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POPULATION 4,389

Helping At-Risk Youth Get Ahead

From Criminal Life to Positive Futures

By Kevin D. Sawyer
Staff Writer

Johnny Rodriguez was headed for a criminal career when a friend helped him turn his life



File Photo

Johnny Rodriguez giving his student a certificate

around. Now he's helping at-risk youngsters find positive, productive futures.

One Day at a Time, an organization founded by Johnny Rodriguez 17 years ago, shows kids what alternatives there are in life.

"We don't just take our kids to visit prisons to show them where they could end up. We take them to Berkeley and Stanford to show them that they can also end up in college," said Rodriguez.

The program "showed me that life was full of endless possibilities," said one graduate, Maria Rafael. "One of the most memorable experiences I had with the

See *Helping At-Risk* on page 5



Photo courtesy of Eastvale News

California Rehabilitation Center, Norco State Prison

Three-Judge Panel Upset Over CDCR's Answers

By San Quentin News Staff

A three-judge federal court panel insists California can cut its prison population to previously ordered levels without endangering public safety, and it

orders the administration to get busy increasing good-time credits to accomplish the goal.

The judges' latest order is based partially on testimony from prison experts.

The panel sharply criticized

state officials who have "consistently sought to frustrate every attempt" to solve the state's overcrowded prisons by being "consistently confusing, contra-

See *Three-Judge* on page 4

Valley Fever Prompts Prison Court Order

By San Quentin News Staff

An extremely deadly disease called Valley Fever has prompted a federal judge to order approximately 3,200 inmates out of two California prisons, by no later than Sept. 23.

Meantime, in a separate lawsuit, a group of inmates is suing the prison system for lifetime medication for Valley Fever they previously contracted.

Corrections department spokesman Jeffrey Callison de-

clined comment on the lawsuit, but said the state is complying with the federal court order by moving about 2,600 of the 8,100 inmates housed at Avenal and Pleasant Valley state prisons; both located about 175 miles southeast of San Francisco.

Valley Fever is an infectious disease caused by inhaling a fungus that lives in the dry soil of low rainfall areas. It is spread through airborne spores when

See *Valley Fever* on page 5

California Parole Commission Approves Compassionate Release

By Boston Woodard
Staff Writer

On a rare occasion, the California State Parole Commission approved a compassionate release in the case of Bill Lambie due to his terminal

medical condition.

Lambie was convicted of second-degree murder in 2000. He received a sentence of 40 years to life. He said he feels bad about the circumstances leading up to his incarceration and is "grateful for the compassion given" to him by everyone involved with the decision to release him.

His wife, Anita met with state officials in Sacramento on July 16, where the request was heard. After careful con-

sideration and a stringent evaluation of his medical situation, he was granted the release, which becomes official once a judge signs it.

In 1984, Congress granted federal courts, via the Sentencing Reform Act (SRA), the authority to reduce prison sentences for "extraordinary and compelling" circumstances, after taking into account public safety and the purpose

See *Compassionate* on page 7

California Prisoners' Hunger Strike

San Quentin Condemned Inmates Joined the Protest

By Juan Haines
Managing Editor

For the third time in less than two years, California prisoners in at least four facilities have resorted to a hunger strike to protest what they claim to be the tortuous conditions of extreme isolation, according to a lawsuit filed on behalf of 10 Pelican Bay prisoners.

According to prison officials the isolated conditions and restricted movement are necessary to keep the alleged "worst of the worst" from endangering



File Photo

Pelican Bay SHU

staff and other inmates. "They should allow their lawsuit to take its course and not be protesting," prisons spokeswoman Terry Thornton told the Los Angeles Times.

The hunger strike that be-

gan July 8 with approximately 30,000 participants has declined to hundreds, according to department numbers.

Prison authorities confirmed,

See *Hunger Strike* on page 8

Sesame Street Helps Children Who Have Incarcerated Parents

By Charles David Henry
Staff Writer

The innovative television show, Sesame Street, recently aired a show for children with incarcerated parents to help them express their feelings of abandonment.

The show was developed for children aged 3-8, according to Rebecca Honig-Briggs, creator of A Guide to Support Parents and Caregivers—Little Children Big Challenges: Incarceration. The program shows a parent or caregiver ways to comfort a child with everyday activities and routines to guide them through tough moments.

Little Children Big Challeng-



Photo courtesy of sesamestreet.org/incarceration

Cookie Monster

es: Incarceration warns parents or caregivers to "look for signs of big feelings," such as sud-

See *Sesame Street* on page 5

Notice:

On August 2, Gov. Jerry Brown's effort to stay a court-imposed cap on California prisons was rejected without explanation by U.S. Supreme Court justice, Anthony Kennedy.

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BEHIND THE SCENES

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Helping the Rehabilitation Process Through Education

‘Our jobs as educators are to ensure that students learn’

By Charles David Henry
Staff Writer

“I aim to please,” said Acting Vice-Principal M. Ficarra, smiling broadly, as she sat in her office during this interview.

“It’s a privilege to be here at San Quentin and to be a part of this wonderful faculty and Administration,” she said.

Ficarra was hired as a Bridging Teacher in 2004. She spent six months going to the various housing units delivering Life Skills packages.

She then entered the classroom and by 2008 was given the Teacher of the Year Award.

“Our job as educators are to ensure that students learn. It is not only incumbent upon us to teach the specified curriculum, but also to teach additional skills necessary to be successful in society,” she believes.

“We are an integral part of the rehabilitation process. By teaching effective communication skills and healthy coping skills, educators help improve the chances of them being part of societies’ solutions as opposed to being a problem,” said Ficarra.

With a background that includes working in group homes, Court and Community schools such as Juvenile Hall, she is acutely aware that the system failed to nurture and educate many of its most valuable citizens, its children.

Her goal now is to create a safe environment so men who want to learn can learn, and men who do not want to learn will be shown the power of knowledge.

She strongly believes, “this is one thing that cannot be stolen from them or lost when they



Photo by Sam Hearnes

Acting Vice-Principal M. Ficarra

share it with others”.

One of her goals as interim Vice-Principal is to improve the culture of teaching and interfacing with students at San Quentin.

“Students in our education department are worth teaching, and it would be a disservice not to give them a good education. I want to eliminate obstacles’ with getting a good education”, Ficarra said.

Spending time counseling over the years has given her a unique perspective into relationships with others. She believes “Love conquers all, but don’t confuse kindness with weakness.”

Ficarra received her B.A. in Liberal Arts Studies from San Francisco State University. Several years later, she earned a multiple subject teacher’s cre-

dential from Notre Dame de Namur University. This led to a Master Degree in Education Administration and an Education Administration Credential from San Francisco State University.

“I’m still learning. I remember what Jean Bracy, who was my first principal at San Quentin, said to me once. We are doing the hardest job in the state; teaching people who no other teacher was able to teach, and we are able to get them their GED”.

When pressed about publishing a treatise on her teaching and administration experiences, she hints that there is a possible doctorate in her future.

After years of evaluating the course curriculum throughout the prison system, the Office of Education and Correction (OEC)’s Administration Education Leadership Council decided it was time for a change.

The new curriculum is designed to honor teacher’s unique styles of educating their students. Courses will be based on giving them more professionalism in class.

This new philosophy of teaching will allow educators more discretion on how to deliver class material to each individual student. It also will allow teachers to use their own delivery style.

The new program should be available before the fall semester ends. In the interim, staff must be trained on the curriculum before the year ends.

Ficarra and Acting-Principal Bebee have an excellent relationship. “We compliment each other and can be unstoppable with this dedicated staff who is committed to achieving our goals of getting inmates back to their communities with more skills than what they had before coming to prison,” she said.

To accomplish Ficarra’s long and short-term goals for achieving these objectives depends on whether her interim Vice-Principal position becomes permanent. When asked if she has applied for the position, she smiled and said, “Yes, I did apply.”



Photo by Sam Hearnes

Dr. Pearl Mitchell and Acting Vice-Principal M. Ficarra

\$12 Billion for New Jails and Prisons Prompts a Fight

By Kevin D. Sawyer
Staff Writer

The state’s plan for spending \$12 billion on new jails and prisons has generated wide opposition, according to a leading prisoner advocacy group.

Californians United for a Responsible Budget is fighting AB 900, a state plan to increase the number of prison beds by 53,000, and the group says it is part of a grassroots movement to block the plan.

ANNUAL REPORT

In its 2012 annual report, CURB said it organized and provided training to 10 groups connected to its operations in order to oppose jail expansion at a Los Angeles Board of Supervisors meeting.

“Los Angeles CURB members organized community mobilizations to reject Sheriff Baca’s \$1.4 billion plan to expand L.A. County jails, while working with northern California CURB members to build pressure in Sacramento to halt the plan,” according to the report.

CURB joined forces with All of Us or None, Critical Resistance, and other member organizations in northern California to stop a \$140-160 million jail expansion proposal in San Mateo.

“Our member organizations have been leading the struggle against mass incarceration for decades and now our message is finally being heard,” said Emily Harris, CURB’s state-wide coordinator.

PRICE TAG

“Prisons are bankrupting our ability to send youth to college, to develop jobs, to keep libraries, hospitals and parks open,” said Kim McGill in CURB’s annual report, in

reference to AB 900 and its \$12 billion price tag.

Counties have to make a choice between alternatives to incarceration and jail expansion. The options are to invest in education, or hire more county jailers, according to the report.

COUNTIES

“Across all 58 counties, the balance of power between those two visions of the future is playing out on a daily basis,” the report said.

CURB said it was a leader in the push to change the restriction that bans media access to interviewing specific prisoners.

CURB is also involved with the issue of overcrowding in the state prison system.

Along the same line, CURB works with California Families to Abolish Solitary Confinement to help raise awareness about the use of isolation as a practice in the prison system.

“The work that CURB does is far greater than just dealing with the issues of solitary confinement, but rather challenges the system to seek rehabilitative efforts, by bringing to light the true cost of prison spending,” said Dolores Canales of CFASC.

According to the report, CURB has a National Advisory Board of criminal justice experts, adding that they are leaders throughout the United States and California.

The Board has a “diverse background in policy change and anti-prison work, including two members who are currently imprisoned,” the report said.

“I have seen our statewide coalition bring a voice of intention and experience to the forefront of change,” said Diana Zuñiga, CURB field organizer.

Lifer Parolees Are Less Likely To Re-Offend, Study Indicates

By Ted Swain
Journalism Guild Writer

Prisoners sentenced to life terms with the possibility of parole are less likely to re-offend and return to prison than prisoners released after serving a fixed period of time, according to a new report.

Ninety-five percent of lifers had no new convictions over the three-year control period, according to Lifer Parolee Recidivism Report.

The report analyzed 112, 673 parolees released during 2006-07 and tracked them for three years.

Characteristics such as race, age, and offense category were considered in the report. It found

the recidivism rate for offenders released after serving life terms was 13.3 percent. The recidivism rate included offenders who violated conditions of their parole.

However, when excluding offenders who violated conditions of parole, lifer recidivism was 4.8 percent as compared to 51.5 percent for the non-lifer population. The recidivism rate for the non-lifer population, including conditions of their parole, was 65.1 percent.

The report showed a quarter of parolees who served indeterminate terms were 55 or older. No one in the lifer group was under 30. Conversely, 35 percent of the non-lifer group was under 30 and 2.5 percent were 55 or older.



Photo courtesy of Los Angeles Times

Los Angeles County Jail Sheriffs watching the inmates movement

Report: Brown’s Realignment Plan Has Created a Rise in County Jail Violence

By Charles David Henry
Staff Writer

Gov. Jerry Brown’s plan to reduce prison overcrowding by shifting offenders away from state prisons to county governments has created a more violent atmosphere in some county jails, according to a report in the Lodi News-Sentinel.

More gang connections and contraband has infected county facilities, the report finds. “Some of these guys who have been to prison and would go back to prison are being housed here instead,” said Deputy Dan Rouse of the Sacramento County Sheriff’s Department. “With (realignment) passing, it put the burden on county jails to hold a much more-sophisticated inmate.”

Kim Moule, captain of custody for the San Joaquin County Sheriff’s Office, said he found a “level of sophistication and politics” that does not normally present itself at the local county jails.

Last November when California voters passed Proposition 30 (touted to save public schools); a little-known clause in the measure changed the state Constitution to guarantee funding for realignment. The measure is believed to generate approximately \$1 billion to be divided among the state’s 58 counties based on the amount of offenders shifted to its jurisdiction.

San Joaquin County is scheduled to receive \$17 million in funding from state funds to handle offenders shifted to its

jurisdiction, according to the report.

Inmate-on-inmate assaults has increased by a reported 40 percent in the San Joaquin County facility in 2012.

Assaults in Yuba County increased more than twice that percentage, the report finds.

Los Angeles County reported jail assaults jumped an average 40 percent as the population escalated by 20 percent in 2012.

Sacramento County Deputy Dan Rouse says he’s seen assaults on staff soar to more 160 percent in one year.

“County jails, which had always been temporary housing facilities, now need to hold inmates for months and years instead of just days,” the report finds.

State Court Rules That New Laws Can Alter Plea Agreement Contracts

By Journalism Guild Writer

Even though plea agreements are considered contracts, they can be changed when new laws are passed through legislation, according to a new ruling by the California Supreme Court.

In *John Doe v. Kamala Harris*, the court determined the only time the state gives up its authority to change contracts through new laws is when a definite and explicit understanding exists between the contracting parties that the terms of the plea will remain fixed.

A dissenting opinion offered that subsequent legislation should not be allowed to “materially” affect plea agreements, particularly if the parties would not have entered into the agreement if they had known of the legislative changes.

In 1991, *John Doe* was charged with six counts of lewd and lascivious acts upon a child. In August 1991, he entered into a plea agreement to one count. Under the agreement, he was

to receive probation, work furlough, fines, and have to register as a sex offender.

‘Terms of a plea agreement incorporate existing law to the exclusion of any retroactive amendments to the law’

At the time, the sex offender registration laws said that all registration information would only be open to inspection by law enforcement personnel. However, in 2004 the California Legislature enacted Megan’s Law, allowing the public to access the registration records, including those previously registered, thus retroactively changing sex offender registration rules.

In 2007, *John Doe* filed a federal civil complaint, claiming that Megan’s Law violated his plea agreement under contract law. The state District Court agreed and prohibited the attorney general from disclosing Doe’s information, ruling that Doe was not subject to post-conviction amendments to the registration requirements.

The California attorney general appealed to the federal 9th Circuit, which asked the California Supreme Court to clarify some inconsistencies in prior related state rulings, to address “unsettled questions of California law.” The state Supreme Court only addressed whether the “terms of a plea agreement incorporate existing law to the exclusion of any retroactive amendments to the law...”

A decision is still pending from the federal appellate court on *Doe’s* specific petition, but for now, the law of the state allows such modification of plea agreements.

The case is S191948, 2013 Cal Lexis 5477, 7/1/2013.

The Experience of Freedom After a Life Sentence

Editor's Note: Richard Lindsey was a former design editor of The San Quentin News.

By Richard Lindsey
Contributing Writer

I was born into this world on Sept. 21, 1958. Twenty-nine years later, to the day, I was sentenced to spend the rest of my life in prison. Fortunately, my "life" sentence also carried with it a possibility of parole.

During my time in prison, I appeared before the parole board five times and in 2012 was finally found suitable for parole. During the next five months I prepared for the day when I would eventually be released back into society.

That day came on a cold, mist-shrouded morning in April when I stepped off the prison van that drove me out of the institution and took my first footsteps outside of a prison in 26 years. In that moment, I felt as if I had stepped out of a dream and back into reality. A close friend picked me up at the prison gates and drove me off into the haze to start my new life as a recently paroled ex-offender.

