



File Photo

Supreme Court Hears Prison Crowding Suit

By JUAN HAINES
Journalism Guild Writer

U.S. Supreme Court conservative justices questioned California prisoners' lawyer on how public safety would be affected if correctional officials were forced to release thousands of prisoners to ease overcrowding.

A three-judge federal court asserted that California Department of Corrections and Rehabilitation (CDCR) medical care is so poor due to overcrowded conditions that it is unconstitutional. The fact that one prisoner died every eight days of ailments that could have been prevented or delayed was a significant factor for the decision.

U.S. Supreme Court Justice Samuel A. Alito Jr. implied that California could build more facilities and hire more staff to solve its unconstitutional prison conditions. However, an August 2010 analysis of CDCR's medical facilities conducted by the State Inspector General found only two institutions barely exceeded the minimum score, and numerous prisons were significantly non-complaint. The report warns that the receiver has not yet implemented a mechanism to ensure that CDCR medical policies and procedures are followed system-wide or that medical community standards are met by the institutions inspected.

Referring to a potential release order, Julie Small of radio station KPCC reported that

Secretary of Corrections Matthew L. Cate said, "...we need to be able to do it at the pace that we think is safe. Let's say that we've seen a reduction in crime rates, for example, over the last several years. Well, if that trend reverses and we see a serious uptick in violent crime and at the same time we have to reduce our population in two years...what do you do?"

Carter G. Phillips, representing the State of California, argued against a prisoner population cap claiming, "...the reality is that anytime you say you're going to release 30,000 inmates in a very compressed period of time, I guarantee you that there's going to be more crime and people are going to die on the streets of California."

Supreme Court Justice Alito commented, "If I were a citizen of California, I would be concerned about the release of 40,000 prisoners."

Don Specter, representing California prisoners, reminded the Court that, "...based on expert testimony...from the State's experts, from the intervenor's experts, they all came to the unanimous conclusion that there are methods that - by which you can reduce crowding which will not increase crime in our State." Specter asserted, "All of the testimony that they heard from experts from Texas, from Pennsylvania, from Washington State

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Front: Clarence Thomas, Antonin Scalia, John Roberts Jr., Anthony Kennedy, Ruth Ginsburg. Back: Sonia Sotomayor, Stephen Breyer, Samuel Alito, Elena Kagan

TAKING AIM AT RECIDIVISM

By ADAM RODDY
Contributing Writer

The writer is a volunteer facilitator of Members of Modern American Society.

California is saddled with an estimated \$20 billion budget shortfall and declining resources to pay for its already overpopulated prison system. To help tackle this problem a small organization at San Quentin is developing a new model for prison education that could reduce recidivism rates and help alleviate the stress on California's prisons.

Members of Modern American Society (MOMAS) is a volunteer organization that teaches future parolees practical skills and financial literacy for life outside of prison. The program is uniquely positioned for success and acceptance by participants in prison because it is collaboration between inmates and outside instructors and supporters. The MOMAS curriculum is designed to help parolees find work, connect with job training and apprenticeship programs, manage their personal finances, and understand the basics of investment and business planning, skills that 80 percent of San Quentin inmates report they need. The goal of the course is to help inmates

prepare to integrate back into the formal economy and become financially independent once they are released.

The California prison population has increased nearly 600 percent in 30 years and the state has long suffered from one of the highest recidivism rates in the nation - nearly seven out of 10 prisoners released in California return to prison within three years. Adding urgency to the situation, a federal court ruling that would mandate that California reduce its prison population by 40,000 is being challenged by the state and so is now being considered by the U.S. Supreme Court. The prospect of thousands of additional inmates released in the coming years to comply with court orders makes providing inmates with the necessary knowledge to live on the outside, and reducing the chance they return, more critical than ever.

Evidence shows that training programs like MOMAS can help inmates achieve greater economic success and effectively reduce recidivism rates. For instance, a program in Texas, which combines education and employment training before and after release, reduced recidivism within one year of release by 15 percent and increased employment success

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VOEG - Where Survivors Meet the Perpetrators

By COLE BIENEK
Journalism Guild Writer

The muggy summer air inside of a small classroom buzzed with a nearly visible electric tension. Eleven men and one woman sat in a circle attentively listening to a twelfth man relate a story plumbd from the depths of his soul. He appears close to tears, nervously wringing his hands, struggling to make the words come.

No one moved to comfort him, or ease his pain; instead, they encourage him through their supportive presence to go deeper, step further into the fire. Bolstered by their aid, he reveals

personal secrets that he never believed he would tell another human being. The words feel like tearing off a Band-Aid - relief that the wound begins to heal, but the exposed skin is so tender that even a gentle breeze burns.

The lone woman in the room thanks him for his courage and allows a few moments to pass in silence, letting his story percolate in the hearts of the listeners.

The men in the room are all convicted felons, inmates living behind the aged walls of San Quentin State Prison. The majority of the 12 were convicted

New S.Q. News Website
The San Quentin News is now available at its own website:
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We welcome and encourage your feedback.

of murder, some having served more than two decades behind bars.

They all participate in the innovative and powerful Victim Offender Education Group (VOEG). Established in 2004 by Rochelle Edwards, VOEG operates upon principles culled from the Restorative Justice movement.

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Distinguished Author Speaks At S.Q.

"We incarcerate African American men today at about 10 times the rate than at the eve of the ending of apartheid in South Africa," said an award-winning political scientist.

Prior to Marie Gottschalk's attendance at the annual meeting of the American Society of Criminology, in San Francisco, she gave a lecture at San Quentin discussing parole policies, specifically the politics behind lifers' diminishing ability to parole from prison, and California's three-strikes law.

Gottschalk is the author of an exhaustive study on American



Photo: Eric Phillips

Marie Gottschalk at S.Q. prison policy, *The Prisons and the Gallows*.

This book chronicles the political forces behind U.S. retributive penal policies and the reliance on mass imprisonment as a solution for criminality.

Gottschalk identifies crucial relationships between interest groups such as victims' rights, women's rights, prisoners' rights groups, and death penalty activists that are usually treated in

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EDUCATION

Starting Up On a Sheet Metal Career



File Photo

Entrance to Vocational Sheet Metal Shop

By MICHEAL COOKE
Journalism Guild Writer

Who would have thought that taking a plain, thin, flat piece of metal, and with the right know-how, turning it into a vast variety of shapes so many important in our everyday lives? Look around and you will see formed metal everywhere. From flashings used on doors to keep out the weather, to vents and ducts designed to help you breathe better, or enclosures built for sensitive equipment, the list is almost endless.

San Quentin's Vocational sheet metal shop, headed by industry veteran and shop instructor Keith Baughn, provides training to inmates in all aspects of the sheet metal trade. Mr. Baughn has been at San Quentin since 1997, following several decades as a sheet metal journeyman. He also has taught in the "Union's" apprenticeship program beginning in 1985. "I thought I'd be at San Quentin for only five years. Now, it's been almost 14!" said Mr. Baughn. "Sheet metal is the only craft I know of which designs, engineers, builds, installs and services what we do," he added.

The instruction offered is top notch, with primary certification from the National Center for Construction Education & Research (NCCER). Apprenticeship representatives from the Sheet Metal Union's North Bay Training Center also come to the shop quarterly to advise students on various opportunities in the industry.

