

# San Quentin News

THE PULSE OF SAN QUENTIN



VOL.2013 NO. 2

February 2013

SAN QUENTIN, CALIFORNIA 94964

www.sanquentinnews.com

POPULATION 3,954



Photo by Lt. S. Robinson

Ronald "Zero" Hale, left, alongside Devin Chandler

## Quick Response Saves Fellow Prisoner's Life

On Jan. 6, the quick action of a prisoner saved the life of a fellow prisoner who was choking on a piece of food.

"I was sitting down at one of the tables eating my meal, when a friend of mine at the same table brought my attention to the table behind us," said Jason McGinnis. "I turned around and saw Zero [Ronald Hale] standing up in a panic, flailing his arms as he was choking."

Devin Chandler rushed to Hale, and performed the Heimlich maneuver.

"Zero's face was turning blue before Devin got to him," McGinnis said.

After several maneuvers, Hale motioned for Chandler to stop.

Hale bent over, and the food that had been lodged in his throat fell out.

Hale said he was fine, but a little shaken up.

Chandler's quick thinking saved his friend's life. It was clearly an act of heroism on his behalf, said McGinnis.

Correctional officers responded quickly to the situation.

"A laudatory chrono has been issued in behalf of inmate Chandler for his actions," said Correctional Sergeant Hill.

"He has been referred to the captain for review and a committee could find him eligible for a possible reduction of his sentence for his actions."

## Journalist Finds Solidarity With Prisoners in Isolation

By Boston Woodard and Juan Haines  
San Quentin News Staff

Last year, when California prisoners began refusing food in protest of the state's solitary confinement practices, news organizations around the nation took notice. But the news struck a particular chord with journalist Shane Bauer, who, after being mistaken for an American spy, spent months in solitary confinement in an Iranian prison.

"It's something that is impossible to describe," he told a room of San Quentin journalists in January of the isolation. "It is hard to think. Time just kind of stays still."

The California hunger strikes spurred Bauer to investigate California's Security Housing Units, resulting in a harsh exposé on gang validation policies and SHU conditions woven



Photo courtesy Shane Bauer

Shane Bauer, left, and fellow captive Josh Fattal

into a personal account of the psychological turmoil of isolation. The article was published in Mother Jones magazine and won a John Jay College award for criminal justice reporting.

In 2009, the Iranian government arrested Bauer, Sarah Shourd, and Josh Fattal while

the tourists were hiking on the desolate, mountainous countryside of the Iranian-Iraqi border.

The trio was accused of espionage and sent to the isolation unit in Tehran's Evin Prison. Bauer and Fattal were kept in

See *Speaking Out* on page 4

## Tragedy at Sandy Hook Prompts Increased Focus on Gun Control

PRESIDENT OBAMA SIGNS 23 EXECUTIVE ORDERS AIMED AT PREVENTING GUN VIOLENCE

By San Quentin News Staff

Shortly after the tragedy at Sandy Hook Elementary School, President Barack Obama signed 23 Executive Orders aimed at preventing future gun violence. The president also "proposed new legislation that would, if enacted, amount to the biggest change in gun laws since 1968," reports *Time* magazine. "This is our first task as a society—keeping our children safe," Obama said. "This is how we will be judged."

In 1968, there was one gun in civilian hands for every two Americans. As of 2009, there were more guns than Americans citizens: 114 million handguns, 110 million rifles and 86 million shotguns. Nothing proposed by the president would take away those guns, reports *Time*.

A survey taken by *Johns Hopkins Center for Gun Policy and Research* prior to the tragedy found: 82 percent of Americans favored mandatory background checks for all fire-

arm sales, not just for licensed dealer sales. Sixty-eight percent supported laws mandating reporting gun thefts. There was also broad support of stricter standards for issuing permits to carry concealed firearms than are in place in most states.

In a poll taken in mid-January, after Sandy Hook, 55 percent of the those polled supported stricter gun control, while 44 percent opposed it, according to *CNN/Time*.

See *The Gun* on page 4



Photo by Lt. S. Robinson

Guy Miles in San Quentin

February Is Black History Month  
Turn to Pages 10 and 11 to Read More

## Innocence Project Takes On Guy Miles' San Quentin Case

By Julian Glenn Padgett  
Journalism Guild Chairman

A court fight is continuing for a San Quentin prisoner who insists he was imprisoned based on faulty eyewitness testimony. The California In-

nocence Project agrees, and is working to set him free.

Guy Miles has served 13 years of a 75 years to life sentence for two counts of robbery, two counts of assault with a deadly weapon and a gang enhancement.

"The basics of my case came down to (stranger) eyewitness testimony and they were all wrong," Miles said in an interview. His attorney said, "Stranger eyewitness identifications are the single leading cause

of wrongful convictions in the world."

"I was sentenced to life because of my prison priors, not because I broke any laws. I'm innocent," said Miles.

The place that was robbed was located in Fullerton, Miles

said. "But when these crimes happened, I was living in Las Vegas, Nevada."

Miles said he presented an alibi of misidentification defense to the jury. His defense

See *Project* on page 4

# Member of the S.Q. Family Passes Away

One of San Quentin's best-loved volunteers has died from a blood clot triggered by an accident.

Kimberlee Ann Rasmuson, 53, was an avid supporter of the prison's restorative justice programs, designed to help men turn their lives in positive directions. She was a facilitator with the House of Healing program.

She died Feb. 1 after a fall fractured her leg.

"Ask people about Kimberlee, and they will tell you she was an angel," said one San Quentin prisoner. "She touched the lives of so many individuals."

"She was very kind, and committed to helping others," said another prisoner.

"Kimberlee will be remembered for her kind, loving presence and joyful spirit. She loved the men in San Quentin and touched a lot of hearts there, and wherever she went," said a fellow volunteer.

"Kimberlee created love with her personal smile. She will be deeply missed," said a member of her House of Healing program.

Rasmuson was a teacher at the Prison University Project and a San Francisco Theological Seminary intern with San Quentin's Catholic chaplain, Father George Williams.

She helped the Korean community at the seminary and was active in church in Fair-



file photo

Kimberlee Rasmuson

fax. She was a world traveler, once living in New Zealand, and taught in South Korea and the middle east.

Survivors include her mother, Roberta Folmer; her brother, Kirk Rasmuson; her niece, Vanessa Rasmuson, and aunts, uncles and cousins.

A memorial service was scheduled for Feb. 15.

# Entrepreneur Finds Value in Hiring Ex-Offenders

## GROCERY STORE OWNER FOCUSES ON EMPLOYING EX-CONS

By Charles David Henry  
Staff Writer

Hiring ex-offenders and serving low-income communities can lead to a business that meets the "triple bottom line" of people, planet, and profit, finds fourth-generation grocer and entrepreneur Jeff Brown.

Brown has opened six ShopRite grocery stores in Philadelphia's poor neighborhoods. According to PolicyLink, Brown's is "the only grocery store chain in Philadelphia, and possibly in the nation, with an explicit focus on hiring ex-offenders."

ShopRite has hired 260 people from the community, 40 of them ex-felons. "Communities hardest-hit by the financial crisis have benefited from the work performed by these ex-felons," according to the article.

Brown partners with a non-profit workforce training organi-

zation, which screens ex-offender applicants, provides training, and follows up once they are employed. He says there is no difference between employees with or without criminal records.

Brown says he could not have opened the stores without the Pennsylvania Fresh Food Financing Initiative, a public-private partnership that provides start-up funding in the form of one-time loans and grants to help retailers open or improve food retail stores in underserved low- and moderate-income communities.

The FFFI program has helped establish 88 new or renovated stores in urban and rural areas of Pennsylvania, with more than 5,000 jobs created or retained.

Brown said other ventures can successfully replicate ShopRite's model, and has created a consulting firm to share information with other entrepreneurs.

Election results have been announced by Hope for Strikers, a San Quentin self-help group created to help prisoners sentenced under the Three Strikes Law prepare for release.

Here are the results of the Jan. 8 steering committee voting:

Manger: John Parratt, 1N41

Co-Manager: Lynn Beyett, 1N84

Sergeant at Arms: Perry Simpson, 4N34

Secretary: Marco Davidson, 1N91

Community Outreach: Forrest Jones, 3W77

## San Quentin News

Current and past copies of the San Quentin News are posted online at:

[www.sanquentinnews.com](http://www.sanquentinnews.com)

[www.facebook.com/sanquentinnews](http://www.facebook.com/sanquentinnews)

Like us on facebook

Permission is granted to reprint articles appearing in the San Quentin News provided credit is given to the author and this publication, except for articles reprinted herein from other publications.

### Administrative Review

Warden's Office ..... Lt. S. Robinson  
Sgt. W. Baxter  
Senior Adviser..... John C. Eagan  
Adviser. .... Joan Lisetor  
Adviser..... Steve McNamara  
Adviser ..... Lizzie Buchen

### S.Q. News Staff

Editor-in-Chief ..... Arnulfo T. Garcia  
Managing Editor ..... Juan Haines  
DesignEditor.....R.Lindsey  
Design Editor ..... R.Richardson  
Sports Editor ..... Gary Scott  
Staff Writer ..... Boston Woodard  
Staff Writer ..... JulianGlenn Padgett  
Staff Writer ..... K. Himmelberger  
Staff Writer ..... Ron Koehler  
Staff Writer .....Charles D. Henry  
Staff Writer .....Phoeun You

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)

To receive a mailed copy of the San Quentin News, send a self-addressed, stamped envelope with \$1.3 postage to:

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, Barry Eisenberg, 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

\*Have made more than one donation

### Contributions by:



Prisoners United in the Craft of Journalism

# Study Identifies S.Q. Groups Shown to Reduce Recidivism

FOUR PROGRAMS FROM THE INSIGHT PRISON PROJECT OFFER OFFENDERS A TRANSFORMATIVE EXPERIENCE

By San Quentin News Staff

A new study says four San Quentin programs help criminal offenders become productive members of society when released from prison.

The findings focused on San Quentin's Victim/Offender Education Group, Violence Prevention, Brother's Keeper, and Yoga programs. They were studied by the National Council on Crime and Delinquency. The programs are a part of the Insight Prison Project, launched in 1997.

IPP transforms the lives of those impacted by incarceration through programs de-

signed to develop behavior inspired by insight, accountability, and compassion, according to the group's curriculum.

The 52-week Victim/Offender Education Group encourages offenders to take responsibility for the impact that their crime had on victims, communities, families, and themselves. As part of the program curriculum, prisoners must be able to identify the harm their actions caused to victims, write a crime impact statement, participate in a victim-impact panel, and work on strengthening relapse-prevention skills.

Prisoners learn yoga, with breathing techniques, which help them relax, helping curb stress and negative impulses.

The program also includes a 24-week Violence-Prevention program that focuses on identifying faulty thinking that leads to aggression. These classes are based on the idea that healthy thoughts can help diminish violent tendencies.

The Emotional Literacy component provides an environment so that prisoners may process harmful habits and change bad emotional habits into positive and long-lasting behavioral changes. It is intended to help prisoners move beyond seeing



Photo by Lt. S. Robinson

Brother's Keepers graduates proudly display crisis intervention certifications obtained through IPP

their incarceration as a meaningless and frustrating time, and to help them develop the motivation to transform their lives.

The Brothers' Keepers program was founded in response to the 2005 suicide of a San Quentin prisoner. It is a 90-week course that trains a select group of prisoners, referred to as "peers," in crisis resolution,

mentoring, and suicide prevention techniques.

The study suggests that longer participation in IPP programming is associated with the desired cognitive behavioral outcomes and development of prosocial behavior. These behavior changes have been shown to significantly reduce recidivism, according to a 2006 study by the Washington State Institute for Public Policy.

## Report: Solitary Confinement Unproductive on Juveniles

By Phoeun You  
Staff Writer

Detaining juveniles in solitary confinement for long periods is ineffective, costly, and causes mental and physical anguish, according to a report by the American Civil Liberties Union and Human Rights Watch.

In 2011, there were an estimated 95,000 juveniles incarcerated in prisons and a jail across the United States according to the report, *Growing Up Locked Down: Youth in Solitary Confinement in Jails and Prisons Across the United States*.

Researchers interviewed more than 125 juveniles across 19 states. They found some juveniles spend "22 or more hours each day alone, usually in a small cell behind a solid

steel door, completely isolated both physically and socially, often for days, weeks, or even months on end," as punishment for misconduct, protection or medical issues.

"Being in isolation to me felt like I was on an island all alone, dying a slow death from the inside out," wrote a juvenile offender to a human rights organization.

The report said solitary confinement was extremely harmful on youngsters because it removed family contacts and prevented them from taking part in educational and rehabilitative programs.

"Solitary confinement of youth is itself a serious human rights violation and can constitute cruel, inhuman, or degrading treatment under international human rights law," according to the report.

The report makes the following recommendations to state and federal governments:

- Prohibit the solitary confinement of youth under age 18.
- Prohibit the housing of adolescents with adults, or in jails and prisons designed to house adults.
- Strictly limit and regulate all forms of segregation and isolation of young people.
- Monitor and report on the segregation and isolation of adolescents.
- Ratify human rights treaties protecting young people without reservations.

The report was followed by legislative action in California, where on Jan. 8 Sen. Leland Yee (D) introduced SB 61 to strictly regulate solitary confinement of juveniles.

## States Adopting New Strategies to Help Mentally Troubled During Police Contact

By Salvador Solorio  
Journalism Guild Writer

Police departments nationwide are teaming up with mental health professionals to identify people experiencing breakdowns, according to a new report. The strategy is an attempt to de-escalate confrontations with mentally ill people that can result in unprepared police officers using deadly force, or "suicide by cop."

"The police are no more capable of calming a mentally ill child than an undertaker is of delivering a baby," said the mother of an emotionally troubled son who was killed by the police, in

a report on extrajudicial killings of black people.

To help police adequately respond to people experiencing mental breakdowns, California, Colorado, Connecticut, Florida, Georgia, Illinois, Maine, Ohio, and Utah have created special Crisis Intervention Teams and Specialized Police Responses, according to the Council of State Governments.

The report, *Statewide Law Enforcement/Mental Health Efforts: Strategies to Support and Sustain Local Initiatives*, found that jurisdictions that implemented these special units experienced a decrease in the use of deadly force on the mentally ill.

