

San Quentin News

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Quan Says Education Is Crucial

By TROY WILLIAMS
Journalism Guild Writer

To effectively fight crime society needs to concentrate on its children, according to Oakland City Councilwoman and mayoral candidate Jean Quan.

"We know as educators... if you don't read at third grade level you're likely to drop out of high school, and a high percentage of those [high school dropouts] end up in the criminal justice system," Quan said on a visit to San Quentin Aug. 6.

Speaking from her past experience on Oakland's School Board, Quan said state administrators use the correlation associated with third-grade literacy rates to project future prison space requirements.

Governor Race
Four of six California gubernatorial candidates answer five questions from the San Quentin News.
Pages 6-7

She also offered hope to parolees, saying Oakland has a jobs program for ex-convicts funded by the Economic Recovery Act (the stimulus bill). To qualify for the Cypress Program at Mandela Training Center, Quan said prisoners must get their G.E.D. while incarcerated. They also must submit to drug testing.

Quan also discussed Measure Y, which she wrote in 2004. It includes a variety of crime prevention programs, including Project Choice in San Quentin that brought her in to speak to the group. Project Choice was started in 2006 and sponsored by

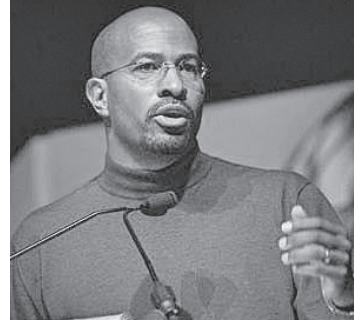
See *Jean Quan* on Page 4

The Powerful Saga Of Van Jones

By MICHAEL R. HARRIS
Editor-in-Chief

Van Jones – activist, educator and green economy builder – paid a return visit to San Quentin in September and offered words of wisdom. A former adviser at the White House, Jones returned here before starting at Princeton University as a Distinguished Visiting Fellow in both the Center for African American Studies and the Program of Science, Technology and Environmental Policy at the Woodrow Wilson School of Public and International Affairs.

At Princeton Jones will hold a one-year appointment for the 2010-11 academic year, teaching a course in the spring semester focused on environmental politics, emphasizing policies that



Van Jones

create green economic opportunity for the disadvantaged.

Jones is a globally recognized pioneer in human rights and the clean energy economy. He was named one of the 100 most influential people in the world by Time magazine in 2009, and is the best-selling author of "Green Collar Economy: How One Solution Can Fix Our Two Biggest

Problems," which explores the social, economic and political implications of the creation of green jobs.

Jones was a primary advocate for the Green Jobs Act, which President George W. Bush signed into law in 2007, and served from March to September 2009 as the Obama administration's special advisor for green jobs, enterprise and innovation at the White House Council on Environmental Quality. Jones helped shape the Obama administration's policy for making America's homes energy efficient. Then he was hounded from his job by right-wing commentators.

Jones is one of the most vivid and spirited speakers alive to-

See *Van Jones* on Page 10

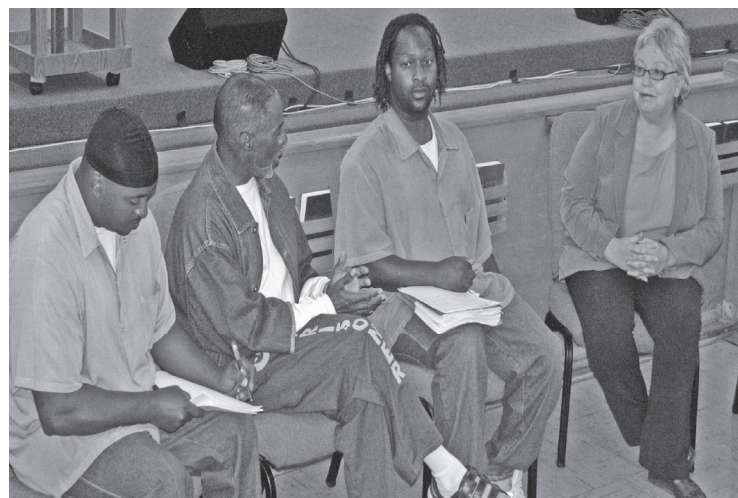


Photo: Sam Robinson

Men of Richmond Project With Mayor McLaughlin Hear From Their Mayor

By JULIAN GLENN
PADGETT
Managing Editor

Mayor of Richmond, CA Gayle McLaughlin visited San Quentin's Richmond Project and put her words into action by stressing her slogan, "Building a Better Richmond Together."

The mayor of Richmond sat down on July 19 in what can be best described as a circle of hope for the city of Richmond. The mayor met with the men of the Richmond Project along with several other concerned community activists.

Also in attendance were Marylyn Langlois, Kim McDonald, outside supporter from the Office of Neighborhood Safety; Correctional Counselor C. Grant, staff sponsor for the

Richmond Project, and Kathleen Jackson, a volunteer sponsor for the "T.R.U.S.T. Fellows" (Teaching Responsibilities Utilizing Social Training). T.R.U.S.T. Fellows sponsors the Richmond Project at San Quentin. In addition, other active supporters who were not present but are interested in solving the issues plaguing Richmond are The Neighborhood House of North Richmond (NHNR) and DeVon Boggan Director of the Office of Neighborhood Safety along with Kelli Rice and Sam Vaughn.

The mayor jumped right into the fray when the question approached topics concerning the state of Richmond's violence among its community members.

See *Richmond* on Page 4

Executions Cancelled For the Year

The planned September execution of Albert Greenwood Brown Jr. at San Quentin has been cancelled, probably until next year, as California continues to struggle with its method for executions.

The action by the state followed challenges to the procedure by United States District Judge Jeremy Fogel.

California's hurried attempt to execute Brown was derailed by Fogel, who ruled that the state must renew its arguments concerning the constitutionality of the planned procedure.

On Hold Since 2006

Fogel, of San Jose, said he needed time to examine whether the new death chamber and execution procedures remedied the flaws he outlined in his 2006 ruling that put California executions on hold.

At the forefront of the debate is concern about the execution injection cocktail, principally the first drug used in the three-drug sequence, sodium thiopental. San Quentin's limited supply had an expiration date of Friday. Judge Fogel ruled against the state's plan to get under the wire with a Wednesday or Thursday execution. The drug is scarce

See *Executions* on Page 14

Juvenile Arrest Rate Now Higher Than for Adults

By MICHEAL COOKE
Journalism Guild Writer

There are 225,000 arrests of juvenile offenders each year in California. The reasons for these arrests are almost as numerous as the arrest themselves. Economic and social conditions, and values, lifestyles, and especially demographics can have a significant impact on juvenile crime.

The juvenile arrest rate peaked in 1974 at 9,300 per 100,000, decreased through 1987, and increased since then by six percent to the current date.

The juvenile arrest rate for violent crime has exceeded that for adults since 1980, (640 per 100,000 for juveniles versus 610 per 100,000 for adults). Juvenile violent arrest rates increased in part because of the growth of the juvenile population. Research

indicates that violent arrest rates might be increasing because of gang activity and the availability of firearms.

The juveniles homicide arrest rate began to exceed those for adults in 1989 (20 per 100,000 for juveniles versus 13.3 per 100,000 for adults). With California's juvenile population projected to grow over 22 percent in the next decade, it doesn't appear that this trend in juvenile violent crime or arrest will reverse course unless a plan to intercede is implemented.

The majority of youth arrested have an exceptional need for treatment services:

- 41 percent need mental health services
- 58 percent need substance abuse treatment services

See *Juvenile* on Page 7

New S.Q. News Website

The San Quentin News is available at a new website:

www.sanquentinnews.com

Our first feedback, from West Hays at Berkeley:

"Of all the required reading we assign our students on prison policy and education, SQ News, is the only homework they don't complain about. From all of us here at Cal, please relay our gratitude to your printers, editors and especially Guild Writers"

We welcome your feedback.

GREEN CAREER FAIR

By **RICHARD GILLIAM**
Journalism Guild Writer

About 30 enthusiastic vendors introduced several hundred San Quentin inmates due for release soon to job opportunities in the burgeoning, environmentally oriented "green industry."

The first-ever Green Career Fair was held Aug. 28 in H-Unit. It was presented by The California Reentry Program and the Insight Garden Program. The fair featured entrepreneurs and educators from a myriad of fields.

Greeting and directing interested inmates were Allyson West, who runs the California Reentry Program in H-Unit, and Beth Waitkus, who has taught the Insight Garden Program at H-Unit for eight years.

Attendees from the community set up displays and offered information at two dozen tables, as photographers and media representatives circulated the room, snapping pictures and holding interviews with some of the inmate-clients.

"Our goal is to introduce people to green industries and what the training opportunities are," West said. "We want to familiarize people with the industry and tell them how to get into it."

Many facets of the green industry were represented. Leigh Anne Starling of The Homeless Garden Project passed out flyers highlighting a three-year comprehensive job training pro-



Rooftop Greenery: A New Idea From the Past

gram that teaches gardening and farming skills. Another vendor, City Slicker Farms, based in West Oakland, takes a several-pronged approach. One focuses on helping urban dwellers convert their backyards into agricultural spaces by testing the soil, creating a gardening plan, supplying items such as compost, growing boxes and seeds to families wishing to turn their backyard into food-producing gardens.

The Community Market Farms Program takes "vacant or underutilized land and trans-

forms it into market farms." The food they grow on these urban farms is sold to people in the community at affordable prices.

Another vendor, Traingreen SF, offers vocational education and training in recycling, transportation, energy efficiency and solar. The San Francisco Clean City Coalition was on hand to offer a Green Jobs Program that provides transitional employment, environmental literacy, job readiness and placement assistance.

10 Things About Prisons

By **ARNULFO GARCIA**
Staff Writer

1. The United States has a correctional population of 7,328,200, which means one in every 31 U.S. adults is under correctional control. [Bureau of Justice Statistics at <http://www.ojp.usdoj.gov/bjs> and U.S. Census State Population Estimates]

2. The U.S. has the highest prison population rate in the world, some 738 per 100,000 of the national population, followed by Russia at 611. [Walmsley, Roy, "World Prison Population List (Seventh Edition)" (London, England: International Centre for Prison Studies, 2007), p.1.]

3. The U.S. nonviolent prisoner population is larger than the combined populations of Wyoming and Alaska. [John Irwin, Ph.D., Vincent Schiraldi and Jason Ziedenberg, America's One Million Nonviolent Prisoners (Washington, DC: Justice Policy Institute, 1999), p.4.]

4. States spent \$42.89 billion on corrections in 2005. To compare, states spent \$24.69 billion on public assistance. [National Association of State Budget Offices (NASBO), 2005 State Expenditure Report (Washington, DC: NASBO, June 2005), p.35, Table 18, and p.58, Table 32.]

5. From 1984 to 1996, California built 21 new prisons, and only one new state univer-

sity. [Ambrosio, T. & Schiraldi, V., "Trends in State Spending, 1987-1995," Executive Summary-February 1997 (Washington DC: The Justice Policy Institute, 1997).]

6. California state government expenditure on prisons increased by 30 percent from 1987 to 1995, while spending on higher education decreased by 18 percent. [National Association of State Budget Offices (NASBO), 2005 State Expenditure Report (Washington, DC: NASBO, 1996).] 7. According to the American Corrections Association, the average daily cost per state prison inmate per day in the U.S. in 2005 was \$67.55. That means it costs states approximately \$16,948,295 per day to incarcerate drug offenders in state prison, or \$6,186,127,675 per year. [American Corrections Association, 2006 Directory of Adult and Juvenile Correctional Departments, Institutions, Agencies and Probation and Parole Authorities, 67th Edition (Alexandria, VA: ACA, 2006), p.16: Harrison, Paige M. & Allen J. Beck, Ph.D., U.S. Department of Justice, Bureau of Justice Statistics, Prisoners in 2005 (Washington, DC: U.S. Department of Justice, November 2006), p.9.]

8. Due to harsh sentencing policies, such as Three-strikes, you're out, "a disproportionate

number of young Black and Hispanic men are likely to be imprisoned for life under scenarios in which they are guilty of little more than a history of untreated addiction and several prior drug-related offenses." [Craig Haney, Ph.D., and Philip Zimbardo, Ph.D., "The Past and Future of U.S. Prison Policy: Twenty-five years After the Stanford Prison Experiment," American Psychologist, vol. 53, No. 7 (July 1998), p.718.]

9. The total number of violent crimes was only about three percent higher in 2008 than it was in 1980, while the total number of property crime was about 20 percent lower. Over the same period, the U.S. population increased about 33 percent and the prison and jail population increased by more than 350 percent. ["The High Budgetary Cost of Incarceration," John Schmitt, Kris Warner and Sarika Gupta, June 2010 (Center for Economic and Policy Research, @ www.cepr.net)]

10. "We have to fundamentally rethink prisons." Newt Gingrich, American Enterprise Institute forum, March 27, 2008. (The PEW Center on the States, "One in 31, The Long Reach of American Corrections", March 2009) p.3.]—*Juan Haines contributed to this story.*

Correction

In the previous issue of the San Quentin News, the story entitled "CDCR in the Dark on Operations," the audit was requested by the Joint Legislature Audit Committee, not by State Auditor Elaine M. Howle. The News regrets the error.

Court Shaves Back The Miranda Ruling

By **JULIAN GLENN PADGETT**
Managing Editor

In a stunning legal upheaval, the U.S. Supreme Court has removed one of the mainstay protections of the *Miranda v. Arizona* rule for citizens of the United States. Last June the U.S. Supreme Court stripped *Miranda's* 44-year-long standing rule that legally permitted a suspect being questioned to count on his silence as a sign of the invocation of *Miranda*. No longer is being silent in the wake of interrogation an invocation of *Miranda*.

Van Thompson was arrested as a suspect in a shooting of two men outside a Southfield, Michigan shopping center. At the beginning of the interrogation, Southfield Police Detective Helgert presented Thompson with a form card that stated, "Notification of Constitutional Rights and Statement."

The Fifth Warning

The card contained in detail the *Miranda* advisements. Helgert then asked Thompson to read the fifth warning out loud to ensure that Thompson understood his rights. *Miranda's* fifth warning states: "You have the right to decide at any time before or during questioning to use your right to remain silent and your right to talk with your lawyer while you are being questioned."

Afterward, Helgert read the other four *Miranda* warnings out loud and asked Thompson to sign a form demonstrating that he understood what Helgert

had read. Thompson declined to sign the form. Two hours and 45 minutes into his interrogation Detective Helgert asked Thompson if he had prayed to God to forgive him for the shooting. Thompson said, "Yes."

Based on that response, Thompson was prosecuted and convicted for murder. Thompson's lawyers argued that the statement violated their client's right against self-incrimination. The conviction was overturned by the Michigan Supreme Court and lower federal courts, but was upheld by the 5-4 vote of the U.S. Supreme Court.

He Didn't Waive Them

According to *Miranda*, a suspect's statements to the police can be used only if the suspect knowingly and intelligently waived his rights to remain silent. Thompson did not do that, and a federal appellate court ruled in his favor, throwing out his conviction.

Supreme Court Justice Anthony Kennedy wrote the 5-4 vote majority ruling that said: "Had Thompson wanted to remain silent or had he not wanted to talk he would have invoked his right to end questioning. He did neither."

In a dissenting opinion, Justice Sotomayor wrote: "There is conflicting evidence in the record about whether Thompson ever verbally confirmed understanding his rights."

How to Get Your Bill Passed: Find a Sponsor

By **EDDIE GRIFFIN**
Journalism Guild Writer

An analysis conducted by the San Jose Mercury News demonstrates that sponsored bills are far more likely to become law than bills without sponsors.

Sponsored bills made up 60 percent of the legislation passed in the 2007-08 legislative session. Almost half of the 1,883 sponsored bills became law.

The portion of non-sponsored bills introduced by elected officials shows a marked disparity and appears to favor private rather than public interests, according to the report.

