

# San Quentin News

*Happy Holidays*

THE PULSE OF SAN QUENTIN

VOL. 2013 NO. 12

December 2013

SAN QUENTIN, CALIFORNIA 94964

www.sanquentinnews.com

POPULATION 4,109

## Realignment Switch Hurts Female Inmates

By Kevin D. Sawyer  
Journalism Guild Chairman

Female inmates in California state prisons are suffering a disproportionate number of indignities as a consequence of the state's plan to reduce prison overcrowding by shifting the responsibility for low-level offenders from state to county authority.

According to an article, Too Many Women, written by Matthew Fleischer, female inmates have only benefited from this plan by small measures.

For example, some mothers

— primary caregivers — serving time for non-serious, non-violent, and non-sexual crimes, are allowed to complete their sentences in community facilities or at home.

Close to one-third of the female inmates in the California Department of Corrections and Rehabilitation (CDCR) were imprisoned for convictions related to drugs, wrote Fleischer.

Because of the plan new low-level offenders are kept in county jails, and “the women’s

See *Female Inmates* on page 7

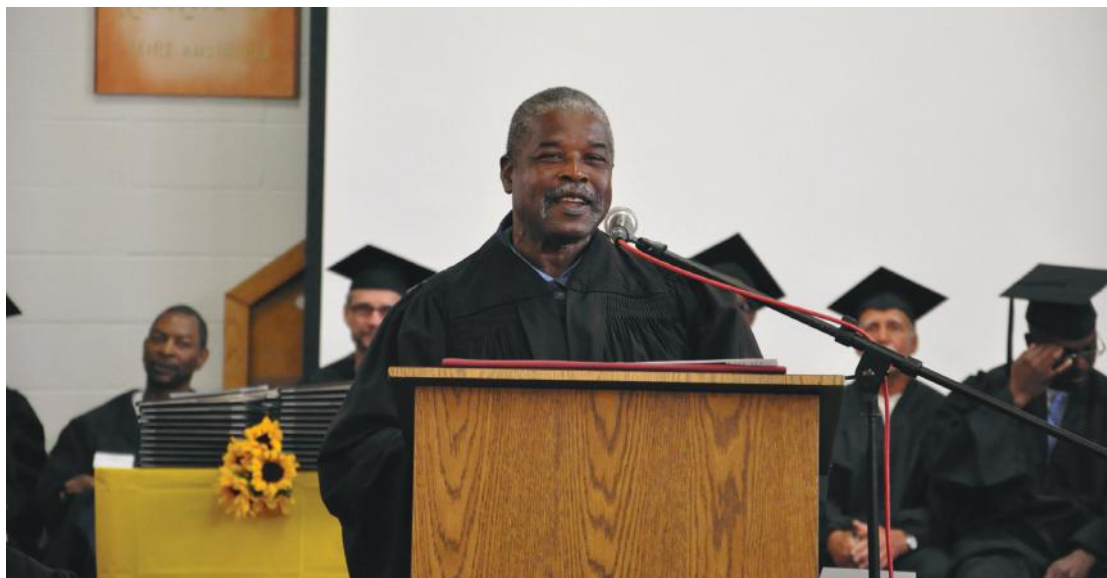


Photo by Sam Hearn

Glenn Hill giving a speech about his GRIP experience

## 75 New GRIP Graduates Promise to Work for Peace

By Juan Haines  
Managing Editor

More than 300 men and women, including family members, filled San Quentin's Protestant Chapel to witness 75 inmates receive diplomas for completing the Guiding Rage into Power

program (GRIP).

The new graduates of the 52-week program, which focuses on examining the root cause of violent tendencies, took a pledge to return to their communities as agents for peace.

“We need to fight to help get these men back into the commu-

nity—to do the work they want to do,” *It Calls You Back* author Luis J. Rodriguez told the audience.

Rodriguez spoke about ending his own gang activities and substance abuse. “What helped

See *Grip Graduates* on page 12

## Judge Slams the Door on Cancer Patient, 81

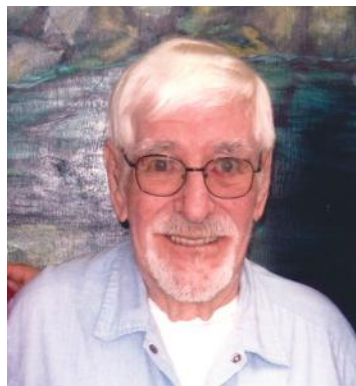
By Boston Woodard  
Staff Writer

After the California parole board granted 81-year-old terminal cancer patient Bill Lambie a compassionate release last July, Superior Court Judge Rodney A. Cortez refused to sign off on his release.

Without further explanation, Judge Cortez of San Bernardino County (Joshua Tree District) wrote, “Defendant’s motion to be released is denied.”

As an octogenarian, Lambie would not pose a threat to public safety if released from prison, according to state prison officials.

San Quentin’s Dr. John



File Photo

Bill Lambie

Cranshaw traveled to San Bernardino to testify at the Oct. 29 hearing for Lambie’s re-

See *Cancer Patient* on page 4

## Death In Dixieland 82 Percent of Executions Are in the South

By Charles David Henry  
Staff Writer

The Death Penalty Information Center (DPIC) reports, “As of January 2013, 3,125 inmates on death row came from 2 percent of the counties in the U.S.”

“The death penalty is not evenly distributed across the country,” reports DPIC. “Four states including Texas, Virginia, Oklahoma, and Florida, have been responsible for al-

See *Death Penalty* on page 9



Photo courtesy of AFP www.telegraph.co.uk/news/worldnews/northamerica/usa

Lethal injection chair in Texas’ Huntsville Penitentiary

## San Quentin Celebrates the Second Annual Veterans Day

By Sukey Lewis  
Richmond Confidential

It was an early Monday morning—the fog lifting in the salty air and the cries of seagulls echoing over the lap of waves against a rocky beach. Two sea otters tumbled through the water about 20 feet from shore. However, 200 yards from this idyllic setting, 4,186 men live behind razor wire, granite walls and steel bars.

Approximately 450 of these men are veterans of America’s wars.

On Nov. 11, San Quentin Prison celebrated Veterans Day. The mood on the yard was solemn as



Photo by Sam Hearn

Top: Cadillac Norfleet, Michael Flemming, Wesley Haye, Brent Mackinnon, Susan Shannon, David Henry, Sabrina Seronello, Ronald Coleman, Mary Donovan, J.D. Martin, Jonathan, ??, Kenneth Goodlow, Albert Garner, R.C. Capell. Bottom: Emillo Rojas, Craig Johnson, Samuel Gaskins, Sean Stephens, Ron “Yana” Self, Isaiah Thompson, Quincy Walker, Daniela Seronello Bingham

inmates stood on a small stage to recite the names of the fallen. But, the atmosphere also felt festive; for many of these men, the occasion was a break in the routine of penal life and a chance to mingle and socialize with guests from outside the prison walls.

It was the second annual Veterans Day remembrance celebration initiated by a prison group called Veterans Healing Veterans. This program offers some hope that insight from imprisoned veterans can help those struggling to recover from combat outside the walls. And inmates with roots in Richmond are putting the same principles to use helping those civilian vet-

erans of everyday combat with urban crime and poverty.

Ron Self, the founder of Veterans Healing Veterans, still looks very much like the marine he once was. Well over six feet tall with neatly trimmed hair and dark sunglasses, Self carries himself with such authority it is easy not to notice the blue prison uniform he wears as an inmate.

Self served in the Gulf War and “pretty much every conflict between ‘87-’96.” Self founded the group because he was concerned about the high rate of suicide among veterans. Two years ago, when he started Veterans

See *Veterans* on page 20

Inside Edition #53

GRIP graduation	1	\$44.7 million for jail	9
Female inmates	1	FCC praised	10
Cancer patient	1	Michael Endres	10
Death penalty	1	ACLU push	10
Veteran's Day	1	Shakespeare	11
Officer Davis retires	2	Arts & Entertainment	14
Gov. Brown vetoes bill	3	Book Review	15
Responsible inmate care	3	'OG' perspective	15
Shafter jail to reopen	3	Asked on the Line	16
Words to my Father	4	Wellness Corner	16
Sesame Street visit	5	Oragami Cranes	17
Dr. Cranshaw leaves	6	Obituary	17
Men's Advisory Council	6	Education Corner	18
Property crimes decline	6	Santa Monica violence	18
Disenfranchisement law	7	Religion	19
Editorial	8	News Briefs	21
Letter to the Editor	8	Sports	22-23
\$500 million on the table	9	Calendar	24

We Can Use Your Help

The San Quentin News is not supported financially by the California prison system and depends on outside assistance. If you would like to help, there are two ways, both of which are tax-deductible. To contribute with a check, send it to Prison Media Project, c/o Media Alliance, 1904 Franklin Street, No. 818, Oakland, CA 94612. **Do not use this address for general correspondence. Instead, write to the San Quentin News, 1 Main Street, San Quentin, CA 94964.** To contribute with a credit card, go to our website, [www.sanquentinnews.com](http://www.sanquentinnews.com), click on Support, and then on that page go to the bottom paragraph and click on Here. That will take you to the page where you can use a credit card. A special thanks goes to Marin Sun Printing in San Rafael where our paper is printed. The following groups and individuals have already made contributions:

FOUNDATIONS

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

INDIVIDUALS

Violet Adkins, Lois Ahrens, Alliance for Change, Anonymous, Bill Anderson, Daniel Barton\*/Attorney at Law, Iris Biblowitz\*, Christopher B., Jeremy D. Blank, Bruce and Maris Budner, Kasi Chakravartula\*, Abby Chin, Yevgenya Chityan, Lita Collins, Kevin Danaher, Christine Dell, Barry Eisenberg, Tamar Enoch, Jesykah Forkash, Amy Friedman, Geraldine Goldberg, Joyce Griffin, William Hagler, Jordana Hall, Jun Hamamoto\*, Danielle Harris, Suzanne Herel\*, Mary Hiester, Douglas Horngard, Jeremy Johnson, Monica Johnson, Susanne Karch\*, Helen Kelly, Chad Kempel, Richard Keyes, Elsa Legesse\*, Michele Lomelino, Melvin and Cherly Macomber, Linda Mafrice\*, John Mallen\*, Rosemary Malvey\*, Edwin McCauley, June McKay\*, Ray Menaster, Eugenia Milito, Kelly Mortensen\*, Adriana Navas, Leslie Neale, Thomas Nolan\*/Attorney at Law, Daniel and Julia O'Daly, Caitlin O'Neil, Pat Palmer, Jay Parafina, Sarah Parish, J.S. Perrella\*, Quilley Powers\*, Martin Ratner\*, James Robertson\*, Lois and Steven Rockoff, Manuel Roman Jr., Diane Rosenberger, Jennifer Rudnall, Elizabeth Semel, Jonathan Simon, Ameeta Singh\*, Nancy Street\*, Josh Taylor, Jim Thompson, Bill Twist, Lori Vasick\*, Jeanne Windsor, Frank Zimring.

\*Have made more than one donation

Contributions by:



Prisoners United in the Craft of Journalism  
In collaboration with students from the



**BEHIND THE SCENES**  
The San Quentin News is printed by the Marin Sun Printing, San Rafael with donations from supporters.

Officer K.A. Davis Retires

By Arnulfo Garcia  
Editor-in-Chief

When an opportunity presents itself, sometimes you have to act. That is how Correctional Officer K.A. Davis began his career with the California Department of Corrections and Rehabilitation.

"When I heard that San Quentin was hiring, I didn't think twice, I joined CDCR," C.O. Davis said.

Before becoming a correctional officer with the department, Davis was working with Bank of America.

"Working at the bank was a good job, but I needed a job with real security for my growing family," Davis explained.

Davis said his brother, Richard Davis, began working at the prison a couple of years before him and was happy working at the Vacaville State Prison.

"I saw Richard's overtime check of \$1,800. I knew I had to join too. So in 1985 I went to the Academy and I joined the San Quentin staff on October 28, 1985. This place was close to my house; it was just too good to turn down," said Davis.

Yet his transition from bank employee to correctional officer was not that easy, he said. Besides having a brother working in the department, he had another issue.

"My brother, Jerry Davis, was serving time in Tehachapi, another California prison. He did 12 out of 18 years for strong-arm robbery," said Davis.

In addition to having both brothers involved in the system, Davis found a number of his street associates were incarcerated..

"I started working in the H-Unit dorms, and ran into 10 guys I knew," Davis said. "CDCR has a policy about what is allowable and what is not. Can you imagine coming to work as a prison officer and seeing people you grew up with?" he asked.

CDCR policy is to report it immediately if you run into someone you know. He chose not to and when asked if that presented any problems, he said it hadn't.

"The inmates knew not to ask for anything from me, they just knew," Davis said.

On his first day of work, Davis said there was an inmate who taught him some of the ropes when he was put in charge of feeding over 100 men.

"When I got to work, they handed me a set of keys and told me to go to the fourth tier. An inmate named Malo showed me how to set up the food cart," said Davis. "Although I had gone through the Academy, they didn't teach us how to feed the men."

Having no idea exactly what he was doing that first day, it took him about an hour to feed 53 men. Then, "I had to escort from 40 to 60 men in East Block to one of six yards on the back side of the unit and I relied on inmates to show me what to do," explained Davis.

In those days, Davis said there were gangs but he did not know anything about them.

"I had a Blood in the first cell, a Northerner in the second, and



Photo by Raphaelae Casale

C.O. Davis standing next to the MVB Gate

a Sureño in the fifth cell, that was my first introduction to the Bloods, Crips, Mexicans, and White gangs," said Davis. "I learned a lot in those early days and I gained a lot of people skills working with so many inmates."

Davis and his brother Richard, who recently retired from Emeryville Police Department, have been speaking at high schools, and county jails for several years, trying to make a difference in the students' lives.

Recently they spoke at Castlemont High School for Career Day. Many of the guys just need direction, he said. Unfortunately, some are into a "get rich or die trying" philosophy.

"When we first started public speaking, people were very skeptical. But we were trying to bring them around because they had no guidance or direction," Davis said. "Yes, we got booed, but people began to listen because they knew we were the last leg of the criminal justice system," Davis said. "Their families and the community were supportive of our jobs."

Today the climate in San Quentin has changed, says Davis. When he first began working here, 60 percent of the prisoners were locked down.

"Although there were education programs here at San Quentin back then, there were not as many as there are now," Davis said. "I think it's good that the men have a link to educating themselves."

He also thinks CDCR did not train him or other officers to recognize those that were new to the system, and those that were institutionalized.

"Now some of the younger officers are bringing in a mentality that prisoners are scum. That puts the department in a bad light and it's not a productive belief system," Davis said. Whether it is studying for a GED, AA, seminary credential or degree, he said, once a person knows better, they will treat others better.

For almost three decades, Davis has gone through a variety of challenges with CDCR but a personal tragedy caused him to rethink his position with the department.

"One day when I was at work I got a call from a friend who said, 'your baby's dead,' " Davis said. "I tried to get someone to work for me because I had to leave and they couldn't get a relief officer." Davis said he left anyway

"My son Keith Davis was killed in a case of mistaken identity in 2012," Davis said. "He was 19 and had just gotten out of the Youth Authority."

Davis explained that while in Youth Authority, Keith had met someone who closely resembled him. Keith was murdered while he was at the house of an associate he met in Youth Authority.

"The killers came around the corner of the house with AK 47's and they thought my son was someone else who had been in YA," Davis explained.

"The investigation is still ongoing even though the murder happened two years ago," he said.

Davis said the tragedy of his son's death motivates him to keep going, and talking to kids.

"The kids today are in a different world where we don't see each other as our brother's keeper, or as helping each other."

Davis often speaks at the Catholic Charities in Oakland where he talks to kids regularly. He wants these kids to know that he is speaking to them out of love.

"As a black man, I love my race, however we men of color must tell our children that they are loved and validated, which gives them a sense of who we are whether they are Black, Hispanic, or Asian," said Davis.

He wants young men and women to know that often there will be only seconds to make a decision that could put them in prison.

"Things have changed a lot. Nowadays, my community wants to know more and more about San Quentin because they don't see it as a threat." Davis said. "I am very proud of my uniform, and I wear it in my community," he adds.

Davis will be retiring after 28 years with the California Department of Corrections and Rehabilitation.

—JulianGlenn Padgett  
contributed to this story

# Gov. Brown Vetoes Bill to Lower Drug Charges

**By Wesley R. Eisiminger**  
**Journalism Guild Writer**

Gov. Jerry Brown returned to the Legislature a bill that would have reduced the amount of jail time offenders serve for possession of certain drugs.

Senate Bill 649, introduced by Sen. Marc Leno (D-San Francisco), would have allowed prosecutors to charge a simple possession for personal use of drugs like cocaine and heroin as a misdemeanor.

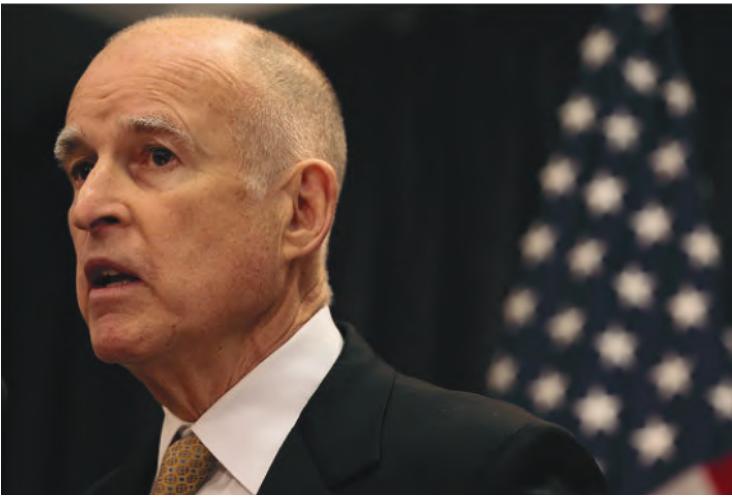
Under current law, an offender could spend from 18 months to three years in jail for possession of these types

of drugs.

Proponents of the bill said it was an important step in dismantling the “war on drugs.” Potentially it would save millions of dollars, making more funds available for drugs and mental health treatment.

The Legislative Analyst Office estimated that if all counties charged possession as a misdemeanor, it would save \$160 million annually.

