

# San Quentin News

THE PULSE OF SAN QUENTIN



VOL. 2013 NO. 1

January 2013

SAN QUENTIN, CALIFORNIA 94964

www.sanquentinnews.com

POPULATION 3,952

## Prop. 36 Releases Questionable for Some

### NOT ALL ELIGIBLE PRISONERS ARE EXPECTED TO GAIN EARLY RELEASE

By **Boston Woodard**  
Staff Writer

Last November, California voters overwhelmingly amended the state's Three Strikes Law, one of the nation's toughest sentencing laws against repeat offenders. But while 2,800 prisoners are eligible for reduced sentences under the revised law, the number who will actually be re-sentenced may be much smaller.

The Three Strikes Law was passed by voters in 1994, allowing judges to sentence offenders to 25 years-to-life if they com-

mit three felonies ("strikes"), even if the third strike is not serious or violent. Over the years, many stories emerged of men and women sentenced to life in state prison for minor offenses such as stealing pizza, shoplifting clothes, or making off with small amounts of food.

#### LIFERS

In November, by a 2-1 margin, voters passed Proposition 36 to eliminate minor, non-violent crimes as possible third strikes. The Proposition also allows some offenders serving life sentences for nonviolent and non-

serious third strikes to apply for reduced sentences.

One San Quentin prisoner who is eligible for re-sentencing is 51-year-old Carl Wayne Wyatt from Kern County. According to Wyatt's court papers, he was convicted of possession of a dirty spoon with dried up cotton in it. He received a sentence of 25 years-to-life.

If approved for release, "I'll be able to gain back my life," Wyatt said. "I'll be able to see my three grandkids, who I've never seen."

"I can't wait to get back working in the oil fields and to work

as a certified volunteer firefighter, as I was," he added. "The state will never put handcuffs on me again."

But although Wyatt has no record of serious or violent crimes, his re-sentencing is uncertain.

#### REVIEW

According to an article by California Watch, the California District Attorneys Association is recommending that "district attorneys file subpoenas for the prison records of inmates seeking resentencing hearings" before decisions are made on any sentence modifi-

cation. The article explained that the courts would be looking at "everything from the offenders' health and psychological profile to their participation in rehabilitation programs."

Since the election, some eligible prisoners are concerned they may be denied resentencing because of prison disciplinary action. They feel the disciplinary process is unfair because many prisoners are not allowed to present witnesses and evidence on their behalf.

See *Prisoner Futures* on Page 4

## Rehabilitation in S.Q. Harder to Attain

By **Thomas Winfrey**  
Contributing Writer

Rick Higginbotham is the face of the new generation of San Quentin prisoner. After serving more than 20 years in California prisons, he moved to San Quentin on Aug. 1, 2012. He has yet to receive a work assignment or start a rehabilitative program. He spends his days exercising on the yard. He says he's not used to this kind of life.

"It has never taken me longer than two months to receive a job once I arrived at a new prison," he said. "I always heard that San Quentin was the place to go if you wanted to take programs, and once the parole board gave me a five-year denial and told me to take anger management, San Quentin is where I wanted to be. But I can't even get into

See *Prisoners* on Page 8

## Expected Prison Costs \$8.6 Billion in 2012-13

By **San Quentin News Staff**

California taxpayers will spend about \$8.6 billion to maintain its prison system in fiscal year 2012-13, according to the nonpartisan Legislative Analyst's Office. The number is about \$394 million less than last year.

Most of the spending decrease is attributed to Gov. Jerry Brown's realignment plan, which shifted low-level felons from state to county control. Realignment funding has been guaranteed by the passage of Proposition 30.

When the Stockton health care facility is completed in mid-2013, an operating cost of \$155 million a year will be added to prison spending.

Realignment significantly reduced the state prisoner and parolee populations. However, it will not meet its court-ordered population cap of 110,000 prisoners by June 27, 2013, according to several experts. (See population chart on page 10.)

The court required that the state submit plans to the court to reduce the population to meet the cap, stating it will not "entertain any motion from the administration to increase the population cap." However, the court raised the possibility of extending the deadline by six months.

As of Jan. 2, the state's prison population reports show there are 119,054 prisoners in California's 33 institutions.

The report can be accessed at [www.lao.ca.gov](http://www.lao.ca.gov)

### 2013 San Quentin Calendar

The 2013 Calendar on the back page of our December edition was inaccurate. We have provided a corrected version of that calendar on the back page of this issue.

### Santa Brought Early Joy to San Quentin



Photo by Lt. S. Robinson

Smiles were abundant as many children received Christmas gifts from the Vietnam Veterans Group during the holidays.

See the full story and more pictures on Page 9

## Napoleon Brown Released after 17 Years

### PROP. 36 ENABLED SENTENCE MODIFICATION

By **Julian Glenn Padgett**  
Staff Writer

Proposition 36 has opened the door for Richard Napoleon Brown, a prisoner who was serving life in San Quentin State Prison under California's Three Strikes Law.

Brown was incarcerated for nearly two decades. Due to voter-approved changes in the law, he was released from prison on Dec. 28.

"I was convicted of petty theft in 1995," Brown said shortly before his release. "But I had two 1975 priors. Both were assaults with a deadly weapon; they used

those priors to strike me out on my petty theft."

Even with a sentence of 25 years to life, Brown said he was never under the impression that he would serve the full 25 years.

After a few years imprisoned, Brown said he noticed how the law was being applied. "From the beginning, I felt it was a very unfair and unjust law."

"I'm inclined to believe that the Three Strikes Law was designed more so for African-Americans and Hispanics, mainly people of color," he commented.

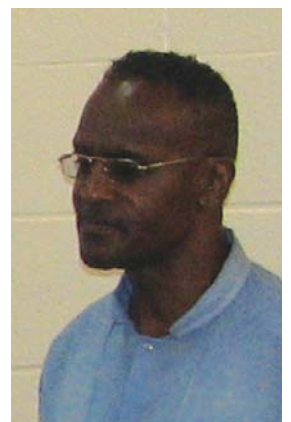


Photo by Lt. S. Robinson

See *Prop 36* on Page 4

Richard Napoleon Brown

# 26-Year-Old Tradition Lives On in Folsom State Prison

## PRISONERS REFURBISH BICYCLES FOR DONATION TO NEEDY CHILDREN

**Folsom** – Christmas was brightened for 51 El Dorado County children, thanks to gifts of bicycles refurbished by Folsom prisoners.

The prisoners take donated bicycles and refurbish them. Bikes in bad condition are stripped for spare parts. The two prisoners assigned to the shop work seven hours a day, five days a week.

“Each bike takes between two and six hours of inmate labor to restore them to like-new condition,” said Jeff Rumsey, who oversees the project.

“They love it because they get to do something constructive for the kids,” said Rumsey. “When I interview, I look for the right combination of skill and attitude, but I hire on attitude because the skills can be taught.”

The Folsom project began in 1986 and have become a holiday tradition, although bikes are donated at other times of the year as well.

In mid-December volunteers arrived in a fleet of trucks to pick up the bicycles, which featured a variety of sizes and colors. On the last school day before the holidays, they were delivered to low-income kids at Camino Elementary School in Camino and Sierra Elementary School in Placerville. The Par-



Photo by Lt. S. Robinson

Bicycles refurbished for San Quentin's bike charity program

ent Teacher Association at each school donated bicycle helmets.

“We’ve had high school kids and Rotarians crying during the giveaways,” said Joe Ryan of the Cameron Park Rotary.

Over the last 25 years, Folsom Prison has refurbished more than 8,000 bikes.

The program involves prisoners, the Cameron Park Rotary Club, Ponderosa High School students, the Golden Spoke Bike Shop in Placerville, Jerry’s Paint and Supply in Folsom and the prison’s Citizens’ Advisory Committee

The San Quentin Fire Department operates a similar bicycle program.

# 1st Ever Kwanzaa Celebration Held In San Quentin

## CELEBRATING AFRICAN AMERICAN HERITAGE

By **Raphael E. Calix**  
Contributing Writer

Kujichangulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith).

Smiles and cheers were on the faces of the men who attended the first San Quentin African-American Kwanzaa holiday on Dec. 28. Celebrants gathered inside of the Catholic Chapel to light candles, read poetry, perform a drum ceremony, and to share in the festive spirit.

Kwanza begins with a remembrance of the ancestral roots. In the spirit of “Matunda ya Kwanza”(First Fruits), the paths of hard work, knowledge and love are acknowledged.

This year marks the 46<sup>th</sup> anniversary of the uniquely African-American celebration, started by Professor Maulana Karenga of Long Beach State University.

There are seven principles of focus, and each is ushered in with the lighting of candles beginning on Dec. 26 and continues through Jan. 1. The principles are Umoja (Unity),

Family values are central to this celebration, which also include community and friends, said Stanley, a prisoner who attended the celebration. But it is equally important when we pay reverence to the creator by giving thanks and recommitting to the environment, and promoting healing for all, he said.

Catholic Chaplain George Williams provided sweet potato pie, tea, and coffee for the attendees. Father Williams first celebrated Kwanza while serving as a chaplain in a Boston jail. He said he believes it is good for everyone to celebrate community and family, as Kwanza does.

-- Raphael E. Calix is a facilitator for the San Quentin African-American Kwanza celebration.

## San Quentin News

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In collaboration with students from The UC Berkeley School of Journalism

## 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)

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San Quentin News  
1 Main Street  
San Quentin, CA 94974

The process can be repeated every month, if you want to receive the latest newspaper.

### Website Offers Help to Families of those Incarcerated

A new and free search engine, [www.PrisonPath.com](http://www.PrisonPath.com), provides information for the public. The site helps users in clarifying confusion and fear of the unknown when a loved one is charged and arrested, or sentenced to imprisonment in the United States. PrisonPath provides information including the ability to find a person incarcerated, visitation rules, contact numbers, and more about every American prison and jail. It also allows families and friends of inmates to communicate with each other on a specific page.

### Editor's Note

The articles and opinions published in the San Quentin News are the responsibility of the inmate staff of the newspaper and their advisers. These articles and opinions reflect the views of the individual authors and do not necessarily reflect the views of the inmate population, the California Department of Corrections and Rehabilitation or the administration of San Quentin State Prison.

### BEHIND THE SCENES

The San Quentin News is written, edited and produced by prisoners incarcerated at San Quentin State Prison. The paper would not be possible without the assistance of its advisers, who are professional journalists with over 100 years of combined experience. A special thanks goes to Marin Sun Printing in San Rafael. The following public-spirited groups and individuals have defrayed the cost of printing this issue:

#### FOUNDATIONS:

The Annenberg Foundation, Columbia Foundation, Marin Community Foundation, Pastor Melissa Scott, and RESIST

#### INDIVIDUALS:

Alliance for Change, Anonymous, Bill Anderson, \*Daniel Barton/Attorney at Law, Iris Biblowitz, Christopher B., Jeffrey Blank, Bruce and Maris Budner, Kasi Chakravartula, Abby Chin, Yevgenya Chityan, Lita Collins, Kevin Danaher, Christine Dell, Jesykah Forkash, Geraldine Goldberg, William Hagler, Jordana Hall, \*Jun Hamamoto, Danielle Harris, \*Suzanne Herel, Mary Hiester, Douglas Horngrad, Jeremy Johnson, Chad Kempel, Richard Keyes, \*Elsa Legesse, John Mallen, Rosemary Malvey, Edwin McCauley, June McKay, Eugenia Milito, Kelly Mortensen, Adriana Navas, Leslie Neale, \*Thomas Nolan/Attorney at Law, Daniel and Julia O'Daly, Caitlin O'Neil, Pat Palmer, Jay Parafina, Sarah Paris, \*J.S. Perrella, Martin Ratner, James Robertson, Lois and Steven Rockoff, Diane Rosenberger, Jennifer Rudnall, Elizabeth Semel, Jonathan Simon, Ameeta Singh, Josh Taylor, Jim Thompson, Lori Vasick, Jeanne Windsor, Frank Zimring

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Prisoners United in the Craft of Journalism

# Calls For Peace Spark Widespread Interest

By Juan Haines  
Managing Editor

Ending racial hostilities in California prisons, as proposed by a coalition of Pelican Bay prisoners, would not solve all of the system's problems, but it would be a "dramatic step in the right direction," says a law professor.

"Were the structure of racial hostility in the prison system to disappear, people would no longer have to waste their efforts on stoking unhealthy and counterproductive hatred and mutual harm, but could be free to associate with whom they choose and to spend their energies on positive personal self-development," said law professor Sharon Dolovich, University California at Los Angeles.

In October, an interracial group of prisoners sought to change how incarcerated men

and women treat each other by writing and distributing an Agreement to End Hostilities. The letter calls for an end of violence between racial groups in California prisons and jails.

"If we really want to bring about substantive changes...now is the time for us to collectively seize this moment in time, and put an end to more than 20-30 years of hostilities between our racial groups," the letter reads.

"On its face it appears to be an incredibly positive action that provides reason for hope and it should be supported by everyone involved in efforts to correct the horrendous problems that exist in the system," said actor and activist Mike Farrell in an email to the San Quentin News. "But, I think evidence of positive action, especially evidence that can be verified, can and should be promoted by those of us outside the system

and will be invaluable in getting media attention," Farrell added.