The goal is to prepare inmates to enter the sheet metal industry at the apprentice level so they may go directly to one of the Sheet metal Union Local 104's training centers upon their release. From there, the apprentice can obtain work in the field. Mr. Baughn noted that each man must be "insurable" in order to work. It is necessary to obtain a Social Security card and Drivers License upon release from prison.

Eddie Ramirez, a lifer who completed the sheet metal class and paroled a few years ago, is now very successful in the trade. "He'll earn journeyman status soon from the San Jose training center," according to Mr. Baughn. "Another of our successes is Javier "Hammer" Andretti, a short timer who ... has made us all proud, not only as a qualified worker, but the union

The Prison University Project (PUP):

PUP serves approximately 300 students each semester. Students work toward a college degree. To enroll, write and ask to be included in Patten's next student orientation. Address your envelope to "Patten University, Education Department."

has even featured him at their job fairs helping to recruit new blood."

Sheet Metal Leadman Hector Oropeza stated that inmate Burt Boatman came from vocational plumbing to sheet metal shop. Boatman paroled before finishing the course, learning to operate the Press-Brake machine. "That skill alone got him a job as soon as he paroled."

It takes 14 to 18 months to complete the introductory level course, depending on the student. Opportunities to learn Computer Aided Design (CAD) blueprint reading, welding and soldering are all part of the curriculum. Safety training is mandatory and includes working with steel and lead. Students also learn asbestos abatement and awareness.

The shop's ventilation system was upgraded through a joint effort with Vocational Machine Shop instructor Richard Sanez. Both shops are now up to Cal-OHSA standards. Recent equipment additions include a digital control power shear, hydraulic press-brake and MIG welder.

There is a "Home Add-On model" that students can actually design and fabricate as if on a real construction job site. Students learn both in the classroom and hands on. Math tutoring is offered weekly.

"It's not about bending a bunch of metal and throwing it up in the air. It takes some real aptitude. My students even learn geometry and trigonometry, although they may not know it. We sneak in the hard stuff without them even realizing what they've accomplished," said Mr. Baughn.

Milestone credits can be earned for those inmates who qualify, starting with one week off for the beginning core curriculum, and two weeks off for each sheet metal book completed. There are four books in the course.

Inmate Oropeza said, "Most importantly, we learn to visualize, engineer, plan, and then fabricate; you know, really think it through. We have to work as a team, leaving our differences at the door. Men learn self-confidence after their first project comes to life in front of them. These are life-skills we'll use here in prison and for the rest of our lives."

— Dwight Krizman contributed to this story.

CONDEMNED ROW

Earn your GED

Contact: Bolema in Education

New Program Leader Offers Her Insights

By R.F. GILLIAM
Journalism Guild Writer

Budget cuts have placed more demands on the Prison University Project, according to Amy Roza, the new program director for the popular San Quentin educational activity.

Amy was born and raised in Queens, New York. She earned a Master's Degree in Teaching from Trinity College in Washington, D.C., and a B.A. in Public Policy and Anthropology from Pomona College in Claremont, Calif. After graduating, Amy was a public school teacher in Washington, D.C., and then Director of Youth and Family Services at the Center for Court Innovation in New York City. She also taught classes with the Prison Education Initiative at Riker's Island.

After coming to the Bay Area about a year ago, Amy began tutoring Patten University students enrolled in Math 50 classes. She sat down to share her thoughts with the men of San Quentin, and spoke about her new role here.

How has the budget crisis and staff lay-offs affected the Prison University Program to date?

We're funded by foundations and individual donations, so we're not directly affected. We've been able to offer classes six days a week, so we're grateful for that. The cuts to other valuable education programs within the prison has placed more demand on our program.

Have you found the administration and custodial staff supportive of your efforts?

I particularly appreciate the efforts of some of the officers we work with regularly. For example, ensuring that all of our students get into their classes on time.

What kind of reaction do you get from people when you tell them you teach college courses in prison?

They have a lot of questions. They love to know what the classes are like. I think the reality of the classes is different than the average persons' perception of what a prison is like, and what inmates are like. Our classes are

like college classes anywhere else.

How are the prison/jail educational programs here and in New York different?

The specific program I worked at in New York, at Riker's Island, wasn't accredited. So it was GED and enrichment classes, and the goals of the program were different. I would say that PUP has a much more developed relationship with the San Quentin administration and with the CDCR than the program I taught at Riker's.

What impact does your program have on those inmates who earn a degree, do you have any data showing that giving inmates an education reduces recidivism?

There is existing research that says prison education reduces recidivism. Giving somebody a quality education increases that person's options.

What interested you about teaching at San Quentin?

It's an opportunity to work with a talented, generous faculty with a very committed and eager student body.

What are your aspirations for the future?

I would like to do this job well. There's a lot to learn.

Have your perceptions about incarcerated men changed since you've begun teaching here?

I've worked in schools, in other jails, and the court system, so my perceptions haven't changed in that regard. I definitely have learned a lot from San Quentin staff, students, and volunteers.

Looking at this program as a new-comer, as someone with a fresh pair of eyes, what changes would you like to see happen?

I'm really looking forward to working with our faculty to ensure that all of our courses are as rigorous and compelling as our students deserve.

I asked Amy if there was anything she'd like to add.

I would just like to say "I love this job, and I'm totally grateful for the opportunity."

The Costly New Supply Of S.Q. Execution Drug

San Quentin – The state paid \$13,415 for 521 grams of sodium thiopental, the drug used to carry out executions at the prison. The drug was manufactured by Archimedes Pharma of Great Britain. The department had to go overseas to order the drug because CDCR's domestic supplier, Hospira Inc., claiming production problems, was unable to deliver a fresh supply. Sodium thiopental, widely used as a gen-

eral anesthetic, is the first of the three drug cocktail given to prisoners when they are executed. Currently the United States has a shortage of sodium thiopental forcing multiple states to slow or even halt their executions. This shortage caused the September 29 cancellation of the scheduled execution of Albert Greenwood Brown. The new supply will expire in 2014.



File Photo

Nghiep "Ke" Lam busy working in the shop

Restorative Justice Program Lets the Healing Begin

BY JUAN HAINES
Journalism Guild Writer

When criminals meet with their victims and actually grasp the injuries they're responsible for – the first step toward reconciliation is taken.

Interested Bay Area citizens met with San Quentin prisoners to practice the principles of Restorative Justice. This unusual meeting created a bond between prisoners and the community that otherwise would not materialize.

The underlying principle of Restorative Justice involves victims and offenders engaging in dialogue. Participants believe that this leads to healing and closure to pain and suffering. More importantly, it increases offenders' awareness of harm caused, thus preventing future negative behavior.

NON-PUNITIVE

The San Quentin Responsibility, Rehabilitation, & Restoration Interfaith Roundtable sponsored this "alternative approach to corrections," intending to make communities safer through a non-punitive approach.

Former prisoner, Leonard Rubio was instrumental in bringing the idea of Restorative Justice inside of San Quentin, initially through the Victim Offender Education Group.