Lobbyists write bills, shop for willing lawmakers to introduce them, and line up support. This is the path of sponsored bills,

stealthily but favored inside the state Capitol.

The fortification of the lobbyists' status beside the Legislature's two governing houses — the Assembly and Senate — has been known as California's "Third House." Lobbyists function almost as a shadow legislature today, the newspaper concluded.

The report stated that "when an interest group writes a bill, only its interest is represented."

Former state Senator Tom McClintock, the only legislator who did not author a single sponsored bill, was quoted as saying that "It's a general rule that sponsors are bureaucracies seeking more power, or companies seeking more money."

Parole Board Given Flawed Psych Reports

By **ARNULFO GARCIA**
Staff Writer

Numerous prisoners were subjected to flawed psychological evaluations, and Board of Parole Hearings commissioners are insufficiently trained to detect the oversight, according to a report issued by the Inspector General.

The report responded to state Senate Rules Committee concerns. The report concluded factual errors may exist in psychological evaluations, and there are sometimes inconsistent risk assessments by different doctors.

The parole board is responsible for determining whether prisoners serving life sentence with the possibility of parole can safely re-enter society. Psychological evaluations are one of several factors that commissioners consider in making parole decisions.

The Inspector General found that the parole board lacks reliable data to determine the number of factual

errors contained in psychological evaluations. The IG also said the board lacks reliable data to determine the number of low-, medium- and high-risk assessment conclusions.

In a test sample of 35 prisoners given hearings in 2009, the parole board reported between one and four factual errors in each of the psychological evaluations.

Mixed Up the Prisoner With Someone Else

The report cited two examples of factually erroneous evaluations. In the first example, a prisoner's attorney said at the hearing, "[The prisoner] has indicated to me that there are several gross inaccuracies in the psychological report, to the extent to which [the prisoner] believes that the clinician actually confused [the prisoner] with someone else."

In the other example, the prisoner's attorney expressed concerns about the prisoner's psychological evaluation and said, "One of the things that stands out as rather

significant is there's reference to another inmate on this report."

In neither of these cases were the errors reported, as policy dictates.

The Inspector General also found weaknesses in the parole board's oversight of the methods it uses to review psychological evaluations. It also reported inadequate training for parole board members and psychologists who evaluate inmates.

The document is, "SPECIAL REPORT: The Board of Parole Hearings Psychological Evaluations and Mandatory Training Requirements," authored by David R. Shaw, Inspector General. It was forwarded to Matthew L. Cate, secretary of California Department of Corrections and Rehabilitation on July 1, 2010.

The complete report can be found online @ www.oig.ca.gov. —*Juan Haines contributed to this story.*

The Enduring Problem of Over-Familiarity

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

San Quentin State Prison boasts the highest number of community volunteers and staff sponsorships in the entire state, if not the nation. Every day a veritable army of dedicated, altruistic men and women pass through San Quentin's iron gates, bringing much-needed hope and compassion to the men imprisoned within the walls.

"There is a different mood in San Quentin, compared to other prisons," says Jason, a young man who attends Patten University, chapel services, and plays tennis on the weekends with members of the Marin Tennis Club. "The number of volunteers creates an atmosphere of wanting to change."

Vast Array of People

Volunteers range from state employees who sponsor various activity groups and programs, to people from the community who receive substantial training, to those who apply for, and receive clearance to conduct workshops, seminars, or participate in athletic programs alongside prisoners.

These vast arrays of people face a number of challenges during the course of their activities. The Department of Corrections and Rehabilitation provides training in recognizing and preventing the flow of contraband in and out of the institution.

"I found the training to be realistic and valuable," says Peter Ainsworth, a teacher's assistant. "Every person who works with inmates must create boundaries that cannot be broken; you have to decide what your own parameters are."

Look to Title 15

One of the most difficult subjects to deal with, for prisoners, full-time staff, and volunteers alike, is that of over-familiarity. When approached regarding the official departmental definition of over-familiarity, members of the administration said that the definition is found in the Title 15 Code of Regulations, which states, "Employees must not en-

gage in undue familiarity with inmates..." However, there is a particular lack of precision in the formal, legal language. Ascertaining exactly what "familiar" means is difficult.

What Volunteers Learn

Staff members discuss the issue during the annual three-hour classes that volunteers must complete in order to renew their security passes, known as "Beige Cards." One volunteer who attended a September training session reported a member of the Investigative Services Unit (ISU) offered a series of prohibitions.

The officer said hand shakes are OK but no hugs, no friendly taps on the shoulder, no use of first names, no sharing of food, no disclosing of personal information such as addresses or family situation; never loan money, transport correspondence, or make phone calls for inmates.

Some inmates prey on volunteers with low self-esteem, especially women, the officer reported. At the conclusion, the officer stated that volunteers should adopt a professional attitude, with conservative dress and behavior.

Lots of Prison Lore

Most people connected to the department agree that over-familiarity is a valid concern. Prison lore abounds with tales of staff and prisoners who fall in love and cross the boundaries; other staff resign their positions and begin visiting a particular inmate. California newspapers report occasional instances of staff or volunteers caught trafficking drugs, tobacco, money, and cell phones.

There are also accounts of prisoners' lives being drastically changed due to an ethical, yet profound relationship with a volunteer or staff member working with inmates.

Some inmate groups deal with very emotional, traumatic, and life-altering experiences. Participants in the Victim Offender Education Group, VEOG, share their deepest secrets and bare their souls in a group set-

ting facilitated by one or more community volunteers. In order for the facilitators to provide the atmosphere needed for change to occur, they must, by necessity possess a level of empathy consistent with the work being accomplished. In situations such as this, volunteers and staff must maintain limits in order to continue the work.

Jack Dison, an experienced VEOG volunteer facilitator, recognizes the challenges that come with the territory, and notes that the programs and the work are the most important thing. "It would be tragic," he says, emotion clearly thickening his voice, "if I ever did anything to harm the program."

Maintaining Integrity

Prisoners understand that the success or failure of a program depends largely upon the relationships among the members, and how well everyone involved is able to focus on positive group and personal goals. Prisoners also understand that they must sometimes be the ones to maintain the line between allowable and prohibited behavior.

"We have to be proactive in maintaining the integrity of our groups," says David Cowan, president of the Alliance for Change. "In the Alliance, we give an orientation workshop to new volunteers, and we have a written volunteer policy."

Cowan notes that San Quentin provides fertile ground for positive personal change, and a large part of this comes from contributions made by the volunteers. "Understanding the importance of the San Quentin programs is the responsibility of everyone who participates in them," says a North Block lifer. "We have to realize that the future welfare of our programs, and the ability to leave a legacy for other prisoners to benefit from, depends on how ethically we conduct ourselves now."

Correctional officers are on the front lines of the struggle to maintain the security of the institution, and most agree that over-familiarity is an ongoing and unique problem.

"Some inmates will manipulate friendships and coax staff into improper behavior," points out one veteran officer. "And sometimes volunteers will join groups just to set up a means to funnel contraband in."

No Easy Solution

However, the officer suggests that there is perhaps too much emphasis placed upon some of the trivial, yet banned behaviors. He admits that bringing in even a harmless, trivial thing, such as a bottle of water or piece of fruit specifically for an inmate, can lead to more serious security breaches. "This issue will probably never be resolved," adds the officer, "There is simply no easy solution, if it can be solved at all."

Many San Quentin staff and inmates are hesitant to speak about the over-familiarity issue. "This subject needs to be talked about openly, and the stakeholders need to work together," counsels one long-time staff volunteer. "People are complicated, and relationships are the most complex of all human interactions," she states, noting that the inmate-staff relationship model is unlike any other.

Sports Volunteers

Recreation Coordinator Don DeNevi deals with a large volume of volunteers each week, and has to remain consistently vigilant. "I constantly have to remind my Beige Card holders that they are here to compete; that's it."

On Sept. 18 and 19, San Quentin CARES, in conjunction with Avon, sponsored its annual Breast Cancer Walk-a-Thon. A diverse variety of inmates, staff, and volunteers walked thousands of collective laps together, raising thousands of dollars for research and support.

A female volunteer, who wishes to remain anonymous, stated that there was nothing unusual or particularly noteworthy about a Breast Cancer Walk-a-Thon, but the fact that it occurred behind San Quentin's walls made it so. "I could have been walking down the street in my neighbor-

hood with these men," she said, "the only difference is that I can't hug them."

One long-term inmate, having served over 30 years, reveals the sadness and pain that develops after decades without compassionate human contact. "I can shake hands with the men I see every day, and I can hug my friend. I can even shake hands with some of the staff and volunteers, but God forbid that I hug the woman who had been my mentor, adviser, and sobriety counselor for several years."

He reflects upon the psychological impact that the deprivation of human contact has on an inmate. "When the officer I work with every day, eight hours a day, for six years straight has to put on a pair of rubber gloves before touching me, it reminds me to never forget that I am no longer human."

U.S. Judge Is Facing Impeachment

WASHINGTON — A Louisiana federal judge is facing impeachment on corruption charges. The case against Judge G. Thomas Porteous is scheduled to go before the full Senate by mid-November.

If convicted, he would become just the eighth federal judge removed from the bench. A two-thirds vote is required for conviction. Federal judges are appointed for life.

In March the House voted unanimously to bring four articles of impeachment against Porteous.

He is accused of accepting cash, meals, trips and other favors from persons with business in his court.

A panel of 12 senators recently concluded hearing the case. Porteous has been suspended from hearing cases. He also is accused of filing a fraudulent bankruptcy and lying to Congress when the Senate confirmed him as a federal judge in 1994.

Richmond Project Men Get to Hear Their Mayor

Continued from Page 1

"It is not just in Richmond, it is all over. When you look around 13 and 14 year-olds are dying everywhere," said the mayor.

Inmate Michael Harris, an honorary member of the Richmond program, said, "It's been a learning process working with the T.R.U.S.T. Fellows and the Richmond Project. In terms of all the work that needs to be done back out in the community."

According to Inmate James Houston, Facilitator in the Richmond Project, "The program started in 2006. Its mission and goals are to come up with ideas to eradicate the violence that permeates Richmond's city neighborhoods. Included in that is the aim to develop economic stability and social skills for inmates who wish to have a successful re-entry back into society."

Close Relationship

This could include more of a close working relationship with the California Department of

Corrections and Rehabilitation. The Richmond Project's class size is between 25 to 30 people, and it meets the last three Monday nights of the month.

"For her to come inside this place and talk to all of us, it shows her true commitment for change in the city of Richmond," said James Houston, an inmate of San Quentin and Chairman of the Richmond Project

The mayor also said that she would talk to her staff members and Lt. Sam Robinson, San Quentin's Public Information Officer (PIO) about establishing a Richmond Project Program in the community of Richmond.

"I think that the mayor is the real deal. Watching her engage with the men of Richmond was a unique opportunity for me to see a person that's involved in politics engage from the human perspective," Harris said. "As opposed to somebody that is only preoccupied with what resides only on the surface. Mayor McLaughlin is a person who puts her words into action."

A defender of victims of violent crime, she spoke out clearly against the rape of a Richmond High School student, and the numerous shootings, which included a shooting into a church.

McLaughlin was elected to her first term as Mayor of the city of Richmond in November 2006 and is seeking re-election this November. She has worked closely with the Police Chief and the Office of Neighborhood Safety looking at continuous stratagems to reduce violence in the city, specifically in the areas considered high traffic hot zones.

Success with Budgets

As mayor of Richmond, McLaughlin signed three consecutive budgets that keep and expand city services and increased the number of police officers on duty. Violent crimes and property crimes, still very serious problems in Richmond, have shown significant declining trends during her tenure.

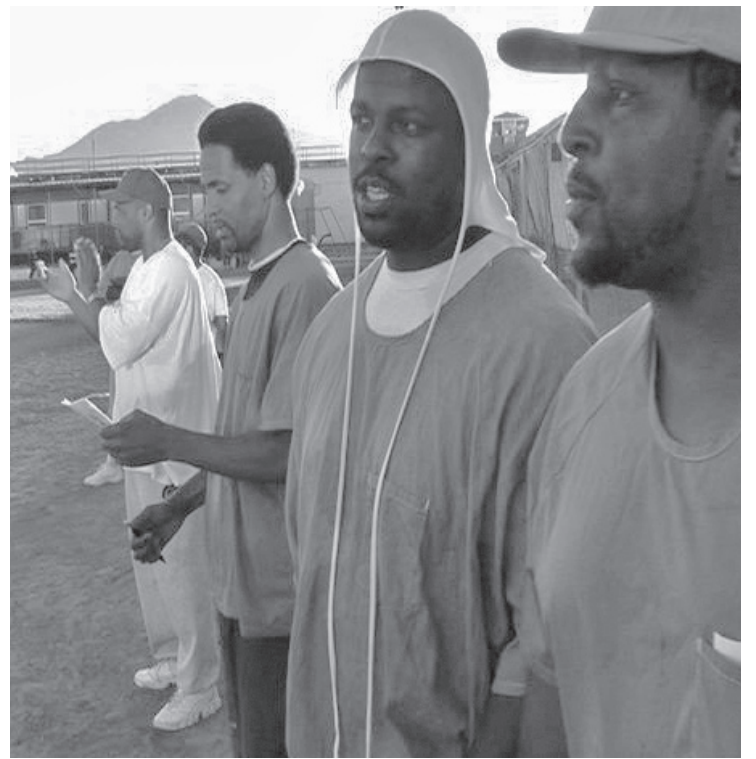


Photo: Troy Williams

Richmond Project members ready to play ball

With her vision of being thoroughly involved with the heartbeat of Richmond, her headquarters, in combination with other local groups sponsors the Healing Circles of Hope, a training program for facilitators. Their plan is to conduct support groups for Richmond families that have lost friends and loved ones to violence.

"For a top official to come in here and meet with men considered enemies to the community is big," Houston, said. "Giving her time on these points and asking for our help to curb the problems of violence and find a solution is significant and very important."

A project close to her was the creation of the Richmond City Youth Corps that provides part-time year round jobs for unemployed youth anxious to learn skills, earn salaries, and learn trades.

She voted against the failed Measure Q, which mandated an increase in sales taxes in Richmond. In a demonstration of solidarity, McLaughlin pulled the entire City Council together to authorize and require environmental cleanup oversight for the toxic Zeneca and UC Field Station sites in Richmond's southeastern shoreline.

Mayor McLaughlin has been touted as a hands-on community activist. She co-founded the Richmond Progressive Alliance (RPA) in 2003. This forum included Democrats, Independents and Greens all uniting for the progressive ideals to build a healthier robust Richmond. She has also worked with the RPA on multiple environmental health issues, human and civil rights and proper living wage matters.

Been Very Supportive

Nythell Collins, Vice Chairman of San Quentin's Richmond Project and a Facilitator, said the mayor has been very supportive of the process of change.

"For her to include us, the men in prison, in this process is a very refreshing and positive thing."

In an effort to send a positive message, several men from inside the walls of San Quentin came together from different

parts of Richmond for a day of softball, unity, brotherhood and faith in their belief that stopping the crime and violence can begin here.

"I'm from East Palo Alto and we've got problems out there as well," said Dexter Coleman. We've got people of color warring against people of color. But it's good to know that we have men who are putting aside their differences and coming together."

Standing and cheering his fellow teammates, Nate Collins said, "We're having a great baseball game showing a sense of community and really getting along. This is big. There are guys from Richmond who want to promote peace; we want a safe and positive community."

As shouts of "You're out" and "Catch the ball" rang out in the ball park, others gave their take on this important event. "When we were all younger we played sports together and we went on trips together," said Sean Patton. "You've got men here from North, South and Central Richmond. We all grew up in church playing together; it's great to be doing this."

It's Not Impossible

Barry Dugar, who has lived in Richmond for 35 years and coached some the men he was watching play, said, "I caught my first case in 2004. I coached Richmond baseball, football and basketball out in Richmond and I've known some of these men since they were five and six years old. It's not impossible for us to be good and responsible men."

