

San Quentin News

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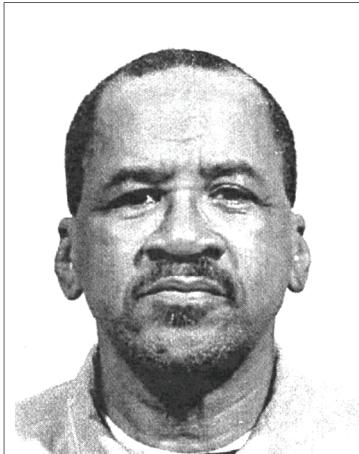
SAN QUENTIN, CALIFORNIA 94964

POPULATION: 5,214

Their Exodus

Three Lifers are on their way to start new lives outside

The exodus of Lifers from San Quentin to freedom is no longer a rare occurrence. Yet, the parole of a Lifer is still worthy of celebration as it encourages all of us to persevere. Lifers Patrick Mims and Edward Payton were paroled in March 2009. Jerry Elster's parole date has been approved by the Governor. We offer their insight on their years of incarceration and imminent freedom as a way to give hope to those of us still struggling for parole.



Edward Payton

Edward Payton was 33 years old when he was imprisoned for a murder he describes as the shooting of a 22 year-old man who "tried to take advantage of my 13 year-old daughter." He recalls that he reacted emo-

tionally after he confronted the young man who answered him roughly.. Payton regrets to this day, that action he took 33 years ago.

Payton emphasized that we should try to surround ourselves with "thinkers" rather than people who are emotional. He took a man's life because he reacted angrily to that person's remarks.

"If a person is not capable of thinking for themselves, they can not think for someone else. And that's for male and female," he said.

"If I was thinking instead of allowing emotions to take over, no matter what was said to me, this would never have happened," he added. "Nothing was worth me taking someone's life. That's what happens when you don't allow yourself a chance to think or are incapable of doing so. Thinking is an art."

Originally from south New Orleans, he anticipates rejoining his two sons, two daughters and 11 grandchildren and adjusting to freedom. Payton said what he missed most was "the love and affection of my family. I regret that I was not able to lead my family spiritually from prison." As the eldest of five children he feels a responsibility to demonstrate to his family the kind of love and affection he was shown as a child growing up.

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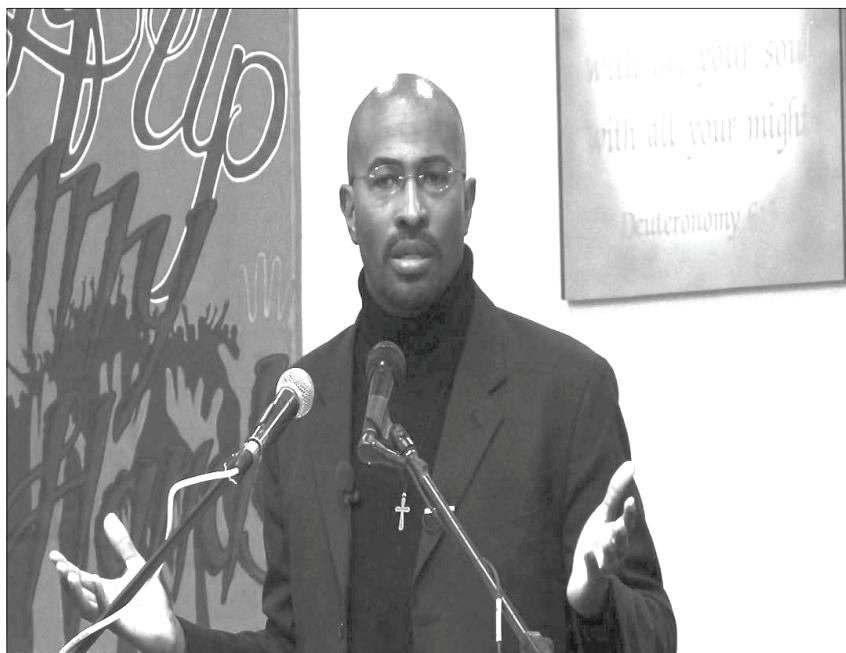


Dyann Mazzeo &
David Stone

bay.

By DAVID MARSH

From the very first raucous, rollicking, foot-stomping guitar chords that rolled forth from the band's introduction, it seemed quite certain to everyone gathered in the Garden Chapel— inmates, guards and free-staff alike—that somehow the legendary "Man In Black" had accomplished the impossible. Somehow the country music icon had managed to find a way to cheat the hands of fate and come back to perform one more time for the appreciative prisoners of San Quentin. He was here to celebrate that long ago memorable performance, 40 years to the day, when his by now well-known ballads had reached out to rock the walls for an appreciative audience in the venerable prison-by-the-



Van Jones speaking at San Quentin (Photo by Troy Williams)

'There is an opportunity to do something extraordinary in San Quentin'

'...to leave from these walls and go out and repower and retrofit America'
—Van Jones

Obama's Green Czar Seeks The Help of S.Q. Inmates

By MICHAEL R. HARRIS
Managing Editor, and

STEPHEN LIEBB
Staff Writer

"The President and the country need your help."

This was the message from Van Jones to an audience of more than 150 inmates in the San Quentin Protestant Chapel.

On Friday, March 13, 2009, three days before reporting to begin his job at the White House as President Obama's Special Adviser for Green Jobs and Enterprise and Innovation, Jones said, this was one of his last public appearances where he could give his unvarnished personal views. "Today I can

say what I want to say, what is important to me and what is in my heart," Jones said, explaining that beginning at 9 a.m. the next Monday all his remarks would be prefaced by, "the President says."

"This moment here at San Quentin can be a turning point for the whole human race," Jones said. "San Quentin can take healing and recovery to a different level."

Jones explained that San Quentin inmates are in a unique position to help because they are individuals that have gone through breakdowns and recovery. Some of the top minds in this country "never had a bad day or a bad year," he said. "Crisis is something that is

new" to them, but not new to prison inmates, he explained.

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

Jones argued that it is useful to "talk to people who have walked through the process of recovery. Sometimes it's not easy, not always a straight line."

The "Green Agenda" that Jones described means giving a second chance not only to things, through recycling, but also to people. "If a soda can, can have a second chance, can a human being?" he asked.

*See Obama's Green Czar
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Cullen Selected As Chief Deputy

By KENNETH R. BRYDON
Editor-in-Chief

The certainty of change came to San Quentin on Feb 2 when the new Chief Deputy Warden (CDW), Vince Cullen, arrived, and he's indicated that he will be "...heavily involved in the effective delivery of institution programs."

The duties of a Chief Deputy Warden, are the day to day internal functions of the institution.

Cullen began with the CDCR in 1990 working in Sacramento for its Institutions Division. In 1992, he transferred to California Medical Facility, where he began as a Budget Analyst. In the next 15 years, Cullen went from Plant Operations Supervisor to Manager, the Correctional Business Manager, an



CDW Vince Cullen

Associate Warden of Business Services, Central Services, Special Programs and Mental Health.

*See Second in command
Page 2*

Johnny Cash

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From the characteristic Cash dip of the head, the stiff neck, the lip constantly lifting at the corner of the mouth in the trademark outlaw sneer, the deep-south style flourishing bow to "June Carter" on the duets, to the unquestionably Cash-like baritone backed up by the simple chords that so many in the audience grew up tapping a foot to, the show was typically Johnny Cash!