The Group's inspiration:

- *The Little Book of Restorative Justice*, by Howard Zehr
- *Justice that Restores*, by Charles Colson
- *Restoring Justice*, 2nd ed., by Daniel W. Van Ness and Karen Heetders Strong
- *Crime and its Victims; What We Can Do*, by Daniel W. Van Ness

• *The Little Book of Circle Process*, by Kay Pranis [Native American tradition of the Hephaka Sapa (Black Elk) a holy man of the Ogala Sioux.]

Prisoners Vince Russo, Kevin Hagan, Albert Hernandez, and Bob Kaser, along with facilitators, Mary Elliott, PhD and Rose Elizondo assembled college students and faculty from University of San Francisco, U.C. Berkeley's Boalt Hall School of Law, the Jesuit School of Theology, San Quentin Buddhist Sangha, along with teachers and principals from K-12 public schools to participate in this symposium.

Community leader and former lifer, Eddy Zheng spoke to the audience about the principles of Restorative Justice.

"We are here today because we need healing in our lives. We need restoring of what has been harmed," Zheng said. "Being in prison is nothing I am proud of, but as a result of being in prison I became the person I want to be."

At the Symposium, the California Re-entry Program saluted its staff of nearly 30 volunteers who have assisted over 1,000 prisoners at San Quentin. On Tuesdays and Thursdays around 10 members of the staff enter San Quentin to aid prisoners by preparing resumes, finding jobs and housing, obtaining driver's license and Social Security cards. The program is actively seeking volunteers to help Spanish-speaking prisoners.

Project Homeless Connect (PHC), a local public assistance group was also represented at the symposium. (www.projecthomelessconnect.org). PHC informs potential clients that they do not have to be homeless

to obtain assistance with the life skills services they provide.

Aqeela Sherrills, spokesperson for "California Crime Victims for Alternatives to the Death Penalty" (www.californiacrimevictims.org) travels worldwide facilitating concepts that inspire peaceful solutions to tough neighborhood problems by asking, "What does peace look like in urban neighborhoods?"

Sherrills opened the symposium saying, "As a result of the murder of my 18-year old son, Terrell, I have come to understand that we are not our experiences. What we have perpetrated of been victimized by only informs who we are becoming. It is not who we are. Who we are is a creative dynamic force in the world that has the capacity to define our own fate."

BELIEF IN MIRACLES

Lorrain Taylor, whose twin sons were murdered, expressed her restoration through an original gospel song, "Take a Stand," which included audience participation for the chorus.

According to sponsor Mary Elliott, PhD, "Restorative Justice confirms my belief in miracles. Every moment presents us with an open door."

Facilitator Rose Elizondo added, "Storytelling is the language of healing and community building. Through sharing our personal stories and listening to the people we've harmed, we're learning to hold ourselves accountable for the effects and ripple effects of the harm we've created. We're learning to live our way into a new way of relating as a community."

The community lauded Lorenzo Romero for translating the symposium into Spanish.



Photos: Joy Richardson

Gail Brown (left) and Vanessa Nelson

New Advocate Group Targets Parole Board

Joy Richardson covers stories about successful parolees and other prison-related subjects throughout the state.

By JOY RICHARDSON
Contributing Writer

Gail Brown and Vanessa Nelson have been actively involved in prison reform for over 10 years, and have loved ones inside. Brown's husband of 14 years is a lifer. Nelson's nephew and significant other are lifers. Brown and Nelson have been members of the Statewide Inmate Family Council and have vigorously pressed for inmate rights up and down the line.

Brown and Nelson both have full-time jobs in addition to learning as they go how to be lobbyists. They have met with many people at the Sacramento headquarters of the California Department of Corrections and Rehabilitation, including CDCR Secretary Matthew Cate, Martin Hoshino, director of the Board of Parole Hearings (BPH), and Debra Herndon, associate director at the headquarters level responsible for statewide visiting.

In the beginning of 2010 Nelson and Brown decided there was a lot of talk and not enough action. They believed that lifers are a forgotten population and decided to do something to make a difference. From that meeting, Life Support Alliance was born.

LSA's purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown believe there is no oversight or accountability for the BPH, and there should be. Nelson says, "We want to make the legislators and people of California aware of how much the actions of the BPH are costing the taxpayers, just in pure dollars and cents."

Brown and Nelson meet with legislators and assert that there is something wrong with the parole process - the money the BPH spends is astronomical, it

doesn't buy public safety, and it continues to contribute to overcrowding in prisons.

Nelson says, "We understand the BPH isn't going to change as long as its members are all ex-law enforcement or victims rights advocates. We're hoping to change the mix of the parole board. We want the legislature to put in oversight and accountability requirements for the BPH. We want the board to be accountable for the decisions they make, the number of times their decisions are overturned in the courts, and the money they spend. We think many more life term inmates can be released safely. If board members had more oversight they would consider their actions rather than giving out knee jerk 'no, no, no.'"

Nelson says she can't stand it when she believes something is not fair. She says, "This state cannot afford vengeance as public policy. It's all about money in the Capitol dome these days. We don't expect the lawmakers to respond to us on humanitarian terms, but we do expect them to look at the money."

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and the reasons BPH gives for denying a vast number of lifers' parole dates are rooted more in politics than in public safety.

LSA began sending out surveys seven months ago to get the lifers' stories about their experience with BPH commissioners and psychologists. To date they've had some 300 surveys returned from lifers up and down the state. Many surveys offer quotes from transcripts of inappropriate actions and comments by commissioners and psychologists.

Life Support Alliance may be contacted at P.O. Box 3103, Rancho Cordova, CA 95741.

Unique Assistance For Parolees

A community-based nonprofit organization and the Santa Barbara Sheriff's Department have opened the Santa Barbara County Day Reporting Center in Santa Maria.

The community-based organization, Community Solutions Inc., utilizes motivational interviewing techniques and a curricula-driven, evidence-based model intended to find out the specific needs of each client and guide them to a successful re-entry into the community.

The center is located at 1775 S. McClelland Street.

Town Hall Meeting — S.Q. Prisoners Open Up

The San Quentin News editorial department in conjunction with the San Quentin Media Center filmed a town hall style meeting with responsive prisoners at the North Block barber-shop area.

This town hall meeting generated constructive criticism, positive recommendations, and enlightenment regarding prison conditions and their effects on the men incarcerated at San Quentin State Prison.

Michael Harris, Editor-in-Chief of the San Quentin News, opened the discussion by asking the men, "What is your connection to the streets?"

Many attributed their positive attitude to an ability to maintain a solid and wholesome family relationship. The men told of their appreciation for the persistency,

dedication, and strength of loved ones.

Several prisoners, who spent decades behind bars, spoke of the pro-social atmosphere at San Quentin and how beneficial its unique self-help programming is toward boosting healthy relationships.

There was also an understanding for "letting go" that many loved ones succumbed to having "a life to live." The men identified with the phrase, "out of sight, out of mind" knowing it's a reality for those who feel rejected or abandoned.

Harris' open style of communication allowed the men to depict on film, how it feels to do time in California prisons. The men unashamedly revealed how isolation and banishment overshadows the psyche of in-

carcerated men, as they spoke of deflation, lost expectation, and the misconceptions they had about prison life as youngsters. These negative influences inside the California Department of Corrections and Rehabilitation were well documented, Kevin Tindall said, "There's all kinds of thoughts in this prison system. There's a whole other dirty perspective about life in prison." Harris implored youngsters who may see this film, "If you got action at missing this, miss it."