"Richmond can be a model for other cities to turn things around" McLaughlin said. "Yes, it's a small city but it still can be a model for bigger cities."

Cecily McMahan, production coordinator for KCRT television, is working with the men of the Richmond Project, in conjunction with the San Quentin News/Media Department to create multiple Public Service Announcements to be viewed out in the community.

Quan Talks To S.Q. Of Measure Y

Continued from Page 1

Volunteers of America. According to Darnell Hill, a facilitator for Project Choice, said "the group is a vital support system that offers one on one case management for young men paroling to Alameda County between the ages of 18 and 35.

Project Choice offers coping skill classes that assist men in gaining the insight on "thinking errors" that influence criminal behavior. Classes are held in education building A (Tuesday from 3 to 5 p.m. and Friday from 1 to 3 p.m.). Classes are consistent until paroled.

Another Ball Game

The curriculum consists of five books that promote responsible thinking, produce personal growth, influence constructive behavior and build safer communities. It's one thing to encourage young men to change their criminal lifestyle, but it's a whole other ball game when you offer the tools, skills and support for one to make the "choice" to change from destructive criminal to productive citizen."

Measure Y also aimed to keep fire stations open, hire 63 additional police officers to patrol designated neighborhoods in Oakland, and to fund various crime prevention programs.

Since 80 police officers were laid off in August, Oakland Police Department, fell below the threshold number of officers un-



Photo: Sam Robinson

Oakland Mayor candidate Jean Quan speaks

der Measure Y's funding mandate. Quan therefore encourages Oakland voters to approve a revision of the measure on the November ballot to maintain funding for all beneficiaries of Measure Y.

Quan pointed out that laying off police officers in today's economic environment is a major concern, most of the layoffs targeted desk jobs or low level subordinate positions. "There are actually 30 more cops assigned to the streets than before the layoff," she said.

'More Than 80 Cops'

"The Measure Y programs probably prevent more crimes than the 80 cops," she said. "The combination of the crime prevention programs with (the street presence of) those [police officers] who know the beat are more effective preventing crime."

"Right now the city's budget is 50 percent cops. My typical cop cost me \$100,000 a year, and they make \$17,000 in overtime, and when I pay the other

benefits, it costs me a quarter of a million dollars for one cop – car, gun, pension, pay, overtime. For a quarter-million dollars, I can do an after-school program at an elementary school. For a half-million dollars I can do an after-school program at a middle school. If I do an after-school program at a middle school, burglaries, vandalism, and petty crime is going to go down 40 percent."

Although Quan agrees that the number of police officers in Oakland is extremely important, she believes that tax dollars are more efficiently spent on crime prevention programs targeting youngsters.

Quan indicated interest in developing a project in Oakland similar to Harlem Kid's Zone, directed by Jeffery Canada in New York City. Harlem Kid's Zone provides low-income families with parenting support through highly motivated social workers.—*Juan Haines contributed to this story*

S.Q. Muslims Conclude Ramadan

By MICHEAL COOKE
Journalism Guild Writer

San Quentin Prison Muslims spent the holy month of Ramadan together—breaking the fast and sharing in the evening meal—as a community.

Ramadan ended Sept. 11. Ramadan lasts 29 or 30 days, depending on the moon. After Ramadan, Muslims around the world make an effort to keep positive attributes throughout the entire year.

This special month is a time for Muslims to get closer to Al-

lah (swt). In addition to fasting from sunrise to sunset, Muslims make the sincere effort to learn to be more compassionate and kind to those around them.

Muslims also had an opportunity to perform additional congregational prayers, increase their knowledge in the Islamic faith, and learn about the Holy Prophet, Muhammad (saw). Imam Q. Kawsar Hossain also taught fundamental Quranic Arabic lessons to the community.

The imam said Ramadan is a time to correct and change negative habits acquired during the

year. The Muslim community hopes to take their fast a step further and make it last throughout the year, he added. Muslims should strive to be at the forefront of setting positive examples for the entire San Quentin population to follow, he said. In fact, steadfastness after Ramadan is the greatest sign that one has gained benefit from the month of fasting, he noted.

The San Quentin Muslim community acknowledges and sincerely appreciates the administration and staff members who helped Islamic adherents experi-

ence this special time together, the imam commented.

Muslims are especially grateful to the kitchen staff that helped facilitate preparing the evening meals and ensured everyone enjoyed a hot, delicious meal, the imam said. He also expressed gratitude to the brothers who diligently worked to prepare the evening meal and make the morning “suhoor” (breakfast) meals.

The Muslim community celebrated the end of Ramadan with a feast on Sept. 19.

Hebrew Holidays Observed

By CAROLE HYMAN
Jewish Chaplain

The San Quentin Jewish Community entered the High Holiday period in the Hebrew month of Elul, which began the first week of August. Elul is a time of introspection and spiritual preparation for Rosh Hashanah (the Day of Judgment) and Yom Kippur (the Day of Atonement).

Making Amends

During the 10 days between Rosh Hashanah and Yom Kippur we are instructed to ask forgiveness and make amends for the harm we did to others in the past year.

Each week during the month of Elul we focused on a specific character trait and observed our behavior in our daily life. Our model was God’s response to Moses in the book of Exodus, after Moses asked to see God’s face: “Adonai, Adonai, a God Compassionate and Gracious, Long Suffering in anger, Abounding in Kindness and Truth, Forgiving iniquity, transgression and sin.”

Help Us Understand

These verses help us to understand what it means to be “made in God’s image” — we are capable of developing these traits in ourselves, if we are willing to see our character flaws and work toward transforming them.

Saturday evening, September 4 we observed Selichot, a ritual in which we forgive others who have harmed us in the past year. We celebrated Rosh Hashanah the following week, finishing with Tashlikh at the chapel area pond where we symbolically “cast our sins into the sea.” The next Sabbath was the “Sabbath of Repentance” and we read selections from the Prophets which assure us that God responds to our genuine repentance with mercy.

Completed Our Cycle

Friday evening, September 17 we performed Kol Nidrei, a ritual in which we ask God to erase any unfulfilled vows we made to Him in the past year. The next day we completed our cycle with Yom Kippur, during which we stand before God as the Children of Israel and say, “We accept Your Judgment, but we pray for Your Mercy.”

May we all have a sweet, healthy and productive New Year in 5771!



His Years of Doubt Came Tumbling Down

Following is a religious essay by Sean K. Long written in the form of a letter to his mother. It has been edited for space.

Dearest Mom,

I’m so excited right now and the only reason I haven’t written you sooner about what’s happened to me is because I know I’ve written similar letters in the past. The only difference between then and now is before most of what I was writing you were lies and half truths that I knew you wanted to hear because I know you’ve been waiting so long for me to give my life over to God and accept Jesus Christ as my savior.

Happened for Real

But guess what, momma, it finally happened for real and I didn’t do it for anyone else but me. So I know it’s real this time and He’s lit a fire in me with the Holy Spirit that I can’t even come close to explaining.

Anyways, so I get here to San Quentin Prison and my first celly (Rick) turns out to be a first-termer but he’s 45 years old ... somewhere in the middle of him fighting his case, Jesus reached out to him in some special way and now he’s on the road of a born-again Christian...

Rick... gave me his testimony (and) it hit me hard...I got moved to the gym where ... I get another bunkie that’s as true blue born-again Christian... they even call him Real.

I Prayed for Guidance

But I still had my doubts and my fears of picking up a Bible when everyone knows me ... that I’m truly a Skinhead. So after a couple of days in the Gym I get kicked out and sent back to West Block for horse-playing...

I get celled up with another born-again Christian (named Steffan)...The next morning they kick me back down to the Gym ... I prayed for guidance and a sign ... I look up and on the sergeant’s door of the Gym they have spray-painted 3:16.

From years of hearing you, I know it was a verse from the Bible ...It also hit me ... (that the number has) been your P.O. Box number ...

I started actually crying momma ...And I picked my bunkie’s Bible up ...I was looking for John 3:16...and it was like 33 years of doubt came tumbling down...

That very night we got some new guys in here and one of the first guys to walk up to me and introduce himself to me is

A Recidivism Rate of Only Five Percent!

A minister who works with prison inmates in Switzerland says he’s interested in learning how San Quentin deals with incarcerated men.

“It is important for young people who come to prison to have an education,” said Hans Strub on a recent visit to San Quentin. He said that for more than 20 years he has been director of continuing education inside and outside Swiss prisons.

Next June he plans to hold a ministers’ conference in San Francisco “to overcome violence and to promote peace-making.”

Strub reported the prison Swiss prison system is very different from California’s. Switzerland has 12 prisons that house 500 to 1,200 inmates, compared with more than 5,000 in San Quentin.

The Swiss recidivism rate is about five percent, compared to 70 to 80 percent in California. “It means that the rehabilitation idea is rather good and established...volunteers help inmates to re-integrate into society,” he said. Inmates are required to obtain a high school diploma.

“We have less crime,” he added. And there are many educational and vocational training programs in Swiss prisons, he said. “Inmates can learn a profession.”

There is no death penalty in Switzerland, with the exception of treason in wartime, he said. The maximum sentence is generally 25 years, he added, except for sex crimes against children, which can draw 40 years to life.

another Skinhead, born-again Christian... All my fears, all my doubts and all my worries vanished. That night I went to Bible study and at the end I hit my knees again and asked to be saved. I let black men, Mexicans and others lay their hands on my while I was on my knees crying, and it was like no feel-

ing that dope or alcohol has ever given me... And when I got up it was like all my hate and anger, my fears and worries were all washed away at once... I was truly happy for the first time in my life.

I’ll see you soon.
Your Oldest Son
Happy B-Day Mom

San Quentin’s Ramadan Experience Gets Support

By ALI RASHEED MUHAMMAD
Contributing Writer

The Muslim community at San Quentin has expressed its thanks to Allahu Ta’ala, whose aid, guidance and grace were instrumental in making this year’s Ramadan a humble reality. Ramadan is the month of fasting, one of the five pillars of Al-Islam, and is obligatory for every Muslim.

Muslims not only abstain from food, drink and sexual intercourse from dawn to dusk, but also from evil deeds and desires. Every act of worship performed during the month of Ramadan adds award. It is therefore the season of devotional rituals and self-restraint as well as goodwill and benevolence.

At San Quentin classes were given by the Muslim chaplain, Brother Hossain, during the evenings in Arabic learning and a collection of aHadith (the traditions of Prophet Muhammad (Peace Be Upon Him), on the significance of charity in deeds, and good manners toward each other and toward all of humanity.

Muslims expressed their appreciation to the brothers who were especially helpful in the preparation of meals and the other accommodations for a peaceful experience. They thanked and acknowledged the work and help from the Muslim chaplain for the introduction of Sheik Nawáz, who is learned in the Qur’an, aHadith, Fiqh and Shariah. Sheik Nawáz, originally from Pakistan, visted from

South Africa, where he has been living for several years.

He shared gifts of wisdom that were truly inspiring, relating the story of an 80-year-old woman that memorized the Holy Qur’an. He noted that her mindset and/or belief at such an age was phenomenal.

Religious Thoughts

Muhammad (the Apostle)
p.b.u.h. said:

When a man dies all except three of his works perish, namely, a permanent endowment for charity, useful knowledge, and righteous progeny that bring honor upon his memory.

Envy is unlawful except regarding two categories of persons, those to whom G-d has given wealth and power to spend that wealth rightly, and those to whom G-d has given wisdom with which they regulate (their lives) and which they teach.

It has been said (in the process of learning) the first (step) is silence, followed by listening, then retention, then doing, and finally imparting.

It has also been said, “Teach what you know to him who does not know and learn from him who knows what you do not know. If you would do this you would learn what you have not known and would retain what you have already known.” —Ali R. Muhammad contributed the verse.

RELIGION

4 Candidates Answer 5 Questions

WE QUERIED THE SIX RUNNING FOR GOVERNOR — FOUR RESPONDED

The San Quentin News sent five questions to each of the six candidates for California governor. We heard from four of them: Carlos Alvarez, Peace and Freedom Party; Chelene Nightingale, American Independent Party; Dale Ogden, Libertarian Party; and Laura Wells, Green Party. Missing are Democrat Jerry Brown and Republican Meg Whitman. The questions:

1) Senator James Webb of Virginia noted that the United States has five percent of the world's population and 25 percent of the world's prisoners. He concluded that either Americans are five times as evil as people in the rest of the world or there's something wrong with our criminal justice system. Which of those two possibilities do you believe is correct and why?

2) It costs California's taxpayers more than \$45,000 per year to keep one person in prison. That \$45,000 would cover the state's share of educating about 15 elementary school students. Do you believe this should be changed and why?

3) The Three Strikes Law results in numerous non-violent felons sentenced to life in prison. Numerous two-strike non-violent offenders also receive long prison terms. This costs hundreds of millions of dollars a year. What is your opinion of this situation, and what do you believe should be done about it, if anything?

4) Describe the qualities of a person you would appoint for the head of the California Department of Corrections and Rehabilitation (CDCR)?

5) CDCR is, by its legal title, supposed to embody both punishment (Corrections) and Rehabilitation leading to the offender's re-entry into society. Recent governors have over-ruled the vast majority of paroles granted after long study and extensive hearings by the state's official parole board. What is your opinion of this practice and what changes, if any, would you support?

Carlos Alvarez Peace and Freedom Party

1) Something is dead wrong with the U.S. criminal justice system. I view the "justice" system as a system of oppression targeting working people, especially those from oppressed communities. Black, Latino, Native and Asian people are disproportionately sentenced to longer prison terms for "crimes" equivalent to their white counterparts. Poor whites are also sentenced to long prison terms. The failure of capitalism to employ millions of workers combined with the profit driven prison-industrial complex has led to the mass incarceration of working people while actual criminals – Wall Street bankers and Pentagon warmongers – operate with impunity.

2) Yes, [the prisons vs. schools equation] must be changed immediately. In the midst of the worst economic crisis in more than 70 years, California politicians pushed the crisis onto the backs of working families. They have eliminated thousands of jobs, attacked unions, slashed benefits, expanded class sizes and threatened public education on every level. Instead of long prison sentences, there should be rehabilitation and millions of jobs should be created. Most so-called crimes result from the attempts of people to survive. The money spent on prisons in California should be put to use for quality public education and the creation of jobs.

3) I will put an immediate moratorium on the Three Strikes Law if I am elected Governor. It is a racist law that only further oppresses working and poor people, especially people of color. Right now, Three Strikes feeds into the prison-industrial complex's wish to continue expanding, and its collaboration with corporations to force prisoners to work at slave wages. This law itself is truly criminal. As a proud member of the Party for Socialism and Liberation (www.PSLweb.org), I must say that Three Strikes is an ex-



Photo: Alvarez Campaign Website

Carlos Alvarez

ample of why I believe prisons are modern-day "concentration camps" for the poor.

4) I would appoint a class-conscious person who had experienced time in prison or jail to head the CDCR. My campaign is about putting working and poor people's needs first. This would guide my decision. The new CDCR head would have to focus on job placement, and would immediately raise the wages of prison laborers to be equivalent to their "free" counterparts. The right to unionize would be extended to all prisoners. The ultimate goal of my administration's CDCR head would be to tear down the prison walls!

5) I would grant paroles, commute sentences and pardon all political prisoners. The practice of denying parole is unconscionable. It furthers the stigmatization of prisoners as "violent" and "unemployable." Prison conditions today are a product of divide-and-conquer tactics. Guards perpetuate racism and employ violence to control a potentially revolutionary population. With new job placement and educational opportunities, reduced sentences, humane conditions and dignified wages, the workers in prison will be well prepared to re-enter society. I believe working people should run society. Only then will we be free. The people who should be in prison are those who exploit our labor.