The bill would have allowed judges to impose probation and a \$1,000 fine or community service for the first offense, and \$2,000 or community services for the second offense.



Gov. Brown at a news conference

If a defendant did not have the ability to pay the minimum fines, it specified the defendant would be ordered to do community service in lieu of a fine.

In the governor’s veto message, he wrote, “We are going to examine in detail California’s criminal justice system, including the current sentencing structure. We will do so with the full participation of all necessary parties, including law enforcement, local government, courts and treatment providers. That will be the appropriate time to evaluate our existing drugs laws.”

# ‘State Still Responsible for Shifted Inmate Care’

*State still responsible for its inmates in county jails who need ‘basic necessities of life’*

**By R. Malik Harris**  
**Staff Writer**

In court papers, state officials said they are no longer responsible for the care of the offenders affected by the state’s plan to relieve prison overcrowding by shifting the responsibility of low-level offenders from state to county control. A three-judge federal court disagreed, ruling that the state still owed a duty to disabled offenders in county jails.

Justice Stephen Reinhardt, speaking for the court, said the state is still responsible for the care of inmates who are in need of “basic necessities of life” such as “wheelchairs, sign language interpreters, accessible beds, toilets, and tapping canes.”

Although the court did not

require the state to provide financial assistance to inmates or to county lockup facilities, the court found the state responsible for tracking those inmates and providing them with the means to file grievances.

### LEGISLATION

State legislators recently amended California law to allow certain parole violators and those awaiting parole revocation hearings to be housed in county jails to thwart prison overcrowding.

The amendment places some parole violators and detainees in county jails under the “legal custody and jurisdiction of local county facilities.”

The state argued the law placed the responsibility of those inmates on county jail administrators. However, un-

der the new law the state is still responsible for initiating parole revocation hearings and inmates going on state parole once released from the jails.

### RESPONSIBILITY

The court ruled that the state is still responsible for assisting county jails in providing “reasonable accommodations to the disabled prisoners and parolees that they house in county jails.”

Disabled inmates caught in the middle of this legal struggle are being forced into the “vulnerable position of being dependent on other inmates to enable them to obtain basic services,” reports the *Los Angeles Times*.

A second issue before the court is the state’s belief that the court’s order infringes on

California’s right to restructure its criminal justice system in a way that best suits its needs.

### CIVIL RIGHTS

The court rejected this argument characterizing its order as “minimal measures” issued to protect the civil rights of disabled inmates. The “minimal measures” the court is now requiring the state to adhere to are “notifications, collection of data, and reports to county officials” on the needs of disabled inmates in county jails due to Realignment.

The court’s order stopped short of compelling the state to take any actions against county officials for not providing for the basic needs of disabled inmates.

The court pointed out that the state is already assuming

responsibility for disabled lifeterm parolees and out-to-court inmates housed in county jails.

The court did not believe that the recent order would cause any extra burden on the state beyond what it was already doing.

“California’s ambitious restructuring of the criminal justice system should not merely push state prison ills onto county government,” *The Press Enterprise* editorial reports. The editorial points out that county jails are now being sued for the same issues plaguing its prison system surrounding mental and medical health care. “County jails were not designed for long-term stays with the health care, education and other services such confinement requires.”

# Population Cap Pushes Shafter Jail to Reopen

‘CDCR should reopen four more facilities’

In order for state prison officials to meet a court ordered population cap, the once closed Shafter City Community Corrections Facility will reopen, reports *The Californian*.

The deal has been approved by the city council, said, City Manger John Guinn, adding that 86 workers have been hired to staff the facility and that bids for construction work to meet CDCR needs are being submitted.

**“CDCR is already in discussions to reopen a number of CCFs”**

“In light of the federal court order limiting the state prison population to 137.5 percent of design capacity, public CCFs can and should be used to help reach this mandate,” said

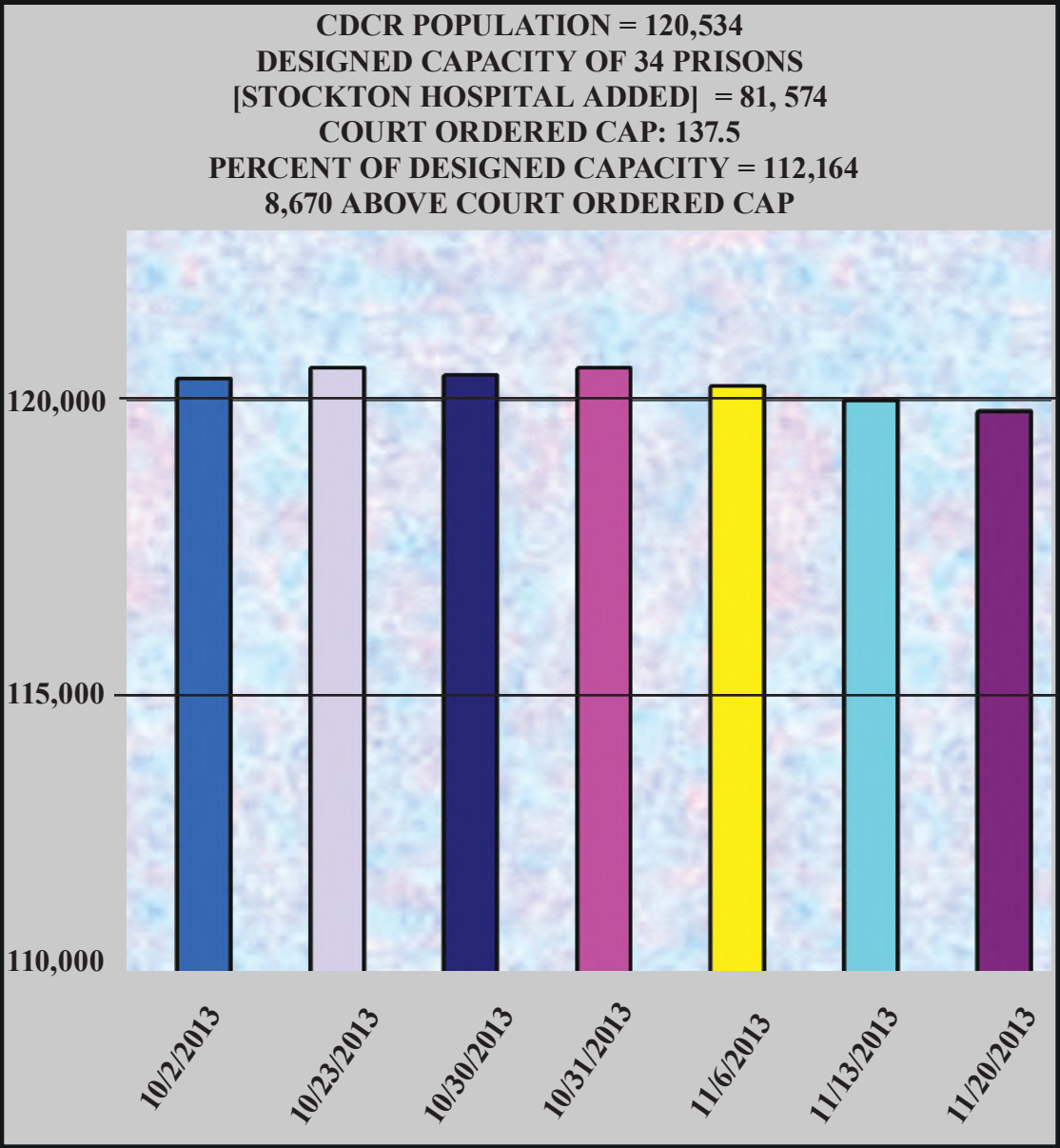
City Manager John Guinn in *The Californian* report. “It is my understanding the CDCR is already in discussions to reopen a number of CCFs in the state and I believe that CDCR should reopen four more facilities.”

*The Californian* quotes State Senator Andy Vidak, R-Hanford, as urging Jeffery Beard, secretary of the CDCR, to reopen CCFs in Coaling, Delano, Shafter and Taft to meet the inmate population cap.

Guinn said reopening the correctional facility would be a big boom to Shafter by adding nearly 90 good jobs, which translates to \$14 million a year to the city.

The added money would be channeled into a school development project aligned with Richland and Kern County School District, Guinn said. The project is designed to promote early literacy and improve high school graduation rates.

—By Wesley R. Eisiminger



# Words to my Father

## *'I've Tried to Make Up for the Pain'*

By Julian Glenn Padgett  
Staff Writer

Brian Shipp's incarceration began with him in a state of humiliation. After his arrest for kidnap and robbery, he was taken to the hospital and placed in shackles. His father, Walter, later came to visit him, and Shipp recalled seeing his eyes filled with pain.

While growing up, Shipp's father always taught him to "work hard, be honest, have integrity, do not ever burn your bridges, and always be a man of your word in all aspects of your life," said Shipp. But with his father looking down at him, shackled to that hospital gurney, Shipp felt as if he had failed his father in these respects.

"My dad had to get clearance to come and see me," said Shipp. "And I could see it in his face—the pain. He couldn't believe that I had amounted to this."

Shipp, 55, said his father, a barber who grew up during the Great Depression, had always been a big influence in his life, but at some point, he chose to go the other way. His troubles began at age 17, when he began hanging out with the wrong crowd and not listening to his father.

"I was young, growing my hair out and getting into trou-

ble," said Shipp. "He would try different punishments and nothing ever worked."

Shipp remembered one time in particular when his father brought him home after he had gotten into trouble.

***"But I've tried to make up for the pain I've caused with everyone, especially my dad"***

"We were inside the house and he kept on telling me 'I'm gonna' cut your hair, I'm gonna' cut your hair,' and as soon as he backed up, I took off running," said Shipp.

Shipp stuck to his word and fled. He did not come home for a week.

"Then he heard I was next door and he came over and said, 'You're coming home. I'm not going to cut your hair,'" said Shipp.

Shipp returned home with his father, but the peace was short-lived. Shipp first got in trouble with the law in high school, when he was busted for possession of marijuana. It was the first of a series of mistakes that Shipp would

make.

"My dad came down to the police station to pick me up. It was bad," said Shipp.

Shipp felt as if he was a rebel without a cause—always at odds with his dad and the way that he tried to bring him up.

Shipp's first encounter with the law was not strong enough to stop him from trying to spite his father. He still chose to go the wrong way, and several years later, he was convicted of kidnap and robbery. In 1980, he was sentenced to seven years to life—a sentence which, to this day, is still not over.

Shipp still finds it difficult to talk about how he came to prison, because of a deep regret that he still has for the choices that he made and the harm that he caused to those he loves.

"It was the worst day of my life and for all involved when I made that choice," said Shipp. "But I've tried to make up for the pain I've caused with everyone, especially my dad."

After sentencing, the counselor at the California Men's Facility gave him two options: either Old Folsom or San Quentin State Prison.

"I chose San Quentin and I arrived here on Dec. 9, 1980. I started my life sentence the same day that John Lennon was killed," Shipp said.

He entered prison with no high school diploma, but he quickly buckled down and enrolled in Bay View High School, here at San Quentin, in 1981.

"I told myself I was going to get straight A's and show my father that I could do better and be better than what I'd done," explained Shipp. "I graduated valedictorian of my class and gave a speech in San Quentin's visiting room and my dad was there."

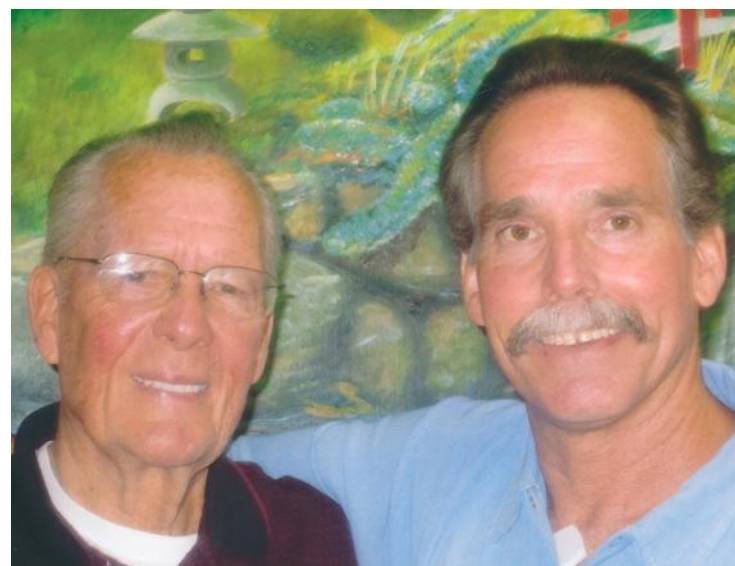
Ship could not ever remember feeling prouder than he did on that day, not only because of his own accomplishment, but because of the pride

he could see in his dad's eyes. Growing up, Shipp's father taught him to work hard, be honest, have integrity, not to burn your bridges, and to always be a man of your word—things Shipp finally began to feel as if he was replicating.

"I haven't always liked what he's said, but I've striven to be that man my father has always been—a man true to his word. And these are traits that I want to instill in my sons," said Shipp.

Through the struggles of their lives, Shipp said there were many good times and many sad times. Shipp still keeps his hair long, but this is no longer a point of contention between the two of them.

"Still our relationship has grown into one that's loving and caring and I know my dad will always have my back and that I'll cherish for eternity. I love you pops!"



File Photo

Walter and Brian Shipp

# Cancer Patient Bill Lambie Denied a Compassionate Release

*His friend disagrees; says release would have been a 'win/win situation'*

*Continued from Page 1*

lease.

"I was really surprised he wasn't released. Mr. Lambie clearly qualified for the compassionate release," Cranshaw said. "One would think that after being thoroughly cleared by the State Parole Commissioners, Lambie would have been released. After all, they are the experts and who else would know whether someone is a danger to society. I am disappointed in Judge Cortez's decision not to release him."

Lambie suffers from lung cancer that has spread throughout his body. Chemotherapy has failed to abate the cancer. According to medical reports, Lambie's condition has been deemed "severe and irremediable."

This is not the first time Judge Cortez blocked a compassionate release of a terminally ill prisoner. On Oct. 15, 2011, the Hi-Desert Times reported "Joshua Tree Woman Dies in Jail" which was about another inmate who was denied a compassionate release by Judge Cortez.

"My friends and family are devastated by Judge Cortez's decision to deny my release," said a frail Lambie while lay-

ing in his bed in San Quentin's North Block. "I was hoping the judge would sign the recommendation by all the skilled, medical authorities to release me, but he didn't."

Lambie's wife of 52 years Anita ardently equipped their home in preparation of his return and hospice care. Making sure the home would be ready for his return was important to his family, she said. Special railings and other safety apparatus were installed for his well-being and care.

***"A prison sentence that was just when imposed could—because of changed circumstances—become cruel as well as senseless if not altered"***

Larry K., a friend of Lambie said, "What a tragedy not allowing Bill Lambie this compassionate release. To think this man would be a danger to

anyone is beyond ridiculous." This comment on Lambie's situation by a friend echoes the sentiments of many prisoners and staff alike in San Quentin.

While pondering the denial and talking about his family, Lambie said, "We don't understand why Judge Cortez would not allow me the benefit of the doubt and approve the endorsed recommendation for my release. I regret the pain and anguish amassed as a result of my incarceration to both my family and the victim's family."

Another family friend and schoolteacher Karen L. Wright wrote Judge Cortez asking, "Was Mr. Lambie's character, inmate history, and life prior to his conviction even a consideration in your decision? I would like to know what you gain personally and professionally by making decisions to deny terminally ill people the opportunity to return to their families after they have served significant time." Wright added, "Your decision to grant Mr. Lambie a compassionate release would have been a win/win situation for our prison system, our public's tax dollars, and his family."

Lambie said he believes Judge Cortez's denial of his compassionate release is po-

litically motivated, bias, and unfair.

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

The compassionate release authorization recognizes the importance of ensuring that "justice could be tempered by mercy." Congress wrote. "A prison sentence that was just when imposed could—because of changed circumstances—become cruel as well as senseless if not altered." The law acts as a "safety valve" to revisit sentences and reduce them "if appropriate."

Lambie said he had no criminal record before coming to prison. He has served 14 years on a "15 years to life" sentence for second-degree murder.

According to Lambie, "If California had a stand your ground law," he would not have been charged with a crime. He said the victim came to his home with the intent of doing him harm.

Prior to his imprisonment, Lambie's life was full of unforgettable adventure. A veteran of the Korean War, Lambie served as a crew-

member and gunner on B-29 fighter-bombers completing his service with an honorable discharge. He had a private pilots license, sailed the South Pacific for many years in a 34-foot Yawl sailboat.

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

On Nov. 15, Lambie was transferred to the California Medical Facility in Vacaville, to be admitted as a patient in its Hospice unit. Before getting into the transportation bus, Lambie told several friends that he would not give up trying to get back to his family.

Compassionate releases are monitored by the Human Rights Watch <http://www.hrw.org>, organization that investigate and expose human rights violations and hold abusers accountable. For more on compassionate release, go to Families Against Mandatory Minimums <http://www.famm.org>.

# Children of Incarcerated Parents Get Visit From Sesame Street’s Elmo

By Charles David Henry  
Staff Writer

On Nov. 14, San Quentin’s visiting room became a place of hugs and fun for the children of incarcerated parents in San Quentin when Sesame Street’s Elmo came to play.

“I think it’s wonderful, the department being involved in rehabilitation,” said Warden Kevin D. Chappell. “This is the first time an event of this magnitude has occurred that reaches out to incarcerated men and children. I’m excited that Centerforce and Sesame Street chose us to launch this event.”

Carol F. Burton, Executive Director of Centerforce, explained that she teamed up with Sesame Street to develop a method for incarcerated parents to stay in touch with their children after noting how children’s behavior is affected because they do not understand incarceration.

Through the collaboration, the team created an advice sheet called, Tips for Incar-



Vanessa Salas, Elmo and Gerald Salas holding Aviana Salas

“California is a pilot state for the project. If we can get greater support and financial backing of course, we’ll go to every prison with at least one event to announce the material,” said Burton.

When inmate Gerald Salas was asked about his daughter, Aviana he said, “I’m sitting in the cell one day thinking about her when I received notice that a Sesame Street program for 3-8 year olds was coming to San Quentin.”