***"If indeed the people housed in California prisons were to heed the call of this letter and end racial hostilities, it would be transformative"***

Men in segregation statewide put aside their difference to work in unity with men they weren't used to getting along with, wrote *Kendra Castaneda*, who is married to one of the men who started the effort in Pelican Bay, in the *San Francisco Bay View*.

On Oct. 10, the Los Angeles Youth Justice Coalition led a rally to initiate a "cease fire in the streets" to correspond with the end of hostilities inside the prison. The rally began at 10 a.m. outside the LA County Men's Jail with representatives from the Fair Chance Project, LA Community Action Network, FACTS (Families to Amend California Three Strikes), California Families to Abolish Solitary Confinement, Homies Unidos, California Faith Action, Coalition to Stop Sheriff Violence and Gender Justice LA, reports Castaneda.

Prisoners in Calipatria State Prison, Corcoran, Pelican Bay, and Tehachapi have put aside their differences to be in unity, reports Castaneda.

The Agreement letter reads, "We must all hold strong to our mutual agreement from this point on and focus our time, at-

tention, and energy on mutual causes beneficial to all of us (i.e., prisoners) and our best interests."

"If indeed the people housed in California prisons were to heed the call of this letter and end racial hostilities, it would be transformative," said Dolovich. "My strong sense is that many of the most dangerous and destructive aspects of life in GP (General Population) units in the California prisons are related to the determination of some prisoners to enforce, with violence if necessary, a set of unnecessary rules mandating racial segregation and racial enmity. This increased freedom to define their own priorities and agendas would be a huge net benefit for its own sake, and would also reduce the stress and trauma that people in custody experience on a daily basis."

## Helping the Infirm

PRISONER GROUP OFFERS  
COMPASSION TO OTHERS

By Julian Glenn Padgett  
Staff Writer

A group of San Quentin prisoners called the Gold Coats have been selected to help elderly, sick and wheelchair-bound fellow prisoners live more comfortable and productive lives.

Duties of the Gold Coats include guiding disabled prisoners to and from leisure time activities, support groups, and school. They also help them get to medical appointments.

The program is called Inmate Disability Assistance Program.

"As the inmates get older throughout the California Department of Corrections and Rehabilitation," said Glen Harden, one of the Gold Coats, "the creation of programs like (this) will definitely be a much-needed asset to this prison community."

Harden said he was motivated to be a Gold Coat worker by his personal struggle with HIV,

witnessing disability assistance programs at other institutions, and his Christian belief in being of service.

"Since I've come to know Christ, I know the Gold Coat program is definitely a part of my growth," Harden said. "I've been in medical facilities for the past 15 years, due to my own medical conditions. During that time, I've had the chance to see this program in action, and the Inmate Disability Assist Program is what these men need here at San Quentin."

Harden, 51, was in prison from 1991 to 1997 for assault with a deadly weapon and robbery. He returned years later for armed robbery under the Three Strikes Law. The term "Gold Coats" comes from the bright gold-colored jackets worn by each worker.

The Inmate Disability Assistance Program is a statewide



Photo by Sam Robinson

IDAP workers on the lower yard in front of the Correctional Health Services Building

plan that has been implemented throughout CDCR, said John Curzon, Associate Warden of the Americans with Disabilities Act. He noted the program provides accommodations to prisoners with disabilities pursuant to the Americans with Disabilities Act.

"The department is taking a proactive approach to address its aging inmate population," said Curzon. "And as the ADA,

my unit worked in concert with headquarters to get this program started."

The program is constantly receiving many positive comments, "and I attribute the comments to the assigned inmate disability assistance workers of San Quentin," Curzon said.

Harden praised Curzon and Lt. Williams for helping make the program successful.

"Our group is unique. We come from various backgrounds," said Harden. "What I see is brother to brother, inmate to inmate helping each other overcome the difficulties of being handicapped or getting old in prison."

The San Quentin Gold Coats are Harden, Anthony President, Raymond C. Mayor, Gregory Bedford and Shaka Senegal Muhammad.

## Beloved Lifer Passes Away, Leaves Behind Daughter and Sister

By Julian Glenn Padgett  
Staff Writer

Lifer Jesse "Blue" Wells, who friends said did his time quietly and with dignity, died of cardiac arrest Dec. 28 at the San Quentin medical facility. He was 56.

"When I got here he was in the cell," said Carley McFarland, his cellmate. "Jesse and I never had a disagreement. He was an easy-going man who just wanted to be left alone."

McFarland said Wells was a people's person who genuinely got along with everybody.

Wells was convicted in 1996 and was serving a sentence under the Three Strikes Law. He

used to joke about how he was going to do all of his time, McFarland said.

"I never met anybody like him," said McFarland. "So when Correctional Officer Lujan came to my cell and told me he didn't make it, that shocked me."

Wells reported chest pains and was taken to San Quentin's on-site medical facility, where he died later in the day.

"He had diabetes and high blood pressure and other medical issues," McFarland said. "Dr. Crenshaw was on him about his weight too because Jesse was 300 pounds or more easy."

McFarland said he was moved to Administrative Seg-

regation pending an investigation and autopsy.

"I knew that's how they do it, I knew I had to take the ride," McFarland said. "I didn't like being in the hole, but I knew I had to go."

***"He just left too soon"***

McFarland said they gave him a day to clear his head, but he thinks the California Department of Corrections and Rehabilitation should come up with another process, especially if

an individual you share a cell with dies outside of the cell.

"I met him in 2011," said Darryl Williams who has been incarcerated since 2001. "Jesse had the biggest heart and was like a father figure."

Williams got in touch with Wells' daughter, Renetta, to let her know of her father's passing. Renetta was the love of her father's life, Williams said, and he talked about her all the time.

"When I talked to her, I could hear it in her voice that she loved him too," said Williams. "She said his wife died on the same day Jesse died," which was during the catastrophe of Hurricane Katrina. Renetta

told him the mortuary wanted \$1,500 to fly his body back to New Orleans.

"She couldn't afford to raise the money for the flight and also pay for her father's burial fees," Williams said. He and some other men in blue tried to raise money to help her, but they didn't have enough time.

Renetta recently consented to a cremation ceremony at Mount Tamalpais Mortuary, which has a contract with San Quentin State Prison. "He just left too soon," Carley McFarland said. "Way too soon."

Wells was born May 5, 1956. He is survived by his daughter and a sister.

# College Program Sponsors Open Mic

By Juan Haines  
Managing Editor

There were songs and poems, laughter and somber reflections as a dozen San Quentin prisoners took the stage during the Prison University Project's annual open mic event.

Several PUP teachers and about 75 prisoners sat in the prison's Catholic Chapel to listen to the dozen or so prisoners who took the microphone. The stories ranged from how crime affects communities to bombarding college program sponsors Jody Lewen and Kara Urion with jokes.

Several prisoners who took the mic asked for a moment of

silence in respect to the families in Newtown, Conn.

The first speaker, known as "Maestro," recited parts of the periodic table. He finished his time by giving the audience a hip-hop version of Elton John's Rocket Man.

San Quentin thespian John Nesbitt recited parts of Hart Crane's *Voyages*, a sonnet about a love affair.

Tommy Winfrey read a self-reflection piece, *The Scarlet Letter I Wear*. "I searched the world for opportunities to be a better me," he read. I wrote the piece to explain how incarceration affected my life, Winfrey said "I must learn from my poor choices. Decisions made in haste have

propelled me into the spotlight of observation."

Antwan Williams performed in his second open mic. Williams said Jody and Kara gave him the confidence so he could succeed in education. He added that if he had just a little guidance on the streets, he wouldn't have ended up in prison. "I wrote the piece I read while trying to figure myself out," referring to how going to college while imprisoned taught him responsibility and commitment.

Wayne Villafranco used congas to tell an ancient story about how young men mature into responsible adults. The primal sounds and words kept the audience engaged in the story. "The

story had much meaning. I could pick out that he was telling about the circle of life. It was good," said one prisoner.

Kevin Sawyer played a guitar rock tune he wrote called Hazel's Theme.

A line in Rafael Calix's poem, *From Ghetto 'hood to State 'hood*, read, "My observation tells me the past is still passing." Calix said the line refers to the negative influences he encountered in his neighborhood. "Those negative influences are things like single-parent households, poverty, drugs, and the misrepresentation by the mainstream media."

Trumpeter Larry "Popeye" Faison played *Mercy, Mercy* by

Cannonball Addely. Faison said, "The tune had an added value to the time it was written to today's plight in the prison system. We need a little mercy."

Mike Tyler read one of his popular spoken word pieces, called *Where I'm From*, in which he talks about the hokey collectiveness of the small town of Los Banos.

Chris Schuhmacher personalized from a song by Third Eye Blind, *Motorcycle Drive-by*.

He said, "Winter time and the wind is blowing outside – this is San Quentin and I don't know what we're doing in this prison – the sun is always in my eyes...I've never been so alone – I've never been so alive."

## Prop. 36 Hearing Brings Release

Continued from Page 1

This is evident because a majority of African-American and Hispanic men are filling the prisons and serving more time for less crimes than whites, he said.

When he was on the street, his life was centered on drugs and alcohol. He said the phrase he used to describe his lifestyle back then was "out of control."

Brown recalled, "The path I had taken was leading me down the road to destruction. I chose to live around prostitutes, even to the extent that I exploited them," Brown added.

In the early days of his incarceration, Brown said he stud-

ied the Bible and meditated on what he read.

"Studying God's word is what helped me find some peace," said Brown. "In those early days, I was surrounded by a lot of turmoil -- way too much, really."

**"Studying God's  
word is what  
helped me find  
some peace"**

Proposition 36 was a "smart on crime" change in the law, Brown said, but it should have included a broader outlet for prisoners.

"This not only would include three strikers but lifers -- men and women who have acquired the tools and skills that the (parole) board mandates," he suggested.

As for the future, "My plans are to reach as many young children to prevent them from coming to prison. This is no life at all."

Soon after he arrived at San Quentin, Brown said he began taking classes that would help him once he re-entered society.

"I took the Victim's Offender's Education Group (VOEG) and No More Tears -- both very good groups," Brown said. "I also took a Bible course program and I assisted here in the Bible Boot Camp teachings."

## Prisoner Futures Remain Uncertain Until Court Review

Continued from Page 1

Even though officials claim the hearings protect constitutional rights, some prisoners feel this is not always the case.

One Third Striker who asked to remain unnamed received a rules violation for "tattoo paraphernalia," which was actually a set of approved guitar strings. When the prisoner showed the strings were authorized, the prison's appeals coordinator changed the charge to "possession of dangerous contraband," a more serious charge.

The prisoner requested that he be entitled to his basic due process rights to confront evidence but was told the evidence (the guitar strings) were destroyed per institution policy. His appeal was denied at the highest level because the appeals process does not factor in declarations made by the prisoner, only by the reporting employee.

Some Third Strikers are concerned that such incidents might prompt denial of a chance at freedom, even with no serious or violent crimes on the record.

Greg Tabarez, a 59-year-old construction worker who spent

many years repairing sidewalks and gutters in Sacramento California, was sentenced to 25 years to life for "simple possession" of a controlled substance.

**"There is more to  
do on the Three  
Strikes Law"**

Tabarez, who also has no history of violence, does not see a parole board until 2022. "I think Prop 36 should apply only to those offenders with serious or violent crimes as it was intended in 1994," Tabarez went on to say that he believes SB-971 should have been changed years ago, explaining that, "the lives of many low risk offenders have been ruined because of this mean-spirited law."

But some district attorneys support the changes to the Three Strikes Law. District Attorneys Steve Cooley of Los Angeles County, Jeffrey Rosen of Santa Clara County, and George Gascon of San Francisco County all endorsed Proposition 36.

Defense attorney Dan Barton of Palo Alto, who recently vis-

ited San Quentin's Journalism Guild, called Proposition 36 a minor change in the law. "We needed to do something to fix this law, and Proposition 36 was a good start," he said.

Barton cautioned that a prisoner who qualifies for sentence modification under Proposition 36 would have one shot at his or her freedom via the hearing. However, if denied, Barton said that decision could be appealed to a higher court. He added that the judge will evaluate all completed forms and documents before deciding any change in an eligible prisoner's sentence.

In Santa Clara County, where Barton practices, "officials from the District Attorneys Office, the Probation Department, the Public Defenders Office and other court representatives have put together a 'sentencing package' to be used in each case.

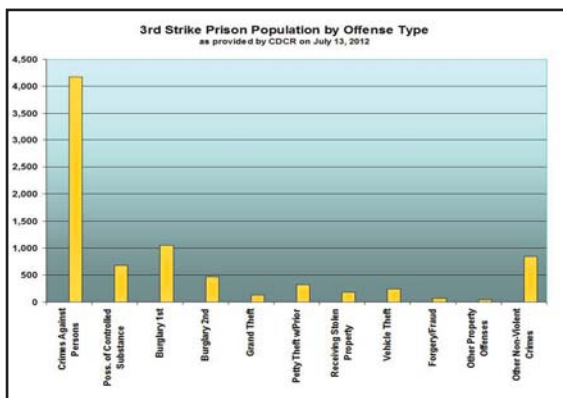
It'll be almost like a parole hearing."

The fight to reform the Three Strikes Law is not over. Barbara Brooks, with Sentencing Justice and Reform Advocacy, said her organization is in it for the long run.