Chelene Nightingale American Independent Party

1) Clearly, Mr. Webb lacks Californians problems or concerns with the illegal alien problem facing us which explains his nonsensical "possibilities." Some estimates state that over half of California's prison population is made up of illegal aliens. That is our problem.

The obvious solutions are to cut state money to sanctuary cities, send our state military to guard our border, enforce 834b of our own penal code which is very similar to AZ's SB1070, and make it close to impossible for illegal aliens to live and commit crimes in California.

[Editor's Note: According to the California Department of Corrections and Rehabilitation, for the most recent period for which figures are available (2008), the number of illegal aliens among the state's prison population was 19,008 of 171,085 total inmates, or 11 percent.]

2) The only things that California's prisons and schools have in common are the facts that 1, they are unionized and 2, the more we spend on them, the more that is demanded and the worse they get. California spends 55 percent of the entire state budget on a school system that graduates 50 percent of its students. It is becoming abundantly clear that in both of these areas, the public employees, no matter what they feel they are worth, have priced themselves out of the market. We just can't afford these expenditures.

3) At some point, everyone must take responsibility for his or her own actions. It seems reasonable to expect people convicted of their "first strike" to modify their behavior so as to avoid a possible second or third. Should someone who commits three non-violent offenses serve long prison terms? Probably not. But, like the three strikes law itself, the question of loosening it



Photo: Nightingale Campaign Website

Chelene Nightingale

should be decided by the people of California. As their elected representative, I want to abide by their wishes. Modifying the law to present to voters is something that I am willing to consider.

4) The head of CDCR should be a compassionate person with experience in law enforcement and preferably a military background. As any head of such an important department, she/he should be a person who is willing to take all required actions to obtain and provide anything necessary for efficient operation of the department.

5) I will not second guess the actions of previous governors with no information about the specific cases on which to base an opinion. The first purpose of a prison system must be to protect society from those who would harm others. It is my belief that if we can depopulate our prison-system by sending the majority of inmates to their home countries we can do a much better job of rehabilitation. What I want to do is to apply all of our rehabilitation money and efforts to American citizens who deserve our help.

Sell S.Q. for \$2 Billion?

Gubernatorial candidate Jerry Brown has raised the issue of selling San Quentin Prison to private developers for an estimated \$1 billion to \$2 billion..

It's an issue that's been raised repeatedly without success over the years. Governor Arnold Schwarzenegger proposed selling it to raise money for the cash-short state. Even then-Governor Ronald Reagan proposed the shutdown in the 1970s. Numerous local politicians support the closure.

A Marin Independent Journal editorial noted some of the prob-

lems a closure would raise, including: Where would the 5,247 prisoners, including over 700 condemned inmates, go?

The state recently completed a \$136 million Central Health Services Building at San Quentin, and plans are moving forward to build a new \$360 million Death Row.

Republican Sen. Jeff Denham thought the property was worth \$2 billion and introduced legislation to allow development on the property, without considering Marin's low-growth policies. The legislation failed.

Federal Bonding Program Aids Ex-Felons

By JEFFREY LITTLE
Journalism Guild Writer

As an ex-felon, it can be extremely difficult obtaining gainful employment. One of the main reasons is due to ex-felons being considered as "at-risk" job applicants, which can deter a potential employer from hiring you.

However, the Federal Bonding Program ensures the employer that, if the felon steals, hurts

someone or destroys equipment, the employer can be reimbursed for their losses. The program is a great hiring incentive for most employers, because the bonding insurance fees do not come out of employer pockets.

The bond is issued at no cost to the employer and is only good for six months. At the end of the six-month period, the bond can be rescinded by the employer,

or the bond can be maintained by the employer at a substantial cost to employer.

Self-employed personnel do not qualify for bond packages. Qualifications consist of being the (states) legal age for working, (if you're old enough to go to prison, you're old enough to work). The job position has to be at least 30 hours per week, and taxes must be automatically deducted from wages paid.

Dale Ogden Libertarian Party

1) Something is seriously wrong with our criminal justice system. We need to end the war on drugs and legalize gambling, prostitution and other "vices." No victim, no crime, period. There are also other crimes for which I would pardon individuals. I believe in the 2nd Amendment and the unalienable right to self defense. As Governor, I expect a significant decrease in the prison population. Part of my platform is to appoint a volunteer commission to help me pardon anyone who has been convicted of a victimless crime, in prison or out of prison. Only dangerous people belong in prison.

2) Yes; prison guards, like most state employees, are overpaid and receive obscenely excessive benefits, especially retirement benefits (pensions and health care). As a result of the decrease in prison population that I anticipate, I would lay off a large portion of the prison guards, focusing in particular on those who have a history of violence (we need a house cleaning). Too many prison guards (and other law enforcement personnel, especially SWAT teams) are authoritarian and are a far greater danger to citizens than most criminals.

3) Punishment should fit the crime. No third strike should ever be for a non-violent crime. Only those individuals who are a continuing danger to others should be in prison. Those who commit crimes only against someone's property should be punished in a different fashion, through fines and restitution. Rather than being warehoused in prisons, they should continue to live in regular society, perhaps with restrictions on their activities, and continue to work and be productive citizens. There needs to be balance and common sense in sentencing.



Photo: Ogden Campaign Website

Dale Ogden

4) I would look for someone who believes, as I do, in the concept that the only crimes are crimes against people and their property, someone who recognizes that people, especially young people, sometimes make mistakes and, while some form of punishment may be necessary (restitution is always my preferred punishment; victims should be made whole if possible), they should be rehabilitated through their work experience and self-sufficiency.

5) I believe that Governors have tried to prove themselves in favor of law and order. Conservatives and Republicans believe in punishment and liberals and Democrats are afraid of looking soft on crime. As a Libertarian, I believe in the rights of all individuals (groups have no rights), that restitution is important, and that rehabilitation creates an asset while imprisonment creates a liability, and that prison often becomes a recruitment center for criminals. Someone leaving prison may have difficulty getting a job; someone who has been working will always find it easier to get a job.

Laura Wells Green Party

1) Something is wrong with the system! Imprisonment has become the new slavery. Profiling happens at every step, related to who gets stopped, arrested, tried, and convicted, and how severe their sentence, not to mention the profiling that happens in the media. That is wrong, and yet an integral part of the policies of maintaining exploitation. When people have fewer options outside of prison – options like good education and well-paid jobs – they can be exploited, or dismissed, as workers, consumers, and voters. Prisons also reward campaign contributions with contracts for construction, services, and prison labor.

2) Yes, change it. For decades the percentage allocated to the prison budget has increased, while education has decreased. In other parts of this questionnaire, I outlined why this course is being followed by governors of both Democratic and Republican parties, which I now call Titanic Parties since they are heading straight for the iceberg, and their leaders are not changing course. Needed changes are many, and include: legalize marijuana; handle drug abuse outside of prison, reduce imprisonment due to technical parole violations, honor the parole board decisions, eliminate the death penalty, and correct or eliminate Three Strikes.

3) Three Strikes was a manipulative proposition designed to play on people's fears and enhance the prison industrial complex. Ten years later, a billionaire's last minute manipulations, helped by Jerry Brown, defeated Prop 66, which would have amended Three Strikes. Voters need to change Three Strikes via citizen initiative. I believe a necessary step is happening: a People's Movement is building



Photo: Wells Campaign Website

Laura Wells

to counter the "prison military industrial corporate complex." Evidence of this growing movement includes the Justice for Oscar Grant movement, which is supported by the March 4th Student Movement demanding good educational opportunities, and a Latino movement demanding fair treatment.

4) I would appoint as head of CDCR someone focused on rehabilitation, someone who continues to learn everything possible about what has worked here and elsewhere, solutions both tried and true and innovative. They would have received high marks from peers, from employees, and even from inmates and ex-inmates. They would have a deep respect for people's ability to turn themselves around. As a personal story, my fiancé is a retired probation counselor for juveniles. We've had the pleasure of seeing many young men approach us at restaurants to tell him that they straightened out their lives thanks to him.

5) Over-ruling parole decisions is harmful to the would-be parolees, their families and supporters, and to the taxpayers, but helpful to the prison industrial complex, and that points to the solutions. Changes I support include one very basic change in our government which is to elect candidates who are not bought. That would require a much more level playing field in elections than we have now. As a Green Governor I would not be beholden to the prison industrial complex, and I would follow the intention of the laws and not over-rule parole board decisions.

S.Q. Flu Shots Set for November

San Quentin will once again do a mass influenza vaccination. It will be held during the first week of November, from the first to the fifth. The medical staff will target a different unit each day during third watch, probably between the 1600 hour count and dinner. Notices will be posted in each housing unit.

Juvenile Arrests On Rise

Continued from Page 1

- 22 percent need sexual behavior treatment services
- 28 percent enrolled in school are receiving special education services

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

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

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

Look for the Signs

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

You have to try to make sure that young people in your family occupy their time with activities that are wholesome and productive, such as organized sports, hobbies and after-school activities. The biggest supporters that can provide intervention and prevention are organizations such as churches and non-government organizations. Because they are mainly aimed at the youth, gang prevention becomes a cause at the top of their list. Believing that young people have a better chance of being helped if they are given positive activities, they take a more direct role in working with young people.

What Is Obvious

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

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

Teachers are being asked to reform their compensation through performance incentives. Why not require the same expectations from the criminal justice system for young criminal offenders?

Brown Card Volunteers Are Still Upbeat

By EDDIE J. GRIFFIN
Journalism Guild Writer

The history of Brown Card Volunteers is murky at best, but their contributions to us are most palpable.

In a recent interview with Marin Literacy's educators Sue, Carolyn and Nan of PROJECT REACH, I was afforded a unique perspective into thoughts and wishes of these most capable academic professionals. When asked what, if any, obstacles they may have faced in the course of performing their duties, I was told that "obstacles were minimal, the officers staffed in the education department were most accommodating."

These women expressed a desire to assist inmates in their transition back into society with the suitable skills necessary for

job placement, social integration, and the elevation of personal esteem.

Nan informed me that the effects of recent economic issues have had negligible impact on the program, being that resources came from Marin Literacy. Also, that barring some emergency, they make every effort to attend all scheduled classes. Nan enjoys spending time helping others and she learns as her students learn.

Once one of her students told her that his main motivation in enrolling in the program was a promise his son made to him, and that was that if he (the inmate) got his GED that he (the son) would make positive changes in his own life. Afterward, Carolyn said that shows that changing lives inside affects those outside.

When I spoke with Sue she was eager to convey her passion for helping others saying "I like to extend my teaching experiences to the benefit of those in need."

In addition to other duties these volunteers must undergo annual training regarding institutional concerns such as safety, contact with inmates and other staff responsibilities.

We may well wonder what it is that compels someone to give selflessly her or his time and patience for the benefit of others. Sympathetic consciousness of other's distress together with a desire to alleviate it would be an apt description.

These women, among other men and women, have taken the mere idea of rehabilitation from abstraction to reality here at San Quentin.



Photo: Sam Robinson

Ms. Maxwell, Ms. Ayala, Warden Cullen and Ted Roberts Confer Diplomas

Maxwell's Graduation Message: 'People Will Be Open to You If You Believe'

By JULIANGLENN
PADGETT
Managing Editor

San Francisco Supervisor Sophie Maxwell says education makes San Quentin graduates powerful and can change themselves and their communities.

"People will be open to you if you believe," Maxwell said as the guest speaker at the June 2010 Commencement for more than 200 graduates of programs by the Robert E. Burton Adult School and Patten University. "You know that you are a powerful people, and you can do anything. This is a moment of tran-

scendence for all of you. With this (education), you men can do anything that you put your minds to."

Maxwell, 60, was born in the Portero Hill neighborhood and has lived for the past 20 years in the city's Bayview District. She is the daughter of Enola Maxwell, the late activist and executive director of the Portero Hill Neighborhood House.

The San Francisco supervisor was elected to the board in 2000 and was re-elected to four-year terms in 2002 and 2006. Maxwell represents District 10 – Bayview Hunters Point, Visitacion Valley, Potrero Hill, Silver Terrace, Dog

Patch, Little Hollywood and the Portola Districts.

A community activist powerhouse, Maxwell has surmounted great odds by implementing community actions that closed down the Hunters Point Power Plant in 2006. By the end of this year, the Portero Power Plant may fall to the same fate

She has always believed that local power plants were responsible for the death of her son, Rama, who died at the age of 30. He died from Hodgkin's lymphoma, a cancer that attacks the lymph glands.

Looking at Where Violence Comes From

By SHARRAN ZELEKE
Non-Violent Communication
Facilitator

A San Quentin program called Non-Violent Communication (NVC) holds that all coercion is an act of violence.

NVC founder Marshall Rosenberg calls "should" the most dangerous concept in the English language, "Should" thinking—and the belief that "they deserve to be punished because they didn't do what I think they should do" is the root of all anger and violence on the planet. We are invited to look closely at our thinking and what may be motivating those thoughts – what "need," what basic human value, is underlying our thoughts and feelings.

NVC asks us to look at all the ways we are violent in our daily life. It says that we are always responsible for our actions in the world.

It helps us to become more aware of what we are feeling moment by moment and gives us tools to make peace with emotions we've been taught were not acceptable or appropriate. It teaches us to find the life energy under anger that can be expressed in ways that are authentic and not hurtful to ourselves or others.

NVC is a set of very practical skills, which helps us reframe how we express ourselves and hear others. More profoundly, though, it provides a model of thinking, speaking and hearing in a way that leads us to our humanity. It anchors us in internal freedom, allowing us to speak

and act from our core values rather than reacting to external stimuli.

John, who usually teaches NVC Basic 2 on the Hill, says, "I've been teaching in San Quentin for eight years, and it has profoundly deepened my understanding of and ability to live the consciousness of NVC. I've seen my students grow in their understanding of their own and others' emotions as well as in their ability and interest in responding nonviolently or compassionately to actions they don't enjoy. I've done the same."

Many students have said they like the level of honesty and trust in the classes as well as having fewer and less intense conflicts in their quarters and with their families during calls and visits. If you're not enjoying the end results of your communication, we invite you to sign-up for the next series.

The Hill classes have been meeting every Wednesday from 3 to 5 p.m. in the Education Building. Sign-up sheets are posted two weeks before the next session in both the Education Building and in North Block. H-unit classes meet on Wednesday from 6:30 to 8:25 p.m.

Students can get information about and sign up for classes in dorms Four and fFve through Stand Up inmate program advocates (next series starts Oct. 13). Evening students can also come to the registration the week before classes start and talk to NVC teachers.

How VIG Grew to Assist the Veterans' Community

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

In 1978, the Veterans Administration (VA) established limited outreach for incarcerated veterans. In 1998 (nearly 20 years later!) the Veterans Issues Group (VIG) became a realization in collaboration with the VA, Vet Centers, and numerous county, federal and state agencies. The rationale behind this joint program is the hypothesis that pre-release discharge planning reduces recidivism. With the approval of successive wardens at San Quentin, and professionals in the field of Veterans Affairs, this program has been facilitated through their volunteer efforts.

During 10 years of data compilation of incarcerated veterans by the San Quentin Veterans Issues Group, multiple factors were identified that lead to the successful reintegration to society of incarcerated veterans.

Many veterans become incarcerated due to unmet needs. These needs can be as simple as the inability to cope with "civil-

ian life," to as complicated as mental illness, substance abuse, and Post Traumatic Stress Disorder (PTSD). To identify and treat these unmet needs is paramount to the successful reintegration of the incarcerated veteran.

In March 2005, the Forensic Mental Health Association of California held its 30th annual conference. The VIG was contacted by the team assembling the agenda for the conference, and asked to make available the VIG Therapy Manual. Among the topics at the conference was the need for veteran specific programs when addressing therapy. The VIG manual became the national model as a result of this conference.

