

Cards for Kids

By ALY TAMBOURA
Design Editor

A group of prisoners, sentenced as teenagers to life in prison, reached out to hospitalized children this holiday season, bringing joy into their lives.

For the second year, the San Quentin activity group *Kid C.A.T.*, the Vietnam Veterans Group of San Quentin, prison staff, and community volunteers of about 25 worked together by using watercolor paint, marking pens and glitter to decorate Christmas cards.

The holiday cards, some decorated with Ninja Turtles, gingerbread men and even Bart Simpson, were presented to youngsters hospitalized at Oak-



Official Photo

Children's Hospital

land Children's Hospital as singer Brenda Rhodes strummed a guitar and sang holiday tunes.

"We all know what it is like to receive cards during the holidays, so we know how important this is to kids," said Michael Nelson, co-founder of *Kid C.A.T.*

Kid C.A.T. is an acronym for "Kids Creating Awareness Together."

Kid C.A.T.'s agenda envisions communities that provide a healthy and loving environment for youngsters so that they may grow into mature adults.

"It really does brighten their days," said Oakland Children's

Hospital Director of Volunteers Susan Martinez as she explained how the holiday cards are put on the children's food trays.

"I think you are doing a tremendous thing for yourselves and for the kids," she said.

Martinez has been with the hospital for 11 years and man-

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Seasons Greetings



each and everyone

Medical Care at San Quentin Improving

By JUAN HAINES
Editor's Assistant

The latest evaluation of the San Quentin State Prison health care system shows that urgent and emergency services for prisoners are deficient. High marks were given to the health care system for doing face-to-face assessments of treatment plans and appropriately housing prisoners based on their ailments.

Urgent services address the care provided to prisoners before and after they were sent to an outside hospital. Emergency services examine medical personnel response time to prisoner injuries.

In 2001, California prisoners filed a class action lawsuit alleging that the state provided constitutionally inadequate medical care in its prisons.

In 2005, a federal judge ruled

that the prison system's delivery for medical care to prisoners was "broken beyond repair." He appointed a receiver to raise the delivery of medical care to constitutional standards.

The receiver requested, and the Office of the Inspector General agreed, to establish an inspection program to review the delivery of medical care at each state prison.

In March 2011, San Quentin was inspected for the second time. The report found that San Quentin received 81.5 percent of the total weighted points possible - a 13.3 percentage point improvement over the score of 68.2 percent from its first inspection in December 2009.

The low score in urgent services was based on its inability to manage follow-up treatment prescribed for prisoners after being discharged from outside

hospitals. The low scores in emergency services was primarily because of inadequate preparation and improper equipment available to emergency responders; however, submitting paperwork late significantly dragged this mark down.

San Quentin staff was given good marks for timely dialing 911 after a life-threatening condition was identified, and all first responders were basic life-support certified.

A complete breakdown of the institution's score in each of the 19 relevant components of the evaluation, including the results of all 132 questions on the survey, can be found at www.org.ca.gov.

Death Penalty Called Failure

By JOAN LISETOR
SQ News Adviser

"The death penalty is not a deterrent to crime, nor is it swift justice," former San Quentin Warden Jeanne Woodford told an audience of about 100 attorneys and death penalty opponents in a recent Marin County speech.

It is costly, ineffective and fails to make the public safe, said Woodford, who is now the executive director of Death Penalty Focus, a San Francisco based organization that is gathering signatures for a state ballot initiative that would eliminate the death penalty and replace it with life without the possibility of parole. The petition needs 400,000 signatures to qualify for the November 2012 ballot. As of Dec. 6, it had 212,000.

In addition to establishing the life without parole as the maximum penalty, the ballot initiative would establish the Safe California Act, which would require murderers to work to pay restitution and set aside \$100



Official Photo

Jeanne Woodford

million to help solve murder and rape cases. Approximately 56 percent of rape cases and 46 percent of murders go unsolved.

The organization has the support of the National Black Correctional Officers Association.

When she arrived at San Quentin in 1978, two weeks after graduating from Sonoma State University, she was one of the first women to work in a prison housing unit. Woodford spent 26 years at San Quentin, including four years as warden.

See Death Penalty on Page 4

West Block Woes

BY DANIEL TREVINO
Guild Writer

San Quentin North Block prisoners who were transferred to West Block are dealing with the new living conditions with patience.

The transfer was a shock for them because North Block has full power to the cells and the television cable is hooked up to the institutional antenna. West Block has neither of these amenities.

Since there is limited power in West Block, coupled with the fact that newly received prisoners are still housed there, breeds an unusual amount of loud noise.

Associate Warden, Ernie Facio said that the newly received prisoners would be out of the

building by the end of December.

Last month, Warden Michael Martel and Prison University Project facilitator Jody Lewen inspected the facility. Following their inspection, the showers were repaired. However, the block still has years of caked up grime on its walls. The prisoners are working diligently to clean it up.

The telephone situation has created an additional disadvantage to living in West Block because there are only four telephones for a mainline population of at least 600 prisoners. This means standing in line for over an hour for a 15-minute call.

Daniel Trevino was transferred to West Block in December after being housed in North Block since 2007.

Funding Mental Health Facilities

By MICHEAL COOKE
Staff Writer

Several hundred million dollars are going into new medical facilities for state prison inmates. With budgets being slashed around the state, critics are questioning the state prison building boom, according to ABC7 News.

