who was going to take care of him better than I," said Harris.

Right when you met him, Harris said, Diggs said what he meant and meant what he said. He did not pull any punches.

"Since he was here in 2005 he took care of me, I had to take care of him. If you care about someone on the level as I cared about Diggs that's what I was supposed to do,"

Diggs is survived by two sons and two daughters.



Photo:Troy Williams

Diggs's son receives flag from honor guard

More Obituary Notices on Page 4

Correction

In the previous issue of the San Quentin News, Jessica Becker and Lindsey Newbold were the contributing writers for the story 'How S.Q. Experience is Teaching the Teachers' page 10.

The News regrets the error.

— Editor

OBITUARY

It seems like yesterday, seeing Phousaykeo "Luong" Sapsourivong busy cleaning the showers for the men in North Block. It was a job that Luong quietly and humbly did faithfully for all of us.

Luong passed during a peaceful Sunday morning, Jan. 16 at

age 53. He is survived by his wife and two sons.

He was suffering from Hepatitis C and a skin disease that left rashes and sores all over his body.

With the assistance of Catholic Chaplain Father George Williams, the Asian community will schedule a memorial service for

Luong. Notices will be posted in North Block.

—Tung Nguyen

Toastmasters Help

Blythe – Chuckawalla Valley State Prison's Inmate Toastmasters Group donated \$1,200.00 to Felix J. Appelby Elementary School to help purchase playground equipment.



File Photo

Phousaykeo Sapsourivong

Don Specter Brings the Fight to the U.S. Supreme Court

By JILL KRAMER
Pacific Sun

Editor's Note: Excerpts of this story are reprinted with the permission of The Pacific Sun.

Don Specter has spent his entire legal career fighting on behalf of the state's least sympathetic population: prison inmates. For him, it's about saving lives. Many of us, on the other hand, don't care if convicts live in filth with untreated diseases as long as they stay locked up somewhere. We pass increasingly draconian laws to put away more and more people, stuff our prisons to bursting, then build more lockups only to fill those to overflowing as well. We do this, at tremendous expense, in the belief that we are reducing crime. It's a belief that has no basis in fact, as Specter has shown in court time and again. So while hearts may not bleed for the inmates—even the thousands who are mentally ill and developmentally disabled—in a state that runs a \$25 billion budget deficit, Specter contends that our present policies make no fiscal sense either.

But the state, Specter has found, does not respond to logic. He has been battling a series of California administrations in court for more than 30 years in the course of his work at the Prison Law Office. He began volunteering there while still a law student, served as staff attorney for four years, then took over as director in 1984. Since then, he's expanded the staff from one attorney to 10, keeping the nonprofit organization afloat with grants and monetary awards from the raft of cases the group has won.

When she first started working at San Quentin, there weren't even windows, says Jeanne Woodford, who started as a correctional officer in 1978 and served as warden from 1999-2004, when she became director of the state Department of Corrections. She's now on staff at the UC Berkeley Center for Criminal Justice. "The windows were all knocked out of the housing units. It was freezing cold. Staff and inmates were constantly sick with pneumonia. There were sewage spills constantly. The conditions were unbelievable. And as a result of [Specter's] lawsuits, the state was forced to renovate much of the infrastructure."

For the last two years, Specter has been named by the Los Angeles Daily Journal as one of the top 100 lawyers in California. He was California Lawyer Magazine's Attorney of the Year in Constitutional Law in 2009. He recently returned from arguing a case in front of the U.S. Supreme Court concerning overcrowding in California prisons, where 155,000 inmates are crammed into a system designed to house 80,000. The teeming overpopulation has made it impossible to provide prisoners with basic healthcare.

I went to see Specter on a drizzly day.

You've been fighting the state of California in court for 20 years trying to get [officials] to improve prison conditions caused by overcrowding. You've been winning just about every case but they're kicking and screaming every step of the way. At the same time, they're desperately looking for ways to reduce the bud-

get deficit. It seems it would be in the state's financial interest to reduce the prison population.

Right. But it's not in their political interest. They're all worried about appearing soft on crime and having that used against them in an election. Former governor [Schwarzenegger] had an opportunity at least twice to settle the case and both times he got cold feet. He acts like he's the Terminator, like he's not afraid to do the right thing no matter what the consequences, but on this issue he just chickened out.

Could you talk about what other states have done to reduce overcrowding and how much money they saved?

Some states have sentencing commissions to look at their sentencing structure and make sure that only the highest-risk prisoners are the ones who go to prison. But, in California, that is far from the truth.

Why does California have such a high recidivism rate?

We send 70,000 people back to prison on parole violations every year. We send them back for only a short period of time, so they take up an enormous amount of resources and only stay for an average of 60 days, which does nothing to rehabilitate them or deter them or keep them off the street for any significant length of time. So, there are a lot of things the state could do to reduce the prison population, cut costs and make the public safer.

I'd like you to talk a little more about the various remedies to prison overcrowding.

One of the ways it seems nobody is arguing with is releasing the elderly.

And they're not doing that, either. But, yeah, that's certainly one of the groups that pose less risk than others. Another group is the technical parole violators—people getting sent back to prison for missing an appointment or failing a drug test. They're not committing any kind of serious crime. Also, there are a lot of people who go to prison for less than a year and prison is designed to keep people for a longer period of time—so why even send them to prison in the first place? They could stay in the county jail, they could go to work in furlough programs or halfway houses.

Is county jail also the option for technical parole violators?

You could do that, or you could make them do community service, you could put them on electronic monitoring. Or, if they failed a drug test, maybe you should give them treatment for their drug addiction rather than sending them back to prison—that would be a radical notion [sarcastically].

And would these alternatives be more or less expensive than prison?

Prison is the most expensive alternative. During the trial a couple of years ago, probation officials and sheriffs all testified that if you gave the local officials the money you would save by not incarcerating these people and let them develop programs for substance abuse, day treatment centers and increased parole supervision, they could reduce the prison population that way, too.