'BROADWAY QUALITY'

Stone approached the administration of S.Q. with the idea of a tribute concert to celebrate the appearance by Cash at the prison, during which he taped a live album. He bills his show, "The Johnny Cash Experience," as *total authenticity and Broadway quality*, and none in the audience could doubt the veracity of Stone's claim. Stone agreed to assume all expenses incurred for the performances.

Stone estimates that he has played over 1,000 shows since 2001, in clubs, casinos, fairs and small theaters primarily up and down the East Coast. From Philadelphia to Maryland, Boston to Miami and all points in between, and now all the way to S.Q., this man in black has wowed audiences like ours with

excellent country-western entertainment. He formed his current band three years ago.

Drawing from a set-list of tunes which included many from the 1969 album *Johnny Cash At San Quentin*, the polished showman held the appreciative audience captive while doing his part to cement the legacy of the original "Man In Black." The presence of the country music legend hovered in the chapel throughout each show.

In a crowning moment that was typically vintage San Quentin, North Block inmate Richard Poma took the stage with Stone to share his own unique talent with the audience. As Stone broke into the opening chords of the Old 97, Poma cut loose with his distinctive locomotive imitation that had the folks in the chapel thinking the old train engine was indeed barreling down on them. And the crowd roared its approval.

On the evening prior to the concerts Stone was given a walk through of North Block to allow him to meet some of the inmates. He was approached by Sgt. O. Nollette who inquired if Stone would be doing any of Cash's old train songs. When Stone assured him that indeed that would be the case, Nollette told the singer that he had just



Richard Poma on Train

the man for him. Poma was summoned, an audition was given, and the result was some truly memorable moments that only served to highlight an afternoon and evening of truly unforgettable music.

'COMMITTED' OPENS

Stone mesmerized the audience with his self-written ballad "Back Again," a song of Cash's return to a venue that he had performed long ago, S.Q. It was a song that could have easily been written by the late, great country singer himself.

The S.Q. band, Committed, a seven-piece funk and jazz band, opened both shows for Stone and used their mellow sound to set the stage for things to come. It was truly one more in a long line of memories for a prison that has so many.

he was going home struck him when he received a letter from the governor declining to review the parole board's decision to grant him parole. He removed the letter and read from it. Contemplating the fact that his cell would no longer be home, he said, "I feel good about that. I'm feeling freedom. Once your mind opens up to the manifestation of the reality of freedom, now you know that you have the ability to put your plan in action."

ily by doing good work and serving my community."

Twice the Board of Parole Hearings found him suitable. The governor reversed both dates. At his last board hearing, Mims received a three-year denial. A successful challenge in the state courts to the governor's reversal of his second date resulted in his recent parole.

Mims stated: "My faith in God sustained me through it all. The obstacles were challenges; I looked forward to facing the challenges. I found hope in my successes while in prison, the more I achieved the clearer it became to me that I would become a 'physically' free man someday."

Mims was chosen as one of the first nine men to participate in the Victim Offender Education Group [V.O.E.G.] of San Quentin.

He said, "V.O.E.G provided me a safe place to talk about my crimes against society, my personal history in regards to my relationship to others and the impact all of this had on my life. This in turn helped me to understand how I got to the point to where I could commit the horrible act of murder."

His belief in the effectiveness of the program led him to become a co-facilitator in the program and develop an 18-month curriculum for a continuation program called The Next Step.

He says he is proud that he has developed from an "uneducated substance-abusing child into a mature, responsible, compassionate, loving and caring man."

Mims offers this advice to Lifers still awaiting their day of freedom: "I would suggest that



Patrick Mims

Exodus

Continued from Page 1

After serving in the Marines, Payton went to Detroit from New Orleans to live with his brother, Lawrence Payton, and his family.

"I liked the city of Detroit so much I did not go back to New Orleans. What interested me the most was that as a master barber, I was able to open my own business and make a lot of money doing hair styles and cutting hair."

Payton's brother, Lawrence, was a member of the Four Tops. He died of cancer in 1997, which still saddens him.

Payton said he never gave up hope of being released. Two days before his release, Payton said, "I have clear thoughts. Now I can see positive change. Before there was doubt that I could do the things I wanted to do."

He said imprisonment restricts our thoughts and keeps us from being the complete "you, that you can mentally and spiritually be. It's like being a scientist without the use of a laboratory to do experiments."

His advice to others is to educate themselves and maintain a positive outlook on life. "The only people I have seen fall by the wayside are people who have given up on themselves."

Over the past 33 years he has educated himself, "something I may not have done on the streets."

Payton said the reality that

After more than twenty years of incarceration for second-degree murder, Patrick Mims acknowledged his victim was "a fine young man named Kevin" and he expressed "feelings of joy for the reality of going to live my life. At the same time I'm feeling sadness for the good men I'm leaving behind."

He recalls that he had a "distorted perception of reality" and after about "four years into my incarceration my transformation started." He expressed a desire to reunite with his family and "honor Kevin and his fam-

ily by doing good work and serving my community."

individuals who have made a sincere change within their hearts, keep in the forefront of their minds that they are not their crimes of 20-plus years ago. The shame, the guilt, and the self persecution are not a healthy way to live the rest of your life."



Jerry Elster

Jerry Elster's life sentence of more than twenty-five years ended in March 2009. He has several months of a consecutive sentence left to serve but still experienced the joy of having the governor agree with the Board that he was suitable for parole.

Elster spoke about "the awesome power of God, who was able to forgive me and look aside from my shortcoming. God took a gang member and thug and gave him a spiritual heart."

He awaits a joyful reunion with his mother. He overcame the disappointment of being found suitable for parole on two prior occasions, only to have the governor reject them. He states that he and his supporters

Second in Command

Continued from Page 1

In March 2007, he returned to Sacramento to be Chief of Office of Project Management, and then to CSP Solano to be the Project Leader for the rollout of AB 900. "CSP Solano is the pilot prison for developing rehabilitation programs," Cullen said.

THE NEW TITLE

When Cullen was asked what adding the title of "Rehabilitation" meant to him he stated: "True rehabilitation programs are a mix of education, work, and other related programs that prepare an inmate to successfully integrate into society."

Asked what changes he would like to see, Cullen said, "The short-term inmates won't see changes. People need to understand patience in the roll-out of rehabilitation."

He indicated that Solano will be the pilot, testing out what then will come here.

Cullen continued, stating, "San Quentin won't see any immediate change in the near future, perhaps late 2009 or 2010."

SQ News pointed out how some policy changes tend to

have a negative impact on prisoners' programs, Cullen responded: "Any time you have a pattern of security breaches, the inmate population should expect that temporary restrictions of some facet of our operation is necessary whatever the issues that arise."

Asked to name his top objective, Cullen said, "To make incremental changes so from one week to the next we're constantly improving in the over-all institutional operations and the delivery of effective inmate programs. Warden Wong and myself believe in taking small steps toward change rather than radical modifications."

CAROLE HOOD'S ROLE

Cullen indicated that Carole Hood, Chief Deputy Secretary and her staff in Adult Programs would be very involved.

SQ News asked Cullen how this all might impact and involve Lifer prisoners. "There's a lot of external interest in how AB 900 will positively impact them terms of their participation," he said. "Lifer populations will be a part of our focus, and they may find some interesting results of such."

felt "devastated" after the governor rescinded his first date in 2005.