"There is more to do on the Three Strikes Law, and we are giving serious thought to that," she told the San Quentin News in a telephone interview.

The SJRA wants to form a coalition of Three Strikers, both inside and outside prisons. "There are many who want to continue and help those who don't make it out," she said.

Brooks said she believes those who do get out "owe it to the ones left behind, possibly all prisoners... because what they do after released will form the attitudes that the public and those in government will have toward prisoners in general."



San Quentin's entrepreneurship program, The Last Mile, will hold its second Demo Day on February 22nd. More than 100 guests have been invited to this popular event.

# Military Families

## MILITARY MOTHER FINDS COMFORT FROM 'OPERATION: MOM'

By Chris Schuhmacher  
VVGSQ Chairman

Gloria Godchaux of Operation: MOM was interviewed by the chairman of the Vietnam Veterans Group of San Quentin to find out what prisoners can do to support American troops overseas.

### How did Operation: MOM come about?

Operation: MOM began in 2001 when Dotty Selmeczki and I began to look for an active military parent support group. It was imperative for me, because immediately after 9/11, my son, who is a U.S. Marine, was deployed to an unknown destination called "Somewhere." At the time, Dotty and I didn't realize that thousands of other parents out there also needed a safe place where they could share their worries for their loved ones serving in the military. Since then, Operation: MOM has branched out across various communities establishing support groups wherever they are needed.

### What challenges have you faced?

I would say the most challenging and heart-wrenching form of care that we've had the privilege of giving is standing beside those families who have lost their serviceperson while they gave the ultimate sacrifice of their lives serving our country.

### How did Operation: MOM get connected with VVGSQ?

When Operation: MOM began its grassroots efforts, we had to decide what other, if any, types of organizations we would align

ourselves with. In 2003, we met the VVGSQ, which have been instrumental for nearly 10 years in supporting Operation: MOM by providing funds to help active duty military families and being an integral part of sending "A Little Touch of Home" care packages to our troops around the world.

### What's next for Operation: MOM and the VVGSQ?

In 2013, Operation: MOM and the VVGSQ will be supporting an Air Force unit whose mission is to drop off supplies to Army and Marine ground forces. They have asked for specific items, such as green socks and Desert Sand military T-shirts, which were already purchased with donated funds from the VVGSQ.

### How can men other than San Quentin veterans get involved with Operation: MOM?

We fill "A Little Touch of Home" care packages with things like snacks, powdered beverages, washcloths, fingernail clippers, and other hygiene items, so if they wanted to donate those types of items, it would be greatly appreciated. Postage for all the boxes gets pretty costly as well, so stamps are well received too.

Note: San Quentin staff and prisoners wanting to help Operation: MOM support the nation's troops can collect snack items, hygiene items, and postage now. Signs will be posted later in housing units directing where to leave donations.

Persons in the community can donate by contacting the VVGSQ's chief sponsor, Lt. K. Evans, at San Quentin State Prison. (415) 454-1460 ext. 5205.

# Inspirational Garden Is a Place of Peace

By Kenyota Gray  
Journalism Guild Writer

A splash of color greets prisoners and visitors to the west end of the San Quentin Lower Yard — a flower garden, tended by about two dozen inmates, guided by volunteers.

The Garden Project started with a specific mission that focused on the need for inner gardening, with an emphasis on personal growth through behavior modification, said program founder Beth Waitkus.

"The idea behind planting a garden and nurturing it has given me a better understanding of the importance of cultivating healthy relationships," said Abdul Henderson, one of the H-Unit Garden Project participants.

Waitkus led a recent ceremony marking the 10<sup>th</sup> year of the gardening program, in which members were awarded certificates.

Outside gardening and green jobs training provide skills the participants can readily utilize when they reenter the job market, Waitkus commented. She noted the project has connections with agencies such as Planting Justice, a non-profit organization geared to providing part-time employment for participants as part of its reentry program.

"I didn't know what I was going to do about a job when I got out, but this program has lifted a huge weight because I can now get some work doing something I'm familiar with," Henderson said.

## EDUCATION CORNER



Photo by Lt. S. Robinson

San Quentin's library during mainline open hours

# Overcrowded Population Strains Library Resources

By Boston Woodard  
Staff Writer

San Quentin's main library is under-equipped, overcrowded and struggling to meet the legal and recreational reading needs of prisoners, Senior Librarian Tom Brobst reports.

With so little space for so many important purposes, Brobst feels he needs to be a curriculum acrobat at times in order to maintain fair library access for the General Population.

Brobst has been a librarian for approximately 18 years, with 13 of those years at San Quentin. He worked at R.J. Donovan, CSP-Solano, and as a parole agent for two years before coming to San Quentin.

Brobst is deft in legal issues important to the prisoner patrons, such as legal forms, case law, and reference books. But he cannot give legal advice because he is not an attorney.

### COMPUTERS

Unlike prison libraries of years past, San Quentin now has seven computers available for legal research, meeting the requirements of Gilmore v. Lynch for prison law libraries with LEXIS and PREMIS legal databases. These resources are updated quarterly, although Brobst says updated information sometimes arrives to San Quentin's library late.

Prisoners cram the library in hopes of getting a spot on a computer to work on their cases and other legal matters.

"There are not nearly enough computers available for everyone doing legal work," prisoner Ted Swain said. Recently, "three computers were inoperable," he said, making availability tougher. The computers have since been repaired, "but it's a serious ongoing problem as this frequently occurs," added Swain.

"The library has no budget and depends on the Office of Corrections Education headquarters in Sacramento for its funding," Brobst added.

### CAPACITY

The official maximum capacity at San Quentin's library is 38 prisoners at one time. There are currently 58 men on Priority Legal User status, who have precedence because of "confirmed pending legal issues" in the courts. This is a problem with a potential 2,000-plus user in the General Population. Often, there is barely standing room in the sitting/studying area of the library, according to Brobst.

Library worker Barry Ryeak, serving 15 years to life, told the San Quentin News: "The library could use many more books, but with space being a problem, we do what we can with what's available."

Brobst said he distributes donated books among several "locked-down units throughout the prison."

The library serves the General Population, Reception Center, and Death Row.

### DEATH ROW

Brobst points out those Death Row prisoners are under-served because of space limitations in the condemned library. It provides "complex, specialized legal services that require a senior librarian with the requisite training and experience to individually assist each prisoner," explained Brobst. The Prison Law Office and the California Appellate Project monitor access to that library.

One San Quentin librarian, John Cornell, was laid off last year due to budget cuts, leaving two librarians on staff. They supervise 12 prisoner workers.

California's prison system has come a long way since the days of Bibliotherapy, when librarians worked with prison psychologists to provide books for prisoners to study, then followed up with discussions about what was learned.

In 1952, one library journal illustrated how libraries "can surround the prisoner with a perpetual intellectual atmosphere of the type which is necessary to bring about a definite change in his behavior patterns."



Photo by San Quentin Staff

Members of the Garden Project gather together in front of their Insight Garden

## SPORTS

# Kaepernick's Dream

YOUNG QUARTERBACK REALIZES CHILDHOOD AMBITION PLAYING FOR THE NINERS

By Gary Scott  
Sports Editor

San Francisco 49er quarterback Colin Kaepernick's childhood dream came true before our very eyes.

A letter Kaepernick wrote to himself when he was 10 years old was printed recently by the San Francisco Chronicle.

He wrote, "I'm 5 ft 2 inches 91 pounds. Good athlete. I think in 7 years I will be between 6ft to 6 ft 4 inches 140 pounds. I hope I go to a good college...then go to the pros and play on the Niners or the Packers even if they aren't good in seven years...Sincerely Colin."

His hope became reality in 2011, when the 49ers traded up with the Denver Broncos in the second round and selected Kaepernick 36<sup>th</sup> overall.

After starting quarterback Alex Smith's concussion in the second quarter against the St. Louis Rams in week 10, Kaepernick entered the game and led the 49ers to a tie. He finished the rest of the season as the starter with a 5-2 record.

Born in Wisconsin, Kaepernick moved to Turlock, Calif. with his adoptive parents, Rick and Teresa Kaepernick, at the age of four. His parents had lost two children to congenital heart disease before adopting Colin,

who is now heavily involved in Camp Taylor, an organization that helps children with heart diseases.

Nevada offered him a scholarship despite concerns that he would choose professional baseball over playing for the Wolf Pack. The Chicago Cubs drafted Kaepernick in the 43rd round of the 2009 draft, but he continued to follow his football dream.

Kaepernick became the first player in NCAA history to have three consecutive seasons in which he threw for more than 2,000 yards and rushed for more than 1,000 yards. He is also the only quarterback to have passed for 10,000-plus yards and to



Photo courtesy S.F. 49ers

Kaepernick seeking an open receiver from the backfield where he has led his team to the playoffs

have rushed for 4,000-plus yards in the history of Division I FBS college football.

In 2007, Kaepernick won Western Athletic Conference Freshman of the Year and was named the WAC Offensive Player of the Year in 2008 and 2010.

At the time the San Quentin News went to press, Kaep-

ernick was fresh off a win over the Green Bay Packers, in which he threw two touchdowns and ran a record-setting 181 yards, including a 56-yard touchdown run. He is preparing to compete in the Niners' second NFC championship in as many years, versus the Atlanta Falcons.



Photo by Lt. S. Robinson

The San Quentin tennis team on the court

## Tennis Team Shares its Inspiration

San Quentin's tennis team plays most weekends against outside players from local colleges, professional teams, and the Marin Tennis Club. The men told the San Quentin News what drives them on the court.

"I keep playing tennis because I enjoy the idea that my shots keep getting better. There is always the thought that I may make a killer topspin rip across the court to make the point. Oh, that is a great feeling! Of course there are some good days and some bad days. That is the way it goes." - Jason McGinnis

"I enjoy the camaraderie and it's a lot of fun. There's a lot of

good guys I get to play with. It's good for my health because I'm a heavy guy and it's something I can take to the street with me. Playing tennis helps me to stay focused and from worrying. It is also great to be able to play guys from the streets like the college athletes who teach me things like bettering my back hand. It's a blessing." - Marc Jordan

"I love the fun and the challenge of learning something new. Tennis is a sport where there's always something you can work on like serving or my backhand. As long as it stays fun, I'll be on the court." - Chris Schuhmacher

"My health. Also it is a way to be the athlete that I always was early on. There are workouts involved as you become more aware of the sport, which does not always happen in another sport. The challenge is the thrill of putting it all together." - James Taylor

"I think the camaraderie and the competition are things that motivate me in strengthening my game. It helps me relieve stress. It also helps me with my communication skills because I get to socialize with people from the outside communities." - Orlando Harris

-Gary Scott

## Coaches Reflect on San Quentin A's Winning Season

The San Quentin A's worked their way through an exceptional 2012 baseball season, according to Coach John "Yahya" Parratt and pitcher Nghiep Ke Lam.

"The season went excellent and my expectations were reached when I saw the happiness in my players' faces," said Parratt.

Ke Lam gives appreciation to everyone who contributed to the

A's successful season. "I felt our season went miraculously with the support of the administration, the Oakland A's organization, a few dedicated coaches from the outside community and the wonderful teams making the trip to play us," said Ke Lam. "Despite some setbacks, my team made this season very memorable. We went beyond expectations."

Parratt's management skills helped the A's to their second winning season. "My approach to the season was to go in and put the best nine on the field," said Parratt. "I wanted to make sure we had each player in the right position and have a good bench and pitching staff to carry us through."

Ke Lam expressed some areas of improvement they can

address before next season. He commented, "There are minor improvements we could work on, like base-running and understanding the signs."

"San Quentin A's is a team, and team stands for Together Everyone Achieves More," Parratt concluded.

The A's finished their season 8-0.

-Gary Scott

## Giants' Season Ends With a 6-5 Record

Distractions in the San Quentin Giants baseball team's off-season affected the team's structure and continuity, yet they finished with a 6-5 record.

There were many obstacles to overcome for the Giants going into the season. "The season was full of ups and downs," said inmate Coach Frankie Smith. "It was short and somewhat unorganized, but regardless it is baseball in prison, so we need to keep that in mind."

Smith tried not to let these challenges hold him back. "My approach to the season was like any other once we got the ball rolling, so to speak," said Smith. "Pick nine guys and play the best baseball possible."

Giants catcher Michael Tyler did not let the team circumstances affect his approach to the season, either. "I tried to stay positive and not let the game change who I am on and off the field," said Tyler.

Tyler said he approached the season determined to perform better than he did last year. "Every year I try to do better and improve my skills where I can. I just want to play baseball and have fun doing it."

Coach Smith discussed the improvements his team can make going into next season. He said, "Perfect practice makes



Photo by Earnest Woods

Coach Smith at work

perfect. It is clear that our team is not getting any younger, so by maintaining our physical health during the off-season, the team can have a jump on those who allow themselves to get out of shape."

Tyler said he can help his team by improving his batting technique and becoming more of a leader on the field. He said, "My batting is something that I truly need to work on. I can see the ball, but I have not yet learned how to turn my hips on the ball. I also feel if I play catcher again this coming season, I will take more of a leadership role and be a little more vocal."

Despite an average baseball season, Tyler said he appreciated the opportunity to play baseball with his teammates. He said, "I have some good memories of this past season that I will hold onto for the rest of my life."