My first week out was very surreal for me. I paroled into the city of Berkeley where, on the first Friday of each month, which was the same day I happened to parole, a street gathering is held. There were hundreds of people milling about every corner, many smoking pot or drinking alcohol, and the whole scene seemed to me one of general chaos. I wasn't prepared for this kind of reception and felt way out of my com-



File Photo

Mr. Richard Lindsey and Mr. Alton McSweeney

fort zone.

Everything in the first week was new. I had never seen a cell phone, let alone operated one before. And, there was no internet when I went to prison. I was struck by how many people walk around talking to themselves, only to discover they are actually talking to someone else through their phone. The major-

ity of people out here seem very dissociated to me. Sure, they're talking to someone on their phone, but they ignore everyone and everything right in front of them.

I'm still amazed at how people will shuffle along, fixated on their smart phone, while awkwardly navigating through traffic or crowds. I don't get it.

My second week was more chaotic. A frenzied battery of daily appointments and meetings to acquire all the necessary documentation required of a citizen became my daily routine. Getting my birth certificate, California identification, Social Security card, and opening a bank account were my prime objectives during that phase of my transition.

I also became very familiar with all the different modes of public transportation available in the Bay Area. By my third week out, everything began to feel almost normal and I stopped noticing how different the world seemed and started to feel more at home.

It has now been three months since I left San Quentin and my days are filled by a mix of routine and adventure. The programs I attended while inside prison are still a part of my life today. Weekday mornings until noon I am in self-help programs as a condition of my parole. Afterwards, I am usually headed into the City where I do some volunteer work or can be found riding my bicycle around town seeing the sights.

I certainly don't feel like an "ex-con" or "parolee." Most days I simply feel like another everyday Joe trying to find my place in the greater scheme of things just like everyone else.

Three-Judge Panel Says CDCR Won't Comply Without a Shove

California's Prison Population Is Growing In Excess of Projections

Continued from Page 1

dictory, and unhelpful" in carrying out proposals to fix the problem. The judges even threatened to find Gov. Jerry Brown in contempt of court unless he complies.

Brown is appealing the order to the U.S. Supreme Court, insisting it would endanger public safety. The high court previously upheld the panel's original order.

The latest court ruling on June 20 found that California prison officials "have made it clear that they will not, on their own, comply with a population cap," and the state continually responds to proposals with defiance to the court's deference.

State prison officials "have used this court's patience and good-faith attempts to achieve a resolution as an excuse for protracting these legal proceedings to a time that could hardly have been imagined when the litigation to constitutionalize California's prison conditions commenced over two decades ago," the ruling states.

The court cited the history of both cases, which the court said demonstrates that prison officials have repeatedly failed to take the necessary steps to remedy prison overcrowding and conditions which "remain uncorrected."

The population cap was the result of *Coleman v. Brown*, a ruling that cited prison officials' failure to provide constitutionally adequate mental health care to mentally ill prisoners, and *Plata v. Brown*, which ruled that prisoners were denied constitutionally adequate medical health.

Since the cases were decided, "there was a backward slide in progress, attributable largely to the growing overcrowding prob-



Photo courtesy of The Sacramento Bee

Building 1 in Folsom State Prison

lem in the California prison system," according to the court.

In 2005, the *Plata* judgment declared: The prison medical delivery system is in such a blatant state of crisis that (the state) publicly conceded their inability to find and implement on their own solutions that will meet constitutional standards. The state's failure has created a vacuum of leadership, and utter disarray in the management, supervision, and delivery of care in the Department of Corrections' medical system. After years of litigation, it became apparent that a remedy for the constitutional violations would not be effective absent a reduction in the prison system population.

California prison officials attempted to accomplish the population reduction through Assembly Bill 109, referred to as "realignment." Realignment shifted responsibility for low-level offenders from the state prison system to county jails—including parole supervision and revocation.

It soon became apparent, re-

alignment was not sufficient to achieve the 137.5 percent benchmark by June 2013 or to meet the final population cap at any time thereafter, the court noted.

Based on state officials' lack of progress in coming up with a viable plan to cap its prisons at a level in which constitutionally adequate health care could be delivered to inmates, the June 20, 51-page ruling, ordered prison officials to reach the cap by expanding "good time" credits in the following manner:

Inmates housed in minimum custody facilities are to receive 2-for-1 good time credits. Good time credits for completing educational and other qualifying programs are to be increased from six weeks to eight weeks per year and are to be made available to violent and second-strike offenders.

Good time credits are to be increased from 20 percent to 34 percent and extended to and non-violent second-strike felons. (Sex offenders are excluded from this provision.)

Good time credits are to be

increased from 15 percent to 34 percent and extended to violent (non-strike) felons. (Sex offenders are also excluded from this provision.)

When the court calculated the population level after implementing the expansion of good-time credit plan, it found that the prisons would still be 4,170 inmates above the population cap on Dec. 31.

However, the ruling asserts if the state were to implement the full expansion of good time credits for all prisoners, prospectively and retroactively "the measure would result in the additional reduction of as many as 5,385 prisoners," thus meeting the population cap on time.

The judges further admonished state officials that if the prisons are not at the population cap, then officials must release the necessary number of inmates by using a list that shows which offenders are least dangerous to public safety through the so-called Low Risk List.

"No matter what implementation challenges," prison officials may face, "no matter what unexpected misfortunes arise," the state "shall reduce the prison population to 137.5 percent by Dec. 31, even if that is achieved solely through the release of prisoners from the Low-Risk List," the ruling states.

The court elicited testimony from nationally known criminologists to address public safety.

The experts reviewed historical data regarding the expansion of good time credits involving 21 California counties between 1996 and 2006. During the 10-year period, approximately 1.7 million inmates were released by court order.

The review found the released prisoners "did not result in a higher crime rate."

"Illinois, Nevada, Maryland, Indiana, and New York all suc-

cessfully implemented good time credits expansion without adversely affecting public safety," according to an expert with 30 years experience in correctional planning.

The court said that it would "not allow constitutional violations to continue simply because a remedy would involve intrusion into the realm of prison administration," noting the state officials "have now had almost four years" to met the cap, with an additional six months "for ease of compliance."

The judges ordered prison officials to submit progress reports every two weeks regarding the specific steps taken toward implementing each measure in the good time credit expansion plan, any proposed substitutions, and the status of the development of the Low-Risk List.

The court ordered state officials to waive all laws and regulations standing in the way of the implementation of the good time credit expansion plan, so that it could go into effect immediately.

The court determined that the good time credit expansion plan should result in achieving the population cap on Dec. 31, but warned it would not in itself provide a long-lasting solution to the problem of unconstitutional conditions and denial of lawful medical and mental health care.

The court pointed out three reasons that the prison population might balloon again:

1. The state's plan for the "slow return of inmates housed in private contract prisons in other states."

2. The state prison population is growing in excess of projections.

3. Timely completion of new construction projects has proven unreliable due to a lack of administrative approvals and legislative appropriations.

Helping At-Risk Children Grow

Continued from Page 1

group was a visit to Tracy State Prison. That day was a reality check for me...and I knew I needed to make better choices in order to continue to keep my freedom."

During one of three visits to San Quentin in the last two years, Rodriguez told a group of prisoners that his organization changes kids' lives by addressing the effects of poverty and discrimination that many youth face in their communities, as well as drugs, violence, and gangs.

Rodriguez said the Contra Costa County organization doesn't use the scared-straight approach.

"We try not to be too radical and not scare people away," said Rodriguez. "Yelling and screaming doesn't work. Kids have heard all that before. I want to help every kid, but some are not ready. Some have to go to prison."

One of the many field trips the organization sponsors is water rafting, one of which involved 65 youths. The trip was designed to teach kids to work



File Photo

Johnny Rodriguez's at-risk students posing for a picture

together.

"If a kid falls out of a boat, he doesn't care who it is that saves him," said Rodriguez.

Rodriguez said kids learn self-esteem, communication skills, and helping each other.

"Before you know it, we're breaking barriers," said Rodriguez. "We have to empower the kids to change."

One Day at a Time encourages participants in its program to volunteer for community service. It also assists participants with developing marketable job skills and the search for employment.

Some of the other services of One Day at a Time is gang tattoo removal and tutoring participants, grades 6 to 12.

According to the One Day at a Time web site, many participants have higher attendance rates in school, and lower truancy and fewer disciplinary actions.

Rodriguez says One Day at a Time also does random home visits, which help to establish dialogue with kids and parents.

As a non-profit organization, One Day at a Time receives no state or federal funding. All money received is through donations.

"When you receive government funds, they want to dictate how you run your program," said Rodriguez.

Rodriguez worked on One Day at a Time for eight years without pay, eventually building it to a \$300,000 a year budget. He says he is trying to hit the million-dollar mark.

"It's not about the money, but with more money, more services are provided," said Rodriguez.

About 2,500 kids are currently in the program. Some 900 kids have already graduated, according to Rodriguez.

Many graduates come back to mentor and teach in the program, said Rodriguez.

"You can't change kids; all you can do is offer them the opportunity to see the truth," said Rodriguez. "My homeboy told me the truth, and that's what saved me."

'Sesame Street' Helps Kids Express Their Feelings of Abandonment

Continued from Page 1

den yelling or crying, difficulty sleeping, unusual clinging, hitting, eating more or less than usual, smiling or laughing less often, having new fears and bed wetting. Sometimes when children act out, they may be feeling confused.

The guide instructs parents or caregivers to "help your child share feelings" by talking and listening. "Mention things you notice about the way he/she acts."

'Even though you are incarcerated, you can still play an important role in your child's life'

To get at the feelings children are undergoing, it's important to be patient and ask questions. If he/she can't find the words, get the child to draw pictures. Little Children Big Challenges: Incarceration advises adults "to hug and hold the child close—a simple touch gives confidence."

It's important to be aware of your own feelings. "Your child responds to and learns from

your reactions. Coping with your feelings is a powerful way to help your child."

Honesty is important, the guide emphasizes the truth matters. As difficult as it is, caregivers should tell the truth. It is the best way to help a child feel loved and to build a special trusting bond.

If the child asks, "Where is Daddy?" The guide advises parents or caregivers to say, "Daddy is in a place called prison for a while. Grown-ups sometimes go to prison when they break a rule called a law."

If they ask, "Will I get to see Daddy?" Honig-Briggs suggests saying, "You can visit Daddy in prison once in a while. I'll let you know when. Between visits, you can write him letters, draw him pictures, and talk to him on the phone."

"You will always be a parent," the guide states. "Even though you are incarcerated, you can still play an important role in your child's life."

If you are incarcerated and want to receive a pamphlet Tips for Incarcerated Parents send a self address stamp envelope to San Quentin News at: San Quentin News, Education Dept. 1 Main Street, San Quentin, CA 94974.

Information may be obtained online at: sesamestreet.org/incarceration.

Valley Fever Spurs Court to Order the Removal of 3,200 Prisoners

In 2005, the California Department of Public Health Found 166 Cases of Valley Fever

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the dirt is disturbed by digging, construction, or strong winds.

There's an increase risk to contract Valley Fever among African-Americans and Filipinos.

There is also a higher risk for people with weak immune systems, such as those with organ transplants or who have HIV/AIDS, or have chronic illnesses such as diabetes, or chronic lung disease requiring oxygen, according to expert testimony in court papers.

Experts say there is no direct person-to-person transmission of infection and people with a prior history of the disease are immune to subsequent infection. However, a commercial test to determine immunity is not available, nor is there a vaccination to protect against infection.

The following California prisons have been termed environmentally friendly to the fungus:

Avenal State Prison, Pleasant Valley State Prison, California Correctional Institution, California State Prison Corcoran, Kern Valley State Prison, North Kern State Prison, Wasco State Prison, and The Substance Abuse Treatment Facility and State Prison at Corcoran.

Doctors say Avenal and Pleasant Valley have an unusually high rate of Valley Fever.

A 2011 report shows 535 of the 640 reported cases within California prisons occurred at these two institutions.

The rate of sickness at Pleasant Valley was 38 times that of the residents of Coalinga, the city in which the prison is located, and 600 times the rate of Fresno County.

In 2005, the California Department of Public Health found 166 cases of Valley Fever at Pleasant Valley. Twenty-nine inmates required hospitalization and four deaths were reported.

Notably, although the state health department observed the increased risk for African-Americans and Filipinos, Pleasant Valley did not transfer these inmates out, according to the court.

In addition, Pleasant Valley prison administrators did not implement recommendations made by the state health department to increase ground cover throughout prison property, which demonstrated to be an effective method at reducing airborne spores, the court papers show.

The Pleasant Valley warden described the health department recommendation as "not feasible" due to an initial cost that "could potentially exceed \$750,000, in addition to significant ongoing maintenance costs," according to documents filed in the court. "The warden proposed soil stabilization as an alternative solution; however,

neither measure was implemented at that time," the documents report.

A committee consisting of a court-appointed receiver and his staff, public health, academic, and clinical Valley Fever experts issued a report with 26 proposals to mitigate the sickness. However, prison officials and the receiver did not adopt all the recommendations but did respond by:

Implementing Valley Fever education programs for inmates and staff at state prisons

Canceling construction to expand Pleasant Valley

Relocating inmates with medical conditions designated by the multidisciplinary committee as being high-risk for Valley Fever from the eight institutions environmentally friendly to the fungus

Supporting the construction of a medical facility with dialysis beds in Stockton for the protection of patients with end-stage renal disease

"Recommendations related to environmental mitigation that had been shown to be effective were judged to be too costly and were not implemented," according to the court finding.

In December 2008, California prison officials asked a select subdivision of the federal Centers for Disease Control and Prevention (CDC) to examine Valley Fever cases among prison employees – not inmates – at Pleasant Valley and Avenal for

a health hazard evaluation.

However, state officials unilaterally cancelled the planned site visit by the subdivision of CDC and "the agency subsequently closed out the request for a health hazard evaluation," according to the court papers.

As the subdivision of CDC explained in a December 2009 letter to CDCR:

"We had planned a visit to both Pleasant Valley and Avenal for May 18-20, 2009. However, our trip was cancelled the week prior at your request. Shortly after we made plans for a site visit, a motion was made by California's Office of the Governor to have CDCR create an advisory group that would decide whether or not pursuing the health hazard evaluation further would be valuable to the State of California. In June 2009, we learned that your Office of Risk Management, which had overseen occupational health issues for the prison system, was disbanded. You have since relocated to another position within CDCR. This development along with the lack of support from CDCR management precluded moving forward with the health hazard evaluation. We contacted the union leaders for the local California Correctional Peace Officers Associations (CCPOA), who did not support efforts to advance the health hazard evaluation. Since we do not have the support of either CDCR management or the local CCPOA

unions, we are closing out your health hazard evaluation request."

In April 2012, a report that examined Valley Fever 2006 and 2010 found:

Four institutions – Pleasant Valley, Avenal, Wasco State Prison, and North Kern State Prison – had Valley Fever rates higher than rates in the counties in which they are located, and none of these institutions "showed a consistent decrease in rates" despite implementation of the recommended measures, according to court documents.

Pleasant Valley had a Valley Fever rate 52 times higher, and Avenal had a Valley Fever rate nearly 10 times higher, than the county with the highest rate in California.

For fiscal years 2008-09 and 2009-10, 355 inmates required outside hospitalization because of Valley Fever, at a cost of \$23.4 million per year.

Pleasant Valley and Avenal experienced the highest costs for Valley Fever in the system.

From 2006 to 2010, 27 inmates died from Valley Fever.

The receiver also conducted a study of 36 inmate deaths between 2006 and 2011 that were attributable to Valley Fever and found that 97 percent were in regions environmentally friendly to the fungus. Seventy percent were African-American, and 76 percent had a serious illness like HIV or diabetes.

Why Is it That Gang Membership Is on the Rise?

By Arnulfo T. Garcia
Editor-in-Chief

A new report by the National Gang Intelligence Center indicates that gang membership is growing. The increasing numbers brings up an important question: Why?

What motivates someone to be willing to hurt children or anyone else in their way? Why would somebody want to drive by and shoot into someone's house without even knowing who he or she may hit?