"I had to really put my trust in God, because the world seemed to have turned their back on me," he said. He faces freedom with "no fear but plenty of anticipation of how I will learn to maneuver through life as I've learned to do inside."

He feels that the parole process "forces a man to take responsibility, not only for the crime, but for practically every questionable area of his life."

"I think that more emphasis should be placed on rehabilitation and restorative factors rather than politicizing the process, he added."

A key figure in the creation of numerous self-help groups, Elster has mentored inner city, at risk youth in programs such as No More Tears, Real Choices and S.Q.U.I.R.E.S. An articulate spokesman about gang violence and how to help young people avoid its snares, Elster was featured on a recent Dr. Phil program that was taped at San Quentin. He said that a major goal for his life to trying to reverse the pain he caused by his former life of gang violence.

Elster reminds all of us to "never stop believing in second chances." He credits his wife, Miki, as being a source of strength and stability. Her patient resolve and belief that he would be free helped him endure the arduous parole process.

—Michael R. Harris
Managing Editor,
Stephen Liebb
Staff Writer and
Julian Glenn Padgett
Contributing Writer



Volunteers watch as a sea lion is released on its way to freedom

Rehabilitation

Another Place Where It's High on the Agenda

By LEONARD RUBIO
Vocational Machine Shop
Leadman

No, I am not writing about the California Department of Corrections and Rehabilitation (CDCR) and the Federal Receiver appointed to oversee the medical conditions within the CDCR. I am writing about the collaboration between San Quentin's Vocational Machine Shop and the Marine Mammal Center (MMC), a non-profit organization located in the Marin Headlands. In 2004, these two organizations began a collaboration to help the students of the Vocational Machine Shop and the Vocational Sheet Metal Shop gain real world experience while helping the MMC to rescue, rehabilitate back to health, and then release marine mammals to their freedom.

The collaboration between the two organizations has been mutually beneficial. The MMC has been able to have three seal carriers manufactured and a couple of seal carriers repaired. Leonard Rubio, the leadman in the Vocational Machine Shop, re-engineered the seal carrier to create an improved design utilizing Autodesk Inventor Professional 9 computer-aided design software that was donated by Autodesk, Inc., a software company located nearby in San Rafael.

The MMC donated a new Gas Tungsten Arc Welder (aka: TIG and Heliarc) to the Vocational Machine Shop as well as all of the materials required to manufacture and repair the various projects.

In addition to the donated

welder, the Vocational Machine Shop has had a wonderful opportunity to give back to the community while gaining experience with a "real world" project. There has also been great pride in knowing that we were manufacturing something to help another life gain it's freedom from captivity!

MARIN HEADLANDS

This past year the Vocational Machine Shop delivered a repaired "Seals-On-Wheels" carrier to the MMC. This carrier is utilized to move seals and young sea lions that are being rehabilitated at the MMC in the Marin Headlands. The carrier was almost completely rebuilt due to its original construction from mild steel that

chased materials from the MMC, manufacturing the new Sheet metal doors, gas tungsten arc welding various parts of the carrier, and reassembly of the carrier.

The carrier was rebuilt through the efforts of students in both the Vocational Machine Shop and the Vocational Sheet Metal Shop.

William Branson, Robert Markrell, Jeff Langnese and Leonard Rubio were the students that manufactured the project within the Vocational Machine Shop.

Hector Oropesa, Noel Valdivia, Felix Lucero, and Bert Boatman were the students that completed all of the Sheet metal forming of the project within the Vocational Sheet Metal Shop.

The "Seals-On-Wheels" carrier was the second carrier repaired for the MMC. Three other brand new carriers have been manufactured for, and delivered to, the MMC between 2005 and 2007.

The MMC has been so pleased with the quality of workmanship that they requested that the Vocational Machine Shop design and manufacture a larger carrier for transporting and rehabilitating mature (large) sea lions. Leonard Rubio is working on the design for the sea lion carrier as well as developing prints for the manufacture of a net for rescuing injured seals.

deteriorated from corrosion caused by salt water. The carrier was rebuilt using stainless steel and aluminum that are more resistant to corrosion from exposure to salt water.

BUILDING THE CAGE

The rebuild consisted of reverse engineering most of the carrier, redesigning the doors, disassembly of the carrier, creating a new parts list for the MMC to purchase all of the necessary materials for the manufacture and repair the various projects.

In addition to the donated



work, the Vocational Machine Shop design team worked on the design for the larger carrier, which involved creating a net for rescuing injured seals.

The partnership between the two organizations has been wonderful. On March 10, 2009, the Marine Mammal Center had a group of its employees and volunteers come out to San Quentin for a visit and tour.

Finding Peace Through Yoga

By JW WILSON
Contributing Writer

Before I actually started attending Yoga I thought of it as some religious cult aligned with the Buddha. That was my truth then. I would see people in weird positions in magazines and or television, somehow I knew that laying on a mat in those positions had to be painful and could never be good for me. So while attending a weekly T.R.U.S.T. meeting I heard about some members attending Yoga sessions.

After much contemplation I decided to give the Buddha and Yoga a try. Now after almost a complete year of Yoga I can share with you these new truths I've come to know:

1. Buddha, although he may have meditated has nothing to do with Yoga.
2. Yoga, as defined by Webster's dictionary is not a religious-cult; it is a system of exercises for attaining bodily or mental control and well-being.
3. Yoga has improved my mind and body connection. I

am now more attuned and aware of not only the condition of my body but also to other things around me. I have achieved greater flexibility and have finally learned to breathe and stay in my mind while in relaxed positions like child's pose, or in more challenging positions like downward dog or warrior.

Bringing my thoughts in line to concentrate on nothing but the moment – my breath and the feelings in my body, has been one of the most challenging things for me. Learning to really focus and free your mind from all other distractions except for the occasional voice of our instructor, Katchie, who encourages and reminds us to always be "minding your business," a mantra we've since adopted is not an easy thing to do. But I've learned to apply this in my daily walk. I've learned to think of the body as a community, and when there is something wrong in your community, you'd like to fix it.

I say Peace –Peace –Peace to all the beings in the uni-

Health and Wellness Corner

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

tions. We would like to thank you for your submissions. This edition, we will address the following question:

"Why is physical activity important for me?"

You have heard your health care provider tell you that physical activity is important, but how many have told you why? The short answer is that physical activity will improve your health. Since "health" is so broad, let's look at some of the specific ways that activity is important. Physical activity will:

Lower your risk of heart attack, stroke, diabetes, high

blood pressure and cancer.

Make you feel more calm and happy by lowering anxiety and depression.

Help you control your weight down

Develop your muscles, bones and joints.

Help you maintain your strength and prevent falls as you get older.

You should do at least **30 minutes** of moderate physical activity **at least five days a week**. This may mean 30 minutes straight, or a total of 30 minutes (for example, 10 minutes three times in one day). "Moderate" physical activity means that your heart may beat faster, you may sweat, your breathing may get heavier, and you should be able to carry on a conversation while you exercise whether you are walking, sweeping your cell or playing tennis on the yard.

For those who like a more intense workout (during which you are out of breath, you are covered in sweat, and your heart is beating really fast) you should be active for **20 minutes** at least **three days a week**. If you are already exercising this much, considering increasing your routine. If you don't currently exercise, start with just 10 minutes and do more over time.