I do not know what percentage doesn't belong in prison, but I could tell you that about 20 percent of the prison population is mentally ill. And if you provided them with good treatment in the community, some percentage wouldn't be there. Right now, about one percent of the population is developmentally disabled and they suffer terribly in prison. It's doubly bad for them because they're made fun of, they're discriminated against, they live horrible lives because they don't get the help they need to function properly. Developmentally disabled prisoners can't fill out sick call slips because they can't read or write. There's no staff that will help them. They get robbed and beaten because they're vulnerable.

And you've brought cases like these?

We just finished a trial in May in which the court found that this treatment I just described is pervasive throughout the system. The judge issued an order to improve the situation and we're working with the prison system now to develop a better system.

I've known a few people who have volunteered at San Quentin in various capacities and they all seem to get a lot of satisfaction out of working with prisoners.

Well, these guys are regular people that have done bad acts. And I know a lot of people who aren't in prison who have done bad things, not criminal things, but bad things. So some of them are nice, some of them are not, but a lot of them are very grateful for the services that anybody coming in can provide.

Veteran Brings Joy to Children at San Quentin

By JULIANLENN
PADGETT
Managing Editor

Vietnam Veteran and Hell's Angels William Mclean was instrumental in bringing joy and smiles to the children of the incarcerated by purchasing presents for San Quentin's Annual Christmas Toy Drive.

The Toy drive at San Quentin last December almost did not happen. Yet, thanks to some strategic planning from Mclean, the toy drive was a success.

William, 61, also known as Willie was born in San Fernando Valley in 1950.

"I joined the Army when I was 17 because I was getting into a lot of trouble so my mother signed a waiver and with her blessing I went in," Willie said.

He served three years in the army with an honorable discharge. In Europe in 1968 he served for two years in the Second Armored Calvary. Then he went to Viet Nam and finished out his tour.

"I was with the Big Red One, First Infantry Division, they are now in Afghanistan," said

Willie. "I was in 11 Bravo 10 (11B10)."

As a veteran, Willie has supported the San Quentin Veterans program for the last two years. He makes no excuses for contacting the Oakland Chapter of Hell's Angels for a donation to support the toys for kids. They donated \$1,500.

In 1993, Willie and the club brought a whole truckload of presents to the San Quentin toy drive.

"I wasn't in prison then," said Willie. "Now that I am and after I heard about it I was introduced in 2008 to Debra Sheldon who used to work in the education department."

WALT DISNEY JOB

That same year in the visiting room Willie saw the toy drive and asked about it. "I told the vet guys my club would help if they needed it," he said.

Willie joined the Hell's Angels in 1983 while he was working in the movie industry. "I worked for Walt Disney for about three years and Universal Studios for five, I was a grip."

As a grip, Willie mounted and moved cameras around for shows like Universal's "Ba-ba Black Sheep" and "The Incredible Hulk." At Disney, he did the same job for "Ghost Busters" and "MacArthur" with the late Gregory Peck.

Although it was in 2009 when Sheldon relayed information to Purcell that the toy drive was not going well. Purcell brought it to her attention that Willie's club, the Hell's Angels, would be willing to help.

"Debra contacted me and I contacted the club, and they had a toy drive," Willie said. "My daughter Desiree brought the toys down to San Quentin."

It was kind of funny, Willie said, because they did the toy drive and received so many gifts Sheldon had no place to put them.

"All year long we notoriously seem to end up in a bad light. But at the end of the year we coordinate and organize events and one of the things we do is toy runs," he commented.

At San Quentin, Willie said, when you do something wrong

they never forget, but when you do something right they never seem to remember. "But last year might be the first time they did remember," Willie said smiling.

In 2010, Ronald "Yana" Self of the Veterans Information Project contacted him. Self told Willie they were having another rough year. Self connected him to Lieutenant Evans, who is now the Veterans sponsor.

DONATED THE FUNDS

"Lt. Evans said the sponsors who had promised to do it, turned out they couldn't," Willie said. The one week they had was not enough time to organize the drive, so the Hell's Angels donated the funds to San Quentin.

Willie a four-year resident of San Quentin has experienced great highs and lows in his life. He and his wife married in 1982 and that following year his baby boy William McLean was born. Then in 1984 his daughter Desiree was born. Yet it was in May of 2008 on the Marin Freeway when a man pulled a gun out and shot William.

Incarcerated when it happened Mclean said, "Allegedly William threw a burrito out of his car, it hit another guy's car, and something kicked off the road rage on the freeway," said Willie. "The man pulled a gun out and shot my boy to death."

Administration tried to get him to his son's funeral, but that never happened.

Willie said one thing is for sure. There is always room to go up, and there is plenty of room to come down, but he never thought he would ever be in San Quentin State Prison. He commented that some people in prison cannot do for their kids and that children reflect on their parents in prison.

"Those kids don't remember all the guards they remember the toys," Willie said he and the Hell's Angels enjoyed helping the vets of San Quentin with the toy drives and looks forward to helping in the future, and he wants people to remember. "There are good people in prison who do good things."

Roberts Bids Farewell to S.Q. Teachers and Burton School

Continued from Page 1

credential and then State University at Humboldt for his Tier II educational course studies.

"It's basically the same credential and principles, I can work anywhere in California," said Roberts.

"I met him after I began working here," said Frank Kellum, now acting principal for Robert E. Burton Adult School of Education. "At that time I was working in the Maintenance Vocational Building (MVB) Bridging area. I really didn't see that much of him up close at first. Later I got to meet him and see what his work style was."

MEET WITH TEACHERS

Kellum has worked in education for 40 years. "I've got 20 years here at S.Q. prior to that I taught in public schools in the Bay Area."

"They had a state audit, and Principal Roberts was very knowledgeable as to what needed to be done to have a successful audit," Kellum said. "He did that by meeting with the teachers and explaining to them what we needed to do. Then Roberts would go back and check to see if it was done."

Because of Roberts' professionalism, Kellum said, his unit got a 100 percent. An audit consists of seeing if you are in compliance with state protocol rules and regulations.

"He would work with anybody. No hesitations about rolling up his sleeves and getting right into it," said Kellum.

San Quentin's Television Specialist and Supervisor of the San Quentin Media Center Larry Schneider said they shared a working relationship around technology.

"He was somebody who enjoyed new technology and wanted to see it applied to educational programs."