-Gary Scott

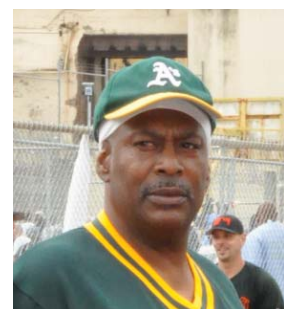


Photo by Earnest Woods

Coach John 'Yahya' Parratt

# S.Q. Soccer Needs Sponsors

WAITING FOR SPONSORSHIP

By Gary Scott  
Sports Editor

San Quentin's soccer players have organized and started competing in hopes that someone would come in from the streets to coach and donate uniforms, cleats and soccer balls. Two players described to the San Quentin News the value of playing soccer behind prison walls.

"First and foremost, soccer teaches discipline," said Alex Ruiz.

Jorge Heredia expresses how one can take what they learn from playing soccer and turn them into life skills. "Soccer teaches social and communication skills," Heredia said. "It keeps you fit and reduces stress as well."

"To play you have to learn to love it. When you love it, you

even play in the snow, the rain or whatever the elements," said Ruiz. "Soccer is like an art. You can use your hands and feet and do things with the ball that people can admire"

"Due to the increase of the inmate population and the limited job opportunities, soccer is a perfect outlet for the guys who do not have jobs here," said Heredia.

Alex Ruiz played soccer since the age of four, when he lived in Peru, and credits his uncle Pepe Del Carpio for introducing him to soccer. He moved to America at the age of 14 and played soccer at Albany High School in California.

While Ruiz was playing soccer as an eight-year-old, a motorcyclist ran over his leg. Ruiz loved playing soccer so much, it only took him a few days to start back playing again.

## LETTER TO THE EDITOR

# Observations on Prison Life – A Visitor's Commentary

*Editor's Note: The following excerpt is from a Letter To The Editor from Samuel Sher, who visited San Quentin recently with a group sponsored by the self-help group TRUST.*

My trip to San Quentin was one of those moments that stopped me in my tracks. It made me forget about all the insignificant and superficial trivialities in life and try to define what's really important in life.

Inside these walls, this was home; this is where everything takes place. That really shocked me. That was a hard concept to grasp. That we are living our lives in the outside world, and here they are day after day, living a life free of that basic necessity. As we talked to the prisoners, I became mad. These

awesome people are ... bright and so in touch with themselves. Why are they locked up in here, being treated like caged animals? Some of these men are more competent than those living outside of prison. I became mad because all it came down to is a failure to understand them, a failure to grasp who these people are, and how they have changed, so we take the intolerant path of sticking them in prison. I became frustrated with society for being so narrow-minded.

As we made our way to the field, I became more mad to see all the prisoners divided up among race. I know it's prison and there are rules that you can only associate with your own skin color. That is where the problem all around the world lies. We are so concerned with

which group we are a part of and who we belong to that we forget we're all the same. We are all one human species, living on the planet together. To divide ourselves and fight over something so insignificant as skin color is ridiculous and immature.

What's done is done. You can't change the past. And no one knows this better than the prisoners of San Quentin. Yet they are the ones who learned from their mistakes, so much so that they have completely transformed themselves as people.

We are so grateful and honored that you have taken the steps necessary to be the human beings you are meant to be. I will accept you as a member or society and a guest of my home.

Thank you and never give up.  
Samuel Sher

# Race Still a Factor in Determining Police Stops

LAW SCHOOL PROFESSOR DESCRIBES RACIAL UNFAIRNESS IN THE SYSTEM

By Charles David Henry  
Staff Writer

People of color are disproportionately stopped by police, arrested and imprisoned, according to an activist and law professor.

"It is time for every person interested in justice and safety to join in and dismantle this racist system," wrote Bill Quigley, a Loyola University law professor and associate director of the Center for Constitutional Rights, on the website CommonDreams.org.

Because of "a domestic war against the marginalized," people of color remain subjected

to harsher penalties in the U.S. criminal courts, Quigley said.

He cites Professor Dylan Rodriguez's book, *Forced Passages*, which argues the lack of productivity by the marginalized jeopardizes the stability of the mainstream, which rationalizes the need to isolate them from the majority.

"These people, whether they are in Guantanamo or Abu Ghraib or U.S. jails and prisons, are not productive, are not needed, are not wanted and not really entitled to the same human rights as the productive ones," said Quigley.

The Sentencing Project reports that although African

Americans make up 13 percent of the U.S. population and 14 percent of monthly drug users, 37 percent of people arrested for drug offenses are African American.

Further, law enforcement records show people of color are subjected to stop and frisk at alarming rates compared to people subjected to the policy.

The American Civil Liberties Union recently reported California African Americans are three times more likely to be stopped by police than whites. In New York City, 80 percent of the NYPD stops were of blacks or Latinos, de-

spite people of color making up only half of the population.

The US judicial system fares no better, the report shows. In the federal system, black offenders receive sentences that are 10 percent longer than white offenders for the same crimes, according to a 2010 U.S. Sentencing Commission report. According to the Sentencing Project, African American defendants are 21% more likely to receive mandatory minimum sentences than white defendants, and African American drug defendants are 20% more likely to be sentenced to prison than white drug defendants.

Another disparity uncovered in the report "concludes that the chance of a black male born in 2001 of going to jail is 32 percent or one in three. Latino males have a 17 percent chance and white males have a six percent chance."

Quigley quotes Professor Michelle Alexander, author of *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, as saying, "nothing short of a major social movement can dismantle this new caste system."

Professor Quigley's article can be found at [www.CommonDreams.org](http://www.CommonDreams.org).

# Unique Spiritual Center Thriving in San Quentin

By Julian Glenn Padgett  
Staff Writer

On the west side of the San Quentin Lower Yard, Native Americans gather at their sacred sweat lodge to pray, study and perform ancient rituals of worship and purification.

Called Shasta Lodge, it is the world's first fireplace sweat lodge in a prison, said Hector Frank, San Quentin's Native American chaplain.

## LESSONS

"Basically they learn how to pray," said Frank. "The lessons taught here in the sweat lodge are about our history, our way, our connection to our church."

About two dozen Native Americans, most of whom are

from northern Californian tribes, gather in the sweat lodge to worship and share tribal culture, learning Native American language and ancient traditions like ceremonial song and dance.

It is a re-birth, Frank explained. When the men come into the sweat ceremony, they let go of everything, and when they go out, they are thoroughly cleansed.

"Just entering into this atmosphere is special, because we are entering inside Mother Earth's womb," Frank said.

"It's like a purification ceremony," said Frank Whipple, of the Wylacki Tribe in Covelo, Calif. "We're sweating out the negative energy and putting positive energy back in."

Robin Guillen, of the Comanche Chippewa tribe, who has been incarcerated for nearly 40 years, recalled his first sweat ceremony.

## SPIRITUALITY

"I was 12 years old when my parents took me to my first ceremony," Guillen said. "I learned that for guidance, this is how we as native people connect spiritually with the creator."

Guillen said the sweat lodge can bring a person balance — emotionally, physically and spiritually.

"It's my center," said Guillen. "I would not have been able to receive the guidance to accomplish what I have, if I had not remained true to the sweat lodge."

The history of San Quentin's sweat lodge is intertwined with that of another famous prison.

In 1976 Frank and several other spiritual and civil rights activist embarked on a trek from Alcatraz Prison to Washington, D.C. to advocate for the religious rights of prisoners.

"It was called 'The Longest Walk,'" Frank said. "All the believers were there (including) Buddhists from China and Japan, along with several priests from other congregations and churches."

At the culmination of the walk, and with the approval of the United Nations, the Freedom of Religion Act was signed by then-President Jimmy Carter, who has Cherokee Indian ancestors, says Frank.

Today this law is known as the Religious Land Use and Institutionalized Persons Act, which protects institutionalized people from discrimination based on their religious beliefs.

## PRISONS

As an Indian priest, Frank has guided Native Americans at other prisons such as Folsom, Chino, Nevada State Prison, Arizona State Prison, and Pleasant Valley. He also helped put the lodge up in Chowchilla and Valley State Prison for Women.

"I'm 61, and I've been coming into the prisons for over 40 years," said Frank. "Forty years ago I made a commitment as a Sun Dancer to come in here and help the Indian people."

# Wedding Bells Rang in San Quentin

Three San Quentin prisoners were married in the Visiting Room last month. Here are some of their comments.

George and Robyn Yacomb: "We wanted to bond our love as soon as possible," said Robyn. "It's the best Christmas present ever." She said she believes George will be released soon and the couple plans to have another wedding once he's released.



Newlyweds  
Roy and Kecia Willis

ments. It worked out "great," said Amanda. Even though they didn't plan a Christmas wedding, Brandon said, "It just feels so natural. Being with her is like breathing; it's the right thing to do."

***"Being with her is like breathing"***

Brandon and Amanda Dawson: They wanted to marry earlier in the year, but the prison was not able to make arrange-



Newlyweds  
Adrian "Redd" and Robin Case

Roy and Kecia Willis: Roy has known Kecia's family for years. "Our families are connected and had been seeing each other for a long time," said Kecia. One day I came along while they were visiting "and the spark I got from Kecia was irresistible," Roy said. "I'm the happiest guy in the world today."

***"I'm the happiest guy in the world"***

In an earlier Visiting Room ceremony, Adrian "Redd" Casey and Robin were also married.

"You bring me joy", Robin told her husband.

## Prisoners Find Self-Help Programs Out of Reach

*Continued from Page 1*

program because there are such long waiting lists."

Program shortages at San Quentin, known as a "programming prison" for its long list of rehabilitation programs, are one of the unintended consequences of realignment.



Photo by Lt. S. Robinson

Hitland Ministries 2011

In October 2011, California began keeping low-level offenders to county jail instead of sending them to state prison in Gov. Jerry Brown's effort to reduce prison overcrowding. The state's bloated prison population has dropped by about 27,000 prisoners, from more than 200 percent capacity to around 145 percent.

One goal of realignment is to improve rehabilitation programs for "hard-core prisoners" who remain in state prisons, according to Your Call, a KALW radio show. But at some prisons, including San Quentin,

the policy has had the opposite effect, say some prisoners.

San Quentin's population fell from 4,652 before realignment to 3,939 in January 2013. The drop is due to the significant reduction of the number of prisoners in the Reception Center, who do not compete for general population programming. The general population, however, has doubled, significantly increasing the number applying for rehabilitative, educational, and vocational programs.

San Quentin now houses many more prisoners serving life sentences than it did before realignment. Lifers are expected to participate in vocational, academic, and self-help programs to qualify for a release date. Many of the newly arrived lifers are frustrated by the unavailability of rehabilitation program openings, saying the prisons they came from had work assignments that kept them busy and provided them with training, crucial for parole suitability and for finding a job once released from prison.

### WAITING LISTS

Waiting lists for self-help programs that Higginbotham had hoped to join have ballooned since realignment took effect. The Prison University Project had no waiting list before re-

alignment except for its college preparatory math class, which was about a one-semester wait. Now there is a waiting list of 18 months to two years to start any PUP class.

Another program affected by realignment is Non-Violent Communications. NVC has a waiting list of more than 200 inmates, and can only accommodate 30 participants per class. With only three new classes taking place per year, this means a new arrival who signs up for NVC today can expect to wait more than two years.

The Victim Offender Education Group, a self-help group that helps inmates become accountable for their actions through the restorative justice model, seeks to bring healing to the victim and the offender. Before realignment, the wait for VOEG was between one and a half years to two years. Now the waiting list is five years long, according to VOEG Steward Richard Lindsey.

VOEG program director Rochelle Edwards said she is taking steps to cope with long waiting lists. In 2012, VOEG expanded from two groups to eight inside San Quentin. Currently Edwards said the program is seeking solutions such as holding intensive one-day workshops for all inmates on the waiting lists. She said the real limitation to expand-

ing the program is available programming space.

Marty Spears arrived at San Quentin in October from California Men's Colony, where he was employed as a leadman in the Prison Industry Authority print plant. San Quentin's print plant closed three years ago due to budget cuts. San Quentin's PIA has seen a reduction in work force since realignment.

"I went from being in charge of millions of dollars of equipment to not being able to pick up paper on the yard," said Spears, "and facing two-year waiting lists for almost every self-help program at San Quentin."

The Machine Shop has only 27 jobs, and demand is high for those assignments.

In the California Department of Corrections and Rehabilitation's plan, "The Future of California Corrections," San Quentin is projected to have four additional vocational programs up and running by June 2013, with six more to be added the following year.

The San Quentin plan relies heavily on education programs to keep prisoners busy. San Quentin has increased the number of Voluntary Education Programs in recent months, from zero classes before realignment



Photo by Lt. S. Robinson

Breast Cancer fund raising event 2012

Gary Gilbert was recently transferred to San Quentin from California Men's Colony. "I have not even gone to my initial classification committee that is supposed to take place within two weeks of arrival," Gilbert said. He cannot receive a work or education assignment without being classified.

Even if Gilbert was classified, the chances that he would receive a work or education assignment right away are slim.

San Quentin has only one vocational program for 2,357 mainline inmates, after losing the Sheet Metal program at the end of December with the retirement of instructor Keith Baughn, and the previous closure of the landscaping and printing programs.

to six classes in January. The number of GED teachers has also increased from one to two.