It is important to mix up your routine, with strengthening and stretching. The next time you are out on the yard, mix up your workouts! Play basketball, do push ups, run in place, do jumping jacks, stretch, walk, play baseball, jump rope and practice yoga.

Remember that physical activity doesn't have to be hard to do or hurt to be effective. You will feel better and live a healthier life.

Lawrence Decision Offers New Hope

By HECTOR OROPEZA
Contributing Writer

Many Lifers hoped that the California Supreme Court decision in *In re Lawrence* would automatically open the door and set them free. The *Lawrence* case has invalidated the pattern and practice of using the crime itself to continually deny parole without an articulation of, and factual support for, a finding of a "nexus between those factors and the necessary basis for the ultimate decision - the determination of current dangerousness."

A LONG HISTORY

However, on the same day it decided *Lawrence*, the Supreme Court held that there was some evidence that another inmate posed a current danger to public safety because the inmate had a long history of abusive, violent, sadistic behavior toward his wives and daughters, especially after consuming alcohol. He never developed an understanding of his alcoholism and had difficulty discussing his daughter's allegation of rape, incest and domestic violence. (*In re Shaputis*).

In most board hearing transcripts that I have read, where

suitability of parole is denied, it appears that the board is using the language of the latter case as a template to deny parole. The board either ignored the psychological evaluations that determine that the prisoner poses a "low threat" to public safety if released, or disagreed and replaced it with their own findings. Lifers need to do more work and continue to push the door open.

Lawrence is only a roadmap to follow in seeking parole through the board and courts. I recommend that everyone read this case and use it to prepare for the board and courts. Although it would be nice if everyone could afford to hire an attorney to prepare a petition for writ of habeas corpus, several Lifers in North Block and beyond have succeeded in filing their petition for writ of habeas corpus without an attorney.

The Judicial Council has prepared an application for petition of writ of habeas corpus with the nonprofessionals, or lay person, in mind. The form, MC-275, can be found in the law library and has straight up questions that can be answered with a simple sentence, or yes or no. The instructions are clear.

For example, on page one, the petitioner must put his

name and address, the name of the court, the title of the case (petitioner's name vs. the warden's name).

On page two, check the box that says "Parole" and state your name, where you are incarcerated, what is the nature of the offense, what penal code violation you were convicted of, etc. On page three, you state your claim (Who did what, when they did it, and how the court should remedy the violation). For example, using the Lawrence case, one can claim: "The board of parole hearings violated petitioner's state and federal due process when they failed to provide a nexus of his current dangerousness when it denied him parole for three years."

SUITABILITY FINDING

This is just an example. You will then explain briefly in part (a) "Supporting facts." That on the date of the hearing, petitioner appeared before the BPH for his nth subsequent hearing and was denied parole for x-years.

The board stated the reasons are as follows The record or state and federal law do not support the board's findings. The psychological and petitioner's prison behavior supports a suitability finding and the board did not provide any evidence that petitioner is a current threat to the public if released on parole.

In part (b) submit supporting cases which a current listing of can be found in the law library.

Freedom Gate

Warden Johnston's innovative ideas

By R.E. CALIX
Contributing Writer

More than 60 years after opening its doors in 1852, the California prison system was quickly becoming a breeding ground for incorrigible and hardened convicts. From each corner of the state these men had been cut off and sectioned apart because they had become a threat to the common welfare of the state.

Former U.S. Supreme Court Chief Justice Warren Burger proposed: "We must accept the reality that to confine offenders behind walls without trying to change them is an expensive folly with short-term benefits — winning battles while losing the war."

In 1912, as a "new man," Warden James A. Johnston took charge of his wards with urgency and no time wasted. In his book, *Prison Life Is Different*, he writes, "Already I had come to the conclusion that crime couldn't be punished out of individuals, but that probably individuals could be educated out of crime." Johnston's objective here was not to be soft on crime, but instead to be smart when dealing with criminals. In 1915, at his behest the office of Educational Director was introduced.

He said, "It gave the Educational Department a definite place in receiving and therefore training inmates to go out better than when they came in."

Under Johnston's reign, it could be said that when a man entered through the doors of San Quentin and Folsom he was in effect walking through a gateway to freedom. In recent

times the precious benefits of education were voiced by an unknown inmate: "My involvement with college has opened my eyes to all of the things that were wrong in my life. Now I have a sense of priority, a sense of accountability, and have made a legitimate promise to myself on which to build. My needs are still important, but not at someone else's expense."

After retirement in 1925, Johnston worked as chairman of the California Crime Commission and as director of the Department of Penology. Close to 50 years later, San Quentin continued the work of reaching, teaching and changing the men with a slew of independent study and academic programs, with over 65 percent enrollment.

In parting, the warden quipped, "Personally, I don't think we are suffering from any lack of laws; we have enough and to spare. I believe that our greatest difficulties and our greatest opportunities are in the field of prevention, in a better use of social, economic and educational agencies."

The term for a "new man" who decides to take a stand and act independent of his group is called a maverick. It was true for Johnston in the early years of a 20th century prison boom. His vision for the department was connection in corrections, and it turned many convicts into productive men.

Johnston was consciously conscientious in the quest for reforming and correcting the men who happened to be walking through the steel doors at San Quentin and Folsom. His ideals of bibliotherapy live on.

H-Unit Calm Class Holds Graduation

By DAVID MARSH

In a ceremony held at the H Unit chapel Thursday, March 5th, an additional 25 students joined the over 300 inmates who have successfully completed the course curriculum of the Conflict / Anger: Lifelong Management (CALM) class.

The course, a mainstay of the STAND-UP program, is designed to meet the needs of inmates newly arriving in the H Unit and, according to instructor Ms. D. Searle, is intended as an initial safe haven for them as they adjust to the structured prison environment.

The 272 hours over 34 days of classroom instruction feature the use of intensive journaling as a tool of introspective self discovery intending to lead each student to better self awareness, says Searle. She leads one of the two CALM classes, the other is taught by Ms. A. Sufi.

Each class, composed almost entirely of volunteers, studies

topics which include: Anger Definitions, Communication Skills, Relationships, Personal Health, Job Preparation and Community Resources. A variety of outside speakers are brought in to share information with the students throughout the eight weeks of instruction.

"The goal," Searle said, "is to have each student better equipped when they leave. To have the tools." If you get people to change the way they think, according to Searle, then in turn their behaviors will change.

The brief ceremony, during which the students received certificates of completion, was attended by Education Principal T. Roberts, Vice-Principal D. Sheldon, Distance Learning Coordinator (STAND-UP) Dr. V. Matheny and Lt. D. Dorsey.

From all appearances the graduation was intended to signal a beginning, rather than an end, for the students.

Obama's Green Czar

Continued from Page 1

Jones said there are no throw away children, people, communities or nations. "We need genius. We need entrepreneurial brilliance, people who can re-imagine possibilities -we need you," Jones said to the San Quentin inmates assembled in the Protestant Chapel. "Some of the wisdom and genius we need is not going to be found on Wall Street, it's going to be found in this room."

Declaring, "There is an opportunity to do something extraordinary in San Quentin," Jones proposed building a cadre of people who could "re-power and retrofit America." He explained that the stimulus bill that Obama passed provides between \$100-\$150 billion for renewable energy and to create new industries.

Describing Obama as the "first green President," Jones urged that we should build a green economy that provides equal opportunity. "You should be able to access the opportunities," Jones stated.