Early next year the state will open the first mental health facility for prisoners funded through a \$7.5 billion bond approved by lawmakers in 2007. "We have a

large waiting list currently, and we're under a Coleman federal court order to relieve that waiting list," said Stirling Price, Vacaville State Prison Psychiatric Program.

Vacaville state prison is about to open the doors to a new mental health wing. The Vacaville site added 45,000 square feet with 64 beds to the existing prison hospital -- price tag: \$33.6 million or a half-million dollars per bed.

With a court order in hand, the state is quietly spending a lot of

money on prison construction projects to improve the mental health care of inmates. However, critics say this is no time to splurge.

Along with Vacaville, about a dozen other prison facilities are being expanded, including the one in San Luis Obispo, costing \$35.7 million, and in Chino, which will cost \$33.7 million. Stockton will get a brand new \$900-million medical center.

At a time of deep budget cuts to education and social services for the poor, groups like Califor-

nians United for a Responsible Budget (CURB) are questioning the use of taxpayer money in this building spree.

"We need the Legislature ... to step up and to halt all of the jail expansion projects," said Emily Harris of CURB. However, lawyers for prisoners have won battle after battle in courts to improve the conditions in prisons. They are so overcrowded, healthcare declined below constitutional standards, and the United States Supreme Court

had to step in.

The Prison Law Office's, Steve Fama, sees the expansion as a victory.

"I don't think we should have a society in which a person who's seriously ill [to be] allowed to live in pain because they have a mental health illness that's not treated."

The state says while the upfront costs seem like a lot, it will actually save taxpayers money in the long run by having these care facilities available on site.

Offering Peer Health Educator Training

BY CHRISFINO KENYATTA
LEAL
Contributing Writer

Centerforce's Peer Health Education Program is offering two new classes: a 12-week series of health classes that lead to becoming a Peer Health Educator and a drop-in health class.

The Peer Health Educator Classes are on Tuesdays from 10:30 to 12:30 in the Peer Room

in the Old Laundry Building on the Lower Yard.

The Tuesday class cover the following topics:

- Introduction to Peer Health Education
- Health and Self-Awareness
- Cultural Awareness and Humility
- How Individuals Change Behavior
- Introduction to the

- Immune System
 - Overview of HIV and AIDS
 - Overview of Sexually Transmitted Infections
 - Liver Basics
 - Overview of Viral Hepatitis A, B, and C
 - Overview of Tuberculosis (TB)
 - Communication and Presentation Skills
- Centerforce requires a com

mitment from all participants to attend the entire 12-week period and to have an interest in Peer Health Education. After completing the entire training, participants will receive a Certificate of Completion and a Chrono.

The drop-in health class is on Wednesdays from 10:30 to noon and covers a wide range of health topics. The drop-in style class is open to anyone in

the General Population who wants to learn more about health related issues and topics.

Questions regarding these classes can be directed to Centerforce Peer Health Educators:

- Asuega 3H33L
- Carranza 3N96L
- Larus 4H95L
- Leal 4N29L
- Morris 1N32L

Amending Three Strike Law Up for 2012 Vote

By FORREST JONES
Journalism Guild Writer

A new ballot initiative is headed for a vote in 2012 to curb life sentences for non-violent crimes.

The measure was drafted by the Stanford University School of Law Three-Strikes Project after its review of cases similar to the type that the initiative targets - following modest relief from the courts and receiving support from several sentencing reform groups, the 2012 measure was drafted.

Wording for the ballot initiative was submitted to the California Attorney General's Office

on Oct. 21. The proposed initiative would:

Not allow anyone previously convicted of rape, murder, child molestation or other heinous crimes to appeal their life terms.

Restore the Three-Strike Law to what initiative supporters say was the public's original understanding by requiring life sentences only when a defendant's current conviction is for a violent or serious crime.

Establish that repeat offenders convicted of non-violent, non-serious crimes such as shoplifting and simple drug possession will receive a non-life sentence.

The supporters of the measure have secured at least one major financial backer, David W. Mills, a former investment banker and Stanford law professor.

The initiative's official sponsor is the NAACP Legal Defense and Education Fund.

The Stanford group also has hired San Francisco political consultant Averall "Ace" Smith to lead what is expected to be a fiery campaign.

The initiative reform measure is vastly different from past changes in the law.

In 1996 the first change in the Three-strikes Law came when the state Supreme Court ruled that judges were not mandated

to sentence every defendant to a life term after being struck out. The court ordered that trial judges must review every case prior to sentencing a defendant to 25-years to life, regardless of the defendant's current or prior convictions.

The coalition took lessons from 2004's failed Proposition 66, which would have limited third-strike convictions to serious and violent crimes, but did not disqualify offenders with previous murder, rape or child molestation convictions. Opponents, including two former governors and current Gov. Jerry Brown, used that difference to turn public opinion against

Proposition 66. Opponents said it would result in tens of thousands of dangerous criminals being released from prison.

To qualify for the ballot the initiative needs 504,760 signatures of registered voters. Political consultant Bill Zimmerman, who submitted a proposal to steer the campaign, estimated that organizers need about \$10-15 million to win.

If voters approve the initiative, backers believe that about 3,000 of the 4,000 nonviolent third-strikers currently serving time in state prisons could be eligible for resentencing. They say that could save the state \$150 million to \$200 million a year.