VEP is scheduled to replace programs that were cut in the 2010 budget, such as Adult Basic Education and English as a Second Language. However, unlike ABE and ESL, VEP does not have a curriculum and is not a work assignment.

Many hoped realignment would improve the lives of California prisoners. But for the lifers now arriving at San Quentin, the policy has resulted in frustration — with troublesome implications for their chances of getting out.

"My expectations were high," said Spears. "When I got here, I was completely let down."



Photo by Lt. R. Luna

SQUIRES members with youth from L.A. during a recent visit in June 2012



# Kids Shared S.Q. Christmas Joy

Ten days before Christmas, San Quentin News went to the visiting room where prisoners' children received gifts collected by the Vietnam Veteran's Group of San Quentin. The SQN asked visitors about the impact visits have on their lives. For more quotes, go to [www.facebook.com/sanquentinnews](http://www.facebook.com/sanquentinnews).

**Pam Schuhmacher:** I've (visited my brother) every year for the past 12 years he's spent in prison for Christmas. I try not to leave him alone for the holidays. My Christmas wish is for my brother to get out of here.

**Gloria McPeters:** I love being here with my son. I'm going to be here every Christmas, and every birthday for my son. My Christmas wish is for him to come home and the world to stop all of this violence, corruption and poverty.

**Theresa Allen:** I think the kids need more than just one day to visit with their fathers in prison.

**Denise Abbott:** Fortunately, I get to visit a lot. The reason I visit so much is the reception I receive from the staff. They are



Photo by Lt. S. Robinson

Smiles were infectious and found on everyone present during the holidays

The quickest thing we lose is hope. Yet to have this gives me hope that I can have a future with her.

**Penny LaFerme:** It's a joy to be able to see my nephew today. It's special. His brother Dan is visiting from out of town. San

**Donna Paciocco:** Here at San Quentin, it's a good experience. We have good officers like Tynes and Lt. Evans. He's here on this day to make sure the kids get Christmas gifts.

**Trecee Paciocco:** It feels good to visit my uncle. I think it's really nice that the lieutenant is helping out with the gifts. It's special.

**Jazmean Martin:** I love coming here to see my uncle. It's important to me. I can't wait 'til he comes home.

**Maverick Harrison:** The fact that I have someone come in here to visit me gives me something to fight for. It makes me feel human and alive.

**LeMar Harrison Jr.:** It feels a little bit better because I'm closer to my family. It's great to see my father and I get presents.

**Catherine Harrison:** You have to work with what you have. Unfortunately, this is the situation we have to deal with. Even though this is not the Christmas we want, we are together. That's what matters.

**Dennis Pratt:** My wife (Barbara) gives me a lot of love and joy.

**D'andra Esparza:** It's really fun coming here. I get to spend time with my uncle. I love the presents. It's really sweet, their giving presents to the kids.

**Livia Esparza:** I just want my uncle to come home for Christmas.

**Sonja Hill:** It's a good feeling to come in here and share the holidays with my husband. I get inspired by the guys who aren't able to be with their children on Christmas, but through the gift exchange they still have that bond.

**Darnell Hill:** It does matter who gives the gifts. A gift from dad is an intimate opportunity to connect with children emotionally and psychologically.

**Carmen Garcia:** I only get to see my dad twice a month. It just makes me happy to see him.

**Monica Garcia:** I take him with me in my heart when I have to leave, as I have done for the past 23 years. He's the love of

my life. I look forward to the next weekend, the next weekend, and the next.

**Amy Smith:** It's amazing, hard, sad, and wonderful. I try to enjoy every moment in here. I look forward to the next one. I try to stay in the moment. The person I visit grounds me.

**Adam Garcia:** I think it's nice that we can come in here and see our father, so he's not alone on Christmas. I was four when I learned my dad was in prison. Every wish I've ever had is for him to come home.

**San Quentin's Lt. Evans:** This is my fifth year with VVG-SQ toy give-away. What these guys do benefits the community. It makes me feel good that I'm not only helping the inmate, but we're helping the family of the inmates too. I believe the staff feels this way too.

*"I think it's nice that we can come in here and see our father"*

**Joe Petitti:** I've been with the VVG-SQ for eight years. I'm a retired correctional officer and I worked with the department for 25 years. I get a charge out what these guys do for the kids. It's something they don't get to do

all the time. I'm really happy to be a part of it.

**Barry Spillman:** Petitti is our biggest supporter. We just hope the administration continues to see what we're doing. It should be known that 95 percent of the Toys for Tots came from the U.S. Marine Corps in San Mateo.

**Stan Baer:** I'm a veteran. I love being in the VVG-SQ and being a part of the toy drive. We had help from Ern Morgan at Alliance for Change. Ern actually brought the toys here. Charlie Spence's mom donated funds for the truck that brought the toys here.

**Greg Sanders:** As a member of VVG-SQ, and the toy drive, it's an honor and a privilege to give back to society and make amends. It's a form of contrition we failed to exhibit prior to our incarceration.

**Lawson Beavers:** I've been a member of VVG-SQ for two and half years. It's an awesome



Photo by Lt. S. Robinson

Look at what Santa brought for us!

so friendly and warm. I visited Joe at Solano State Prison. It was a much different experience. The staff there was very impersonal. The San Quentin staff promotes visitation.

**Sarah Dias:** I drove (a long way to see) Chris. It's enlightening to see the people who come here and visit their loved ones. It is crowded, but that means people are loved, wanted and needed. The toy drive is good, because a lot of families can't afford it.



Photo by Lt. S. Robinson

A welcome surprise

**Chris Deragon:** It keeps me grounded to have (my wife) around. It gives me a sense of reality - that I can have a future beyond these walls. It's hope.

Quentin can be intimidating to some people, but I rush to get here to be with my nephew, who I love.

*"Just seeing a child's face light up when they get a gift is great"*

**Tierra Gaines:** It's good today. I'd rather have my husband home. I don't like coming here, but I'm happy when I see him.

**Vickisha Gaines:** There's no place I'd like to be than by my husband's side. I feel thankful I can at least see him. There are so many people who no longer have their loved ones.

**Mrs. Polley:** It's always a blessing to be together with someone you love, no matter what season. It's been 20 years. I learn something new from my husband every time I come here. The love is still there.

**Ernestine Lennear:** It's hard not having my son home for any occasion, but it's harder for his kids. The best gift would be to have him walk through the front door and say Merry Christmas.



Photo by Lt. S. Robinson

One of Santa's elves

feeling to see the expression the kid's faces. It's very satisfying to see that.

**Gary Cooper:** I served in the 3<sup>rd</sup> Battalion, 9<sup>th</sup> Marines. I've been with the VVG-SQ for almost a year. There's no program like this at other prisons. Just seeing a child's face light up when they get a gift is great. We had a lady tell us that for one child, this will probably be the only Christmas gift he gets.

**From John Parratt to Shaylin:** You are a lady with pure integrity. Thank you for bringing peace to my heart. May 2013 be our year. Love - Yah Ya.



Photo by Lt. S. Robinson

Santa's helpers were represented by the VVG-SQ

# Liberal Pot Statutes Draw Attention

By Salvador Solorio  
Journalism Guild Writer

Laws criminalizing marijuana possession have been softening across the nation, and the data on the consequences are starting to come in.

In 2010, then-California Gov. Arnold Schwarzenegger signed legislation downgrading simple marijuana possession from a criminal offense to an infraction. The law resulted in arrests for marijuana possession dropping 86 percent, from 54,000 in 2010 to 7,800 in 2011, the Criminal Justice Statistics Center reported.

## OTHER DRUGS

Arrests for other drugs, such as heroin, cocaine, and un-prescribed pills, declined by 23 percent among youths in 2011 from 2010, a rate falling four times faster than for adults (down six percent), the report said.

Whites were the only racial group to show an increased rate of drug arrests. African Americans were still twice as likely to be arrested for drugs (including 2.6 times more likely for marijuana possession) than whites. The report notes whites are now the second-most drug-arrest-prone race, with levels higher than for Latinos and Asians.

## IMPACT ON CRIME

Marijuana reform does not appear to have affected other crimes, the report concluded.

More than three-fourths of California's dwindling marijuana possession arrests are now under the age of 18, up from one-third in 2010, the report said.

Last November, Washington state and Colorado also dramatically changed their marijuana laws, legalizing possession of the drug for people aged 21 and over.

The states expect to reap some \$600 million annually in marijuana tax revenues for schools, roads and other projects, reported Rolling Stone.

"This is the beginning of the end of prohibition," said Norman Stamper, a former Seattle police chief who campaigned for legalization.

*"This is the beginning of the end of prohibition"*

Ethan Nadelmann, executive director of the Drug Alliance, called the Washington and Colorado initiatives passage "a watershed moment."

"People are standing up and saying that the drug war has gone too far," he said.

In Seattle, the mayor, city attorney and every member of

the City Council supported the initiative to legalize marijuana use.

But according to Mike Males of the Center on Juvenile and Criminal Justice, California's downgrading of marijuana possession to an infraction "is likely to prove much more effective in reducing simple marijuana arrests than Washington's and Oregon's marijuana legalization initiatives passed this year."

Because those under 21 will continue to be arrested for marijuana possession, arrests in those states will fall by less than 50 percent, Males notes.

## FEDERAL OPPOSITION

Further, despite the voters' decisions, the Obama administration has shown no sign of backing down on its full-scale assault on pot growers and distributors, reported Rolling Stone magazine.

President Obama pledged to go easy on medical marijuana, now legal in 18 states.

However, Rolling Stone said the Obama administration launched more raids on state-sanctioned pot dispensaries during than did former President George W. Bush. The federal government "has threatened to prosecute state officials who oversee medical marijuana as if they are drug lords," the magazine said.

## FEDERAL DEA

"Enforcement of the Controlled Substances Act remains unchanged," the federal Drug Enforcement Agency announced in November.

At a congressional hearing, DEA chief Michele Leonhart, a Bush appointee, refused to concede any distinction between the heroin and pot, reported Rolling Stone. "All illegal drugs are bad," he said.

## Report: CDCR Complaint Process Leaves Some Prisoners in the Dark

By Kevin D. Sawyer  
Journalism Guild Writer

California has overhauled its handling of prisoner appeals in response to numerous complaints, but key problems remain unaddressed, according to a report by the Office of the Inspector General.

In a letter to then-CDCR Secretary Matthew Cate, the IG said the appeals process lacks an "accountable means of verifying that appeals are made."

The September 2011 report also said prison appeals coordinators "do not provide inmates with information necessary to resubmit a rejected appeal." Also, "rapid implementation of the revised appeal process caused confusion," the IG concluded.

The report also found that inmates do not trust correctional

employees to appropriately safeguard their appeals.

One recommendation made by the IG is for the CDCR to create a direct method for appeals staff to collect inmate appeals, instead of correctional staff. San Quentin prison has responded by placing green inmate appeals box throughout the prison. Only appeals staff are able to unlock these boxes to retrieve inmate appeals.

The CDCR enacted emergency regulations in January 2011 to overhaul its appeal process, after the IG reported receiving 156 complaints in 2010 concerning "allegedly lost, stolen, misplaced, or unanswered appeals."

That year, 148,896 appeals were submitted in California prisons, 75,146 of which were accepted and 73,750 of which were rejected, according to the IG. The volume was "at levels that

could at any time overwhelm a system increasingly constrained by fiscal and resource limitations," said the CDCR in its Initial Statement of Reasons for enacting emergency regulations to streamline the process.

The Sacramento Bee reported in August 2010 that Gene Cervantes, a former prison official who left corrections in 2007, said there is "a pattern of abuse by inmates and a pattern of abuse by staff." Cervantes blamed it, in part, on lax staff training.

Cervantes said, "Some inmates make a practice of trying to bury officials in appeals," reported the Bee, adding, "If both sides abuse the system, the party with the power tends to win."

The report, *CDCR'S Revised Inmate Appeals Process Leaves Key Problems Unaddressed*, can be found at: [www.oig.ca.gov](http://www.oig.ca.gov).

## Wellness Corner

By Kris Himmelberger  
Staff Writer

Depression affects millions of people each year, but hits prison inmates especially hard during the holidays, says Dr. Ruth Bertrand, a San Quentin psychologist.

Depression is also described as feeling down or blue for a prolonged period of time. A Non-Violent Communication facilitator who goes by the name of Renee said the blues occur "when needs are not being met."

One of the needs that often go unmet is connectedness. As people are decorating their homes, shopping for presents, and gathering with family and friends, fond memories arise. It's like "the whole world is happy, but you," says Renee.

Unable to reconnect, thoughts are intensified and the blues set in. If we continually dwell on the inability to reconnect, a change in the brain's chemistry occurs, Renee said. This change is referred to as depression.

Depression can be triggered by a multitude of things, she said. It could be a death in the family, loss of a child, divorce, or any number of things. General expectations that go with the Christmas season often trigger symptoms, including:

- Apathy, lack of interest in seasonal activities.
- Low energy and avoidance of exercise and physical activity
- Feeling alone and the sense that "everyone else is enjoying the season but me."
- Difficulty sleeping or wanting to sleep all the time, decreased appetite.
- Intensified feelings of loss for those who have died or are absent from one's life, separation from family.
- Anger and agitation about not being able to celebrate in the way one imagines others are doing..
- Excessive rumination about memories and events, both good and bad, from an earlier time.
- Difficulty with anniversaries that occur during the holidays such as birthdays, losses, dates related to one's crime, arrest, and coming to prison.
- Decreased sense of meaning and value in everyday life which may result in impulsive or rash behavior.
- In the most severe instances, people may develop thoughts of suicide.