He contacted his mother and wife and told them about the program. Aviana was 8 months old

when Gerald started doing time. “The first time she came to see me in prison; I had tears in my eyes. It left me with mixed emotion,” he said.

Salas said, “She never asked why I’m in prison, but she knows that I am somewhere I should not be.” His wife was extremely upset when he started this prison term. She knew that he would be missing

being part of her every day life, but he believes the tool kit provided by Sesame Street, Little Children, Big Challenges: Incarceration has given them a new approach to handling Aviana’s questions.

*Little Children, Big Challenges: Incarceration is designed to:*

- Support, comfort, and reduce anxiety, sadness, and confusion that young children may experience during the incarceration of a parent
- Provide at-home caregivers with strategies, tips, and age-appropriate language they can use to help com-



Carol F. Burton and staff with Elmo and Alex

ents themselves that they can provide them with simple parenting tips highlighting the importance of communication.

His wife’s sometimes has to explain to Aviana that Daddy’s at a place where he has work to do all the time.

“Often times she’ll be sad or I have to tell her that Daddy is coming home soon, but this program has given my wife and me new tips on how to explain my separation from her. She’s too young to understand what’s really going on,” he said.

As Aviana played with Elmo, kissing and hugging him, she looked into her father’s eyes and said, “Daddy I love you.”

Nearly 2.7 million children have a parent in state or federal prison, according to Centerforce, yet few resources exist to support young children and families with this life changing circumstance.

Centerforce began in 1972 by establishing a visitors’ center at San Quentin State Prison and now has a center at all California state prisons.

Serving children and families is central to Center-

force through its LIFE Project, which provided mentors to children of incarcerated



Elmo, Jazmin Flores, Miguel Quezada and Maria Flores

parents and parenting/family reunification programs at San Quentin, Santa Rita Jail and in Contra Costa County. [www.centerforce.org](http://www.centerforce.org).

About Centerforce: Centerforce is a California-based nonprofit dedicated to supporting, educating, and advocating for individuals, families, and communities impacted by incarceration. For over 40 years, Centerforce has been a national leader in providing groundbreaking, evidence-based programs to incarcerated people and their loved-ones.

Centerforce is one of few agencies in the U.S. to offer a continuum of transformative services during incarceration, reentry and after release.



Dwayne and Sara Butler, Elmo with Braylon D. Butler

cerated Parents that gives incarcerated parents specific ways to tell their children about prison and how to help their child adjust to their circumstances.



Warden K. Chappell, Elmo and Sergeant Johnson



Elmo hugging Eleora Saeteurn, Cristina Saeteurn and Michael Nelson

municate with their children about incarceration

- Inform incarcerated par-



Gialene Stevenson, Elmo, Demaudé Dawkins and James Stevenson



Rickiesha Gaines, Elmo with Kiajeh Gaines and Mrs. and Mr. Ricky Gaines

# Dr. John Cranshaw Leaves S.Q. For Rehabilitation Hospital

By Boston Woodard  
Staff Writer

For the past five years, Dr. John Cranshaw has administered his experience and knowledge treating prisoners inside San Quentin.

In 1990, the federal court became involved with California's prison overcrowding issue when Coleman v. Brown, was filed. Coleman claimed the state inadequately treats mental illnesses. Plata v. Brown later followed the Coleman case in 2001, claiming sub par medical care. In 2010, the U.S. Supreme Court heard the combined cases in Coleman/Plata v. Brown and determined because of overcrowding, California prisons' health care delivery system violated the cruel and unusual punishment clause of the Constitution, and to correct the deficiencies, the inmate prison population had to be reduced to 137.5 percent of designed capacity.

Dr. Cranshaw came into the prison system in light of Court's order to bring the prison system's medical care delivery system to constitutional levels.

Well liked and respected

by his patients, Dr. Cranshaw, has been into medicine for more than 20 years. He is leaving San Quentin to work at the Long Term Acute Rehabilitation Hospital in Kentfield, designed for people who have just gotten out of the Intensive Care Unit and or Surgery.

***"The biggest downside I see about the [medical] setup now is access"***

In a medical examination room, sated with a backbone replica, charts, diagrams, and other informative medical bits and pieces of information, Dr. Cranshaw sat at a neatly arranged workstation, going over one of the 13 to 14 medical files he will review and evaluate this workday.

Cranshaw said the new position in Kentfield would allow him to spend more time with his family. "It's been awhile since I've had a lot of time to spend with my fam-

ily. My new job will give me more day-time off, something we need."

"When I started working at San Quentin, I worked in the modular trailers on the side of North Block," said Cranshaw. "I preferred the trailers because it was an easier and faster way to see patients."

When asked if there were any disadvantages working in the new facility as opposed to the modular trailer set up, Cranshaw said, "The biggest downside I see about the [medical] setup now is access. A patient here has to fill out a sick-call slip, call out 'man down,' etc. before they are in a position to receive treatment. The delay can sometimes be a problem."

Seeing a doctor outside of prison is easier said Cranshaw. "A patient can go to a clinic, see any doctor they choose. If they aren't satisfied there, they can always go to another hospital or clinic."

Paul L. said, "Dr. Cranshaw is one of the most thorough, caring doctors I've met since my incarceration. Every time I sat with Cranshaw, it was no different from any doctor I've dealt with out in the free world. He heard me out and



Photo by Sam Hearn

Dr. John Cranshaw hard at work in his office

dealt with the problem."

According to Cranshaw, about 40 percent of the prison population is infected with Hep-C. He stressed that prevention is important and everyone should be careful. "The medical problems I see here at San Quentin are about the same as those patients I see on the outside. The patients here, for the most part all want help for their ailments or medical conditions, etc." Cranshaw said for the most part, prisoner patients want what people on the outside want, treatment for their medical issues.

Terminal cancer patient Bill Lambie said, "Dr. Cranshaw, Chief Medical Officer Dr. [E.] Tootell, and San Quentin's medical staff has been more than gracious to me. I am dying of cancer, and they have done everything in their power to help me with my situation. My family and I are grateful."

Lambie was granted a compassionate release by California State Parole Commissioners in July, but a San Bernardino judge refused to sign the release papers. (See Lambie's story on page 1).

Raphael Calix said, "Dr. Cranshaw represented hope.

His style of treating the ailment was to listen and to show me how much he cared. I felt really comfortable around him."

Working at San Quentin was Cranshaw's first time in a prison. He said his experience here has been educational. Cranshaw said the medical staff, his colleagues at San Quentin, are a great bunch of people. He enjoyed working with them and will miss them and his patients.

San Quentin's Chief Medical Officer Dr. E. Tootell said, "We will miss Dr. Cranshaw and his contributions during his service here."

Cranshaw also spent many Saturdays on his own time, volunteering as a sponsor for "No More Tears," a non-violence group held in San Quentin's Interfaith Chapel.

According to Julian Glenn "Luke" Padgett, one of Cranshaw's previous patients here at San Quentin, "When I saw Dr. Cranshaw during an examination, I was impressed by how thorough he was, and the attention he gave me during my visits to the clinic. I only wish I could have seen him for all my appointments. He will be missed for sure."

## Men's Advisory Council

### Explaining Our Principal Roles

By Sam W. Johnson Sr.  
MAC Executive Chairman

The Men's Advisory Council (MAC) is a group of inmates elected by the general inmate population at San Quentin. They act in an advisory capacity while communicating on issues of common interest to prison administrators and inmates.

One of the MAC's principal goals is developing a working relationship between inmates and staff to improve the living conditions for San Quentin inmates.

The MAC serves a dual purpose, both equally important. The first is to provide inmates of San Quentin with representation and a voice in administrative deliberations and decisions affecting the welfare and best interest of all inmates. The second is to provide the Warden with a means to communicate administrative actions, and the reason for such action, with the general inmate population.

#### REMEMBRANCE

On Oct. 16, two members of the inmate community died. One inmate resided in the West Block Housing Unit and the other inmate resided in the North Block Housing Unit. The MAC wants to acknowledge and recognize

the exhaustive efforts of the North Block supervisory staff, medical staff, correctional staff and the emergency responding staff (Med 1) in attempting to save the life of the North Block inmate, who later died. Unfortunately, the inmate residing in West Block had expired by the time potential help arrived.

#### RECOGNITION

The following people exemplified the value of human life by attempting to save a prisoner:

North Block Staff Correctional Sergeant J. Van Blarcom, Correctional Officers R. Broyles, D. Chrystaline, J. Hannah; Medical Staff TTA's C. Goodwin, M. Soumahoro, H. Carneiro; Med 1 Crew Members Captain J. Cerini, inmates D. Edgerly, C. Salavar, M. Krohn, A. Gibbs, F. Castro, and special acknowledgement to the automated "AED Defibrillator" (an electronic device that applies an electric shock to restore the rhythm of a fibrillating heart).

I, along with MAC executive secretary N. Thoa, and a number of other inmates, personally witnessed these responders performing CPR. Sweat was rolling from their faces as they relayed (trading places) one after another, in

their tireless efforts to revive the inmate.

Prison can be a cold place, and most often incarcerated people are made to feel unloved, unvalued, inferior, disrespected and forgotten. But on that day, I was blessed to see correctional staff, inmates, and medical staff work together feverishly trying to save the life of that inmate.

By Kevin D. Sawyer  
Journalism Guild Chairman

Although violent crime in the U.S. slightly increased in 2012, property crime continues a 10-year decline, according to the latest Federal Bureau of Investigation (FBI) numbers.

"While the violent crime rate remained virtually unchanged when compared to the 2011 rate, the property crime rate declined 1.6 percent," according to FBI data.

The FBI publishes and compiles statistics on arrest and offense data for its Uniform Crime Reporting (UCR) program. Law enforcement agencies from around the U.S. voluntarily provide the infor-

mation.

"A total of 18,290 city, county, state, university, college, tribal, and federal agencies participated in the UCR program in 2012," reports the FBI.

The data includes reports on murder, rape, robbery, aggravated assault, non-negligent manslaughter, and property crimes like burglary, larceny-theft, motor vehicle theft, and arson.

Nationally, the FBI reported that law enforcement agencies made about 12.2 million arrests. Traffic violations were not included.

According to the FBI, there were an estimated 1.2 million violent crimes in 2012. Crimes of murder and non-negligent

manslaughter increased 1.1 percent; forcible rape was up 0.2 percent; and aggravated assault up 1.1 percent; while robberies declined by 0.1 percent.

During the same year, nationwide, there were 8.9 million property crimes, the FBI reported.

"The estimated number of burglaries declined 3.7 percent in 2012 when compared to the 2011 figure," the FBI reported, adding, "The estimated number of larceny-thefts remained unchanged, and motor vehicle thefts increased 0.6 percent."

It was reported that, collectively, property crime victims, not including arson, "suffered losses calculated at \$15.5 billion in 2012."

## Property Crimes Continue To Decline, According to FBI

# United Nations Human Rights Committee Reviews U.S. Disenfranchisement Laws

By Kevin D. Sawyer  
Journalism Guild Chairman

A September 2013 report on United States disenfranchisement laws, their history, rationale, and the disproportionate impact they have on minorities has been submitted to the United Nations Human Rights Committee.

A coalition representing several non-profit, civil rights organizations, including the National Association for the Advancement of Colored People, the American Civil Liberties Union, and The Sentencing Project, authored the report.

"The Committee expressed concern that the country's felony disenfranchisement practices have 'significant racial implications,'" the report said.

According to the report, felony convictions have an unequal impact on African Americans and other groups of minorities with similar fel-

ony convictions.

Such laws that disenfranchise (deny voting rights to) American citizens, due to felony convictions, have existed since the founding of the United States, the report said.

"These laws were born out of the concept of a punitive criminal justice system – those convicted of a crime had violated social norms, and, therefore, had proven themselves unfit to participate in the political process," it was reported.

## AMENDMENT

Disenfranchisement laws have been used, with an array of other methods, "to circumvent the requirements of the Fifteenth Amendment," which is supposed to forestall states from preventing individuals from voting based on "previous condition of servitude," among other criteria, the report said.

According to the report, at one time there were "fears over the 'purity of the ballot box' and concern that allowing certain current or even former inmates to vote would 'pervert' the political process."

## SUPPORTERS

The coalition's report said supporters of disenfranchisement laws suggest that, "if allowed to vote, individuals with felony convictions would constitute a cohesive voting bloc, which would distort criminal law."

The Supreme Court, however, has said that "'fencing out' from the franchise a sector of the population because of the way they may vote is constitutionally impermissible."

During the twentieth century, perceptions about criminal behavior have slowly changed. We now recognize the possibility to rehabilitate inmates, and the ability to reintegrate them into society

once they are released.

"In the past fifteen years there has been a general trend toward liberalization of felony disenfranchisement laws," the report said. "Proponents of felony disenfranchisement argue that such laws may deter crime, though disenfranchisement has not been shown to actually accomplish the goal of deterrence."

## LAWS

The report went on to say that these laws "extend punishment beyond the walls of the prison," for persons who are on parole or probation, and for those who have completed their sentences.

According to the coalition's report, there are 5.85 million American adults who are unable to vote due to disenfranchisement laws. Of that number, only 25 percent are in prison.

Public opinion surveys, according to the report's conclusion, show that "eight of ev-

ery ten Americans support the restoration of voting rights to persons convicted of felonies who are no longer under state supervision."

Several recommendations were submitted to the United Nations Human Rights Committee:

1. That the U.S. Government publicly support the automatic restoration of voting rights to citizens upon their release from incarceration for felony convictions.

2. That the U.S. Government investigate the disproportionate impact of felony disenfranchisement laws on minority populations and issue a report of its findings.

3. That the U.S. Government encourage states to inform criminal defendants of the voting rights implication of an arrest or felony conviction and to provide information on voting rights restoration process upon release from prison and/or completion of criminal sentences.

# Female Inmates Suffer the Consequences of Realignment

*Continued from Page 1*

population numbers plunged faster than those of the men," said Fleischer.

"From 2011 to 2012, California's female inmate population dropped from 9,038 to 6,142, while the number of inmates in female prisons, compared with the design capacity of those facilities, plummeted from 170 percent to 116.9 percent," Fleischer wrote.

CDCR reached the U.S. Supreme Court's mandated population cap of 137.5 percent of design capacity in women's prisons. However, in 2012, the CDCR converted Valley State Prison for Women (VSPW) into a men's prison to reduce overcrowding in other men's prisons. The consequence of the closure was that women prisons became the most crowded in the system, according to Fleischer.

"As a result, overall numbers in women's facilities shot up to

153.5 percent of capacity – now officially higher than the infamously crowded men's facilities," said Fleischer. This, according to Fleischer, has forced the other two California women prisons, Central California Women's Facility (CCWF), and California Institute for Women, to receive the VSPW's population.

"CCWF, in particular, is suffering. According to the most recent population report from the CDCR, CCWF is operating at nearly 175 percent capacity," said Fleischer.

"Historically, people in women's prisons have tended to self-harm instead of riot. So CDCR probably felt like it was okay to overcrowd there because they can keep the repercussions quieter," said Courtney Hooks of Justice Now, a prisoners' rights organization.

According to Fleischer, eight women are placed in a cell that was built to house four women. He said along with that, the

population demographic has changed since the concentration of dangerous inmates has increased in the last two years.

"I have never experienced this amount of violence and unsafe environment as I have since being transferred to CCWF," said an inmate, who did not want to be identified for fear of reprisal by corrections officers.

Fleischer said CDCR spokesperson Dana Simas concedes that the impact of realign-

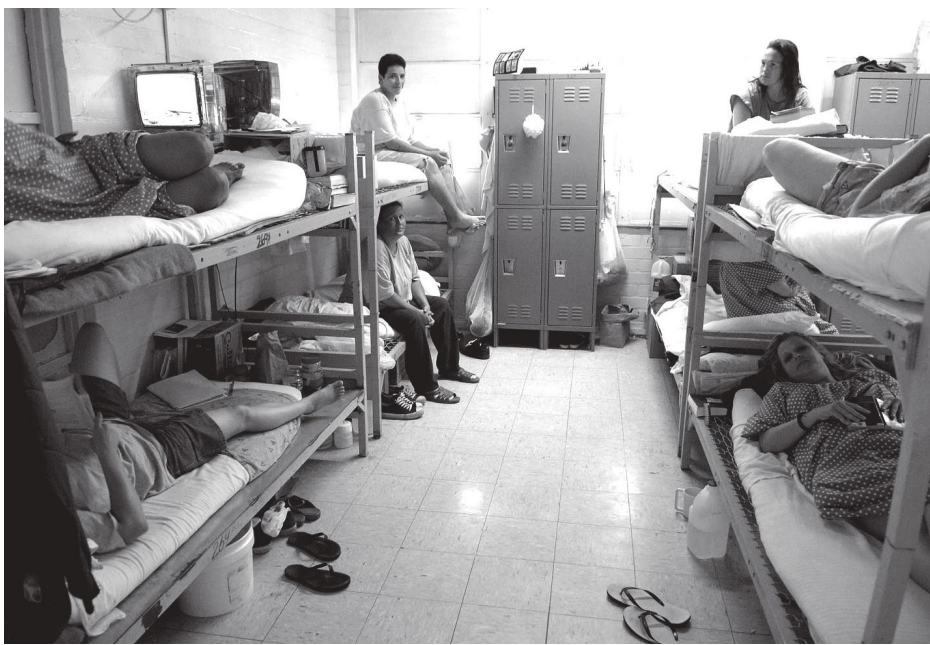


Photo courtesy of the California Department of Corrections and Rehabilitation

Women inmates in a housing unit at a California State prison

ment has been felt much more by women inmates than their male counterparts.

Fleischer also reported that advocates for female prisoners say this overcrowding is producing problems the Supreme Court said was cruel and unusual punishment.

"The system can't accommodate the number of women they're trying to service. A shortage of staff leaves women functionally locked down. So women are losing out on any possibility of rehabilitation," said Misty Rojo, program director for the California Coalition for Women Prisoners (CCWP).

Simas said the concerns about prison overcrowding in women's prisons in relation to capacity, are "overstated," in Fleischer's report.

"By our definition, there is no overcrowding like you saw before realignment," said

Simas. "There is no one being housed in triple bunks, or gyms and day rooms. If you were to go in to a male prison, or female prison, you would not see any disparate treatment between the two."

According to Simas, "capacity concerns should ease when the newly opened Folsom Women's Facility becomes fully operational," Fleischer reported.