According to past studies by criminologist and academic John Dilulio, America has been raising a new breed of "super-predator" — kids who have absolutely no respect for human life or a sense of the future.

While some of Dilulio's conclusions are less relevant now, his premise holds true that many youth values are out of harmony with the good of society. Researchers analyzed statistics on over 33,000 gangs, reaching conclusions about the roles of street gangs, drugs and the many variables involved in the gang dilemma.

The FBI does not recommend using estimated gang membership totals as exact counts, but the report reveals

trends that help communities and law enforcement assess the gangs threat. There can be no mistaking that gangs are expanding, evolving, and posing an increasing threat to communities nationwide.

According to the report, gangs are becoming more violent. With over 1.4 million active gang members, it is important to realize what kind of environment creates the desire to join this type of social group.

Strict discipline is one of the attractions of gang membership, according to Linda Schmidt, an FBI community outreach specialist. She said with discipline comes structure and limits, along with a sense of security and belonging.

"That's what we need to offer to our young people," she said. "We can't be afraid as parents and teachers to provide structure and discipline to our children and students."

NGIC reports that some jurisdictions indicate at least 90 percent of violent crimes are committed by gangs. Yet there

are many organizations actively involved in the reduction of gang influence. One of the most successful is the SQUIRES Program at San Quentin.

SQUIRES is an inmate organization that allows young men to come into the prison and experience prison life for a day. SQUIRES inmate mentors work with "at-risk" kids to show them the likely end of the road they are traveling, as well as alternatives to their present path.

Programs such as SQUIRES demonstrate that communities should not be afraid to look at options such as offering qualified ex-inmates to work with local mentors and police organizations. Under the supervision of proper authorities, such programs expose youth to the real world experiences of inmates with which they can identify.

Such counseling is crucial to give young at-risk kids the guidance needed to avoid becoming an offender, and the resources necessary to live free of drugs and violence. The Na-

tional Gang Intelligence Center indicates that gangs have increased their sophistication in recruiting youths. Young people are increasingly targeted because of their vulnerability and susceptibility to recruitment tactics.

The advent of hybrid gangs to avoid detection is a movement underway in some communities. These gangs no longer display gang colors or give signs to each other and are more likely to be involved in cyber crime and white-collar crimes. With these organizational enhancements, gangs are able to move

more freely in the community. More jurisdictions are beginning to use community support officers to interface with the local officials, according



Photo by Sam Hearn

Editor-in-Chief Arnulfo T. Garcia

to The Economist magazine.. With the active involvement of neighborhood immersion techniques, prior gang members are becoming an increasingly valuable resource. As with the SQUIRES counselors, young people are more likely to listen to the voice of experience.

Proposition 36 Still Beneficial to Many Prisoners

By JulianGlenn Padgett
Journalism Guild Chairman

After spending nearly two decades in prison under California's the Three Strikes Law, Chrisfino Kenyatta Leal went home from San Quentin a free man under California's Proposition 36.

"I knew that one day my number was going to be called and I would have the opportunity to be released," Leal said.

With that knowledge in mind, he made a commitment to do everything that he could to be prepared for that moment.

"I got my Associates of Arts degree from the Prison University Project while I was in San Quentin and I enrolled in several other self-help programs," said Leal. "I was involved with No More Tears, VOEG and a few others."

Leal, 44, was sentenced to 25-years-to-life for possession of a firearm. He was released after 19 years in prison.

Voters approved Proposition 184, commonly referred to as "Three Strikes and You're Out," in 1994. It gave longer sentences to certain repeat offenders and mandated that a person convicted of a felony who had previously been convicted of one or more violent or serious felonies be sentenced to state prison. The minimum prison term was an automatic sentence of 25 years to life.

"For a long time I blamed the law, and the way it's applied, for the problems I was looking at and the time I was facing," said Leal. "But in actuality, it wasn't the law that gave me the time; it was me. I'm the one who

put myself in the position to be struck out."

Leal said his confinement in the Pelican Bay Prison's Security Housing Unit triggered the transformation in his life.

"I thought to myself that I could spend the rest of my life in a prison within a prison, or I could start taking control of my life and move toward freedom -- mentally, emotionally, spiritually and physically," Leal said.

"Going to Pelican Bay helped me clearly identify my priorities and develop a program that would help me achieve them on a daily basis," he added.

One way Leal did that was by committing himself to San Quentin's program called The Last Mile. It is a program designed to teach incarcerated men about the world of social media, entrepreneurship and teamwork.

"My role has been two-fold -- first, as a participant in the program and giving a 150 percent to the process. The second part of that was I work as an evangelist for The Last Mile inside San Quentin," he commented.

"The Last Mile emphasizes collaboration, cohesion and creativity and all of us who have participated were able to accomplish that."

On April 18, Leal was honored with a "Shorty Award" in the category of Quora Answer of the Year. Quora is a website that permits users to ask and answer questions about noteworthy issues in society and social media.

Due to his incarceration, Leal could not accept his award in person, so The Last Mile creators Chris Redlitz and Beverly Parenti went to New York and accepted it on his behalf.



Photo by Sam Hearn

Chris Redlitz and Chrisfino Leal at Demo Day in the Garden Chapel

"The Last Mile was started when Chris Redlitz came into San Quentin with Kathleen Jackson," Leal explained. "He did a talk about entrepreneurship, then Chris and Beverly actually came to a San Quentin Trust graduation. From there, the Last Mile was started."

Leal explained that The Last Mile has helped him develop a fundamental skill set that is go-

ing to open doors for a new career in the free world.

"The name of my tech company is called Coach Potato and one of my goals is to have it in the app's store soon," he said.

"Every man that leaves pris-

on and doesn't come back serves as an example for those of us that are in here," said Leal. "Those guys who get out and don't come back are beacons of light they raise the hope for us."

"It gives people on the outside a different set of facts to formulate their opinion. It allows people on the outside to see that we have redeemable qualities," Leal said. "It shows that if given the

right opportunities, that we can be productive members of society."

"I know that there are many men doing life in prison who have done the work necessary to successfully reintegrate back into society," he said. "Many of the positive lessons I've learned were taught to me by lifers. And studies show that lifers have the lowest recidivism rate of all people leaving incarcerated settings."

After doing 19 years, he said his first goal is to re-connect with his family.

"They've done all the years with me," Leal said. "They never wavered and they supported me every step of the way."

His other goal is to establish himself in the business community. Leal said he wants to create opportunities for other men leaving prison. As for The Last Mile program, he said he definitely will be working with its leaders.

"Absolutely, yes. The Last Mile is more than just a program; it's a fraternity of men and women committed to empowerment and success in life out side of prison," said Leal.

LETTER TO THE EDITOR

Anonymous:

To whom it may concern:
I attended a tour of San Quentin State Prison on July 24.

I wanted to thank all of the men housed at SQ for the strength, kindness, and patience they showed me and the rest of the people on the tour for tak-

ing time to talk to us; showing kindness, and for their ongoing strength in the face of the daily hardships they encounter.

In particular, I want to voice my embarrassment and frustration because of the people on the tour who showed a lack of respect and compassion for the men who took time to speak

with us.

I want to say that I support the inmates at SQ in their rehabilitation, their ongoing fight for justice and human rights within prison walls, and their ingenuity in making successes of themselves despite great obstacles.

—Best, a supporting friend.

'Crimes Victims United' Fails To Represent the Majority Of Crime Victims, Study Says

By Lizzie Buchen, M.S.
Research and Social Media
Adviser

Flipping through this year's proposed criminal justice legislation, it is hard to miss Crime Victims United, a seemingly omnipresent victims' rights group that registers strong support for tough-on-crime legislation and adamant opposition to bills seeking to reform sentencing laws or reduce incarceration. Their stance is in line with the conventional wisdom that victims want vengeance and favor a punitive approach to criminal justice. But despite CVU's dominance in the media and in Sacramento, a new survey reveals that the group does not represent the majority of crime victims - who they are, what they need, or how they think about public safety.

The California Crime Victims' Survey, commissioned by Californians for Safety and Justice, sheds light on the realities of victimization, a crucial

step for developing policies that prevent future victims and reduce suffering of those victimized in the past.

While groups like CVU are primarily white and middle-class, large victimization studies consistently show that most crime victims are people of color from low-income communities. The CSJ survey underscores the clustering of victimization in these sectors of society: Most crime victims had been victimized multiple times and knew other victims, while most non-victims were surrounded by fellow non-victims.

The survey also found that most crime victims overwhelmingly favored rehabilitation and treatment over jail and prison. The findings, though incongruent with the actions of CVU, are not surprising, as the communities suffering the greatest victimization are the same communities devastated by tough criminal justice policies. The high rates of incarceration in these communities disrupt

families, weaken social ties, and increase unemployment and homelessness - resulting in more crime and thus perpetuating the cycle of victimization.

The experiences of victims in these communities are given little attention, while high-profile advocates like CVU are designated by the media and policymakers as the authoritative voice of victims. The result is legislation based on the needs and circumstances of a small minority of victims, which is of little help to the rest.

For example, take tough-on-crime laws passed in the wake of high-profile crimes involving young white girls slain by nefarious strangers, such as Jessica's Law, Marsy's Law, Megan's Law, AMBER Alerts, Jenna's Law, Chelsea's Law, and California's Three Strikes Law (spurred by the homicides of Kimber Reynolds and Polly Klaas). These laws are tailored to fit crimes that are extremely gruesome - and extremely rare. They do nothing to address the



Photo by David Basile

Lizzie Buchen at the Kid C.A.T. Banquet

societal problems that are the root causes of most crimes; indeed, studies on Megan's Law, Amber Alert, Jessica's Law and California's Three Strikes Law have failed to demonstrate improvements to public safety.

The CSJ survey reveals that most victims do not want to ratchet up our already-harsh criminal penalties - they want to be made whole again. Not only do victims experience anxiety, stress, and fear, but

they also have difficulty accessing services that can help them deal with this psychological aftermath. These are needs best met by the social welfare system, not the criminal justice system. Policymakers who want to be on the side of crime victims must address these true needs.

Reprinted with permission from the website of the Center on Juvenile and Criminal Justice

Compassionate Release Helps Terminally Ill Prisoner

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of punishment.

That authorization is commonly called "compassionate release" because it recognizes the importance of ensuring that "justice could be tempered by mercy." Congress said, "A prison sentence that was just when imposed could—because of changed circumstances—become cruel as well as senseless if not altered."

The number of elderly people in prisons is growing. According to the *National Institute of Correction*, there are 246,600 elderly prisoners behind bars across the country. Prisoners age 50 and older are considered "elderly" or "aging" due to unhealthy conditions prior to and during incarceration, according to the *NIC*.

Becoming elderly in prison puts a body in a precarious circumstance that not only endangers the prisoner; it generates astronomical amounts of medical necessities supported financially by the public. Millions of additional dollars are needed to finance the astounding amount of care and supervision required to care for an elderly prisoner with serious medical issues.

Lambie, who is now 81, was born in Chicago Illinois. He came to Pasadena, California as a young man and worked building aluminum wing and belly tanks for airplanes. "It was a physical job, hard, but it was an important one," he said.

Today Lambie suffers from terminal lung cancer that has spread throughout his body. Chemotherapy has failed to help. According to Lambie, sev-

eral medical sources deemed his medical condition severe and irremediable. "They said I won't see this coming Thanksgiving," said Lambie. He is able to slowly amble around with the use of a cane and cherishes every day as a blessing.

According to the SRA law, Lambie's medical condition rendered imprisonment "unjust and unfair," and qualifies him for the release. The law acts as a "safety valve" to revisit sentences and reduce them "if appropriate." The compassionate release option permits the courts to decrease sentences for applicable circumstances such as Lambie's.

In one of Lambie's many medical documents, from Marin Specialty Care Hospital, Doctor Alex S. Metzger Oncology/Hematology said, "I feel that it is reasonable for Mr. Lambie to be considered for compassionate release and request Hospice services." Both CDCR and outside medical specialists concur on Lambie's incurable condition.

'I feel that it is reasonable for Mr. Lambie to be considered for compassionate release and request Hospice services'

Lambie still maintains a great sense of humor despite his debilitating disease. "I wanted to get out of the cold weather—it made my teeth chatter, and long underwear makes me itch," he said with a smile about leaving

Chicago.

"All the guys here [at San Quentin] have been great," said Lambie. "They treat me with respect and I really appreciate their concern." Lambie's positive attitude, considering his age and condition, "puts him in a special category of people," said one man about him.

Prior to his imprisonment, Lambie's life was full of memorable adventures. He spent four years in the United States Air Force during the Korean War, serving as a crewman and gunner on B-29 fighter-bombers and completing his service with an honorable discharge.

After the Korean War, Lambie lived in Topanga Canyon outside Los Angeles where he obtained a private pilots license. In 1956, Lambie bought a used Piper Cub for \$400.00, which he recalls, had a "very reliable 6 cylinder Continental engine." Then in 1957, Lambie "sold everything" he had except a 34-foot Yawl sailboat. He spent many years cruising the south Pacific. "My son Luis was born in Guadalajara, Mexico," said Lambie beaming with pride.

Luis now is a member of the Screen Actor's Guild and was involved with many of the action scenes during the *Pirates of the Caribbean* starring Johnny Depp. Luis has worked on all Disney Studio's (Pirate movies) "sword fighting, swinging from ropes off the set of the pirate ship, fights scenes and much more," said Lambie.

For a time, Lambie worked as a Navigator for the National Geographic Society on the research ship *Pelé*, a 90-foot converted Coast Guard Cutter. This journey took him all over the south Pacific including the Phil-

ippines, Indonesia, Australia, and dozens of other "great ports around the world," said Lambie. Many of his friends affectionately refer to him as "Captain Bill."

In his cell, Lambie keeps boxes full of photos and letters from his family and friends.

Among them are official, embossed certificates and accolades of appreciation. Lambie received some of the tributes from NASA administrators thanking him for his part in the investigation and recovery of the Space Shuttle Challenger in 1986, and his many endeavor with that government agency.

One document read, "In appreciation of your dedication to the critical tasks you performed in support of the Presidential Commission investigating the Space Shuttle Challenger accident..." It was signed by James Fletcher, NASA Administrator and Richard Truly, Associate Administrator for Space Flight. Another

vocation of Lambie was as an industrial illustrator and worked for several companies, including 3M Corporation.

If compassionate releases were granted to an increasing number of dying or debilitated prisoners, it would not greatly reduce the state prison population, but it would halt the unnecessary security costs of confining prisoners who pose little if any risk to public safety.

According to a 2012 report by the UCLA, "In 1981, there were 8,853 state and federal prisoners age 55 and older. Today, that number stands at 124,900 and experts project that by 2030 this number will be over 400,000.

Compassionate releases are monitored by the Human Rights Watch [<http://www.hrw.org>] organization who investigate and expose human rights violations.

For more on compassionate release, go to Families Against Mandatory Minimums [<http://www.famm.org>]



File Photo

Bill Lambie and His Wife Anita

Hunger Strike Hits California Prisons Again

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“All of the 14 strike leaders were signatories of protest-related documents.” Some of their legal papers have been confiscated and they were moved to an undisclosed location, a civil rights lawyer said in the Los Angeles Times report. A letter encouraging an end to all racial hostilities in California prisons and jails was in the confiscated documents.

“Most inmates don’t want trouble,” writes Wilbert Rideau in a New York Times Op-Ed item. “But sometimes they have to speak out.”

Rideau is a prison journalist who spent 44 years in Louisiana’s Angola State Prison. Twenty-five years of Rideau’s incarceration at Angola was as editor-in-chief of the Angolite, a prison magazine.

Rideau opines, “As a practical matter, this is easy to resolve: institute mechanisms for authorities to meet regularly with inmates to discuss their problems without fear of reprisal. But this goes against entrenched attitudes, and too many officials see it as a sur-

render of their authority.”

SHU POPULATION

The Pelican Bay Secured Housing Unit contains 1,056 cells.