Community leaders in Los Angeles and San Diego realized police officers often encountered people with mental illness who were not receiving adequate treatment and service. In creating their SPR teams, they worked closely with advocates and professionals in mental health and law enforcement. The report found that when an advocacy organization takes the lead, potential mental health patients receive better service and treatment.

Supporters of the SPR and CIT programs say its implementation would mitigate the needless killing of the mentally ill by police officers.

### Jury Nullification

Juries may legally invalidate the prosecution of a defendant, even if they believe the defendant is guilty. So-called "jury nullification" occurs when jury members believe the punishment is too harsh for the crime, and is most commonly used for simple drug possession or police brutality.

Despite the legality of jury nullification, judges have no responsibility to inform jurors of the right to nullify a prosecution against a defendant.

## Fewer Kids Are Being Exposed to Violence

CHILDHOOD EXPOSURE TO VIOLENCE DOWN FROM PAST YEARS

Violence against children declined by about six million cases between 1993 to 2010, a recent report concludes.

The National Crime Victimization Survey showed violence against children declined from 12.6 to 3.9 percent.

The decline in violence against children will likely have a broad impact. Children exposed to violence are more likely to exhibit violent behavior as adults. According to the World Report on Violence and Health, "witnessing violence in the home or being physically or sexually abused may condition children or adolescents to regard violence as an acceptable means of resolving problems."

The report examined violent acts such as rape, sexual assault, robbery, aggravated assault, and simple assault.

Even with the decline, approximately 2.8 million children experienced at least one violent or non-fatal violent act in 2010, the figures show.

"The decline in the number of children living in a household in which at least one member

experienced violent crime corresponds with the decline in overall violent victimization during the same period," the report said.

Here are some of the report's findings:

- For children ages 0-11, violence declined from 7.8 percent in 1993 to 2.9 in 2010.
- For ages 12-17, the decline was 16.3 percent to 4.1 for the same period.
- Households with both age groups declined 5.1 percent in 1993 to 1.8 in 2010.
- 6.5 percent of households consisting of one adult with one child reported acts of violence.
- 6.3 percent of single-parent households reported acts of violence against children.
- 4 in 10 households with children experienced at least one violent act inside the home in 2010.
- Households earning less than \$15,000 reported higher levels of violence at 7 percent

— Phoeun You

# Speaking Out Against Isolation in Prison SHUs

*Continued from Page 1*

isolation for four months before sharing a cell for the next two years; Shourd was imprisoned in a separate woman's facility for 13 months.

In *Mother Jones*, Bauer wrote of the effects of isolation after five weeks: "I fell to the ground utterly broken, sobbing and rocking to the beat of my heart; it was a patch of sunlight that brought me back." Even the occasional rare breeze that wafted through that window or the sound of ravens off in the distance eased the anguish of isolation, he wrote.

## HUMAN CONTACT

"I needed human contact so badly that I woke every morning hoping to be interrogated," he wrote. "I once yearned to be sat down in a padded, sound-proof room, blindfolded, and questioned, just so I could talk to somebody."

Bauer told the San Quentin Journalism Guild that he suffered from Post-Traumatic Stress Disorder after his release.

"When I first got out, there was a big change. I had trouble making choices, which is an ongoing thing," he said. "I used to have nightmares, and there are times when I don't like to be in groups. However, at the same time, I don't like to be alone."

Bauer wrote that while he was locked up in Iran, he "saw men put in the hole for the company they kept, the books they read, the beliefs they held." There was minimal open air, little yard access, difficulty communicating with prisoners in adjacent cells, limited books, a thin mattress, and limited, or no human contact.

"There was a window. Just having that light come in, seeing the light move across the cell, meant the world to me," he said.

## PELICAN BAY

When he was given permission to visit the SHU at Pelican Bay State Prison, he was shocked to find that the conditions were similar — but worse.

In a recent report, Amnesty International found that suspected gang members held in California's SHU suffer from

"cruel and inhuman, degrading treatment, in violation of international law."

"[SHUs are] vivid examples of a criminal justice system at its most extreme," said Suzanne



Photo Courtesy Nancy Mullane

## An exercise yard in the Pelican Bay SHU

Nossel, the executive director of Amnesty International USA. "Corrections officials defend their use of the special units, saying they are necessary to segregate some of the state's most dangerous criminals — powerful gang members and violent inmates."

Currently, inmates who prison officials allege present a risk to institutional security due to alleged gang affiliations serve an average of 6.8 years in the SHU, reports Amnesty International. Such prisoners spend a minimum of six years in the SHU if they are disciplinary free.

In Iran, says Bauer, no one has served more than two years in solitary confinement.

## SUICIDE RATES

Prolonged isolation is linked to higher suicide rates. Prisoners confined to SHUs comprise of about 2 percent of the state's prison population, yet accounted for 47 percent of suicides from 2006 to 2010, Amnesty International reported.

At Pelican Bay, Bauer, like all journalists, was only permitted to enter the "debriefing pod": the cells housing inmates who were providing prison officials with all the information they had regarding other prisoners the officials were interested in. Bauer said he felt short-changed; he wanted to interview an active gang member but was not granted the opportunity.

Prison officials now use the term "Security Threat Group" instead of prison gang, which broadens the category of potential prisoners put in isolation.

In October, California adopted a new strategy for managing STGs, which included new standards for validation. As of the beginning of January, 88 inmates had been reviewed under the new standards. Fifty-one were moved to the general population, and another 25 entered the state's new "step down" program, which allows their return to the general population after a four-year process.

More than 3,000 men and women remain locked in the SHU indefinitely.

- Additional reporting by Salvador Solorio

*Mother Jones Magazine* has offered to send prisoners who request it a free copy of the magazine containing *Shane Bauer's* story. Write to *Mother Jones Magazine*, Attn: Customer Service, 222 Sutter St., Ste. 600, San Francisco, Ca. 94108.

## Norovirus



Dr. Elaine Tootell  
Chief Medical Officer



The norovirus is a highly infectious virus that causes gastrointestinal illness, commonly spread during the winter months. It spreads by touching items that an infected person has touched, such as doorknobs, flush toilets, and railings. It is also sporadically spread through the air.

**Symptoms of Norovirus** Symptoms of norovirus involve sudden vomiting, diarrhea, nausea and stomach cramping, lasting 12-48 hours. However, a person may remain contagious for up to 72 hours.

**What to Do If You Experience Symptoms:** If you experience norovirus symptoms, you should contact the Medical Department.

**Recommendations:** Avoid preparing food for other people.

Stay home or in your cell for at least 48 hours after symptoms disappear. If you are a food service worker, stay home or in your cell at least 72 hours.

**Precautions:** To prevent the spread of Norovirus:

Thoroughly wash your hands for a minimum of 30 seconds with soap and warm water after using the bathroom and before preparing or eating food.

Routinely clean all hard surfaces areas commonly touched by prisoners, visitors and staff with a chlorine bleach solution. This includes handrails and stairway rails, door handles/knobs, benches, doorways, visiting room, showers and restrooms. When cleaning, make sure to use a mask and gloves. If you notice vomit or diarrhea, alert medical staff.

Chlorine bleach is highly effective in controlling the spread of infection caused by the norovirus. The most effective ratio is two ounces (1/3 cup) of bleach to one gallon of water. Using a higher concentration is wasteful and creates a safety hazard.

## The Gun Control Controversy

*Continued from Page 1*

For decades, incidences of mass shootings have remained steady in the U.S., while gun homicides have consistently declined with crime rates. Yet, more often than not, shooters do not have criminal records, suggesting conducting background checks on all sales might not be a deterrent to someone wanting to kill with a gun, reports *Johns Hopkins*.

Of the 23 presidential orders, the one to "help schools hire more resource officers" is criticized in *The Nation* magazine for accelerating the "school-to-prison pipeline." *The Nation* argues, "The president should direct the Justice Department to draw up a racial impact statement to analyze how such a policy might disproportionately affect children of color, and take steps to ensure that it does not."

The National Rifle Association publicly argues for armed security guards at schools. Subsequently, in Fargo, North Dakota, schoolteachers who have permits have armed themselves with side pistols, reports *CBS News*.

However, a gun expert reporting for *Time* magazine said, "Winning a gunfight without shooting innocent people typically requires expensive training and a special kind of person."

As an example, in New York City, "officers involved in gunfights typically hit their intended targets only 18 percent of the time," according to a *Rand* study.

The *Time* magazine expert said the brain does not work the way people think it does when under sudden attack. He said grown men will "freeze under threat, like statues dropped onto the set of a horror movie."

The *Johns Hopkins* study argues, "Central to effective gun policy is being able to identify higher-risk, prohibited persons attempting to buy guns, and to prevent those purchases." Preventative gun purchases are the foundation of the federal government plan—the Brady Law.

Because of the Brady Law, *Johns Hopkins* reports more than two-million applicants were prevented from buying firearms.

Policy debates around gun control typically focus on assault weapons bans and Large

Capacity Magazine (LCM) bans because of their use in several mass shootings.

Jared Lee Loughner used a Glock 9mm semi-automatic pistol, with a 33-round magazine. Loughner was able to kill six and wound 13 people, including Congresswoman Gabrielle Giffords, in January 2011.

The incident in Aurora, Colorado that left 12 dead and 58 injured was accomplished by a man using an assault rifle with a 100-round magazine.

The Virginia Tech University and Foot Hood, Texas mass shooting were the result of weapons with LCMs.

The findings of the *Johns Hopkins* study imply that policy makers "need to be realistic about the likely impact of an assault weapons or LCM ban," as the report found "ammunition capacity of 10 or more rounds" were relevant in a small percentage of shootings.

Since the Sandy Hook shooting, more than 250,000 people have joined the NRA, which has vowed to oppose Obama's proposals for gun reform, according to *The Economist Magazine*.

## Project Seeks Reversal of an 'Erroneous Conviction'

*Continued from Page 1*

attorney, Frank Williams, called six witnesses to testify.

Gloria Perry testified that they saw Miles the night before the crime and the day of the crime.

"There were actually eight witnesses," said Alissa Bjerkhoel, Miles' attorney from the

Innocence Project. "The judge refused to allow all of them to testify. He said their testimony would be cumulative and would be too long."

"First of all, Judge (Frank) Fasel was wrong," said Bjerkhoel, who has been practicing law since 2008. "I don't care how long it is. I think everyone should be able to testify."

"We've got a witness who cannot identify Miles," said Bjerkhoel. "That was a red flag for us that this might be a wrongful conviction."

In a written declaration, Bernard Teamer reported he, Jason Steward and Harold Bailey robbed Fidelity Financial, which is the crime for which Miles was convicted.

Bailey said he contacted the Innocence Project to bring truth to Mile's non-involvement in the crime.

"This is the biggest thing I've done since my recovery," Bailey said. "Mr. Miles is 100 percent innocent of this crime."

In April, Bjerkhoel and two other lawyers will be con-

ducting an Innocence March for Miles.

Their plans are to organize a walk from San Diego to Sacramento carrying a clemency petition that they intend to present to Governor Brown.

"I'm going to fight to my dying day to get Guy out," said Bjerkhoel.

# No Evidence Linking Rising Crime Rates to Realignment

By San Quentin News Staff

A new report finds no relationship between offenders released from county jails and under county supervision to California's recent rise in crime.

The report shows from 1993 to 2011 there was a declining crime rate of 63 percent. However, during the first six months of 2012, there was a slight increase in violent and property crimes in most large California cities.

The report analyzes whether the 46,000 offenders diverted to county control between Jan. 1 through June 30, 2012 contributed to the increase in urban offenses during that period.

Some critics blame Gov. Jerry Brown's prison reduction plan (realignment) for increased crime.

If realignment contributed to the increase in offenses in the first half of 2012, "one would expect counties with higher percentages of realigned offenders to show the biggest increase in crime," asserts the report by California Juvenile and Criminal Justice titled *California's Urban Crime Increase in 2012: Is "Realignment" to Blame?* The conclusion is no.

Realignment keeps low-level offenders in local jurisdictions rather than sending them to

state prison. After release, the plan also changes the responsibility of supervision to county officials, instead of state parole agencies.

The report found that counties handling fewer low-level offenders had higher increases in crime than counties handling more low-level offenders. Furthermore, counties that had decreased crime rates had a greater number of low-level offenders than counties reporting rising crime rates.

Another report analyzing San Francisco, Sacramento, Los Angeles, and Redlands arrests checked to see if the arrestees were on probation or parole.

The report by the Council of State Governments found that 78 percent of those taken into custody were not under parole or probation supervision at the time of arrest; moreover, 62 percent had no history of parole or probation.

People under probation or parole were involved in one in six arrests for violent crimes, while someone accused of a drug crime and under probation or parole supervision accounted for one in three arrests, the study shows.

Analysis of newly released offenders deemed low-risk for re-offending was also examined.

In January 2010, California prison officials began a parole supervision policy called Non-Revocable Parole. To be eligible for NRP, a person released from prison had to be assessed as having low-risk of reoffending and could not have a criminal record containing a number of offenses deemed serious. Since its inception, there have been about 9,000 NRP releases, according to the CSG study.

Of the 170,336 arrests in the four cities during the 15-month period of the study, 216 arrests were people on NRP, which accounts for less than 0.2 percent of the total arrests.

The CSG recommends:

- Local governments use validated risk assessments tools to determine people who are most likely to re-offend.
- Improve coordination between law enforcement, probation, and parole agencies.
- Local governments use targeted, evidence-based supervision and treatment strategies for high-risk individuals.
- Local governments continue analyses of arrest and supervision information to track how people under supervision contribute to arrests.
- Improve the ability for local and state governments to share and analyze information.

According to Harper's Index – The minimum square footage of San Francisco apartments allowed under new regulations: 220  
The number of San Quentin prisoners who could reside in one such apartment, based on their average cell size: 10



## Vietnam Veterans Group of San Quentin



Grateful Scholarship Recipient Returns to San Quentin

By James Snider  
Vice President, VVGSQ

The first recipient of a special college scholarship came back to San Quentin State Prison to thank military veterans serving prison time for helping her through college.

Vietnam Veterans Group of San Quentin has been giving college-bound high school graduates scholarships for decades; however, in 2004 the group began giving inspirational scholarships for exceptional students.

What began as a journal entry by Mary Manly, titled *My Day at San Quentin with the VVGSQ*, became the beginning of the special award.

She begins the entry by acknowledging her apprehensive and intimidated feelings about coming inside a prison. However, once she met the men, she wrote, "I can't begin to express to you the impressionable impact that this emotional day has had on me—one that I will remember the rest of my life."