CCWP's Rojo said, "Everything that's happening is only happening for the men. None of that focus has been brought to women... We see no sustainable plan to reduce overcrowding in [women's prisons]."

Fleischer's article concluded, saying that women who are locked up will have to "endure the indignities and the outright harm of overcrowding while the larger system slowly eases into compliance with the Supreme Court's mandate."



Photo courtesy of the California Department of Corrections and Rehabilitation

California Institution for Women

# EDITORIAL

## Recapping Years of Accomplishments

By Arnulfo T. Garcia  
Editor-in-Chief

Welcome to all our readers in this, our last edition of the year. How quickly the year has passed. During 2013, *San Quentin News* diligently applied our mission to be the pulse of San Quentin, while also providing voice to the voiceless—the incarcerated.

With several years under our belt, one might think putting out the news would be routine. Although there has been much progress, we have also been busy working on ways to enhance our capabilities to give incarcerated men and women a bigger voice.

Even though *San Quentin News* has made great strides forward, the typical convo-

luted operations of publishing a newspaper from inside a prison continue to stretch our deadlines. As the only fully prisoner produced newspaper in America, *San Quentin News* staff would like to take this opportunity to thank you for your patience and understanding. From all of the newsroom staff: thank you for your support. You are helping

us do our part in our pursuit of truth and justice for everyone, including prisoners.

Our staff has grown from eight to 15. We are developing a Spanish section. We hope to expand to 24 pages with 12 pages of color. But, we cannot do this without your continued support and tolerance of our shortcomings.

In our fifth year we have continued expansion to other California prisons. At this writing, *San Quentin News* maintains limited circulation into 16 other prisons.

Last January, for the first time in *San Quentin* history, the newspaper was printed in color. We have created a Journalism Guild with a set curriculum. Our staff and our writers are lobbying to become members of the Society of Professional Journalists. Principal to our mission is continued professionalism and pursuit of excellence in journalism.

We are in the process of looking for more space and hope to have it soon. The additional space is an important part of our growth. That growth is commensurate with our intention to provide a copy of *San Quentin News* to every prisoner in the state and many outside California.

Expansion of *San Quentin News* includes scaling the paper's distribution to reach all of California's prisoners. It also includes enhancing our capacity to provide comprehensive transparency in criminal justice. All this involves a high level of discipline, planning, and execution on the part of the staff.

Currently *San Quentin News* receives about 150 letters per week from our readers. We get letters, requests, and writing contributions from other prisons and other states. We get online requests, comments, and e-mails from across the country and around the world. Despite all this, we are still only a voice for but a few.

Although we have enjoyed a degree of success, *San Quentin News* will continue to report on all aspects of criminal justice. *San Quentin News* staff considers it our mandate to be objective, seek transparency in implementation of policy, and reveal the effect of such policies on all prisoners. With that in mind, students in the University California at Berkeley's graduate school of business, Haas Business School, are proving to be an important asset upon which we can rely.

The business school team has aided us in development of a roadmap and phasing plan to accomplish our goals. Among the objectives is growth of our subscriber base. As most readers know, the newspaper is supported with gifts and donations from friends, family and

others interested in criminal justice transparency.

The *San Quentin News* team, its advisors, staff and readers are very thankful for the continuing support and effort of those partners who have facilitated our past and present operations. We are especially thankful to the Marin Sun, which is a critical and trusted partner. With the expected growth, we will need more friends, advisors, staff and partners like the Marin Sun.

In the coming year we need to remain focused on building a substantial subscriber base. One of our critical partners is the Columbia Foundation. Columbia, whose funding has greatly facilitated our possibilities, is to be applauded for its contribution to criminal justice education through our paper. We would like to thank them very much for aiding the *San Quentin News*. While we are thankful to Columbia, as are many prisoners who have been aided through Columbia's gifts, we still need to ask others to assist us as well.

We thank all who have made the paper possible during the past year and in prior years.

It would be disingenuous for me not to thank Kevin Chappell, Warden of San Quentin. His vision coupled with accommodations of public information officer, Lt. Sam Robinson, have facilitated the new *San Quentin News*.

*San Quentin News* maintains core values which we seek to propagate throughout. It is honest, accurate, and timely. *San Quentin News* is objective and does not take sides. We report activities of criminal justice, whether good, bad, or indifferent.

*San Quentin News* values stories on prosocial activities that show criminals changing into socially responsible citizens because these stories demonstrate the importance of education and rehabilitation – a central component of criminal justice policy.

The dedicated team in our newsroom is committed to achieving the goal of giving voice to prisoners everywhere. We have a very, very long road ahead. Nevertheless, while we are not there yet, we have our top men (and volunteer women), working on it.

The next time you are sitting at a table, walking the yard, yelling down the tier or in a day room be the one to stir up the conversation about what the *San Quentin News* is doing to make a difference for you and send us your suggestions.

I want to wish all of you a Happy Holiday, and I pray that the New Year will bring you much joy in your endeavors. Take the time and share a story with us. Tell us what will help you to make the transition to a positive way of life whether inside or out. We want to see you get back home to your families and live a productive life giving back to your communities.



Photo by Lt. Sam Robinson

Top: Julian Glenn Padgett, Boston Woodard, Rahsaan Thomas, Arnulfo T. Garcia, Juan Haines, Phoeun You, Richard Richardson, Jorge Heredia, Aaron Taylor, Charles D. Henry, Malik Harris, Kevin D. Sawyer. Bottom: Steve McNamara, Linda Xiques, Joan Lisetor, Watani Stiner, Kris Himmelberger and Ted Swain.

## LETTER TO THE EDITOR

### Death Row Inmate Responds To David Carpenter's Article

By Johnny Capistrano:

I am a Death Row inmate responding to the letter you published by Marco A. Davidson, about inmate Carpenter. I don't understand how you would acknowledge such animosity, let alone publish in your paper. On page 18, it specifically says, "Please do not use offensive language. Articles that are newsworthy that will encourage and help the prison populace are welcomed."

I don't see in anyway how this person's article made it to your paper. Especially when it spewed nothing but insults and what he perceived to be the truth. Rather than you do your homework, you just publish it.

Here's my rebuttal to that letter.

I want it to be clear, I am in no way sticking up, defending, or condoning what David Carpenter did or didn't do. I am objecting to this guy's attitude towards another human being.

This person has no respect for another human being by calling another person an animal. He has no respect for humans period. To point out another

person's physical infirmities, mocking him for his personal characteristics which he has no control is like mocking someone in a wheelchair who's deaf, blind, etc.

One day this guy is going to get out and people higher on the totem pole are going to look down on him. They are going to judge him for being a convict. He will be looked at like nothing more than a menace to society for having been in prison. By his vindictive attitude, what is he going to do?

Let me drive my point home, who knows if David Carpenter or the David Carpenters in all prisons and all Death Rows is redeemed or not. But, the Marco Davidson's of the world and their attitudes forecloses the possibility of redemption, not just for Carpenter but for the writers of the letter.

We live in an environment that is very invalidating. We are not defined by the changes we have made or the men we have become, but by the crimes for which we have been incarcerated, or the file in which someone looks in. This goes for all of us, especially us men on Death

Row.

Everyone has a story. No one wakes up one morning and just decides they want to be a murder, robber, carjacker, rapist, thief, etc. I know redemption is possible because I have seen it up close and personal. I have seen guys help those I need. I have seen guys mourn for a family member or friend who has past. I have seen guys mourn and get angry because of the attack of 9/11. There are those who are sorry for their crimes, get education, and take self-help groups to learn and better themselves. These things are never told or advertised. You know why, because they don't do it for the publicity, parole hearings or to earn some certificates. They do it for themselves, to become the best people they can. They want to show that the best way we can that they are sorry for the things they have done.

In closing, I truly hope that the people who see Marco Davidson as society's waste; don't have to encounter people like himself. Give him compassion and redemption that he is not willing to give.

# \$500 Million on the Table

## Counties Vie for Share of Realignment Funds

**By Haro Agakian**  
**Journalism Guild Writer**

California’s plan to reduce its overcrowded prisons by shifting the responsibility for low-level offenders from the state to county governments has created competition for the more than \$500 million allocated for the plan.

Orange and Sonoma Counties plan to build new jails.

Orange County is asking for \$80 million, out of \$240 million

reserved for larger counties, to expand one of its jails.

Sonoma is a smaller county. It has already received \$36 million, and is asking for an additional \$24 million to build a new 160-bed detention and probation facility.

The new facility would combine minimum-security housing and halfway house-type lodging for offenders transitioning out of jail under alternative sentencing methods or for those sentenced to probation.

It would be the first of its kind in California, according to the *Press Democrat*.

The plan would result in a hefty, ongoing financial commitment for the county. The jail expansion comes as national crime rates are on a historic downward trend. The *Press Democrat* reports that the county’s jail system has yet to hit its maximum capacity as 1,156 out of 1,476 available beds were occupied on Oct.13.

Some problems regarding the

Orange County plan are coming from Irvine city officials.

According to the *Voice of Orange County*, city officials are “troubled” by the county’s expansion plan, noting a pending lawsuit about a nearby housing development. To ease concerns, Orange County officials say the expansion would be limited to 384 beds. These officials expect to learn in January whether Orange County will receive the grant.

Orange County law enforce-

ment officials say the new jail facility is another tool to reduce crime, ease the burden on courts, and help avoid the prospect of jail overcrowding.

“I worry,” said Chairman Shawn Nelson. “The state doesn’t love us as much as I wish they did. It seems like they’re looking for reasons to not favor us, and I don’t want to give them one.”

The construction cost is about \$200,000 per inmate, reports the *Voice of Orange County*.

# Death Penalty Statistics Across the United States

*Continued from Page 1*

most 60 percent of the executions. The South has carried out 82 percent of the executions, and the Northeast, less than 1 percent.”

Since 1973, when states began sentencing people to death under new capital punishment statutes, there have been 8,300 death sentences through the end of 2011.

Although California has a

larger death row population than Texas, it carried out less than 3 percent as many executions since the death penalty was reinstated, DPIC reports.

It was reported “Over half of the California’s death-row inmates come from just three counties (Los Angeles, Orange and Riverside), even though these counties represent only 39.5 percent of the state’s population.”

Professor Steven Shatz of the University Of San Francisco

School of Law found that in both aggravated murder cases and ordinary murder cases, the District Attorney of Alameda County initially sought the death penalty significantly more often for South County murders (mainly the city of Hayward where victims are mostly white) than for North County murders (the city of Oakland).

Alameda ranks fourth among California counties in the number of inmates currently on death row.

“Texas has the well-deserved reputation as the capital of death penalty punishment. Since the reinstatement of the death penalty, Texas alone has accounted for 38 percent of the nation’s executions,” DPIC reports.

Four counties account for nearly half of Texas’ 292 executions. These counties include Harris, Dallas, and Tarrant. The County of Bexar, around Houston, carried out 115 executions.

“Other counties that prosecute a volume of capital cases include St. Louis in Missouri, Maricopa in Arizona, Tulsa and Oklahoma counties. There are wild disparities between counties,” DPIC reports.

Baltimore County (Maryland), Orange County (California), and DeKalb County (suburban Atlanta, Georgia) show an aggressive use of the death penalty and high reversal rates.

“The correlation between the high use of the death penalty and a high rate of er-

ror means that courts in these states will be occupied for years with costly appeals and retrials,” DPIC reports. “The cost to U.S. taxpayers amounts to almost \$25 billion.”

Despite the high cost to prosecute these cases, the report found state attorney generals often use the death penalty on people of color. Racial discrimination in death penalty cases is deplorable, cites the report. “Its presence in these counties responsible for the bulk of death sentences and executions in this country is particularly disturbing.”

“In this lengthy, cumbersome and expensive process, the entire justice system, and the taxpayers who support it, is shortchanged. Some states have recently chosen to opt out of this process, at great savings to their taxpayers. As the death penalty is seen, more as the insistent choice of a few at tremendous cost to the many, more states are likely to follow that course,” DPIC reports.

The public is voicing its evolving opinion through jury verdicts, elections of candidates who don’t favor the death penalty, and even in selecting prosecutors who refrain from frequent use of the death penalty, DPIC reports.

The 85 percent of counties in the U.S. has no one on death row and has not had a case resulting in an execution in over 45 years, according to DPIC.



Photo courtesy of California Department of Corrections and Rehabilitation

Execution chair at San Quentin State Prison

# \$44.7 Million Needed for New Jail Focused on Rehabilitation

**By Seth Rountree**  
**Journalism Guild Writer**

Stanislaus County will need \$40 million in state funds to create a new jail focused on the rehabilitation and education of inmates.

Sheriff’s Department officials say it will take up to \$44.7 million to fund the jail’s new infrastructure, with \$4.7 million coming from local funds. The proposed jail will include vocational and transitional education programs to integrate inmates back into society, according to a report by the *Modesto Bee*.

“We want to give them tools and resources needed to be

successful and not reoffend,” Sheriff Adam Christianson told the *Bee*.

If county supervisors seek state funding and their proposal is approved in January, the new jail could be completed by 2018.

The services would be focused on job-skill acquisition training, education/rehabilitation programs and addiction/mental health services. All of these programs are to help lower level inmates fit back into society more productively, according to the *Bee*.

The new jail project, called REACT (RE-Entry and Enhanced Alternative to Custodial

Training) would be constructed near the Public Safety Center on Hackett Road in Stanislaus, the *Bee* reported.

Personnel from the downtown jail will staff the new 288-bed center, according to Christianson. Combined with other expansion projects, the new complex would allow the Stanislaus County to house an additional 444 inmates, the *Bee* reported.

The new jail is consistent with California’s plan to reduce its prison population by shifting the state’s responsibility for lower-level offenders to county governments, according to the *Bee*.

## Recent CDCR appointments By Governor Brown

- Michael Stainer, 50, of El Dorado Hills, has been appointed director of the California Department of Corrections and Rehabilitation Division of Adult Institutions by Gov. Jerry Brown. The position requires Senate confirmation and pays \$155,436 annually. Stainer is a Republican.**
- Millicent Tidwell, 52, of Sacramento, has been appointed director of the California Department of Corrections and Rehabilitation Division of Rehabilitative Programs. The position requires Senate confirmation and pays \$140,292 annually. Tidwell is a Democrat.**
- Rodger Meier, 49, of Rescue, has been appointed deputy director of the California Department of Corrections and Rehabilitation Division of Rehabilitative Programs. The position requires Senate confirmation and pays \$136,200 annually. Meier is registered decline-to-state.**
- Brian Duffy, 54, of Sacramento, has been appointed warden at the California Medical Facility in Vacaville. This position does not require Senate confirmation and pays \$130,668. Duffy is a Republican.**

# Michael Endres Finds Many Ways to Do His Time

By Boston Woodard  
Staff Writer

In prison, there are many ways to pass time. Staying busy is one way to redirect the boredom of incarceration into something that leads to peace of mind. There is one person at San Quentin who exemplifies utilizing hard work and a strong resolve to overcome the dullness and din of a prison setting. Michael Endres is that person.

Endres is serving time as a "second-striker" and received a seven-to-life sentence. He has been incarcerated for fifteen years. Beginning his time at Calipatria State Prison and CSP-Ironwood in southern California, Endres arrived at San Quentin eight years ago.

"As ironic as it may sound, I was glad to come to San Quentin where there are so many more programs to occupy your time. I can't sit around doing nothing; it just don't make sense to me," said Endres.

Endres spends some of his time searching for projects around the prison that need attention, such as cleaning, polishing, buffing, carrying, lifting, recycling, delivering, painting, and unloading. The list is long. He recently painted and laid tile, remodeling the upper yard shack adjacent to the main canteen. From trimming windows, detailing baseboards, and laying an intricate tiled floor, Endres can

restore any dull location into something brighter.

Endres worked for several years with no pay number and has never complained. He is a "firm believer in God" who he said has always provided for him. When Endres's new supervisor learned he did not have a pay number, he sought to establish one. Endres would like to be able to use the small amount of money he might make to send pictures to his elderly mother who he hopes to care for after his return to society.

*"There's more  
to keeping  
something  
looking good  
than what meets  
the eye"*

"I recently became interested in the old, brass fire hydrants scattered all around the inside of San Quentin. They looked very old, some weighing more than one hundred pounds," said Endres.

San Quentin's firehouse personnel and maintenance supervisors don't have records revealing when the hydrants were installed, but a consensus based on photos and stories date them at about 60 to seventy years old.

San Quentin's fire hydrants

are solid brass. Most of them were dull in color; lacking the original luster they had decades ago when they were put into service. Endres wanted to restore the hydrants to their original appearance, or as close as he could get to that appearance.

Endres sought permission to have them removed from their mountings in order to clean them properly. He spent long hours using a lot of good ol' elbow grease to bring out the original, bright patina from the historic fireplugs.

"There is always work to be found around San Quentin," said Endres. "I spent this past summer painting the north chow hall wall and the beams under the old canopy that covers the upper yard, the canteen façade, and the yellow caution lines along the upper yard drainage system."

Every now and then, Endres seeks help from friends to lend a hand. "Joseph Thureson and K. Augustine have often assisted me."

Endres also maintains the solid brass memorial plaque located in San Quentin's plaza area near the inside front entrance gate. "There's more to keeping something looking good than what meets the eye," said Endres. "I know that memorial means a lot to many people. Visitors entering San Quentin should be able to see that memorial in its pristine state—the way it was intended."

I do what I can to keep it that way."

Some people call Endres

a habitual volunteer. Endres calls it, "Staying busy," with a smile.



File Photo

Michael Endres in the San Quentin visiting room

By Chaplain Carter  
Free Bible study material available from Network  
USA Ministries.  
Write to:  
National Incarcerated Veterans  
Network USA ministries  
P.O. Box 324  
Bells, Texas 75414-0324

## FCC Praised for Dropping Interstate Phone Costs

*'The faith community can assist inmates and their families'*

By Kevin D. Sawyer  
Journalism Guild Chairman

Religious communities are celebrating the recent action of the Federal Communications Commission (FCC) decision to end the high price of interstate phone calls made by inmates.

According to The Crime Report, the social justice ministry of the United Church of Christ and the American Civil Liberties Union praised the FCC decision as "a manifestation of justice."

"Prison phone calls can cost a family up to 3,000 dollars

per year for a weekly fifteen-minute conversation," The Crime Report said. "Rates of up to one dollar per minute, plus connection charges, can lead a family to choose between communication with an inmate, or medicine."