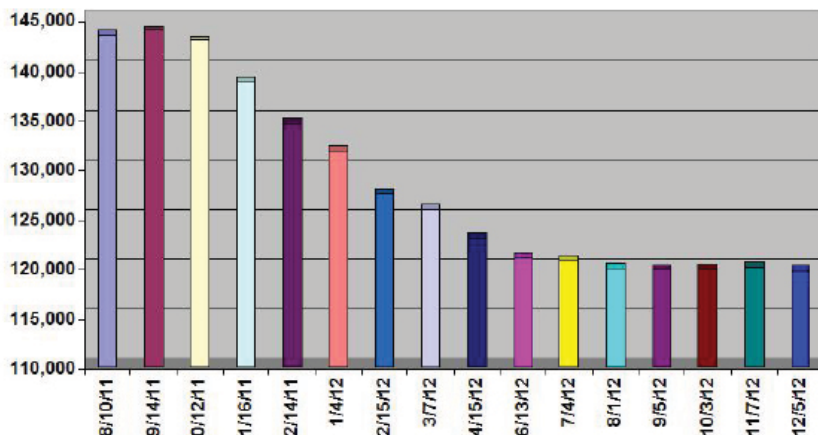
Whether you are incarcerated or not, if you are alone during the holidays and feel you are coming down with the holiday blues or depression there are several things you can do, suggests Dr. Bertrand.

Focus on what you can do to honor the season in our own personal way, she said: a gift can be kindness, a conversation, or time spent with someone. Things that come from within are often more valuable than any item from a store.

Bertrand also recommended avoiding spending too much time in your cell, as activity and exercise are important to one's mental well-being.

You can reach out to a friend, relative, or professional. Asking for help is not a sign of weakness; it's a sign of strength.

**CDCR Institutions Population**  
Court mandated population cap ≈ 110,000  
Source CDCR



# Phone Monopolies Score Profits

SELECT CORPORATIONS CHARGE PRISONERS INFLATED RATES TO CALL HOME

By Kevin Sawyer  
Journalism Guild Writer

A new report details how several corporations are driving prices up and increasing their profits, while monopolizing the state prison telephone industry.

Global Tel\*Link (GTL), Securus Technologies, and Century Link have exclusive control over prison phone service in states where 90 percent of incarcerated people live.

Of the three prison phone service providers, GTL is the largest, holding contracts in 27 state correctional departments, according to the report.

"Prison phone companies are awarded these monopolies through bidding processes," said

Drew Kukorowski of Prison Policy Initiative.

According to the report, consumers have no input in the bidding process, making the prison telephone market "susceptible to prices that are well-above ordinary rates for non-incarcerated persons."

## KICKBACKS

Every state, except eight, have contracts that are written to include a promise to pay "commissions" to states, which in effect are kickbacks. States either receive an up-front payment, a percentage of the revenue, or some combination from each.

"The prison telephone market is structured to be exploitative because it grants monopolies,"

the report said, adding, "these state-sanctioned monopolies prey upon people who are least able to select alternative methods of communication."

Prison phone companies, and prisons, justify over-pricing, contending that high phone rates are necessary due to the costs involved to provide security for the telephone service, like call monitoring, the report said.

"Correctional departments argue that revenue from kickbacks provides for prison amenities that would otherwise go unfunded by state legislatures," the report said.

According to the report, "TIME Magazine (May 26, 2009) notes that the 'notori-

ously expensive' cost of using prison telephones contributes to the demand for [contraband] cell phones in prison."

A Federal Bureau of Investigations (FBI) bulletin said correctional administrators are concerned over reduced revenue from prison-approved phones, due in large part to contraband cell phones, said the report.

## REGULATION

According to the report, the Federal Communications Commission is looking into the possibility of regulation that would place a price cap on long-distance prison phone rates.

"Such regulation, when considered against the backdrop of the corporate monopoliza-

tion of the prison telephone market, would both reduce the price-gouging that incarcerated persons' families suffer and simultaneously contribute to the social good by reducing recidivism," the report said.

The federal Bureau of Prisons has said that, "telephone privileges are a supplemental means of maintaining community and family ties that will contribute to an inmate's personal development," according to the report.

The report, however, said that with the corporate consolidation of prison phone service providers, "state-granted monopolies and inelastic demand for prison telephone service has led to exorbitant rates."

## Federal Prison Population Sees 10-Fold Jump in Numbers

By San Quentin News Staff

Since 1980, there has been an almost tenfold increase in the federal prison population. The current population is about 218,000 offenders and growth is expected to continue, according to a new report.

In 2011, the population grew by 7,541. By the end of 2013, there will be about 11,500 additional offenders in federal prisons, according to a new report

by the Urban Institute's Justice Policy Center.

Overcrowding, sentencing disparities, cost-effectiveness are of particular concern in operating the federal prison system, the report finds.

The 2013 fiscal year budget allocates \$6.9 billion for the federal prison system — \$278 million more than 2012 and more than 25 percent of the budget for the Department of Justice. The report said if

present trends continue, the BOP will consume 30 percent of the DOJ budget by 2020.

"In these fiscally lean times, funding the expanding [Board of Prisons] population crowds out other priorities," the report said.

The report found that the primary drivers for the inmate population are "front-end decisions about who goes to prison and for how long." From 2000 to 2010, the num-

ber of sentenced offenders increased by about 40 percent, primarily from immigration charges.

More than half of the population is drug offenders, and 15 percent are people who violated probation or parole.

The report makes several recommendations for slowing population growth, including reducing the length of sentences, particularly for drug offenders, and improving community cor-

rections to reduce recidivism and parole and probation violations

In the federal prison system, a minimum-security prisoner costs about \$21,000 annually to incarcerate. Low-security offenders cost \$25,378 each; medium-security \$26,247; and high-security \$33,930. In comparison, each Californian prisoner costs more than \$50,000 per year, costing the state \$8.6 billion per year.

## Poll Finds Americans Favor Life Imprisonment

By Charles David Henry  
Staff Writer

A slim majority of Americans favor life in prison over the death penalty for murders, a recent poll disclosed. The margin was 50 to 48 percent.

Even though the number of states carrying out capital punishment has decreased, the number of executions in the country remains constant, a report shows.

"Capital punishment has become marginalized and meaningless in most of the country," said Richard Dieter, executive director of Death Penalty Information Center and author of a report that predicts more efforts will be made to eliminate capital punishment in the future.

Only nine states carried out executions in 2012, putting 43 men to death with lethal injection. Texas led the nation with 15 executions; Arizona, Oklahoma, Mississippi and Texas accounted for three-fourths of men put to death in 2012.

According to Dieter's report, "fewer states have the death penalty, fewer carried out executions, and death sentences and executions were clustered

in a small number of states. It is very likely that more states will take up the question of death penalty repeal in the years ahead."

Polling researchers believe that many Americans want to abolish the death penalty. But CCN polling director Keating Holland said his analysis shows "a difference between thinking the government should have the death penalty as an option and actually wanting to see it applied."

Southern states such as Alabama, Georgia, Louisiana, Missouri, North Carolina, South Carolina and Virginia traditionally support the death penalty. No one was executed in any of those states in 2012.

Bill Mears of CNN reported that there is a "growing number who believe that at least one person in the past five years has been executed for a crime that he or she did not commit."

California voters decided to keep the death penalty in November. However, Dieter predicts a "fresh effort on the death penalty" will be forthcoming. It is more likely that states will make an effort to repeal it in the future.

## BOOK REVIEW

### Tolstoy's Insight Into Death and Dying

LOOKING INTO A MAN'S INNERMOST THOUGHTS

By Juan Haines  
Managing Editor

Condemned people, lifers, and those with long prison sentences can easily relate to the protracted demise of the main character in Leo Tolstoy's *The Death of Ivan Ilyich*.

Ivan Ilyich's death from a seemingly insignificant fall was neither sudden nor believable to him, his friends or family.

The months it took him to accept he was dying created the tension in this novel. Tolstoy "took a man to the brink of having to leave the world much as he had entered it, kicking and screaming," through Ivan Ilyich's anxiety-filled downfall, as he couldn't evade death.

## PRISON TERMS

Similarities are drawn to the men and women confined to prison cells who don't accept that they will have to serve extremely long prison terms and will possibly die in prison. These lifers fight tooth and

nailed, looking for some type of loophole that will negate what their trial has determined — guilty, sentenced to life. For all intended purposes, the life they knew is over.

## FAMILY

The characters Tolstoy creates in Ivan Ilyich's wife, children and friends don't seriously consider his illness, and begin to dismiss his complaining and feelings about his injury. The family eventually laments the loss of Ivan for selfish and materialistic reasons. However, he is not truly mourned until he's dead.

Prisoners who serve long sentences have an expression: "out of sight, out of mind." It means many families of lifers give up on connecting with them after decades of imprisonment. For the lifer, this feels like death.

The truth in Tolstoy's novel is that Ivan Ilyich "saw that no one pitied him because no one even cared to understand his situation." Confined men and women also are largely seen through the

misunderstood eyes of the public, so empathy or sympathy is not expected.

"One of Tolstoy's themes is about the inability of the dying to communicate and of the sick to remain inside the old circle of relationships," writes Ronald Blythe in his introduction to the novel.

Ivan Ilyich could not understand how death could creep on him. At first, he dismissed the thought of dying as "false, unsound, and morbid." He tried "to force it out of his mind with other thoughts that were sound and healthy," Tolstoy writes.

## DEATH ROW

Similarly, many people living on Death Row do not want to accept their destinies. Some even fabricate fantastic stories in order to stay alive within themselves.

At the moment Ivan Ilyich accepts his impending death, he learns much about himself, his family, and his friends — as do prisoners serving long sentences, once they accept their fates.

## Health & Fitness

Dr. Elena Tootell  
San Quentin Chief Medical Officer

Influenza ("the flu") has recently arrived in Marin County, and it's occurring in congregate living settings and in other places where people live in close quarters.

### What is influenza?

It's a virus that causes respiratory symptoms such as a fever, headaches, chills, body aches, runny nose, and sometimes a sore throat and or coughing. It is different from a regular cold, which usually only lasts a couple of days and presents mild symptoms. Influenza causes a fever and people feel very sick and are often confined to their beds.

### How is influenza transmitted?

If someone infected with the flu coughs or sneezes, the virus will become airborne and a non-immunized person who inhales the infectious air can become sick. They don't have to be near the person who coughed or sneezed: If somebody with the flu coughs or sneezes on one of the rails in the blocks, and another person touches it and then touches his own mouths or eyes, he can get the flu from the other person.

### Who is susceptible to the flu?

Almost half of the inmates at San Quentin have not been immunized and can get the flu. This year's vaccine is particularly effective at preventing the current season's flu.

### Who is at risk of death?

Certain people are at higher risk of death than others, such as people with asthma, the elderly, and people with cancer, diabetes, heart disease, and HIV. Every year thousands of people in the U.S. die from the flu. Although the disease is highly preventable by vaccination, it is one of the top 10 causes of death in the U.S. If inmates, visitors or staff get sick, they can transmit it to babies, who are not immune and could die. Pregnant women are also at risk of death if they get the flu.

### How will it arrive at San Quentin?

Through reception center inmates, staff, visitors and volunteers. The flu has an incubation period of one to four days; the average is two days.

People who care about the health of the inmates will get vaccinated.

### What are the common side effects of the vaccine?

The most common side effect is a sore arm and maybe a low fever or achiness. This is not the flu; it's your immune system doing what it was designed to do. For one or two days you might be feeling a little under the weather, which is far better than getting the flu and being bed-ridden for two weeks.

### What are the chief concerns about the flu vaccine?

The most frequent concerns are that the vaccine will make people sick or give them the flu. However, this is not true. Occasionally, people get the flu after they get the vaccine, but this is likely because that person was exposed to the flu after they were vaccinated but before the vaccine took effect (it takes about two weeks after vaccination for the body to build up sufficient antibodies). Another possibility is they were exposed to a non-flu virus or a different strain of the flu: The vaccine protects against the three most serious strains of the flu, but not all, and it's not 100 percent effective. However, the vaccine will prevent serious illness and hospitalization.

*-Nurse Allyson Tabor contributed to this article-*

## Federal Health Care Provides Needed Services to Parolees

By Emile Deweaver  
Journalism Guild Writer

Former Californian prisoners are gaining much-needed access to medical care, thanks to the state's expansion of Medicaid, according to a National Public Radio report.

Health insurance is often difficult for ex-offenders to come by, as many have difficulty finding full-time employment. Their situation is also made more dire because they struggle with higher rates of chronic conditions like high blood pressure, diabetes, and asthma.

"It's from living a hard life," said Dr. George Pearson to NPR. "But, it's also because they have common medical problems that go untreated. So the hypertension becomes heart failure, the diabetes becomes diabetic neuropathy, amputation, and blindness."

Pearson said that a 45-year-old ex-offender often has the ailments of someone 55 years old.

The Affordable Care Act includes an expansion of Medicaid that could cover millions of low-income Americans, including those who have been incarcerated.