She added, "On the way to prison this morning, I was telling my mom that out of all the scholarships that I have received (a total of 5), this one meant the most."

The San Quentin veterans said her story so deeply impacted them that the special scholarship was renamed in her honor—*The Mary Manly Inspirational Award*.

Mary's mother, Jo Lynn Manly, was so impressed by the work of VVGSQ that she volunteers to run the group's web site: <http://vvgsg.tripod.com>

"These inmates gave us a good hard look at life that day -- one that I hope I will never forget," Jo Lynn said. "Here is a small group of men making a significant difference in the world, a world they have taken advantage of, and have now been called to pay the price for, a world they cannot even see. They are truly blessed with a very special gift."

"The money I received from the VVGSQ helped me buy the books I needed to make it through college," Mary said.

"The inmates were so gracious, heartfelt, sincere and honest, and throughout the day presented me with bits of themselves—their share of history and knowledge," Jo Ann said.

"An honor so bestowed on only a few, from such honorable men, who unfortunately made a mistake in their lives, but lest we forget, also defended our freedoms," Jo Ann added.

Mary has since graduated from Brigham Young University and said she plans to join the military and train in military intelligence.

## Incarceration Need Not Be an Obstacle for the Determined

EX-OFFENDER USED PRISON TIME TO EARN A MASTER'S DEGREE, PUBLISH 7 BOOKS

By Tommy Winfrey  
Journalism Guild Writer

Michael Santos never let his situation define him. In the 9,135 days he spent in Federal prison for drug trafficking, he earned a Master's degree, published seven books, and dedicated himself to bringing awareness to the prison system.

"When I walked out, I emerged with values, skills, and resources that few people would've of thought possible for a long-term prisoner," he said in an exclusive interview with the San Quentin News. "Anyone can become more than current circumstances. It only takes discipline and iron will. Just do it."

In 1987, Santos began a 45-year prison sentence in a brutally violent Atlanta Federal Prison that he says lacked self-help and rehabilitation programs.

"The system itself only seemed to be concerned with how many calendar pages turned without my receiving any disciplinary infractions," he said. One warden went as far as to deem Santos' pursuit of a Ph.D., from the University of Connecticut, a

"threat to the security of the institution," he said, thus ending his pursuit of higher education. However, Santos had already earned his Master's Degree from Hofstra University and was writing profusely.

Santos said he took to the literal meaning of self-help and developed his own program.

His program, he said, was quite simple. It required working to educate himself; contribute to society in meaningful, measurable ways; and build a stronger support network.

He didn't want to waste time "playing table games, watching television, or engaging in reckless conversation," he said while sticking to commitments and making strides in becoming successful while incarcerated.

"I want incarcerated people to see that they can overcome," Santos says. "That myth of you got nothin' comin' only applies if the individual buys into it."

To the newly incarcerated, Santos recommends beginning with one question: "How do I define success?" With that answer in mind, he recommends the individual "set a course in

motion that will help him realize that vision."

"I read extensively to broaden awareness and educate myself," he said. "I kept a rigorous exercise schedule to stay fit. Those



Michael Santos

were the self-help activities that carried me through, but they were all self-directed rather than depending on programs that the system made available."

He says writing was one of the most valuable skills to have in prison, "because neither the prison system nor anyone can take that skill away," Santos said.

"I looked around and recognized that unless I learned how to communicate with a pen, I would only have an existence inside prison boundaries. I wanted more. I thirsted to connect with society, to become something larger than the penitentiary."

But writing did not come easily to him. "I worked every day, writing more than a 1,000 words every day," he said. "In time I became more fluent, more comfortable communicating through the written word. Those who develop writing skills open new opportunities, new relationships, and new worlds."

"The individual who learns to use the pen will find that he can conquer imprisonment," said Santos.

Santos says he enjoys sharing his experiences. "The more awareness I could bring to the system, the more I could contribute to reforming it. I didn't only write about my experiences. I wrote about the people around me. I wrote about the injustices I perceived. I wrote about how the system of so-called corrections was designed to perpetuate itself rather than to prepare offenders

to emerge as law-abiding, contributing citizens. I wrote about the need for people in prison to pursue self-directed paths that would prepare them for success upon release, corrections notwithstanding."

His words are powerful and they have reached many people. His most successful book, *Inside*, was published in 2007. The book chronicles his time in prison, and is now in its seventh printing.

Santos is now giving back to the prison community. "My life's purpose is helping others understand how they can reach their highest potential, understanding how to overcome adversity, and tune out the noise of negativity and to make life happen," he said.

"Success does not materialize by accident," he says. "It requires focus, discipline, and a deliberate course of action. The man must understand that if he does not take incremental steps, the prison rather than his own will defines him. It's a slow death, one wrought with countless hours of self-pity and weakness."

## SPORTS

# One Athlete Battles Cancer and Adversity

DOMINICK WHITTAKER FINDS PEACE  
IN THE FACE OF OVERWHELMING ODDS

By Gary Scott  
Sports Editor

Despite having multiple myeloma cancer, Dominick Whittaker continues to run for the Thousand Mile Club and participate in self-help classes.

Doctors diagnosed Whittaker with multiple myeloma in 2008 during his incarceration at California Men's Colony. "I've been taking chemotherapy and radiation treatment for about five years now and I've outlived my survival date," Whittaker said. "The doctors told me two years ago that I would be dead, but I'm still here."

Whittaker had a remission and is now going through his second relapse. "It came back and we are going to try a stem cell transplant," said Whittaker.

*"The doctors told me two years ago that I would be dead, but I'm still here"*

He said he won't let his medical problem slow him down. "I am going to keep doing what I

was doing prior to when I was diagnosed," he commented. "When I run, I try to run about five miles at minimum."

Whittaker's advice for those diagnosed with cancer: "You can't give up in your mind and you have to go out and exercise to build up your immune system to fight it off. It's not the end of the world."

He said his positive attitude "comes from my spirituality. I'm at peace with myself and I'm at peace with death."

He also advises incarcerated cancer patients to get involved in programs such as "mindful meditation."



Photo by T. Bolema

Dominick Whittaker, on left, paces another runner during a recent marathon at San Quentin

Whittaker ran track and was a wrestler at Union Dale High School in New York. He also played lacrosse at Syracuse.

He recently graduated from the GRIP (Guiding Rage Into Power) program and currently participates in The Last Mile program.

## Warriors' Coach Optimistic About 2013 Season

The San Quentin Warriors basketball tryouts produced a gifted and athletic team.

"I went in the tryouts with high expectation because of all the talent that is here," said Head Coach Daniel Wright. "Every one had an equal opportunity to try out for the Warriors."

About 21 players tried out and the scrimmages were very

competitive. "I think we'll be better because of the athleticism we have and guys that want to play defense," he said.

He explained his approach going into the upcoming season. "I'm going to preach more defense and use our athletic speed and quickness a bit more," he commented.

He said Mike Franklin, Anthony Ammons and Allan

McIntosh were some of his standout performers.

"My approach going into the tryouts was rebounding, defense, and hustle," said Ammons. "I felt my performance was sketchy, but I'm content with what I did." He expressed the enjoyment he would have if he were to make the team. "I'll feel good if I make the team, because that means my hard

work paid off, but my main focus is to play as a team," he said.

"The coach is going to have a hard job because I see a lot of talent," said McIntosh. "He's going to have a lot of problems choosing the players who he feels can better help the team."

McIntosh said his approach was to go and play hard and

that would make everyone around him play hard.

He discussed how he felt about his performance during his tryout. "It was grueling at first because a lot of guys haven't played with each other. It got a lot easier after a while and that allowed me to play better," he concluded.

— Gary Scott

## Tryouts Bring Out The Talent

By Ruben Harper  
Contributing Writer

With the baseball season on the horizon, two of San Quentin's athletes look forward to building discipline, racial respect and integrity.

"My perspective on playing baseball is important because it offers me another way to see people," says Adrian "Redd" Casey, was first baseman on last year's San Quentin A's team.

Tryouts are scheduled for February for the two San Quentin baseball teams, the A's and Giants.

Jeff Dumont, pitcher for last year's A's, said if he makes one of the teams, he hopes "to shed a positive light on the program. One of my objectives is to magnify the baseball program through exercising consistent integrity," he commented.



Photo by T. Bolema

Jeff Dumont winding up for the pitch

The game involves "dealing with different races on any baseball field requires outright discipline. Without discipline, we have nothing as a team of common people. That's just the way of life," Casey said.

"My main goal for the upcoming season is to tryout for and make one of the two outstanding baseball teams we have here at San Quentin," Dumont added.

Dumont expressed appreciation to his teammates, the coaching staff who donate their time, and the outside teams who come in to play, and everyone else involved in making San Quentin baseball possible.

Casey said he enjoyed the camaraderie that the A's had during their 8-0 season last year. "It was good unity as a team. It was no one person that created that."

## Three Men Challenge All Interested Hoopsters

By Phoeun You  
Staff Writer

A new trio of basketball players has emerged at San Quentin, and is looking for challengers.

Comparing themselves to the Miami Heat, lifer inmate Aladdin Pangilinan said, "we are the Asian Heat. I'm LeBron James, my teammate 'Blue' is Vong Vue and 'T-Bone' is Tom Sae-vang."

"Win or lose, we play with passion," he added.

The Asian Heat is not a league team; they are friends who get together to occupy their time in a productive manner.

"The purpose of the three-man team is to have fun and release stress. Prison politics has a way of grabbing people

in a negative way, so basketball is an outlet for many of us that don't want to get caught up in the drama," said Blue.

The Asian Heat's average height is 5-foot-6 ½ and they practice every morning in order to stay competitive.

*"Win or lose, we play with passion"*

"We will play anyone on the yard; there is no one we will not take on," says T-Bone.

These inmates utilize basketball to strengthen their friendships and bring their Asian community together, one of the team members said.

The Intramural Basketball League Starts  
Sunday, March 24, 2013  
San Quentin Warriors basketball Training Camp Starts  
Tuesday, February 26, 2013  
The San Quentin Baseball Season Begins  
Saturday, April 6, 2013

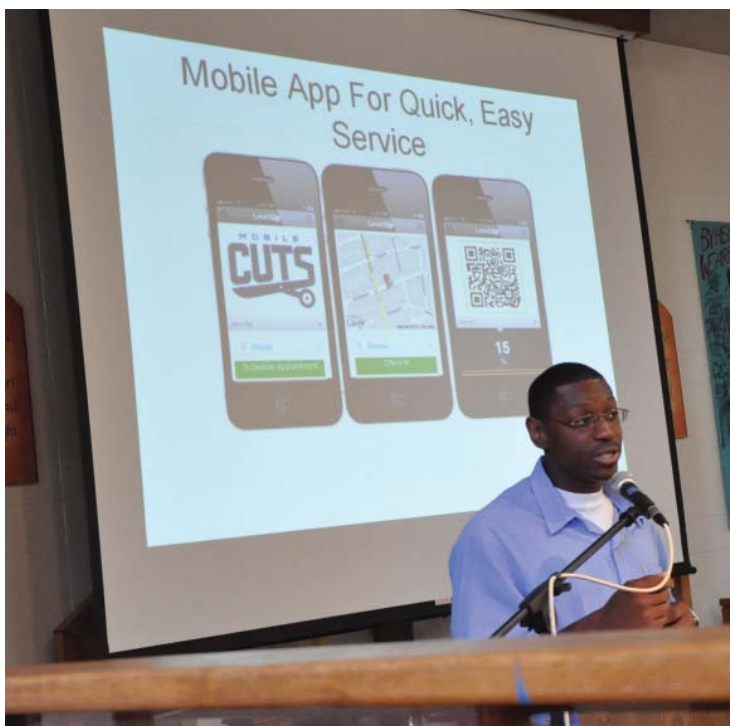


Photo by Lt. S. Robinson

Entrepreneur James Cavitt of The Last Mile pitches his business model at the Last Mile Demo Day

## Venture Capitalists Support Incarcerated Entrepreneurs

By Robert Faltisco  
Journalism Guild Writer

Twenty-first century business leaders are shining a bright light on the high-tech highway of the future by mentoring seven incarcerated entrepreneurs, helping them navigate the road towards their American dream.

The Last Mile gives men a chance to put their business talents and ideas into practice. The program is pushing the boundaries of what prisoners can accomplish, with an eye towards equaling entrepreneurial success in the free world.

Several of these business concepts, generated in a San Quentin cell, are raising eyebrows and attracting investors, thanks to venture capitalists and technology accelerating businessman Chris Redlitz and his high-powered, high-tech friends—one of whom is not only a CEO of a wellness industry startup company, but also wife, Beverly Parenti.

The Last Mile pushes these men to take their concepts from a small, growing seed to a marketable product. The team of venture capitalists, including marketing research experts and social-media technology gurus, provide support in articulating and marketing these novel ideas. The latest program participants complete The Last Mile by giving their presentations to a large audience on Demo Day, Feb. 22.

The first Demo Day last April graduated six men (one is now an outside entrepreneur), and was a huge success—even California's First Lady attend the event and said she was impressed with all that incarcerated people can accomplish.

In an effort to further shine the light of prisoners' untapped worth, programs similar to The

Last Mile are being proposed in other California prisons, in L.A. County Jail, and even other states.

Texas prisons have a program called the Prison Entrepreneurship Program, which also teaches prisoners techniques on how to develop their business ideas.

Chris Redlitz said, "We spend time here because there is talent that needs to be nurtured." He notes that the men's untapped talents are an underutilized resource in society. "We take what we do for entrepreneurs in the free world inside to these men."

Redlitz also says once other business people come inside to give their time, "not a single volunteer has left without the same excitement I've had for what we're doing here and each one acts like an evangelist to encourage more volunteers."

By Salvador Solorio  
Journalism Writer's Guild

A federal judge with 19 years on the bench says America needs to change its mandatory sentencing laws for nonviolent drug crimes.

"If lengthy mandatory minimum sentences for nonviolent drug addicts actually worked, one might be able to rationalize them," according to Judge Mark W. Bennett. "But there is no evidence that they do."

He expressed his views in an opinion article in the Nov. 12, 2012 edition of *The Nation*.

Methamphetamine and crack cocaine users nationally make up 29 percent of federal judges' criminal dockets, according to Bennett.

## BOOK REVIEW

### *Capitalism and Class Struggle*

By Juan Haines  
Managing Editor

In his debut novel, author Aravind Adiga has created the lowly, dejected man, Balram Halwai, who drives himself from poverty into India's middle-class by becoming a so-called "entrepreneur."