Jones sees the green agenda as "a return to wisdom. Every time they are saying the word green, they are paying homage to your great-great grandmother" who understood our relationship to the earth.

Jones explained that everyone comes from tribal people

"We need genius. We need entrepreneurial brilliance, people who can re-imagine possibilities -we need you."

reduces pollution through retrofitting, he explained.

Jones' appearance at San Quentin was sponsored by a council consisting of San Quentin self-help groups, Keep'in It Real; T.R.U.S.T.; M.O.M.A.S.; REDEEM and with the assistance of the National T.R.U.S.T. and Urban Strategies.

Michael Harris introduced Jones to an audience that included Acting Warden Wong and Chief Deputy Warden Cul-

len.

Describing Jones as "Yale trained and community tested," Harris said, "This is a special day. We have a distinguished speaker. He is about to change the world. I know that's a powerful statement. But when you hear him speak, I think you'll agree with me."

Jones, a 1993 graduate of Yale Law School, is the author of *The Green Economy: How One Solution Can Fix Our Two Biggest Problems*. He is the founder of Green for All, which aims to create jobs and opportunities in the green economy for those in economically disadvantaged neighborhoods. His long time involvement in the civil and human rights movements includes the co-founding

of Oakland's Ella Baker Center for Human Rights.

Harris proposed the creation of a Green Technology Learning Center in San Quentin in honor of Van Jones whose ideas for uplifting the disenfranchised will be part of President Obama's economic recovery program.

Chief Deputy Warden Cullen said, "We are committed to this. We are going to be involved. We are going to make San Quentin the first institution in the country to go green." He asked for patience in accomplishing these goals.

ARTS & ENTERTAINMENT

Poetry

Acolyte

*One day, while wandering in the desert,
He found himself—developing his spirit;
And things were going well, until his hairshirt
Got ripped by a devil's jealous fit.*

*And then the universe offered this truth:
A woman chose this man to participate
In her delusion she could use her youth
A beauty to prove she's Venus incarnate.*

*Unraveled totally, chose to weave
Her fantasies with his reality;
In poems where love was more than make—believe,
The Goddess grew into his totality.*

*Beware of metaphorical deserts—
It's where the Muse hunts her converts.*

—John O. Neblett

Fear-Less

*It can't be about the outcome;
Because I have no control over the outcome
I can only be present for this moment....
and this moment...
and this moment.*

*It's about me. About how I am able
to be with my emotions;
my feelings;
myself.*

*About how I handle this situation;
and if I choose to continue to operate from a place of fear.*

*It can't be about the heart attack...
It can't be about the diabetes...
It can't be about not having health insurance...
It can't be about getting hurt...
It can't be about losing my home...
It can't be about dying.*

*It has to be about living.
It has to be about the experience of life.
It has to be about me.*

*It's not about the outcome.
It never was.*

—Meeta

Father

*Father I already know how to shoot a gun.
Though not my biological, you are still responsible.
I watch the way you talk, the way you walk and the reason you
don't f—k with me somehow*

I feel it's my fault.

*Father, I already know how to be slick.
I watch how you get at my mother and them other chicks,
but I don't know what it is to be a man
How to deal with my pain.*

*See, me and my gang
is on promethazine being raised by Lil Wayne.*

Father, I already know how to die

and how to lie.

*But I need you to tell me that it's okay to cry
and it don't hurt to try.*

*Even though you are not my biological, I still follow you.
You are my only role model dude.*

*So I call on you
to help shape me,*

but for some reason you shake me.

*I heard you tell someone that you were married to the street, in
love with the block.*

*So I ask this question from upstate in a box,
do you care what happens? Father, show me something I don't
know.*

—Marv Mitch

Snippets

Arabic numerals, which are the world standard (0-9), are named because they were brought to Europe by the Arabs. The Arabs brought them from India.

Gas chamber started as a scientific term in the late 19th century. The apparatus was used in microscopy for studying the effects gases have on organisms.

Raise Cain is a reference to the biblical brother of Able, conventionally known as the world's first criminal.

Excellent, amaze, bedroom, and majestic are all words which were coined by Shakespeare.

Every 20 minutes the world's population grows by 3500 people.

Navy Beans got their name because of their widespread use by navy cooks.

Potatoes contain more chromosomes than human beings do. A potato has 48, where a human has 46.

Lettuce contains between two to ten parts of morphine per billion.

Annual average temperature of Dalol, Denakil Depression in Ethiopia is 93.3 degrees Fahrenheit, making it the hottest place on earth.

Named after Morpheus the Greek God of Dreams, Morphine is a derivative of opium.

English spittle bugs are the world's highest jumpers. It can jump 27.5 inches straight up, the equivalent of a human jumping over a 70-story building.

The tongue of a blue whale weighs as much as a full-grown elephant.

LAST MONTH'S SUDOKU SOLUTION

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

THE BOOK CLUB

By RANDY MALUENDA

Gain knowledge and feel pleasure at the same time ... through books! How great is that?

That's the Variety Book Club (VBC). Since 2003, the members—of whom this writer has been one since 2006—monthly review and discuss the current booklist consisting mainly of current New York Times paperback best sellers.

Following a short roll-out by a title's "selector," a book is discussed by those who read the book as well as those who did not. "The small size of the group allows for this unusual approach," says sponsor Debra Sheldon of the Education Department. "It's not for everyone."

Indeed! Members regularly rotate one or two copies of a dozen titles between meetings. More books are read by more people in the same amount of time, and it allows more flexibility to every member.

Kamal Sefeldeen explains, "Right now, I don't have as

much time to read like I used to, but I appreciate the reviews by the other members and will probably read some of their recommendations."

Keith Lettier says he would not have even considered a quaint account of a circus in the 1930s by female author Sara Gruen titled *Water for Elephants* were it not for a review by another member. "It has definitely expanded my horizons."

Club operations always allow the club to revisit a book once all members have read it. For example, Cormac McCarthy's *The Road*, a post nuclear war account of man's inhumanity towards man, was discussed repeatedly. This writer appreciated the peer review of Khaled Hosseini's *The Kite Runner*, a story of love, friendship and redemption in warring Afghanistan. I eventually read it.

The membership is small and limited. The only time it will take up is the reading and the monthly meeting.

If you are interested in participating, contact D. Sheldon in the Education Department.

Furious Khan, 32 ta' Life!©

Mr. Khan California prisons are so overwhelmingly over crowded we've been ordered to put a prison cap on all inmates at sentencing.



SUDOKU

By GEORGE LOWE

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

RELIGION

Ethics and the Family Dynamic

By DARRELL C. HARTLEY
Staff Writer

Cultivation is key to reap an abundant harvest. The dynamic family structure is truly the cornerstone of generational existence. This key leaves nothing to chance in relationships with our wives, children and significant others. The family dynamic is much more than the attractiveness of one's mate or their household and human talents. It is the sincere desire to incorporate a sense of worth to one another that will weather any storm.

In a world swirling full of deceit, suspicion, tyranny and uncertainty, the burning question is: how are your ethics? Ethics is defined as a discipline

in coping with loss and providing them with the encouragement, inspiration and motivation required to continue navigating their lives.

History teaches us that the family dynamic is the mechanism of happiness, sadness, reconciliation and closure, consistently connecting and continually learning the purpose of this relationship. Consider appreciating the letters, cards, subscriptions, telephone calls, visits and packages: each are done out of love, not necessity.