The film is expected to air on San Quentin's CCTV, and to be available to the public on the newspaper's web site, at sanquentinnews.com

— Juan Haines

— Juan Haines

Gottschalk Views The Prison System

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isolation from one another, finding that some of their efforts end up bolstering the policy of mass incarceration.

Gottschalk claims that law enforcement interests have been subject to political and partisan winds. This has had a profound effect on the subsequent emergence and development of interest groups and social movements related to law enforcement.

NOT RELATED

Gottschalk's long-term observation of crime rate trends has found no direct relationship to incarceration rates, noting that, "deviance is not a property inherent in any particular kind of behavior, rather, deviance is a property conferred upon a certain behavior by the majority or by the powerful."

Gottschalk professes that the court's hands-off approach to prisoners' rights and prison conditions allows the public to disregard the incarcerated and easily dismiss constitutional/human right violations.

Gottschalk maintains that prisoners' rights groups used to be as important as the civil

rights groups, but has gradually faded because of eroding educational programs in prisons and the oppressive effects of overcrowding.

'NEW JIM CROW'

Commenting on a film about California's three-strike law, *Legacy*, Gottschalk said, "If the teachers do one thing, I say 'show that film.'"

"One of the most interesting original books I've read," Gottschalk said, "was Michelle Alexander's, *The New Jim Crow*, finding that it thoroughly explains the consequence of today's mass incarceration policies and the lasting effects of being labeled a felon.

Marie Gottschalk is associate professor of political science at the University of Pennsylvania. She is the author of *The Shadow Welfare State: Labor, Business, and the Politics of Health Care in the United States* (2000).

The Prisons and the Gallows is the winner of the 2007 Ellis W. Hawley prize, Organization of American Historians.

— Juan Haines

MOMAS Offers Unique Model of Inmate Power

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by 33 percent. Yet, in California, education and training programs comprise only six percent of the state corrections (CDCR) budget and only 10 percent of inmates released in 2006 had participated in any vocational training during their incarceration.

UNIQUE MODEL

What may make MOMAS particularly successful, compared to other vocational training programs, is its unique collaborative model. MOMAS was conceived and is implemented by inmates for inmates.

The executive committee of inmates, inmate-teaching assistants (TAs) and outside volunteer coordinators work together in a co-mentoring and co-advising capacity. Everyone involved has a stake – and takes pride – in the program's success.

This model is successful because the TAs themselves are graduates of the MOMAS program. Each year they work with the volunteer coordinators to help refine and develop the course material to meet the diverse needs of the students. Thus, MOMAS is a constantly evolving curriculum that is shaped by the experience of the inmates enrolled in the program to provide useful skills for a better life on the outside.

Programs like MOMAS could be critical to relieving pressure on California's prison system by providing a cost-effective model for expanding prison education programs with proven results of reducing recidivism and increasing chances for employment.

According to CDCR, in 2009, education programs were available to only 16 percent of the prison population in the state and 23,000 prisoners were on waiting lists for education programs in California prisons.

FORWARD GOAL

Looking forward, a goal of the MOMAS program is to educate many more prisoners throughout the state by growing the program within San Quentin and expanding to other prisons. Also, MOMAS will work to improve by interfacing with similar programs elsewhere to compare training and develop best practices, and by increasing fundraising and community support.

Of course, the most important goal of the program is to improve the lives of its participants. When MOMAS graduates put their new-found skills to use for securing employment and achieving financial security, the program will be deemed a success.



File Photo

D. Specter (left) and C. Phillips

Supreme Court Hears Prison Crowding Case

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– all of whom had suffered, and dealt with crowding in their prison systems, have said...unless you reduce the crowding, nothing else is going to work."

U.S. Supreme Court Chief Justice John Roberts stressed that the Prisoner Litigation Reform Act of 1996, "...requires that [the] court give substantial weight to adverse impact on public safety," to any release order.

Specter assured the court that "low risk" prisoners could be released safely. He submitted that "low risk" prisoners recidivate around 17 percent, significantly lower than the general 70 percent recidivism rate for all parolees.

U.S. Supreme Court Justice, Antonin Scalia retorted, "...the 17 percent figure goes to exactly my concern...it seems likely this is going to have an effect on public safety."

CDCR's Oct. 11, 2010, "Outcome Evaluation Report," analyzes recidivism, risk for future criminal behavior and specific trends in California's incarceration policies.

The report identifies who is recidivating by use of the "California Static Risk Assessment" (CSRA). The CSRA provides accurate predictions to show which paroled prisoners are most likely to return to prison and under what circumstance within a one, two or three year period.

Researchers broke down recidivism rates into various categories, such as gender, age group, race/ethnicity, county, commitment offense, mental health, and length of imprisonment.

The report shows the majority of CDCR releases are "high-risk" prisoners and they disproportionately augment the overall recidivism rate.

The data recognized prisoners released at age 60 and older who have been incarcerated over 15 years have the lowest recidivism rate for any category examined.

The report confirms: 59 lifers were paroled in FY 2005-06, five returned to prison, three re-released - meaning that they returned to prison for a parole violation. This means, only two of the released lifers were returned to prison for something other than a parole violation.

At this time, there is no reliable data other than the statisti-

cal trends reported for FY 2005-06 to extrapolate recidivism for the 403 lifers released in 2009.

The typical profile of the 403 includes: imprisoned over 20 years, over the age of 50, and a "low-risk" assessment. That means they are no danger to public safety according to at least one of the following: the report's general finding, the Board of Prison Terms, the governor of California, and/or the courts.

In the report, Matthew L. Cate addressed his CDCR colleagues: "The mission of the CDCR is to protect the public by safely and securely supervising adult and juvenile offenders, providing effective rehabilitation and treatment, and integrating offenders successfully into the community. Consistent with this purpose, we are holding ourselves accountable for data-driven policies informed by the latest research on what works in corrections and rehabilitation...Our goal is to provide information that will be useful in moving the state forward in our attempt to increase public safety through the reduction of recidivism."

Bids Opened for Start Of Death Row Expansion

By JUAN HAINES
Journalism Guild Writer

The Marin County Board of Supervisor filed a lawsuit challenging efforts to expand San Quentin's death row, but it failed to halt bidding for the first construction phase of the \$356 million project, according to reports by Nels Johnson and Richard Halstead of the Marin Independent Journal.

The lawsuit claimed that Gov. Arnold Schwarzenegger violated the law when he vetoed funding that would have delayed expansion of death row until studies on overcrowding, and legal justification for plans to double-bunk prisoners were completed.

Corrections officials opened nine bids it received ranging from \$126 million to \$145 million on the part of the project that involves demolition, site grading, utilities, housing units and towers. McCarthy Construction of St. Louis, Mo, submitted the low bid of \$126 million. Amo-

VOEG— Two Sides Of Justice

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Jack Dison, a VOEG group facilitator and avid proponent of Restorative Justice methods, believes that healing will occur through the honest, courageous sharing of stories.