The manual is a framework that allows different curricula to be used to meet objectives. The outline of the program requires all members to participate at an equal level. The facilitators' only requirement is to document when a specific course has been completed. All other documentation is at the sole discretion of the outside facilitators. This relieves any agenda other than the completion of the curricu-

lum, which is agreed upon at the outset of becoming a member of the VIG group. Because all members are equal, the program can easily move forward to address core issues necessary to make change. By giving the facilitators a completely open forum, the curriculum is open for all manner of discussion, and each member is able to address the group openly. Reviewing the VIG manual brought to light that it is a living document, and is subject to change to meet current therapeutical techniques.

The initial seven-module program was non-veteran specific, and this illustrated the need for the VIG manual and curriculum, which specifically addresses the needs of veterans who are incarcerated. It was noted that "anonymity and confidentiality" were necessary when addressing a Veteran's core beliefs and past trauma. Most programs provide guidelines, but in the VIG program the veterans set those guidelines and have the choice of modules and the specific curriculum herein. This ensures that the unique needs of veterans who are incarcerated are met.

In 2000, the VIG became aware of a program in New York State developed by Don Little and James Stirolo. This program consisted of 27 12-week to 24-week modules specific to incarcerated veterans needs. By reviewing the statistical information through veterans who participated in the New York Project, it became crystal clear that veterans who had two or more years participation have less than one percent recidivism rate.

The 10-year statistical study on San Quentin VIG members that have been paroled reflects a zero recidivism rate! The key factor in both programs is the fact that therapy modules are conducted exclusively with veteran members. This provides a level of confidence for the veteran to openly participate. The VIG members adopted the curriculum specific to incarcerated veterans, and opened the door to success. The curriculum reaches the individual veteran, giving him the tools to make lifestyle changes. VIG prepares its veterans to enter established VA and private veteran pro-

grams. As members of the VIG program develop insight, and address community reentry issues, the members join veteran programs or become facilitators in community outreach. These outreach programs are extensive and directly and positively impact the community. Programs such as R.E.A.L. choices, which works with at-risk youth; Operation MOM, which raises funds and packs care packages for deployed soldiers, the yearly scholarship program provides educational funding assistance to veterans children

Additional programs include Stamps for Soldiers, which provides assistance in hand-to-eye coordination activities for wounded veterans in VA hospitals. Tabs for Tots assists families with children in treatment for cancer, and the Christmas Toy program, which reaches hundreds of children during the holiday season. The newest endeavor reaches returning wounded soldiers with hand-crafted presentation boxes.

To be continued...

S.Q. Murals...The Good and the Bad

T.R.U.S.T. Graduates Speak Up

By JOHN O. NEBLETT
Contributing Writer

The most important thing incarcerated inmates can do to rebuild broken family relationships is to tell their children the truth.

“Tell them your hidden feelings for them. The feelings you don’t share with anyone. Tell them the truth about fear. Their deepest fears include not knowing when you are going to come home,” said Linda Conklin, guest facilitator at a family reunification workshop.

Runs a School

The August workshop was sponsored by T.R.U.S.T., an acronym for Teaching Responsibility Utilizing Sociological Training.

The event featured T.R.U.S.T. graduates from previous workshops, including Kevin Penn, a soon-to-be-paroled prisoner. He reported his participation in T.R.U.S.T. beginning in 2005 was the start of his San Quentin rehabilitation experience.

Conklin talked about her experiences in family reunification for families of the incarcerated. She works in the community and runs a private school for children of incarcerated parents. She told numerous heart-wrenching stories about how children deal with their separations. She told us what the kids want to hear from incarcerated parents is the straight truth.

The Lesson Plan

Some of the issues discussed as a group included the importance of allowing children to tell a parent how they have frightened them, hurt them and disappointed them. This should be done without the parent defending himself or herself.

Conklin asked participants if they have forgiven their parents, and how they accomplish that task. If not, she asked, were they willing to consider the importance of forgiveness in order to begin their own healing? She also asked why is it important to communicate with children, even if they don’t respond?

The lesson plan for this workshop included a planning note to the facilitator stating: “Bring Kleenex.” This proved to be true as the workshop brought participants to some deep places where the tears came easily to the surface.

Correction

The Annenberg Foundation’s group, explore.org, was mis-identified as explorer.org in a previous issue. The San Quentin News regrets the error.



Photo: Mary Cello

What has happened to the once-beautiful mural between North Block and the Adjustment Center

By JEFFERY LITTLE
Contributing Writer

San Quentin State Prison is widely known for its size, the notorious criminals who’ve passed through, its valuable location by the bay, and the formidable walls and gun towers that surround the fortress-like facility, protecting society.

Those who have served time in San Quentin, volunteered their services, or visited the prison with a strange sense of curiosity, have all seen the hidden beauty within the walls.

South Dining Hall

Inside one of S.Q.’s enormous feeding areas, South Dining Hall, are four murals painted by a former inmate named Alfredo Santos. A talented and successful artist, Santos was convicted of heroin distribution and sent to San Quentin in 1951. By the end of Santos’s sentence in 1955, he had completed the sepia-toned murals that depict life in California. From San Francisco Bay to the San Diego/Mexican border, the murals are the artist’s rendition of the shipbuilding and industrial boom during the early 1890s. His depictions include the many cultures of people who contributed to the growth of California.

Another Masterpiece

Santos’s work is not the only creative masterpiece that beautifies the otherwise dreary, cream-colored walls of S.Q. Across from the newly established hospital and in front of the Adjustment Center, there is another graphic work of art with colors so vivid it captivates the eyes and forces an individual to gaze upon lives captured in a moment of time.

The original design was first created in 1982 and painted by several inmates, whose names are listed on the lower left hand corner of the mural. Due to inclement weather, the colors faded quickly and a group of men



Photo: Mary Cello

What the mural above looked like before the construction crews arrived

breathed new life into the images.

Four men are responsible for this generous effort: John Sklut, Scott McKinney, Gabriel Enriquez and Ron Goodman.

Through the Arts and Corrections Program, these talented men refurbished the historical painting under the guidance of Arts and Craft facilitator Lynelle Herrick. Unfortunately, after putting in many hours of dedication, McKinney was transferred; Goodman took up where McKinney left off. Now, two years after completion of the mural, a section of this artwork has been destroyed for the purpose of an ugly, lifeless, metal sliding door.

After speaking with Sklut, McKinney and Enriquez, information regarding other murals was revealed. Murals of artistic merit were painted over, hiding their beauty and the history of the artist.

When Sklut, McKinney and Enriquez were asked about how they felt about the destruction of the mural that took time and dedication out of their lives, Sklut, a mild-mannered man and 30-year veteran of doing time, replied, “It’s sad. With other mu-

ral that have been painted over, there is no record of the contributions and efforts of the artists who took time out of their lives to give the prison some life.”

A Different Side

Sklut added with feeling, “These murals show a different side of the person who painted these walls, no matter what the artist was in prison for. Now a lot of that is gone and there is nothing for the new generation to appreciate.”

“It feels bad,” said Enriquez. “But San Quentin does what they want, no matter how you

feel.” Enriquez does not consider himself a professional painter, but continues to paint beautiful creations.

McKinney said, “It’s irritating because Lynelle, the woman who was in charge of overseeing the project, died from breast cancer and it’s a blemish to her memory.” Nevertheless, this situation has not deterred this young man’s drive to be who he is, an artist. Asked if he would participate in another mural creation, he replied, “If allowed to paint, I’ll be there with bells on.”

Protection for Inmates

SAN FRANCISCO – A federal judge has refused to lift an order requiring California to protect mentally disabled inmates in state prisons.

The order was issued almost nine years ago, but those inmates are still being beaten, robbed and deprived of food and sanitation, U.S. District Judge Charles Breyer said on Sept. 16 after a six-day trial.

Breyer said one prisoner’s weight dropped from 175 pounds to about 140 in five months because his cellmate was stealing his food, but guards laughed at him when he asked them to accompany him to the canteen.

“In this climate of indifference, developmentally disabled prisoners are forced to surrender their items to whoever asks, cajoles, threatens or strong-arms them,” Breyer said.

So What Happens to a Seatbelt-less Parolee?

By DAVID MARSH
Contributing Writer

When you forget your mistakes, you are doomed to repeat them. As a parolee, I do not have the luxury of room for making mistakes.

Only three short months out from behind the foreboding walls of the fortress by the bay, the venerable San Quentin State Prison, I flagrantly broke the law!

I got a ticket for not using my seatbelt. And certainly I knew better. I mean, it's hard to forget that you're a parolee. Nonetheless, I didn't buckle up and the local constabulary wasted little time in serving me up a painful reminder.

It's only going to cost me a paltry \$13, a fix-it ticket. It won't even count as points against my driving record. It could have been so much worse, and such a ticket is often written up as an infraction costing much more than \$13.

The most important lesson to be learned here is that it didn't have to happen at all. And the critical part of the lesson is that all police contact must be reported within the first 24 hours. My parole agent had to be notified.

What would he say? Even more important, WHAT WOULD HE DO ABOUT IT?! I couldn't help but be reminded that it didn't have to come to this at all. I had allowed myself to slip on that all-important State Of Mind that all parolees must live with, constantly, if we are to beat the odds of that damning 73 percent recidivism rate.

Stuff like this that happens all the time to "normal" folks. Though quite inconsequential in their lives, it can be catastrophic to us, quickly resulting in a return trip behind the prison walls.

The truly sad thing is that this whole potentially parole-endangering mess just didn't have to happen at all if I had remained focused on the immutable fact that never changes in my life today: I am a Parolee.

When I allow myself to overlook that predicament then I am doomed to mistakes and inevitable failure. Failure for me as a parolee, means a trip back behind the walls. Who, really, do I have to blame if that should happen to me? Only myself!

By the grace of God, I have an experienced parole officer who simply made a note in the log noting my mental slip-up. It could have been so much worse.

But I've learned! Not only do I always immediately buckle up behind the wheel now, but also I try very hard to remain focused on my status as a parolee.

It's tough to beat parole. There are very long odds for us against success, even longer odds to realize that dream of an early 13-month release from parole.

But I remain convinced, perhaps now more than ever, that I am going to make it. Three months down and 10 to go!

Van Jones Describes His Journey To the White House and Beyond

Continued from Page 1

day. One key to his success has been his larger-than-life personality and his powerful way with words. He has found his niche in public speaking, using uproarious humor mixed with concrete solutions that link what are arguably the two most pressing problems for the United States and the world: climate change and economically under-served communities.

As Jones walked onto grounds of San Quentin for the third time he remarked, "You got me clear last time and now I've come back for some rejuvenation. I need some wisdom, I need knowledge. I've been through some stuff. It was bad but it gets better."

'I've Been to Oz and Back'

He stopped, looked around and said, "I got a chance to be on the other side of the curtain. I've been to Oz and back again."

Then Jones sat down in the Green Life circle and began to share his thoughts. "It's not like in the old days; they use digital bullets now. You have to learn to put egos aside. You go from working with the guy, helping the guy, then things go boom," Jones said. "Then you have to fall on the sword, you have to take one for the team."

"It took me awhile to get past the sadness, depression, the mourning and self-hatred. It's like someone puts a bell on your head and hits it."

'Best Thing I Did'

"Then you realize that you're just a pawn in the game compared to what they're trying to do to the President."

"The best thing I did, honestly, was to come here before going to the White House. Because I had a route. I knew I wasn't there for myself. I was there for you guys, I was there for people who are really going through something. On Friday I left here, went home, did some work. Sunday I caught the red eye and reported to work

to the White House Monday morning.

"When I was there, I was clear as a bell. I had an adventure. There were dragons that had to be confronted, inside and outside. And I'm not saying anything negative about anybody. But everybody is not there for the same reasons. You have a President, he's there for the right reason."

Jones said that as a Yale Law School graduate, "All the Bernie Madoffs, they went to school with me. I'm not fooled by the system. I know who the real criminals are. We're all fighting for our humanity a lot of time. When all the illusion, delusion and pretense are done...you have to actually deal with yourself. That gives you authenticity and it makes you stronger."

A Global Movement

The Green Life program at San Quentin uses peer education, life stories and eco-literacy as tools for individual and community transformation.

According to program members, by awakening to our roots in earth and connection to each other, Green Life integrates practical life skills while fostering entrepreneurship and economic self-sufficiency. The goal is to build a global movement toward environmentally conscious living.

Jones said he considers himself to be an honorary member of San Quentin's Green Life program. Other persons essential to the group's success are Laura Bowman Salzsieder of San Quentin Community Resources, and Ted Roberts, Principal of the Education Department, plus those who teach the course in Social Psychology facilitated by the Patten University Prison Project, Karen Martin, Ph.D. Candidate in Public Policy at Stanford University, and Jennifer L. Eberhardt, Assistant Professor of Psychology, Stanford University

The following associates of Van Jones and facilitators of The Green Life also participated in

the discussion: Pandora Thomas, Global Exchange, Director and Curriculum Manager for the Environmental Service Learning Initiative and eco-literacy instructor; Cynthia Ong, Executive Director, LEAP; Konda Mason, filmmaker, producer and Kripalu yoga teacher; James Hanusa, MBA, Thunderbird School of Global management; Ambessa Cantave, musician and activist; Aaron Ableman, musician and educator; AshEl Eldridge, artist, educator, organizer and spiritualist; Rose Elizondo, Angela Sevins and Joanne Connelly, facilitators of Green Life.

For more on Van Jones and Green Life, use the website, www.sanquentinnews.com, to access the issue of Sept/Oct/Nov 2009.

Excerpts from Van Jones's Speech

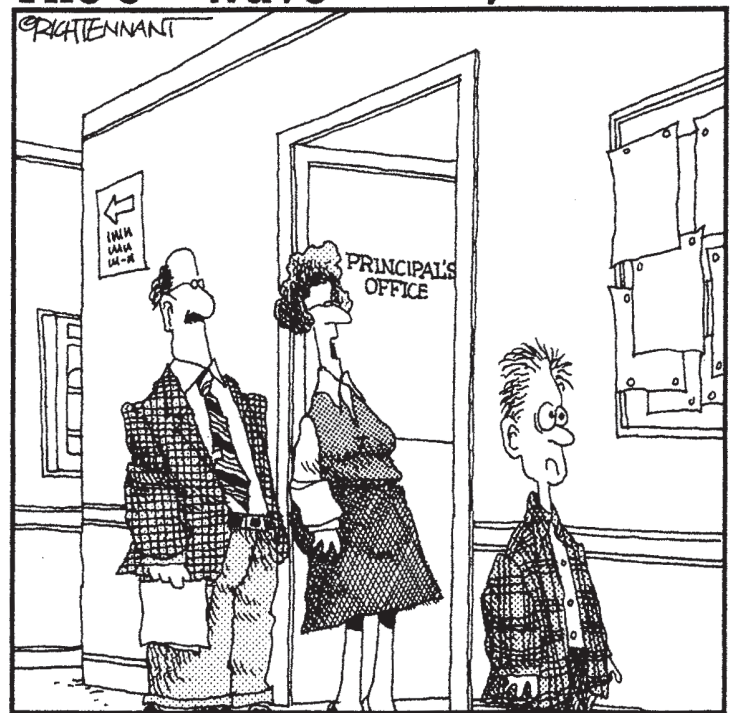
My name is Van Jones. I used to work in the White House. And now I don't. What I said [when I was here before] I say again: you guys are needed. I had a suspicion before, but I have a certainty now.

I was blessed to work in Washington D.C....I was in the cockpit for six months. I got a chance to see all those reports that get written, all that data. I got a chance to see all the information up close. We're in economic and ecological peril. But we have a great pilot. Barack Obama volunteered to be the captain of the Titanic after it went down. Remember, whatever you are mad about, he wasn't the one driving it when it hit. The slogan was never, "Yes HE Can." Somehow, it went from "Yes WE Can" to "Yes HE can." Then it became, "Maybe He Can't." Then everybody got mad.

I didn't talk baby talk when I was here last time. I'm not going to talk baby to you now. The movement for hope and change is in trouble because of a combination of factors: the backlash agenda. It's not just to derail

The 5th Wave

By Rich Tennant



"He should be alright now. I made him spend two and a half hours reading prisoner blogs on the state penitentiary Web site."