An ancient proverb teaches that honesty is the best policy. Ethics is a lifestyle that on a personal level doing what is right, even when there is no one watching. We can clearly gather all of the elements of

In a world swirling full of deceit, suspicion, tyranny and uncertainty, the burning question: how are your ethics?

dealing with good, evil, moral duty, principles or practices. Even in a place such as this, one can remain a compassionate and honorable husband, father, grandfather, son, uncle, nephew, cousin and friend. Although we are in absentia, there should be absolutely nothing to interfere in our roles as parents and mentors, such as assisting

our lives and in that moment, begin designing our future. We must be very firm in our own ideas and considerations. Our family dynamic will certainly serve as an example for others who are in relationships to become a beacon of light, ray of hope and safe harbor to all that enter their presence now and beyond.

'Healing by Our Wounds'

The hanging of Jesus on the cross represents many things, but Father Richard Rohr, 65, pointed out that not enough in the Christian faith see it as the example we should follow. His visit to the San Quentin Centering Prayer group was to speak on "Men's Work," the subject of his book being released in September: "*The Naked Now – Learning to See Like the Mystics*." The path to real maturity, Rohr teaches, is through the wounds inflicted upon us.

"There is nothing in this society that forces you to mature," Rohr said. He points to children dying of cancer as an example, and how they can achieve wisdom beyond their years by the crisis in their lives. The author of over 20 books which he described as "Social Culture Analysis," Rohr came to SQ on Feb. 09, 2009, to speak with the invited guests and participants of the Monday Night Centering Prayer.

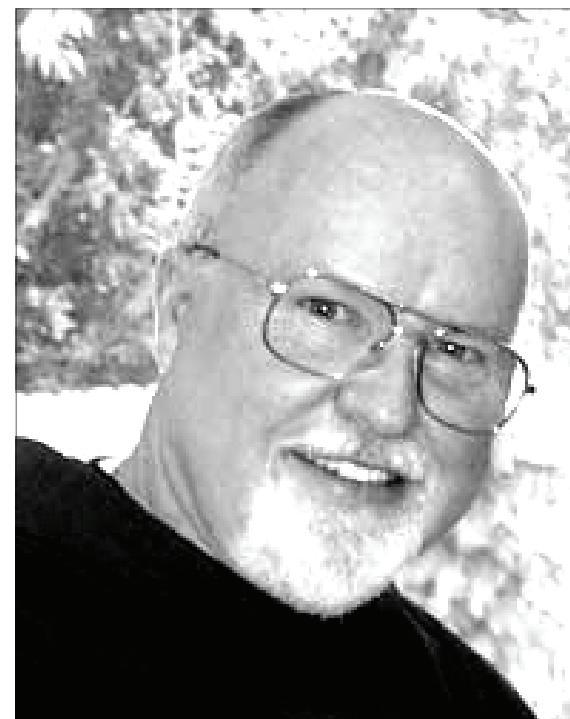
"On every continent, it was assumed that boys did not naturally become men," Rohr explained. In the past, maturity typically was accomplished by age 19, as where in this era, adolescence goes all the way to 32, he added.

Initiations were the key, and societies around the world held to a universal pattern that the boy was initiated through wounding that was either ritual or literal. "Everything pivoted

around what he did with his wound," said Rohr. "If he didn't turn the wounds into 'sacred wounds,' he walked on in bitterness."

wounds. "You came to God not by avoiding all failure and woundedness; you go through the wounds."

"Meditation is not a new thing," he said. The practice of the Monday night Centering Prayer group is that of quieting the mind to hear the "still small voice" about which the Bible speaks.



Father Richard Rohr

Many in prison, Rohr pointed out, have failed to take their wounded state and make them into sacred wounds. "It's all what you do with the wound, and how it teaches you to deal with your pain. 'Life is suffering,' is what the Buddha says. If you do not transform your pain, you'll transmit it to others."

Rohr also said that the crisis of prison can be where a person starts letting go and starts listening to wisdom. "We come to God by doing it wrong," he said, adding that the key is in turning our wounds into sacred

The Bible has many references to meditation, but the practice has not become very popular. Asked if that was a "good" thing, Rohr stated, "Perhaps, our society tends to turn such things into fads."

Rohr is the contemporary of the founder of Centering Prayer, Father Thomas Keating. The practice Father Keating teaches is meant to quiet the busy mind so

that we can "hear" God speak to us. Through this we come to see the wounds we hold on to, turning them into sacred wounds from which we can discover real healing.

We all do these things imperfectly, Rohr pointed out. "Even the best things I do are for mixed motives." But he points to the real message of the Bible, and Who is there: "God does not love you because you're good," he said. "He loves you because He is good."

—Kenneth R. Brydon
Editor-in-Chief

SPORTS

TEXAS DOLLY

By: Minnesota Correctional Facility
Oak Park Heights
Reprinted with Permission

Doyle Brunson is to poker what Tiger is to golf, what Jordan is to basketball, what Gretzky is to hockey, what Ruth is to baseball. He is admired and respected by everyone who plays his game, not just for his ability, but for being an absolute gentleman whether winning or losing. Daniel Negranu, a top professional player said, "Frankly, without Doyle, there would be no poker tour today." Brunson has won two straight World Poker championships in Las Vegas, a World Poker Tour championship, and 10 gold bracelets in the World Series of Poker. He has written a book "Super System" that every serious player has read and studied.

Brunson was a gifted athlete in high school. He was

selected to the Texas All-State basketball team and finished first in the mile in the Texas state track meet. After college he was sought by the professional basketball team the Minneapolis Lakers. Unfortunately, Brunson injured a leg and was unable to compete athletically ever again.

He took a job as a salesman, and after his first day's work, played in a poker game and won more than a month's wages. Brunson had found his niche. At age 29 he was diagnosed with incurable cancer but miraculously survived. In fact, his doctors had no explanation for Brunson's recovery. In 2006, Bluff Magazine named him the most influential force in the poker world. Mr. Brunson is a living poker legend.

Trivia

What is the name of the arena that was the former home of the Los Angeles Lakers?

- A. The Summit
- B. Arco Arena
- C. The Forum
- D. Oracle Arena

Answer: The Forum.

Which was the first NFL team to have cheerleaders?

- A. Dallas Cowboys
- B. Oakland Raiders
- C. San Francisco 49ers
- D. Washington Redskins

Answer: The Washington Redskins REDSKINNETTES in 1962.

Who was the first NHL goaltender to wear a mask on a regular basis?

- A. Bill Durnan
- B. Jacques Plante
- C. Terry Sawchuk
- D. Roy Worters

Answer: Jacques Plante in 1959 vs the New York Rangers.

Former Prisoner Wins in Boxing Ring

By KENNETH R. BRYDON
Editor-in-Chief

Paul Nave, 48, boxing's one time WBF World Welterweight Champion, who served three years at San Quentin for drug possession, stepped back into the ring March 6, 2009, and in a four round bout pounded out a unanimous decision over a much younger opponent.

Known as the "The Marin Assassin," Nave was a local favorite who became a Golden Gloves champion before turning pro in 1985. His once promising career was derailed by his conviction and subsequent sentence to a six year term which he began in 1990.

Nave continued fighting while here at S.Q. and was permitted to fight a bout at the Petaluma Veterans Hall. SQTV has the video of the fight that shows Nave landing a devastating blow to his opponent that put him on the canvas with no doubt of where he'd be at the end of the ten-count.