The Crime Report said it cost inmates and their families more to place phone calls because of security monitoring, which is problematic, compared to regular phone rates that average citizens are charged.

"If we believe that 'corrections' contains an inherent

value of supporting change for incarcerated men and women, then we must value the role of phone calls to friends and families," The Crime Report said.

"The faith-based initiative which I direct, we place a premium on the role that phone calls can play in an inmate's ability to properly manage his time in prison, and support their successful reentry into society," said Harold D. Trulear, director of Healing Communities Prison Ministry and Reentry Initiative.

The Crime Report provides

several examples of how three Philadelphia churches and their members support inmate rehabilitation with phone calls:

At holiday time, Berean Baptist Church places money on the books of inmates who have family members in the church.

Praise and Glory Tabernacle has one member of its congregation that offers the use of her home phone to families in the church with loved ones who are incarcerated, so inmates can call and speak to their families on a regular basis.

Moore's Memorial Baptist Church accepts phone calls every evening from one incarcerated young adult from its neighborhood.

"The faith community can assist inmates and their families through the creative use of phone calls to keep them connected to sources of social support," The Crime Report said.

In a hearing held in July 2013, the FCC voted 2-1 to place a limit of 25 cents per minute on the amount charged for interstate calls, while also eliminating prohibitive connection fees.

## ACLU Pushes for Lower Rates on Intra-State Calls

*'Prison phone companies shouldn't be able to profit off families and prisoners'*

The American Civil Liberties Union (ACLU) is sponsoring a petition that urges the Federal Communications Commission (FCC) to place a cap on the rate charged for intra-state collect telephone calls originating from jail and prison.

The petition comes in the wake of the FCC's limitation placed on the rate prison phone companies are able to charge for inter-state collect calls

made from jail and prison.

"The FCC took an important first step last August by capping the price of prisoner phone calls made from one state to another at 25 cents per minute," *The Nation* magazine said.

An intra-state telephone call occurs when the call originates and terminates within the same state, as opposed to inter-state calls that originate in the state and terminate in a

different state.

According to *The Nation*, the majority of prisoners in the United States are serving their sentences in the states where they reside.

The price for costly telephone calls made from prison precludes many prisoners from calling home very often, *The Nation* reported.

"For-profit prison phone companies like Global Tel\* Link have gotten away with

charging sky-high rates to prisoners and their families, making it too expensive for families to stay connected," *The Nation* said. "Prison phone companies shouldn't be able to profit off families, and prisoners trying to be good parents and good family members."

The petition to the FCC says, in part: "When prisoners keep in touch with their families, they are less likely to reoffend later, and kids are better off.

It's time to cap in-state prison phone rates at a price families can afford."

*The Nation* reported that some prisoners, or their families, are charged up to \$17 dollars for a 15-minute phone call. The same call made outside of prison might cost \$2 dollars.

*The Nation* said if the price of intra-state calls are not reduced, "that's bad for public safety."

—By Kevin D. Sawyer

# S.Q. and Marin Shakespeare Collaborate On Play Inspired by ‘Merchant of Venice’

By Tommy Winfrey  
Art Editor

As the fog descended upon San Quentin in the early hours of Nov. 8, anxiety rose among the men and women waiting to enter the gates of San Quentin to see “Parallel Play: Stories from San Quentin Inspired by ‘The Merchant of Venice.’”

Several weeks ago, the play was canceled because of an institutional lockdown. On this day, the play was delayed due to a hanging fog over the prison. By afternoon as the fog lifted so did people’s spirits as more than 100 outside guest began filling the Protestant Chapel, which served as a theater.

An ensemble of prisoners and members of the Marin Shakespeare Company performed 13 one-act plays, which engaged audience members from first to last. The entire production was directed by Suraya Susan Keating and produced by Lesley Currier.

The Marin Shakespeare Company and the William James Association have supported San Quentin Drama Club’s performances for the last 11 years.

LeMar “Maverick” Harrison began the first play “The Mis-Motivation of Maverick” with a musical performance. “Before you desire to do anything you have to be inspired,” sung



Photo by Sam Hearnes

The San Quentin and Marin Shakespeare cast

step-father and the murder of his brother. Maverick felt himself pulled into the gang life.

In his monologue, Maverick finds himself in prison for murder, and asks, “Wonder what life would have been like if you wasn’t born a fool?”

The play transitions to a fantasy scene of Maverick graduating from high school, leaving the viewer with the thought, what would this man’s life have looked like if he had been inspired to do great things?

“Salt on a Bleeding Wound,” by Reese emphasized a grandmother’s death and the pain of losing one loved one after another.

“Just Another Part of Growing Up,” by James Mays told the story of how Mays left home after an argument with his mother over the piercing of his ear. As he set out on

his own he gets involved with drugs and guns. It’s a poignant story of how a mother’s love is not enough to keep a child out

of trouble sometimes.

“Reflection,” by Larry Mosley highlighted the different aspects of the self.



Photo by Sam Hearnes

Tristan Jones entertains the crowd

“The Testimony,” by Kimani Randall received a standing ovation for his performance about street life. Randall reflected upon his relationship to God and recited bible verses that correlated with his life. Randall said, “The only father I had was Lord Jesus.”

In “For My Father” John Neblett said his play was a memorial to his father who died last year.

“What is the act of forgiveness?” asked Rodney “RC” Capell in his play titled “Forgiveness.” The performance included an apology to all the women he cheated on in his life.

Nythell “Nate” Collins rapped in his performance titled “They Come Free.” The line “Nothing is perfect on earth’s surface,” was repeated to emphasize that we all make mistakes. Collins rapped, “Different paths but the same purpose,” reminding the audience we all live our lives in different ways, but none of us live forever.

“Redemption of a Faust,” by Tristan Jones brought laughter to the audience. Jones told the audience he only had 90 days left in San Quentin, which somehow seemed bittersweet.

In a unique play written by JulianGlenn Padgett and Ron “Yana” C. Self titled “The Untouchables,” veteran suicide was exposed. Survivor’s guilt is a real problem for veterans, and when the words “I just want the pain to stop,” were spoken by Padgett, the moment became tense. “If a hu-

los Flores was an abstract play designed to make the viewer think. The words “mud and blood” were repeated while an interpretive dance took place. The scene was moving, ethereal, and captivating.

Preston “Zoe” Gardner wrote and preformed “Who Is Love?” which posed the question who and what is love? While the act was serious, a hint of comedy was included that made the audience laugh. The answer to these questions came at the end when Preston said, “It’s plain and simple, it’s whoever and whatever you want it to be.”

The last performance was the “Bembe Healing Ceremony,” by Belize. “When someone acts mercilessly in the Bembe tribe, they come together and show them mercy,” said Belize. The ceremony was full of drumming, dancing, and singing.

The show ended with another standing ovation.

The entire program was filmed thanks to a grant from Cal Humanities, and will air online at [www.marinshakespeare.org](http://www.marinshakespeare.org). Past performances of Shakespeare at San Quentin



Photo by Sam Hearnes

Kimani Randall recites a verse from the Bible

also can be viewed at this site. A transcript of the play will be offered to students so they can perform the stories of the men



Photo by Sam Hearnes

“RC” Capell apologizes to Emilia Calhoun in the ‘Forgiveness’ play

Maverick.

Maverick then told the story of a violent up-bringing punctuated with beatings from his



Photo by Sam Hearnes

JulianGlenn Padgett performs ‘The Untouchables’ dedicated to the Veterans



Photo by Sam Hearnes

Actors looking into a mirror from ‘Reflections’

man is trained to kill another, they are already trained to kill self,” Padgett reminded the audience—a cryptic message three days before Veteran’s Day.

“Fenced-in Man,” by Car-

in San Quentin.

Producer Lesley Currier summed up the day when she said, “The men today are acting like men. It takes tremendous courage to stand up here.”

# GRIP Graduates Celebrate the Beginning of a New Quest for Peace

*Continued from Page 1*

me is the fact that I changed into someone who helps, instead of someone who hurts." He added, "My son, who just got out of prison, said to tell the men, 'I am committed to peace, too.'"

The idea for GRIP originated from its director, Jacques Ver-

Each graduate participated in one of three classes, called Tribes. The tribes' names came about by adding up all the years the inmates had served.

"Each person in the tribe must be accountable to each person much like a gang does," Verduin said. "I believe people walked out of the event, proud to be human beings."

in California, which caused the federal courts to come in and force a population reduction. He further commented on the disproportional amount of money spent on prisons compared to schools, saying it "is a red flag as we're going in the wrong direction."

Addressing the inmates in the audience, Senator Leno said, "Much more will be allocated for rehabilitation programs. As I return to Sacramento, I will bring the things I've learned about the GRIP program. We need to replicate this in other prisons."

Warden Chappell told the inmates serving life terms and involved in rehabilitative programs to continue their work, because at the recent governor's meeting in Sacramento, he said Gov. Brown is "taking a close look at each package coming on his desk," adding, "You guys are taking an important step to making it on the governor's desk. You guys are the ones he's looking for."

"I see these men choosing to be peacemakers, and living a non-violent life," added Poma.

Retired Chief Deputy Warden Bill Rodriguez told the audience that he has known Poma "at his worst and at his best."

The relationship between these two unlikely people developed over the time Poma spent

humble myself and sometimes I have to readjust so I don't act on impulse," said Malcolm Williams of Tribe 928. "I do this so when I leave prison, I won't leave the same way I came in."

"Since I was 8-years old, I've been in and out of jail," said Glenn Hill of Tribe 928. "GRIP taught me that my belief system was false. When I looked around to the men in GRIP, I found that they've been through the same struggles I've been through."

"There was the fear of change," said Tribe 936 member, Terry Burton. "In the beginning of my change, I found that my thoughts were wrong. Some of the most meaningful amends from actions of our past is the change we show today."

One speaker, who works with Tribe 936, was both a crime victim and an ex-police officer. He said he was abused as a child. "How do we, especially those who've been harmed, end the cycle of violence?" He said that at some point criminals must be

agents—back to the community to help the healing process," adding. "Working with these guys is a way for me to honor my parents. I feel safe when I sit in the circle with these men, because I trust that they are agents for change."

"It was very difficult walking back in this place," said GRIP graduate Alton McSween. McSween was released from San Quentin after the Three-Strikes Reform Act was passed last November. "It was difficult leaving you guys behind. The work you do in here really helps people out there. You don't believe how important you guys are as change agents for people out there."

A tearful Jack Kornfield of the Spirit Rock Buddhist center said, "I'm horrified with what we do as a society. It's never too late to change your life. You are the one who makes the choice for change," adding. "The stories you tell give hope to the young ones that they don't have to follow the storyteller's way to prison."

L.A. Laker basketball superstar Ron Artest, aka Metta World Peace, gave a video presentation. "You don't have to be a saint to want to change. We underestimate the power of influence," he said in the video. "I want to commend you all for getting up. The positive energy will rub off. Continue to do positive things. It's all about getting up when you fall down."

Richmond Mayor Gayle McLaughlin gave credit to the Richmond Project, an inmate-run program designed to work as a healing agent for Richmond citizens. "To hear the transformation that you all are going

accountable for their actions and that the GRIP program allows the person to do so.

Another survivor of crime tearfully told the audience about how her father killed her mother and is now serving life in a state prison. "What do I want from criminal justice?" Commenting on the \$125 million dollars it has taken to keep the 75 graduates behind bars, she asked, "Is it worth it? The only path is inclusion. Moving forward only has one option, moving the graduates—the change



Head of Rehabilitative Services, Millicent Tidwell addressing the crowd



Cleo Cloman, Zitsue Lee, Phyl Chhem, Benjamin Obsuna, Nick Lopez, Seelua Mikaio and Anthony Gallo

in administrative segregation while Rodriguez was a captain at the same prison. Richard Poma said he began to change after he and his brother, Dennis, who was dying of liver cancer, were placed in the same housing unit. A pact was made between the two brothers. The pact was Richard would change his criminal behavior and live a good productive life, and Dennis would quit using drugs. Richard gave Rodriguez credit for keeping him in administrative segregation, which facilitated the interaction with his brother. Richard said Rodriguez's insight about the power of family was a major impact steering him in the right direction.

Bill Rodriguez went on to say, "There are many obstacles inmates must overcome in order to change their criminal thinking. The inmates need help from facilitators in programs like GRIP. There are all kinds of doctors, but you guys are doctors for change and you guys are saving lives."

"I learned the courage to



Senator Mark Leno holding a certificate presented to him by GRIP graduate Andrew Vance



Camille Nerdum, John McCarty and Sara Patterson

through gives me hope of societal transformation," she said. "Inequalities in the world must change for our society to move forward. Each of you gives us hope. You all are inspiration."

Richmond Project Chairman Vaughn Miles spoke to the audience about the strength he gained from graduating from the GRIP program. He informed the audience that on Nov. 18, his brother was murdered on the streets of Camden, New Jersey. "The tools I learned from GRIP have allowed me to use this as a positive," he said to the quiet audience. "It's easy to say you're a peacemaker during peace, but a true peacemaker does it in hard times too."

Miles then presented Mayor McLaughlin with a certificate of appreciation from GRIP, recognizing her crime reduction efforts, youth empowerment, and prison reform suggestions. "This award is for the mayor of my city, Mayor Gayle McLaughlin," he said to a cheering audience.

Gullien was awarded the "Generation Ali Robe," for his commitment to self-help and facilitation to the various groups. After putting on the robe, he said, "Float like a butterfly, sting like a bee, and cry like a man," to a standing ovation.

Toward the end of the graduation ceremony, the graduates and the men in blue in the audience stood and apologized in unison for the harm caused by their criminal acts.

All 75 graduates then signed their nonviolence pledge.

"We, living on the other side of the walls, take a pledge," said GRIP facilitator, Susan Shannon. "These men have learned the meaning of interconnectedness of life, learned humility, and truth as peacekeepers and as agents of change regardless of place. They have educated themselves to eliminate stereotypes, to learn how to be in healthy re-

lationships." Shannon concluded by asking "Will the community meet with them?"

## HOW GRIP CHANGED MY LIFE:

"I've learned through the Guiding Rage Into Power Program (GRIP). When I stop, think, observe and process any negative situation, I always find another way to deal with the situation without violence. At that time, which gives me the power to control what happens next to me and others that may cause me or them harm," said Eric Durr.

"GRIP gives me a life without violence by learning how to track my feelings and by knowing anger is a secondary emotion

"GRIP helped me to recognize my secondary pain was the cause of my destructive behavior. Now I can connect the dots in my life. I'm very grateful," said Dao.

"GRIP class has given me a full perspective on being responsible, to always have the courage to humble myself and to let life challenges become a pathway to my growth and maturity," said Malcolm Williams.

"I should have or I shouldn't have — is in the past. It is time to take responsibility for all the hurt and pain that I caused," said R. Moore.

"In GRIP, I learned the courage to face my issues objectively and looked into those issues with a hope of correcting them. I have learned that I am a male by nature, but a man through achievement," said George "Mesro" Coles - Tribe 928.

"You cannot change the fruit without changing the roots. Working on attitude and behavior is like hacking at the leaves. Start from the roots; it's where everything begins," said Peter Chhem - Tribe 928.

"GRIP provided me with a sense of brotherhood, where I felt safe, owning up to my past and empowered to reclaim my future," said Chris Schumacher.

"Speak when you're moved to

ers. Grip taught me how to work with others effectively," Nicholas Garcia.

"One of the things I learned in the GRIP program is how to recognize some of my childhood experiences as 'trauma.' It never occurred to me that the corporal punishments I received as a child were traumatic experiences. Before GRIP, I saw those methods of punishment as normal child rearing techniques," said Byron Hibbert.

"To stop and process, control my emotions; and not act out on them with violence or drugs, has been paramount to my growth in rehabilitation," said Terence Alan Burton.

"GRIP has taught me Emotional Intelligence by sitting in the fire. This process helped me grow and cultivate mindfulness. It also helped me expose the real me, not some guy that's pretending to be someone that I'm not. GRIP taught me the nature of responsibility and how I should own up to what I did to those I've hurt. I now hold myself accountable for the murder of Mr. Cornelio Segundo. Thank you, Jacques for also teaching me to be a peace keeper," said Seelua Mikaio.

"I'm proud to state that my tribe has helped to re-introduce me to my authentic self and overcome my greatest obstacles in life — me," said A. Shavers - Tribe 936.

"GRIP has helped open me up in ways that I never thought possible. I now know that I'm

not my crime, I am worth loving, and I can love," said Ronald Cooper.

"A clearer understanding of my own troubles and how my shame and substance abuse distorted my sense of reality," said D. Collier.

"The GRIP program offered a few essential tools to use to calm the moment of imminent danger.

However, the biggest impact of the GRIP program on me was learning about original (trauma) and secondary (karmic) pain. It allows me to recognize and accept the root of my problem, which led to my criminal behavior," said Cecil Davis.

"This program has given me the ability to not only stop my violence, but it has also enhanced my 'emotional intelligence' and 'mindfulness' as well," said Richard "Dino" Dean.

"I came to San Quentin a broken, angry man. I signed up for the GRIP 52-week class. It showed me how to address my pain. I feel like I'm looking at life through a new pair of glasses. I'm truly grateful," said John McCarthy.

"From inception to graduation, in the Grip program I was convinced to modify the way I dealt with stress and to follow a new life path devoid of violence," said Kenny Cunha.

The Protestant Choir provided music and song by Albert Flagg on keyboards, vocals by Timothy Warren, Leonard Walker, Ronald James, Anthony Gallo, Michael Adams, Pedro Cruz, Charles King, Fredrick Gaines, and Christopher Harris.

**Relating Stories Of Violence**  
*By John Neblett*

Are like different kinds of rain: Fire, steel, tears on survivor's lips, Shared, they land in awareness, Lighting empathic feelings — Welding mutual compassion, And suffering becomes brothers and sisters.



Graduates admiring their GRIP certificates

that covers up the primary feelings of fear, hurt and many other feeling," said Lenny Beyett.

"As for 'fear', GRIP Tribe 928 has given me the ability to confront my fears by sharing my past behaviors and hearing others. It allowed me the courage to not only handle 'mines,' but to conquer them as a whole," said Christopher L. Lewis.