The lawsuit claims prisoners in the Pelican Bay SHU have “extremely limited recreational and cultural opportunities.” The complaint further allege prisoners’ “near total lack of contact with family and loved ones, an absolute denial of work opportunities, limited access to personal property, and extraordinary levels of surveillance and control” is cruel and unusual punishment.

LAWSUIT

The lawsuit points out that Pelican Bay is a “355-mile drive from San Francisco and a 728-mile drive from Los Angeles, where many of the prisoners’ families live.”

In 2011, on average, Pelican Bay held 1,106 people in its SHU.

“About half (513) had been in the SHU for more than 10 years. Of those people, 222 had been incarcerated in the SHU for 15 or more years, and 78 had been there for more than 20 years. Of the remaining people, 544 had been in the SHU for five to 10

years, and the rest, 54, were there for five years or less,” according to official prison numbers.

“Prisoners never leave the Pelican Bay SHU except under rare circumstances for medical purposes or a court appearance,” the lawsuit claims.

Prisoners at the Pelican Bay SHU cannot have “social telephone calls absent an emergency,” the lawsuit claims. Visits from family members are two two-hour visits on weekends. No physical contact is allowed. Visits are in a cubicle, over a telephone, behind plexi-glass. Prisoners are strip-searched before and after each visit that is monitored, recorded, and reviewed by gang investigators, according to the lawsuit.

DEMANDS

San Quentin condemned prisoners joined the hunger strike, however their demands were to ask the warden to:

- Implement a “behavior-based program”
- Stop using secret and anonymous inmate informants to decide gang affiliation
- End unfair practices used to determine inmate privileges
- End group punishments

- Create a professional search method when prisoners leave the recreational yard
- Better access to the law library
- Better access to personal property
- Better rewards for long-term good behavior
- Better medical care
- Better access to mail

Hunger strikers at High Desert State Prison delivered a handwritten letter to prison authorities with a list asking for “cleaner facilities, better food, and more access to the prison library,” reported the Los Angeles Times. Officials report additional hunger strikers at Centinela, Calipatria, and Lancaster state prisons.

WASHINGTON

Prisoners in Washington state joined the strike by refusing to work beginning July 8, saying their “aim is two-fold: to show support for the hunger strikers in Guantanamo Bay, Cuba and to join California prisoners in protesting long-term solitary confinement and other human rights abuses in U.S. prisons, reports Free Us All Coalition.

The Step Down Program offers a new way out of the SHU.

It is a four-step program, which takes a minimum of three or four years. The first 2-3 years are spent in solitary confinement.

Prisoners are required to demonstrate “progress” by filling out workbooks showing changed attitudes. Whether a prisoner progresses to the next step is a discretionary decision by prison administrators. As a result, release from the SHU is still left to the interpretation of prisoner conduct by prison administrators, according to Prisoner Hunger Strike Solidarity.

Prolonged solitary confinement causes a “persistent and heightened state of anxiety and nervousness, headaches, insomnia, lethargy or chronic tiredness, nightmares, heart palpitations, a fear of impending nervous breakdowns,” according to research by Center for Constitutional Rights.

“Other documented effects include obsessive ruminations, confused thought processes, oversensitivity to stimuli, irrational anger, social withdrawal, hallucination, violent fantasies, emotional flatness, mood swings, chronic depression feelings of overall deterioration, as well as suicidal ideation.”

1. Huntsville, Texas – The first woman executed in the U.S. in nearly three years and a graduate student are the latest persons put to death in Texas. Kimberly McCarthy, 52, was executed June 26. She became the 500th person put to death by Texas since the state resumed capital punishment in 1982. Former Texas Tech graduate student Vaughn Ross, 41, was executed July 18. Ross’ execution was the 10th this year in Texas, the nation’s most active capital punishment state.

2. Norco – California Rehabilitation Center warden Cynthia Tampkins ordered a halt to feeding of feral cats, and then reversed the order after 3,700 people reportedly signed a petition of opposition to the action. “Unfortunately, some individuals in the public have expressed their outrage at the removal of the feeders,” Tampkins said in a memo. “I understand their concerns and empathize with their views. It was never my intention to appear unsympathetic or uncaring.”

3. Devore – San Bernardino County is planning to train county prisoners to battle wildfires. With California’s prison realignment plan, many offenders are receiving longer sentences in the county jail “and are good candidates for this program,” said Sheriff John McMahon. Los Angeles initiated a similar inmate program last year.

4. Sacramento – The state Senate has confirmed Gov. Jerry Brown’s appointment of Dr. Jeffrey Beard, 66, as secretary of the California Department of Corrections and Rehabilitation. The vote was 23-6. Beard has been acting secretary since December 2012.

5. St. Mary, Ky. – This central



Kentucky community is bracing for the loss of 166 jobs and free inmate work performed for the county with the shutdown of the Marion Adjustment Center, the state’s last private prison. The state failed to renew its contract with the Nashville, Tenn.-based Corrections Corporation of America. Officials estimate the change will save \$1.5 million to \$2.5 million per year by housing inmates in existing state facilities, jails and halfway houses.

6. Nashville, Tenn. – A private prison company has announced it has renewed its contract with California for three more years. The contract states that Corrections Corporation of America will provide up to 8,244 beds for the California Department of Corrections and Rehabilitation in facilities currently housing

7,450 California inmates.

7. Stockton – Thirty-eight youth in the Chaderjian Youth Correctional Facility have received high school diplomas or GED certificates on June 28. They join 51 youth in the Ventura Youth Correctional in Camarillo who received diplomas and GEDs on June 14. “These students show that youth can rebound from mistakes in their lives and take steps to build a more successful life,” said Division of Juvenile Justice Director Michael Minor. “Education is a key part of that foundation.”

8. Rome, N.Y. – About half of this city’s Ward Two residents are prisoners, thanks to a change in counting population for legislative representation. “Although they can’t vote, counting them in the population is important for

our state aid and other things like that,” said Mayor Joseph Fusco.

9. Raleigh, N.C. – North Carolina officials are mulling what to do about capital punishment after the repeal of the Racial Justice Act. Four years ago, the state repealed the act that allowed condemned prisoners to challenge their sentence based on racial bias statistics. If a judge agreed, a prisoner could be resentenced to life imprisonment. States that have abolished the death penalty in recent years were more politically receptive or had strong minority voices in state government, said Richard Dieter, director of the Death Penalty Information Center. Rep. Paul Stam, R-Apex, said North Carolina opinion favors capital punishment. He predicted legal challenges to lethal injection

executions would be resolved within months, not years.

10. Sacramento – Gov. Jerry Brown has appointed two wardens. Alexander Maurice Gonzales, 57, of La Quinta, was appointed warden at Chuckawalla Valley State Prison, where he has served as acting warden since 2011. Amy Miller, 39, of Brawley, was appointed warden at California State Prison, Centinela, where she has served as acting warden since 2012. She was chief deputy warden in 2012 and associate warden from 2010 to 2012. Each position pays \$130,668.

11. Folsom – Fifteen women prisoners have graduated from the California Prison Industry Authority’s Career Technical Education Pre-Apprenticeship Program. The residents of the Folsom Women’s Facility were awarded certificates on July 11. “The best thing you can do for yourselves is go out there, make better lives for yourselves and not come back (to prison),” CalPIA General Manager Chuck Pattillo told the graduates.

12. Bucks County, Pa. – PrimeCare Medical of Harrisburg has been awarded a three-year \$11.7 million contract to provide healthcare services to more than 1,100 offenders, reports PhillyBurb.com.

13. New York, NY – A Manhattan federal district court judge criticized the New York Police Department’s stop-and-frisk practices, saying they were based on the “misjudgment of suspicions,” reports the New York Times. The remarks punctuated more than two months of testimony and five hours of summations, which presented civil rights lawyers’ and the city’s lawyers’ dueling interpretations of the witnesses’ testimonies.

Teaching at San Quentin for Over 25 Years

By Tommy Winfrey
Contributing Writer

Pat Maloney, 75, has been teaching art at San Quentin for more than 25 years.



Teacher Pat Maloney

Maloney spent the first three years of his career at San Quentin interacting exclusively with the men on



Prayer

Death Row. "It was horrifying to know the guys on the row have a limited possibility with their future," Maloney said. For

those on Death Row who spend most of their days in a cell, Maloney's art classes create a new possibility. For nine years afterwards, he split his time between working with those men and those on the Main Line through a program called Arts in Corrections. When the program was scrapped due to state-imposed budget cuts in 2010, Maloney began volunteering to teach artists on the Main Line. Maloney's impact can be felt by talking with those who took his class, and in a mural expected to go up in the North Dining Hall. Maloney began facilitating the painting of the mural in mid-July, but has had to scale back the amount of time he spends at San Quentin and on the project due to family concerns. Still, Maloney said he

has enjoyed working at San Quentin. "I've seen San Quentin change over the years. Initially, I was glad to come here for the work, but then I found I was comfortable here," Maloney said. "The prisoners here are so appreciative of the whole art process." Maloney began his artistic career as an illustrator in Houston, Texas, soon after he graduated with a bachelor's degree from San Jose State University. He eventually moved back to California and settled in Marin County [[timeline]]. Since then, Maloney has worked on projects for Marine World in North Beach, Wells Fargo and Sesame Street. "I even worked as a text book artist for a while, but



In a Bucket



Him and Her



Angel Play



Ducks at Play

funding the arts program shortly after it was cut from the state budget. "[Teaching art] has not always been the easiest, but it has been rewarding talking about art and talking to people who care about the process," he said. Still, age is catching up to Maloney and though he plans to keep teaching his art class on Saturday mornings, a day

may come when he will no longer be able to teach at San Quentin. Teaching art has al-



Duo

lowed Maloney to identify with his students, and form a relationship that continues beyond the classroom, he said. "Through art I have come to get to know the guys," Maloney said, "we share that connection." Samples of Maloney's art can be viewed on his website, www.patmaloneyart.com.



In her Garden

'San Quentin Prison Report' Hits the Air Waves

Over half a century has passed since voices from San Quentin were broadcast on a regular basis over the radio waves. San Quentin returns to radio with the San Quentin Prison Report, a new program created by inmate Troy Williams and his crew (Curtis Carroll, Tommy "Shakur" Ross, Sha Wallace-Stepter, Brian Asey,

Greg Eskridge, and Earlonne Woods). Williams also credits Larry Schnider, San Quentin TV Specialist, and volunteer Nigel Poor with helping to launch the radio project. The idea for the radio show began when photographer Poor and Williams were working on a documentary titled Verbal Photography and they were interviewing people. After a

while, Poor and Williams realized the images were not as important as the stories they were telling, and the San Quentin Prison Report was born. The show will officially launch on the radio station KALW, 97.1 in September. The San Quentin Prison Report has some big shoes to fill if it hopes to compare to the broadcasting excellence

of the past. "San Quentin on the Air" was a radio program built around convict talent and broadcast from coast to coast by the mutual broadcasting network in the 1940's. According to San Quentin Established 1852: 150th Anniversary Commemorative Book by Turner, "The radio program lasted for five years and earned the highest Hooper ratings of any mutual show produced during that time."

The San Quentin Prison Report will air as a segment on the radio show Crosscurrents, and will profile people from the prison community. "A lot of people don't understand who the people in prison really are, and we hope to provide the public with this insight," says Williams. Former warden of San Quentin Robert Ayers Jr. told Williams the public has a duty to know what is going on in their prisons, and Williams hopes the San Quentin Prison Report will help to make this possible. A few segments have previously aired. San Quentin Prison Report interviewed Don Heller, the writer of the original death penalty bill in 1974 and now a proponent of Proposition 34 to abolish the death penalty. Through interviews like this

San Quentin Prison Report hopes to broaden the discussion between crime, punishment, and rehabilitation. By interviewing prisoners, says Williams, "I want the public to see our struggles, and I also want fellow prisoners to see they are not alone and may share some of the same issues with someone else." Williams hopes people connect with each other and become inspired. Besides interviews with prisoners and their advocates, Williams plans to interview victims of crimes. He wants the conversation to be complete and show all aspects of crime. "If a listener wants to hear the truth about prison life, not the drama of shows like 'Lock Up,' they should tune in. If they're interested in the fear then they need to go to Hollywood," says Williams. The radio show has given Williams a voice to address issues he sees in his community that he never imagined he could. Although his true passion is film, Williams thinks he has a future in radio and plans to pursue a combination of both film and radio when he is released. To hear podcast of the show visit www.sqpr.org -Tommy Winfrey



Joshua "JB" Burton, Curtis "Wall Street" Carroll, Artist Nigel Poor, Troy Williams, Sha Wallace-Stepter and Brian Asey

CELEBRATING THE DAY OF PEACE

By San Quentin News Staff

In spite of chilly weather, more than 1,000 prisoners wearing white T-shirts packed onto San Quentin's Lower Yard on July 27 in support of the third annual Day of Peace celebration.

Throughout the day, inmates and volunteers took part



'Wings of Love' draws a crowd at the event

in activities and viewed performances centered on the idea of promoting peace within the prison walls.

"This is my second Day of Peace event," said Chief Sponsor, John Curzon, associate warden of health care. "At the first event, it seemed that people were a little reluctant." It's much better now, he added. "This event signifies the culture of San Quentin."



Kathleen Jackson passing out the snacks all day long

place on the prison's Lower Yard. Many of the event organizers are serving life sentences.

"Of course the first Day of Peace was the best one," said inmate Kevin Tindall, one of the original organizers. "At that time we had to make sure that all the inmates were going to let bygones be bygones."

Tindall added that it helped having former Community Partnership Manager Laura Bowman to help organize the first event.

Participants interacted with each other around the various information tables sprawled across the yard. Tables were staffed



Pastor M. Jackson surrounded by friends

by representatives from prison groups such as Vietnam Veterans Group of San Quentin, Peace Education Program, Richmond

Project, Alliance for CHANGE and If a Foundation. Center to the area was Tindall's table. He taped a long bed sheet to its top, giving individuals an opportunity to

sign their names in support of the Day of Peace. Organizers encouraged every prisoner to pledge "Peace for just one day." The Day of Peace Committee urged inmates to be voices of reason in times of crisis and to help others find their voice through a commitment to peace.

"Our goal is to stem the tide of violence by saturating our prisons and society with peace," the Day of Peace program proclaimed. Richmond Mayor Gail McLachlan addressed the crowd, sharing her admiration for the ability of prisoners to create a safe place behind bars.

A Friends Outside representative reported organization plans to begin serving inmates' basic visiting and reentry needs in the near future. Event Chairman Richard Poma implored the crowd to "stop expecting others to change and instead become the change (they) wish to see in the world."

Just before noon, a fire truck's siren sounded for one minute while everyone on the yard raised their hands in silence.

"The fresh air and programs make San Quentin a lot better than other prisons," said Wesley R. Eisiminger, 66, originally from Orange County. Eisiminger staffed the VVGSQ table and has been at San Quentin for



C. Barker and Kevin Tindall having a good time

about three months. He is a veteran of the U.S. Army and served in Vietnam from 1965-66. He has been incarcerated for 14 years.

"I've been at San Quentin only a few months," said Bernard R. Werner. "The no-violence compared to the prison I came



Adam Verdoux and Rick Jackson performs for the crowd on the Lower Yard

from here is amazing."

There was a sidewalk contest, set up by prisoner About 30 contestants drew related to the concept of volunteer and facilitator Pat each piece, deciding Eddie was the best.



L. Blue Wilder, Brian Shipp, Tom Bolema, Joe Shelton and Boston Woodard

took in the Day of Peace.

Glen Harder, Alberto Mendez and Shaka Senegal Mohammad, workers in the Inmate Daily Assistant Program, delivered the bags to the disabled inmates.



Associate Warden John Curzon, Jun Hamamoto and the Day of Peace Committee preparing snacks

out of the year. I hope that the message of peace transcends into the street."