Reprinted by permission of Rich Tennant

what [Obama] stands for politically and economically, but also what he stands for spiritually and culturally... Nobody came away from those rallies with the President when he was a candidate and said, "Oh my God I just saw Barack Obama. I feel so informed." No, they said they felt inspired spiritually.

It's a blessing to serve a President like we have... But to put him in a position where he has to be perfect when the rest of us are not perfect is not right. I went from the jailhouse to the White House in 72 hours. And it was the same thing going on in both places, literally. The only difference was your bodies are fixed but your minds are free. People there, their bodies are free but their minds are fixed. Because if they say one wrong word they are through.

Adversity will make a weak person weaker and a strong person stronger. And you don't know who you are until you deal with that adversity. There's a reason why everybody is in this room right now, here at this moment. Because we need some

strong people. Not for you but for the babies out here... They need some strong brothers. We who have gone through our stuff... These babies need somebody that is strong. We need you to keep the negative away from them.

I'm not talking about the beef you have with someone else but the beef you have with yourself.

That's the beef you've got to squash and let go. You don't have a single enemy on this staff or on this yard that will talk to you like you talk to yourself. Your enemy is when you close your eyes at night. You deal with that enemy and the rest of your enemies will all go away.

I know about humiliation. I know something about being ashamed in front of my children.

And just like you I only had one choice: To be bitter or better. The only thing they're going to say about the brother is, "Was he bitter or better?" Yeah I was under the couch crying and all that, but no one wants to hear that. I was in therapy. The only verdict they want to hear is, "Was he bitter or better?"

OPINION

400 Years of Injustice For Native Americans

By DANIEL TREVINO
Journalism Guild Writer

Four and a half centuries after Europeans first set foot upon North American soil, it boggles the mind that in this day and age an American Indian's national, civil and religious rights can still be violated.

American Indian tribal members are supposed to be afforded sovereignty, due their tribal affiliation. The United States government supposedly protects their religious rights, but this is not the case in California's Department of Corrections and Rehabilitation. CDCR denies access to tobacco for the practice of American Indian religious ceremonies.

Used as an offering to the Sacred Fireplace, tobacco's spiritual significance cannot be substituted with sweetgrass, cedar or kinik-kinik, all sacred in their own right. A tobacco offering, by definition, cannot be made without tobacco. Whether offered in tobacco ties, spread upon the earth, or burned in the Sacred Fireplace, tobacco is a sacred sacrament that cannot be replaced or changed by anyone other than the adherent who practices that religion.

As adherents of a federally protected religion, American Indians in CDCR are exempt from the tobacco ban, due to an exemption put in place and signed



by the governor. By law American Indians are allowed to use tobacco for religious ceremony.

According to federal law, "It shall be the policy of the United States to preserve and protect the traditional religions of the American Indian." You would think that since American Indian religious practice is protected, they would be allowed to practice their religion unhindered by the CDCR bureaucracy. But even with President Obama recently speaking on the right of freedom to practice religion, CDCR will not allow this freedom without a direct order from the courts.

One day the indigenous people of the United States of America will be afforded the right to practice their religion without interference of governmental entities. Until then, all that adherents can do is practice their religion hoping that they can obtain the necessary item needed, and hope that they are not given a CDC 115 for using tobacco in the practice of their religion.

MY VIEW FROM THE Q

By JULIANGLENN PADGETT
Managing Editor

California is intent on resuming capital punishment, despite all of the compelling evidence that it is a terrible practice.

Seventy percent of those questioned in a recent Field Poll support the death penalty. Why? The only logical answer is: They aren't paying attention.

There are compelling arguments on both sides of this life and death issue.

Supporters exhibit an emotional reaction of retribution for heinous crimes. They also point out that anyone executed will never commit a crime again. Opponents point to these significant points:

1. Our nation's founding fathers declared that everyone was endowed by their creator with certain inalienable rights, including life.

2. Capital punishment is extraordinarily expensive: trials cost significantly more than other trials, imprisonment costs

about double the cost of regular incarceration.

3. It is difficult if not impossible to know for certain the person is guilty of the capital punishment crime.

4. Execution eliminates the possibility of "redemption" of the inmate.

5. The argument that capital punishment is a deterrent has been discredited. If it were, why do we have more than 700 men and women awaiting execution in California?

I believe more now than I did years ago that the death penalty is positively wrong, whether by cyanide gas or lethal injection. Death only begets more death.

California has a duty to rehabilitate its prisoners, especially the worst. The hope of a prisoner to become a full person, an asset to society, should never be eradicated by an execution chamber.

The validity of rehabilitation cannot build better persons after they have been put to death.

The solution: substitute life without parole for death.

3-Striker Group Forming

By EDDIE J. GRIFFIN
Journalism Guild Writer

A San Quentin group is working to provide support for inmates facing life imprisonment under the Three-Strikes law.

The group is currently taking a poll to ascertain whether an activity group of their own would better serve their interests.

To date there has not been much consideration of the unique circumstances under which they serve their life sentences. For example, unlike other Lifers:

- They are denied time reduction for good conduct.
- They cannot apply for parole until they have served 25 years.
- They are ineligible for psychological assessments to measure suitability for eventual integration into society.
- They lack comprehensive rehabilitation plans/criteria such as the "Matrix." Three Strikers are left with no milestones and little is expected of them.

The absence of such vital resources to Strikers has had the effect of increasing the sense of hopelessness in these men, rendering them unwilling and unmotivated to participate in any endeavor conducive to bringing about meaningful change in their condition.

For example, Three-Strikers make up roughly two-thirds of the Lifer population in San Quentin, but represent a statistically insignificant proportion of the membership in the various activity and/or therapeutic community groups here.

This is a troubling trend and one that should be remedied with utmost expediency. San Quentin has nurtured some of the most innovative and enduring programs and activity groups in the state, and could glean much benefit from fostering one aimed at improving the condition of an otherwise forgotten – though increasing – segment of the population.

Senator Facing 8 Felony Counts

LOS ANGELES – A California state senator is facing eight felony counts, including living outside the district he was elected to serve.

Sen. Roderick Wright, a Democrat, was indicted Sept. 16. He pleaded not guilty and was ordered to return to court Oct. 8, and was freed on \$45,000 bail. He is charged with five counts of voter fraud, two counts of perjury and one count of filing a false declaration of candidacy.

Conviction could mean up to 100 months in prison. Prosecutors said he claimed to live in Inglewood but actually resided in Baldwin Hill.

SPORTS

Yera Leads the Pack In S.Q. 2-Hour Run

It was an excellent day for a long run on Friday, August 27, as the extremely hot weather experienced earlier in the week moderated and it was a relatively cool day for the two-hour run. The San Quentin Thousand Mile Club had 16 runners start the run and 15 finishers.

As usual, early in the run Ronnie Goodman took the lead and set an aggressive pace. After a couple of miles, Abraham "Cuba" Yera fell into a smooth comfortable pace and ran right behind Ronnie for the early part of the run.

Foot Problems

Felix Lucero and Stephan Liebb also settled into a strong comfortable pace and ran together for much of the race following close behind Ronnie and "Cuba." Unfortunately for Ronnie, he had foot problems, as he experienced severe pain in one of his toes, and he was reduced to running at a slow shuffle over the last portion of the run.

"Cuba" had no problems, as he showed that he is fully recovered from the knee operation he had earlier this year, and ran strong over the full two hours to cover an impressive 18 miles. Over the final 20 minutes of the run, Lucero picked up the pace and made a move on "Cuba," but he had given up too much distance earlier in the run and he was still almost a mile behind "Cuba" as he covered 17.05 miles at the completion of the two hours.

Lucero looked strong as an ox at the end of the run and looked like he could have kept running at a strong pace for several more miles. Liebb hung close to Felix and finished with an impressive 16.80 miles for the two hours.

Mike Villanueva ran a strong pace the entire race and passed Goodman to finish with 15.80 miles. Hector Oropeza also ran at a strong steady pace and caught Goodman, and both of them finished with 15.60 miles.

Larry Ford continued to show good strength in the long runs and seemed to be picking up the pace over the closing 20 minutes as he posted 14.75 miles. Malcolm Jones, running with his right arm in a sling, covered 13.65 miles. Richard Kingsbury ran steady for the entire race, covering 12.95 miles.

Right behind Kingsbury was Bill Pillars, who showed that he has been working hard to recover from his recent hernia operation and covered 12.80 miles. Joey Mason started his run early due to a schedule conflict and was able to cover 12.00 miles over the two-hour period. Mason had experienced problems with cramping in July when we did the Marathon, but was able to get through this run with no problems and had a good performance.

Very Little Training

Kimya Humphrey covered 11.80 miles. 65-year-old Walter Johnson, the oldest runner doing the run, covered 11.20 miles.

Joshua Allison and Erick Copeland ran the entire two hours with very little training and both covered 9.00 miles.

The run was supported by Community Partnerships Manager Laura Bowman Salzsieder, Coach Frank Ruona, community volunteers Jill Friedman and Diana Fitzpatrick, SQIMK Chairman Steve Pascascio, Evert Spells, Louis Hunter, Alton McSween and Dee Whitaker.

Last Name	Age	Pace Per Mile	Laps Comp.	Miles Comp.
Yera	42	6:40	90.00	18.00
Lucero	32	7:02	85.25	17.05
Liebb	54	7:09	84.00	16.80
Villanueva, III	40	7:36	79.00	15.80
Goodman	50	7:42	78.00	15.60
Oropeza	46	7:42	78.00	15.60
Ford	54	8:08	73.75	14.75
Jones	52	8:47	68.25	13.65
Kingsbury	55	9:16	64.75	12.95
Pillars	55	9:22	64.00	12.80
Mason	49	10:00	60.00	12.00
Humphrey, S.	53	10:10	59.00	11.80
Johnson	65	10:43	56.00	11.20
Allison	30	13:20	45.00	9.00
Copeland	46	13:20	45.00	9.00

Anybody Want a Ring for \$50,000?

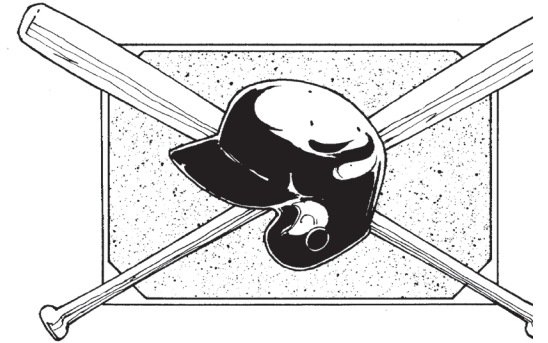
Ron Artest of the Los Angeles Lakers said he is motivated to win another NBA championship because he is going to auction his ring from last season's title

to raise money for mental health counseling in schools.

Artest said he has been offered between \$50,000 and \$100,000 for the ring.



SPORTS



S.Q. Giants End Season With Solid 22-11 Record

Bay Area Sports Teams Tank

By DREW PIAZZA
Sports Editor

The state of affairs of Bay Area sports leaves something to be desired.

I was looking forward to the opening of football season, but for only one day. I don't want to admit I was a Raiders fan growing up in Oakland, but that's the truth. Part of me wants to see them do well and part of me doesn't.

I hoped they had improved, like everyone does every year. Sorry, Raider fans, you should be used to this by now, and please don't blame it on Al Davis; I can't remember the last time he took a snap.

Oh, I forgot to mention: I put a curse on them when they left us for L.A. (At least a Cubs fan can relate to curses and goats.)

The Truth is the Truth

Moving over the pond, as we like to say, everyone is excited about the new no-nonsense attitude that Mike Singletary brings to the gridiron. Well, Mike, with all of your experience and attitude, we see some improvement, but as everyone from Pinole to Portugal knows, you can't be taken seriously with a quarterback named Alex Smith. Sorry 49er's, the truth is the truth, and I'm a 49er fan.

Hello Giants. You've won the west but you still didn't take the opportunity to shore up your bats so you won't go all the way.

Let's Go Rivercats!

Oakland A's, we love Billy Beene and the whole over-achiever thing but it's getting old as well. Until that baseball-friendly stadium gets built to provide adequate monies to secure the best or keep our best from leaving every year, the Rivercats will be the best team in your organization. Same old story and it's getting old as well, and I love the A's. I still have a patch of grass from the World Series in my mother's back yard. Oh, I forgot that was 35 years ago; I'm getting old.

But we do have the Sharks to get excited about. I forgot, same story, or what about the Warriors? I heard they were going to trade Stephen Curry and Monte Ellis for some 7'6" point guard named Sid Utzman from the D-League, I'm not having a good day.

The San Quentin baseball season, has come to a close. The San Quentin Giants posted a very respectable 22-11 record.

With some perspective on the season, here is an interview with starting left fielder Orlando "Duck" Harris:

How long have you been playing baseball?

I grew up playing baseball from elementary school, all of my life basically, and while incarcerated.

Where did you start playing ball and around what age?

Initially I got into baseball with Little League, Pony League, and Babe Ruth in North Oakland at Emerson and Mosswood Park and then moving to Gerbers of the East Oakland.

Who is your favorite team?

Oakland A's.

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

I've been here at S.Q. for 18 months.

What were your thoughts when you realized you would be playing baseball again instead of softball?

I was totally ecstatic and a bit apprehensive, to play a game that

I truly love yet haven't played in 18 years, I must admit this experience have respectfully humbled me.

What was your mind set during the season, were you trying to adjust to hardball or was it easy?

Yes I had to adjust, because I had been playing softball and I was a little timid wondering if I could still play hardball at this level seeing I was only allowed to play softball at all other Institutions.

And what is your opinion of the level of play at S.Q.?

I think you have a lot of guys that in their prime were very good players, basically dreams deferred. Now the level of competition that's coming in is real solid. We've played a couple of college teams, One of the teams was (a college team from) Texas. They beat us in the top of the ninth inning. I think with the influx of the new guys that were included this year made a big difference.

Speaking of the new players added to the roster, what is your position on adding a new team to the program?

I personally welcome a new team, I think the interest is there; I believe it would be great for competition and we could develop two leagues, which would force a playoff type atmosphere. I believe the team everyone is mentioning is the Oakland A's. Yeah, that would be great.

I notice you've been rehabing after having surgery. How is it coming along and will you be ready for next season?

Yes, it's coming along ahead of schedule. And yes, I will be ready, but I plan on being home by next season!

Which one of your teammates would you say was the MVP of the season?

Red Casey, without doubt. We've deemed him the franchise.

What about fan support?

It's mixed, at best.

Do you have anything to add?

Yes, everyone who gets the chance to come here should definitely take advantage of the baseball program, as well as all other programs offered here at S.Q. — Drew Piazza

NASCAR SPRINT CUP

It is time for Championship Nascar racing. The top 12 drivers will race for the coveted prize of Nascar Champions: The Sprint Cup. The points were calculated by the win totals and finishing orders of the first 36 races. These are the point standings to date:

1. J. Johnson..... 5,503
2. D. Hamlin..... 5,495
3. K. Harvick..... 5,473
4. C. Edwards..... 5,450
5. J. Gordon..... 5,445
6. Ku. Busch..... 5,433
7. Ky. Busch..... 5,423
8. G. Biffle..... 5,418
9. J. Burton..... 5,402
10. T. Stewart..... 5,376
11. M. Kenseth..... 5,354
12. C. Bowyer..... 5,251

All drivers who made the chase are given 5,000 points plus 10 points for every win obtained during the regular season 36 races. There will still be a field of 43 drivers, but only the 12 listed above are eligible to win the championship.

1,000-Mile Club Gears Up For Marathon

San Quentin's 1000-Mile Club geared up for a Marathon Run on Oct. 3, at 9 a.m.

The 26.3-mile race, which takes professional runners between two and three hours to complete, is an annual event for the club.