SHARING STORIES

"Everyone has a story," Edwards says. "In our groups we share our stories in a safe environment in order to understand and connect the dots in our lives." VOEG is not about coddling inmates, or making excuses. From the preliminary interview onward, the focus is on personal accountability. "When you come to VOEG, you must take responsibility for your crime," Edwards is quick to add.

VOEG facilitators, assisted by experienced inmate co-facilitators, guide participants through a difficult and arduous curriculum intended to strip away layers of self-deception and reveal the truth buried beneath. At the culmination of the program awaits a powerful Victim/Offender dialogue.

Inmates sit down with victims of crime and share stories. The dialogues expose offenders directly to the suffering their actions caused. Victims have the opportunity to tell their stories without being restricted by the legal constraints they are subjected to during the criminal justice process.

roso Construction of Redwood City submitted a high bid of \$145 million.

Marin officials contend that the project is wasteful spending that could balloon up to \$1.3 billion and feature beds costing \$500,000 each. The "facility (will be) obsolete three years after it is built," according to State Assemblyman Jared Huffman.

Georgia Prison Inmates on Strike

GEORGIA – Inmates in at least six Georgia prisons went on strike since December 9, 2010. An advocate said the inmates want better conditions and compensation. In a demonstration that has transcended racial and gang boundaries, thousands of inmates have refused to perform their jobs or even to leave their cells. The Georgia Department of Corrections could not be reached for comment

SPORTS

The Halloween Bowl At San Quentin

By **DREW PIAZZA**
Sports Editor

It was muddy, drizzling and foggy – a perfect day for the Halloween Bowl.

Golden Gate Ministries from Mill Valley came to challenge the Blues Brothers of San Quentin and didn't go for the trick but left with a treat, in the form of a 6-0 victory.

Victory didn't seem probable with two of Golden Gates key players being denied entry into the facility. Three players were sent from S.Q. roster to play with Golden Gate.

Mike Hampton, one of the loaner players, decided he would set the tone early, lining up at defensive tackle, anticipating the snap he took a quantum leap over the guard, crashing into quarterback K. Carr, Sr. sending him flying into the mud.

The other two loaner player's cornerback/receiver M. Tyler, and cornerback M. Cosby immediately went to work on offense and defense.

From the opening play the loaned players were making

plays while the Blues Brothers were in disarray. The Blues Brothers mishandled a snap and couldn't get in gear.

On the only scoring drive of the day, quarterback C. Shirland, hooked up with receiver M. Tyler on quick slants for gains. Then hitting tight end R. Moseley, on a crossing route for a healthy gain.

C. Shirland calling the same formation to the right side, faked right, rolled left on a quarterback keeper with a crisp seal block from M. Cosby, touchdown 6 points.

Minutes later Coach D. DeNevi announced the game must be stopped due to weather conditions. The crowd declared "treason!"

S.Q. had a chance to score. Quarterback K. Carr, Sr. staying in the pocket dodging defenders threw to receiver M."Mitch" Mitchell, but with the wet conditions, he slipped and couldn't get to the ball. Receiver/tailback D."Sleep" Kennedy made a few plays for minimal gains.

"No Soup For You" Towers Over S.Q. Team

By **RUDY MORALES**
Journalism Guild Writer

The No Soup For You flag football team from North Sacramento has made five trips into San Quentin, winning all five games. This day would be no different with a 38-32 victory

No Soup For You has three professional football players on its roster, all playing American football in Europe.

From the opening snap the Blues Brothers gave everyone the hope of victory, executing with precision. Wide out M. "Mitch" Mitchell scored on a seven-yard run. But No Soup For You wouldn't be outdone as wide receiver Jeff Wilson scored.

Playing offense and defense, Mitchell intercepted quarterback Eddie Martinez and romped in for six points. Fleet-footed wide receiver Jeff Wilson had other things on his mind, scoring again to pull his team within one at the half, 20-19.

In the wildcat offense, K. Carr Sr. found a seam and scored. Jeff Wilson scored again for his third touchdown of the day. No Soup for You added six more points when tight end Ed Thomson caught a quick hitch from his quarterback.

Blues Brothers was bending but wouldn't break with right side cornerback M. Cosby playing shut down coverage. Quarterback Eddie Martinez tried the left side and cornerback D. "Sleepy" Kennedy came up with a pick to quell the drive. Blues Brothers defense got a safety, adding two points.

Sure-handed receiver Mitchell ran across the middle and scored another touchdown.

Mario Ellis, back from missing the opening game, took the post route for a score.

With just seconds left on the clock, tailback Kennedy ripped off tackle for a touchdown -- game tied, the clock expires.

In overtime, quarterback Eddie Martinez scrambled, buying time as receiver Desi Barbour doubled back, maneuvering through the gaps in the defense. TOUCHDOWN! No Soup For You Wins, 38-32

Desi Barbour, former U.C. Davis standout from Sacramento, plays defensive back for the Denmark Gold Diggers. Daniel Neilson, from Holland, plays tight end for the Gold Diggers. Player-Coach Joe Adamson, from Germany, plays for the Stuggurt Scorpions of the European league.

Neilson, in the United States for the first time, was asked what he knew about S.Q. He readily admitted he knew nothing other than what he had heard from friends back home in Denmark. He said he thought there would be "gangs and violence, like on TV."

San Quentin's Player of the Month



Photo: Mary Cello

James Bautista

Player of the Month honors for December go to three-sport athlete James (J.B.) Bautista, who plays soccer, softball and baseball. His teammates speak of his integrity, competitive spirit and sportsmanship. J.B. is one of the best soccer players at S.Q., using his speed, ball handling and defensive skills to separate himself from others. Asked what sport

he favors, he says "basketball" but makes it clear that his strongest sport is soccer.

What was your greatest challenge playing sports at the 'Q'?

"Facing live pitching, I hadn't faced live pitching in over 20 years, so that was an adventure. Playing sports here has given me a great platform to show people and family, that sports transcends race, creed or any if not all the situations that we face in prison."

With soccer being your baby, what would you like to see happen with the soccer program?

"A little parity would be fine. Football, baseball, softball, tennis, basketball all receive support and are encouraged here by everybody, but nobody really gives soccer the same energy."

—Drew Piazza

So You Think You Know Football?

By **JEFF BROOKS**
Journalism Guild Writer

1. Who had the longest return of a missed field goal, and how many yards was it?

2. Who had the most yards gained (all purpose) in a season? How many yards was it?

3. What team has the most consecutive road game wins? How many?

4. What team has scored the most points in a season, how many, and what year?

5. What rookie holds the record for the most sacks in a season?

6. What team has had the most consecutive games scoring? How many?

7. What team holds the record for the most passes attempted in a season? How many?

8. What team holds the record for the most yards gained by passing in a season? How many yards?

9. What team holds the record for the most points scored in a game? How many?

10. What team holds the record for the most consecutive home game losses? How many?

— See answers below

Joffrion's Picks

By **RON JOFFRION**
Contributing Writer

AFC-NORTH AFC-WEST
Steelers Chargers

AFC-SOUTH AFC-EAST
Colts Patriots

WILD CARDS

Ravens
Miami

NFC-NORTH NFC-WEST
Packers 49ers

NFC-SOUTH NFC-EAST
Saints Cowboys

WILD CARDS

Redskins
Falcons

SUPER BOWL

Saints vs. Ravens

Winner Ravens

WEEK 16

DAL over ARZ

ATL over NO

PIT over CAR

CHI over NYJ

DET over MIA

NYG over G.B.