The Medicaid-like program covers preventative care, prescription drugs, specialty visits, mental health and substance abuse, the report states. Researchers say if these health issues go untreated, offenders could end up right back in prison or jail.

Mental health problems and drug addiction significantly influence criminal conduct, said Lenore Anderson, director of Californians for Safety and Justice.

One in six people in jail had some form of mental illness, according to a 2009 survey by the National Sheriffs Association. Officials estimate 50 to 75 percent of clients in Los Angeles County's Adult Day Reporting Center have mental health problems. Moreover, 58 percent of California prisoners show symptoms of drug dependency, Anderson reports.

Nine out of 10 people in jails have no insurance to pay for it, according to Community Oriented Correctional Health Services.

Increasing treatment for behavioral health disorders before or upon release will more likely stop cycles of crime, said Anderson.

## Health Professionals Provide Valuable Instruction During Two-Day Workshop

By Angelo Falcone  
Journalism Guild Writer

The San Quentin peer-education group Centerforce received support from two Bay Area experts in providing more health-related help to prisoners.

Sandra Herrera and Linda Dobra visited Centerforce for two days to participate in a bilingual hepatitis workshop and to learn more about the Peer Health Education Program at San Quentin.

"The classes given by Centerforce here at San Quentin are excellent," said Herrera. "I am very impressed with the program offered to the men."

Herrera works with the HIV Prevention Program in Marin County's Health and Human Services Department. She start-

ed in the field with the Napa Valley AIDS project, training youth to help their peers. She also worked for the Napa Emergency Women's Services as a domestic violence counselor.

Herrera works alongside Dobra as an HIV and Hepatitis C counselor and Spanish interpreter at the STD clinic for M.A.I. (Minority AIDS Initiative) and for M.A.P. (Marin AIDS Project).

### OTHER LOCATIONS

The Centerforce Peer Health Education program at San Quentin is also offered at the Central California Women's Facility and at Valley State Prison. Trained peer health educators serving time at these institutions work to raise awareness, provide edu-

cation, and serve as a resource for other incarcerated people on health issues such as hepatitis, HIV/AIDS, sexually transmitted infections, tuberculosis, substance abuse, and child support.

Centerforce has been providing peer health education at San Quentin for more than 20 years, said Dr. Julie Lifshay, manager for Centerforce Health & Special Projects. "Our aim is to provide factual information important for people who live here and their families. Centerforce supports other organizations to do the same work in the incarcerated settings in which they work. We provide trainings and materials to other organizations so that as many people and communities can benefit from these programs as possible."

## Nebraska's Prison Population on the Rise

Due to a growing number of prisoners, Nebraska is proposing to reverse last year's prison cutbacks.


Officials are seeking \$5 million to hire new staff and reopen the Omaha Correctional Facility, which was closed after 2011 budget cuts. The state had also eliminated 70 full-time prison jobs.

"While (the department) was able to temporarily close this unit, it cannot remain closed and unoccupied with the increased inmate population," department officials wrote in a budget request.

The number of prison admissions rose in 2012 from 2,874 to 3,047, The Associated Press

reports. In 2010, the average daily population in Nebraska's prisons was 4,462. The number grew to 4,609 in fiscal year 2012, according to the department.

The growth in prisoners is attributed to longer sentences, which translates to fewer releases offsetting new arrivals.



### 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

## EDITORIAL

# The Turnaround State? Does California Have One of the Finest Prison Systems in the Nation?



File photo

By [Jonathan Simon](#)  
Professor of Law  
University of California,  
Berkeley

Gov. Jerry Brown has combined leadership on reducing California's bloated prison population with relentless attacks on the courts, whose orders have made that badly needed "realignment" politically possible. Still, even I was surprised by the air of unreality to the governor's dual press conference on Jan. 9 (backing up the state's legal filings seeking an end to the federal court oversight of California's prison health system), and a respite from its prison population cap. ([Listen to the California Report's coverage.](#))

"We've gone from serious constitutional problems to one of the finest prison systems in the United States. Most of the people get far better care for mental health problems or physical well being inside prison than they'll get when released on the streets." ([Cecilio Padilla's reporting on Fox 40.](#))

The state's main correctional problem now, according to the

governor, is the court's oversight and lawyers.

While acknowledging court intervention had forced vast improvements to a system that was in crisis, Brown said overly intrusive judges had unleashed a feeding frenzy of highly paid attorneys "running around the prisons looking for problems." ([Paige St. John in the LA Times.](#))

I have not had time to read the state's legal filings (almost done grading, almost) but these claims are remarkable and possibly outrageous. First, let's remember the context. Judge Thelton Henderson put the state's prison health care system in receivership in 2005, finding that after three years the state had accomplished very little toward a settlement agreement for improving health care and that a prisoner a week was dying of unmet medical needs.

### POPULATION CAP

In 2009 a three-judge court ordered the population cap, finding that chronic hyper-overcrowding (with many units housing 300 percent of their already optimistic design capacity) was exacerbating the medical and mental health problems and making improvements impossible.

Then Attorney General Brown appealed to the U.S. Supreme Court. In [Brown v. Plata](#) (he was now governor), the U.S. Supreme Court upheld that order against all the same arguments the governor is once-again making. Describing the lack of health care as approximating "torture"

in its significance, Justice Kennedy wrote:

"Just as a prisoner may starve if not fed, he or she may suffer or die if not provided adequate medical care. A prison that deprives prisoners of basic sustenance, including adequate medical care, is incompatible with the concept of human dignity and has no place in civilized society."

### CONSTITUTIONAL PROBLEMS

The evidence in the record, what Gov. Brown calls "constitutional problems," included the following profiles of medical failure:

"California's prisons were designed to meet the medical needs of a population at 100 percent of design capacity and so has only half the clinical space needed to treat the current population. ... A correctional officer testified that, in one prison, up to 50 sick inmates may be held together in a 12-by 20-foot cage for up to five hours awaiting treatment. ... The number of staff is inadequate, and prisoners face significant delays in access to care. A prisoner with severe abdominal pain died after a five-week delay in referral to a specialist; a prisoner with 'constant and extreme' chest pain died after an eight-hour delay in evaluation by a doctor; and a prisoner died of testicular cancer after a 'failure of M.D.s to work up for cancer in a young man with 17 months of testicular pain.'"

We can all hope that conditions like this are a thing of

the past in California. The fact that they persisted in the state for at least a decade is an utter disgrace that calls for investigations and accountability, rather than euphemisms and attacks on the courts. But the very tone of the governor's remarks is good reason to hope the courts will not relinquish oversight.

The fact that prisoners now get better health care than they get when they return to the streets may say much more about how poor community mental and physical health care is in California's communities of rural and urban disadvantage.

### A HARSH PLACE

It is also the case that prison is a far harder place on physical and mental health than even impoverished free communities because of crowded conditions, racialized gang divisions, and systematic lack of opportunities for education or work.

The governor coincidentally also acknowledged successful treatment for prostate cancer, describing himself as "raring to go." ([Read Steven Harmon's reporting in the Mercury News.](#))

If he thinks lawyers are goldplating our prison health care, perhaps he should demonstrate that by receiving his future cancer follow-up treatment at Folsom or San Quentin. (One can hope his outcome will be better than the young prisoner who died of testicular cancer after 17 months of reporting pain).

Is California now one of the "finest prison systems" in the

nation? A lot depends on what we mean by finest. If that means strong educational, vocational, and rehabilitation programs, that has not been true since the governor's father was governor. Does it mean keeping the largest number of people locked up? Thanks to the courts, we have now lost that status to Texas, (but they are at least more competent managers).

The truth is California has followed a path of indiscriminate imprisonment for decades. Most of the damage was done during the 1980s under Republicans like George Deukmejian and Pete Wilson, and Democrats like Gray Davis, who committed the state to mass incarceration policies.

While Gov. Brown's realignment policies are an important turn away from that pattern, he has yet to articulate a convincing vision of public safety. In his attacks on the courts, he suggests he does not have one.

The claim that further efforts to reduce the prisoner population to meet the court order is baseless. The reality is that California prison sentences are not based on prospective risk, and California prisons offer no serious rehabilitation programs to the overwhelming majority of prisoners.

Reducing sentences by days, weeks, or even months (all that would be necessary to meet the targets) is unlikely to alter how those prisoners will behave once released.

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## Capital Punishment: One Person's Moral Dilemma



File photo

By [Maria Telesco](#)  
Contributing Writer

Death penalty or Life Without Parole – Will someone please be kind enough to tell me which of two evils is the "lesser" one? Maybe then I'll know if I handled my moral dilemma morally, when I voted on Prop 34.

It seems strange now that when Proposition 34 first appeared on the horizon, over a year ago, it was greeted by us abolitionists with the big rah-

rah of "Oh, Goody, now we're going to get rid of the death penalty." I even wisecracked, "Gee, then I'll be out of a job." None of us, many of whom, like me, had dedicated their lives to eliminating this barbaric practice, didn't consider what the alternative would be. In our naivety, we just assumed that all the condemned prisoners would be jumping with joy when given LWOP. Well, we were wrong.

### DEATH ROW

Some residents of Death Row here at San Quentin hastened to set us straight. They told us that, in their opinions, LWOP was worse than death. They, who are facing the executioner, said they'd rather die than face LWOP in the General Population. "The other death penalty," they call it.

My conscience didn't want me vote for LWOP, but what other choice did I have? I voted YES on Prop 34, because my

conscience wouldn't allow me to vote NO, which would have amounted to YES on DEATH.

Killing people who have (allegedly, at least) killed people to prove that it's wrong to kill people serves no purpose. It's not a deterrent, and it wastes a heap of money that could better be spent on education, medical care and other needs that would benefit society. Not to mention it's morally wrong to kill people, regardless of what they have done.

Of course, an execution may assuage the desire of some people for revenge. Some prosecutors may tell families of homicide victims that executions will help bring closure, but family members I've spoken to say it didn't happen that way; apparently the desired revenge and happiness aren't attained by execution.

So the first question is: Why do we do it? Why is our country the only Westernized, Industri-

alized Democracy that still kills people for retaliation?

No European country has the death penalty, and their homicide rates are lower than ours. My Irish grandmother always said, "You're known by the company you keep." We are in the good company of Iraq, Iran, Saudi Arabia, Yemen, Rwanda and China. Many Americans criticize the legal systems of those countries, yet imitate them in use of the death penalty. Where's the logic?

### EXECUTIONS

Yet there's no doubt that the death penalty is on its death bed. The number of executions nationwide has dwindled to where Texas executed "only" 13 in 2011 and 15 in 2012. California hasn't had an execution since 2006, a total of 13 since 1976. So, if we're determined to have a death penalty, then why aren't we actually utilizing it? We, as a nation, still condemn

people to death, though fewer each year. Yet we persist in the notion that we must retain it. It makes no sense to me.

Why are many Americans so steadfastly devoted to capital punishment? Why does our system convey the concept that "justice" is spelled "r-e-v-e-n-g-e"? What do we expect to accomplish? Why do we seem to have a cultural love affair with the hangman?

It saddens me to say that I don't believe we will ever find a way to eliminate capital punishment once and for all until we can thoughtfully answer the foregoing questions and figure out why we think killing people is a solution to crime. I won't hold my breath.

*Maria Telesco is a retired registered nurse, teacher, forensic investigator and free lance writer who has dedicated her adult life to ending the death penalty, thus far unsuccessfully.*

## Asked On The Line

# Pondering the Future: What Would You Do?

By Angelo Falcone  
Journalism Guild Writer

Looking ahead 10 to 20 years, what's the first thing you would do if you had the energy, time and resources?

That question was posed in 21 informal, random interviews in San Quentin. Included were 16 men in blue, three outside volunteers in the Prison University Project and two outside volunteers with the Marin Literacy project.

After leaving prison and discharging their parole, many are interested in starting their own businesses.

"I would start my own company in technology," said Larry

Histon. "It would give me an opportunity to live a good lifestyle and give back to my community."

Thao would open up a resort in Thailand, Orlando Harris would start a lawn service and then a landscaping company, and E. Phil Phillips would go into the music business.

"I would start a record label and start it out with my own music," said Phillips.

Others want to focus on personal interests, involving family and leisure. John Holmes would travel to Denmark, Brigido Mariscal would go back to work to put his kids through school and college, and Enrique Gabriel would visit his mother's tomb.

Some of the men in blue say they would engage in altruistic activities involving social service, faith, or advocacy for reform. Michael Fields said he would "work to help those who are less fortunate" than him.

*"...work to help those who are less fortunate..."*

David Basile would reach out to at-risk youth. "I would start a youth-mentoring program in L.A. through Homeboy Industries and L.A. Kids on a Mis-

sion. I am networking with them now," Basile said.

Rafael Calix said, "I would eat a vegetarian diet, organically, and become an advocate for organic farming to end the disparity of governmental support of chemical farming, which causes more health hazards than alcohol and tobacco combined."

Trenton Capell would go into the missionary field and preach the Gospel.

Terrell Merritt said he would be an advocate for those that live on the margins of society. "The way to tell the success of a society is in how they treat the people in the margins, and I would like to be their voice because I

have been in their shoes," Merritt said.