Three main sponsors made the Day of Peace possible: The Prison University Project, Bread & Roses and the William James Foundation.

"This is my second time participating in the Day of Peace," said community volunteer Jun Hamamoto, who sat on the committee that helped plan the event. "I have a deep and great appreciation for the men that helped make this happen. I con-



The Native Hawaiian Group chilling with friends and enjoying the performances

chalk-drawing Scotty McKinstry, artistic pieces peace. Community Maloney examined Delapena's work

Associate Warden Curzon assured organizers that disabled inmates in the hospital were provided treats, a wristband, health bars and Gatorade, along with all the other inmates who par-



Chalk drawings on the ground in front of R&R on the Lower Yard

me in tears; they were so good. Their voices exemplify what peace is all about," said Tindall. "I'd like to thank the whole entire general population for their conduct during the Day of Peace."

The event closed with the native Hawaiian group's prayer.

"I remember the creation of the Day of Peace," said Community Partner-



The Human Condition ready to rock

ship Manager Steve Emrick, who is also a sponsor of the event. "This is the first time that we invited spiritual leaders to participate. It was unique and more inclusive."

The Day of Peace Committee included Chairman Richard Poma, Vice Chairman Robert Frye, Treasurer Ray Richardson, Executive Secretary Chris Schuh-

macher, and Sergeants-at-Arms Jorge Heredia, Stephen Pascascio, Edgar Salazar, Adam Verdoux, and Danny Cox, who has



The Oakland Interfaith Choir sings for joy and peace

since been released.

The event could not have been put on without the assistance of co-sponsors John Kelly and Jun Hamamoto, said Chairman Poma. Donors to the event were, the Lazarus Foundation, JH Robbins Foundation, and William James Foundation.

All photos taken by Raphael Casale

ARTS & ENTERTAINMENT

Last Issue's
Sudoku Solution

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| 3 | 1 | 7 | 2 | 6 | 9 | 5 | 8 | 4 |
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| 7 | 2 | 5 | 6 | 8 | 1 | 3 | 4 | 9 |
| 8 | 6 | 3 | 9 | 2 | 4 | 1 | 7 | 5 |
| 6 | 5 | 1 | 7 | 3 | 2 | 4 | 9 | 8 |
| 4 | 7 | 8 | 1 | 9 | 5 | 2 | 3 | 6 |
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CORRECTION:

In the July edition, the article *Juvenile Lifer Finds Hope in Senate Bill 260*, it reports that the victim's age is 11. That is incorrect. The victim's age was 18.

Snippets

Recognized for his intellect, Martin Luther King Jr. was expelled from school at the age of five when his teacher discovered he was too young to be in the first grade. He Later graduated high school by the age of fifteen.

Established in 1799 during the Napoleonic War, Prime Minister William Pitt enforce a temporary income tax rate of 2.5 percent.

For Pioneers, America was considered to be the land of opportunity. During that time pioneers purchased land and homes for two dollars an acre.

Occurred in 1862, the Battle of Sharpsburg was the first battle to take place in Northern soil during the American Civil War.

Recognized for their Black Panther Party leadership, Huey Newton, Bobby Searle, and Leroy Eldridge Cleaver protected blacks from police harassment.

Men and women was allowed voting rights in the democratic nation of New Zealand in 1893.



POETRY CORNER

By Billy Combs
True Friends

A friend is there when nobody is around,
A friend will help you if ever you hit the ground,
A friend will make you smile when you really want to cry,
A friend tells the truth when everyone else seems to lie,
A friend will be strong when ever you are weak,
A friend won't pry for words if you don't want to speak,
A friend will take your wrath if you ever need to vent,
A friend won't run away if push ever comes to shove,
These are all qualities of how a true friend shows there respect and love.



Book Review

By Randy Maluenda



THE RAZOR's EDGE (By W. Somerset Maugham) Trauma steers wartime hero to seek spiritual enlightenment.



ORGIES OF THE HEMP EATERS (By Hakim Bey & Abel Zug) Articles and essays of hemp history and culture.



HENRY AND JUNE (By Anais Nin) Author's diaries of a twisted open-marriage.



DEREK JETER: The Life You Imagine (By Derek Jeter w/Jack Curry) Quick and easy read of a living sports legend.



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

Sudoku Corner

By Troy "Humphrey" Ashmus

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Featured Artwork of B.S.T.

Complete This Puzzle
Win a Prize!

Which animal on the list below does not belong in this group and why?

Polar bear, penguin, beluga, moose, walrus, reindeer

The answer to last month's puzzle is: The winner will be decided by playing 49 games. Every time a game is played, one player is eliminated. It would take 49 games to eliminate 49 players out of 50.

Congratulations to Robert B. Lomas, for winning last month's contest.

Congratulations to the following participants who entered the contest: Joseph S. Orozco and Louie Calvin. Due to shortage of supplies, hats will no longer be issued as a prize.

Rules:
The prize will be for completion of brain twister puzzles. All puzzle submissions should be sent via u-save-em envelope to San Quentin News/Education Department. Only one entry per person.

All correct submissions will be place in a hat. The winner will be picked by drawing a name from that hat.

The prize winner will receive four Granola Bars. Prizes will only be offered to inmates that are allowed to receive the prize items. Inmates transferred, sent to ad/seg or otherwise not available to claim their prize will result in forfeiture.

The answer and the winner's name will be published in the next issue of the San Quentin News.

An 'OG's' Perspective

The First 'OG' in My Life

By Watani Stiner
Staff Writer

The greatest challenge facing OGs today is the challenge to ourselves. For we only become a credible "model" and make persuasive demands on the younger generation when we demand more of ourselves. What we do in our daily life demonstrates who we are and what we are really about. It's not about our words and lofty pronouncements. It's not about what we went through "back-in-the-day" or even how far we've come. It's about how well OGs practice what we preach.

Without question, there are many young people in need of some serious guidance and discipline. Too many of our youth have become addicted to drugs, killed and relegated to prison. Perhaps, more importantly, too

many children are without fathers. Regardless of the myriad reasons or causes, our incarceration and absence from the lives of our children becomes the model for them to emulate. It is the model and message of abandonment.

We must realize that no one is immune from the demands of moral responsibility or exempt from moral assessment. Every father has an obligation and responsibility to be an example for his children, his grandchildren, and every other generation to come. However, before we can be a positive and instructive example for young people, we must turn inward and assess the right and the wrong, recognize personal shortcomings and commit ourselves to correcting them.

But before we do that, we must figure out what knowledge, understanding, and wisdom

have we gained from our experiences; and what needs to be modeled for our children and the next generation?

Looking back over my own life as a child, I realize that the first "OG" in my life was not a superhero, athlete, movie star. He wasn't pimp or neighborhood drug dealer. The first OG I met lived with me. He was the man I first looked up to; the man I accepted as my male-role-model and when I became a man, I followed his script. He was my father. He taught me about human respect and the sacrifices a man must sometime make to protect and provide for his family. He taught me never to turn a blind eye to injustice, a deaf ear to truth or an uncaring heart away from the suffering and pain around me. He taught me how to be a man. Although at the time of my youth I did not appreciate



Photo by Sam Hearnes

Watani Stiner

the many lessons my OG father taught me. I realize now that he was modeling and teaching me how to be accountable for my actions. I believe that a father is (or should be) the first OG in every young man's life. Fathers are the first teachers and visible examples of manhood. He is the one who sets the tone for the family. His children model his attitude and his relationship towards womanhood.

This father-son dynamic also leads me to understand many of the unintended consequences of a young man growing up without a father in the home or in his life. Every young man will seek out and emulate the model presented to him by his first OG. I now understand why so many of our youth are so confused and

angry. They have no historical memory or sense of purpose in their lives.

I have been in prison for many years. I have seen the best and the worst of times, and one of the hardest things for me to face was being out of my children's lives during the most critical period of their development. The wisdom I have gained through these experiences is the same wisdom I will share with the younger generation. Although traditional family dynamics have changed a great deal over the years, the problem is essentially the same.

Young people look for models to look up to, someone who will guide, encourage, and validate them. Someone who will pass them the historical baton.

BOOK REVIEW

Five Devastating Tragedies That Shook the Earth's Core

By Juan Haines
Managing Editor

A Paradise Build in Hell: The Extraordinary Communities That Arise in Disaster is a historical account of five devastating tragedies throughout the world.

Author Rebecca Solnit describes the 1906 San Francisco earthquake, a 1917 ammunition ship explosion in the harbor of Halifax, Nova Scotia, the 1985 earthquake in Mexico City, The World Trade Center attack on 9/11 2001, and the flooding of New Orleans during Hurricane Katrina in 2005 to illustrate how tragedy opens up the possibility for utopia.

[It] sometimes wipes the slate clean like a jubilee, and it is those disasters that beget joy, while the ones that increase injustice and isolation beget bitterness—the "corrosive community." That it is to say, a disaster is an end, a climax of ruin and death, but it is also a beginning, an opening, a chance to start over...and renders people amenable to social and personal changes.

Solnit argues that the elite groups of society will react to a potential shortage of resources caused by tragedies by salvaging their possessions with extraordinary measures. Solnit calls this reaction "elite panic," and describes it as fear-mongering tactics used to maintain the status quo on public and private resources and to keep the common person in a state of subjugation. As an example when disasters strike, food shortages are immediate, which force people to take food from stores to survive. The elite deem the

people looters out of fear of losing their possessions.

Solnit quotes the former political prisoner and later Czech president Vaclav Havel's definition of "civil society," to describe the duties of common folks in the community: "a society in which citizens participate in public life, in the administration of public goods, and in public decision."

***'Only free people
can care about
slaves or prisoners
and do something
about slavery
and prisons'***

Solnit argues that we should opt for egalitarianism as opposed to utilitarianism by showing that when stripped bare, everyone under every circumstance really does live in a state of sameness, equality, and have similar chances for survival. A Paradise Build in Hell thus calls for equal access to public goods and equal opportunity, unlike the traditional western capitalistic power structure, which has historically generated few "haves" and a vast amount of "have nots."

Solnit further argues that society's reaction to collective human experience during disaster is essential to progress. When disaster strikes, an opportunity arises for a restructuring and reevaluation of current systems. Solnit illustrates this by describing the historical treat-

ment of individuals with leprosy in "The Separating Sickness: How Leprosy Teaches Empathy," Harpers magazine, as she writes, "Leprosy is really two diseases: the physical effects and the social response to them." She explains how people changed their attitude toward lepers "...when doctors realized that leprosy, contrary to long-standing belief, is very near the least contagious disease on earth. Ninety-nine percent of us are naturally immune to the disease, and the rest have a hard time catching it." In other words, fear of the disease eroded.

Solnit wants us to stop fearing each other when something devastating occurs in our community.

How you behave depends on whether you think your neighbors or fellow citizens are a greater threat than the havoc wrought by a disaster or a greater good than the property in houses and stores around you.

Solnit's point of empathy and egalitarianism is illustrated in her recent Orion article "Mysteries of Thoreau, Unsolved: On the dirtiness of laundry and the strength of sister: Only free people can care about slaves or prisoners and do something about slavery and prisons, which is why the project of liberating yourself is not necessarily selfish."

In western societies, once a person becomes a slave or prisoner, they become powerless. The persuasive argument in A Paradise Build in Hell demonstrated throughout history, that individuals do not have to be powerless — no matter the circumstances.

San Quentin Muslims Celebrate Ramadan

By Charles Brooks
Journalism Guild Writer

An Islamic scholar stressed the importance and benefits of fasting during the month of Ramadan for San Quentin's Muslim community.

"O you who believe! Fasting is prescribed for you as it was prescribed before you; that you may learn self restraint," said Shaykh Atik Pathan, a short, Indian-born scholar and Hafiz — a person who memorized the nearly 7,000 verses of the Holy Qur'an 2:185.

"The human soul has two faculties," he said during his Jum'ah — Friday Kutbah (speech). "The first faculty is Daring, Initiating. The second faculty is Restraint. All depend upon the first faculty, and all prohibitions depends upon the second faculty. The first human and prophet — Adam, (upon be peace), was tested with the second faculty of restraint," he stated referring to the story of Adam and Eve, (peace be upon them), approaching the forbidden tree. "So fasting strengthens our faculty of self restraint," he said.

Ramadan, which literally means intensive heat, is the month in which the Holy Qur'an was revealed to Prophet Muhammad, peace be upon him, over 1,400 years ago.

The ocean of fasting hungry faces in the crowded Interfaith Chapel included many non-

Muslim participants. This year Ramadan fasting without food or water covered 16.5 hours each day for 30 days.

"260 are still fasting" as of July 19, said San Quentin Muslim Chaplain Imam Kawsar Hossain.

One non-Muslim from H-Unit said he joined the fasting "to learn discipline." A North Block inmate said "to stop watching so much TV." Yet another said "to lose some weight."

A newly Shahaditain Muslim from West Block, Abdul Waqib, quoted the Prophet Muhammad, peace be upon him, who said: "Whoever believes in Allah and His Messenger, performs the prayer and observes fasting during the month of Ramadan, then it will be a promise binding upon Allah to admit him (or her) to Paradise." (Hadith -Shahih al burkari 4/2790)

Ramadan notes the time when Allah through the angel Gabriel revealed the Qur'an as detailed in Chapter 96, verses one through five. Three times the angel commanded "Iqra," which means read. "But I cannot read," replied the Prophet (pbuh) twice. The third time the angel instructed: "Read in the name of your Lord, who created all that exists. Who has created man from a clot of blood. Read and your Lord is Most Generous. Who has taught by the pen. He has taught man which he knew not."

Becoming Successful After 24 Years of Incarceration

By Joan Lisetor
San Quentin News Advisor

No one who knows Ernest Morgan is surprised that he's making a successful life in the free world. After all, during 24 years of incarceration – 13 in San Quentin -- he founded and co-founded several self-help groups and participated in just about every other one.

"I knew adjusting would be tough, but it was tougher," he said surrounded by his father, Ernest Morgan VII, and youngest brother, Lance, on a houseboat near where his father lives in Sausalito. (The younger Ernest is actually Ernest the eighth.)

Two years after being released from prison Morgan, 44, is finishing a degree in business management at San Francisco State University, working four jobs and quite happy with his life, appreciating even the smallest of freedoms.

"I told him it was not going to be easy," said the senior Morgan. "You have to take time to readjust. Don't expect to walk through the gate and everything will be easy. But,

don't get discouraged."

"And he was right," admitted his son. "It's been great, but it hasn't been a breeze. It was like having to start all over. You have to change the way you communicate from the way you communicated in prison. You can't talk that way out here. You have to learn what to keep and what to let go of and re-learn about the world you came from."

"The transition was hard. I was a new person, not the little boy I was when I went in, but it could have been a lot worse if I had not had family support."

Being united with his family is a blessing, he said, causing him to walk a straight line.

In addition to attending



Photo by Sam Hearnes

David Cowan, Ernest Morgan, Terrell Merritt and Sam Johnson at the Alliance for Change graduation in the ARC building

school full time, he works part time for the Sausalito Cruising Club, the Prison University Project and Alliance for Change and as a lift driver. When he completes his degree, he hopes

to go into business with Lance and his other brother, Louis.

After he was convicted of second-degree murder in 1998, he spent a few negative years at Pelican Bay Prison. His next stop was the Richard Donovan Correctional Facility, where he started participating in programs. He was transferred to San Quentin in 1998.

While in San Quentin, Morgan co-founded TRUST and Alliance for Change, was a facilitator and leader in SQUIRES and VOEG and participated in just about every self-help program San Quentin offers. He has no doubt that the programs helped him turn his life around and are what allows him to have a happy and successful life today.

Along with another parolee and co-founder of Alliance for Change, David Cowan, Morgan attended the 2012 Alliance for Change graduation. Whenever he can, he likes to spread the message to men coming out of prison: "Don't be afraid to share your story when you come out. Share your insight gained from the time spent in prison. You might save younger men and women from getting into trouble – and maybe a few older people, too."