Nave paroled on July 4, 1993 and continued fighting,

eventually winning the welterweight title at the Marin Civic Center March 3, 1998. Injuries and repeated surgery on his back led to his retirement. For his current comeback, due to his many injuries and age, the boxing commission elected to limit his most recent fight to four rounds.

The crowd at the Marin Civic Center was loud, screaming for their home-town favorite. His opponent, Mikhail Lyubarsky from Kiev, Ukraine, was 18 years younger. A banner for the fight declared: "It Ain't Over 'Til It's Over."

In between his parole and this last bout, Nave ran for a state assembly seat, and even put his hat in the ring to be California's governor during the recall election which saw Arnold Schwarzenegger elected to Sacramento.

With the victory, Nave's record improved to 17-8-1. He has indicated that he intends to fight again.

—staff writer David Marsh contributed to this story

OPINION

Van Jones Shares His Green Mission

By MICHAEL HARRIS
Managing Editor, and

STEPHEN LIEBB
Staff Writer

Van Jones, a Yale Law School graduate and Bay Area community organizer, uses words to inspire, encourage and educate.

Jones is the author of *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*

The two biggest problems he identifies are sociological inequality and the ecological crisis.

Jones writes that we need to repair the earth, oppose racism and uplift the disadvantaged. He also expressed a belief that "our sisters and brothers in the developing world need the full engagement and cooperation of Western governments."

The main principles of the green economy are "equal protection; equal opportunity; and reverence for all Creation." According to Jones, reverence for all creation means no throw-away species or resources, children, neighborhoods or nations.

The problem-makers in our economy are "the war makers, polluters, and incarcerators," according to Jones. "It is unlikely that the present high lords of oil, coal and armaments will reverse course or give up

their power without a struggle. A new force must emerge to realign American politics, transform the political landscape and supplant the Texas/Pentagon axis."

Jones explains that his mission is for the "oppressed to confront and defeat their oppressors."

In an interview with us at San Quentin, he said that he became tired of confrontational politics and sought ways to find solutions.

Jones' strength is his ability to bridge differences between people. He looks for common ground and allies rather than seeking targets to attack.

"Goals can be shared even by people who disagree on many points," he writes.

Jones used to embrace the role model of David confronting Goliath. Now, "I realize that it requires that the protagonists always be small and marginalized, and it requires a politics of confrontation and opposition. Such a politics may serve us poorly as we confront the dangers that will demand cooperation on a massive scale."

His new model is Noah and his wife. They are leaders who must make plans for a difficult future while trying to save as many people and fellow species as possible.

Jones' vision of politics

would focus on creating something new rather than confronting something old. It would be more about "proposition" and less about "opposition." The Government must protect and benefit our most vulnerable populations, he believes.

Jones is passionate but self-effacing and in his San Quentin appearance, he used both wit and humility. He conceded to us that there were some gaps in his vision of a green economy.

Jones appearance at San Quentin created a palpable excitement. He introduced himself to many of the inmates seated in the Protestant Chapel, approaching them with a smile and handshake. During a question and answer period, he asked for the name of the questioners, and was sincere in addressing any issues raised. He was quick to admit when he did not have an answer.

Jones inspires confidence and trust. He acknowledged Diana Frappier a criminal defense attorney who worked with Jones for 15 years in the Bay Area Police Watch and introduced her to the audience. She said that when you tell people to make different choices you need to give them something to choose. She summarized the goal of the green economy as "providing real opportunities, decent job and careers."

Jones writes, "I pray that this book will give hope, encouragement, and inspiration to those who are working to move our society along the path to a green future." I believe we can get there."

To us, and many of those who had the privilege of hearing Van Jones speak, he provided just that inspiration.

A Story of Violence And Its Effects on The Community

By Marv Mitch

We talk about how violence affects our community, but we never discuss how it actually does. Here's a look at how it really gets.

A mother who just two days ago buries her son is not only depressed but also very angry. Still she gets up and goes to work where her and a co-worker (who is an older woman) get into a heated discussion. The co-worker says that all the young men in the community should be locked up and forgotten about.

This makes the grieving mother very upset. The work day is over and both ladies continue the conversation while waiting for a cab. The co-worker says to the mother that her son was no saint and only contributed to the violence that was going on in the neighborhood. In a blind rage, the mother pushes the woman down just as she was about to get into the cab.

The series of events that follow will change the entire community. Just as the cab driver was about to get out and help the lady, two youngsta's ran across the busy street with stacks of bills in hand flagging the driver, telling him that they will give him \$400 to take them a few blocks over. The cab driver looks at the co-worker and then at the money in the youngsta's hand and decides to let them in. He pulls off and makes a quick right turn, but he nor the two kids ever see the guy they just conned out of the money behind them. When they make the turn, they run into traffic, the jewelry store owner who had just been conned pulls alongside the cab in his Navigator and shoots the whole cab up.

The two kids escape unscathed, but the driver of the cab catches a bullet to the head and dies instantly. A witness takes down the Navi's license

plate number and he is later convicted of murder. His wife sells the business and leaves town with her kids and another man. The cab driver who was already working overtime, felt he needed the extra \$400 to help pay for his son's college tuition. His death left his son to have to drop out of school to help his mother with the bills and his three younger sisters, one of which was an "A" student up until her father was killed. As a result, at 14 she started running the streets and became promiscuous. She ran into a cat that was 10 years older than her. At 14, she looked every bit of 19, so that's what she told him. She ended up getting pregnant by him and her mom found out.

Mom had the man sent to the penitentiary for statutory rape. In the pen, he somehow started indulging in homosexual activity. Years later he came home not knowing he had contracted HIV. A loaded gun back in your community having sex with your niece, your aunt, your sister. This is how violence affects a community.

Now let's look back. From a murdered son, a mom is mad enough to push a lady down who if she had made it to the cab, would have at least saved the driver's life. Maybe the kids would have escaped on foot since they escaped anyway. The jewelry store owner's wife and kids would not have had a reason to leave him and the cab driver's son would have still been in school. Had he not died, his daughter would have never gotten off track and gotten pregnant at an early age, having a fatherless child. And the man who got her pregnant would have never contracted HIV had he not gone to jail. Thus he would have never unknowingly spread the disease through the community.

Success is a ladder you cannot climb with your hands in your pockets.

—Author unknown

NEVER GIVE UP!

By JONATHON COPE

I once read about a man who refused to give up. Almost everything he did turned out bad. I mean all bad. This man was defeated at and by just about everything.

He failed in business back in 1831. He was defeated for the legislature in 1832, failed in business again in 1833 and was elected to the legislature in 1834. His sweetheart died in 1835.

He had a nervous breakdown

in 1836, was defeated for Speaker in 1838, defeated for land officer in 1843, defeated for congress in 1843, elected for congress in 1846, defeated for reelection in 1848, defeated for vice-president in 1856 and defeated for Senate in 1858.

And I mumbled to myself "I would have quit." But this man never did quit. In 1860 he was elected to the presidency of the United States.

His name was Abraham Lincoln.

Letting Go of Anger...

By HELEN AMEETA SINGH
Facilitator, Trust's Wellness Group

"Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned" -Buddha

Namaste my brothas. I wanted to talk about a very familiar, comfortable, and common emotion we all experience - anger. For all of us here in the West, and in particular men, anger is an acceptable, expected emotion to have. More often than not, anger is a defense mechanism. Its job is to protect us from the more painful, uncomfortable, sometimes scary emotions that lie underneath.