Islamic Service Schedule

San Quentin Imam Quazi Hossain Kawsar has announced upcoming Muslim services and classes.

Fridays at 1:30 p.m. - the Muslim community invites all people to attend Juma services.

Fridays at 3 p.m. - Taleem (class) Life of the Prophet Muhammad (May peace be upon him).

Sundays at 10:30 a.m. - Salaat (prayer) class.

Sundays at 2 p.m. - Milatti Islami (recovery class).

Mondays at 3 p.m. - (Ta'Leem) class on the practical Islamic studies.

Wednesdays at 3 p.m. - Taleem (class) Purification of the Heart.

Mondays, Wednesdays and Fridays at 8 p.m. - Beginning Arabic in North Block.

Tuesdays, Thursdays and Saturdays at 8 p.m. - Advanced Arabic in North Block

Hanukkah Begins December 20th and Ends December 27th

By JULIANGLENN
PADGETT

Journalism Guild Chairman

As the Jewish festival of Hanukkah approaches, many prepare for the ceremonial lighting of the Menorah candles - the three blessings and the miracle that is the Festival of Lights.

Hanukkah begins December

20 after sundown and ends December 27.

The Shamash, a ninth light separated from the others, will be used to light the first candle of the menorah.

Each night of Hanukkah one light is added, starting at the right and moving to the left until we light eight candles on the last night.

Author: Politics Responsible for Mass Incarceration

By JULIANGLENN PADGETT
Journalism Guild Chairman

“More African-American men are in prison, or on parole, than were enslaved in 1850, before the Civil War,” said Professor Michelle Alexander in a recent telephone interview. “A black child today has less of a chance of being raised by his parents than a child during slavery,” she added.

Alexander is author of “The New Jim Crow: Mass Incarceration in the Age of Color Blindness,” which chronicles how racial politics has given birth to America’s cycle of massive incarceration - driven primarily by the aggressive arrest and conviction for non-violent and drug-related crimes.

Alexander clerked for Supreme Court Justice Harry Blackmun and one of President Obama’s mentors, federal Judge Abner Mikva.

She said, “Politicians have used racial politics for political gain, which has given birth to massive incarceration. But for the racial politics, massive incarceration would not exist today.”

“Today 80 percent of African-American kids will not grow with their father,” said Alexander.

“The system of mass incar-

eration has decimated black families,” said Alexander. “Women shrug their shoulders and ask, ‘What’s wrong with black men?’ People seem to think black men decided they did not want to get married anymore. That is not what happened,” Alexander said. “This is due to mass incarceration.”

In 1982, President Ronald Reagan declared a war on drugs when drug crimes were on the decline. Alexander attributed growing crime rates over the past 30 years to “the war on drugs (being) waged almost exclusively in poor communities of color.”

“I’ve seen a shift in rhetoric, but I haven’t seen a shift in policy,” she added, “We’ve spent \$1 trillion on the drug war since it began; that money could’ve been spent on drug-treatment programs.”

The media facilitated the rise of mass incarceration, she added, and the most damaging imagery came from the Reagan Administration.

The new Jim Crow Era can be traced to the prison system, she said. “Once branded a felon, discrimination can be practiced against you with impunity. People returning from prison find themselves jobless, penniless, barred from public housing, often denied food and



Author Michelle Alexander

unable to vote,” she added. For years, Alexander served as the director of the Racial Injustice Project for the ACLU of Northern California, which spearheaded a national campaign against racial profiling by law enforcement.

She told the story of an African-American man about 19 who came into her office. At first she was put off by his felony conviction. But he told her he had been a victim of the notorious Oakland Riders, a group of renegade police officers.

At one point federal District Court Judge Thelton Henderson threatened to place the Oakland Police Department under federal control over its nearly nine-year failure to reform such abuses.

Alexander holds a joint appointment with the Moritz College of Law and the Kirwan Institute for the Study of Race and Ethnicity. As a former associate at the law firm of Saperstein, Goldstein, Demchak & Baller, she specialized in class action lawsuits alleging race and gender discrimination.

PUP Brings Change

By THOMAS WINFREY
Contributing Writer

San Quentin sits alongside the Bay like a castle, a penitentiary full of history and legend. It is symbolic of a bloody past - once home to warriors and beasts alike who met in combat and insurrection.

The Bastille by the Bay and the Gloomy Citadel of Despair are just a couple of names of this illustrious prison. Every bloody and withered stone of San Quentin has withstood the elements of time but those mythic warriors and tall tales are no more. The culture has morphed into a place of progressive rehabilitation, now home to numerous pro-social programs - a place where the “lifer” population can utilize a variety of curricula to support the rehabilitation process.

One of the cornerstone pro-social programs is the Prison University Project (PUP), also known as Patten College led by Dr. Jodi Lewen, has huge enrollments and provides prisoners with the opportunity to become serious students. Professors from prestigious universities in the Bay Area like Cal-Berkeley and Stanford volunteer their time to provide quality education. In addition, PUP provides

a study hall featuring college professors and graduate students who volunteer their time for the students. The no-nonsense Amy Roza and Kara Urion support the students and volunteers by ensuring that they have a variety of educational tools at their disposal to facilitate the rehabilitation process. Important critical thinking skills are developed. The ability to understand reasoning, set goals and to think beyond pre-conceived limits are all trademark skills the students learn at PUP. Unlike the other college programs that are found throughout other prisons in the state, PUP provides students with the opportunity to be exposed to other viewpoints and it fosters a sense of community.