Schneider said Roberts was goal oriented and would progressively attack obstacles to obtain completion of those goals. He brought in computer workstations for teachers at a higher level than most of the principals

he had seen his 20 plus years of working at San Quentin.

"In light of California's current budgetary restraints not having Ted Roberts's knowledge and understanding makes it much more difficult for us to maintain the current levels of educational quality for the inmates at San Quentin," Schneider said.

"He was a good one who didn't like to personally appear on camera but Ted was very supportive of the television program itself."

"I worked with Roberts for a year and knew him prior to my employment 18 months," said Peter Ainsworth a Teachers Assistant for Robert E. Burton School of Education.

"Mr. Roberts always had our best interest in mind," said Ainsworth. As a teacher in Japan Ainsworth and Roberts often shared thoughts on both having taught there.

"His interest in other cultures was genuine and interesting because not a lot of Westerners have been to Asia," said Ainsworth. "But we both enjoyed teaching and were aware of the short-comings of the Japanese teaching system."

Ainsworth was an English teacher in Japan for 10 years and said the American educational political system is very different from the Japanese educational political system.

"In Japan I was indispensable but here in America there are many different things that determine person's usefulness," he commented.

He said that Roberts was personable with inmates without getting personally involved with them. "I learned a lot from him," said Ainsworth.

Roberts also worked in Sierra Conservation Center from 1991 to 2001 as a Supervisor that trained inmates for conservation camps.

FITNESS TEST

"I had programs in three camps from the Mexican border to Sacramento that was my range," said Roberts. "To be in a conservation camp you had to

Warden Martel Takes Helm

Continued from Page 1

good health. I still have a lot of drive. I still have a lot of ambition and goals."

A native of Niagara Falls, N.Y., Martel worked in his family's restaurant and attended college on and off before moving west and finding a job as a San Quentin corrections officer in 1981. He left the prison in 1986 and served in a number of jobs elsewhere in the corrections department, most recently as warden at Mule Creek State Prison in Ione, southeast of Sacramento.

"What I lack in education, I have a tremendous amount of

experience and common sense," he said.

Martel is stepping into a "very tough job" and will face a number of challenges such as overcrowding and staffing shortages, said Jeanne Woodford, who was warden from 1999 to 2004 and head of the corrections department from 2004 to 2006.

"The warden is expected to really be addressing any issue," she said.

"My only advice would be to continue to work with the wonderful community in the Bay Area," she said, referring to the nonprofit groups that work with the prison population.

pass the physical fitness test then the firefighters test."

Roberts was over all the vocational programs from building trades to office and computer refurbishing. He was also able to get back to his passion of graphic arts too.

"Trades to me are a small stepping stones to better yourself, because the majority of men in prison are told all their lives they can't be successful," Roberts said. I wanted to show them if you gradually start moving toward something that is small then you'll eventually get it, and you'll become successful."

In 2001 to 2006, Roberts worked as the principal at Pelican Bay State Prison and said it was wonderful with many hard working people there.

"Small staff with volatile inmates," Roberts said. "I saw a 19 year old get his GED the bad part is he was sentenced to double life."

In 2006, Roberts migrated here and said there is no place like San Quentin, "this place is a great place to work but an even better place to live."

He commented that most prisons are isolated with different yards but San Quentin is exceptional with wonderful volunteer programs and educational avenues.

"It's thriving with energy for men here to better themselves, San Quentin is a game changer for rehabilitation in California prisons" said Roberts. "Plus it has a more settled population than most places."

However, it was in 2005 when CDCR re-directed 400 vocational instructors. They cut approximately 800 teachers state wide in 2009-2010. "They eliminated all bridging, pre-release and English as a second language and a few more things," said Roberts. "We lost some real good teachers here. It was a tough time."

MOST PROUD

Roberts commented that Prison University Project and Marin Literacy help a great deal with the education of the men at San Quentin. Yet he is most proud of his work as the principal of education here at Robert E. Burton Adult School.

"Warden Ayers and Warden Cullen did a lot for the population. They were both smart leaders," said Roberts.

He said he was happy that he was able to help the men at San Quentin develop their minds because that is what education does.

"I enjoyed making positive changes through education," Roberts said. "By making them laugh and just saying hello to an incarcerated person will help them. Believe me it will."

OBITUARIES

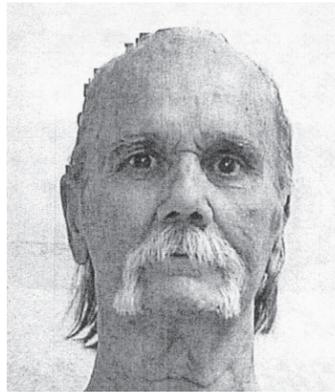


Photo: Laura Bowman

Jimmy Chapman

San Quentin resident Jimmy Chapman was remembered as a friend and a good man.

Chapman worked in Prison Industry (PIA) for over nine years. Douglas Collier, who lived with Chapman during the last three months of his illness.

"He wasn't a veteran or part of the church, but he was a human being...he was a good man," Collier said.

Collier added that the administration talks about compassionate release but that did not happen for Chapman.

"I talked to Jimmy and he said, 'Don't let me die in here,'" Collier said. Friends for 20 years they both shared a cell at San Quentin in previous years

"I've got Jimmy's shoes on right now. Sometimes I don't know why I've got them on," said Collier. "I do it because it's all I've got to remember him by."

Jimmy Chapman was born May 31, 1947 and passed Feb. 11, 2011.

—Julianglenn Padgett

Kairos Leader Passes

A volunteer leader of the Kairos program at San Quentin died April 16 at his Santa Rosa home of Leukemia at the age of 80.

He was Robert "Bob" A. Stratton, a long-time leader of the Cursillo Christian movement which sponsored the Kairos program.

Stratton was a Navy submariner and letter carrier for the U.S. Postal Service.

Stratton helped found Redwood Empire Cursillo, bringing the group's weekend retreats to Sonoma County.

"I think it was a life-changing event for him," said his wife, Carol Stratton of Santa Rosa. "It seemed to help get him in touch with his spirituality."

He visited San Quentin about once a month with his wife and stayed in touch with parishioners he met there for decades.