PHI over MIN

STL over S.F.

T.B. over SEA

JAX over WASH

CLE over BAL

S.D. over CIN

HOU over DEN

OAK over IND

KC over TEN

NFL POWER RANKING

1. Pittsburgh Steelers
- T2. Indianapolis Colts
- T2. New York Jets
3. Baltimore Ravens
4. Green Bay Packers
5. New Orleans Saints
6. Chicago Bears
7. Atlanta Falcons
8. Houston Oilers
9. Philadelphia Eagles
10. New England Patriots
11. San Diego Chargers
12. Dallas Cowboys
13. Miami Dolphins
14. Cincinnati Bengal
15. Tennessee Titans
16. Kansas City Chiefs
17. Minnesota Vikings
18. Denver Broncos
19. Arizona Cardinals
20. Seattle Seahawks
21. Washington Redskins
22. Tampa Bay Buccaneers
23. New York Giants
24. Jacksonville Jaguars
25. St. Louis Rams
26. Oakland Raiders
27. Cleveland Browns
28. Detroit Lions
29. San Francisco 49ers
30. Carolina Panthers
31. Buffalo Bills

Based on survey of the USA Today football writers and editors.

—Rudy Morales

Most World Series Titles

- 27 - New York Yankees
- 10 - St. Louis Cardinals
- 9 - Oakland-Kansas City-Philadelphia A's
- 7 - Boston Red Sox
- 6 - Los Angeles-Brooklyn Dodgers
- 6 - San Francisco-New York Giants
- 5 - Cincinnati Reds
- 5 - Pittsburgh Pirates
- 4 - Detroit Tigers
- 3 - Atlanta-Milwaukee-Boston Braves
- 3 - Baltimore Orioles
- 3 - Chicago White Sox
- 3 - Minnesota Twins-Washington Senators

NFL SCORES		
Week 15		
KC	27	STL 13
DAL	33	WAS 30
TEN	31	HOU 17
CAR	19	ARI 12
PHI	38	NYG 31
DET	23	TB 20
CIN	19	CLE 17
BUF	17	MIA 14
IND	34	JAX 24
BAL	30	NO 24
ATL	34	SEA 18
NYJ	22	PIT 17
NE	31	GB 27
CHI	40	MIN 14

Answers (1). 109 yards by Antonio Cromarte, San Diego vs. Minnesota, Nov. 4, 2007. (2). Derrick Mason, Tenn., (2000), Gained 2,690 Yards. (3). San Francisco, (1988-1990), 18 wins; (4). New England, (2007), scored 589 points; (5). Jevon Kearse, Tennessee, (1999), 14.5 sacks; (6). San Francisco had 420 consecutive games between 1977-2004; (7). Minnesota, (1981), 709 attempts; (8). St. Louis, (2000), 5,232 yards; (9). Washington scored 72 points vs. N.Y. Giants on Nov. 27, 1966. The Giants scored 41 points, setting a record for the most points scored by two teams ever 113 points; (10). Dallas, (1988-89), 14 consecutive home game losses. All records compiled from "The Official NFL Record and Fact Book 2010."

Cold and Influenza — Get The Facts

By **ALLYSON TABOR, R.N.**
Public Health Nurse

Cold and influenza (flu) season is upon us. Don't be surprised if you or your fellow inmates begin to develop runny noses, coughs or fevers in the next few months. There are differences between a cold and the flu. One of the key differences is that the flu kills over 20,000 Americans each year—most are over 65 years old. The flu causes over 114,000 hospitalizations each year, and kids under 2 are as likely as those over 65 to be hospitalized. Most importantly, the flu can be prevented with vaccination and the cold cannot. 50% of the San Quentin inmates consented to be vaccinated on October 28. If

you haven't been vaccinated, it is not too late—ask your provider to vaccinate you. The more of us who are vaccinated, the fewer who are likely to become sick with the flu, and the less likely it is that San Quentin will experience huge flu outbreaks this winter.

This table below describes the differences in symptoms between flu and the common cold. Both are viruses and are spread by coughing, sneezing and by touching your eyes, nose and mouth with dirty hands. Washing your hands frequently and covering your cough are simple actions you can take to protect you and your fellow inmates and visitors.



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (102-104°F); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; antiviral medicines—see your doctor
Treatment	Only temporary relief of symptoms	Antiviral medicines—see your doctor

April 2001 From the National Institute of Allergy and Infectious Diseases

First U.S. Woman Executed in 5 Years

By **JEFFREY LITTLE**
Contributing Writer

She was the first woman executed in the United States in five years — the first executed in Virginia in 98 years.

Teresa Lewis, 41, who plotted with her young lover to kill her husband and stepson in 2002 for insurance money, was killed by lethal injection on Sept. 23, 2010. The two men who actually committed the double murder were sentenced to life in prison.

The most recent previous execution of a woman in the U.S. came in Texas in 2005. More than 1,200 people were executed since the U.S. Supreme Court reinstated capital punishment

in 1976. Lewis became the 12th woman among them.

Numerous pleas were presented urging clemency for Lewis, including those which pointed out she was borderline retarded with an IQ of 72.

Evidence was also presented that one of the killers wrote a letter claiming that he, not Lewis, was the mastermind of the plot.

California has more than 700 people on Death Row, including 18 women. Due to court challenges, executions are on hold in the state. A new execution chamber for lethal injections has been constructed in San Quentin, replacing the historic apple-green gas chamber.

LETTERS

Reception Center Prisoner Speaks

Editor:

Greetings, first and foremost I send my utmost respect to all of you and wish to extend my thanks and gratitude for your work and contribution that brings about the San Quentin News! I am currently a Reception Center resident/convict.

I thoroughly enjoy the paper that you guys produce, it has interesting articles, artwork, etc., from a diverse population and is certainly the only place I've done time that had anything even close to resembling it in uniqueness, format or otherwise...Keep up the good work fellas...Thank you.

Jason Scardino
San Quentin, West Block

Dying Slowly In Prison

Editor:

It truly amazes and saddens me to see so many young people wasting their lives away when they can be living life. What is it that draws them to a life that goes nowhere? This isn't living life or experiencing it; this I realize after all these years of doing time is dying slowly.

Each of us has something to give in life, something special that makes us who we are and makes us unique. The lifestyle that's destroying our communities today falls on the shoulders of people like me who've helped create it. The lifestyle is an addiction cycle that can't be controlled by anyone. We must turn away from the lifestyle that only leads to institutions and death! The young people are killing themselves off and people like me are their example. But you have to want to change your life and want something different for your children.

We're destroying our future with our actions and leaving very little hope. It's time to stop pointing the finger at others and point the finger at ourselves. It's our choices that put us where we are today. We must learn from our poor choices and reach out to a society that's killing itself before it's too late. Those of us who's been around must really step up to the plate and do our part.

It's time to give back instead of taking; it's time to lead by example as well as be the example. Yes, I'm here behind the walls of prison but I live by what I say to the best of my ability. I discovered that by helping others, I actually help myself as well. Let's help save our society of young people and in doing so, we save ourselves.