In *The White Tiger*, Balram yearns to loosen the socio-economic stranglehold of India's caste system, eventually cutting the throat of his trusting and kind master, Mr. Ashok.

Balram abhors the certainty of his place in society. "All I would do, if I had children, was teach them to be asses like me, and carry rubble around for the rich."

Adiga carefully lures the reader into accepting that murder is a rational solution to Balram's troubles. "Let animals live like animals; let humans live like humans. That's my whole philosophy in a sentence," Balram says.

"Am I not a human being too?" Balram wondered, hoping to escape the demented life of his caste.

Yet Balram can't help but see the differences between himself and Mr. Ashok. "I washed my hands for ten minutes, and dried them, and washed them again, but it made no difference. No matter how much you wash your hands after you have massaged a man's foot the smell of his lid, flaky skin will stay on you skin for an entire day...A rich man's body is like a premium cotton pillow, white and soft and blank. *Ours* are different," Balram acknowledges.

Balram is also frustrated by the lack of action by his fellow poor. "The roosters in the coop smell the blood from above.

They see the organs of their brothers lying around them. They know they're next. Yet they do not rebel. They do not try to get out of the coop."

In calculated and callous preparation, Balram banks Mr. Ashok won't figure out he's stealing from him and planning to kill him, as they both believe "the trustworthiness of the servants is the basis of the entire Indian economy."

***"The roosters in the coop smell the blood from above. They see the organs of their brothers lying around them. They know they're next. Yet they do not rebel. They do not try to get out of the coop"***

Balram justifies his murderous thievery by acknowledging, "The more I stole from him, the more I realized how much he had stolen from me."

But as the story unfolds, it is clear that killing his master did not deliver Balram from darkness.

Balram's desire to break out of poverty may arouse sympathy in San Quentin prisoners, but his methods of doing so are unacceptable to their rehabilitative tenets, which are grounded in understanding that revolution cannot include violence against another human being. Profit and social mobility are not justifi-

cations for murder, as Balram claims them to be.

The severe inequality between the poor and the wealthy elite has been addressed in many classic works. Richard Wright's *Native Son* is another story of a servant killing his superior, though the servant is sympathetic because he was a victim acting out of fear.

In Ralph Ellison's *The Invisible Man*, the protagonist was so frustrated by his place in society that he chose to physically disappear. In *A Modest Proposal*, Jonathan Swift satirically suggests eating the poor as a solution to overpopulation and poverty. *The Final Solution*, which rationalized the Holocaust, attacks the so-called privileged in society. The question remains of where to place *The White Tiger* with its greed, murder, and sadness all piled up in one story.

But not all is lost in this black tale of caste, master, servant, delivery, and death of a lifestyle. Adiga has touched on the nature of man where oppression seems to be cross-culture commonality.

Balram fought to understand why the relationship between rich and poor in India was built on a sham sense of emotional turmoil. "Do we loathe our masters behind a façade of love—or do we love them behind a façade of loathing?"

However, Balram's saving grace was knowing the value of education, learning and reading. Only in the arts, can man create dreams of his own desire by questioning, "...can a man make himself vanish with poetry?" The lesson learned is that "the moment you recognize what is beautiful in this world, you stop being a slave."

## Changing Mandatory Sentencing Laws Urged

FEDERAL JUDGE SEES LITTLE BENEFIT FROM CURRENT SCHEME

By Salvador Solorio  
Journalism Writer's Guild

In 2010, 80 percent of the 4,546 methamphetamine defendants in federal courts were sentenced under mandatory minimum laws. These defendants were generally lower-income whites.

***"Very few need more than two or three years behind bars"***

"I have seen how they leave hundreds of thousands of young children parentless and thousands of aging, infirm, dying parents childless," said Bennett. "They destroy families and mightily fuel the cycle of poverty and addiction."

After Bennett visited several prisoners he had sentenced to prison, he said he was inspired to see the positive changes most have made, noting some needed the wake-up of a prison cell.

"Very few need more than two or three years behind bars," Bennett said. "It's important to them that people outside prison care about their progress."

According to a policy essay by Karol Lucken, *Leaving Mass Incarceration: The Ways and Means of Penal Change*, the factors that propelled mass incarceration through mandatory minimum laws include:

- legislative and other statutory changes in penal codes
- federal case law related to litigation on overcrowding
- post-sentencing law policy related to parole

- the day-to-day sentencing and punishment practices in local courtrooms

Lucken suggests that prosecutors, judges and community corrections agencies make sentencing decisions by using evidence-based practices tied directly to outcomes that measurably reduce crime, instead of strictly relying on incarcerating low-level offenders.

Supreme Court Justices William Rehnquist and Anthony Kennedy publicly indicate they feel federal mandatory minimum sentences are unneeded and unwise, according to Bennett.

According to a 2010 survey of federal district judges, 62 percent thought mandatory minimum sentences are too harsh.

# Happy Valentine's Day

Here are some views of Valentine's Day from San Quentin men and their families:

**Kerry Rodgers:** Valentine's Day means when you take yourself out of the picture and give your significant loved one time to reflect on the relationship between the two of you. You both can work on the future of past mistakes; that equals love.



Photo by John Vernacchio

Barbara and Dennis Pratt

**Abel Armengol & Jessica Alonso and their daughter Camila.**

**Abel:** I wish in a different way that we could celebrate out there.

**Jessica:** I told him this morning I wanted him to be my Valentine. I told God that I'm so thankful, that he keeps us together. It's been three years and I love him so much.

**Ishmael Wesley:** To me it's a day you should feel every day for your partner or lover. It's a day to recognize that it is a special day.

**James Wortham:** It means love, gratitude and blessing for the thing that you have if you have a significant other. Being with someone you truly care about.

**Michael Best:** It's a special day to spend with someone that you love, (signifying) that the flame within our hearts will continue for infinity. **Sandra:** I love Valentine's Day because it's romantic to spend it with the people that you love. Our wish is that we reach 104 together.

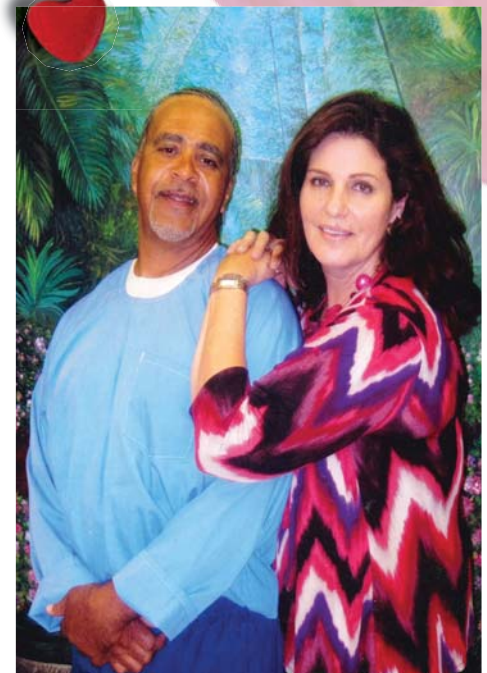


Photo by John Vernacchio

Kerry and Celeste Rogers

**Dan & Sherrie:** We love each other very much and we wish each other to have a happy Valentine's Day.

**Andrea Bebout to Johnnie Goodwin,** I love him more than words can even express. He is my light of life. Without him there is no me.

**Jesse Fernandez:** It's a day to cherish the person that you've been in love with for a long time. **Jessica Fernandez:** It's spending time with the person that I love the most.

**Ricky Gaines:** Valentine's Day is every day to me everyday that I'm in love with this beautiful woman, which is my wife. **Vickisha Gaines:** With a love that is as rare as ours, it'll take a life time to explain not just a day.

**Dennis Pratt:** Love is having my breath taken away every time I see my wife. **Barbara Pratt:** Valentine's Day to me is from your higher power, who gives you strength to endure.

**Curtis Lee:** I think Valentine's Day is a progress report -- checking in with your mate. You're letting them know that they are still special and that you love them more even though they think they love you more. **Mrs. Lee:** For me it means it's another day where I can express my love for my husband. To show him how much I appreciate him.

**Jeff Dumont:** She's my life. There's no better way to put it. **Carrie Dumont:** That's the first day that I met him in person, I went to the wrong prison. (He was at Old Folsom and she went to New Folsom.) We had seven wedding dates and we were married last June.

**Catherine Harrison:** To be with my husband on Valentine's Day reminds me of how lucky I am. Honestly, every day is Valentine's Day as long as I'm with him. **Maverick Harrison:** It means a chance to actually be with someone who is the definition of love, because my wife makes me a better person.



Photo by John Vernacchio

Jessica and Jesse Fernandez

**An anonymous man:** To my trophy wife -- the woman of my dreams: Will you be my Valentine? Your loving husband.

**Shalyn:** A Kiss 4-U. Happy Valentine's Day, Luv, Yahya.

**Shannon:** Baby, you are the flame that keeps my fire burning and when you come into my life, you made my jagged edge smooth, my vision more clearer and my purpose a purpose. This Valentine's let it be known you are appreciated, loved and cherished always. I love you, Cleo.

**Michael Carter:** To his beautiful wife, Debra: "Love is good, love is great, love is old, love is slow, as long as you love, you will continue to grow!"

**Tasha Roberts** said of her love for husband, Jake: "I drove for six hours to get



Photo by John Vernacchio

Ernie and Cathy Vick

here; that should tell him how much I love him." **Jake Roberts:** "It is really wonderful to see her. She's everything to me."

**Louis Scott** helped get Theresa strawberries without chocolate. He said: I wish I could get her strawberries with chocolate on them, but she is allergic to chocolate. Chocolate or not, she's my Valentine.

**Theresa** added: I don't miss chocolate since I have never really been able to have it.

**Heather** said to husband **Douglas:** Without you, there is no me; you are the air I breathe, you are the water for my soul when it gets thirsty. She added: He always writes me a love note when we are together. **Douglas** said they have been together for four years "and I for her everyday, not just Valentine's Day."

**Orlando Jones** indicated that "love is a beautiful thing when properly reciprocated."

**Marcellus Pree** told what the love he and wife **Jaconda** share is like: "Love suffers long, and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. (From I Corinthians 13:4 to 8)

She said: "Knowing my husband is a good person helps me overcome social opposition. We've been married since we were 22 and I love him more each day!"

**Sam Johnson Sr.:** "It's all about praising and thanking God for the love we've shared." He and wife **Tina** have been together for 31 years.

**Tina Johnson** said: "Sam always says the blessings of Christ keep our family strong, and that says it all."

**Al Jackson** said if his heart was "this big (holding his hands as wide apart as he could get them), it couldn't hold all the love I have for her."

**Paul Garcia:** I actually wish I could put into words what I feel about the love we have together, but I can't. There are feelings I just don't know how to describe.

**Ernie Vick:** What held us together is she's been my life-long best friend and close to the heart. **Cathy Vick:** I have been visiting my husband for 13 years.

We've been married for 24 years and Ernie is my longest, best Valentine.

**Richard "Bonaru" Richardson:** It is unrealistic to grasp what the meaning of love is in one day. There are not enough feelings in a universe, which could provide the clarity of such compassion, trust, respect and worship for another soul. My purpose in life is to love and it is much easier to love someone indefinitely than to explain why you love them. Love is perpetual.

**Arnulfo T. Garcia:** When I hear the word Valentine, I think of my

mother. She's the first women that taught me the meaning of love; that's what symbolizes Valentine's Day. Nice, I love you

**Kris Himmelberger:** Valentine's Day is a day set aside for that special one. To me, that's Diane Davis, my mom. I love you.

**Amanda Monroe:** You make me want to be a better person. I have never loved anyone as much as I love you.

**David Monroe:** There comes a moment when you realize that the person you are with is the one. That moment came for me when I realized that she is perfectly imperfect and that her love fills in that empty space that no one else was able to.

**Richard "Bonaru" Richardson:** It is unrealistic to grasp what the meaning of love is in one day. There are not enough feelings in a universe, which could provide the clarity of such compassion, trust, respect and worship for another soul. My purpose in life is to love and it is much easier to love someone indefinitely than to explain why you love them. Love is perpetual.

**Arnulfo T. Garcia:** When I hear the word Valentine, I think of my

mother, Carmen, who left this world March 24, 2000. Her birthday was on Valentine's Day, but she left me a new heart -- my daughter, Carmen Valentine Garcia, who was born April 16, 2000. Their hearts together give me love.

**Ruben Harper:** Everyday is a Valentine's Day when it comes to my

mother, Carmen, who left this world March 24, 2000. Her birthday was on Valentine's Day, but she left me a new heart -- my daughter, Carmen Valentine Garcia, who was born April 16, 2000. Their hearts together give me love.

**Ruben Harper:** Everyday is a Valentine's Day when it comes to my

mother, Carmen, who left this world March 24, 2000. Her birthday was on Valentine's Day, but she left me a new heart -- my daughter, Carmen Valentine Garcia, who was born April 16, 2000. Their hearts together give me love.

**Ruben Harper:** Everyday is a Valentine's Day when it comes to my

mother, Carmen, who left this world March 24, 2000. Her birthday was on Valentine's Day, but she left me a new heart -- my daughter, Carmen Valentine Garcia, who was born April 16, 2000. Their hearts together give me love.

**Ruben Harper:** Everyday is a Valentine's Day when it comes to my

mother, Carmen, who left this world March 24, 2000. Her birthday was on Valentine's Day, but she left me a new heart -- my daughter, Carmen Valentine Garcia, who was born April 16, 2000. Their hearts together give me love.