"That really made an impact on the lives of the inmates, a couple of whom I had an opportunity to meet here last month," said Stratton's son, Tim Stratton. They described Stratton as a good listener who helped them figure out how to change their lives, Tim Stratton said.

"He taught us all to wrestle — not that big-time stuff you see on TV, but real wrestling," Tim Stratton said.

Stratton also spent his retirement meeting with friends made while carrying letters and volunteering as a docent at the USS Pampanito in San Francisco.

In addition to his wife Carol and son Tim, Stratton is survived by sons Bob Stratton of Santa Rosa and Brian Stratton of Dixon, brother Bill Stratton of Lewiston, Penn., three grandsons and a great-granddaughter.

Caesar Chavez's Stand on Non-violence

Continued from Page 1

eyes as Mariachis sang "de colores." We could already feel the loss of a great spokesman for the farm worker and common man.

I learned many lessons as a child, teen-ager and young man listening to Caesar speak. One important lesson that I learned was that non-violence is a very important tool when used in acts of civil disobedience, and that standing up for the right thing is something that we must all do together. I was taught at an early age about community activism and non-violence, and for the most part have been involved -- from the first step that I took on the journey from Delano to Sacramento. Though the focus has changed from the farm workers' struggle to the continuing struggle of the American Indian, the fact is that Caesar Chavez' teachings and outlook helped shape my life from a young age, and I will always carry fond memories of those days marching behind the banner of the

UFW eagle and the Virgin of Guadalupe.

That march led to my living on Alcatraz as a teenager in 1969 and 1970, fighting for Native rights at the sides of my uncles, cousins and friends during the takeover of the former federal prison by Native tribes from across the U.S. After we left the island, my uncle moved on to the Wounded Knee takeover in 1971, I was not allowed to participate because of my age and the level of danger involved, but that has not stopped me being involved in the fight for justice for all people, especially the minority class that I now belong to, incarcerated Americans. Through the teachings that I have learned attending classes in the T.R.U.S.T. and No More Tears there are still positive non-violent means that we can take to change our surroundings and the lives of all who share this planet with us in a positive manner. To quote the sayings of my first march for justice, "Viva La Huelga" and "Si se puede", or in other words, "Yes We Can".

Will There be an NFL Lockout?

By **DREW PIAZZA**
Sports Editor

The San Francisco 49ers want money to build a new stadium. Outside linebacker Manny Lawson wants to be a free agent. New head Coach Jim Harbaugh, wants to run off season workouts. Inside linebacker Takeo Spikes wants to play football, period.

Until NFL owners and players agree to a new collective bargaining agreement, none of them will get their wish.

"That's what we're trying to figure out: how we make sure we play football," 49ers owner Ned York said recently on KNBR radio. "The NFL does not want to have a lockout. We want to find a way to get a deal done, and hopefully we'll figure that out."

But, when?

Both sides have had plenty of time to make this happen before the collective bargaining agreement (CBA) expired. The owners can lock out the players with no pay or health benefits for as long as they wish.

There will be no off-season minicamps or voluntary practices before a CBA is signed.

Training camp would be next on the cancellation list. The doomsday scenario, if the labor dispute extends into September, is that players would miss regular-season games for the first time since the 1987 strike.

BIGGER THAN EVER

"Yeah, there's anxiety," 49ers punter Andy Lee said. "The NFL is bigger than it's ever been. I think (the players) and the owners understand that. All I can do is sit back and hope we have a season. "Hopefully, we'll get something done."

Lawson wants a deal done so he can sign his own deal. He just played out his five-year rookie contract and became a free agent March 4, when the new league year begins.

However, Lawson cannot sign elsewhere if there is no CBA in place. The free agent market can not open without one, leaving Lawson and other players with expired contracts and nowhere to go.

San Francisco 49ers outside linebacker Takeo Spikes isn't worried about the money. He, too, became a free agent March 4, but says he has saved well

SPORTS

enough from his millions earned over 12 NFL seasons to survive a lockout.

He's more concerned with potential lost time. It is hard enough to last this long in the NFL at a physical position like his. But, to get a contract after his 34-year-old body sits on a shelf during a prolonged stalemate?

"Guys in my area - 10, 12, 13 years - you can't afford to miss a year of football," Spikes said. "It's bad enough they want to get rid of you anyway. Young guys miss a year, they say, 'Aw, he's young, you can knock the rust off.' With us, it boils down to, 'Oh, this guy, he's in his later years, so let's go with the younger guy.'" Spikes added, "I can still play this game. I want to play."

NEW COACHES

Harbaugh wants to coach in the NFL. That's why he left Stanford, for his first NFL head coaching job.

He's hired most of his coaching staff and has contacted many of the players on his new roster.

But until there is a CBA, Harbaugh can not do anything with his team. He can not install the West Coast offense he wants. He can not evaluate his players in person, be it in voluntary workouts or mandatory mini-camps.

Imagine a labor dispute that lasts through training camp, or goes into the regular season. Teams with returning head coaches and coordinators would pick up where they left off the previous season.

NOBODY KNOWS

Harbaugh and his coordinators would have virtually no time to install their new systems and work with their new players before the games begin.

"Well, nobody really knows exactly what's going to happen with the CBA," Harbaugh said. "All obstacles can and must be overcome, and that'll be our approach without excuse."

This is what lies at the center of the current dispute: The previous CBA gave players about 60 percent of total revenue. Owners want to take roughly 18 percent of that cut and apply it to stadium development and investments.

Players would then get a 60 percent share of a smaller revenue pie, but owners maintain that new stadiums increase total revenue, which would in turn grow the smaller pie for players.

Spikes' major concern is that a deal was not done in time. He joined union reps from the other 31 teams in Washington, D.C., to discuss strategy and lobby Congress, even as NFL owners met in Atlanta to discuss their own plans.

"I think anything is possible, but my honest opinion about it, I don't see it getting done before the end of the league year," Spikes said. "I don't."

The one team that does release financial status, the publicly owned Green Bay Packers, showed a drop in operating profit to \$9.8-million from \$20-million. The Packers' total revenue increased by \$10.1-million but player costs went up by \$22.1-million. Salary growth has outpaced revenue gains and profit has dropped the last five years, according to the Packers.