"GRIP has given me a sense of unity that is seldom seen in prison. I've learned that I will never be alone in my struggles, and that my struggles are not mine alone," said Frankie Smith.

Otherwise, listen... Well, I did just that for 12 months as a member of Tribe 928, sharing, and listening to years of incarcerated experiences. Thank y'all," said Edward "Face" Kennedy.

"GRIP has motivated me to the point of learning how to dig deep inside myself and recognize that this is where change truly begins," said Wilburt Wilkins.

"GRIP, it is where I stood with my hands in another man's hand. A connection made in sharing, in trust, in love — brotherhood forever there," said Marco.

"I have learned how to express genuine affection and how to identify my feelings. If they are bad feelings, I don't run away from the pain as I did in the past. Now I embrace my pain and sit in the fire. I've learned from GRIP that the healing is in the pain. I also learned how to stop and listen to my body signals. GRIP has taught me how to be a better man," said John Johnson (J.J.).

"I've learned many things in GRIP, but what stood out to me most was imminent danger. I'd never known what was in-between when I was about to cross the line, such as sweaty palms, butterflies, and stuttering. Recognizing my imminent is impor-



Van Nguyen, Hieu Bui, Hieu Nguyen and Danny Nguyen



Graduates marching in the pyramid through the crowd



Founder Jacques Verduin acknowledging the GRIP graduates and the visitors

duin. He described it as a 17-year journey in seeking the right people and perfecting the curriculum.

GRIP is about taking offenders and graduating them into servants.

Verduin said the Navaho portray someone who's committed a crime as somebody acting as if he or she has no relatives. In that sense, "A crime is an inarticulate plea for help," he said. "So part of the solution is to create a context where we relate to each other to heal the pain of feeling alienated. In the process of healing the person not only learns how to rehabilitate, but also becomes someone who's able to give back to the community."

"I'm honored to be here today. I'm so proud of these men who decided to complete this program provided by Jacques," said inmate facilitator Richard Poma, who was instrumental in developing GRIP.

San Quentin Warden Kevin D. Chappell encouraged the graduates to "Live by your pledge of nonviolence. You've taken a huge step for transformation. You must continue moving forward," he said, while thanking the graduates for being peace-makers.

"You are leading the way in California for prison reform," State Senator, Mark Leno (D) told Warden Chappell.



Shannon Andrews, Cleo Cloman III, Cynthia Cloman and Cleo Cloman

# ARTS & ENTERTAINMENT

## Sudoku Corner

	1						9	
				1		2		
		2						1
8							6	
			1		6			
	6			2			5	
		9						
					9			
1			2					5

### Last Issue's Sudoku Solution

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

## Complete This Puzzle Win a Prize!

If it takes five fishermen five minutes to catch five fish, how many fishermen are needed to catch one hundred fish in one hundred minutes?

The answer to last month's puzzle is: fifty percent, just like every other time. Each flip has no influence on the next outcome.

The winner to last month's puzzle is: Brent Hayashi.

Congratulations to the following contestant who also got it right: Hyungjin An.

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 placed 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.

By Ashmus Troy

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



## Book Review

By Randy Maluenda



**THIS IS YOUR BRAIN ON MUSIC** (By Daniel J. Levitin) Examines our attachment to music in theis "science of a human obsession."



**FEMALES GANGS IN AMERICA** (Edited by Meda Chesney-Line & John M. Hagedom) Assorted academic essays on "girls, gangs, and gender" in the United States.

RATINGS:

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

## Snippets

Eggnog is often consumed around Christmas. It is a thick drink made of beaten eggs, milk, sugar, nutmeg and often containing whisky, rum, wine, etc.

Great blizzards of 1888 caused fifteen thousand subway passengers to be trapped on New York City's elevated railroad. Some of the men provided ladders to help passengers escape.

Getting together on Christmas Eve, the Lithuanian serves 12 traditional dishes—one for each apostle. Everyone must try the food or it is deemed bad luck.

No land exist under the ice of the North Pole. The ice cap is between 6.5 to 10 ft. thick. In the winter the ice grows to the size of the United States.

On December 30-31, 2004, there was record breaking donation for the most money donated online in 24 hours. The donation was for the Tsunami Earthquake in southeast Asia.

Gibraltar of the Pacific is one of the nicknames for Pearl Harbor. The Japanese attacked Pearl Harbor on December 7, 1941.



### Featured Artwork By James Norton



# ‘Orange Is the New Black’ Reveals Life in Prison

By Juan Haines  
Managing Editor

As someone who has spent nearly two decades in prison, I approached Piper Kerman’s book about her 15-month stint in a federal prison with some skepticism. After all, here’s a middle-class white woman, turned criminal, who maintained her family and friends, including a well-connected fiancé, while serving time in a “Disneyland” institution. But *Orange is the New Black*, Kerman’s brilliant, intellectual insight into what prisons are all about, surprised me.

I felt Nancy Mullane’s *Life After Murder* tapped into reality with; “No one really goes to

prison alone. An invisible rope stretches from the heart and mind of a prisoner out through the bars of his cell, up into the sky, over the hills and water, dropping back down to earth far away, inside the lives of the people left behind. As the years pass – five, 10, 20, 30 – the fibers of that rope become frayed, and sometimes they snap.” That one simple passage in *Life After Murder* exposed what a long prison sentence does to a prisoner’s ability to keep it together, socially speaking. Having experienced the distancing effects

of estrangement first-hand, it’s poignant to read about it from someone who witnessed its results.

Yet another witness is writer Jack Black who lived the life in *You Can’t Win*. Based on his long arduous life and time as a criminal, convict and inmate, he really could talk about what prison is. Black described the sickening feeling he experienced nearly nine decades ago: “You start doing time the minute the handcuffs are on your wrists. The first day you are locked up is the hardest, and

the last day is the easiest. There comes a feeling of helplessness when the prison gates swallow you up – cut you off from the sunshine and flowers out in the world – but that feeling soon wears away if you have guts.”

Kerman echoes Black by noting, “The truth is, the prison and its residents fill your thoughts, and it’s hard to remember what it’s like to be free, even after a few months.”

Kerman’s safety net was her strong family ties. But, lots of people who get lost behind the bars, aren’t so fortunate, usually because of their own anti-social habits. In other words, they have burned their bridges. So, Kerman gets it when she writes, “I would never have survived without my visits and so would grit my teeth and rush through the motions. It was the prison system’s quid pro quo: You want contact with the outside world? Be prepared to show your ass, every time.” Moreover, she recognized that “Prison is so much about the people who are missing from your life and who fill your imagination.” These shared, clear depictions about prison life grabbed me and kept me engaged in Kerman’s misery-filled short stint in federal prison.

“Prison is quite literally a ghetto in the most classic sense of the word, a place where the U.S. government now puts not only the dangerous but also the inconvenient—people who are mentally ill, people who are addicts, people who are poor and uneducated and unskilled,” Kerman writes.

*Orange is the New Black* grasps “prison realism” where “...prison...mandates stoicism and tries to crush any genuine emotion, but everyone, jailers and prisoners alike, is still crossing boundaries left and right.” These small situations where the human element cannot be ignored makes one fight to be yourself, notably as Kerman writes, “Yet you still had to resolve not to believe what the prison system—the staff, the rules, even some of the other prisoners—wanted you to think about yourself, which was the worst.”

It’s a sad fact when free and incarcerated people take note of as Kerman; “No one who worked in ‘corrections’ appeared to give any thought to the purpose of our being there, any more than a warehouse clerk would consider the meaning of a can of tomatoes, or try to help those tomatoes understand what the hell they were doing on the shelf.”

Kerman’s ability to choose the right words resonates with imprisoned readers and gives her credibility. Free people should trust in her overall message, “What happens in our prisons is completely within the community’s control.”

After only a few pages into her saga, I was drawn and compelled to read about me through Kerman’s pen.

## BOOK REVIEW

### An ‘OG’s’ Perspective

## Ridding the Mindset of Violence

By Watani Stiner  
Staff Writer

Though I was not directly responsible for the January 17, 1969 UCLA campus shooting deaths of John Huggins and “Bunchy” Carter, I have come to understand the ways my participation in a “warrior mindset” contributed to the violent scenario that resulted in their deaths. While it is certainly no secret that the FBI’s counter intelligence program (COINTELPRO) was an external factor in the infiltration of the organizations Us and the Black Panther Party that exacerbated the conflict, this warrior mindset provided the internal basis for the violence. Ideological conflict was exploited and turned into violent conflict.

For historical clarity, I think it is important to note that this warrior mindset of the 1960s didn’t just arise out of a vacuum. It emerged from a violent and oppressive condition of racial segregation. It began as frustration over the nonviolent strategies of the civil rights movement and rose to a more militant demand for basic human rights. A warrior mindset accepted violence “necessary” and for a “good cause,” but a fundamental and problematic challenge for the Black Power Movement then arose: how can we challenge and change a violent and racist culture without

becoming corrupted and violent in the process?

I entered the restorative justice dialogue with Ericka Huggins, John’s wife, not to take responsibility for two murders I did not actually commit, but because I hope to set an example for others to realize that mindsets, and not just the acts, are forms of violence. In addition, what I’m confessing to and repenting from is a mindset; a mindset that fostered the atmosphere that help cause the deaths of two human beings. It’s so easy for a person to attempt to absolve himself from acts of violence with words like, “They started it! I was there, ready to get down with my homies, but I didn’t fire the fatal shot. I didn’t kill anyone!” But if this person promoted a warrior mindset, there is still responsibility for violence.

In a previous article I defined warrior mindset as a mindset that is essentially militaristic and confrontational, “commandist” and combative; a mindset that finds justification in violence and accepts casualties of war over preservation of life. A “gang banger’s” mentality falls into this category. Gangbangers are essentially soldiers in a sort of civil war.

This is also true about patriarchal mindsets. Even if a person hasn’t directly participated in an act of domestic violence,

this is the question they must ask themselves: in what ways have we contributed to or in any way validated a patriarchal mindset in which women are devalued and objectified? In what ways have we been complicit through our inactions?

Like so many men growing up in patriarchal societies, I internalized the male-role belief system. Even in my revolutionary heyday, I accepted the broader cultural premise that elevates a belief in the innate superiority of men over women; and viewed the role and rights of women in restrictive and subordinate terms. I was God of my home with ultimate authority over any and all decisions. My wife was my queen whose principle roles were to inspire me, educate our children and to participate in social development. Her greatest quality was her femininity; and she could not be feminine unless she was submissive. We were products of a patriarchal society that assigns roles, stereotypes and attitudes based on gender inequality.

Now, years later, I finally see the damage this mindset creates. How can we as men challenge ourselves and examine our own views and consider the impacts, thoughts and words -- let alone our actions/inactions -- have on wives and daughters and mothers and sisters?

*Orange is the New Black* also gets into the mental health crisis plaguing the U.S. prison system. The mental illness being a part of the storyline gives me hope that free people will take a serious look into what’s being done to this population of misfits.

**On Dec. 11, the federal three-judge panel extended the time for California to cap its 34 prisons at 112,164 inmates to April 18, 2014. On Nov. 11, the state’s 34 prisons held 119,841 inmates, according to prison official numbers.**

### Corrections:

Last month’s issue on page 10 the photo of Bruce Lisker should be credited to [amy@amyfriedman.net](mailto:amy@amyfriedman.net). Also in the same issue on page 17 Jack Jacqua was misidentified as Jack Omega. In the same story SQUIRES counselors should be identified as SQUIRES mentors. The story about Sergeant Dennis “Bubba” Wright should also be credited to Rapheal Calix.

## Support San Quentin Programs This Holiday Season:

### Self Help Group

Alliance for Change  
Bay Area Women Against Rape  
California Reentry  
Centerforce  
Free to Succeed  
Guiding Rage Into Power  
Insight Prison Project  
Kid C.A.T (Hygiene Drive only)  
No More Tears  
Prison University Project  
San Quentin News  
Vietnam Veterans Group of San Quentin  
William James Association  
Amala Foundation  
Marin Shakespeare

### Website

<http://alliance4change.org>  
<http://www.bawar.org>  
<http://ca-reentry.org/donte/>  
<http://www.centerforce.org/support/>  
<http://marinliteracy.org>  
<http://insight-out.org/index.php/donate>  
<http://insightprisonproject.org>  
<http://www.compass-sf.org/get-involved/homelessness>  
<http://www.no-more-tears.net/about.html>  
<https://donatenow.networkforgood.org/prisonuniversityproject>  
<http://sanquentinnews.com>  
<https://rally.org/SQToyDrive>  
<http://williamjamesassociation.org>  
<http://www.amalafoundation.org>  
<http://www.marinij.com>

# Prisoners Asked to Relive a Past Winter Holiday

By Angelo Falcone  
Journalism Guild Writer

The nipping and chilly air of winter has come to San Quentin which is a reminder to many of us of the holiday seasons of long ago.

Asked on the Line conducted brief informal interviews with men on the mainline and asked: If you could go back in time and repeat a winter holiday season, how old are you again? Where are you? Who are you with?

*“I remember that me and my brother got motorbikes for Christmas and I started mine up, right in the living room with my pajamas on”*

This question brought up many joyous holiday memories for the men in blue.

Of the 16 men interviewed, 12 would go back to a time in their childhood.

Jesus Flores would go back to when he was five years old, Kevin Sawyer and Christo-

pher Scull would go back to when they were seven, and Ishmael Wesley would go back to when he was eight.

“I remember Christmas when I was five,” said Flores, who was in Palo Alto with his parents and siblings. “That’s the year I got the most presents!”

Sawyer was in San Francisco with his parents and siblings. “Those were the days of humble beginnings,” said Sawyer.

Scull was in Fontana, California with his parents and his brothers. “I had gotten my first BMX bike!” said Scull.

Wesley was at home in Richmond with his two brothers and his two sisters. “I remember that there was glitter on the floor and we were watching the Charlie Brown Christmas and roasting marshmallows in the fire.”

Steven Pascascio would go back to when he was 10, Adrian Ramirez would go back to when he was 13 and Orlando Harris would go back to when he was 16 years old.

Five men would want to be 12 years old again: Valeray Richardson, Fannon Figgers, Arturo Avalos, Rico Rogers, and Eddie Delapena.

Four men would return to when they were younger

adults. Billy Terry would be 18 again, Lawrence Patterson would be 24, Darryl Hill would be 36, and Dwight Krizman would be 42 years old again.

Pascascio was in Belize with his family opening presents, Rogers was in San Francisco with his parents, and Avalos was in Guadalajara, Mexico celebrating Christmas with his parents.

Delapena said, “I remember I was with my parents and relatives in the Philippines. We gathered on Christmas Eve and we ate at midnight.”

Richardson was in Los Angeles with his siblings. “I remember that me and my brother got motorbikes for Christmas and I started mine up, right in the living room with my pajamas on!” said Richardson.

Figgers remembers being in Chicago. “I was visiting my father for Christmas. It was a turning point in my life.”

Ramirez was celebrating Christmas with his family. “We had decorated the house and had helped mom cook tamales, posole, menudo, and persimmon cookies.”

Orlando Harris was in East Oakland with his mom. Harris said, “I remember that a family friend had come over for Christmas. She was a childhood

friend that I had a crush on. She had come into my room while I was asleep and woke me up to spend the day with me.”

Krizman was at his in-laws house in Farmington, New Mexico. He was with his five-year-old son. “He saw snow for the first time. We helped him on a treasure hunt in the snow. Santa and the elves had hid his presents in the snow!” said Krizman.

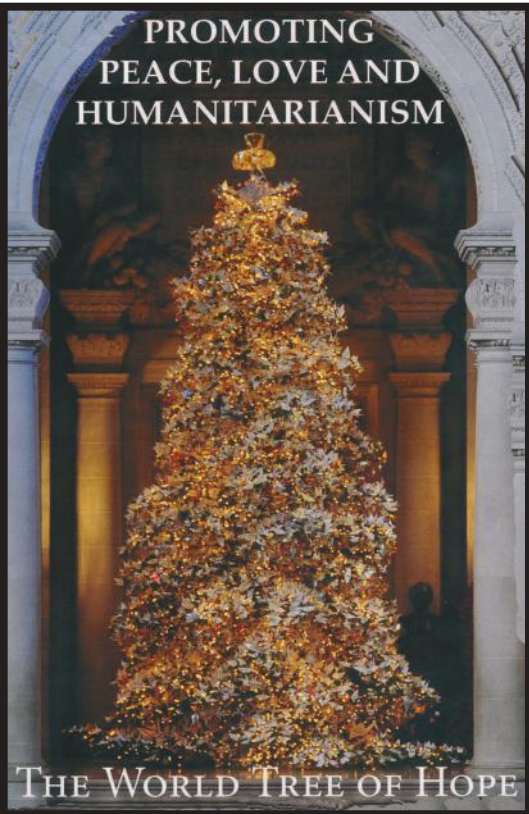
Hill was in Oakland with his wife Felicia and their four children. “We were all home together for Christmas. It was the last time I got to spend with my wife before she passed away,” said Hill.

Patterson celebrated Christ-

mas in Wasco, California with his daughter Vanessa and his daughter’s mother Esther.

Terry celebrated and enjoyed Christmas alone in San Francisco.

## Asked On The Line



The World Tree of Hope is a giant holiday tree displayed in the Rotunda of San Francisco City Hall each December that is decorated with thousands of origami cranes and stars that are inscribed with people’s wishes and hopes for the future of the world. [rainbowfund.org/tree](http://rainbowfund.org/tree)

## Wellness Corner

By Kris Himmelberger  
Staff Writer

The ultimate upper body exercise is the push-up, says Convict Conditioning author and coach Paul Wade. It’s no secret that push-ups build strength and muscles, strengthen tendons and train the upper body to work in coordination with the mid section and the lower body. Wade advocates going back to the basics. He suggests a progressive variation of 10 different push-ups:

- Wall push-ups
- Incline push-ups
- Kneeling push-ups
- Half push-ups
- Full push-ups
- Close push-ups
- Uneven push-ups
- ½ one-arm push-ups
- Lever push-ups
- One-arm push-ups

Each of these push-ups is designed to work a different part of the muscle. Push-ups build the pectoris major, anterior deltoid, pectoris minor, and all three heads of the triceps. When doing push-ups, you should find a comfortable hand position. Keep your torso, hips and legs aligned. Keep your arms straight at the top of the movement, but not hyper-extended. It is also important to breath smoothly—out on the way up and in on the way down. Count two seconds down, with a one second pause, and two seconds back up.