To those still incarcerated he advises: take all of the self-help programs available to you.

Lance, who was born after his brother was incarcerated, says, "Anyone who spends time with my big brother becomes a better person."

Who's the Cook Behind Many Of San Quentin's Banquets?

By Tommy Winfrey
Contributing Writer

San Quentin has many social banquets every year, and the man spicing them up is John "Yahya" Parratt.

Since his arrival to San Quentin four years ago, the 60-year-old Parratt has become the premiere banquet chef.

Parratt's first opportunity to show his skills off at San Quentin was for the Islamic community. He had earned a reputation as a stellar cook in the previous prisons where he had been housed.

Karl "Ishmael" Freelon opened the door for him to cook at Eids, an Islamic celebration. The word soon spread throughout the prison a new chef was in town.

From that moment forward, Parratt's cooking became sought after for banquets in San Quentin.

Parratt's family comes from Mississippi and relocated to Redding, California. He says his cooking skills were influenced by his father, John Parratt Sr.; mother, Maggie Parratt; sister, Lois Parratt, and a family friend, Alberta James.

Before Parratt was convicted of his third strike, he cooked professionally at the Harlem Club, Helena's Club, and Ozella's Corral in Quincy, California.

Parratt's banquet cooking crew includes Freelon, Ke Lam, Bori "PJ" Ai, Trent Chappell, and Billy Allen.

Being in prison greatly reduces the kind of food they can cook, but they manage to produce a myriad of creations from the food available to them.

"It doesn't bother me because I have always been the type that can take a little bit of something and can make a lot of something out of it."

Parratt used to work with a security firm, and he sees similarities when it comes to his cooking career. "It is my responsibility to protect the people who put their trust in me," says Parratt.

Parratt's dream is to open up his own restaurant. He already has two job offers from the community to cook upon his release.

If he is able to open up his own restaurant, he would concentrate on a soul food menu.

Parratt likes working with smoky flavor, chicken, ribs,

collard greens, and homemade bread.

His banquet clients include the Islamic community, Christian community, Latter-Day Saints, ALLIANCE for Change, IMPACT, SQUIRES, Kid-C.A.T., VVGSQ, and the San Quentin News.

Parratt says there is a lot of red tape that is associated with these banquets. He typically sits down with group coordinators to figure out timing, institutional menu availability, oven space, and other factors that are essential to a banquet's success.

Parratt says, "I really enjoy seeing the smiles on the participants face when they taste my cooking."



Photo Sam Hearnes

John "Yahya" Parratt at the Alliance Banquet

Gov. Brown Asked to Explain How He Plans to Return 9,000 Prisoners From Out of State

By Micheal Cooke
Journalism Guild Writer

A federal court wants Gov. Jerry Brown to explain how he plans to bring nearly 9,000 prisoners currently housed out of state back into California penal institutions.

ORDER

U.S. District Court Judge Lawrence Karlton ordered Brown to submit in writing how the state plans to stop sending California inmates to private prisons out of state.

Brown is ordered to give the court the total number of inmates California plans to return from out-of-state prisons, the timetable for their return, and where those inmates would be housed.

State prison officials say inmates are to return in stages, scheduled to be completed by June 30, 2016, according to a Los Angeles Times report.

Karlton's order is separate from work he does as part of a three-judge panel that imposed

a population cap on California prisons, but was delivered as a part of *Coleman v. Brown*, a mental health care class action lawsuit filed for inmates.

CONTRACTS

Meanwhile, the state extended its contracts, for up to three years, to house prisoners in other states, according to a July 18 progress report on how the state plan to meet the population cap by December 31. The progress report indicates a slowing of inmates coming back to California from out of state prisons.

Brown contends that ending the use of private prisons would have no effect on delivering mental health care, which is the primary issue in this case. Brown additionally argues further reductions in the inmate population are unnecessary and he issued an executive order last January terminating the 2006 "emergency proclamation" by then Gov. Arnold Schwarzenegger allowing prisoners to be sent out of state.

S.Q. Creative Writing Class Does a New Anthology

INMATES SHOWCASE THEIR WORK AT THE ANNUAL PUBLIC READING

By Boston Woodard
Staff Writer

Despite massive cuts in prison arts programs throughout the state, some arts programs managed to survive. Teacher Zoe Mullery and her San Quentin Creative Writing Class, produced another outstanding anthology for this year's Annual Public Reading.

Approximately 40 outside guests attended this years reading exposition which was held July 13 in the Addiction Recovery Counseling (ARC) building on San Quentin's Lower yard.

They were noticeably impressed with what they heard.

After reading his creative non-fiction story "22.8 Miles," Writer Kris Himmelberger said, "I look

knows what will be presented from week to week.

One writer, Charles Talib Brooks' story, "A Summer of Love In the Haight of San Francisco," exemplifies what is right about drawing the reader into the piece. Brooks' fictional description of his birth in the backseat of a taxi cab in 1967 (read by fellow writer Kevin D. Sawyer) is incredibly poignant. His story captures the smells, sounds, music, troubles and tumult of the late 1960s.

"I am honored to be a student in Zoe's class," said Brooks. "I can practice my craft with projects like—'A Summer of Love In the Haight of San Francisco'—which is my first, near completed novel."

Fictional tales, journalistic

ing Classes' operation is not only an imperative place of learning, it is an organized think-tank, enhanced by Zoe's ability to create an atmosphere of learning with quintessential prison overtones.

Artist/writer Tommy Winfrey's story "City of Angeles" is of one period which may have influenced the rest of his life. As an eight year old boy moving from Beaumont Texas to Los Angeles, he recounts stops along the way. His description of small town Texas is detailed right down to the "freakish fluorescent lights casting shadows on the shifty underbelly of the city." The story concludes in Los Angeles where he described, "The boy had entered the jungle and there was no more looking back." It's a story many prisoners can relate to in hindsight.



Photo by Sam Hearnes

N. "Noble" Butler reading / Am which was featured on NPR radio



Photo by Sam Hearnes

Guest enjoying the reading in the ARC building

forward to the creative writing class. I find that it helps manage stress and helped me gain a sense of direction. Zoe's guidance is a blessing."

With such an eclectic groups of writers in Zoe's class, one never

accounts, poetry, memoirs, and spirited conversations can all be heard in Zoe's Wednesday night creative writing class. Critiquing by the students of one another's articles is often decisive and brutally honest. The Creative Writ-

Winfrey is a dedicated member of Zoe's Creative Writing Class and has become a prolific contributor to the San Quentin News. He attributes a great deal of his writing ability to lessons learned in Zoe's class.

Weeks before the Creative Writing Classes Annual Public Reading, writers spend an enormous amount of time going over their projects. Last minute tweaking is essential in order to present a polished piece of work to the public. Zoe takes great pride in her students accomplishments and praises the hard work of all. These public reading events fuel confidence and encouragement that stimulates and motivates them.

One outside guest, Andrew Parsons from National Public Radio said, "I think it's great what these men have accomplished. I'm impressed with what I've heard here today. I feel all writ-

ing from inside the prison system is important."

Aly Tamboura's "Where the Sparrows Scream," is a written dream sequence about his decision to save his father from "a ferocious ascending sparrow" that was more like a pterodactyl during this life-like dream. "Wiping the sweat from my brow with my right hand, I hurtled the spear with my other, mustering all of my might, aiming at the giant bird's body," wrote Tamboura in a realistic description of his reverie.

"I've decided to write and move into a new territory in the infinite power of the written word," said Tamboura, who is a long time member of the Creative Writing Class.

a boy finding comfort in a small Superman action figure given to him. It was like one he had when he was six. "The day my mother had bought it for me, a grin had swelled my cheeks and misted my eyes," wrote DeWeaver. "I had idolized Superman, and what wasn't there to worship? Speeding bullets, burning rockets, and getaway cars bounced right off him..."

One by one, members of Zoe's class took the podium, each with a personal writing style as diverse as their stories. Among them were: Eric Curtis, Jeffrey Little, Kenneth R. Bryndon, Kimya, Thomas, Micheal "Yahya" Cooke, David Taylor, Andrew Gazzeny, Ivan Skrbinski, Jerome Powell, Sr., Kevin D. Sawyer, Paul Stauffer, N. "Noble" Butler, James R. Metters, Jr., Jamal Green, A. Kevin Valvardi, Julian Glen Padgett, and Ronald L. Koehler.

READINGS BEGIN

Like clockwork, Wednesday at 5:30pm, writers from all over San Quentin, including H-Unit file into the Arts In Corrections classroom on the "upper yard." Zoe greets them one by one as they arrive. A large circle of chairs is formed and the weekly readings begin.

Arnulfo Garcia is Editor-in-Chief of the San Quentin News. His contribution to the public reading was the accidental death (by car) of their family dog named Blackie. It is a tense, non-fiction story about him and his two brothers fearing their father's reaction to the news of Blackie's death. It wasn't pretty. His father beat Arturo with a belt in the car on the way home, while young Arnulfo was crying, trying to hide behind his older brother. "He was pissed, and we were scared. We tried to explain what happened, but he didn't seem to be listening."

Garcia's powerful story concluded, "It has taken me many years, but I still don't seem to understand how someone could have such deeper feelings for his dog than his children."

The day before the public reading, writer Emile DeWeaver prepared for Saturday's big read. "This read is very important to me. In other prisons, I felt socially crippled, unable to communicate with free-world people. San Quentin enabled me to resocialize myself. I have that opportunity in San Quentin, especially in Zoe's Class," said DeWeaver.

DeWeaver's anthology contribution was "Superman," an attention grabbing fictional story of

Zoe told the San Quentin News, "Even though I had heard all the readings before, I was stirred by each student's presentation. I was moved, as always, by the sparks of connection between the invited guests and the prisoners receiving them with hospitality, with something to offer. There is such a disconnect in our society between the people in prison and the people not in prison."

NOT SIMPLE

There was a lot of excitement in the room after the event. Guest Patricia Clark told the San Quentin News, "What a wonderful reading this has been. I absolutely enjoyed all the writers and their work. They are enthusiastic and extremely talented," she said.

Watani Stiner, author/reader of "No Where to Run, No Where to Hide" said, "This is my seventh reading presentation as a student in Zoe's class. Nothing is more spiritually rewarding and healing than humans coming together and sharing stories."

"I know the answers are not simple, but I believe wholeheartedly that we all need to continue to see each other as human beings. We put people in prison for their failures to treat others with the respect and dignity all human beings deserve, and I think it is an offense if society does the same in return. So I am a big believer in people being face to face with each other in all our complexity," said Zoe.

Asked On The Line

What's Your Most Important Health Issue?

By Angelo Falcone
Journalism Guild Writer

The federal courts have ruled that overcrowding in California state prisons are making it increasingly difficult for inmates to obtain medical care required under the Constitution.

Programs like Peer Health Education offered by Centerforce are attempting to assist the mainliners at San Quentin with Preventive Care and reducing their risk of acquiring infections like hepatitis, sexually transmitted diseases, and HIV infections, which can lead to AIDS.

Ask On The Line conducted random informal interviews with 19 men on the mainline and asked: What personal health issue is most important to you?

Complete this sentence: I take care of my health because I want to avoid (blank)? What preventive measures are you taking to protect your health? How do you stay healthy?

There was a variety of health concerns.

Joey Barnes, Zakee Hutchinson, and Jesus Flores are all concerned about diabetes.

"I exercise, eat vegetables, and maintain a low sodium diet," said Barnes.

"I am watching my weight. I also have to watch my blood pressure and keep exercising," said Hutchinson.

Flores takes care of himself by eating less candy and trying to eat more fruit instead.

Kerwin Jackson is concerned about hepatitis. Joseph Demerson is concerned about high cholesterol. Joe Rock is concerned about AIDS. Rocky Williams is concerned about keeping his immune system strong.

"I pray, I wash my hands, and maintain good hygiene," said Jackson.

"I exercise and watch my diet," said Demerson.

Williams said, "I eat a lot of nuts and vegetables. I drink a lot of water, I exercise, and I get a lot of rest."

Rock is committed to always using condoms and having sex with only one person in order to reduce his risk of contracting AIDS.

Eric Boles and Randy Maluenda are concerned about heart and cardiovascular disease.

"I exercise and eat as well as I can," said Boles.

"I try to get plenty of sleep. I try not to eat too much, but every once in a while, I splurge," said Maluenda.

Three men are concerned about longevity. Daniel Ho, Larry Ryzack, and Nou Thou desire to live as long as possible and not die in prison.

"I work out. But I also heard on TV that eating less helps people live longer," said Ho.

"I don't smoke or drink and I exercise regularly," said Ryzack.

"I worry about becoming overweight," said James Cavitt. "I play basketball three to five times a week and I watch what I eat—most of the time."

"I am concerned about nutrition and diet for health," said Chris Scull. "I don't eat a lot of [ramen] soups. I am hungry all the time and I eat whatever vegetables are served [in the dining hall]."

Arturo Lopez's main health concern is his chronic back pain. "I have to be careful not to exercise too much and take my pain medication everyday. Other than that, I am healthy," said Lopez.

EDUCATION CORNER

What Is the Definition of a Fractal?

By Matthew B. Francis
UC Berkeley Chemistry

San Quentin prisoner Steve Jones asks: What is a fractal? In layman's terms, a fractal is a pattern that repeats itself over and over again, but on different size scales. Probably the most familiar example would be a snowflake.

‘They are also used in modeling turbulence and blood vessel formation’

Think of it first as a 6-armed star, but then each of the “arms” ends in another 6-armed star. Each arm of these little stars could also end in yet another six-arm star, ad infinitum. Real snowflakes are not that perfect, but the one I have cop-



Broccoli head

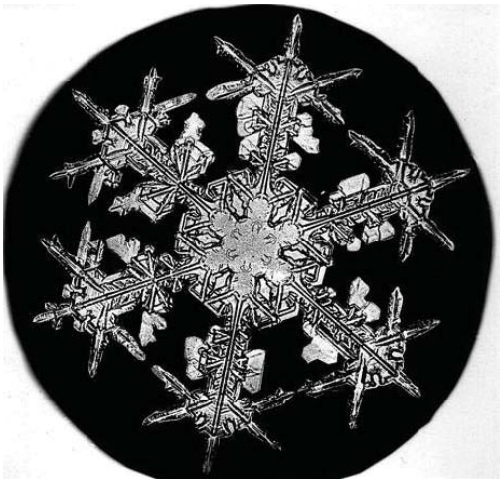


Photo by Matthew B. Francis

Snowflake pattern fractal

ied above starts to approximate the fractal pattern I am referencing. I also found a cool picture of a broccoli head (on Wikipedia, I will admit) that displays the same concept. The large structure comprises a number of smaller spikes, and each of these is made up of even smaller spikes. Once again, a basic pattern is repeated on different size scales.

other uses, fractals are very important in computer modeling. I have heard that they are used to build complexity into descriptions of natural phenomena, such as weather patterns. Instead of modeling a boundary between two air masses as a simple line or plane, fractals can be used to generate an intricate interface that is likely to be much more realistic. They are also used in modeling turbulence and blood vessel formation. Editor's note: If readers have a science related question please send it to SQ News at 1 Main Street, San Quentin, CA 94964 Attn: Science for Felons. Prisoner may use a U-SAV-EM envelope addressed to SQ News, Education Dept. Attn: Science for Felons.

Study Shows That Investing in Education Is Among the Best Promoters of Public Safety

By San Quentin News Staff

Investments in education, full employment, housing and substance abuse treatment for ex-offenders are the best way to promote public safety, according to a recent study. The report says it's also important for communities to support policing strategies. One of the best-known studies of developmental prevention programs is the Perry Pre-school Program consisted of an educational intervention plan and home visits at preschool age, and followed its participants into their late twenties. **RESEARCH** Research shows the program reduced lifetime arrests by 50 percent and increased the subjects' income, education and home-ownership levels. According to the research, the program found "\$7.16 for every dollar invested."