'Game Breakers' Make All The Difference at Clutch Time



File Photo

Dwight "Sleepy" Kennedy

By **ALTON "COACH" McSWEEN**
Contributing Writer

Editor's Note: Coach McSween is a former Denver Bronco defensive back and continues to play sports at San Quentin.

In the world of sports, we have certain individuals who have the ability to turn a game around instantly. These individuals are called "Game Breakers." Here at the "Q" I have had the pleasure to witness some "Game Breakers." Here is a sampling:

Dwight "Sleepy" Kennedy: On the gridiron, "Sleepy" can take a three-yard slant pattern to the house at anytime with his speed and quickness. On the

baseball field, he can get on base via a walk and reach third base three pitches later.

Ron "Dalton" Martin: Your softball team is up by three runs and "Dalton" is at bat with two runners on base. You know he can hit one over the trailer, and it's a whole new ballgame.



File Photo

Ron "Dalton" Martin

Adrian "Red" Casey: The "franchise," as he's respectfully called around the "Q," has repeatedly changed the outcome of so many San Quentin Giants Baseball games with a clutch late inning hit or homerun.

Marvin "Mitch" Mitchell: Aka Randy Moss: Mitch is blessed



File Photo

Adrian "Red" Casey

with exceptional athletic ability. Mitch constantly gets behind defensive backs and scores touchdown after touchdown. And then goes on defense and shuts down the opposing team's best wide receiver.

Nghiep "Ke" Lam: Can beat you with his glove or bat on the baseball or softball field.



File Photo

Marvin "Mitch" Mitchell

Lam's great fielding plays are a constant that leaves opponents frustrated but are just normal catches to his teammates, plays that he makes on a daily basis. "Mighty Mouse" has also been known to go yard at clutch time. It's no accident "Ke" Lam was named San Quentin's Athlete of the Year.



File Photo

Nghiep "Ke" Lam

Mike Ware: The quiet "Assassin" prides himself on getting his teammates the ball; but come clutch time, he will break your heart with the Trey. Time after time, with the game on the line, and whether it is a lay-up or one from behind the arch, Mike



File Photo

Mike Ware

seems to deliver at a high percentage.

Kevin Driscoll: Kevin has the ability to always come up with a clutch hit, be it a single or a homerun, a when the game is on the line. As a starting pitcher for the San Quentin Giants, his teammates know with him on the mound they are in the game.



File Photo

Kevin Driscoll

Inductees to the 2011 NFL Hall of Fame

Here is a list of the inductees to the 2011 National Football League Hall of Fame:

Richard Dent
Defensive End, 6-5 265lbs
19983-1993, 1995 Chicago Bears; 1994 San Francisco 49ers, 1996 Indianapolis Colts, 1997 Philadelphia Eagles
15 seasons, 203 games
137 1/2 sacks Won Super Bowl MVP in 1986, 4-time All-Pro
Marshall Faulk
Running Back, 5-10, 208lbs

1994-98 Indianapolis Colts, 1999-2005 St. Louis Rams
12 seasons, 176 games.
Rushed for 1,000 yards in seven of first eight seasons, second player in NFL history to rush and receive for more than 1,000 yards NFL player of the year three straight years. NFL MVP in 2000. Scored record 26 touchdowns in single season.
Chris Hanburger
Linebacker, 6-2, 218lbs
1965-1978 Washington Redskins

14 seasons, 187 games
First-team All-Pro four times in five seasons
Les Richter
Linebacker, 6-3, 238lbs
1954-1962 Los Angeles Rams
Nine seasons, 112 games
Eight straight Pro Bowls.
6-time All-Pro
Deion Sanders
Cornerback/Kick Returner/Punt Returner 6-1, 195lbs
1989-1993 Atlanta Falcons, 1994 San Francisco 49ers, 1995-

99 Dallas Cowboys, 2000 Washington Redskins, 2004-05 Baltimore Ravens.
14 seasons, 188 games.
Member of the NFL All-Decade team, Led NFL in punt returns (1998), All-Pro nine times. Elected to eight Pro Bowls.
Shannon Sharpe
Tight End, 6-2, 230lbs
1990-99, 2002-03 Denver Broncos, 200-01 Baltimore Ravens.
14 seasons, 204 games.

At time of retirement, his 815 career receptions and 10,060 yards and 62 TDs were all NFL career records for a tight end. His 214 receiving yards in 2002 game is an NFL single-game record for a tight end. Tied NFL record 13 receptions in single postseason game for a tight end. All Pro five times. Played in eight Pro Bowls. — Drew Piazza

Inmates Rescue Boaters In Frigid San Francisco Bay

By **ARNULFO GARCIA**
Staff Writer

Prisoners rushed to an emergency call to rescue two people who spent an hour in the frigid San Francisco Bay waters when a 14-foot boat overturned outside the San Quentin prison walls.

A tower guard heard a call for help at 1 a.m. April 20 and alerted the fire station. Ten inmate firefighters responded.

"We found two people in the water—one conscious and one

unconscious," said inmate firefighter Sean Tiger.

Fellow firefighter Derrick Edgerly said, "I took my turn-outs off, went over the wall and went into the bay. "There was no fear or hesitation. The guy needed help."

Edgerly said he helped wrap a fire hose around the couple and fellow inmates pulled the victims up 15 feet to the shore.

The unconscious man, identified as James Laurel, 44, of

Larkspur, was pronounced dead at Marin General Hospital. The woman, whose identity was unavailable at press time, was treated for exposure and released. She was wearing a life vest but Laurel was not.

Fire Capt. S. Long said, "Anyone of us was ready to jump into that water to save a life. We are human beings. We made a mistake, but it doesn't mean that we are not capable of change."

LETTERS

Wife of Prisoner Helping Other Prisoners

Editor:

I send my utmost respects. I woke one morning to find a paper copy of this newspaper crumpled up outside my house, right on my front lawn. That is how I first heard of your news... I'm the wife of a man doing time. My husband has been down since 2004 and since the sentencing I have made it my mission to help convicts all across my county...

My heart goes out to you all, but through these years I have been the brunt of judgment and at times have had heavy expectations weighed upon me. I have gained much insight and have even been able to help new inmates prepare mentally for prison... You can never be prepared

because life continues in and out of those walls, whether we are waiting or not...