Peace to you all and God bless,
Michael Jackson
San Quentin Prison

Health and Wellness Corner

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

In this edition we will address Hepatitis A

Hepatitis A is an acute infection. Acute means that you get infected but that you only stay sick for a short period of time. With hepatitis A, you are usually sick anywhere from two weeks to six months. Then, for most people, your body clears the virus and you are no longer sick.

Hepatitis A is spread from person to person by putting something in the mouth that has been contaminated with the feces of a person infected with Hepatitis A. This type of transmission is called "fecal-oral."

For example, food handlers who have Hepatitis A can pass the virus if they do not wash their hands with soap and water after having a bowel movement.

Not everyone who contracts hepatitis A has symptoms, so you can have Hepatitis A and not have any symptoms of it. Also, many of the symptoms associated with Hepatitis A are very general symptoms of being sick like nausea, fatigue, etc.

However, other symptoms include: Fever, loss of appetite, vomiting, dark urine, diarrhea, muscle aches, joint pain, jaundice.

Most people who get Hepatitis A feel sick for several months, but they usually recover completely and do not have any long-term damage to their liver. Sometimes Hepatitis A can cause liver failure and death, especially for people who are hepatitis C infected, but it is rare.

A doctor can determine if you have or have ever had Hepatitis A by taking a blood sample. There are no special treatments for Hepatitis A your body eventually clears it in its own. Also, once you've had Hepatitis A, you can never get it again. Doctors usually recommend rest adequate nutrition and fluids. Sometimes people need to be hospitalized, but this is rare.

For people who have never had Hepatitis A, there is a vaccine for Hepatitis A. The Hepatitis A vaccine is given in 2 shots over a 6 month period and you need both shots to be protected against Hepatitis A. You can also protect yourself from Hepatitis A by washing your hands frequently with soap and water, especially before eating.

If you have any questions about Hepatitis A, please send them to the above mentioned address, and be on the lookout for future articles about Hepatitis B and C.

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



Landscape by J. Hill — 2006

Are You Smarter Than an Inmate?

The answer to "Are You Smarter Than an Inmate" on our previous issue is as follows:

The father had three offspring ages 9, 6, and 2. He left in his will that his eldest was to have one-half, and the second old-

est was to get one-third and the youngest was to get one-ninth.

Just add the ages of his three children and that adds up to 17. If you were able to get this answer then you are smarter than an inmate.

ARTS & ENTERTAINMENT

Snippets

Falling objects travel slower at the equator than they do at the North and South poles.

Cricket's ears are located on its front legs, just below the knees.

Morphine was named after Morpheus, the Greek god of dreams. (It was also the name of a character in the Matrix.)

If the minimum wage had risen as fast as CEO pay since 1990, the lowest paid worker would earn \$23.05 an hour in 2007.

Liberace coined the phrase, "I laughed all the way to the bank," after a critic panned his act.

You must have your back to the sun to see a rainbow.

POETRY

JUST ANOTHER DAY

By Jason Scardino

So sets the moon, to let
the sun rise,
So starts the day, while the
night dies.
At which point it's due
time to wake my game up,
Shake the sheets out and
pour the first shot into my
cup.
Hear the bird song? I'd too
sing the same tune,
Spread my wing out and
soar into the afternoon.
Yet I'm on two feet, that
fight to stay upon the
ground
With every new beat,
there's pavement for me to
pound
I'd step out my front door,
but for the fact that I'm

keyed in,
I hear the keys now, but
the turnkey's unseasoned
Need to break fast so as
not to break slow from
these hunger pains
I must eat fast and go
so they won't yell out my
name

Out in the color-coded gar-
den, I plant my feet
Get to my routine and stay
ready so as not to taste
defeat
A fickle wind blows, the
horn goes, no warning
shots.
Bury my steak knife and
cut right and whatnot
Another battle won, an-
other day done, I can shut
my eyes
So sets the sun, to let the
moonrise

RE-ENTRY

By Eddie Sanchez

You've been through Juvie
and C.Y.A.
And you're learning, the
hard way,
That crime doesn't pay.
Cuz, you're caught "IN THE
SYSTEM"
And they've caught you
again
A minor infraction
Shipped back to the pen
They say that you're crazy,
and prescribe you some
pills
And you learn, to make
pruno
From stale apple peels
You pray for a visit,
But, you wait all alone,
Because, all of your loved
ones
"HAVE A BLOCK" on their
phone.
Your cell, and your number
Is all you have left,
And a "RETURN-TO-SEND-
ER"
Across your last N.S.F.

CONVICT

By Eddie Griffin

They invite your impropri-
ety
They're so glad that you
could come
They ignore your many ad-
dictions
And they knew that you'd
succumb
Tragic hero of rural crisis
On your back many towns
have grown
Do you know your intrinsic
value
Can't you see the seeds
they've sown
Seeds fertilized in igno-
rance
And strewn throughout the
state
Watered with demagogu-
ery
Now they consummate
your fate
Can you see now what
you've lost
Can you glean the distraction
Without knowledge of self
There is no basis for action

WHEN I'M GONE

By Richard Dollarhide
and Jason Harden

In my dismiss, I wonder
how many will miss me?
How long will it take for
those who know me to no-
tice I'm gone? How many
of those who claim to be
my friends/homies, will
show up at my funeral and
show solitude?
When I'm gone, how long
will it take before every-
body forgets about me?
Will those who know me
forget the sound of my
voice, and the image of my
face?
If I can change my ways
for the better, will I still
be remembered for the
negativity of my past? Will
the young ones in my life
be able to look up to me as
a role model, or will they
look at me with disgust?
I hope when all think back
on me, they are reminded
of the good times, and
smile. Don't shed any
tears, for I don't want my
death to make others sad.
Others have been sad
enough during my life, so
please don't mourn, but
rejoice. For my soul will be
in the hearts of all those
whom really loved and
cared.

Last Issue's Sudoku Solution

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

Book Review

By RANDY MALUENDA



NIGHTFALL (By Nelson DeMille) – An FBI anti-terrorist task force needs to thwart a strike.



TRIUMPH OF THE SUN (By Wilbur Smith) – The Mahdi Army's violent siege of 1885 Khartoum backdrops this action-packed tale linking Smith's Courtney and Ballantyne families.



THE FEMALE BRAIN (By Louanne Brizendine, M.D.) – Psychiatrist Brizendine utilizes science to confirm and debunk the myths and anecdotes concerning the female brain and resulting behaviors.



HEART OF FIRE (By Linda Howard) – Archeologist Jillian Sherwood hires a jaded guide to help her find a lost city in the Amazon rain forest amid the threat of bandits, skeptics, and the indigenous peoples in this run of the mill adventures.

RATINGS:

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

In Indian Country

By DANIEL TREVINO
Journalism Guild Writer

In traditional American Indian religious belief the hawk is considered a messenger. As Mercury was believed to have carried messages to the ancient Greeks from the Gods, American Indians believed that the hawk with his ability to glide upon the air currents, seemingly indefinitely, could cross into the spirit world to bring messages from the spirits back to the people. When a hawk circled overhead, it was thought that he was telling you to pay attention to your surroundings. If he screeched he was telling you to beware of something dangerous ahead. This understanding was important to hunter-gatherers whose very life could depend on something as insignificant as the flight of a bird. The ancients depended on signs and instinct to conduct their daily lives. Not being observant to your surroundings could mean the difference between life and death. The belief is we should pay attention to our surroundings, especially in our current environment. The hawk is still very important to Native American beliefs and his feathers, considered sacred, are used for prayer purposes. Hawk talons and feathers are used to make dance regalia and for use in prayer ceremonies. If a hawk flies overhead or screeches, pay attention to your surroundings, he just might just be sending a message to you.