Members of the 1000-Mile Club are training for the grueling event, which will be held on the Lower Yard.

This will be Ronnie Goodman's last marathon. He has been a member of the 1000-Mile Club for the last four years and is due to parole soon. His time in the last marathon was 3:40.17. We at the San Quentin News Sports Desk wish you luck.

All inmates and staff were invited to cheer on their favorite runners.

Warriors Win, 107-90

Facing the cagers of the Prison Sports Ministries, the S.Q. Warriors played like their name and posted a 107-90 victory.

They were too big and powerful down low. Playing their usual half court sets, pounding it down low and going up tempo at times, the Warriors continue to pound out victories. This despite having their star player, Mujihied, out for the season.

S.Q. WARRIORS BASKETBALL STATS

NAME	GMS	PPG	RPG	BLK	ASST	STL	FG%
Carnegie	16	16.3	10.1	5	2.9	5.2	0.54
Cheeves	10	5.9	4.2	1	3	1	0.50
Hall	14	5.7	1.9	1	0.7	0.3	0.23
Jones	14	10.1	4.1	0	1.3	1.7	0.47
Lewis	16	21.4	18.2	34	2.5	7.2	0.41
Ware	18	9.7	2.4	0	2	1.5	0.17
Bennett	17	2.4	1.4	1	0.3	0.2	0.33
Munns	7	20.4	10.3	8	1.4	1.1	0.48
Winfrey	17	10.0	7.9	1	0.3	.5	0.46
Wright	17	14.4	12.2	6	0.3	0.9	0.41
Fuqua	1	8.0	5.0	0	1	2	0.10
Boissiere	5	4.4	2.4	1	2.4	2	0.40
Lamb	1	17.0	3.0	0	3	1	0.41

FOOTBALL SCHEDULE 2010

49ers	RAIDERS
9-12 at SEA 1:00 p.m.	at Tenn. 10:00 a.m.
9-19 N.O. 1:05 p.m.	ST. Louis 1:05 p.m.
9-26 at K.C. 10:00 A.M.	at ARI 1:15 p.m.
10-3 at Atlanta 10:00 a.m.	HOU 1:15 p.m.
10-10 PHILA 5:20 p.m.	S.D. 1:15 p.m.
10-17 OAK 1:05 p.m.	at S.F. 1:05 p.m.
10-24 at CAR 10:00 A.M.	at DEN 1:15 p.m.
10-31 vs. *DEN 10.00 a.m.	SEA 1:15 p.m.
11-7 BYE	K.C. 1:15 p.m.
11-14 ST. LOU. 1:15 p.m.	BYE
11-21 T.B. 1:05 p.m.	at PITT 10:00 a.m.
11-28	MIA 1:05 p.m.
11-29 at ARI 5:30 p.m.	
12-05 at G.B. 10:00 a.m.	at S.D. 1:05 p.m.
12-12 SEA 1:05 p.m.	JACK 10:00 a.m.
12-16 at S.D. 5:20 p.m.	
12-19	DEN. 1:15 p.m.
12-26 at ST.L 10:00 a.m.	IND. 1:05 p.m.
1-02 ARI 1:15 p.m.	at K.C. 10:00 p.m.

* GAME TO BE PLAYED IN LONDON

NFL SCORES

Week 4

ATL	16	SF	14
HOU	31	OAK	24
DEN	26	TENN	20
G.B.	28	DET	26
NYJ	38	BUFF	14
STL	20	SEA	3
BALT	17	PITT	14
NO	16	CAR	14
CLE	23	CINN	20
JAX	31	IND	28
SD	41	ARZ	10
WASH	17	PHIL	12
NYG	17	CHI	3

Richmond vs. T.R.U.S.T. Softball

By **TERRY CALDER**
Journalism Guild Writer

A group of San Quentin inmates who have "been there and done that" are helping to change the lives of young Richmond men who have landed in prison.

It's called the Richmond Project, founded in 2006 by the San Quentin T.R.U.S.T. to cope with escalating crime and violence.

One of its recent activities was a softball game with inmates playing together who would have been enemies on the streets of Richmond.

It was a warm August evening, perfect weather for softball, so the Richmond Project and Trust Fellows met for a friendly game of slow pitch. The Richmond Project started the game out with the first hit and the first run but T.R.U.S.T. prevailed in the end, 10-5.

"Since the start of the Richmond Project, we have seen decreasing rates of crime and violence. The men of Richmond come together to curb the damage and hardcore image they had placed within the community," said David Monroe Jr., a leader of the group. "...our hope is that other communities will follow

in these footsteps as we move toward curbing the violence that is plaguing our entire nation. We are hoping that the Richmond Project is just the pebble in the pond."

Monroe noted that Richmond Mayor Gayle McLaughlin met with the group in 2007 to gain a perspective on the community's crime problems.

Nythell (Nate) Collins said, "The Richmond Project is having a big impact in the city of Richmond. The Richmond Project has helped me see that I can be an asset to my community by reaching out to the young men who are living the kind of lifestyle I once lived."

"Working with the organization changed my view because we are helping kids as people to stay out of prison," said Lamone Ellis.

T.R.U.S.T. was launched in 2004 and has approximately 300-400 graduates, reported Darnell Hill. Most are now leaders and positive role models inside and outside San Quentin.

The organization promotes a positive sense of self-worth by assisting men in developing the necessary skills to reinforce

their positive values. It also supports constructive behavior, responsibility, accountability and leadership qualities.

T.R.U.S.T.'s philosophy is that all incarcerated men are valuable human beings who have the experience, skills and power of influence to stop the cycle of violence, drugs and alcohol abuse and criminal behavior. The purpose is to change one's self, their family and community. T.R.U.S.T. provides a safe environment that allows men the opportunity to purge negative thoughts and behaviors, and reinforce positive ones. — *George Burns contributed to this story.*

WNBA FINAL

The WNBA championship was decided on September 18, 2010. The Seattle Storm overcame the Atlanta Dream in a squeaker, 87 - 84. The Dream's Angel McCoughtry scored an impressive 35 points in the game but despite this stellar play the Dream was unable to come out on top.

The Storm was led by Swin Cash, who scored 18 points in a balanced offensive attack.

The Seattle Storm swept the series decisively 3 - 0. This is their second championship since the league was started in 1997.

The Storm seems to like close games, winning the three games of the series by a combined eight points.

Hard Times Softball on a Roll

At high noon along the Marin side of the San Francisco Bay, you can find Coach dragging the baseball diamond, preparing the field for a Sunday afternoon softball game.

The men work hard all week here at the "Q" in various job assignments, looking forward to Sunday's games.

As the P.A. system engages, a voice breaks through the airwaves, "Open unit for North Block."

The men exit the mammoth stone building, descend the long

SEPTEMBER			
24 Hard Times 5:30 pm	25 Warriors 9 am Inside Tennis 9 am Flag Football 9 am Soccer 1 pm	26 Kings 1 pm Hard Times 1 pm	28 Soccer 5:30 pm
OCTOBER			
2 Warriors 9 am Inside Tennis 9 am Flag Football 9 am Soccer 1 pm	3 Kings 1 pm	5 Soccer 5:30 pm	9 Warriors 9 am Inside Tennis 9 am Soccer 6:20 pm
10 Kings 1 pm	12 Soccer 5:30 pm	16 Warriors 9 am Inside Tennis 9 am Soccer 1 pm	17 Kings 1 pm
19 Soccer 5:30 pm	23 Warriors 9 am Inside Tennis 9 am Soccer 1 pm	24 Kings 1 pm	26 Soccer 5:30 pm
30 Warriors 9 am Inside Tennis 9 am Flag Football 9 am Soccer 1 pm	31 Kings 1 pm	Special Note: Oct 2, 2010 Pat Cash USF Tennis Team: Oct 30, 2010	

Football Economics

By **DREW PIAZZA**
Sports Editor

The average NFL team value has fallen considerably, according to Forbes Magazine.

A survey found that teams in larger markets have fared better than those in smaller markets. The average value has decreased two percent from last year to \$1.022 billion.

None of the top 12 franchises lost more than three percent of their value. The bottom six dropped five to 16 percent.

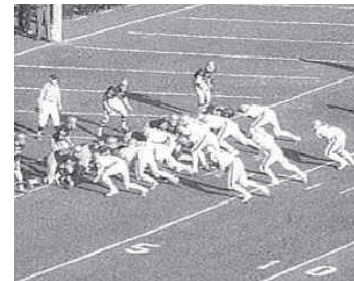
The Dallas Cowboys remained the richest team. It is worth \$1.805 billion. At the other end of the spectrum, the Jacksonville Jaguars are only worth \$725 million.

The second highest-valued team is the Washington Redskins at \$1.55 billion. The remaining

richest teams are the New England Patriots, New York Giants and the Houston Texans.

Twenty-one of 32 teams declined in value. The value increased for the Cowboys, Texans, Colts, Saints and San Francisco 49ers.

The Oakland Raiders are worth \$758 million and the San Francisco 49ers are worth \$925 million, ranking 22nd in value out of 32 teams. The Raiders are 31st in value out of 32 NFL teams.



Joffrion's Picks

By **RONNIE LEE JOFFRION**
Contributing Writer

In the AFC North, I predict the Pittsburgh Steelers, being the number one seed and the Baltimore Ravens, as the number two. In the AFC East, I predict the New England Patriots, as the number one seed, with the Miami Dolphins being the number two seed.

In the AFC West, I predict the San Diego Chargers, being the number one seed. In the AFC South, I predict the Indianapolis Colts, being the number pick in that division.

In the NFC East, I predict the Dallas Cowboys as the number one seed, and the Washington Redskins as the number two seed. In the NFC South, I predict the New Orleans Saints, as the number one seed and the Atlanta Falcons, as the number two seed.

In the NFC West, I predict the San Francisco 49er's the number one seed. In the NFC North, I see the Green Bay Packers, as the number one seed.

Nevertheless, I predict the New Orleans Saints to go back to Super Bowl XXV, but not as a winning team. With Drew Brees, being the well-seasoned quarterback that he has become Brees will still come up short by three points.

I predict the Baltimore Ravens have just enough to beat out the strong challenges they will receive from teams such as the Indianapolis Colts and the New England Patriots, because of their stingy defense. This hard-hitting defense led by the

ferocious linebacker Ray Lewis, and hard-hitting safety Ed Reed, who can shut down the most potent offenses, thus keeping the score very low.

Week 4 Predictions

- PITT OVER BALT
- NYJ OVER BUFF
- CINN OVER CLEV
- TENN OVER DEN
- HOU OVER OAK
- IND OVER JAX
- N.E. OVER MIA
- S.D. OVER ARI
- ATL OVER S.F.
- N.O. OVER CAR
- NYG OVER CHI
- G.B. OVER DET
- WASH OVER PHI
- SEA OVER STL

Week 5 Predictions

- N.O. OVER ARI
- ATL. OVER CLE
- CHI OVER CAR
- TENN OVER DALL
- DET OVER STL
- GB OVER WASH
- NYJ OVER MINN
- HOU OVER NYG
- S.F. OVER PHIL
- TB OVER CINN
- BALT OVER DEN
- JAX OVER BUFF
- IND OVER KC
- SD OVER OAK

Kings Win, 93-92

After trailing much of the game the Kings were able to squeak out a victory over Prison Sports Ministries. Mario Ellis filled the nets at a rapid clip. Tony Manning used a smothering defense to overtake the opponent, 93-92.

SAN QUENTIN HARD TIMES RECORD 11-4-1

Name	AB	RUNS	HITS	RBI'S	2B	3B	HR	K	BB	AVG	OBAVG	SLG%
BRIAN	40	12	22	7	3	1	0	2	33	0.550	0.581	0.675
COACH	54	17	27	20	6	1	0	0	2	0.500	0.518	0.648
DALTON	45	23	30	25	5	2	2	0	8	0.667	0.717	1.000
DANN.	28	11	12	9	1	0	0	0	1	0.429	0.448	0.464
DWIGHT	64	26	28	14	5	2	1	1	4	0.438	0.471	0.625
LEMUS	44	7	20	11	1	0	0	1	1	0.455	0.467	0.477
GEORGE	36	11	14	5	1	0	0	0	5	0.389	0.463	0.417
JEFF	25	8	10	7	0	2	0	1	0	0.400	0.400	0.560
HARPER	16	4	6	6	0	2	0	1	0	0.375	0.375	0.625
KENTUCKY	28	12	10	1	0	0	0	1	3	0.357	0.419	0.357
KEVIN	39	16	17	11	1	2	0	3	1	0.436	0.450	0.564
KE LAM	56	22	28	18	6	1	3	2	1	0.500	0.509	0.804
LOUIE	50	9	17	6	1	0	0	1	2	0.340	0.365	0.360
MIKE	22	8	8	3	0	0	0	1	3	0.364	0.440	0.364
SCOTTY	6	2	1	0	0	0	0	1	1	0.167	0.286	0.167
SOLIDER	16	3	7	4	1	0	0	1	2	0.438	0.500	0.500
YA YA	39	9	15	5	0	0	0	0	4	0.385	0.442	0.385
TEAM	632	207	284	158	33	14	6	16	41	0.449	0.483	0.574

Pitching	IP	R	H	W	L	T	R/IP	H/IP
FERNANDO	71	61	107	6	2	1	0.9	1.5
COACH	1	1	1	1.0	1.0			
DAN	24	34	61	2	1.4	2.5		
KENTUCKY	37	61	98	3	2	1.6	2.6	
Total	133	157	267	11	4	1	1.2	2.0

LETTERS

Two Paths, Two Lives

Some weeks ago San Quentin News adviser Steve McNamara sent to Judge Thelton Henderson a copy of the June-July issue of the paper in which Editor-in-Chief Michael Harris wrote about the remarkable similarities in his own early life and that of Judge Henderson, which had quite different outcomes. What follows is Judge Henderson's reply, printed with his permission

Dear Mr. McNamara,

Please accept my apology for taking so long to respond to your letter of July 31, 2010. I've been presiding over a very difficult trial, which I've just completed.

Thank you for sending me copies of the San Quentin News. I very much enjoyed reading Michael's articles. I was especially fascinated to read his Opinion article "One Neighborhood... Two Paths, Two Lives...Why the Difference." Since talking to Michael that day at San Quentin I have been discussing with my friends the irony of meeting someone who grew up three blocks from where I grew up, went to the same high school, hung out at many of the same places, is obviously at least as bright/smart as I, and yet – somewhere along the way – our lives took dramatically different paths.

I would love to write Michael, but I think it would violate a judicial ethic, if I did so, especially given the high profile of my Plata v. Schwarzenegger case. I hope you will share with him my pleasure of meeting him, and reading his articles.

Sincerely,
Thelton Henderson
Senior United States District
Judge

Report from CMC

(Editor's note: Excerpts from a letter by Aly Tamboura, former design editor for the San Quentin News before he was transferred to CMC-West at San Luis Obispo.)

CMC-West had next to zero rehabilitation programs when I got here last year (not even correspondence courses are available here). After last year's budget cuts to education, there literally is nothing here for inmates to better themselves. It is a very stark comparison to what you guys have at San Quentin, even after the budget cuts to education. Feel blessed to be there, my friends, because I don't think that there is a prison in the state that is so committed to positive programming as the one which you are so fortunate to be at. I, of course, realize that it is still prison and the ultimate goal is to be free again. But just the same, San Quentin has a lot to offer to help with re-entry into our communities and it cannot be overlooked that San Quentin is, in all actuality, a microcosm commu-

nity of prisoners who are doing the right thing.

I do have to tell you that there are some conditions that are better here at CMC than they are at San Quentin. The food here at CMC is about 2000 percent better. I can't even describe the difference and give it the justice it deserves. Everything is fresh, cooked wonderfully and we are given large portions, so much so that you actually get full from the dinner meal.