By the time my husband (God willing) gets out, I'll be an old pro myself. Anyway now that I have (and will continue to do so) made attempts at understanding his conditions, I thought I would take this chance to provide insight as well. Being the loved one of the inmate we must endure our inmate's moods, hate mail, accusations as well as his better moments. Never in all my mail or phone conversation with other inmates have they spoken about how difficult it must be to be on the other side. They feel as if freedom grants us all the joys of life automatically. They

do not realize our commitment to them means restrictions and emotional challenges that we must endure alone.

I do not and will not ever discredit or try to lower the level of hardship – instead I acknowledge it and empathize because I've been on bonds since he has. My heart is my warden and time only makes us grow closer. I don't do his time; I do my time. This is just so those inmates with loved ones can have a little more understanding of our hardships and in acknowledgement and sharing build each other up and make stronger relationships.

Mrs. Lydia Muniz
Civilian

Another Victim of the CA Budget Cuts

Editor:

I am assigned to the vocational landscaping program. The news that we will lose our program came as a major disappointment on one level, but not so surprising on another, considering the California budget cuts.

The program is so beneficial to men striving to get as prepared as possible for reentry into society. This is another broken commitment by the state to rehabilitate its prisoners.

I'm very fortunate in having a parole date and with this advan-

tage over fellow inmates serving life sentences I feel a responsibility both to myself and to lifers to prepare myself for society and not return to prison and continue the revolving door that allows the corporate prison industry to exist.

San Quentin has become not only a state prison, but also an opportunity for self-help programs that exists in few other prisons. One who has a positive attitude and outlook toward a bright future can take advantage of programs like our vocational

landscaping, not only to learn the rewards of creating a new life with our hands, but also to nurture work ethics and instill pride in accomplishment.

Mr. Leyva gives each of us an opportunity to learn a viable skill for the outside world and through his instruction gives us choices that we will face in society this program is in place is viable as a vocation and has already proven not to be a financial burden on the department.

Albert Garner, North Block

The Power of Prayer Has No Denomination

Editor:

I wish to share a joke I heard the other day about a pastor that was out walking in the woods. A bear caught him and had him in a bear-hug, squeezing the life out of him. Not knowing what else to do, the pastor started praying, "God, please make this bear a Christian." All of a sudden, the bear let loose of him. He turned around and saw the bear just standing there. Then the bear crossed his paws, bowed his head and said, "Lord, please bless this food of which I am about to partake."

Somewhat corny, but a little funny anyway. I guess the message is that sometimes there

might be conflicting prayers, so God cannot always answer everyone to our liking. We just have to trust in the fact that Jesus loves us and wants the best for us! God does answer prayers. Sometimes not like we think that he will though.

I try to "Keep the Faith" through all of my trials and tribulations. It's hard sometimes keeping a positive attitude when I have to go through some heavy stuff. James 1:2-4 and James 1:12 talk a lot about going through trials and how trials develop perseverance. It also talks about a man being blessed by persevering under trials.

There is another important by-product of living through difficult circumstances: we acquire knowledge of how to deal with the circumstance that we can then pass on to others in order to help them through difficult times. 2 Cor. 1:3-4 talks about this. I think that God wants to use us right where we are to reach out and touch the lives of other human beings and help them. Lord knows that "He" has helped all of us down here in so many ways! We just need to try to have the attitude of Christ in all that we do.

George Thornton
North Block

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 C

Approximately 40 percent of the men who enter the California prison system are infected with Hepatitis C, a very dangerous infection. Like Hepatitis A and B, Hepatitis C is a virus. Similar to Hepatitis B, adults who are infected with the Hepatitis C virus can either have an acute or chronic infection.

Few Hepatitis C adults (approximately 15 percent) are acutely infected and most people (approximately 85 percent) are chronically infected.

Hepatitis C is transmitted by blood-to-blood contact with someone who has Hepatitis C. Blood-to-blood contact can happen when sharing needles, syringes, or when getting a tattoo. It can also happen when sharing razors, tooters, or anything that might have blood on it.

In order for the Hepatitis C virus to be transmitted, there has to be an entry point on the uninfected person that is exposed to the blood of someone who has Hepatitis C. Hepatitis C can be spread through sex, though it is believed that this happens very rarely.

Some people with Hepatitis C have symptoms; others do not. Since the liver is a non-complaining organ, Hepatitis C can be damaging a liver and the person infected may not know it. Therefore, if you have engaged in any risky behavior, such as sharing needles, tattoo equipment, razors, or anything else that's been exposed to blood, it is important to see a doctor and be tested.

Chronic Hepatitis C is a serious disease that for some people can result in long-term health problems and even death. However, having Hepatitis C is not a death sentence; there is treatment available that is appropriate for some people, but you must see your doctor to find out if it's right for you.

There is no vaccine for Hepatitis C. Therefore, the only way to prevent yourself from getting it is to not share needles, tattoo equipment (including needle, barrel, and ink), tooters, cottons, crack pipes, or anything that may have been exposed to blood.

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

Landscaping Support

Editor:

California Department of Corrections and Rehabilitation has thrown a screwball at the Vocational Landscaping program at San Quentin. This leaves me and other inmates in the familiar place of incompleteness once again.

I came to San Quentin Nov. 23, 2010 as a Close B inmate who has never been allowed the opportunity to partake in any PIA or vocational trade.

The Board of Prison Hearings has told me to get two vocational trades, participate in self-help groups, and drug prevention programs (AA, NA). I have completed Addiction Recovery Counseling (ARC), as well as a few other self-help programs.

I'm currently in Patten College Program, Golden Gate Baptist Theological Seminary classes, and Vocational Landscaping.

To take away the Vocational Landscaping would be a big loss to the men in the class, as well as myself.

This class teaches nurturing and the only way we are able to do that is with love — love that

a few of us didn't have growing up, or pushed away because of our addictions. This class has the ability to provide myself and others a core curriculum aimed at not just improving an inmates knowledge in landscaping skills while incarcerated, but allows all races and creeds to work together in a way that isn't usually done in a prison setting.