Photo by John Vernacchio

Amanda and David Monroe

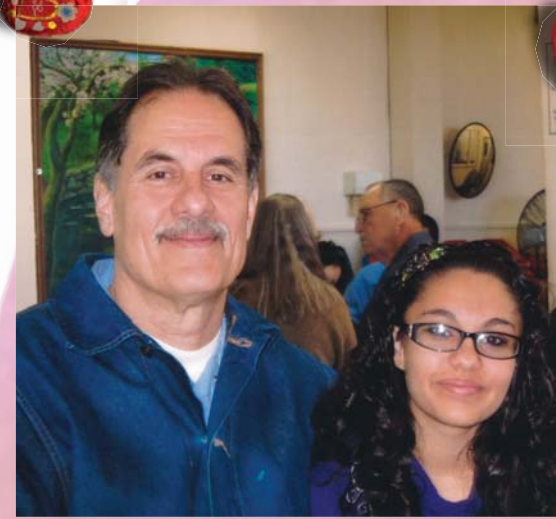


Photo by John Vernacchio

Arnulfo Garcia and daughter Carmen

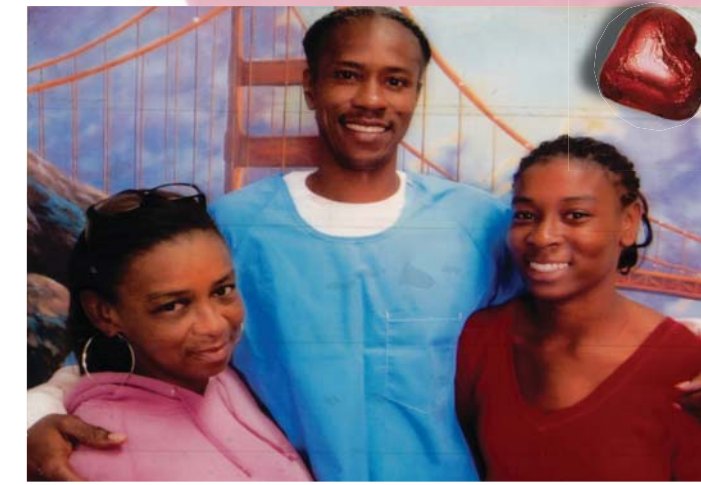


Photo by John Vernacchio

Cassandra Richardson with husband Richard and daughter Myrah

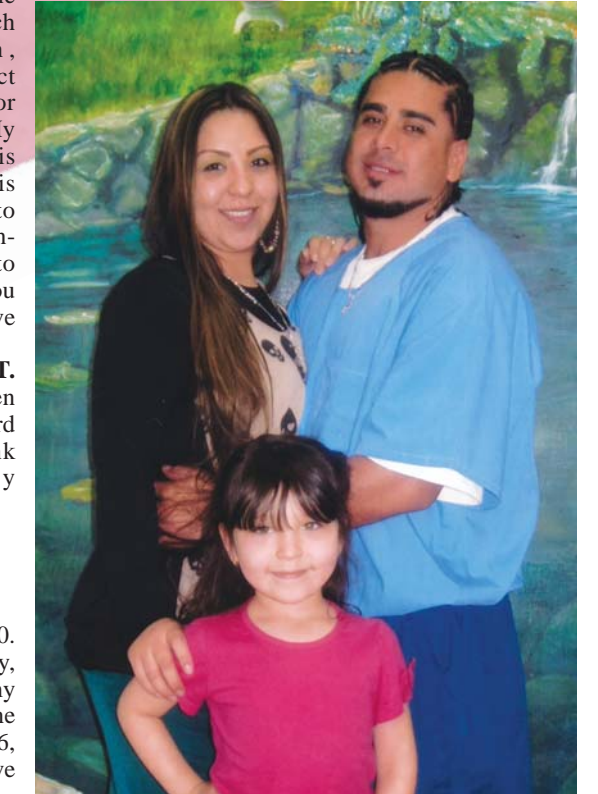


Photo by John the Camera Man

Jessica Alonso & Abel Armengol with daughter Camilla



# The Long Legacy of W.E.B. Du Bois

REMEMBERING THE IMPACT OF AN HISTORIC VISIONARY AND CIVIL RIGHTS LEADER

By Keith P. Feldman  
Assistant Professor of Ethnic  
Studies, UC Berkeley

This year marks five decades since the historic March on Washington for Jobs and Freedom. As a touchstone for the civil rights movement, it is remembered most commonly for the soaring oratory of the Rev. Dr. Martin Luther King Jr.'s famous "I Have A Dream" speech.

Dig a bit deeper and you'll be moved by the songs of Marian Anderson and Mahalia Jackson, rallied by the fiery rhetoric of SNCC Chairman John Lewis, and inspired by the magisterial photographs of 250,000 people mobilizing to demand desegregated schools, fair housing, and a livable wage.

As we reflect on the meaning and consequences of the March on Washington, let us pause and reach even deeper into its archive. Here we'll find a fleeting remark packed with meaning for our contemporary moment. Towards the end of a long day, executive secretary of the NAACP, Roy Wilkins, invited the attendees to recognize a very recent loss. The night before, across the Atlantic Ocean in Accra, Ghana, at the age of 95, Dr. William Edward Burghardt Du Bois had died.

"Regardless of the fact that in his later years, Dr. Du Bois chose to take another path," Wilkins intoned from a lectern soon to be occupied by Rabbi Joachim Prinz and then Dr. King, "it is incontrovertible that at the dawn of the century, his was the voice that was calling to you to gather here today in this cause. If you wanna read something that applies to 1963, go back, and get a volume of *The Souls of Black Folk* by Du Bois published in 1903."

## CONTEMPORARY AUTHORS

Indeed, *Souls*, and all of W. E. B. Du Bois's extraordinary life's work makes for as profound a reading experience today as it must have in 1963. An astonishing number of contemporary au-

thors are inspired by his persistent commitment to effectively understand the meaning of race, blackness, freedom, and democracy, inclined always towards justice for the "world's darker peoples."

In the last decade, nearly one-thousand books, theses, and dissertations have taken up Du Bois in one way or another, complementing the scores of new editions of his own now-canonical writings.

The year 2012 alone saw the publication of dozens of scholarly books considering Du Bois in relation to such themes as race and photography, the relationship between race and religion, histories of American socialism and American music, philosophies of education, and the persistent legacies of slavery and debt.

How should we account for this wide-ranging interest? Why does Du Bois matter so much today?

Clearly, one reason is that, unlike so many key figures enacting what Robin D. G. Kelley calls "freedom dreams"—those political projects that envision more egalitarian forms of justice—Du Bois survived. He survived multiple professional exclusions, debilitating illnesses, and persistent state repression that only increased with age.

He wrote over 20 books (including four autobiographies), supervised a groundbreaking series of sociological studies of rural black life (1897-1910), edited the NAACP's official magazine, *The Crisis* (1910-1934), wrote a groundbreaking history called *Black Reconstruction in the U.S.* (1935) and embarked on an encyclopedic study of Africa and its diasporas.

He was instrumental in petitioning the UN on behalf of African-American human rights and fought vociferously to curtail the development of nuclear weapons. Across this gargantuan oeuvre, we learn of the

dynamic thought and political acuity of a radical pragmatist, someone who, in the words of Amiri Baraka, was "constantly in the act of changing himself as the open reflection of an ever-changing world."

At the same time, echoing



FILE PHOTO

W.E.B. Du Bois

forth to us from the Jim Crow violence of racial segregation in which *Souls* was written is the incisive claim that "the problem of the Twentieth Century is the problem of the color-line."

You cannot understand the modern world, Du Bois argues, without understanding the crucible of race in which it has been forged. For a nation built through the dehumanizing regimes of European colonization, chattel slavery, gratuitous violence, and the convict-lease system, *Souls* provides a kaleidoscopic lens to view the glaring contradictions to American freedom.

Today, we only need to look at the highly differentiated distribution of wealth and health, or the demographics of the 2.3 million people in American prisons and jails, or the 600,000 people that move through its immigrant detention facilities, to see the contemporary explanatory power of Du Bois's formulation.

*Souls* also names a powerful vision of double conscious-

ness that emerged from a centuries-long subjection to white supremacy. Black people, Du Bois argued, carry a "sense of always look at one's self through the eyes of others, of measuring one's soul by the tape of a world that looks on in amused contempt and pity."

He recognized that such brutalizing metrics produce radical limits on how the nation views and values itself, limits buttressed by dominant (and seemingly "neutral") scholarly assumptions that *Souls* forcibly contests.

At the same time, double consciousness enables what Du Bois calls "second sight," such that black people have knowledge of the deeper truths of American modernity, its violent contradictions as well as its underutilized emancipatory resources. After all, "we who are dark," Du Bois wrote in the 1920s, "can see America in a way that white Americans cannot."

We return to Du Bois because *Souls of Black Folk* was the beginning of his work, but not its culmination. We return not in spite of his choosing "another path," as Wilkins intimated in 1963, but precisely because of it. That path led Du Bois to criticize what he saw as the foreshortened horizon of liberal integration epitomized by the March on Washington.

He resolutely refused America's Cold War limitations on forms of political thought that described freedom solely through U.S. capitalism's market-based lexicon, drawing instead on the thick political vocabularies of African and Asian anti-colonialism and Soviet communism.

At age 93, this "other path" would catapult Du Bois's expatriation to the newly independent nation of Ghana, where he resided with his wife, Shirley Graham Du Bois, to work with the esteemed anti-colonial leader Kwame Nkrumah. (When Nkrumah was overthrown by a U.S.-backed coup after Dr. Du Bois's death, Ms. Graham Du Bois joined her son, David, in Egypt, where they together reported on the revolutionary dynamics linking Arab and African struggles for liberation.)

Most pressingly, five decades after his passing and his conspicuous absence at the March on Washington, we dwell with Du Bois to recognize that fighting for a world without exploitation in the United States has al-

ways demanded an international vision attuned to the intertwined violences of race, imperialism, and war.

Du Bois's own late-in-life revision to the color-line thesis is especially prophetic in this regard. "[T]oday," he wrote in the 1953 preface to the Jubilee edition of *Souls*, "I see more clearly than yesterday that back of the problem of race and color, lies a greater problem which both obscures and implements it: and that is the fact that so many civilized persons are willing to live in comfort even if the price of this is poverty, ignorance, and disease of the majority of their fellowmen; that to maintain this privilege men have waged war until today, [such that] war tends to become universal and continuous, and the excuse for this war continues largely to be color and race."

Here, Du Bois highlights the deep cleavages around who has access to conditions of peace and who is subjected to conditions of war. Contending with such divisions would require reckoning with those lacerating circuits of oppression, dispossession, and dehumanization that centuries of European imperial violence and trans-Atlantic chattel slavery have carved into the world.

Today, another exceptional African-American Harvard graduate, another veritable member of Du Bois's "Talented Tenth," has recently been elected to his second term as president of the United States. Under his watch, we have witnessed a resolute

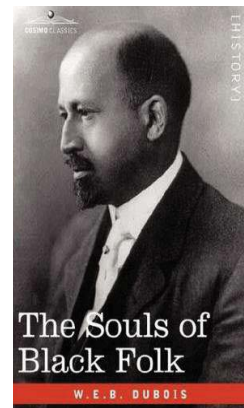
commitment to liberal integration (now more often termed "inclusion")—carving out possible pathways to legal status for the nation's 11-million undocumented immigrants, for instance, or expanding access to civil rights for gays and lesbians.

At the same time,

one also sees a tortuous prison regime that locks up and locks out millions of black, brown, and poor white people; the exponential expansion of an immigrant detention and deportation regime unparalleled in American history; the deployment of an open-ended campaign of aerial warfare to police the homeland's globalized borders; and the enablement of freedom's promise to be dictated by corporate investment.

When the brutalities of a society saturated with such forms of violence have been rendered banal, we turn to Du Bois to plumb the thick emancipatory dreams

persistently articulated by and for the world's darker peoples, to draw on their searing legacies and insights. We need Du Bois today, perhaps more than ever.



## Some Notable African-American Achievements

- In 1783 James Derham became the first black recognized as a physician.
- In 1823 Alexander Twilight was the first black to receive a degree from an American college.
- In 1827 the first black newspaper, *Freedom's Journal*, was published.
- In 1834 Henry Blair became the first black person to receive a U.S. patent.
- In 1862 Mary Patterson became the first black woman to graduate from a U.S. College.
- In 1863 William Carney was the first black to be awarded the congressional Medal of Honor.
- In 1872 John Conyers was the first black admitted into the U.S. Naval Academy.
- In 1884 John Lynch became the first black to chair the Republican Party.
- In 1904 Harold Paige was the first black athlete to compete in the Olympic track and field events.
- In 1906 the oldest black fraternity, Alpha Kappa Alpha, was founded at Cornell University.
- In 1907 Alain Locke became the first black Rhodes Scholar.
- In 1932 Eddie Tolan was the first black to win a gold medal in the Olympic 100 meter dash.
- In 1939 Jane Bolin became the first black woman to be seated as a judge.
- In 1967 Thurgood Marshall became the first black Supreme Court Justice.
- In 1977 Clifford Alexander became the first black Secretary of the Army.
- In 1983 Guin Bluford Jr. became the first black astronaut to enter space.
- In 2008 Barack Obama was elected the first black president of the United States.

# Observing Black History in February

By Watani Stiner  
Contributing Writer

Black History month is perhaps one of the most uplifting and empowering months of the year, particularly for African-Americans. Every February, we reflect upon and pay homage to the courageous struggles, sacrifices and contributions made by men and women of African descent.

We study and celebrate history for several basic reasons. First, to learn its lessons. As Malcolm X taught, "Of all our studies history is best prepared to reward our research." Secondly, we study and celebrate history to sense and absorb its spirit of human possibility. For as Marcus Garvey taught, "What humans have done humans can

do." Thirdly, to extract and emulate its models of excellence and achievement. Mary McLeod Bethune taught that "We are heirs and custodians of a great legacy," and urged us to discover that legacy and to bear its burden and glory with strength, dignity and determination. And finally, we as African people study and celebrate history to remember those who paved the path down which we now walk, who gave their lives so that we could live fuller and more meaningful ones. This is the meaning of Fannie Lou Hamer's teaching that there are two things we all must care about: "Never to forget where we came from and always praise the bridges that carried us over."

However, it is also important to understand that Black His-

tory is more than dates, persons, places and events of the past. It is living memory, made relevant by the messages it sends us and the challenges it poses for us to overcome and move forward. It is, moreover, a fundamental way we understand ourselves and an inescapable path and practice by which we envision and forge our future.

---

**"We are heirs and custodians of a great legacy"**

---

At the center of our appreciation of Black History is the commitment to approach it as a living, continuously unfolding reality. Thus, our celebra-

tion of history, especially during Black History Month is not simply ritual and rejoicing, but a remembering, studying and practicing which shapes our self-understanding and movement through time.

Dr. Maulana Karenga asserts that "history is best understood and appreciated by engaging it." Our challenge, then, is to understand and self-consciously participate in the shaping of the process, not stand by and allow history to happen behind our backs.