Utilizing skills learned in the classroom at PUP gives prisoners at San Quentin a leg up. Boasting self-esteem, learning valuable life skills, and being surrounded by a community of citizens who actually care about a prisoner’s life are all part of what PUP does best. The prisoners at San Quentin are lucky to have the opportunity to attend classes at PUP...this one is thankful. I hope that in the future PUP can serve as a model to bring change throughout CDCR.

Arizona Accused of Denying Health Care to Prisoners

By SAN QUENTIN NEWS
STAFF

Arizona correctional officials are investigating numerous complaints by prisoners who claim that they are consistently denied medical care for weeks or months - even for severe, life-threatening conditions.

“We’re out of compliance with our own policies. The lack of treatment represents an escalating danger to the community, the staff and the inmates,” said former deputy medical director for psychiatry Michael Breslow.

The Prison Law Office, a legal-advocacy group for prisoners, acquired Breslow’s statement through a Freedom of Information Act request.

Prisoners who have lost sight, had body parts amputated or been severely disfigured allege proper medical care could have prevented unnecessary suffering.

Based on those allegations, the legal group has accused the state of persistently and systematically denying medical and mental-health care to prisoners,

violating state and federal laws. The legal group, also claims that lack of care may add to a prison suicide rate in Arizona more than double the national average, with 14 reported suicides in fiscal year 2010.

Corrections officials say they have found no evidence of systemic problems. However, they say that pending plans to privatize prison health care have made it harder to fill medical staff vacancies.

Rule changes two years ago that cut payments to outside contractors further stymied access to care, assert corrections officials.

The Prison Law Office noted that in 2009 the Arizona State Prison Complex-Eyman in Florence had only one half-time psychiatrist for more than 1,000 patients who were on mental-health medications.

Earlier this year, mental health staff did not see prisoners at the Arizona State Prison Complex-Perryville for six months or more, according to the legal group.

California’s Budget Short Again

By JUAN HAINES
Editor’s Assistant

Because of California’s sluggish economic growth, this year there will be around \$ 3.7 billion less that forecasters expected for state expenditures, according to a report by the Legislative Analyst Office (LAO). The independent office said the state’s lethargic economy was primarily due to a weakness in the housing market, construction industry and financial services sector.

The report says the shortfall triggers \$2 billion in budget cuts beginning with the following reductions:

\$100 million University of California

\$100 million California State University

\$100 million for funding de-

velopmental services

\$110 million In-House Support Services

\$99 million California Department of Corrections and Rehabilitation

\$30 million for community college staff

\$17 million for child care

\$16 million to libraries

\$15 million for prosecutors

\$15 million in Medi-Cal

\$6 million for pre-schools

Furthermore, the LAO said that the state will need to address a \$12.8 billion budget deficit between now and the time that the state adopts a 2012-13 budget plan. The report acknowledges that the state faces an ongoing, multibillion-dollar annual deficit, even as revenues expand.

The LAO recognizes that there are few easy options for

balancing the state budget. Accordingly, the remaining work of eliminating the state’s persistent, annual deficit will require complicated cuts in expenditures and/or increases in revenues.

The report concludes that if the Legislature and the governor were to find a solution to the state’s ongoing budget deficit problems, they could focus on solving some of the state’s long-term problems.

Finally, some of the report’s warnings are predicated on whether the “congressional super-committee” would come up with a federal deficit reduction plan, and extend the federal payroll tax holiday; however, these plans have stalled and will significantly affect California’s budget negatively.

From the Editor

By **ARNULFO GARCIA**
Editor-in-Chief

As San Quentin News moves into the New Year its staff and advisors would take this opportunity to reflect back on the accomplishments achieved in 2011 and to express to our readers what we hope to accomplish in 2012.

We successfully printed nine editions of the newspaper in 2011 and it is our goal to publish and print 12 editions in 2012.

Since the return of San Quentin News in 2008, we have had the opportunity to closely examine what is happening around the world and report news-making events from a different perspective - a perspective that affects the everyday life of the incarcerated.

It gives us the opportunity to communicate to our community that we no longer wish to be defined by the crime that we committed. The power of the press gives us the chance to illustrate that rehabilitation is possible - that we may re-enter back to our communities in a positive way.

Today the streets of communities are rippled with gang violence and drug use. Instead of building more pro-social programs, our political leaders are finding ways to ship these children, men and women into a prison industrial complex for longer and longer periods. All the while the system is cruelly overcrowded, according to the United States Supreme Court.

If we keep looking for space in county jails and out-of-state

private prisons, we will only add to the economic crisis that our state is suffering. While this strategy may ultimately reduce the state's prison population, it will only add to the already ballooning prison budget and take away from programs proven to reduce crime.

San Quentin News wishes to continue to alert, interpret, educate, lead to persuade, provide a forum for the voiceless, and entertain the men and women of the great state of California.

All those interested in solving the problems associated with mass incarceration and high recidivism rates should examine the pro-social programming model of San Quentin.

The San Quentin News wants to wish all of you in these difficult times happy holidays.