We also eat all three meals in the kitchen (no bag lunches) and the kitchen is even clean! You don't need to order package food because they feed you good here. Also, aesthetically it is nice here, there are no concrete and steel buildings. Instead, the buildings are old wooden structures placed in what only can be described as a giant park setting, filled with trees, grass and a beautiful view of the coastal mountains.

There are no locks on the doors and the buildings are full of windows and allow for incoming natural light. CMC-W is actually an old Army base converted to a prison after the World War II. The only thing that lets you know that it is a prison is the double, 12-foot high, chain link fence perimeter, the gun towers and, of course, the correctional guards.

Aly Tamboura
F17843
CMC-W

Gregarious and Kind

I had just entered my cell on return from the yard and Johnny called up to me from the first tier with a sense of urgency: "Officer Steinberg passed away!" It didn't register and I said, "What did you say?" as I backed up to the tray slot to be uncuffed. He repeated again, but with more information; "Officer Steinberg from the law library passed away." ... I automatically heard my involuntary thoughts become vocal and spew from my mouth; it came out of my mouth involuntary, a heartfelt "NOOOOOOOOO!"

That's the response that the tragic passing of Officer R. Steinberg brought forth from the depths of my spirit. The passing of this gregarious and kind human being, well liked by other officers and prisoners alike, was like a punch in the gut. In my 24 years of incarceration, I have never met anyone – staff, prisoners or others – that I liked as much as this person. Officer Steinberg was one of those rare individuals who you couldn't help but like. He always had a greeting for all that he crossed paths with – and that came from his spirit. He liked all people and was genuinely interested in the men he was in charge of. He would ask questions about our appeals and life on Condemned Row. He asked because he was a humanitarian at heart. He would have been a fantastic social worker.



CDCR File Photo

The New (top) and Old (bottom) Viewing Areas of S.Q. Death Chambers

We are all products of our experiences; some of us go through life and never profit positively from our less than stellar experiences. Not Officer Steinberg; while he would never discuss his personal life as it exists; he did once offer to loosen the handcuffs a little bit which he had placed on too tightly by accident; he mentioned that he knew what it was like to be ignored when in distress.

I asked how he knew and he related that as a much younger man he had been caught up in a DUI and placed in tight handcuffs, which was very painful. Then when he asked for his one phone call, he was ignored; when he asked any questions about anything, no one would answer; they acted like he wasn't there. He said it was extremely frustrating. He said that was how he knew what it was like to have no power and be helpless while those in charge ignored your plight. Officer Steinberg benefited from his unfortunate experience; it made him a better person – understanding of others' misfortunes and helplessness.

Condemned Row is serious business and can be quite depressing for many; however, Officer Steinberg always kept it "light" and not overly serious. He was always the consummate professional as an officer; gregarious attitude governed his personality. His passing is truly a tragic loss for humanity. I cannot begin to imagine the loss, the hole which will be left in the depths of his family's daily life. He was just one of those "good people" and he will be genuinely missed by all who knew him. Sadness prevails; however, I am sure Officer Steinberg would have wanted others to have no sadness at his funeral, but a celebration of life – as there should be.

Officer Steinberg's passing has stunned me at the fragility of life. Even in passing away, Officer Steinberg is teaching us to not become complacent about family and friends; for we are all here but for a moment and then

we are not. We should never part with harsh words for each other; we never know if we will see them again. Each day should be lived to the fullest as a celebration of life and to make the world a better place for all. A most appropriate poem for remembering Officer Steinberg is Longfellow's "A Psalm of Life."

Max Barnett
Condemned Row-East Block

Need More Than \$200

Editor:

I would like to give some feedback on the article by Allyson West and maybe bring some insight to what we need before we are released back to our communities.

My response is that we need more than \$200, an ID and a ride to the bus station when we get released from San Quentin. We need a program that helps from the inside out first! We need to start putting together what we need before we get out, such as identification, employment, schooling, treatment programs, Social Security, child support, housing and what parole has to offer.

If there was a program where you could do all the footwork, stay focused and learn how to do life planning before we got out, we would have a better chance to give back to our community instead of taking from it. If given the chance to reach goals while we are doing violations or terms we could stop this return rate or at least slow it down.

Yes, I know there are programs in this field such as Pre-release, Parole Planning and C.R.P. and many others. We need "Back On Track." This program would be the help we need to get back on life's track. I want to help Allyson West more than anything, because she is on the right track. C.R.P. is or could be big to the prison minority and so could Back On Track. These unique programs are what we need.

Leon Keys
San Quentin State Prison

Executions Put Off Until 2011

Continued from Page 14

and its manufacturer says no new supplies will be available until next year.

In January, 1982, Brown, now 56, was convicted in Riverside County and given the death penalty for the 1980 rape and murder of Susan Jordan, 15.

Governor Arnold Schwarzenegger condemned the ruling. "It is absurd that our legal system continues to prevent the state from carrying out the will of the people," he said. He had earlier denied Brown's request for clemency.

"The appeals process in California has proven to be nothing more than a never-ending war of attrition against justice and the rights of victims and their families," said Karen Jordan Brown, the victim's sister. "The distress that this process has brought on the Jordan family is profound and unfathomable but has only tempered our convictions in favor of capital punishment."

— Julian Glenn Padgett and
Arnulfo Garcia.

Judges Consider Cost of Sentences

ST. LOUIS, Mo. – Missouri judges can now consider the cost when they sentence a defendant to prison.

The information became available in August. For example, a three-year prison sentence would cost some \$37,000 while probation would cost \$6,770.

The Missouri Sentencing Advisory Commission voted to begin providing judges with cost information on individual cases. The commission is composed of lawyers, judges and others established by state lawmakers years ago.

ARTS & ENTERTAINMENT

Snippets

Possible hands in Texas Hold 'Em—2,598,960

One or more species of animal or plant life is wiped out every 20 minutes—roughly 27,000 species per year.

Leeches and maggots are categorized as medical devices under the Federal Food, Drug, and Cosmetic Act.

Ikea's catalogue overtook the Bible as the world's most distributed publication in the year 2004—145 million copies versus 125 million copies.

The two robbers crucified next to Jesus were Dismas and Gestas, according to the Gospel of Nicodemus, one of the many books of Christian Apocrypha.

Ice skaters skate on water, not ice. At 32° Fahrenheit, ice has a liquid surface measuring 40 billionths of a meter thick.

Chess, fireworks, fishing pole and hook, hot air balloon, kite, and parachute are Chinese recreational innovations.

In the summer of 1967, Jimi Hendrix played seven gigs as the opening act for the Monkees.

A falling object travels slower at the equator than it does at the North and South Poles.

No is said more times by a mother to a toddler than I love you.

POETRY

THE BELTS MY FATHER WORE

By M. A. DAVIDSON

I remember the belts my father wore, one for church, one for the chores. And when trouble came my way, I remember what my father would say, Son, which of these belts shall I use? This will hurt me, more than hurt you. I stood and stared at the belts on the bed, fear and hate running through my head. My mother begged and cried at the door as I stood shaking upon a wooden floor. He beat and whipped me about the room until he grew tired or I fell in a swoon. I remember the belts my father wore, one for church and one for the chores.

NATURE'S TEACHERS

By ROBERT (ROCKY) COTÉ

The air will teach you how to smell, the moon will teach you her mystic tale, the fire will teach you how to see, the sun will teach you what you must be. The water will teach you how to feel, the Gods will teach you how to heal, the earth will teach you how to hear, the Goddesses will teach you to be a Seer. The equinoxes will teach you the law of balances, the crystals will teach you wisdom's allowances, the solstices will teach about death's rebirth, the plants will teach you every leaf's worth. The full moon will teach you about sacred fertility, the metals will teach you the powers of magnetic energy. The new moon will teach you of the magic cycle's cleft, and the animals will teach you all that's left.

This is dedicated to my kinsmen in East block and North Seg.

In Indian Country

By DANIEL TREVINO
Journalism Guild Writer

Many American Indian tribes consider the bear as the healer of the Nations.

They believe that the Sweat Lodge is a symbol of the bears cave or the womb of mother earth, where he retreats in the winter to heal himself from all that he has endured the previous year.

Several tribes use bear doctors to heal themselves through Sacred Ceremony, which consists of chanting, and dancing, while the bear doctor wears a bearskin, and the healing of sick patients, where all join together in a circle and dance with the bear, as the desired healing occurs.

Medicine men of old followed the bears to observe their eating habits, and found that bears use several healing herbs to cure themselves of whatever ails them. Using these healing herbs, bear doctors discovered how to cure ailments that cause suffering. Bear doctors have been known to cure cancerous tumors, broken bones, arthritis and even addictions to substances such as drugs and alcohol. Though many may find such claims hard to believe, to American Indians healing from bear doctors is a well known occurrence in this modern day of scientific medicine.

Most bear doctors ask patients to see a medical doctor, and use the scientific medical practices of modern medicine, in conjunction with traditional healing practices. To true believers, healing through traditional methods, such as bear doctors and medicine men, is and always will be a first resort when any ailment afflicts them, though modern medicine is always a part of the healing process. Bear doctors are a first rather than a last resort of the healing process for many American Indians, and for that reason the bear is and will always be an important part of healing.

Inmates Pitch In

FOLSOM – About 70 Folsom State Prison inmates pitched in to help assemble thousands of school supply kits for low-income California students.

An Oakland nonprofit group called K to College organized the campaign last year to supply poor kids in San Francisco, Alameda and Contra Costa counties with \$65 worth of free school supplies.

The minimum-custody prisoners formed an assembly line to pack tote bags with pencils, staplers, highlighters and other supplies at the prison's Modular Building Enterprise facility. Cards indicating the number of each supply per kit were taped onto each table. Participating inmates will receive a school supply kit to give to their children.

Last Issue's Sudoku Solution

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



Book Review

By RANDY MALUENDA



THE ART OF SEDUCTION (By Robert Greene) – So much material in this top of the Greene Trilogy (i.e. Power, Seduction and War).



THREE CUPS OF TEA (By Greg Mortenson & David Oliver Relin) – An inspiring story of one humanitarian, that raises money to promote peace in northern Pakistan “one school at a time.”



BLINK (by Malcolm Gladwell) – Excellent stories of the science behind intuition and impressions. Subtitled: “The Power of Thinking Without Thinking.”



SEX AND THE PSYCHIC WITCH (by Annette Blair) – Harmony Cartwright works through romantic complications in order to expel an annoying ghost in this laugh-out-loud supernatural comedy.



EAT, PRAY, LOVE (By Elizabeth Gilbert) – Rebounding from a post-marital boy toy, a writer works the title in an attempt to find herself. A future chick-lit classic.

RATINGS:
Top responses are four ribbons progressing downward to one: Responses which are two ribbons or less are not recommended reading:



Sudoku

By TROY A. ASHMUS

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

Look Who Made It

Joy Richardson generates stories about successful parolees throughout the state.

By **JOY RICHARDSON**
Contributing Writer

Benny Taylor is a real charmer. That down home Southern drawl and straightforward conversation makes a person feel right at home. Benny started out in life as the son of a Georgia moonshiner. By the time he was 31 he'd made some not-so great-choices that landed him in the California Prison System.

Benny walked onto the yard at Folsom in 1975, guitar in hand. He spent lots of time playing, taught some fellow convicts to play, and even managed to teach a few of them to sing.

Here are his comments in a recent interview:

Where did you meet your wife?

Cheryl and I met in Folsom Prison at a wedding. I was the Best Man and Cheryl was the Maid of Honor. We just celebrated our 25th wedding anniversary.

Does anything in particular stand out in your mind from your time at Folsom?

When Nicholas Cage was researching *Con Air*, he came to Folsom and asked to talk to an "authentic convict." Sgt. Huttner asked me if I was an "authentic convict," and brought Nicholas Cage to meet me. We walked around the yard and talked.

What did you do once you were released?

When I was released in 2004, Cheryl and I bought a ranch in Gridley and joined an equine rescue service. We adopted



Photo: Joy Richardson

Benny Taylor enjoying his guitar

mares and their foals out of the PMU (pregnant mare's urine) industry where they were kept in horrid and unsanitary conditions. We adopted eight horses over the course of 18 months. We'd "gentle" the horses, then bring riders together with them for a match. We still have three of the horses with us.

I understand you earned a psychology degree while you were at Folsom. How have you put that to work for you outside?

We recently moved to Coulterville. I was introduced to a grandfather and his 11-year-old granddaughter. He asked if I, along with one of my horses, could work with her regarding self-confidence, self-esteem and poor choices. I thought, "My God! Who better to discuss those issues than me!" The child

has already been on my horse, and is in love with her.

What other things do you and Cheryl enjoy doing?

We are members of Clowns International. I am a Clown Magician, Cheryl is Tootsie the Clown. We frequently did gigs with puppets when we lived in Gridley. I also sang and played electric guitar during 4th of July celebrations in Gridley.

Benny and his wife are retired and live in Coulterville on their ranch. Benny is still a musician. Every other Friday night you can find him playing guitar and singing at The Lumberyard in Coulterville. Of course, he plays "cowboy" music, both popular Country Western music and his own creations. Benny invites at-risk kids come to his ranch to ride horses

Back in the Day

Selected Stories From Past Issues of the San Quentin News

AUG. 1980 – Two rows of over 50 motorcycles from pan-heads to knuckleheads, 74s and three-wheelers, lined the lower yard for the 1980 Motorcycle Show. Providing the entertainment was the Bay Area country-bluegrass band Good ol' Persons and the Norton Buffalo Band, among others.

AUG. 1980 – The vocational landscape gardening class is announcing room for ten more cons interested in signing up. The landscape program was started at San Quentin in April 1953.

AUG. 1980 – A con exercising on the North seg. roof area was stabbed in the neck once with a pencil. He was treated and returned to his cell. There are no suspects.

AUG. 1980 – Inmates with pay numbers have been given a pay raise. A 15 percent increase will kick in for the months of July and Aug., and after that it will be 7.5 percent.

SEPT. 1980 – An inmate has died of unknown causes at the prison hospital. John Wakefield, 46, died Aug. 29 after being admitted to the hospital the previ-

ous day complaining of weakness. An autopsy revealed the cause of death as pancreatitis – inflammation of the pancreas.

SEPT. 1980 – Approximately 75 demonstrators marched in front of S.Q.'s East Gate to commemorate the death of George Jackson nine years ago. Jackson, an inmate activist and author, was one of six people who died Aug. 21, 1971 during a failed escape attempt.

SEPT. 1980 – Over 500 convicts gathered on the lower yard for a Labor Day musical extravaganza. The show featured exotic dancers and an interesting mix of musical performers.

SEPT. 1980 – Four inmates were hit with birdshot when gunmen on the C-Section yard fired seven shots to break up a fight between two inmates, according to prison spokesman Mike Madding. They were treated at the prison hospital and released back to C-Section.

NEWS BRIEFS

LOS ANGELES – Two Los Angeles County sheriff's deputies were fired and eight others were disciplined after a jail suicide revealed how they cheated a bar code system to avoid checking cells regularly, the Associated Press reported.

Deputies use a bar code reader to scan checkpoints as they walk the cell rows checking on inmates. A falsified log allegedly showed a deputy scanned all points within 35 seconds. A copy of the bar codes was found on a deputy's desk.

SACRAMENTO – Governor Arnold Schwarzenegger has nominated appellate state

Justice Tani Cantil-Sakauye to become California's chief judge. The Sacramento native is a Filipina American and the second woman and first nonwhite ever named to that position.

Voters will decide in November whether to approve the appointment.

SAN DIEGO – Prison guard Matthew Gutierrez is facing charges of attempting to smuggle 11 ounces of fake cocaine into the federal Metropolitan Correctional Center. Investigators said an informant provided Gutierrez with the fake drug.

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.

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 welcome.

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

Send Submissions to:

CSP - San Quentin
Education Dept. / S.Q. News
San Quentin, CA 94964
(No street address required)

San Quentin News

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BEHIND THE SCENES

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The San Quentin News requests that all institutions send us reports of your 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.