Of course, it has been argued that "history is just history," that history has no specific or qualifying color. But our emphasis on "Black" history is a cultural announcement and declaration of our unique contributions to the forward flow

of humanity. It is a conscious act of self-determination, a correction of and challenge to the historical record.

It is out of this understanding of history that we must and do constantly ask ourselves, how can we use our past to inform and enrich our present and lay the foundation for a more meaningful and beneficial future? What lessons, models and spirit of human possibility and excellence can we borrow from the past to build the world we want to live in?

Our study and commemoration of Black History Month must inspire and encourage us to move forward in our struggle for a better self, society and world — toward human equality, social justice and world peace.

## Reviewing the Rich History of African-Americans

By Kevin D. Sawyer  
Journalism Guild Writer

In recent years, there has been much debate on whether black history is merely a subordinate piece of American history. That would only be true if black history's African origin were excluded.

That being said, black history is comprised of the experiences of the indigenous peoples of Africa and their Diaspora to the Americas.

Henry Louis Gates Jr. described the etymology of black in his book *Colored People*: "My grandfather was colored, my father was Negro, and I am black..."

### POINT OF VIEW

Depending on what point of a timeline, or which side of the Atlantic Ocean one decides to observe history determines what category black history is placed, i.e., African or American.

Carter G. Woodson, an organizer of the first Negro History Week, came up with the concept for The Society for the Study of Negro Life and History.

Woodson understood the need for blacks (Africans) to study their history, and to be proud of their contributions to the world.

"The Negro's pride of race is humiliated when he contemplates the great drama of this continent and finds that he is accorded no honorable part..." wrote Kelly Miller in her 1926 essay, *Negro History*.

African descendants celebrate and study black history to ascribe their accomplishments and value into the pages of history for future generations.

It is important for blacks and other ethnic groups, not just Americans, to know the entire history of black people, including their life in Africa — a history replete with math, science, philosophy, architecture, governments, and thriving econo-

mies that functioned millenniums before the arrival of the first Europeans.

Tracing the history of many black families from their aboriginal existence in Africa eventually turns to the path across the Atlantic Ocean, the middle passage, from West Africa to the Americas and the West Indies.

### BLACK AMERICANS

Black-American history began in 1619 when the first ship carrying 20 Africans landed in the English colony of Jamestown, Virginia.

Although slavery was a harsh reality for many blacks, there were those who rebelled. Frederick Douglass learned to read and write; he eventually escaped to freedom.

Harriet Tubman personally rescued 200 slaves through the Underground Railroad, according to *1,999 Facts About Blacks*, by Raymond M. Corbin.

President Abraham Lincoln issued the Emancipation Proc-

lamation in 1862, but it was 1865 before the last slaves in Texas received news of their freedom. Their freedom is still celebrated during June, called "Juneteenth."

After slavery, during Reconstruction, the era of Jim Crow created traditional forms of discrimination, segregation, and terror against blacks. A system of "black codes" were devised to continue oppressing blacks.

### MUSICAL CONTRIBUTIONS

Blacks continued, however, to make progress in areas of education and the arts, among other achievements. A notable gift blacks gave to America and the world is an original form of music.

Through the use of a five-note musical scale blacks created the Blues. "This was purely and wholly African..." wrote John W. Work in his essay, *Negro Folk Song*. "The

Negro was the only immigrant to this country who was capable of producing Folk Song. He was in a primitive state, untouched by the folk-song-atrophying influences of civilization...and naturally express(ed) himself in song."

---

**"My grandfather was colored, my father was Negro, and I am black..."**

---

Blacks later added a flat-7 note to their musical (scale) expression to create jazz music with its rhythm and syncopation.

A lot of this history gets lost over the decades, which is why blacks strive to remember important milestones in their history.

For example, W.E.B. DuBois became the first to earn a Ph.D. from Harvard for

his dissertation on the slave trade.

In 1944, the United Negro College Fund was established to provide education for blacks who would not otherwise have an opportunity to advance their education.

On a bus in 1955, Rosa Parks refused to give up her seat to a white man in Montgomery, Alabama. The previous year, in *Brown v. Board of Education*, the U.S. Supreme Court overturned the "separate but equal" decision.

The Civil Rights era reached its peak in 1963 with the historic March on Washington and Martin Luther King's "I have a dream" speech.

Nearly 50 years later, the United States elected its first black president, Barack Obama, for a second term. "I wonder, sometimes, whether men and women in fact are capable of learning from history..." wrote Obama in his book, *The Audacity Of Hope*.

## Modern Humans Began Migrating Out of Africa to Populate the Globe Around 60 Thousand Years Ago



Today, There are Nearly 7 Billion Humans Found Throughout the World

# Program Effective Reducing Recidivism May Be Ended

By Jason McGinnis  
Contributing Writer

A first-of-its-kind jobs program in California prisons saves money and cuts recidivism, a recent report concludes.

The program provides inmates the opportunity to acquire trade skills and develop good work habits under the supervision of journeyman professionals that "increase the likelihood of finding future employment and staying out of prison," according to the report by the California Prison Industry Authority.

Launched in 2006, the program is called Career Technical Education. It was designed to perform various activities such as renovations of state-owned assets, including parks and prisons.

The program was "the first of its kind in the nation to partner an offender rehabilitation program with trade unions to meet

the rehabilitative needs of offenders," says the report.

It includes a commercial diving program at California Institution for Men, a carpentry program at California Institution for Women, and the Modular Building enterprise at Folsom State Prison. Funding shortages caused the closure of four programs across the state. None involved San Quentin.

At its peak in fiscal year 2009-10, the program included 258 prisoners. Currently, 115 prisoners participate.

The report illustrates a three-year recidivism rate of 11.76 percent for fiscal year 2007-08 for inmates with at least six months of participation in the program. The overall three-year recidivism rate for the same period was more than 65 percent.

The program's low recidivism rate provides "substantial and ongoing savings to both state and local government,"

the report concludes. The savings, totaling over \$10 million, come in the form of Recidivism Cost Avoidance, which includes the costs incurred from avoided arrests, judicial proceedings, and incarceration among CTE program participants.

Program costs include participant pay, instructor pay, project facilitation expense, and union association fees for the first year upon release. According to the report, these expenses have totaled more than \$8 million since the program began, resulting in a net savings of \$1.7 million or an average of about \$500,000 per year.

Since the start of the program, the state has reimbursed CALPIA for the program. However, over the last three years, the amount reimbursed has declined and the program is now in danger of being cut or eliminated altogether, the report warns.

# County Jail Program Provides Valuable Training

MARIN COUNTY PRISONERS GIVEN OPPORTUNITY TO EARN FOOD SERVICES CERTIFICATION

By Gary Klien  
Marin Independent Journal

Lawrence Foster says he's never had a professional certificate, and now that he does, he wants to make the most of it.

Foster, a 53-year-old Marin City resident, was one of five inmates to earn food handling certification Feb 14 in a pilot program at the Marin County Jail. The inmates received their credentials during a ceremony in the jail kitchen.

"This is a very inspiring moment for me and something to build upon," said Foster, who is serving jail time on drug offenses and a probation violation. "I'm going to use it to the best of my ability."

The voluntary program is intended to give inmates some official training that might help them find work when they are

released, said sheriff's Capt. Doug Endy, who runs the jail.

"Our philosophy now has become more in the rehabilitation arena," Endy said. "This certification should be a positive step in that direction."

The program is offered to low-level offenders who are trusted to perform work in the jail. Similar programs are in place at other jails.

In Marin, the program is overseen by Jan Wyatt-Lucha, the jail's food service manager and a registered dietician. The course, which is completed in five hours over a one-week period, consists of training in food-borne illness, temperature control, storage and rotation, personal hygiene, food safety laws and other aspects of kitchen work, Wyatt-Lucha said.

"I love it," she said. "I'm so proud of them."

The jail uses a course designed by the National Registry of Food Safety Professionals, which adheres to state regulations and standards. Endy said the cost of the program is a nominal \$15 or so for course materials.

The next class was scheduled to start in two weeks, and the jail is also working on setting up a bakery program.

Richard Lopez, a member of the inaugural class, said he joined because he doesn't like "just sitting in my cell."

"Any time I can jump on an opportunity to get something out of a situation, even a bad situation, I'll jump on that," said Lopez, 46, who is in custody for DUI and drug cases and other offenses.

*This story is reprinted with permission of the Marin Independent Journal.*

## Wellness Corner

By Kris Himmelberger  
Staff Writer

Drugs that curb hyperactivity and boost attention might help curb crime, according to a Swedish study published in the *New England Journal of Medicine*.

The study found that individuals diagnosed with Attention Deficit Hyperactivity Disorder were four to seven times more likely to break the law; however, when certain drugs were introduced, the likelihood of committing a crime was reduced by 32 percent in men and 41 percent in women.

"There are pros and cons to medication," said Dr. Paul Lichtenstein, the study's author. Medication works best for adults 18 to 25 and for newly released prisoners, he said.

The study examined the effective use of Ritalin, Adderall, and other drugs that curb hyperactivity in the treatment of criminal behavior, according a report by The Associated Press.

The study provides a "very suggestive piece of evidence" supporting medication, said associate professor Jason Fletcher of the Yale School of Public Health. He added that "because crime is so expensive, if you can reduce it, even by half of what they're saying, you might still say this is really effective medication."

"The study adds a lot," said Dr. Gabrielle Carlson, director of child and adolescent psychiatry at Stony Brook University medical school, who was not involved in the study. "Cutting the crime rate, that's not trivial. Maybe it will get some help for people in jail. It gives people who were on the fence maybe a little more confidence in this treatment."

San Quentin psychologist Ruth Bertrand says the California Department of Corrections and Rehabilitation is able to screen offenders for ADHD, but does not routinely do so. According to Dr. Bertrand, ADHD is primarily a childhood disorder that is often outgrown. However, if an "individual is previously diagnosed with ADHD, they are evaluated on a case-by-case basis."

"There defiantly is a perception that it's a disease of childhood and you outgrow your need for medicines," said Dr. William Cooper, a pediatric and preventive medicine professor at Vanderbilt University.

"About half of children with ADHD will continue to have troublesome symptoms of inattention or impulsivity as adults," states an article in *Psychiatry* magazine. The article further stated adults "tend to develop coping mechanisms to compensate for some or all of their impairment."

"Every child suspected of having ADHD should be carefully examined by a doctor to rule out possible other conditions or reasons for the behavior," says The PubMed Health website. It also stresses that "depression, lack of sleep, learning disabilities, tic disorders, and behavior problems may be confused with, or appear with, ADHD."

# Prisoners Allege Private Prison Gave Control to Gangs

By Phoeun You  
Staff Writer

Eight Idaho inmates have filed a federal lawsuit, claiming the private prison company Corrections Corporation of America has virtually turned over control of an Idaho prison to gangs.

The suit filed in November in U.S. District Court cites investigative reports from the Idaho

Department of Corrections that suggest gangs took over control of the Idaho Correctional Center from staff members after prison officials began housing members of the same gangs together in some units to reduce violent clashes.

State officials said one result was prison staff had to negotiate the placement of new inmates with gang leaders, according to the department re-

ports. Another claim was that prison guards were afraid to enforce certain rules, such as a ban on covering the small window in cells.

The security footage showed six members of one gang attacking seven members of a rival gang. The attackers hid in a janitor's closet, then struck as their rivals approached.

Some guards used pepper spray and ordered prisoners

to the ground, while other guards tried to separate a prisoner from being repeatedly stabbed by another prisoner.

Prison Unit manager Norma Rodriguez told investigators that gang members control authority over prison cell blocks and dictate who comes and goes.

Rodriguez mentions sex offenders cannot be housed in

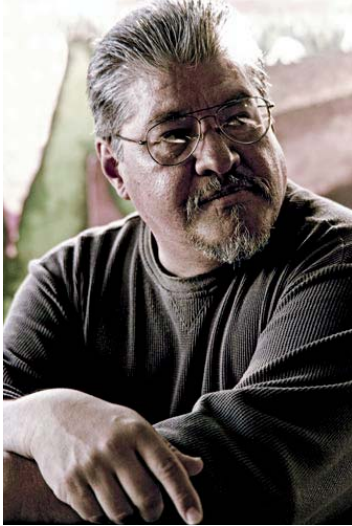
gang units because of a risk of attack by gang members. Prisoners not affiliated with a gang cannot be housed there because they would be victimized or forced to join a gang.

"The complaint alleges that CCA fosters and develops criminal gangs," said Wyatt Johnson, one of the attorneys representing the inmates. "Ideally, the lawsuit should force this to come to an end."

## EDITORIAL

# A Commentary On the State of Human Affairs

LOUIS J. RODRIGUEZ SHARES HIS THOUGHTS ON IMMIGRATION AND GANG VIOLENCE



Luis J. Rodriguez, author of "It Calls You Back," wrote the following comments on the state of human affairs for *The San Quentin News*:

### Immigrants:

The borders have marked and scarred a land where native peoples for tens of thousands of years roamed freely in connection with nature's laws, with cooperative and abundant relationships.

All was not perfect—it never is with humans.

But people at least knew how to live and grow in the proper ties with others and with the

land. Now after 500 years of conquests, wars, revolutions, nation building, and home markets, borders have made "strangers," "foreigners" and "illegals" of the brown-red-skinned people of Mexico and Central America.

With laws, cultural erasing, bigotry, and class power, things have turned around.

Our Mexican and Central America brothers and sisters—many of whom come from tribes and traditions that don't even speak Spanish, let alone English—are seen as the scapegoats for a failing economy and failing political system.

### LA RAZA

Today there are three-million Mayan people from Mexico and Guatemala within the United States—more than the actual number of Native Americans. Many more people have come from mostly indigenous states of Mexico like Oaxaca, Puebla and Chihuahua as well as Nahuati and Mayan-speaking peoples of El Salvador, Guatemala, and Honduras. Yet even Raza here in the U.S., including Chicanos who have been here for generations, end up at war with their own people.

All the bigotry and borders have turned us against ourselves.

Bigotry and borders are the two "B's" that have been behind more wars and conquests. It's time to end the disconnections. It's time to see ourselves in others, to embrace the Mayan concept of 'In Lak Ech' (you are the other me) as our mantra and mandate. In accepting ourselves—knowing that most of us have been colonized, hybridized, "Hispanicized," or "anglicized"—we can learn to accept others.