We're all in hopes of returning to society one day, and with this trade, I feel I have an opportunity to obtain legitimate employment.

If included at all 33 California prisons, inmates could grow trees, flowers and use recycled materials to do the landscaping at all state buildings. Using inmate labor would provide a savings to the state and still provide rehabilitation. Vocational Landscaping is a vital part of rehabilitation and should be saved at all cost. If rehabilitation is a goal of the Department of Correction, then Vocational Landscaping is a very effective and cost efficient.

Calvin Johnson
North Block

POETRY

SHATTERED PIECES

By Kevin Yarbor

Last night I shared my secret with the moon. I began to confess a feeling from the depths of my heart on how close I dreamt of our relationship should be and just when I had expressed my compassion of lust, love and happiness, I felt your nearness then we were interrupted by a cloud that passed between us.

I felt the warmth of all out hearts' desires and when I moved to find you, to give you my undivided attention, you appeared sad.

I told you how devastated I was the nights we are not able to see one another. And you being me comfort. Then I felt a breeze of rushing wind southeast and it started to rain and the clouds separated us again.

I was at the closing of our conversation as I stood there in the open field. I knew I was in trouble when the clouds turned black and gray and I heard the thunder clap.

I pleaded for your presence to come down from there to give me support again. Suddenly lightning struck and it began hailing. I was appalled, so I ran for cover.

To this empty state of mind I sat in a cave all alone in tears shattered pieces.

FORGIVENESS

By Prentiss Robinson

There is no more powerful, far-reaching means of healing than forgiveness and yet the concept is generally misunderstood.

Forgiveness is not a posture of superiority or the decision to behave in certain "forgiving ways."

Forgiveness does not condone the past nor does it commit one's self to the future.

It has nothing to do with behaviors such as releasing inmates from penitentiaries. Forgiveness occurs in the present only.

Forgiveness is our willingness to change our minds from a thing that tortures us into a presence that befriends and comforts society.

This we cannot do as long as we use our minds defensively, or use it to attack repeatedly. We must pull thought away from who is more guilty you or me and join humanity.

By recognizing the deep core of innocence within us all that is powerful and shining within you and everything.

Therefore, let us repeat forgiveness indefinitely until all souls are healed.

JESUS

By Carlos Greenlee

Crucifixion
(Asleep in a tomb),
Then empty tomb
Resurrection
Surreal
Ascension
(Fear)

(Soaring in spires)
Into cloudless blue,
Into (a) black ocean (of) sky

Above the clouds, / into God's infinite space
EVERY MORNING
By Kevin Yarber

Before sunrise the moment my eyes open, I'm grateful for another day.

I quickly rush to water for ablution with no delay
Every morning I'll pray to Rakaah for us the believers
I'll ask Allah for forgiveness and to be an over-achiever

Every morning I'll read some literature from my favorite book

It soothes me, I'm captured like a fish on a hook
My faith is strong I feel blessed I'm shinning in the light

Satin can't fade me, for he knows my deen is tight
Every morning I'll greet the angels that witness my prayers on both sides
I know they're watching over me and guiding my stride

If you heard this poem I hope you understood what I'm professing
On the day of judgment Insha-Allah you'll remember this lesson.

WATERCOLOR

By Carlos Greenlee
San Quentin in Watercolor

Beige

Orange

Grey

(Cloudless)

blue

The self same color as the sky

Green

Orange

Green

(Cloudless)

blue

The self same blue as the sky above

And the see thru underwater, true

Last Issue's Sudoku Solution

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



Book Review

By RANDY MALUENDA



I AM CHARLOTTE SIMMONS (By Tom Wolf) – Train wreck ahead when smart country girl lacks social skill set necessary at big university.



STEPS TO CHRIST (By E.G. White) – Most concise how-to easy read on becoming a practicing Christian that I've come across.



SMASHED (By Koren Zailckas) – Parties and blackouts, hangovers, oh my! Girl alcoholic sobers and spills.



WE'RE ALL DOING TIME (By Bo Lozoff) – Very readable and generously illustrated spirituality incorporating the world's major religions by compassionate prisoner-friendly author.



THE ZAHIR (By Paolo Coelho) – French writer raises more questions when he obsesses over his flaky missing wife.

RATINGS:

Top responses are four ribbons progressing downward to one:

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



Vietnam Veterans Group of San Quentin



We had to reschedule our packing day to Saturday, May 14. On that day, we will be packing *Care Packages* with **Operation: MOM** for our troops deployed overseas. Anyone wishing to donate the below listed items, can drop them off at the Education Bldg. 'A' to Mr. Yana Self, Veterans' Information Project clerk. You will get a receipt for all of the items donated. A chrono for your participation will be forthcoming.

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.
DUPLX 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

All donations **must be received by Friday, May 13.** Thank you for your consideration to this worthwhile project.



CAL-01



POW-MIA



563

Sudoku

By TROY A. ASHMUS

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

In Indian Country

Daniel Trevino
Journalism Guild Writer

The Raven has always carried the medicine of magic in many cultures across the planet.

In Native American belief Raven is honored as the bringer of sacred medicine. Raven's medicine is powerful since he, along with creator, dwells in the void. Raven is the messenger who travels to and from the spirit world. Raven's feathers are black, as is the void. It is the black hole in space that is the creative source of all energy. In Native teachings the color black means many things, but it does not mean evil, black can mean looking for answers in the void or the road of the spiritual or nonphysical. Raven is and always has been the guardian of ceremonial magic and healing. Raven guides the magic of healing and the change of consciousness that brings about new realities and dispels illness. Raven brings a new state of wellness from the void of the Great Mystery. Raven is the messenger that carries all energy flows of ceremonial magic, between ceremony and its intended destination. Don't try to figure out Raven. You can't. He is the power of the unknown at work. Raven is the patron of smoke signals, or spirit messages represented by smoke.

Look Who Made It

By JOY RICHARDSON
Contributing Writer

Hugo Machuca did 28 years on a 15-life term. He paroled from the Level 4 Honor Yard in Lancaster in August 2009.

After several board hearings, Hugo looked at their reasons for denial and set out to change it. After 14 boards, he finally got a date. The Governor declined to review, and Hugo went home.