Death Penalty Abolitionist

Continued from Page 1

"I killed four people for the State of California. It didn't make anything better for anyone. On the day of an execution," she said in her Dec. 6 talk, "you get up in the morning knowing you are going to kill a person."

She would ask herself if the world would be any safer and answered "no."

"I would be surprised if any warden who has witnessed an execution is in favor of the death penalty. It doesn't work, and it is very costly," she said.

California has spent \$4 bil-

lion on capital punishment since restoring the death penalty in 1977, she said. During that time, 13 prisoners have been executed, which breaks down to \$308 million per execution, she said. The cost is expected to rise to \$9 billion by 2030.

It is estimated that sentencing to life without parole instead of parole would save the state more than \$184 million a year.

"Executions have an emotional effect on staff who carries them out," she said.

She stated other statistics: 139 condemned people in the U.S.

have been found innocent, and at least three who were executed are believed innocent.

States with the death penalty have the highest crime rates, she noted. For instance, New York, where there is no death penalty, has a crime rate 40 percent lower than California's.

A new Death Row is likely to be built in Marin, she said.

"When I was warden, Gov. Gray Davis tried to move Death Row. It would have cost \$210 million then. The cost today is estimated at \$400 million," Woodford told the audience.

Invitation to the Garden Chapel for Worship

We at the Garden Chapel Fellowship want to extend a warm welcome to the newest arrivals here at San Quentin.

We hope that your transition has not been too troublesome.

The Garden Chapel Christian Fellowship (G.C.C.F.) is a church that is chartered under the American Evangelical Christian Church (A.E.C.C.). The GCCF is also a "Contextualized Leadership Development Center" (The North Bay School of Theology) where we train men how to be leaders with the support of the Golden Gate Baptist Theology (DTH) and Church Planting (SCP).

Sunday worship service: 10:30 a.m. - 12:30 p.m.

We have a wide range of other opportunities e.g. piano lessons, parenting classes, creative writing, apologetics, etc.

If you are interested in teaching or want to announce your call to the gospel ministry, do not hesitate to contact the Leadership Council so that we can discuss how we can help you fulfill your call.

Holiday Cards for Kids Hospital

Continued from Page 1

ages 11,000 volunteers who supplement a full-time staff of 2,000.

Approximately 12,000 patients and 250,000 outpatients, with all forms of medical needs, are seen each year at the hospi-

tal. They speak 60 different languages.

The hospital is a trauma center, and receives patients from around the world, including children injured from the war in Iraq, according to Martinez.

Oakland Children's Hospital was founded in 1912 by Mabel

Weed and nurse Bertha Wright, then called the "Baby Hospital." Today it has 191 licensed beds. The facility offers outstanding patient care and supports nationally recognized pediatric teaching and research.

The average hospital stay for a child is five days.

EDUCATION CORNER

A Voice From Inside Of Women's Prisons

By **TOM BOLEMA**
Literacy Coordinator

The San Quentin News conducted this interview with Deirdre Wilson, advocate for women prisoners who has a radio show on KPFA the last Friday of each month.

Tell us what groups you work with, your responsibilities and what population you serve?

I am Program Coordinator for California Coalition for Women Prisoners, a member of All of Us or None, and part of the Formerly Incarcerated and Convicted People's National Movement, dedicated to restore the full human and civil rights of prisoners and prison survivors.

Are women prisoners adequately served in terms of medical/psychiatric care?

Unfortunately, people often go undiagnosed with serious cancers...lumps that are not biopsied, are mis-diagnosed as something else, who are then found to be in late stages of cancer once they are biopsied.

We met with a young woman who was sentenced to life as a juvenile, who is known to have had mental illness, and was described as developmentally challenged at the time of her crime. She was 15. Although she is extremely bright and engaging, it is painful to see her struggle with paranoia, anxiety and what she says has been labeled "schizophrenia." She does not take medication, as she doesn't like how it makes her feel. Who would feel safe in that atmosphere?

What are some of the other issues facing women prisoners, and what can supporters do about them?

The primary issue facing women prisoners is what faces all of us as a society: destruction of community and family. ...People can do a lot to support community health overall by working in any capacity to humanize those who are locked up, to advocate for alternatives to prison that are constructive rather than destructive, and to

demand that children separated from parents in prison get all the support they need and deserve, including maintaining contact and relationships with their parents.

What is the mission of your radio show?

It is to amplify voices of prisoners, represent issues that affect them, and to let those inside know they are part of the community and that they are heard and felt on the outside. The most basic human emotional needs are to know that you exist, that you matter to others, and that you belong.

What advice would you offer to reduce the prison population?

Release all those with serious medical conditions and those who are elderly immediately, and with proper support and care. Review every person eligible for parole by the standard

We met with a young woman who was sentenced to life as a juvenile, who is known to have mental illness, and was described as developmentally challenged at the time of her crime. She was 15

set by the law and immediately release those who meet it. Review all 3-strikes cases, gang enhancements and convictions of life without possibility of parole. Redirect at least 60 percent of state funding away from policing and the prison industry to viable support for those released; affordable housing, medical care, substance abuse, treatment, medical care and mental health support, and let people access the resources they need to grow and develop as valued human beings.

California Coalition for Women Prisoners, 1540 Market Street #490, SF, CA 94102.

—JulianGlenn Padgett
contributed to this story.

ARTS & ENTERTAINMENT

Be First to Complete This Puzzle and Win a Prize!