All races. All colors. All traditions. They are all valid under the sun. As the saying goes, "In essential things, unity; in non-essential things, liberty." This means to unite and find common cause around the essentials of human life, dignity, and peace. And to be free in our beliefs, ways of talking, dressing, eating, and other expressions (although having this is essential, imposing these on others is not)."

*The End of Racial Hostilities in California Jails and Prisons:*

Gang peace—whether from truces, agreements, or just from being plain tired—can only really happen when the gang youth and their leaders are integral to the peace. This will require addressing the roots of gang violence—

poverty, social immobility, neglect, and race and class discriminations.

These factors lead to family breakdowns, loss of values, survival mentality ("Kill or be killed"), and especially mental and spiritual trauma.

***"All races. All colors. All traditions. They are all valid under the sun"***

When the warriors lay down their arms, society needs to pay attention and respond with truly restorative and healing measures. Now the arts need to be engaged—poetry, song, dance, theater, music, and more. Now comprehensive and adequate treatment to address drug and alcohol addictions, rage, disassociation, and mental illnesses must be dealt with. Now a new economy needs to be imagined and shaped with meaningful training, education, and jobs—turning one's passions into professions.

To just punish and repress the violence has only made matters worse—treating people less than human only brings out the least human. And still people hang on, maintain their spirits and consciousness, and strive for peace.

Humans are the most complex machines of all, and all simple solutions will fail. Deal with things fully, deeply and for

the long haul—that's the key to making any gang or prison peace become real and lasting. And I maintain that at the heart of any such peace must be the once troubled, highly distrustful and disinterested participants. The fact is, from the most violent can come the most peaceful.

### GANGS

That's been my experience in 40 years of working on gang and prisons on peace efforts—since the early 1970s in the East L.A. area, to 1992's Blood-Crips truces, to Chicago's peace efforts in the 1990s, to El Salvador's gang prevention and intervention. My work has taken me to talks, summits, and peace sessions throughout the U.S., Mexico, Central America, South America, the Caribbean, Europe, and Japan.

### AUTHORITIES

Unfortunately, my experience has also been that powers-that-be, the authorities that should know better, do more to sabotage, undermine and derail these efforts than the gangs' authorities that should know better, do more to sabotage, undermine and derail these efforts than the gangs themselves. Let this process grow organically, dynamically, with all the participants at the table. Victims are also integral to this peace. As I've said, this is about healing. It's about a new reciprocity—and how to regenerate new life, ideas, and imaginations from the shadows, the violence and pains of our lives. As a poem of mine says, "from what polluted soils will my blossoms spring."

## California's Crime Rates Have Fallen Below National Average

By Michael Calvin Holmes  
Journalism Guild Writer

California's crime rates are falling, according to recent reports by Attorney General Kamala Harris and a research group.

The state's crime rates have been declining since 1980 (before the Three Strikes Law) and is now below the national rate, according to a September 2012 report called *Crime Trends* by the Public Policy Institute of California.

Violent crime increased between 1960 and 1992, but is now on the decline, according to federal criminal justice agencies. Property crime, however, dipped to its lowest since 1960, but is now on the rise.

"Had the state begun considering ways to reduce the prison population years ago, based on the evidence, we wouldn't be where we are today," the report concludes.

Here is a breakdown of California crime rates, as reported by the attorney general:

- Motor vehicle theft declined 62.3 percent since

peaking in 1989.

- The burglary rate went from 1,225.9 per 100,000 population in 1966 to 612.9 per 100,000 populations in 2011.
- Arson declined 43.7 percent from 2006 to 2011.
- Aggravated assault declined steadily since peaking in 1992.
- Violent crime decreased 2.1 percent from 2010 to 2011, reaching its lowest level since 1968.
- Homicides decreased 56.2 percent from 1993 to 2011

Here is a breakdown of California arrest rates, according to the AG:

- Misdemeanor arrests decreased for a third consecutive year.
- Felony arrests decreased for the sixth consecutive year.
- Juvenile homicide arrests decreased 25 percent.
- Adult homicide arrests decreased 3.6 percent.
- Both adult and juvenile total arrest rates decreased 35 percent from 2006 to 2011.
- The total arrest rate of 4,092.2 per 100,000 at-risk

for 2011 is 10.2 percent lower than the 2010 total.

California made two changes in its laws that affected arrest and crime data:

--The limit of felony theft was raised from \$400 to \$950, resulting in a decline in felony theft arrests and the increase in misdemeanor theft arrests.

--Some misdemeanor marijuana statutes were re-classified as infractions. This led to a decline in misdemeanor marijuana arrests.

"I find it revealing that research data shows that crime rates have been on the decline since 1980; given the fact that law enforcement and politicians justified the Three Strikes Law by insisting that crime rates were up," said R. Simpson of San Quentin's H-Unit dorm housing.

"I am unaware that crime rates have been on the decline since 1980. I think too many people were sent to prison for minor issues, when the courts could have used alternatives to incarceration," said R. Davenport, a resident of San Quentin's Donner Block.

## For-Profit Prison Cited For 47 Violations

OHIO AUDIT CRITIZES FOOD, SANITATION AND HYGIENE

By San Quentin News Staff

A recent Ohio state audit reported 47 violations by a privately owned prison, including failure to meet state standards in food quality, sanitation and hygiene, according to City Beat.

The audit looked into Corrections Corporation of America's operation of the first privately owned prison in the state.

The audit found that its fire plan lacked specific ways to evacuate prisoners from locked areas in case of emergency. Employees said, "they had no idea what they should do" in case of a fire emergency, reports City Beat.

"All housing units had less than the needed 25 square feet of open space per occupant,"

reports City Beat. Also, "single watch cells held two prisoners with some sleeping on the floor, and some triple-bunked cells had a third person sleeping on a mattress on the floor."

Prisoners claimed laundry and cell-cleaning services were not provided, the audit states. Recreation time was not always allowed five times a week in segregation units, as required. Other problems included food quality and sanitization.

Sick-call patients were not seen in a timely manner and nursing competency evaluations were not completed before the audit was conducted. The health care administrator could not explain or show an overall plan for correcting the deficiencies, reports City Beat.

# Asked On The Line

## Finding Similarities With the One You Love

By Angelo Falcone  
Journalism Guild Writer

Think of someone you love very much. Think of all the qualities and characteristics that you love about this person. With Valentine's Day drawing near, "Asked on the Line" conducted 21 random informal interviews with men in blue and outside volunteers, and asked: "Among the qualities and characteristics of a person you love very much, which do you also possess?"

More than half of the 16 mainliners and three outside volunteers had short, immediate answers. The rest thought about it and expressed their

deep feelings about the qualities that they share with the person they love.

Almost everyone focused on aspects of personality and on character traits such as charm, charisma, thoughtfulness, patience, compassion, and loyalty.

Eddie Griffin shares similar traits with his mother. "One trait that we share is that we are always willing to give something to others. Whether it's time or some material, we're compassionate about sharing with others when we are in a position to do so," said Griffin.

Darnell Hill and Kerwin Jackson share certain charac-

teristics with the women they are in love with, their wives.

Jackson said, "My wife and I are both caring people. We are also very motivated and walk by faith. We sometimes make mistakes but we know to get back up."

*"We are always willing to give something to others"*

Hill said, "We share the ability to endure suffering and can love each other despite our circumstances. We both share the

spiritual trait in learning God's word and His principles in love and marriage. We both have an understanding between intimacy with God and in our marriage and we both have learned how to have emotional intimacy without physical intimacy."

Kenyatta Leal said he loves his grandmother, the Rev. Mary Lucille Childs, and both knew how to give "unconditional love" to others. "When I think of her, that's the first thing that comes to my mind. From the time I was born, until God took her home," said Leal.

Donald Larus shares traits with a friend that he loves. "We don't have much, but we know we can always give love. She

showed me how to care," said Larus.

Naomi Rochovnick of the on-site Centerforce program in education said she shares values with her spouse. "We both have integrity, a strong sense of humor, and intelligence."

Sue Pixley, a college instructor and volunteer tutor with Project REACH, said that she shares gentleness, intelligence, and patience with the friend that she loves. "We are also very good listeners," Pixley added.

Caroline Hardee, another volunteer with Project REACH, said she and a friend that she loves share the character traits of kindness, a good sense of humor, and appreciativeness.

**1. Washington** – Violent crime declined in California in 2011, but increased in Oakland and San Jose, a new FBI report says. Statewide violent crime dropped about 5.5 percent, but Oakland had 104 homicides, 10 more than the previous year. San Jose homicides jumped from 20 to 39. UC Berkeley law professor Franklin Zimring noted Oakland's 2006 homicide total was 149.

**2. New York** – A federal judge has rebuked a Brooklyn prosecutor for alleged misconduct in the trial of Jabbar Collins, whose murder conviction was overturned after 16 years in prison. Judge Frederic Block accused prosecutor Michael Vecchione of "horrendous behavior" in the case. Collins has filed a \$150 million civil lawsuit against the city.

**3. Norfolk, Va.** – Gov. Bob McDonnell has conditionally pardoned Johnathan Montgomery, who spent four years in state prison for his conviction on charges he molested a 10-year-old girl when he was 14. The woman recently admitted fabricating the story. "The truth sets you free," Montgomery, now 26, said after being released from the Greensville Correctional Center in Jarrat, Va.

**4. Tracy** – Duel Vocational Institution is headed back to its former role as a prison to give prisoners vocational training, says Warden Ron Rackley. "It's pretty exciting for me," said Rackley, 46. "That was the history of this place." The change from reception center to vocational training was prompted by realignment, the state's response to court orders to curb overcrowding. Deuel has launched computer literacy classes, and on the horizon are auto body, ventilation and air conditioning, building maintenance and electronics.

**5. Tallahassee, Fla.** – Florida has contracted with the private Pennsylvania company Wexford Health Sources to provide medical care to more than 15,000

prisoners in several south Florida prisons, Gov. Rick Scott's administration announced lay-off notices were being sent to almost 400 employees, said a prison spokeswoman. The state will pay the company \$48 million a year and is estimated to save taxpayers \$1 million a month in healthcare cost, prison officials report.

**6. Atlanta** – Reforms in Georgia's criminal justice system have had a noticeable effect since legislative approval, says a report by the Special Council on Criminal Justice Reform. Rather than growing as projected, the total state prison population has remained fairly steady since June, the report says. The group recommends continuing a program to help ease re-entry into society for long-serving offenders, eliminating double supervision for offenders on probation and parole at the same time, and creating a risk-assessment tool to identify people who have committed nonviolent drug and property

crimes who could safely be put into a diversion program rather than prison.

**7. Dayton, Ohio** – The state's Death Row population is decreasing as new death sentences are outnumbered by prisoners who die from execution or other causes or are freed through clemency or appeals, the Dayton Daily News reports. Last year three Ohio prisoners were executed, three new death sentences were handed down, one condemned died in prison and a court vacated another death sentence. Two others received gubernatorial clemency and a life sentence instead and one was released on appeal. The Death Row population dropped from 204 in January 2003 to 142 in 2013. There were 77 new death sentences nationwide in 2012, and 315 in 1996.

**8. Springfield, Ill.** – State officials have shut down the notorious Tamms "supermax" prison after nearly 15 years, saying it was too expensive to run. Prisoners were moved to

other prisons. Tamms isolated the "worst of the worst" prisoners from the general population and kept them in their cells 23 hours a day.

**9. Sacramento** – Detainees with serious mental illnesses and deemed incompetent to stand trial regularly spend up to six months in jail before bed space opens up in state hospitals, reports the Sacramento Bee. The tragic situation has gotten worse in recent years, says the director of government affairs for the California Psychiatric Association.

**10. Indianapolis, Ind.** – In 2010, of the state's 26,700 prisoners, more than 5,800 were found to be mentally ill. However, the state only has the capacity to handle 250 patients, according to The Associated Press. A federal judge has ruled the condition violates mentally ill prisoners' right against cruel and unusual punishment.

**11. Columbus, Ohio** – Hospital officials at Ohio State University say they are doubtful

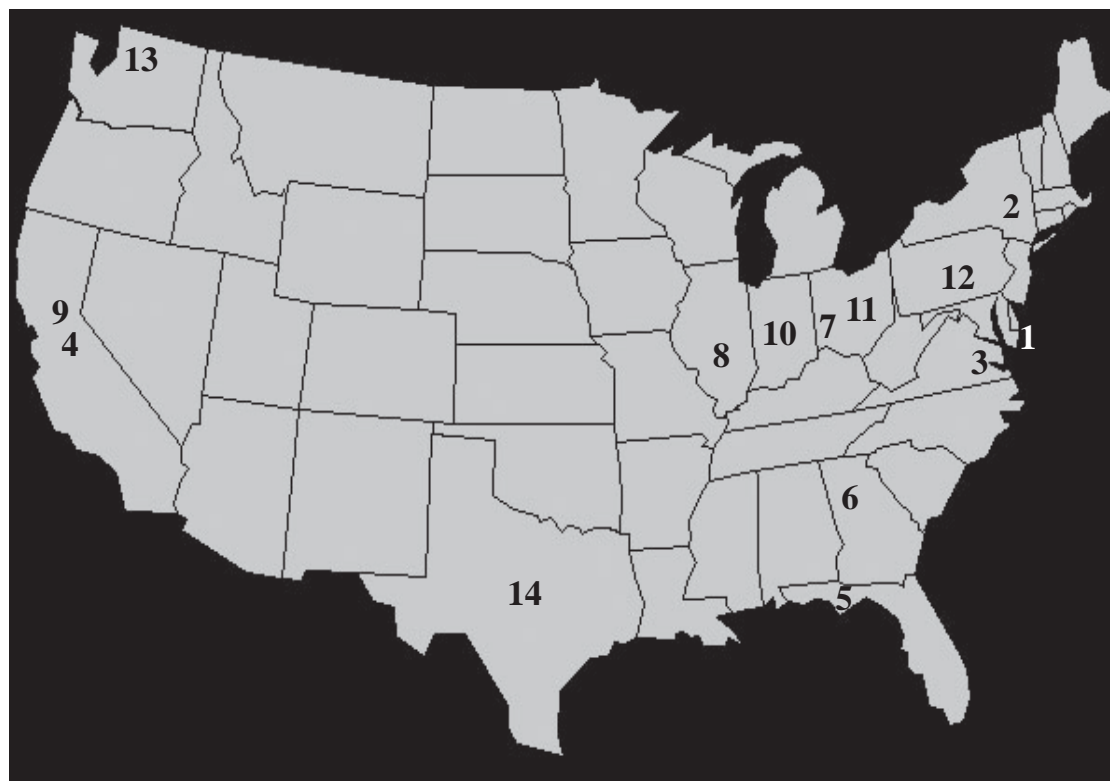
that its two-year contract will be renewed with the state prison to provide 23 beds for prisoners, reports the Columbus Dispatch. The \$40 million contract ends June 2013. "It's not as lucrative as it has been in the past, for a lot of reasons," said a high-ranking official with Ohio State. "This time around, we're going to take a real critical look at whether we stay in that contract, given that every day we are just slammed for beds, and there's obviously a lot of other issues relative to public perception."