The educational component

of this strategy is being implemented in San Francisco County Jail through its Five Keys Charter Schools program. **GRADUATES** The class of 2013 included 20 graduates who earned their diplomas while incarcerated. Most of the 250 in-custody students enter class for the first time with a fourth- or fifth-grade reading level and few future prospects for employment. The five keys to an inmate's success are connection to the community, a focus on family, recovery from substance abuse, education, and employment. Steve Good, the school's executive director, was quoted as saying, "I personally would prefer they spend their time in jail...in a productive way." The Five Keys charter school operates in the County Jail of San Bruno with several satellite locations in San Francisco and Los Angeles for released

inmates who want to keep attending. **ACCOMPLISHMENTS** Since 2003, Five Keys has awarded 600 high school diplomas, certificates of completion or equivalency diplomas. The curriculum is tailored to meet the needs and interests of the students, with topics such as "Biology of Addiction" and "History of Oppression." School officials have tracked their graduates, finding that the recidivism rate for Five Keys graduates one year out is 44 percent compared with 68 percent of other inmates. Officials say recidivism is down 24 percentage points for those coming out of the Five Keys program, which saves San Francisco \$1.5 million each year – after deducting the costs of the school. Perry Pre-school Program report:<http://www.jstor.org/stable/3481427?origin=JSTOR-pdf>

Feather River College Will Open New Course At San Quentin This Fall

By Boston Woodard
Staff Writer

Professor Joan Parkin, Ph.D., Director of the Feather River College's Incarcerated Student Program (ISP), generated excitement and interest with her announcement that an additional course will be offered at San Quentin this fall. Feather River College began offering college level opportunities at San Quentin in May of this year beginning with a French Language course. About 50 students enrolled in the class. Parkin's return visit on July 26th allowed her to speak with students, gather assignments, show videos, and converse with FRC students about future goals with the college.

Director Parkin show students the French movie Battle of Algiers, a film about the resistance to French occupation of 1954. "It's an inspiring film that the students can learn from," said Parkin. "It helps students to better understand the French language by listening to pronunciations, and studying the flavor of the culture," she said. The French language is largely used all over the world, "in many many places," said Parkin. The language is closely connected with the arts and literature, allowing the student to work toward an Associate Degree in Liberal Arts. One of the questions raised from a student was, "Why French? What is so important about French as opposed to Spanish or some other language?" Parkin said that taking a French class is actually "stepping outside the norm, it's a bigger challenge, and greater

challenge," she said. "French has always been associated with power and culture. There's something about French that exudes a sense of confidence," said Parkin. Parkin also went over mid-term examinations, reviewing dozens of tests turned in to San Quentin Literacy Coordinator Tom Bolema. "The Voluntary Education Program (VEP) ensures student access to college programs. Students can transfer these credits to Cal State and UC upon parole," said Bolema. "To obtain a transferable degree into the California State University system, classes such as the FRC French language is essential to fulfill that goal," said Bolema. This fall, FRC will be offering a new course in American Nature Literature. Parkin said that this course is required in order to obtain the Associates Degree via the FRC program. More information about this new fall course can be acquired from the VEP study hall (C-1) Education Department. Many of San Quentin's FRC students are first time college students and are very excited about the possibility of receiving a diploma. According to Parkin, "The first group of students to graduate with an FRC Associates Degrees will take place in the spring of 2015." Parkin's next visit to San Quentin will be the last Friday of August 2013. For information on fall semester applications, San Quentin's general population as well as those on condemned row, can contract Literacy Coordinator Tom Bolema via U-Save-Em envelope or at the Education Department on the lower yard.

Notice of Information:

For questions regarding information about the article Investigation Finds Global Tel* Links Prepaid Service Misleads Customers in the July 2013 edition of SQ News, concerned citizens may contact: According to GTL's form letter, its customer service address, telephone numbers, and websites are as follows: GTL Inmate Communication Services Global Tel*Link Advance Pay P.O. Box 911722 Denver, CO 80291-1722 1-888-415-0377 Customer Service www.gtl.net 1-866-607-6006 GTL AdvancePay/automated www.offenderconnect.com GTL has more than one address, several telephone numbers, and two websites. Its corporate address listed in its tariff filed with the CPUC reflects: Global Tel*Link Corporation Jeffrey B. Haidinger, President 12021 Sunset Hills Road, Suite 100 Reston, VA 20190 California Public Utilities Commission www.cpuc.ca.gov 505 Van Ness Ave. San Francisco, CA 94102 (415) 703-2782 (415) 703-1758 Fax Michael R. Peevey, President Mark J. Ferron, Commissioner Mike Florio, Commissioner Catherine J.K. Sandoval, Commissioner

Prisoner Teaches Others the Skills of Construction Work

By JulianGlenn Padgett
Journalism Guild Chairman

San Quentin inmate Wendell Forest has worked at several prisons in the construction trade; now he pays it forward by teaching others what his step-dad taught him the skill of laying cement.

"It's therapy for our minds and it keeps us focused on positive things. We work hard and put the same expertise into our work as we would if we were free because someday we will be," Forest said.

Forest comes from a long line of tradesmen, and when both of his brothers saw he was serious about construction, they helped him further his skills. Yet, it was his step-dad who got him into construction.

"Yeah, my brothers took me to a different level but my step-dad taught me the trade--basically we did framing. I worked a lot with him and I learned a great deal from him too."

Incarcerated for six years, Forest has been at San Quentin for a year and a half and he is using his skills to help other inmates learn the cement trade.

"It's kind of like paying it forward, like passing it onto somebody else," said Forest. "I'm using what my step-father taught me and I'm teaching other people the same."

While he was at Vacaville State Prison, Forest said he

worked in the construction program 1994-95, refurbishing all the baseball diamonds at a Vacaville park.

One of Forest's protégés, Michael Hampton, said he never did any construction work prior to arriving in prison 16 years ago. In his job interview, the supervisor asked him if he worked on a construction site before.

"I said no, but if you give me a sledge hammer, I will bust up whatever it is you need me to bust up. He hired me right there on the spot and I was given the opportunity to work as a laborer," Hampton said.

Hampton, who has been at San Quentin for four years, said he has learned from guys like Paul Lombardi, the site foreman; his supervisor, Michel (pron: Mee-shell); and Correctional Officer Gossett.

"The experience that I have, I bring in here for the men to learn it, because one day they're gonna' get out and they can use it," said the supervisor.

"Mike's taught me a lot about concrete making, cement finishing and how to use the tools safely," Hampton explained. Prior to coming to prison he sold drugs, and was in a gang, but now he is learning a trade and communication skills, Hampton said.

"I work with people of different nationalities and backgrounds," Hampton said.

"That's the communication I'm talking about -- learning how to

listen and growing from there."

Building Inspector Shane Dickerson, who has worked in the trade for about 42 years, said he finds the project rewarding because the men at San Quentin are very skilled.

"My philosophy is: These men have already been judged and sentenced by someone else," Dickerson said. "I judge them by how they perform on my worksite; if they work like men, I treat them like men."

The inmate construction crew recently built a pad for the Magnetic Resonance Imaging (MRI) trailer truck for the Lower Yard.

Officer Gossett has been doing construction projects at San Quentin on and off for a little over 10 years. Gossett said the completion of the pad will improve the delivery of inmates' medical services.

"I've worked here for 11 years and there's been a lot of expansion around this prison," Gossett said. "I'm fortunate because I've seen the changes of San Quentin and it feels like being a part of history."

Should the opportunity come, Hampton said he now knows about framing, concrete finishing, fencing and how to use the jack hammer for demolition.

"And I'm learning more daily because I'm working with guys like Forest, who doesn't mind teaching if a person is willing to learn," Hampton said.

California Innocence Project Lawyers Fight to Free 12 Prisoners

Twelve California prison inmates are working to gain their freedom, thanks to the help of a group of lawyers called the California Innocence Project.

To draw public attention to their work, three members of the group walked 700 miles from San Diego to Sacramento in June.

"I would never walk 700 miles if I did not believe all of these people are innocent," said Alyssa Bjerkhoel, one of the group's attorneys. "Each case is unique and has its own injustices; I do not doubt the innocence march or the innocence of these clients."

"Our court system is set up to favor jury decisions and uphold convictions even in light of doubts about someone's guilt," Bjerkhoel explained.

"Once you're convicted, there is a presumption that the conviction is valid and it's extremely hard to overcome that presumption," said Bjerkhoel. "Moreover, on direct appeal, the appellate courts, and supreme courts are limited to considering only evidence adduced at trial."

Many times, the wrongful conviction is not obvious from the records or there is no indication of a constitutional violation, she added.

"It's usually not until we conduct an extensive investigation into a case and discover evi-

dence not in the record, that the courts are finally aware of the injustice," said Bjerkhoel.

In discussing the courts, Bjerkhoel said the Anti-Terrorism and Effective Death Penalty Act (AEDPA) changed habeas law forever. It severely limited the ability of state prisoners to bring their cases to court, she said.

"Who was going to vote against the 'AEDPA' right after the Oklahoma City bombing? No one," Bjerkhoel said.

She explained that when her organization goes to federal court in an innocence case, there are a slew of obstacles to overcome.

"First, the highest court must have heard all the claims we are bringing in federal court

"Second, the petitioner must file the habeas petition within AEDPA's one-year statute of limitations," said Bjerkhoel. "If not, we have a whole separate hearing on our client's innocence before we can present the constitutional violations."

"Third, they have to show the state court was unreasonable in its application of clearly defined federal law, which is almost an impossible burden," Bjerkhoel said. "Because of this, most of our cases are litigated in state court."

The California Innocence Project is based at California

Western School of Law in San Diego. It investigates claims of wrongful convictions in Southern California counties, explained Bjerkhoel.

"We receive roughly 2,000 claims of innocence per year. Of those 2,000 cases, we launch investigations into roughly 50 cases. Of those 50, maybe one or two will actually go to court," she stated.

"The California 12 were clients weeded out from those 2,000-a-year cases over the 13 years of our office's existence where we truly believe these individuals are innocent," she said.

One of the 12 is the case of a San Quentin resident, Guy Miles.

"I was sentenced to life for robbing a Fidelity Financial in Fullerton, California," said Miles. "The basics of my case came down to eyewitness testimony, and they were all wrong because I was living in Las Vegas, Nevada when the robbery happened."



Bjerkhoel said her boss, Justin Brooks, the director of the California Innocence Project and law professor at California Western School of Law, came up with the idea for the march.

The walk was held because some of the cases being litigated for years cannot seem to get clients out through the courts,

Vietnam Veterans Group of San Quentin

Scholarship Award

By Chris Schuhmacher
Staff Writer



San Quentin veterans presented scholarships to three high school students for essays on how their parents' military service influenced their lives.

"Due to my father's scars, I have developed a greater appreciation for the men and women who risk their lives to protect our country," wrote Katherine Braun of Livermore. "His willingness to serve in the military has created a drive in me to live a life of leadership and service to others."

Braun won the \$1,750 Marcy Orosco Scholarship Award. Her father, mother, and older sister, Elizabeth, accompanied her. The scholarship committee selected Braun for accomplishments such as her 4.04 GPA, being cheerleader captain, her roles on the student body government, and her numerous hours of community service.

The Vietnam Veterans Group of San Quentin presented college scholarships totaling \$4,000 on June 22 at the 26th annual awards banquet.

The \$1,000 Mary Manley Inspirational Award went to Daniel Lindstrom. He wrote a heartfelt letter about what his father's service in Vietnam meant to him.

"Since returning from Vietnam, life has been extremely difficult. However, I am so proud of my son and thankful to the VVGSQ for their award," said Lindstrom's father, with tears in his eyes.

Stars and stripes banners and military flags lined the walls of main visiting as patriotic music filled the hall. Nearly 100 group members, sponsors, scholarship recipients, and their families came together to break bread and pay tribute to the outstanding students.

The ceremony opened with the Honor Guard's presentation of our nation's colors. This was followed by VVGSQ Vice Chairman Lawson Beavers escorting scholarship recipients Braun and Lindstrom to light candles at a table set in remembrance of POW/MIA military men and women.

In addition to the scholarship awards, the VVGSQ also unanimously elected Raphaelle Casale as co-sponsor. Secretary/Treasurer David Basile listed how much of an asset to the group Casale has been over the past year. After a brief deliberation, the vote was unanimous in favor of Casale becoming a sponsor. Basile presented Casale with an official VVGSQ hat.

Certificates were passed out to VVGSQ members who held leadership roles within the group. Sponsors of the Veterans Issues Group and Veterans Training Ground programs received engraved plaques thanking them for their service.

Taylor Trummel was selected to receive the third \$1,250 Veterans Scholarship Award; however, she was not able to attend the event but came later to accept the award.

The ceremony closed with VVGSQ Outside Coordinator Greg Sanders extinguishing the POW/MIA candles, as Larry 'Popeye' Faison played Taps. Sanders said the best part of the evening was, "Seeing the father's of the recipients stand in front of the group and express their gratitude. We were able to honor them by honoring their children."

she said. Three of the 12 have actually had their convictions reversed and subsequently reinstated by the appellate courts, she added.

"It's hard to put into words how many hours we have spent preparing for the innocence march," said Bjerkhoel. "We've spent countless hours litigating these cases before we decided to take them to the governor."

Bjerkhoel said they experienced many challenges during the walk: back and knee pain, extensive blisters, allergic reactions, 50-mile-per-hour winds, extreme heat and extreme cold.

Bjerkhoel said most of her thoughts were of their clients and that it was their strength that kept her going.

"I am not sure I would have the faith to press on if I was in their situation. I admire their courage in the face of extreme odds."

—JulianGlenn Padgett

Prison Realignment Causing Changes in Prisoner Profiles

‘Counties are incarcerating the vast majority of newly sentenced felons’

By Michael Calvin Holmes
Journalism Guild Writer

Prison realignment is compounding overcrowding at California’s county jails, and is causing significant changes in who is incarcerated and for how long.

Those are the major conclusions of a nine-page report issued in 2012 by the Public Policy Institute of California, and independent research organization.

Realignment was Gov. Jerry Brown’s response to court orders to reduce prison over-

crowding. It was enacted by the Legislature with passage of AB109.

“California has given its counties enormous new responsibilities for corrections—including authority over many new types of felony offenders and parolees. Rather than go to state prison, these offenders now go to county jail or receive an alternative sanction,” the report notes.

“In the first few months of realignment, California’s jail population increased noticeably—but many jails were already facing capacity concerns. We

find that some offenders who would have been incarcerated prior to realignment are now either not locked up or are not spending as much time in jail. Going forward, counties will need to consider a wide variety of approaches for handling their capacity concerns and their expanded offender populations.”

The report concludes, “California’s county jails faced serious capacity constraints even before realignment began—and in spite of a declining jail population. It now appears that realignment will add substantial pressures and force counties to make some difficult decisions.”

“Evidence from the first three months of realignment suggests that, as expected, counties are incarcerating the vast majority of newly sentenced felons. But inmates awaiting or on trial are less likely now than they were before realignment to be incarcerated—or they are being incarcerated

for shorter periods of time,” the report says. “Parole or PRCS technical violators are also less likely to spend time behind bars—and may even spend no time at all.”

“The effect of these changes on public safety in the state will be among the most consequential—and watched—outcomes of realignment,” the report adds.

The courts ordered the California Department of Correction and Rehabilitation to reduce its population down to 137.5 percent of designed capacity. The court’s decision was based on findings that California state prison’s mental and medical health care suffered severely due to the overcrowding of prison inmates, which resulted in violating their constitutional rights.

According to county jail ADP, before AB 109 realignment, county jail population had been on the decline. Since the realignment, county jail’s ADP appears to have increased by 4,000 inmates.

Although current data does not provide specific detail on how the shift from prisons to county jails population was achieved, the data does show

that in the first three months of realignment, there was a significant decrease of felons in prisons and an increase of offenders in county jails.