What is the next letter in the following sequence?

O T T F F S S

Rules

The prizes will be for completion of brain twister puzzles. Prizes will be given to the first two inmates who respond via u-save-em envelope to San Quentin News/Education Department.

If there are multiple correct answers, the winners will be picked by drawing two of the winning answers from a hat.

First prize: San Quentin Fitness Gray Ball Cap



Second Prize: 4 Granola Bars

Prizes will only be offered to inmates with privilege group status that allows for the prize items. Inmates transferred, sent to ad/seg, or otherwise not available to claim their prize will result in forfeiture.

The answer and winners names will be published in the next issue of the San Quentin News.

Congratulations to Andrew Schroller of North Block and Chris Schuhmacher of the Fire House for answering last months puzzle correctly. November Puzzle answer 13112221

Snippets

Neon is the fourth most plentiful element in the universe, yet earth's atmosphere contains only 0.0018 percent.

India holds the honor of being the country which created Martial Arts, it later spread to Asia by Buddhist missionaries.

New York's subway system is the largest transit system in the world with 842 miles of track and 468 stations.

Ebony is a wood so dense that it sinks in water.

Rainforests circle the earth's Equator, maintaining an average constant temperature of 80°F and acquiring 160-400 inches of rain each year.

SPAM is eaten in Hawaii at an average of four cans per person per year, more than any other place on the planet.



Book Review

By RANDY MALUENDA



GUNS, GERMS, AND STEEL (By Jared Diamond) "This Fates of Human Societies," this highly readable treatment attempts to answer the question on why various cultures develop differently.



THE PRIZE (By Daniel Yergin) Fascinating history of the oil industry subtitled "The Epic Quest for Oil, Money, and Power."

RATINGS:

Top responses are four ribbons progressing downward to one:

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



Featured artwork of James Norton

POETRY

By EDDIE GRIFFIN
Journalism Guild Writer

They invite your impropriety

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 demagoguery

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

In Indian Country

BY DANIEL TREVINO
Guild Writer

Native people use peyote as a healer and an amulet. Peyote can be powdered and drunk as tea. Fresh buttons are eaten during ceremonies. Peyote is used as a healing medicine by many tribes, and is said to cure tuberculosis, pneumonia, diabetes, colds fevers and pain. Peyote is a small spineless cactus that grows primarily in Southern Texas and Northern Mexico - its scientific name is lophophora wiliamsii.

The narcotic effect from the plant comes from eight alkaloids contained in the plant - mescaline being the most commonly known.

Mescaline is not habit forming and is unique in that consciousness is not lost during its use.



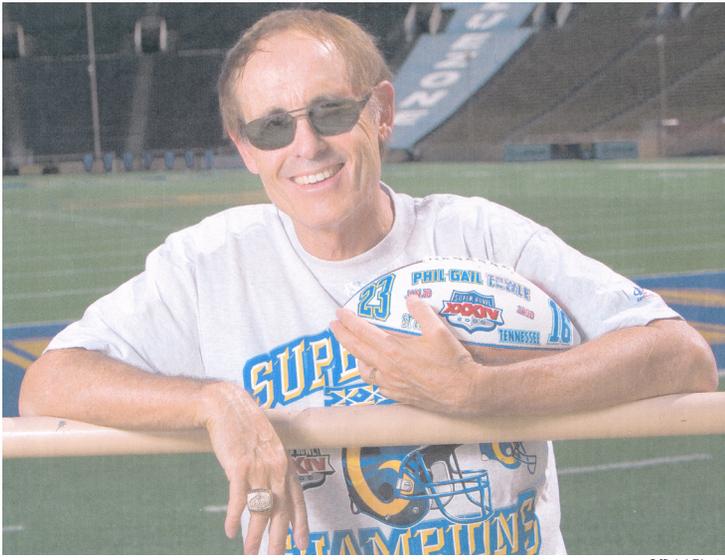
Last Issue's Sudoku Solution

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

Sudoku

By ANTHONY LYONS

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



Psychology Coach Phil Towle

Coach Shares Some History

By GARY L. SCOTT
Sports Editor

Phil Towle, psychology coach for the University of California Bears football team, discusses his sports-related history and his involvement with the San Quentin program called Kid C.A.T. (Creating Awareness Together).

What was your relationship to sports growing up?

I played semi-pro baseball. I also was the sports editor at Occidental College in Southern California.

What inspired you to become a sports editor?

My dad taught me how to read by reading the L.A. Times sports page and the context became important to me.

How did you become a performance coach for the St. Louis Rams 1997-1999?

I called Coach Dick Vermeil and I asked him could I help him with football when he came back to the Rams. He said call him back and I did.

What was your job as a psychology coach?

I coached the mental part of the game. I helped players with mental blocks, distractions, personal problems, focus and motivation.

How did your coaching affect the outcome of the team?

We won the Super Bowl in the 1999-2000 season over the Tennessee Titans. **Did you re-**

ceive a championship ring?

Yes.

What happened after the Super Bowl?

Coach Vermeil retired with the Rams and then he brought me back with him when the Kansas City Chiefs hired him.

Are you currently coaching the mental part of the game?

I work for Coach Jeff Tedford of the California Bears. Just as teams strategize to play each other, I use the same strategy for the mental game. I coach their players and coaches.

How did you become involved with Kid C.A.T.?