Feelings like pain, hurt, rejection, abandonment, guilt, shame, loneliness, confusion, betrayal-the list goes on and on. Anger helps to keep these painful emotions away - so I don't have to feel them. Anger inevitably leads to violence. Think of the countless video games, movies, music and television shows that glorify and promote anger and violence.

In helping to keep other,

more painful emotions away, anger serves the purpose of psychological self-protecting from those other feelings, which I have most likely never been taught healthy ways of managing. Yet, it is a double-edged sword, as the above-mentioned quote suggests. In being angry, I get the benefit of not having to feel these other painful emotions. Yet, my anger harms me psychologically and physically. It also harms others if I engage in acts of physical, verbal and emotional violence as a means of managing that anger.

A friend likened anger to fire-it can keep us warm or it can burn us up. It is okay to feel angry. Anger is simply one of a range of countless other emotions that we as human beings experience. The problem becomes that we hang on to our anger and it burns us up.

When we have spent a lifetime experiencing countless injustices perpetrated against us and our loved ones; when we live in circumstances where we have very little control over our lives (like prison) anger can easily grow, strengthen and deepen. Our challenge is to find ways to transform our anger so that is not continually wound

ing us so that I am not continually burning myself. Gandhi makes the point "...as heat conserved is transmuted into energy; even so our anger controlled can be transmitted into a power which can move the world."

How can someone transform their anger? Creative outlets such as writing, art, making music, et cetera are healthy ways of transforming anger. More importantly, perhaps, is finding the courage to explore what is underneath the anger. In doing this, anyone will need to learn to be with those other uncomfortable feelings without having to push them away with unhealthy behaviors such as violence or drug use.

Reflect on a recent time when you felt angry. Why were you angry? What did you do when you were angry? What were some feelings that may have been underneath the anger (e.g. feeling disrespected, dismissed, unheard, unimportant, not valued, et cetera) that the anger may have been protecting you from? How can you find a way to transform this anger, so that you are not holding onto the "hot coal?"

Until next time my brothas, Peace and blessings.....

Prisoners Air Concerns With S. Q. Medical Staff

By DAVID MARSH

San Quentin health care is improving, but there are still serious problems, a group of inmates reported at a meeting with medical and administrative staff.

The March 13 meeting included Acting Warden R.K. Wong, Director of Nursing M. Lupian, Chief Nursing Executive D. Beetham, Executive Officer for the Receiver J. Clark, Chief Medical Officer E. Tootell, Associate Warden K.J. Williams and Correctional Lt. R. Luna.

Inmates were represented by the entire East Block Advisory Council (EBAC), plus representatives of North Block MAC and H-Unit.

Problems reported by EBAC representatives included the delay of medical appeals (602s), use of a needless triage process for medication refills, incomplete or missing prescription refills, waits of up to 2 ½ years for dental treatments, medical ducats that conflict with visiting times and, when

missed, result in a write-up, failure of the escort staff to accompany inmates to medical appointments, lack of information and routine care for aging prisoners, lack of routine maintenance on broken equipment and improper charges of co-pay fees.

On another matter, EBAC asked about the possibility of receiving medical marijuana by prescription. Lt. Luna replied: "Nice try."

STAFF ADDITIONS

Clark said S.Q. has the highest back-logged and unanswered 602s but recent medical staff additions should help solve the problem.

She reported a new ombudsman position has been created that will enable an inmate patient's advocate to visit prisoners in their housing units to help resolve issues before the need for a 602 arises.

"The administration understands that medical issues are the most important issues among inmates across the

state," said Clark, "We are making every effort to resolve problems with the new system."

She acknowledged that breakdowns in communication have lead to improperly billing inmates and insisted that solutions are coming.

Clark also said that broken equipment will be addressed.

The medical staff stressed that new record-keeping methods will enable staff to track inmates better and prevent scheduling conflicts.

For representatives of North Block, the primary cause for concern was the recent posting that inmates holding lower bunk chronos (informational documentation) will be subject to possible immediate transfer to another prison. Council members expressed the belief that such transfers were punitive in nature.

"I'm left with no other alternative," said Acting Warden Wong. He said chronos exceed the number of lower bunks. "What else can I do?" said Wong.

North Block residents share

the concerns and confusion among inmates of East Block surrounding the dispensing of Keep on Person (KOP) medications. Staff responded that new and clearer guidelines will be distributed, listing which medications will be automatically reissued and which KOP medications must be requested on a medical services request form.

FIBER TAB ISSUE

North Block representatives said inmates are dissatisfied with the perceived ineffectiveness of the fiber tabs prescribed as a replacement for Metamucil, which is currently unavailable.

The primary concerns expressed by the H Unit MAC chairman were medication being prescribed in improper dosages, which necessitates pills having to be cut in half to achieve the proper dose prescription, and bags of medication which do not contain the full number of prescribed pills.

Medical staff said they were unaware of these problems, and that issues raised by the MAC members would be studied and properly addressed.

It was agreed that future meetings would be on a quarterly basis and that the department chiefs of Mental Health and Dental would attend.

News Briefs

SAN FRANCISCO - 3-12-09
The latest Field Poll of 781 registered voters reveals 48% would vote to repeal the ban on gay marriages.

SOUTH CHINA SEA - 3-7-09
Five Chinese ships surrounded and harassed an unarmed U.S. survey ship in international waters. The Chinese claim the ship was spying.

EL SALVADOR - 3-15-09
Over two decades of rule by a right wing conservative government, leftist guerrillas who once fought the U.S. backed government have been elected to lead the country.

WASHINGTON - 3-11-09
President Obama signed an executive order ending the Bush administration's restrictions on stem cell research

CALIFORNIA - 3-15-09
In the most comprehensive study of its kind, researchers predict global warming will cause the ocean to rise 5 feet along the state's shoreline by the end of the century.

PRISONER RESOURCES

(Spirituality - Bo Lozoff)
HUMAN KINDNESS FOUNDATION
2940 16th St. #B-5
San Francisco, CA 94103

(Jewish Materials)
JEWISH SERVICES
PO Box 85840
Seattle, WA 98145-1840

(Buddhist Meditation)
UPAYA OUTREACH
1404 Cerro Gordo Rd.
Santa Fe, NM 87501

(Comprehensive Legal Issues)
PRISON LEGAL NEWS
2400 NW 80th St. PMB #148
Seattle, WA 98117
\$18/yr or \$9/half-yr.

(Free Pen Pal listing)
SASE Required
Prison World Magazine
P.O. Box 380
Powder Springs, GA 30127

Correction

In the February edition of the SQ News, it was reported that Acting Warden R.K. Wong was going through a "confirmation" process. The process is not a confirmation process, instead it is a "vetting" process.

Hey SQ News! What's Up With...

Robert Frazier 2EB87 wrote a note to SQ News asking what's up with the channels on the cable system. He observed that channels he used to pick up in stereo sound are now only mono sound.

Well, Bob, the good news is that you're not crazy; you really don't have stereo anymore. SQTV Technician's explana-

tion is that those channels are being converted, and the converters being used don't have stereo.

The equipment being used to transition over to digital signal is being purchased in Sacramento, and they're going for the no-frills operation. Sorry to share the bad news. Keep the questions coming Guys.

San Quentin News

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4H06L	D. Marsh	Newspaper Rep.
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