What was it like when you first got out?

The only way I can explain it is like when a beaver makes a dam that backs up the creek, then when it comes apart there's a big rush of water. The time inside backed up my emotions and it was like a flood of emotions was suddenly let loose. I was an emotional wreck.

I was paranoid for the first few weeks, even afraid to cross the streets. One evening I said "f--this." I went to the liquor store and bought a pack of cigarettes. I sat at a bus stop and smoked a cigarette for the first time in 30 years and said, "Here I am." I turned it around by challenging myself to become successful, the same way I challenged myself to become free.

What has impacted you the most since you've been home?

I was out about two or three weeks. I was having a hard time, so my nephew said, "Hey Tio, I want to take you to Knotts Berry Farm so you can scream on the



Photo: Joy Richardson

Hugo Machuca and his nephew Jaycee

rides, and it will be cool." His nine-year-old son said, "Hey Tio, you're gonna' be my riding partner." That boy gave me total honesty and acceptance. He accepted me as his uncle. He didn't see me as a convict, or anything else, just his uncle.

Another thing was when I was commuting from Long Beach to Lancaster. I'd get on the road about 5:30 am. I could see the sunrise driving through the mountains, and the sunset on my way home. That was some of my best times because the creator let me see that; it was so beautiful.

Hugo was a founding member of CROP (Convicts Reaching Out to People) while he was on the Honor Yard at Lancaster. They spoke to at-risk youth about gangs, drugs, respect, responsibility, choices, and prison life.

How has CROP affected you on the outside?

Louis Rodriguez, author and community activist, compiled a book of poetry and essays called "Honor Comes Hard." He used my short essay about CROP in this book. I have gone to book signings promoting the book and signing autographs.

Hugo works as an HIV counselor, educator and tester. He has been on several panel discussions about prison reform, and in think tanks for LA County Youth Reentry Programs. He went to a victim offenders group outside. He met family members of victims, which was really powerful for him. He's taking the facilitator training and will soon be able to facilitate these groups. During his free time he enjoys riding his bike on the beach and volunteering at Home Boy Industries.

Back in the Day

Selected Stories From Past Issues of The San Quentin News

MAR. 1981 – The San Quentin News reports that the price of first-class stamps will go up to 18 cents on March 22, while post cards will increase to 12 cents.

MAR. 1981 – All available correctional officers converged on the East Block for a shake-down search. Free staff personnel were called upon to man various custody positions while the search was conducted. The search turned up "one well-made prison knife and several smaller knives."

MAR. 1981 – On Feb. 24, fourteen shots were fired at 20 fighting black inmates on the Max B yard. Twelve of the cons were hit with birdshot – five in the face. Word got back to the staff that blacks intend to kill staff members for what they felt was excessive use of force in breaking up the fight.

APR 1981 – The wage scale of nurses at San Quentin's acute care hospital should be raised to counter chronic shortages, says the Marin County Grand Jury. Registered nurses at the prison currently earn from \$18,936 to \$24,048 per year.

HISTORICAL PERSPECTIVE – **APR. 1981** – The state's prisons currently house 24,803

adults in space designed to hold 23,514.

APR. 1981 – An unprecedented wave of inmate violence has occurred at the California Medical Facility at Vacaville. Since Jan. 1, there have been four suicides, one killing, four attempted suicides and 11 assaults at the prison.

APR. 1981 – The U.S. Supreme Court gave its authorization last week to the resumption of capital punishment in California. The 7-2 decision to let stand the death sentence of Earl Lloyd Jackson was the first death sentence to be cleared by both the California Supreme Court and the U.S. Supreme Court in more than nine years. Jackson was convicted of the brutal 1977 murders of two elderly widows in Long Beach.

APR. 1981 – State Senator Nicholas Petris, D-Oakland, has proposed a bill that would allow inmates in the state's overcrowded prisons to be released 90 days before their parole dates, and up to 180 days if the overcrowding persists.

APR. 1981 – When inmates in the adjustment center refused to comply with orders to remove paper from their bars, tear gas was used on Friday, and again in

an incident on Monday. A disturbance erupted when the convicts were removed from their cells, and injuries suffered included one con hospitalized for treatment of broken facial bones, and two officers were treated for bites.

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

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

Please send information to:

CSP - San Quentin
Education Dept. / SQ
News
San Quentin, CA 94964
Attn: San Quentin
News Sports Editor.

News Briefs

SACRAMENTO – State Sen. Alex Padilla says he will introduce legislation to make it a misdemeanor for prison guards and visitors to smuggle cell phones into prisons. Conviction would mean a maximum \$5,000 fine. Inmates caught with a cell phone would have two to five years added to their sentence.

WASHINGTON – A lawsuit against the Food and Drug Administration wants a federal judge to block imports of sodium thiopental, a drug used to execute inmates on Death Row. According to Brad Berenson, the attorney for the condemned inmates in California, Arizona, and Tennessee, FDA has knowingly allowed state corrections officials to import the drugs into

the country even though it violates federal law.

MODESTO – County district attorneys, probation officials, police chiefs, sheriffs, and advocates for young criminals all have concerns about Gov. Jerry Brown's plan for juvenile justice. Brown wants counties to take over the state's entire juvenile justice system. He claims the state would pay the cost of the change.

SACRAMENTO – Assemblyman Anthony Portantino of La Canada/Flintridge introduced AB219, asking the Department Of Correction and Rehabilitation to enact a plan that will lower the number of recidivism, prison population, and the crime rate.

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.

Permission is granted to reprint articles appearing in the San Quentin News provided credit is given the author and this publication, except for articles reprinted herein from other publications.

Administrative Review

Warden's Office..... Lt. R. Luna
Mary Cello
Principal (A)..... Frank Kellum
Senior Advisor John Eagan
Advisor..... Joan Lisetor
Advisor..... Steve McNamara

S.Q. News Staff

Editor-in-Chief.... Michael R. Harris
Managing Editor Julian Glenn Padgett
Design Editor Fernando Lemus
Copy Editor Kevin O'Donnell
Sports Editor Drew Piazza
Staff Writer..... Arnulfo Garcia
Staff Writer..... Aly Tamboura
Traffic Manager..... R. Richardson

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.