Also, it was found that the daily county jail population increases by one inmate for every three felons who are no longer housed in prison.

In 2007, AB 900 earmarked \$1.2 billion in state matching funds for county jail expansions. In June of this year, SB1022 made \$500 million in state funds (with a county match of 10 percent) available to counties for jail construction. Nevertheless, California county jails are still saying that they are overwhelmed and in need of more funds to accommodate the overflow of inmates.

Options the report suggests to relieve jail crowding include releasing certain pretrial inmates who can not make bail, or release an inmate on his or her own recognizance. Furthermore, counties can also implement alternatives to jail time: such as inmates attending day reporting centers; substance abuse treatment programs; work release or restorative justice programs; or home detention with electronic monitoring.



Riverside County Jail

Photo courtesy of The Desert Sun

Memorial Service Held To Honor Passing of 6 Men

By Tommy Winfrey
Contributing Writer

On June 14, about 60 men in blue gathered in San Quentin’s Protestant Chapel, for a memorial service held in honor of Ron Taylor, Jessie “Blue” Wells, Lyle “Butch” Anderson, Eric Baumer, Larry Barnes, and Robert Bridget.

During the last six months, these men passed away from various ailments.

The oldest was Baumer who passed on February 10, at the age of 64. The youngest was Robert Bridget who passed at the age of 53 on March 24.

Ronald Taylor passed at the age of 60 on February 11. Barnes passed at the age of 57 on May 17. Wells passed at the age of 55 on December 20, 2012.

“Death is hardest on the ones left behind,” Pastor Mardi Jackson said in an opening prayer.

After Jackson’s prayer, one of San Quentin’s musical group, Nue Dae preformed *Born Again*.

In a procession, the men in blue stood one by one, sharing their memories of the deceased—some shedding tears as they recounted their stories.

A young man named Sebastian shared how Anderson was his only cellie in San Quentin.

Anderson had even been kind enough to wash his shoes for him one time, Sebastian said. “I will love and miss you.”

In what can only be described as a miscommunication because

of Anderson’s discharge from prison under Proposition 36, he was believed to have passed on the June 4.

In reality Anderson clung to life until one minute before midnight on June 18, when he passed from liver failure in Marin General Hospital.

Anderson was 60.

Wyatt, a friend of Baumer shared how he stopped taking his insulin and nobody noticed.

Baumer was a Vietnam veteran who spent six years of his military career fighting there. “All he wanted to do was surf,” he said. But, he gave up on life, Wyatt concluded.

“When I lost him, it felt like I lost my brother,” said Carley McFarland about his cellie Wells.

“Ron was that person everyone loved to hate... But he was a mama’s boy just like me and he loved his mama,” said Bobby Evans about Taylor.

Mike Adams recounted how much commitment Robert Bridget had to God. He told how even in pain he came and participated in a two-hour service all for the love of his Lord two weeks before his passing.

“Kahlil means friend, and he was a friend to everybody around here,” said Raphael Calix explaining Larry Barnes’ Muslim name.

Nue Dae closed the memorial with the song *I Heard Your Voice*.

Many men expressed their thanks to the event organizers.

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.

Website Offers Help to Families of those Incarcerated

A new and free search engine, 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 prisons or jails. It also allows families and friends of inmates to communicate with each other on a specific page.

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.

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San Quentin Giants Went on a Mission to Win

By Ruben Harper
Sports Writer

Jeff Dumont pitched seven durable innings and struck out four batters as the San Quentin Giants topped the outside baseball Missions team, 6-3.

"I wish I could have struck out everybody," said Dumont, the Giants' starting right-hand pitcher, after the game. "Strikeouts are an ego-booster; they are not a necessity in a baseball game."



Photo by Sam Hearnes

San Quentin Giants Pitcher Jeff Dumont

Kings' Defense Prevails

By Rahsaan Thomas
Sports Editor

The San Quentin Kings' defense overcame bad shooting to beat an unnamed outside team 67-44.

The Kings normally stellar three-point shooters couldn't buy a bucket. Oris "Pep" Williams, who is usually hot from three-point land, was cold, missing 11 out of 15 shots. He was still a factor, scoring nine points, snatching 11 rebounds, getting four assist, one steal and spreading the defenders.

Teammate Thad Fleton commented, "Williams spreads the defense, so we can play inside out."

Aubra-Lamont McNeely is normally money in the bank from deep, but he went 0-8 from three-point land. He did score two points from the field and two from the line for a total of four. Asey is another good outside shooter, but missed his first

six shots, before hitting three treys in a row.

However, Fleton held the Kings down, leading with outstanding inside and short jumper game, hitting nine of 12 shots, scoring 16 points and getting six rebounds. "Defense was the key to winning," Fleton said.

The July 20 game started out going back and forth, with the Kings only up one point, 24-23 at the half. Kings coach Orlando Harris told his team, "The game is close 'cause they're out-hustling us; move the ball inside. They're playing harder than us. Defense is where it starts. Don't worry about scoring, box out when the ball goes up."

His team listened, played good defense in the second half, took a 12-point lead by the end of the third, and never looked back.

The outside team included David St. Geme, Jeremy Voss, AJ Comeau, Mike Edmonds, Danny Sullivan and Ben Draa.

| SAN QUENTIN KINGS BASKETBALL LEADERS | | | |
|--------------------------------------|-------|----------|---------|
| June 22 through July 27 | | | |
| Player | Games | Points | Average |
| Peirce | 4 | 40 | 10.00 |
| Jones | 4 | 34 | 8.50 |
| Long | 3 | 20 | 6.66 |
| Fleton | 4 | 50 | 12.50 |
| McNeely | 4 | 23 | 5.75 |
| Walker | 3 | 25 | 8.33 |
| Asey | 4 | 37 | 9.25 |
| Oliver | 3 | 14 | 4.67 |
| Williams | 4 | 37 | 9.25 |
| Manning | 4 | 24 | 6.00 |
| Quinnine | 2 | 7 | 3.50 |
| Player | Games | Rebounds | Average |
| Jones | 4 | 26 | 6.5 |
| Williams | 3 | 19 | 6.33 |
| Walker | 3 | 18 | 6.00 |
| Oliver | 3 | 13 | 4.30 |
| Long | 3 | 12 | 4.00 |
| McNeely | 4 | 16 | 4.00 |
| Thompson | 4 | 11 | 2.75 |
| Manning | 3 | 8 | 2.67 |

SPORTS

He scattered eight hits, hit three batters and walked two men. A near errorless defense galvanized the Giants' for the victory.

"I want us to get runs early, and maintain our lead," said San Quentin Giants General Manager Elliot Smith before the game.

'If we are going to win, we have to eliminate walks and not play from behind'

That was the formula as the Giants' players jumped out to a 2-0 lead in the bottom of the first inning behind a two-run homerun blast by starting catcher Danny Schrader.

"Sean just happened to make a mistake, and I took

advantage of it," said Schrader.

In the top of second inning, Missions erased their two-run deficit to even the game at 2-2 as they responded to Dumont's lack of pitching command when one Missions player crossed the plate on a walk, and another through an RBI single.

"If we are going to win, we have to eliminate walks and not play from behind," said San Quentin Giants inmate head coach Frankie Smith after the Giants barely escaped their second inning defensive jam.

The Missions got another run in the top of the third inning. It came off an RBI single to right field by Missions left-fielder P. Matt.

The Giants pulled away for good in the bottom of the fifth inning.

Their response came through designated Giants' hitter Mike Tyler, who punched a two-run RBI double to right-center field, scoring Richard Zornes and S. Sandivol as the Giants jumped to a 6-3 lead.

Missions' batters could not respond to Dumont's sturdy pitching for the remaining four innings in the game.

Giants' right-hand pitcher Dumont got the save with six walks, one error, and four hits.

Sean got the loss with two walks, three batters hit



Photo by Sam Hearnes

Giants General Manager Elliot Smith, Ronald Dalton Martin Terry Burton and Jeff Dumont

by wild pitches, four singles, two doubles, and one homerun.

"I started off below average; after the second inning, I loosened up a bit as I started hitting my spots," said Sean after the game. "I think we did OK, but we have to get better because I know the A's are a better team."

"Our plan was to have fun this game," said Missions head coach F. Greg. "We wanted to dedicate this game to Johnny Barlett, who was our teammate that was hit in the throat by a baseball which caused him to have a heart-attack nine days later due to a clogged throat artery."

Barlett is in the hospital recovering and is said to be fine.

First Iron Man Event in San Quentin

By Chris Schuhmacher
Contributing Writer

NBC may have American Ninja Warrior, but San Quentin now has its own test of agility, strength, and endurance. On July 4th, the first ever Ironman competition was held on the Lower Yard.

Sixteen contestants, ages ranging from 23 to 63, battled it out in what proved to be a fierce competition. Reggie Hola, 23, became the first-ever Ironman champ with a winning time of 5:49. "I've played football, basketball, and rugby, so I was kind of forced by the homies to represent," said Hola. "But, now that I have the title, it feels real good."

The competition was based on time and the contestants' ability to navigate the seven different challenges that spanned the entire Lower Yard. These events included 50 squats, pushing a water-filled trashcan on a cart up a hill, 20 pull-ups, 50 push-ups, another 50 squats, carrying a boxer's heavy bag around the baseball diamond, and finishing with a 400-meter dash to the finish line.

Second place went to Dean

Soriano, 31, who trailed Hola by a mere two seconds. Darrell Flowers, 42, placed third with a time of 5:54. The top three finishers received granola bar prizes for their performance.

Tournament director Orlando "Duck" Harris was impressed with the number of people who participated in the event and their high level of energy. "They got kind of mad when I

told them they could only run it one time. They're already chomping at the bit for the next one," said Harris.

Dennis Barnes, 63, was the Ironman's oldest competitor. He beat out several other guys who weren't able to finish the course. Barnes turned in a time of 11:28. "You're never too old to stop striving for perfection," said Barnes with a grin.



Photo by Sam Hearnes

Reggie Hola holding the punching bag that he had to carry in the competition

All-Madden Flag Football Coaches Look for Talent

By **Rahsaan Thomas**
Sports Editor

San Quentin's All Madden Flag Football team is sorting through new talent to gear up for another winning season. With the opening of West

Block as a general population unit, the "quality of players has improved" and "the new talent will make us even better this year," said coach Abdur Raheem Thompson. Tryouts/preparations include pre-training camp, a five-on-

five Flag Football tournament and an even more intense training camp for the season scheduled on Saturdays, starting Sept. 7, says sponsor Vernon Philpott.

The pre-training camp consisted of rigorous exercises and drills, which were "just a taste of what they are going to get at training camp," said Coach Thompson.



Photo by Sam Hearnes

Promising football players showcasing their talent

Creator of 'The Show' Magazine Brings 'Champion Basket League' to San Quentin

A unique basketball league has been launched at San Quentin by the inmate behind The Show, the popular magazine that appears weekly on cell block walls.

The Champion Basketball League, organized by Aaron "Imam Harun" Taylor, includes a draft, unusual rules, all 38 and older players, under 38-year-old coaches, multi-racial teams and takes place in the gym.

Taylor debuted the league with a draft on June 22. Coaches picked from a list of available players, all over 38, during six rounds. The draft was held to "keep all the teams balanced," Taylor explained.

The younger guys chose team names such as "Death Row," "Fully Loaded," "The Assassins," "Game Time" and "Most Hated."

Known as the CBL, it has unusual rules such as all or nothing free-throws. That means only one free throw is awarded, but it scores one, two or three points – depending on the type of foul. Free throw baskets count as one for a foul inside the arc and as two for fouls behind the three-point line. Technical fouls are worth three points.

"The CBL rules are great, except for three points for one technical foul shot," stated player Oris "Pep" Williams. However, "The three-point tech rule is here to stay. It will keep teams from catching techs in the first places," Taylor insisted.

The four-on-four half-court games began July 6 in the gym and approximately 200 inmates showed up to watch. The first match-up was between "Death Row" and "Fully Loaded," which The Row won, 19-9.

This league is running first as a pilot program for the older

guys and is scheduled to last nine weeks, including the championship. Taylor said he hopes to start another league for younger players. It's a "great opportunity for older guys to relive their glory days. My teammates are the best," added La Cooke of The Assassins.

Games take place on Saturday, Sunday and Monday nights, with six different teams playing three separate games. "If it goes well, it will be opened up to all ages," said Taylor.

Coaches and players say they love the CBL. "I really, really, like it. Whole lot of excitement," said Robert Lee. "Awesome League," said Demond "Oola" Lewis of Fully Loaded.

The CBL promotes unity. The younger basketball players are the coaches of the veteran teams. All races play together on mixed teams. "The CBL is a good thing for morale and great use of the gym," said player Tone Evans.

Taylor received a laudatory chrono, commending him for his sports programs from 2008-2011 at Centinela Prison. The

captain who issued the chrono credited his CBL for a reduction in violence there, according to Taylor. It was "created to combat constant violence," he said.

Taylor also started The Show magazine at Centinela, in which he used his comic nature to highlight amazingly good or bad plays that happen on the court. He is now producing The Show at San Quentin.

Taylor covers the games and prints all the stats in his magazine, which inmates call the best-known secret in San Quentin. Currently, The Show is distributed by pasting a copy on the walls in the various prison sections and cell blocks. Only Lt. S. Robinson and whoever was interviewed gets a precious copy. Taylor's goal is to get enough printed to give one to every cell in San Quentin. "They could cheer up Death Row guys with its comedy nature," said Taylor.

In the meantime, you can "bet all amazingly good or bad plays that happen in the CBL will be mentioned in The Show," said Taylor.

—Rahsaan Thomas



Photo by Sam Hearnes

Brian Asey and Aaron "Imam Harun" Taylor



Photo by Sam Hearnes

Coach Abdur Raheem and Sponsor Vernon Philpott

"good work effort, great wide receiving and leadership" to the team. Hunter says he plans to be "a team player ...ready to help my team and be a weapon when needed."

Who actually makes the squad will be decided during training camp, but with so much available talent, sportsmanship, teamwork and attitude could be the deciding factors, said Thompson and

Philpott.

It's planned for All Madden to play six different teams from the outside, as well as the San Quentin Seahawks.

Last season's All Madden team "only had one loss and that was to The Chosen, which we also beat in our first match that year," said Philpott. The Chosen player Andre Jackson said, "We plan to bring it to them again this year."



File photo

Frank Ruona running in the Paris Marathon

San Quentin's 1,000 Mile Club Coach Takes on Paris Marathon

By **Ruben Harper**
Sports Writer

On April 7, long-time runner and coach of the San Quentin 1,000 Mile Club, Frank Ruona, clocked in a time of 3:47:18 in the annual Paris Marathon. At age 67, he finished 23rd for his age category.

"Corrals are established by qualifying times and age group," said Ruona. "I competed in the 3:03 corral, which is a 65 to 69 age group."

While running pass some famous French landmarks like The Bastil, Cathedral Notre-Dame de Paris and the Tour Eiffel, Ruona maintained a steady pace throughout the race.

Of the 40,000 runners, Ruona finished ahead of more than 36,000 other marathoners.

In Ruona's corral, Claude Besnard, 60 came in first place with a time of 3:15:05.

Ruona said running marathons takes practice. "I train long-distance pacing runs to get comfortable with an eight minute per mile pace for 26.2 miles."

Ruona credits his performance to his experiences he learned while coaching San Quentin's 1,000 Mile Club.

"If you qualify for Boston, you qualify for New York, Berlin, Austria and most other marathon races," said Ruona. "Running is a good way to meet people," adding "Many international runners were amazed with me advising men to run marathons inside San Quentin."

Crossing the finish line first at Porte Dauphine near the Arc De Triomphe was a fast Kenyon runner Peter Some with a time of 2:05:38. Second place went to Ethiopian, Tadese Tola in a time of 2:06:33. Third was Kenyon, Eric Ndiema at 2:06:34.