### The wall push-up

Wall push-ups are a good form of physical therapy. However, if you have any medical problems you should consult your physician. Find a wall. Facing the wall (with your feet together), place your palms flat against the wall. Your arms should be straight and shoulder width apart with the hands at chest level. Bend the shoulders and elbows until the forehead gently touches the wall. This is the finishing position. Press to the start position and repeat. Beginning: 1 set of 10; Intermediate: 2 sets of 25; Advanced: 3 sets of 50.

### Incline push-ups

Find a secure or stable object (desk, tall chairs, work surfaces, or cell basin) that is about half your height and reaches the midpoint section of your body. With your feet together, lean over and grasp the object with your arms straight, shoulder-width apart. If the object reaches your midpoint, it should put you at about 45 degrees from the floor (This is the start position of the exercise). Bending at the elbows and shoulders, lower yourself until your torso gently touches the top of the object. Pause briefly before pressing back up to the start position and repeat. Beginning: 1 set of 10; Intermediate: 2 sets of 20; Advanced: 3 sets of 40.

### Kneeling push-ups

Kneel on the floor with your feet together and your palms flat on the floor in front of you. The arms should be straight, shoulder-width apart, and in line with your chest. Link one ankle around the other and keep the hips straight and in alignment with the trunk and head. This is the start position. Using the knees as a pivot, bend at the shoulders and elbows until your chest is approximately one fist’s width from the floor. Pause and press to the start position, then repeat. Beginning: 1 set of 10; Intermediate: 2 sets of 15; Advanced: 3 sets of 30.

### Half push-ups

From the kneeling position, place your palms on the floor and stretch your legs out behind you. Your hands should be about shoulder-width apart, directly below your upper chest. Your feet and legs should be together. Tighten your supporting muscles, so that your back hips and legs stay locked inside. Start with your arms straight. Lower yourself approximately half the length of your extended arms or until your elbows forms a right angle. An excellent way to establish how far to descend is to use a ball directly below your hips. This is the start position. Bend at the shoulder and elbows until your hips lightly make contact with the ball. Pause before pressing back to the start position. Beginning: 1 set of 8; Intermediate: 2 sets of 12; Advanced: 2 sets of 25.

The remaining exercises in the push-up series will be covered next month. We would like your input on this column and welcome any suggests, including future topics.

# Oragami Cranes Decorate San Francisco City Hall’s Holiday Tree

By Boston Woodard  
Staff Writer

Every December, San Francisco City Hall displays a huge holiday tree in its rotunda. The tree is decorated with thousands of origami cranes and stars inscribed with people’s wishes and hopes for a better world. The tree is called The World Tree of Hope.

Fifteen members of San Quentin’s American Indian Culture and Spiritual Group (AICSG) have volunteered to create and assemble hundreds of Origami Cranes for this great cause. The group of volunteers meets at the Interfaith Chapel every Thursday night, their “culture night” as it’s called, with the goal of giving back to the community.

San Quentin self-help volunteer Jun Hamamoto sponsors the craft-making experience. Borey Ai and Hamamoto taught origami to the class.

On one recent Thursday, staff member Vivienne Florendo also stopped by to help. AICSG origami project coordinators Tony Alto and Andrew organized and managed the occasion by ensuring tables, chairs and materials were available to the volunteers.

The Spiritual Group divided into several smaller groups to construct the cranes. Hamamoto and Florendo also created cranes of their own for the tree-decorating project.

This is the first year Native Americans from San Quentin have assisted in The World Tree of Hope project but they



Photo by Sam Hearnes

T. Mondragon, Q. Fallon, R. Silk, R. Donaldson, G. Garcia, A. Vance, Jun Hamamoto., A. Montgomery, F. Delvalle, E. Villanueva, LaVerne, Vivienne Florendo, D. Sherman, B. Ai, Bottom:H. Marshall, A. Alto, and G. Coates

have participated in other projects, such as crafting origami cranes, stars, birds, and rabbits, which were handed out to the kids at Oakland’s Children Hospital.

For several months, Hamamoto has been working with the American Indian Culture and Spiritual Group coordinating their Thursday night program.

“This is our second origami project. We spent two evenings making cards for kids at Children’s Hospital—one evening learning origami basic models and one evening folding origami for the children,” said Hamamoto.

Alto and Andrew told the San Quentin News that all the crafts constructed and donated to Children’s Hospital were

chemical and toxin free.

“We are mindful of the materials we use to make the cranes and other items we donate,” said co-coordinator Andrew. “Some of those kids are real sick, and we want to make sure they receive items that are safe and healthy and that will hopefully bring smiles to their faces.”

“Origami is meditative,” commented Hamamoto. “When you concentrate on folding, you are in the present moment. I learned origami from my parents as a child.”

According to Hamamoto, “The group loved the first origami project and asked for more. This made me deeply happy. When I was asked by Jeff Cotter of the World Rainbow Fund to contribute this

year, I thought it was a great opportunity for the AICSG to be involved, giving them an opportunity to give back to the community.”

The Rainbow World-Fund ([rainbowfund.org/tree](http://rainbowfund.org/tree)), which sponsors The World Tree of Hope event, calls it a “symbol of global unity.” The organization accepts wishes from anyone, which will be printed out, folded into an origami crane, and placed on the tree.

Founded in 2000, the World Rainbow Fund is an all-volunteer international humanitarian service agency based in the Lesbian, Gay, Bisexual, Transgender (LGBT) and friends community. The fund works to help people who suffer from hunger, poverty, disease, natural disaster, oppression, and war by raising awareness and funds to support relief efforts around

the world.

RWF’s philosophy is that we are all “One Human Family” and that we are living in a time that tells us that our survival on this planet is dependent on us all giving more to each other.

When asked what it means to the men of AICSG to assist in this event, coordinator Alto said, “It’s great. It’s an opportunity for our community to help out fellow human beings in a small but sincere way.”

As San Quentin’s AICSG members labored on twisting, turning and shaping material into holiday ornaments replete with their hopes and wishes for the New Year, their sincerity and dedication was apparent. “We wanted to do our part to help others during the holidays. This means a lot to us,” said one volunteer while concentrating fully on his creative task.

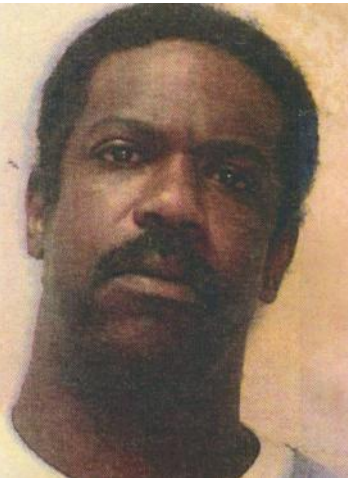


Photo by Sam Hearnes

San Quentin’s American Indian Culture and Spiritual Group folding origami cranes

# San Quentin Prisoner Writes Unique Obituary Before His Passing

Editor’s Note: George Burns passed away on Oct. 16, 2013. Burns was one of the eight inmates



George J. Burns  
November 29, 1971-  
October 16, 2013

mates honored at a memorial service held in the Protestant Chapel on Nov. 15, 2013. He was the youngest of the inmates. Last year he took a journalism class held by Patton College. One of his assignments was to write his own obituary. Here is what he wrote:

Mr. Burns went to Highlands High in Sacramento. He participated in track and played football his freshman year for Highlands High.

He loved to cook different types of food. He was a very good cook. He enjoyed reading, writing, fishing, fixing up old cars, and listening to music. His favorite music was rap, which Tupac was his favorite rapper. He was also good at drawing.

Mr. Burns’ funeral will be

held June 18, 2012, at 10 a.m. The burial will take place at Sunset Lawn, 1900 Sunrise Blvd. in Sacramento, California 95678.

George was born in Sacramento Nov. 29, 1971, to Don Weatherspoon and Shirley Smith. He married Cherish Proctor in Sacramento, where they lived with their son.

Mr. Burns was a student in Patton College, where he was trying to achieve his A.A. degree in basic education. Also, he was a writer for the San Quentin Guild Journalism class.

He was able to make the following achievements in his life. George obtained his high school diploma and completed a course in business. He finished top of his class in janitorial duties, and in computer

class.

He worked at San Quentin’s kitchen where he was a leadman and was the founder of Fathers Doing Positive Things (FDPT,) where he worked hard giving back to the community.

He was also a big brother sponsor to the Boys Club. He was the heart and soul of his family. His love for family and friends was evident in his daily life, and he touched the lives of many. He was known to his family and friends as a good guy who spoke his mind. George was the type of person that loved helping those that were less fortunate and needed help. His heart was made of gold, and everyone who crossed paths with him enjoyed having him around. He was very protective of those

who were close to him.

Mr. Burns was always trying to find something positive he could do to help others.

Mr. Burns’ early life was rocky; he was in and out of jail. He was the founder of the North Highlands Gangsta Crips in which his gang involvement led him to commit a shooting that landed him in prison for 31 years and 8 months.

During this time is when he started changing his ways and attitude toward life. George began to get involved in things that would benefit his future. He enrolled in Patton College and started writing for San Quentin Journalism Guild. His going to college and putting articles together for San Quentin News is how he spent his leisure time.



Bertrand Washington	Salvador Manqueros	Timothy Rodriguez	Albert L. Mitchell	Jeffrey “Silk” Evans	Timothy Russell	Joseph T. Staples
June 20, 1949 - October 16, 2013	April 26, 1950 - September 22, 2013	October 8, 1968- June 3, 2013	December 9, 1960- October 7, 2013	November 26, 1964 - June 27, 2013	March 26, 1960- October 5, 2013	October 31, 1967- September 27, 2013

# UC Berkeley Students Praise S.Q. Programs

By Juan Haines  
Managing Editor

Editor's note: For security reasons, The San Quentin Education Staff requests San Quentin News use only the first names of the college students in this article. We have honored that request.

For more than a dozen years, students from a prestigious Northern California university have been venturing inside a

change, because I've seen it first hand," Natrina added.

"TIP offers a tour of San Quentin in the spring where we walk by cells and try whatever is on the menu in the dining hall," said another tutor Erin. "When the tour got to the cells, and I was able to see how the men live,

whole. We could do a better job at intervention. Overall, I think more can be done. The amount of help is limited to the time we're here. It would be great if there could be tutors here all the time. I think we could do more as a society."

David said inmates who re-

and has a big heart," McAuliffe added. "He tries to adhere to everyone's learning goals, and he's good at his job."

"I've been a tutor for Mr. Shimel for about eight months," said Steve Piazza.

Piazza said he was Valedictorian for his GED class. "I helped

people in the classroom while earning my GED. When I graduated, I got hired," he said. "The students really like the Berkeley tutors. They come from all kinds of backgrounds from around the world. The inmates look forward to getting help from

the California prisons for 15 years, 10 of those years at San Quentin. As for the Berkeley students, "I like their different areas of interests. They bring a fresh perspective from around the world to my classroom, which is a good thing."

"I like lightening the mood in a place where being hard is sometimes not the way things really are," said TIP tutor, Shenel. "The biggest thing for me is seeing the progress in the classroom. I like seeing the progress in humanity and humility in a place where it's often not there, is rewarding."

"Before I went to Berkeley, I read Pedagogy of the Oppressed, by Paulo Freire," TIP tutor Shenel said. "The phrase 'Liberation is a Praxis,' stuck out to me, because it means action and reflection of men and women upon their world is needed in order to transform it. I realized that is what I need to do. If you are going to be on this world, you have to make the most of it, no matter where you are."

"The Richmond-San Rafael Bridge for a lot of us is a bridge that doesn't just physically connect Cal to San Quentin. But like the class, it has been able to serve as a community connection between two groups of people who otherwise would not get to meet-- and who through current legal/ political system are not intended to meet," Erin said. "I am very thankful to work with teachers, who have been very supportive of our program."



Photo courtesy of Natrina

## 2013 Fall Teach in Prison Project Students

state prison, tutoring inmates who do not have high school diplomas.

Each semester University of California, Berkeley, sends between 60 and 100 students inside San Quentin State Prison's Education Department through its Teach in Prison (TIP) program.

The impetus of the program, which began in 2000, is to educate inmates in order to reduce recidivism and end mass incarceration, say its supporters. Two-hours a week, TIP has classes on campus about criminal justice reform.

"It's the most amazing program that I've been involved with," said TIP co-president, Natrina. "It taught me a lot about injustices in the prison system. Now, prisoners' rights have become the focus of my social activism."

"People coming from privileged positions in society don't always question the inequalities that lead to drug use, school dropout rates or other factors leading to mass incarceration," said TIP tutor Brenna.

"Many people in society think more about punishment than rehabilitation. But, I know that people have the capacity to

I started crying. I immediately rearranged my schedule to fit Teach in Prison, and have been with the program ever since."

Erin said she has had complex conversations with inmates but noticed some struggle reading. "It indicates a failure in the education system," she said. "It's obvious the person is intelligent, but through their work, it becomes apparent that somewhere along the line, their teachers, their parents, whoever, just let them slip by."

"One of the reasons I'm involved with Teach in Prison is personal," Erin said. "I've had family members suffer some of the same experiences some of the men here have."

"I've been involved with inmates since 2005, when I worked with Karos, a spiritual organization. I've been involved every since, said TIP tutor David."

David said the high percentage of people in prison who have substance abuse problems are ignored by the current criminal justice system. "There is evidence that people who have these problems could be more successful, if they were initially addressed. The punitive direction does not help society as a

ceive his tutoring appreciate the classroom presence of Berkeley students. "It's encouraging to watch student learn something new. It is rewarding as a teacher to watch a student solve a math problem that doesn't make sense to him at first."

Brenna is majoring in Psychology with a minor in Global Poverty. "I think that if more people had the opportunity to work inside a prison, justice reform would be more possible."

Inmate Jeff McAuliffe has been at San Quentin four years. He has been a teacher's aide in the TIP classroom for about a month. He said Mr. Shimel, hired him after he passed the GED test.

"I help the students in their educational goals, McAuliffe said. "One of my teaching points is that I was in the class. If I can do it, you can."

McAuliffe said having the Berkeley students around helps a lot. The more the better, he added. "The inmates tend to ask them for help, because it's an opportunity for them to interact with someone from the community instead of just another inmate. Everyone is trying to better himself in the classroom."

"Mr. Shimel is a great teacher

them."

Facilitating access to GEDs in the Teaching in Prison program gives students the chance to qualify for one of the prison's many college programs.

When asked about the impact of the Berkeley students, Mr. Shimel said, "It brightens up my day. I'm walking on sunshine."

Shimel has been teaching in

## Notice:

- **Vocational Electronics is scheduled to begin January 6, 2014.**
- **Computer Literacy is scheduled to begin early January 2014.**

**Educational assistance is available to Spanish speaking inmates in the Education Department, Building C2.**

**Asistencia educacional es disponible para reclusos de habla hispana en el Departamento de Educación, Edificio C2. No importa si usted esta asignado a una clase o no, usted puede inscribirse para recibir asistencia.**

**It does not matter if you are assigned to a classroom or not, you may sign up for assistance.**

## Robert E. Burton Adult School Voluntary Education Program (VEP)

*"The beautiful thing about learning is that nobody can take it away from you."*  
—B.B. King

### VEP offers:

- Supplemental Educational Programming
- Academic Support and Progress toward Educational Goals (GED, college, life skills, etc)
- Opportunity to improve academic and life skills, concurrently with job assignment or other education programs
- Opportunity to complete or obtain your GED
- Opportunity to earn Milestone credits
- Self-Improvement skills such as work-place, math, language, and employability skills
- Individualized and/or Small Group Instruction

**Send your information in a U-Save-Em envelope to the Education Department/ Att. VEP and you will be contacted.**

## Santa Monica Violence Prompts Focus on New Vocational Programs

By Micheal Cooke  
Journalism Guild Writer

The shooting deaths of seven people last summer prompted the Santa Monica City Council to consider a plan for a new youth vocational training program focused on school dropouts and unemployed 16 to 24-year olds, reports the Santa Monica Lookout.

If the Council decides to fund the \$239,668 program, it would assist youngsters with finding work in the hospitality and services industries, supporters say.

The Virginia Avenue Park's Teen Center would facilitate the Hospitality Training Academy (HTA) with the Venice-based St. Joseph Center operating the training program, the planners report.

HTA executive director, Adine Forman said the non-profit's goal is to help participants develop skills useful for building a career, rather than steering them into fast food work.

City officials say they hope to begin by providing mental health services to 50 teens and young adults already identified

by HTA and St. Joseph staff. The non-profit was selected because of its record of accomplishments with innovation initiatives.

The social services would address the fundamental factors of youth violence. "In light of these events and in an effort to support the community, staff recommended the acceleration and advancement of the program," an unidentified staff member said.

According to a staff report, the new job-training program is ready to go as soon as funding is approved.

# San Quentin Hosts the First Rabbi of an African Tribe

By JulianGlenn Padgett  
Staff Writer

San Quentin was host to the first rabbi of an African tribe with a century-old history in Judaism.

In 2003, Gershom Sizomou was trained as a rabbi at Ziegler School of Rabbinic Studies in Los Angeles, said Danielle Meshorer of Be'chol Lashon in San Francisco.

Last November Sizomou visited San Quentin's Jewish Synagogue to speak about his jour-

## RELIGION

ney in Judaism. "I was born and raised in a village in East Uganda, and the history of my people, the Abuyadaya tribe, can be traced back 100 years," he said. Abuyadaya means the People of Judah.

Sizomou said he wants to share his journey of peace, hope and perseverance with San Quentin's

diverse Jewish community. "Coming in here is a lot less scary than I thought it would be. I've traveled all over the world. I've been through checkpoints in Israel and Egypt. So this wasn't that bad."

However, due to a security issue, Sizomou had to change his shoes. "I wasn't going to let something like that get in the way. I was looking forward to this because I knew that it would be very interesting to meet Jewish men in prison," he said.

Sizomou explained that as a child growing up in Africa, his tribe was already observing Judaism. "The Abuyadaya chose Judaism, we self-converted much in the way that Ruth the Moabite did with Naomi, the Israelite woman."

"With the history of my community, being Jewish was the natural way of our lives. It was who we were; it's who we are," Sizomou said.