All five volunteers interviewed said they would volunteer even more than now. Sue Pixley of Project REACH said, "I would probably teach more math. I would continue to teach pre-calculus at the university where I work, and I would continue to volunteer for Project REACH."

All three PUP teachers would continue to volunteer as teachers or tutors for the San Quentin college program.

Two expressed interest in personal activities. "I would like to start a family," said Steve Weber, a math tutor. Rachel Walsh said, "I would go out and have adventures."

**1. CORCORAN** — Last fiscal year, the California State Prison's Visions Adult School graduated a record number of 125 students, who earned General Education Development certificates, reports CDCR News.

**2. SHELBY COUNTY, Tenn.** — The county and U.S. Justice Department signed an agreement intended to keep low-level offenders out of jails and prisons, and instead send them to rehabilitation programs closer to their homes. "We're hoping our agreement will serve as a template for other jurisdictions," said Tom Perez, an assistant attorney general in the Justice Department.

**3. LOUISVILLE, Ky.** — Kerry Porter was exonerated of murder after serving 14 years in prison. Porter was released in 2012. He has filed a lawsuit claiming that Metro Louisville and eight police officers fabricated evidence, used improper identification procedures, and hid evidence that would have cleared him. He was convicted of a 1996 murder, reports The Associated Press.

**4. WASHINGTON** — Santae Tribble was granted a certificate of innocence after spending 28 years in prison for a murder he did not commit, reports The Associated Press. Tribble, 51, was convicted in 1978 when an FBI agent testified his hair matched one on a stocking mask used by the killer of a taxi driver. The judge's order read there is "clear and convincing evidence" Tribble did not commit the murder.

**5. TEXAS** — In 2011 the state began to change its Juvenile Justice Department in an attempt to keep juvenile offenders closer to home for treatment. Since then, the juvenile prison population dropped from 5,000 to just over 2,000.

**6. MONTGOMERY, Ala.** — A U.S. District Court judge is deliberating whether the state's policy of isolating prisoners who have tested positive for HIV is

legal. South Carolina is the only other state to segregated HIV-positive prisoners.

**7. HOUSTON, Texas.** — Anthony Pierce, 53, spent the last 34 years on Death Row. He was convicted and sentenced to death three times for the August 1977 killing of Fred Johnson during a robbery, reports The Associated Press. An appeals court subsequently overturned his sentence. Prosecutors say they will not seek another death sentence. Pierce is innocent of the charges, according to Robert Loper, his attorney.

**8. MARIN COUNTY** — State officials are giving county officials high marks for how they are handling low-level offenders diverted from the state's prison system to county facilities. The county program coordinates the probation department, sheriff, district attorney, public defender, court and health department staffs as well as Novato police. Officials have developed ways to help offenders, assisting them

with housing and jobs and providing in-custody treatment for mental health and drug dependency, reports the Marin Independent Journal.

**9. SACRAMENTO** — The rate of prisoners committing new crimes after release has continued to drop, reports state corrections officials. The three-year recidivism rate peaked at 67.5 percent in 2008. The new report shows a recidivism rate of 63.7 percent in 2011. The report shows that there is still a problem with the issue of "revolving-door criminals" in California as the recidivism rate among those with two or more prison stays is more than 75 percent.

**10. COLUMBUS, Ohio** — Gov. John Kasich commuted the death sentence of Ronald Post to life without the possibility of parole, according to The Associated Press. Post was convicted of the 1983 shooting death of a motel clerk during a robbery. Kasich's decision relied on a recommendation by the state pa-

role board, which said it did not question Post's guilt, but says there were too many problems with how his lawyers handled the case, the AP reports.

**11. SACRAMENTO** — California prison officials plan to cut health care workers in early 2013. Notices went out to 2,200 workers with the intent of cutting 829 jobs beginning March 31, 2013. The layoffs are the result of a reduced prison population brought on by realignment.

**12. MENDOCINO COUNTY** — Realignment of non-violent offenders to the state's county jail system shrunk the amount of prisoners available for fire crews. The California legislative analyst has suggested the state assign higher risk prisoners to fire crews to relieve prison overcrowding. Fire camps are currently operating 16 percent below capacity.

**13. HARRISBURG, Pa.** — Thanks to bipartisan legislation, the state's prison system has been reformed by moving

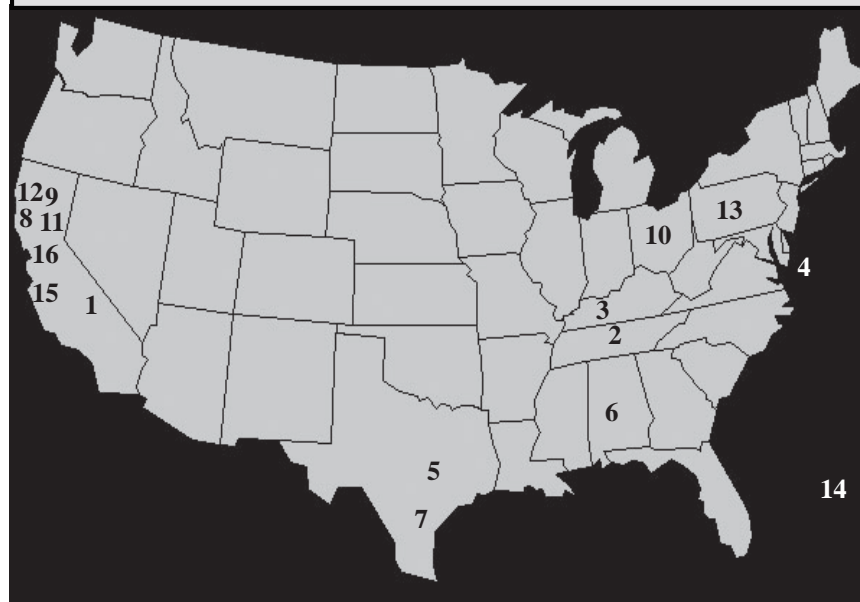
prisoners out of "state prisons where cost are the highest, and help them become productive members of society," reports the Philadelphia Inquirer. "It's about time we started thinking a little smarter about how we incarcerate people," Gov. Corbett said at a news conference. "The answer isn't always building new prisons." Over the last 30 years, prison costs have tripled, and the number of inmates has ballooned from 10,000 to 51,000, according to state figures. It now costs taxpayers an average of \$34,000 a year to house an inmate in one of the 26 state prisons.

**14. VATICAN CITY** — The Pope told participants of European prison conference to educate prisoners, not just punish them, reports The Associated Press. The Pope advised prison administrators to respect the dignity and rights of offenders. He said society and prisoners would benefit from better treatment.

**15. SANTA CRUZ** — Since realignment, about 88 people have been sentenced to the county jail who would have gone to prison, reports the Santa Cruz Sentinel. County probation is monitoring 128 more people who would have been on state parole. The county is adding at least eight more probation officers, bringing the department total to 51 officers. The average stay in county jail increased by a month to more than 13 months.

**16. SANTA RITA** — Disabled detainees are confined in cells without wheelchair access to toilets and showers, reports the San Francisco Chronicle. A lawsuit filed in Alameda County Superior Court claimed the conditions are unconstitutional. The lawsuit also alleged that wheelchairs and canes were taken away from people who need them and that detainees with certain conditions, such as sleep apnea, are restricted from rehabilitation programs that can shorten their sentence.

## News Briefs



# ARTS & ENTERTAINMENT

## Snippets

Romans, at the height of their empire, populated an area roughly comparable to that of the U.S., with a total population of 70-100 million people.

Even bankruptcy could not dissuade Donald Trump. After declaring bankruptcy in 1990, he rebuilt his fortune to amass nearly \$1.6 billion.

Scotland boasts the world's oldest golf course, St. Andrews. It has been in use since the 16th century.

On average, a person's brain weighs half as much as the weight of their skin.

Losing 200 calories can be accomplished by swimming for 30 minutes, cross training for 22 minutes or riding a bicycle for 38 minutes.

Using 8 to 10 dips or chews of tobacco daily causes the user to ingest the same amount of nicotine as smoking 30 to 40 cigarettes a day.

The only McDonald's restaurants that do not sell beef hamburgers are in India, where a lamb version of the Big Mac is offered to customers under the name "Maharaja Mac."

In 2003, the creator of the renowned "Atkins" diet, Robert Atkins, died weighing 260 pounds.

On another note, a one-minute kiss uses 29 muscles and will burn 26 calories for the average person. An added benefit is that it also releases chemicals in the body that induce relaxation.

Now you know – a rabbit will click its teeth when it is happy and will grunt whenever it is disturbed or is angry with another rabbit.

## Complete This Puzzle Win a Prize!



What four positive integers (whole numbers, not fractions), when multiplied together have a product that is equal to the sum of all those same integers added together?

The answer to last month's puzzle is: 1 fifty cent piece, 1 quarter and 4 dimes; or 1 silver dollar, 1 dime and one nickel.

Congratulations to: Patrick Flynn and William DeCenter for winning last month's puzzle.

Congratulations to: Bernie Castro, Prem Chand, Peter Chhem, Anthony Gallo, Leland Maes, J. Moss, William Robinson, Chris Schuhmacher, A. Sully, Mark Tedeschi, E. Vick, John Warren, Anthony Watkins

### 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. Only one entry per person.

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

First Place: San Quentin Fitness Gray Ball Cap

Second Place: 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 winner's names will be published in the next issue of the San Quentin News.

Puzzle By Binh Vo

## Sudoku By ANTHONY LYONS

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

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

## Last Issue's Sudoku Solution



## Book Review

By Randy Maluenda



**THE THINGS THEY CARRIED** (By Tim O'Brien) *Enthralling story collection of soldiers in Vietnam, mixing everyday mudane with poetic poignancy to evoke moving images in a terrible war.*



**THE CRIMSON PETAL AND THE WHITE** (By Michel Faber) *Victorian-era prostitute excels while she pens horrifying revenge fantasies in her spare time in this somewhat overlong work.*



**THE CRUCIBLE** (By Arthur Miller) *Religious bigotry drunk with hysterical lies force spineless government to persecute the innocent in this classic play.*



**THE PORTRAIT OF A LADY** (By Henry James) *"Smart" girl's entrancing journey from choosing badly to ending hauntingly.*



**OVER HEXED** (By Vicki Lewis Thomson) *Complications ensue when two witches are "sentenced" to assisting the love lives of morals.*

RATINGS:

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

## POETRY CORNER

### A Poet's Words

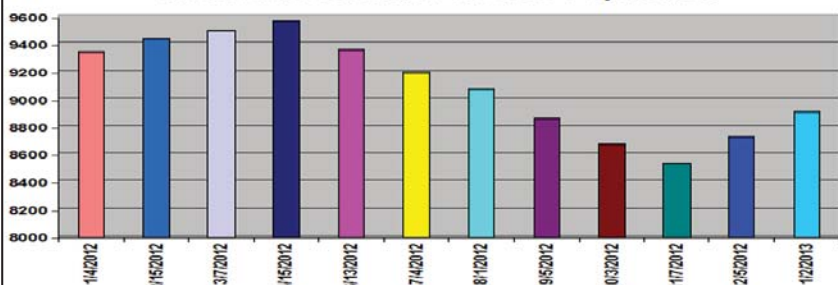
By Joseph Mitchell

<i>Like a resurrection</i>	<i>But a poet is a master wordsman</i>
<i>A poet's words arise.</i>	<i>Who has honor in his craft.</i>
<i>Hand stained parchment</i>	<i>Ink, lead, or blood</i>
<i>Formulated strategically</i>	<i>One word at a time.</i>
<i>Hand strokes,</i>	<i>Stops, corrects.</i>
<i>You the lover of poetry</i>	<i>Must be moved to</i>
<i>Smile, tears, anger,</i>	<i>Love, hope, desire,</i>
<i>Or the poet has not fulfilled</i>	<i>His debt to you</i>
<i>Yes, debt!</i>	<i>Any man can write nonsense.</i>
<i>Pass off a forgery.</i>	<i>A poem is truest to form</i>
<i>When it stands the test of Time.</i>	<i>Like the greats before him</i>
<i>A great poet is recited</i>	<i>Around the world like sacred scriptures.</i>
<i>So yes...,</i>	<i>A poet owes</i>
<i>Every lover of poems</i>	<i>A debt of a Master piece.</i>

### Correction

In the photo of veterans passing out toys on Page 9 of the December 2012 edition, Gary Cooper was incorrectly identified as D. Tarvin. Additionally, David Basile was identified as the SQUIRES Chairman. He should have been identified as the Public Relations Director.

CDCR Out-Of State Prisoner Population





San Quentin  
State Prison  
1852-2013

2013

JANUARY

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

FEBRUARY

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

MARCH

SUN	MON	TUES	WED	THUR	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 <small>31</small>	25	26	27	28	29	30

APRIL

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 <small>Cesar Chavez Day</small>	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	TUES	WED	THUR	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 <small>Memorial Day</small>	28	29	30	31	

JUNE

SUN	MON	TUES	WED	THUR	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 <small>30</small>	24	25	26	27	28	29

JULY

SUN	MON	TUES	WED	THUR	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	TUES	WED	THUR	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	TUES	WED	THUR	FRI	SAT
	1 <small>Labour Day</small>	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				

OCTOBER

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

DECEMBER

SUN	MON	TUES	WED	THUR	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 <small>Christmas Day</small>	26	27	28	29
30	31					