**12. Harrisburg, Pa.** – Corrections officials said its prisons held 51,184 prisoners at the end of 2012. "This is a decrease of 454 inmates from last calendar year," said the director of planning research and statistics. "This also was the largest one-year drop in our population since 1971, and only the third time in the past 40 years that our population has shown an annual decrease rather than an increase."

**13. Seattle, Wash.** – State prisoners in solitary units are "increasingly being let out for hours to attend classes, see counselors or hit the gym," reports The Seattle Times. The move is based on expert analysis showing rehabilitation calms behavior and reduced violent recidivism. It cost almost three times more to keep a prisoner in solitary confinement, The Times report.

**14. Georgetown, Texas** – Michael Morton was freed in 2010 after DNA evidence showed he was not the person who killed his wife. Morton had spent 25 years behind bars. The prosecutor in the case, Ken Anderson, may now be facing criminal charges for failing to reveal to the defense, testimony that Morton's then 3-year-old son witnessed the murder, reports The Associated Press. Anderson, now a district judge, is also being sued by the State Bar of Texas for his conduct in the Morton case, according to the report.

## News Briefs



# ARTS & ENTERTAINMENT

## Snippets

Saint Valentine's Day was celebrated in the 14th century in much the same way it is still celebrated today.

White Chocolate Twix, a candy bar, is labeled as a limited edition in the United States.

European Nobility considered sugar as a luxury item up until the 18th century. They used this idea to promote their social rank and power. Sugar was known to them as "White Gold."

Earning 10-40% more than single men, married men are statistically better off financially than single men with similar educational backgrounds and job experiences.

The Oreo cookie is similar to Brazil's "Negresco's" cookie, which is produced by Nestles.

Hungary hosted a record setting event in June of 2005 when 5,875 couples met on a bridge to simultaneously kiss their companions.

Eating chocolate on Valentine's Day is globally popular. In Japan and Korea women to give gifts of chocolate to all of their coworkers on Valentine's Day.

A human heart will pump about one million barrels of blood in a person's lifetime.

Romans of antiquity believed the roundness of a ring signified eternity. The wearing of wedding bands by married couples represented an eternal union.

The actor Richard Burton, bought a 69 carat diamond for his love, Elizabeth Taylor. The diamond is known as the Taylor-Burton Diamond.

## Complete This Puzzle

### Win a Prize!



George Nguyen, a prisoner, had 27 cigarettes in his possession when he got to the county jail. He knew he could not take them to the state prison so decided to make them last. George would smoke only 2/3 of each cigarette and then re-roll the butts of those cigarettes to make one more cigarette. With the original 27 cigarettes that George had, and the ones made from the re-rolled butts, how many cigarettes can George smoke before he has no more cigarettes?

The answer to last month's puzzle is: 1, 1, 2 and 4

When added together the sum of these numbers is equal to the product of all the numbers multiplied together.

Congratulations to: Prem Chand and Chris Bando for winning last month's puzzle.

Congratulations to: William DeConter, Leland Maes, Chris Schuhmacher, Sebastian Sprague, Anthony Sully, Mark Tedeschi,

### 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.

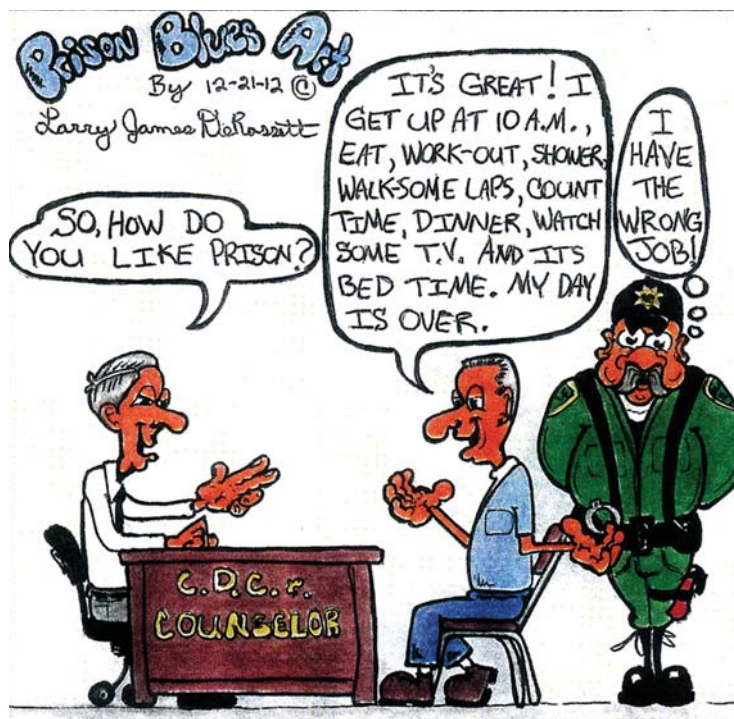
First Place: San Quentin Fitness Gray Ball Cap

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 concept By Binh Vo



Featured artwork of Larry DeRossett

## L.A. Co. Jail Mental Health Services See Improvements

Mental health workers in Los Angeles jails are better positioned to help prisoners transition into the community than they were before realignment, said Francesca Anello, with the Los Angeles County Mental Health Department, in a KPCC interview.

"We have a team that actually follows people for 30 days in the community to make sure all the supports are in place, so it's kind of like a warm handoff so that they don't get re-incarcerated," Anello said.

Receiving services close to home helps prisoners retain ties to their communities and fami-

lies, a core philosophy behind realignment.

In recent years, California counties have been hit by budget cuts to mental health services. But with the passage of Proposition 30, Gov. Jerry Brown's tax initiative, funding for these services and other features of realignment are guaranteed.



## Book Review

By Randy Maluenda



**A VISIT FROM THE GOOD SQUAD** (By Jennifer Egan) Disjointed plots, compelling characters, and profound themes splash together on the chaotic canvas called modern life.



**I'LL TAKE YOU THERE** (By Joyce Carol Oates) Confused young woman goes over to the dark side and further complicates her life in the name of idealism.



**UNTIL I FIND YOU** (By John Irving) All his life, a damaged actor meanders through strange situations and ruinous relationships with tolerance and grace.



**ONE HUNDRED YEARS OF SOLITUDE** (By Gabriel Garcia Marquez) Intriguing stylistic insights are unable to save this soap opera epic of a South American family and their town.

RATINGS:

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

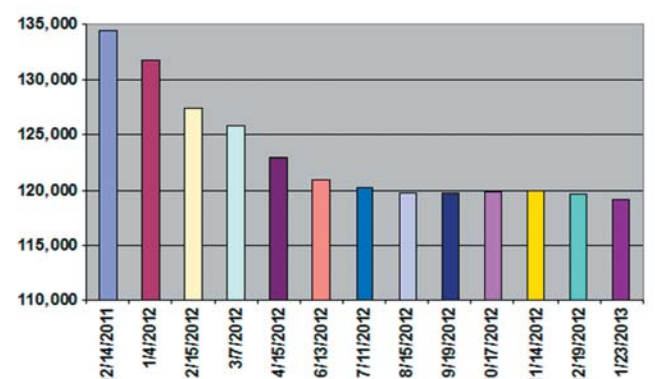
## Sudoku By Monica Garcia

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

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

### Last Issue's Sudoku Solution

CDCR Institutions Population  
Data Provided by CDCR  
Court ordered population cap = 110,000



# Group Opposes Prison Conditions

By Boston Woodard  
Staff Writer

California prisons are still plagued with numerous problems, and the state needs to take steps to solve serious issues, according to a recent rally opposing living conditions of a women's prison to house men.

Rally speakers decried Gov. Jerry Brown's claim that "The prison crisis in California is over."

Julien Kiemle wrote in a commentary on the governor's assertion: "Brown boasted that California has one of the finest prison systems in the United States. The mendacity of such a statement is nearly as appalling as the conditions it misrepresents."

The "Freedom Rally" included hundreds of protesters from all over California, according to Californians United for a Responsible Budget, one of the organizers.

One of the issues of the rally was to protest the change of Valley State Prison for Women into a men's prison.

Protesters objected to "horrendous" conditions in the Central California Women's Facility, where the women were relocated.

Many of the protesters have loved ones at CCWF. Some were ex-prisoners and others were activists and locals looking to reduce California's huge prison system. One demand was to immediately releasing prisoners to reduce overcrowding.

Julio Marquez said, "We are traveling all the way from LA to the Valley to show solidarity between people on the outside and people on the inside." Marquez is a Youth Organizer for Youth Justice Coalition who had two cousins in Central Valley prisons.

CCWF is at 185 percent of capacity, with 3,714 women housed into a facility de-



Photo by Mike Rhodes

Supporters rally to bring attention to the conditions of women's prisons

signed for 2,004, according to CDCR's Jan. 23 population report.

The lack of basic medical care, increased tension stem-

ming from overcrowding, greater than before lockdowns, fewer jobs, rehabilitation programs and access to legal resources was documented by more than 1,000 declarations by CCWF prisoners. Gender discrimination and civil rights violations were also listed as issues.

"California should care about this issue because we are talking about the importance of people's lives," says Theresa Martinez of Justice Now. Martinez spent 23 years in California prisons.

The California Department of Corrections and Rehabilitation recently transformed VSPW into a men's prison. Over 1,000 women were rehoused in two other, already overcrowded prisons, instead

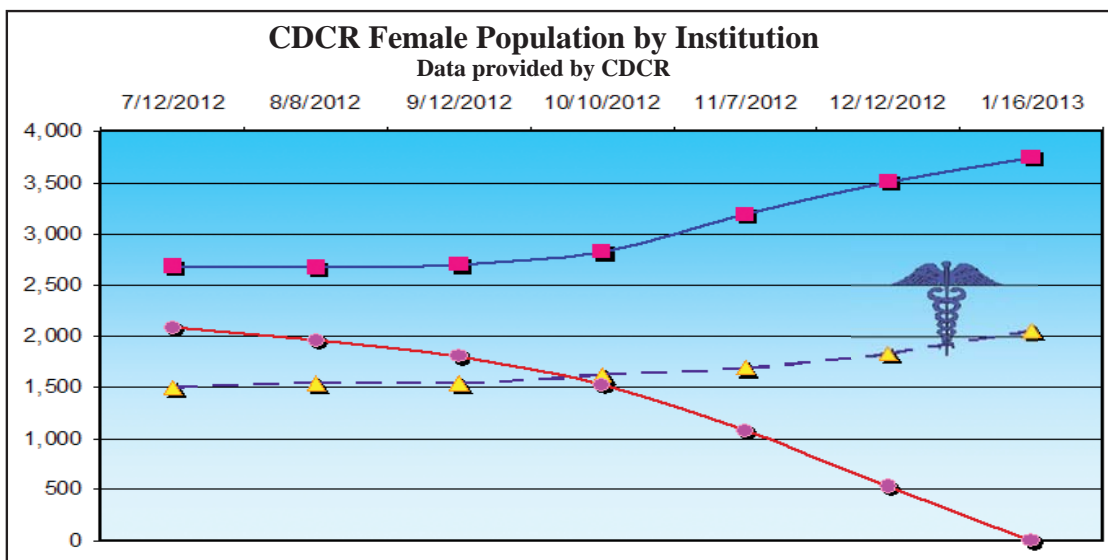
of releasing people through Alternative Custody Programs.

Organizers of the Jan. 26 rally demanded that elderly, terminally ill, and permanently incapacitated prisoners be released. To date, less than 200 have been.

Krys Shelley, of the Coalition for Women Prisoners said, "We need California to pay attention. We should reevaluate cases, look at the sentencing laws, look at parole, and release programs. Let's bring our loved ones home."

Californians United for a Responsible Budget can be reached through the following links:

[emily@atcurbprisonspending.org](mailto:emily@atcurbprisonspending.org) and [http://twitter.com/CURB\\_Prisoners](http://twitter.com/CURB_Prisoners)



## Looking at Life After Prison

'NEW LEAF ON LIFE' HOSTS DISCUSSION AT SAN QUENTIN

By San Quentin News Staff

A room full of San Quentin prisoners, an independent reporter, and an Alcatraz park ranger came together to talk about how the public views life-term prisoners years after they've been incarcerated behind bars.

"Who are they decades later?" asked independent reporter/producer Nancy Mullane. "Why do we make laws that sentence people one day, and then never ask who they are today?"

"It's possible to turn lives around after incarceration," said National Park Service

ranger Dan Unger, who was a volunteer for the San Quentin college program years ago. "I've been able to see the change in inmates after going through the Prison University Project."

For the past 13 years, Unger has been giving presentations on Alcatraz about its colorful history as a military base and federal prison.

Mullane and Unger were guests at a meeting of New Leaf on Life, a San Quentin self-help group designed by lifers to prepare themselves for parole board hearings.

Unger said after hearing Don Cronk's story, "A Long Shot," on National Public Radio, he sought and met Nancy Mullane, the author of Life After Murder.

The book chronicles five convicted murderers, during and after incarceration, one of which was Don Cronk.

"After meeting the men in Nancy Mullane's book, I had



Photo by Dan Unger

Alcatraz visitors view the Life After Murder display

the opportunity to meet the men who turned their lives around." Unger said. He reported their stories inspired him to include the five men into his presentation about "The Rock."

He told the San Quentin prisoners that the "larger than life" portraits of the five men hanging on Alcatraz walls are a big attraction and they generate positive visitor comments on the storyboard.

Here are a couple of comments:

"Nothing good comes from being bad. But it is never too late to change."

"People can learn to regret what they did and they will if you give them a chance. If you keep someone locked up forever, you will never know what good they are capable of doing."

Mullane's latest project is a new radio program called Life of the Law, which discusses how prisoners access the courts. [www.lifeofthelaw.com](http://www.lifeofthelaw.com)



Photo by Dan Unger

Visitors review comments to Mullane's book at Alcatraz