Sudoku

By ANTHONY LYONS

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

Back in the Day

Selected Stories From Past Issues of The San Quentin News

DEC. 1980 – David Lee Moore, 28, from Alameda, was found hanging from the bars by his bed sheets in his condemned row cell. He was pronounced dead at that time, according to prison information officer Mike Madding.

DEC. 1980 – A shot was fired in the East Block yardside to break up a fracas between an officer and a con that he was trying to handcuff. The gunner noticed the disturbance and fired a warning shot to stop the altercation.

DEC. 1980 – The S.Q. News reports a decline in violence at the prison. Through September there were 27 assaults compared to 32 last year and 46 in 1978. So far, there has been one death in 1980, three in 1979 and four in 1978. Statewide, there have been 13 violent prison deaths this year and 16 in each of the past two years.

DEC. 1980 – The San Quentin Handicraft Shop advertises “best prices in the state” on items such as “fine quality leathercraft, sterling silver jewelry, costume jewelry, cups and ashtrays, candles and much, much more.” Located at the entrance to the prison, the shop is open seven days a week from 10 a.m. to 6 p.m.

DEC. 1980 – The 9th U.S. Court of Appeals overturned the convictions of two San Quentin inmates for killing a prison guard in 1971. The guard was at-

tacked July 21, 1971 in the prison hospital. The court said the jury considered evidence that was not introduced at the trial of the two men.

DEC. 1980 – The prison was placed on a general lockdown after a white inmate was found to have been stabbed by a black inmate. The victim was found in his west Block cell suffering from three stab wounds. The prison was on lockdown for two days, and was the prison’s first lockdown since May.

DEC. 1980 – The “fight card” for this weekend’s boxing matches in the prison’s Skyline Gym against fighters from Ft. Ord was announced. The card includes fights in 14 weight classes from the 125 lb. class up to heavyweights.

DEC. 1980 – A U.S. District Court judge has given Warden George Sumner and San Quentin officials one year to make needed physical changes on death row and north segregation. Prison officials must supply recreational and educational equipment and hobby programs for condemned inmates.

DEC. 1980 – The SQUIRES organization at San Quentin announced the results of their annual election. The SQUIRES organization at S.Q. had its inception in 1964. SQUIRES stands for San Quentin’s Utiliza-

tion of Inmate’s Resources Experiences and Studies.

JAN. 1981 – San Quentin athletes and their personally invited guests enjoyed a grand buffet-style meal at the Annual Sports Award Banquet. Many presentations and awards were handed out during the event.

JAN. 1981 – Announcing the opening of San Quentin prison’s spring semester college classes through the College of Marin on Monday, Jan. 19. Classes are offered both during the day and the night as well, and participants must have either a high school diploma or GED.

JAN. 1981 – Arson is suspected as the cause of a Jan. 13 fire in a dumpster used to store scrap wood from the furniture factory.

FEB. 1981 – An inmate suffered two minor stab wounds after he was assaulted at the vocational dry cleaning plant. Meanwhile, a fistfight in A-Section between two cons was broken up after the gunman fired a warning shot.

FEB. 1981 – The death last Dec. at the prison of Richard Chase, dubbed the “Vampire Killer,” has been ruled a suicide. Chase, who reportedly drank the blood of some of his six victims, was found dead in his death row cell after overdosing on an antidepressant medication. Chase made several requests for blood while in prison.

FEB. 1981 – A San Quentin inmate who escaped last November while being taken out to a doctor’s appointment has been recaptured during a burglary in Los Angeles. Richard Thompson, 42, had escaped with the help of an armed accomplice, who has not been identified or caught.

FEB. 1981 – The annual Holiday Show held in the dining hall was headlined by singers Mary Wells and Will Porter.

INCIDENT REPORT

At approximately 0800 hours on 25 December 2010 staff observed a suspicious individual attempting to gain access to visiting processing.

The Suspect appeared to be a white male, late 60s in age, approximately 6 feet tall, weight approximately 300 pounds. The Suspect appeared to arrive on grounds in an unlicensed, non-gasoline fueled vehicle that had several unauthorized wild animals attached to the vehicle. Animals other than seeing eye dogs or personal assistant animals are not allowed on prison grounds. Vehicle was confiscated and animals impounded.

Suspect had no visiting appointment.

Suspect was wearing unacceptable attire, to wit:

Red in color (dis-allowed due to gang connection)

Excessive facial hair obscuring features

Hat, gloves, excessively large belt, which did not appear necessary

The Suspect could not produce valid picture identification

The Suspect attempted to bring non-transparent bag containing personal items into visiting room

The Suspect appeared to be intoxicated or under the influence of illegal drugs. This opinion based on the observation of suspect’s physical appearance and actions by trained observers. Suspect had rosy cheeks and red nose, characteristic of alcohol use. Suspect seemed in unusually good spirits, often laughing for no reason, characteristic of individuals under the influence of drugs.

Suspect loudly shouted repeated “HO HO HO,” probably gang-related slang referring to females.

Suspect had odor of pipe tobacco about his person, probably attempting to smuggle contraband tobacco into prisoners.

Editor’s Note: The preceding report was supplied to the San Quentin News by Vanessa Nelson of the Life Support Alliance, a statewide group headquartered in Sacramento that works to have inmates with life sentences released when their time has been served. Ms. Nelson declined to state how she obtained this report. Asked if she was in contact with WikiLeaks, she smiled and replied, “No comment.”

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

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

Please send information to:

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

News Briefs

San Francisco – A federal appeals court has upheld a voter-approved measure requiring convicted murderers to wait as long as 15 years between parole hearings.

Proposition 9 in 2008 limited the rights of murderers and other prisoners sentenced to life with the possibility of parole. California law had previously required the parole board to hold hearings once a year after an inmate is first eligible for parole, unless the board cited evidence showing it was unlikely the prisoner would be released for several years. The maximum period between hearings was five years.

The proposition allowed the inmate to get the interval reduced to as little as three years by proving that the board was

likely to grant an earlier release date.

Santiago, Chile – Eighty-one inmates died in a severely crowded prison and Chilean President Sebastian Pinera promised Chile will improve conditions for inmates.

Some 53,000 inmates are housed in a prison system built for 32,000. Cause of the fire is being investigated.

Berkeley. – Nearly 25,000 books each year are sent to prisoners by the Prisoners Literature Project, a Berkeley-based collective. Novels, dictionaries and books of poetry are shipped all around the country by volunteers. The organization has provided these books for nearly 30 years in an effort to nurture rehabilitation and encourage education.

We Want To Hear From You!

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

All submissions become property of the San Quentin News.

Please use the following criteria when submitting:

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

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

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

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

San Quentin News

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BEHIND THE SCENES

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