Brenda, who is a volunteer for the group, asked if I can help the members become a closer knit team.

How's your experience with Kid C.A.T.?

Life changing! The Kid C.A.T. group that is forced to live in confinement communicates and collaborates better than teams and committees on the outside. I feel safer in some ways and I enjoy myself in this group more than I do outside.

How has Kid C.A.T. affected you?

Being a part of Kid C.A.T. has taught me to appreciate what is most important in life, which is to take advantage of each precious moment by giving my best to it. Their members seem totally devoted to becoming the best people they can be.

Legend Remembered

By JULIANGLENN
PADGETT

Journalism Guild Chairman

Boxing legend Joe Frazier lost his last fight to liver cancer but one of his nephews remembers him as a people's champion and a fighter to the end.

Joe Frazier fought many battles in his life and held the heavyweight championship of the world for several years.

Yet on Monday, Nov. 7, the man known as Smokin' Joe Frazier, 67, died after his brief bout with liver cancer.

"I was at work when I heard the news," said R. Frazier, nephew of the late Joe Frazier and a San Quentin correctional officer.

Frazier was famous for his military stance and street brawling style. He defeated Muhammad Ali in 1971 at Madison Square Gardens, retaining his heavyweight title. He floored Ali with a devastating left hook in the 15th round during the grueling battle titled the Fight of the Century.

"The first thing that went through my mind was that someone was giving out some bad information," the nephew said about the passing of his uncle.

C/O Frazier said his family was notified a week earlier that his uncle had more time to live.

"But upon further information,

I see that wasn't at all true," he added.

About 4,000 people attended the funeral service held at the Enon Tabernacle Baptist Church. The Rev. Jesse Jackson and Muhammad Ali were among the celebrity guests there.

"Rev. Jesse Jackson said my uncle was not just the average Joe," said Frazier. "The reverend impressed us when he said he wasn't just a nobody from nowhere, but he became a somebody, not just an average Joe."

Joe Frazier was the son of a South Carolina sharecropper and became a boxer by accident.

He first went to the gym to get into shape. Soon after, Frazier began fighting competitively, becoming one of the best amateur heavyweights in the nation.

"In 1969 uncle Joe Frazier would come home to train," C/O Frazier said.

"He was my uncle on my father's side and he would bring his entourage and bodyguards to train with him," said Frazier.

"The family supported their boxing relative by going to the local civic center to watch his fights."

Frazier was a country boy who lived by an old adage: "When you go to the big party, you dance with the one who brung ya." For the relentless boxer, that

was his signature left hook.



Official Photo

Smokin' Joe Frazier

Frazier went pro in 1965 and amassed 11 straight wins under the guidance of Yank Durham. "That was his line of work," Frazier said. "He had to provide for his family; he had to be good at it."

When the other guy stepped into the ring, said Frazier, his uncle felt like the other guy was taking food from his family. "Like Sonny Liston, who my uncle beat."

Frazier said Ali was negative and called him names to disturb his game plan.

"Ali called him an Uncle Tom. That made my uncle want to hit him even harder," said Frazier. "I distinctly remember him tell Ali, 'I am no Uncle Tom.'"

Frazier's rebuttal led up to their last fight in 1975, a 14-round fight in Quezon City outside of the Philippines capital of Manila, touted by Ali as The Thrilla in Manila.

"It was the closest I've come to death," Ali said after winning the title.

One of the noted sports phrases based on a Frazier-George Foreman fight, "Down goes Frazier," was noted by a preacher at the funeral who added, "But he got back up."

The nephew said he thought he was the only one who said "But he got back up."

"After today, instead of saying, 'Down goes Frazier,' we can now say, 'Up goes Frazier,'" said the nephew.

—Sports Editor Gary Malachi Scott contributed to this article



Official Photo

Legendary Joe Frazier and Nephew C/O. Frazier

San Quentin Kings Last Season Battle

BY GARY SCOTT
Sports Editor

The San Quentin Kings basketball team's season finale was a heartbreaker as they fell 90-76 to the outside Sports Ministry Basketball team.

Down 59-52 in the fourth quarter, the Kings tried desperately to make a push for the lead. Billy Wilson drove hard to the basket for a lay up and after an opponent's scored, he came back and

drained a three-pointer, cutting the lead to a 61-57 deficit.

Adam Tarhour of the Sports Ministry kept the pressure on the Kings consistently as he drove the ball baseline and scored on a six-foot floater, increasing the lead to 63-57.

Mario Ellis then took over the game periodically as he scored on an assist from Joe "The General" Demerson on a driving lay up and then on a floater, tying the game 63-63.

The game turned on the Warriors as they began to turn the ball over and give up fast break points, finding themselves down 88-70 late in the fourth quarter.

The Sports Ministry ended the Kings season in a bitter defeat.

Tarhour, who played high school basketball at Engram High School in Seattle, said, "Our defensive play helped us keep the lead. I loved my first experience playing basketball here and I will definitely be back."

San Quentin State Prison



2012

January

SUN	MON	TUE	WED	THURS	FRI	SAT
1 <small>New Years Day</small>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <small>M.L. King Day</small>	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

SUN	MON	TUE	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <small>Presidents' Day</small>	21	22	23	24	25
26	27	28	29			

March

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

April

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

May

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

June

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

July

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

August

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

September

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

October

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

November

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

December

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

Designed and Printed at San Quentin State Prison

This years institutional calendar was designed by Aly Tamboura and printed By John Wilkerson, Richard Richardson and Tan Tran.

Asked on the Line

By ANGEL ALVAREZ
Journalism Guild Writer

For the 2011 holiday season, "Asked on the Line" conducted 50 random informal interviews with men in blue and teachers of the Prison University Project (PUP): If you could go back and repeat any winter holiday season, how old are you again? Who are you with? Where are you?

Many laughed and smiled as they reminisced—one was brought to tears.

For mainliners, 44 percent would relive a holiday season in childhood (12 or younger), 37 percent during adulthood (18+), and 19 percent in adolescence (13-17).

About 44 percent of the men said they are with "family" again. Their responses of who they would relive a holiday sea-

son with, in rank order are: 1. family, 2. parents, 3. children, 4. wife, and 5. siblings.

The number one place the men would be at is "home," followed by a relative's house or church. Home ranged from cities across the U.S. to that of countries like Haiti and Belize.

Lavelt would relive the holiday season when he was 12 with his family in Haiti. Ke Lam would be 6 again, and celebrate the holidays with his family in Novato. Eli would go back to when he was 20 to join his father and brother at Candlestick Park. "We went to see the Redemption Game between the 49ers and the Packers!"

Among PUP teachers, 70 percent would relive a holiday season during their childhood years, 17 percent as young adults, and 13 percent as adolescents. Also,

57 percent would relive the holiday with their parents, followed in order by siblings, family, friends, and grandparents.

From Kalamazoo, Mich. to Vieques, Puerto Rico, 61 percent would relive the holiday at "home," followed by a relative's house or friend's house.

Vlad would be 6 again, with his father, picking out a Christmas tree. Frank and Albert would be 10 and 14 again with their respective families in Taiwan, and Diana would be 14 again and spend the holidays with her family in Jerusalem.

Joe would relive the holidays with his family in San Francisco when he was 8: "Grandma had given us a wagon to play with and we were drinking Coca-Colas. I was laughing so much that some of it came out of my nose! It was a really happy night."

News Briefs

SAN QUENTIN – David Leslie Murtishaw, convicted and sentenced to death for the 1978 murders of three University of Southern California film students, was found dead in his cell on Nov. 27. Murtishaw died of natural causes, according to the California Department of Corrections and Rehabilitation.

VACAVILLE – This medical facility celebrated its 18th annual World AIDS Day. A mixture of about 150 prisoners, staff members and outside guests were entertained by musical selections that included, "House of the Rising Sun," "Ring of Fire," and a gospel choir performing "I'm on my Journey Now," and "The Prayer." Warden, Vimal J. Singh, Chief Medical Executive, Dr. Joseph Bick, motivational speaker Robin Keeble, and prisoner Keith Thompson, who is a peer educator, gave encouragement to the prisoners.

SACRAMENTO – Nearly \$1.2 million has been raised for a 2012 ballot measure to repeal California's death penalty. Major donors listed in the report include several California branches of the American Civil Liberties Union (\$41,770), Google executive Robert Alan Eustace (\$125,000), Hyatt Development Corporation CEO Nicholas Pritzker (\$500,000), and Netflix CEO Reed Hastings (\$125,000).

SACRAMENTO – Jeffrey Callison, has been selected for

the press secretary of media relations position for the Department of Corrections and Rehabilitation – a \$102,015-per-year position. Callison, 50, has hosted the daily public affairs program on the Sacramento National Public Radio affiliate since 2004. He started at the station as a reporter in 1996 and became its news director in 2000.

SACRAMENTO – The California Department of Corrections and Rehabilitation (CDCR) confirmed that it would renovate Valley State Prison for Women (VSPW) in Chowchilla to a facility that will house low-to medium-security adult male prisoners. The conversion is intended to alleviate the adult male prisoner-overcrowding problem and avoid staff layoffs at the institution.

SACRAMENTO – California prisons have paid some \$8.7 million since 2006 to doctors and mental health experts barred from working, state records show. The medical professionals were facing pending malpractice allegations. At least 30 medical professionals have collected their six-figure salaries for a collective 37 years after their colleagues determined they were too dangerous to treat prisoners but before the state's lengthy discipline appeals process made a final decision on whether they should be fired.

SACRAMENTO – So far

this year, the Legislature allocated \$354 million for counties to accommodate realignment.

SACRAMENTO – Because of realignment, 34 of California's 58 counties have indicated plans for expensive jail expansions.

SACRAMENTO – State officials say that as many as 8,000 offenders who would have gone to prison for crimes like involuntary manslaughter and felony child abuse are now serving their time in county jails.

CHILE – Government officials are looking to open four new prisons, using California's Solano State Prison as a model. The Minister of Justice, Teodoro Ribera, submitted a proposal for the new prison system to President Sebastián Piñera on the one-year anniversary of a fire at San Miguel Prison where 81 prisoners died and 14 others were injured, emphasizing the poor state of Chile's penal system.

LOS ANGELES – By the end of this year, officials expect that more than 22,000 jail beds will be filled.

LOS ANGELES – About half of the newly realigned offenders with serious mental illnesses refuse treatment, said county officials.

ORANGE COUNTY – In December, more than 60 detainees had to sleep on the jail floor until beds could be made available.

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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