Judaism began to take root in the Abuyadaya tribe around 1919, when the British selected Semei Kakungulu to be a Christian missionary. "The missionaries gave Kakungulu a Bible to read but he was drawn to the five books of Moses. And after reading the Torah, Kakungulu gave the New Testament back," said Sizomou.

According to Sizomou,

Kakungulu studied the Torah and trained himself according to the laws of Leviticus; he began by observing Judaism straight and with determination.

Being Jewish and growing up in Uganda came with many challenges, Sizomou said.

As an example, he said, when Idi Amin rose to power in January 1971 Judaism was outlawed. People were calling the Abuyadaya, Christ Killers. They were doing everything to dissuade them from being Jewish.

"That didn't work because we were Jewish in everything we did in our hearts and souls. We went underground, and we continued learning and studying Torah and living as Jewish people," he said.

After Amin's regime fell in 1976, Judaism was practiced more openly.

# Prisoners Encouraging Practice of Jehovah Witnesses

By Aaron Martin  
Contributing Writer

You may have noticed dedicated inmates posted at strategic places on prison yards, bearing gifts of spiritual food in the form of Watchtower and Awake magazines. They offer this informative literature, spiritual wisdom and insight into the scriptures with the hope of encouraging everyone to draw close to Jehovah.

D. Ernest Soltero, an inmate who is practicing Messianic Judaism, shared his feelings about the way Witnesses teach the religion. He said that it bothered him at first before he was a reformed Kerraite, a sect of Judaism. Soltero had considered Jehovah's Witnesses a cult. He says that he is now more tolerant of other people who profess a belief in the Messiah. "I have spoken to Witnesses and studied with them.

My impression is that they have a deep, sincere conviction and a strong, sound belief. I find their articles very informative, Bible-based and non-biased," Soltero added.

Richard Richardson is one of the Jehovah's Witnesses preaching here at San Quentin. He has been a Jehovah's Witness for 12 years after embracing the religion in 2001 at Calipatria State Prison. His grandparents were Witnesses, and he remembers visiting the Kingdom Hall, the place of worship for Jehovah's Witnesses, with his mom as a child.

Richardson says he preaches the word and distributes Jehovah's Witness literature because he is following a command from Jesus as written in Matthew, chapter 28, verses 19 and 20, which says, "Go therefore and make disciples of people of all

the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. Teaching them to observe all the things I have commanded you. And look! I am with you all the days until the conclusion of the system of things."

Richardson does not take it

personal. When people reject the message he has to offer, saying, "Jehovah teaches that it's not personal against us, so we don't worry about how they will respond." Richardson has preached at both Calipatria and Ironwood prisons, but he says that it is easier to preach here at

San Quentin. He points to the "lack of politics among inmates" making it easier for him to do what is most important: "saving lives."

There are 13 baptized Witnesses at San Quentin. You will see them out daily doing their ministry because they love helping people draw closer to God and explaining to them what the "Bible Really Teaches." Witnesses who are either elders or ministers from local congregations sponsor the meetings. These male volunteers consistently sacrifice time away from their loved ones and other responsibilities to help and encourage the Witness population in San Quentin. They have services on Wednesdays at 6:00 pm, Bible Study and Ministry School, and again on Saturday at 9:00 am for a study of the Watchtower. All are welcomed to attend.



Wesley Eisiminger, Charles Tatum, Richard Richardson and Aaron Martin

# Dr. Maulana Karenga Educates Core Message About Kwanzaa

By Dr. Maulana Karenga  
Professor of Africana Studies

California State University-Long Beach, Creator of Kwanzaa.

The core message and expansive meaning of Kwanzaa is rooted in its role as a rightful and joyous celebration of family, community and culture. Indeed, it is a celebration of a people in the rich and complex course of their daily lives and in the midst of their awesome and transformative movement through human history. It is a holiday that grew out of the ancient origins of first-fruit harvest festivals which celebrate the abundant good of life and all living things and the good of earth itself and all in it. It rises also out of our modern struggle for an inclusive freedom, a substantive justice, a dignity-affirming equality and a life-enhancing power of our people over our destiny and daily lives. And it bears the mark and message of both models and movements.

It is this ancient, fertile and constantly cultivated soil and source of our culture that explain the extraordinary and constant growth of Kwanzaa throughout the world African community. Surely, Kwanzaa would not have lasted if it had simply been a seasonal trend, a consumerist fad or the purchasable product of a corporate-cultivated consciousness. Moreover, its resilience and

relevance, like its origins and future, do not lie in official approval, presidential greetings or governmental recognition and endorsement by resolution on any level. Rather Kwanzaa was a cultural creation, created and introduced to the African community as an audacious act of self-determination

Each Kwanzaa we are called upon to think deeply about our lives and the world, and ask ourselves how do we as a person and people understand ourselves and address the critical issues of our times in ethical and effective ways. Then, we are to recommit ourselves to our highest ideals, our best values and visions, and to a sustained and transformative practice of these principles. And at the heart and center of Kwanzaa are the Nguzo Saba, The Seven Principles.

Indeed, the Nguzo Saba offer us a foundation and framework to address issues of our time through both principles and practices, a unity which cannot be broken without damaging and diminishing them both. This means prefiguring in our daily lives and practices the good world we all want and deserve to live in, and it requires constant reflection on and practicing the Nguzo Saba and interrelated values directed toward bringing good in the world.

Surely, in a world ravaged and ruined by war, defined by divi-

sion, oppression and varied forms of greed, hatred, and hostility, the principle of Umoja (Unity) invites an alternative sense of solidarity, a peaceful togetherness as families, communities, and fellow human beings. It teaches us the oneness of our people, everywhere, the common ground of our humanity with others and our shared status as possessors of dignity and divinity. But it also encourages us to feel at one with and in the world, to be constantly concerned about its health and wholeness, especially as we face the possibility of climate change and other disasters around the world.

In a time in which occupation and oppression of countries and peoples are immorally presented as necessary and even salvation, the principle of Kujichagulia (Self-determination) rejects this and reaffirms the right of persons and peoples to determine their own destiny and daily lives; to live in peace and security; and to flourish in freedom everywhere. In opposition to alienation and isolation from others, fostered fear and hatred for political purposes, and a vulgar individualism at the expense of others, the principle of Ujima (Collective Work and Responsibility) teaches us the necessary and compelling commitment to work together to conceive and build the good community, society and world we want and deserve to live in. And

this means cooperatively repairing and renewing the world.

In a world where greed, resource seizure and plunder have been globalized with maximum technological and military power, we must uphold the principle and practice of Ujamaa (Cooperative Economics) or shared work and wealth. The Principle reaffirms the right to control and benefit from the resources of one's own lands and to an equitable and just share of the goods of the world. In a world where there is an urgent need to move beyond petty and perverse purposes and narrow and narcissistic concerns, the principle and practice of Nia (Purpose) provides us with an expansive ethical alternative. For it teaches us the collective vocation of bringing, increasing, and sustaining good in the world, and insuring the well-being, health and wholeness of the world.

In a world where war lays waste the lands and lives of the people, where depletion, pollution and plunder of the environment put the world at risk and climate change threatens devastating hurricanes, floods, famine, millions more of refugees and the submersion by rising seas of whole communities and nations, the principle and practice of Kuumba (Creativity) is imperative. For it puts forth the ethical ancestral teaching from the Husia of serudj ta, the moral obligation to do all we can in the way we can to heal, repair, re-

build and renew the world, leaving it more beautiful and beneficial than we inherited it.

Finally, in our world and time when words of hope and change evaporate into business as usual, when peace is proposed for war, social programs put on hold, bankers bailed out and the poor erased from the agenda, Imani (Faith) offers a shield against despair, cynicism and paralyzing disappointment. Faith calls us to believe in the good we seek to create, to work for it and to live it in our daily lives. Indeed, only in this way will we be able to repair and renew ourselves in the process and practice of repair and renew ourselves in the process and practice of repairing, rebuilding and renewing the world.

In the spirit of the steadfast faith of our ancestors, let us meditate on and give ever-deeper meaning in actual practice to this Kwanzaa wish of good and prayerful request of our ancestors: May we speak truth and do justice everywhere. May we always evaluate rightfully and not act in disregard of the sacred and the people. May we enter praise and leave loved everywhere we go. May our speech be wholesome and without blame or injury to others. May we reject evil and embrace joy. May we live a lifetime of peace. And may we pass in peace having done Maat and brought good in the world.

Heri za Kwanzaa! (Happy Kwanzaa!)

# Veterans Honor Falling Heroes in San Quentin

Continued from Page 1

Healing Veterans, 18 veterans a day were killing themselves. Today that number has jumped to 24 per day. Self pointed out

said chaplain Susan Shannon, who attends the meeting once a month. “Their intention is not to sulk or feel sorry for themselves or feel isolated, but to help others.”

Once a week on Thursdays,

organization started by prisoners from the city of Richmond to help stop the cycle of violence and incarceration.

“PTSD—it’s not just veterans suffering from it. It’s also people in urban communities,” said Vaughn Miles, chairman of the Richmond Project. Miles has a wide smile and white teeth. He laughs easily, but his life has been far from easy. He described abuse in his home, seeing his friends killed in the streets, and taking to the streets himself at young age.

Thanks to Self’s curriculum, Miles has begun to understand that he, like many veterans, is suffering from the psychological injuries of trauma. He sees these events as contributing factors that ultimately led to his committing the crime he profoundly regrets: first-degree murder.

“It’s no excuse,” he said of his background, but understanding the violence that he’s suffered in the context of PTSD has helped him accept responsibility for the violence he has performed.

Self pointed out that veterans have a lot in common with prisoners who have experienced this kind of street violence. “Some people say you can’t compare inmates to our honorable veterans, when in actuality their back histories are almost identical.

“The streets of Richmond is like a war zone,” Maverick Harrison, another member of the Richmond Project, said. When he was 17, Harrison’s brother was killed. “He was the main source for me of what a man was sup-



Photo by Sam Hearn

Veterans standing in honor of falling soldiers

wife left me. I had two step-kids. All that fell apart. I was angry, upset, and hurt.”

“I will tell you a lot of time a veteran’s come out of deployment, and it’s a fine line between making a left turn and going

class provided by San Quentin’s Patten College. After reading material written by a veteran who later committed suicide, Self said he had similar feelings. “I feel it would have been a disservice and I’d dishonor those who died in combat, if I went through with it,” he said. “I feel them everyday, so I choose to write about those feelings through poetry.”

“I was introduced to Veterans Healing Veterans while I was in the education building for some forgotten business and struck up a conversation with a buddy,” said Albert Garner, who chimed a bell each time a name sounded for a fallen veteran. “He told me about a new veterans program where discharge status is not a factor for joining. I jumped at what I hope was an opportunity I’d longed for.”

“Veterans Healing Veterans provides a safe place for veterans to go to and talk about the trauma incurred over their lifetime. No other veterans’ group that I know is doing what we are doing. The platform allows space for a catharsis of these deeply held issues that are unresolved.



Photo by Sam Hearn

Brent McKinnon

into prison, or making a right turn and doing the right thing. I very easily could’ve been here.” Stevens’ eyes started to fill with tears. “When I come here, I’m not helping them; they are helping me as well. That’s how that works.”

Many of the other guests who attended the Veteran’s Day event echoed this same theme. “They are real people,” said Emilio Rojas, one of the facilitators for Veterans Healing Veterans. “They are human. I connect with these guys. I am not different from them at all. I’m just luckier.”

As he spoke, the names of the dead continued to echo across the yard.

Reprinted by permission of Richmond Confidential

The following comments were made by After Veterans Healing Veterans facilitators Ron Self, Albert Garner, and Isaiah Thompson read this article:

Self said the idea for the group came when he was in a research



Photo by Sam Hearn

Director of VHVF-TIO  
Lt. Col. Sunny Campbell

The group is also collaborating with independent sources to help in assisting veterans reintegrate into society successfully,” said Executive Office—Vice President, Isaiah Thompson.

Editors Note



Photo by Sam Hearn

John Donovan, Aileen Donovan, Ron Self  
Mary Donovan, Annaliza Savage and Angela Raffo

that more veterans commit suicide each year than are killed in combat.

As Self spoke, the litany of names continued in the background, underscoring his words. The inmates recited not only the name of each vet killed in military action; they also read the

veterans from the community join those inside to talk about everything from military service to childhood abuse. “What it’s like to see a woman and her three kids in a car at a checkpoint get mowed down and killed and realize that they weren’t an enemy combatant. They didn’t have any IEDs in the vehicle. It was just a mother and her kids that didn’t know any better. When you’re on the end of the 50 caliber gun that killed them that has an effect on you,” Self said.

Through narrative therapy—writing and telling their stories—the members of the group process the painful events in their lives and discover they are not alone.

Tony Marquez, a veteran who is serving a life sentence under the three strikes law, said the group has helped him to gain empathy for others and understanding of himself. “It’s sad to say, but I didn’t have a lot of concern for people and their feelings,” Marquez shrugged. His gap-toothed smile was humorless. He said he now understands on a deeper level that “it affects more than just yourself when you do a crime.”

Self’s curriculum has relevance beyond the world of veterans. It has been adapted for use by the Richmond Project, an



Photo by Sam Hearn

J. Curzon speaking to the crowd on the Lower Yard

name of every veteran who took his or her own life.

But Self said he noticed something else: the suicide rate among incarcerated veterans is actually quite low. “Guys in prison are forced to stop and look at the mirror and deal with issues of the past,” he said.

So, Self began a program in which older veterans in prison can help each other and vets outside of prison to come to terms with their post traumatic stress disorder. The aim of the group is to reduce the numbers of vets committing suicide and those coming into prison.

“Here they are incarcerated, locked up away from the rest of world after having defended our country and gone through the horrors and the traumas of war,”



Photo by Sam Hearn

Ron “Yana” Self, VSO Sean Stephens, Mary  
Donovan and Abdur Raheem Thompson-Bonilla

posed to be.” Harrison committed a murder robbery and ended up in prison at age 19.

Much like the Veterans Healing Veterans group, Miles, Harrison and about 20 other men from the Richmond Project hope by telling their stories they can keep other young men out of prison. “We don’t want anyone else to be subjected to what we were,” Harrison said.

The treatment for PTSD is relevant for a wide range of trauma—including imprisonment, Self said. “Incarceration syndrome presents identical to PTSD—it feels the same and looks the same.”

Many of the veteran guests from outside the prison expressed an intense sympathy for those inside. “After my first deployment my whole life fell apart,” said Sean Stevens, Marin County’s Veteran’s service officer. Stevens is in the reserves and has served four tours in Afghanistan. “My



Photo by Sam Hearn

Veterans paying their respect on this honorable day



Photo by Sam Hearn

Derrick Kualapai, Damon Cooke and Robin Lenoue

**1. Oklahoma City**—California inmates sent to the private prison North Fork Correctional Facility in Sayre, are suing Corrections Corporation of America, claiming its prison uses poorly trained guards, reports *The Oklahoman*. The lawsuit further claims that “reckless understaffing” are to blame for the ‘severe and permanent physical and mental injuries’ suffered by four inmates.”

**2. New York City**—About 40 percent of inmates in Rikers Island have some kind of mental illness, reports *The Associated Press*. An independent review of the mental health standards found in some cases mentally ill inmates were placed in solitary confinement for thousands of days at a time, which increased the rate of violence inside the jail.

**3. Illinois**—State lawmakers are considering whether to impose a minimum of three years in prison for unlawful possession of loaded weapons, reports *The Los Angeles Times*.

**4. Tallahassee**—A year after the state shut down prisons, they must be reopened because of the increasing inmate population. Prison officials are seeking nearly \$60 million to open two prisons, five work camps and two reentry facilities.

**5. Tulsa, Oklahoma**—During the last 10 years, the percent of jail booking for warrants issued for failure to pay court fines and fees has more than tripled, according to *Tulsa World*. The highest percentage of inmates taken into custody for failure to



pay was July 2013 at 29 percent, which factored into the problem of overcrowding in the jail, a sheriff’s spokesperson said.

**6. Louisville, Kentucky**—Whether a group of 25 supervisors at the Marion Adjustment Center in St. Mary’s should be paid overtime is scheduled to go to trial in 2014, reports *The Republic*. The group claims that the private prison “forced them to work extra hours, denied them meal and rest breaks and refused to pay overtime.”

**7. St. Louis**—Gov. Jay Nixon

stopped the execution of Allen Nicklasson on Oct. 23 after a doctors’ protest “along with threats from the anti-death penalty European Union to limit the export” of the anesthetic propofol, reports the *St. Louis Post-Dispatch*. Nixon ordered prison officials to find another lethal injection protocol and instructed the state attorney general to set a new execution date for Nicklasson.

**8. Phoenix, Arizona**—If the state’s supreme court approves the next two scheduled execu-

tion, the seven executions this year would match the most since instituting the death penalty in 1910, reports the *Huffington Post*. Nationwide there were 43 executions in 13 states.

**9. Pennsylvania**—The state’s Supreme Court ruled 4-3 that juveniles serving mandatory life without the possibility of parole would not be able to apply a recent U.S. Supreme Court landmark decision banning such sentences, if their appeals ran out, reports *The Morning Call*.

**10. Jackson County, Florida**—The private prison company, Geo, is schedule to take over operations of the Graceville Correctional Facility in early 2014, reports the Jackson County Floridian. Another private prison company, Corrections Corporation of America, lost the bid to continue running the prison, which it has run the last three years.

**11. Connecticut**—The state’s 18 prisons have gardens that produce more than 35,000 pounds of produce for inmate consumption, reports *ABC News*. Food is also donated to charities. The program saves taxpayers \$20,000 a year.

**12. Virginia**—Gov. Bob McDonnell has restored the voting rights of 6,874 Virginians, reports *The Sentencing Project*. The number includes 1,577 non-violent felons whose rights were automatically restored. The report finds still around 350,000 disenfranchised Virginians.

**13. Stanford University**—Joan Petersilia, PhD, has won the 2014 Stockholm Prize in Criminology for research on prison and community corrections based on offender reentry, reports Stockholm University. Petersilia is credited for providing California policymakers with evidence helping to craft sentencing and corrections after the U.S. Supreme Court ordered a population cap on its prisons. Daniel S. Nagin, PhD, Carnegie Mellon University, also received the award for research on the zero-to-negative effects of long prison sentences on recidivism rates. Nagin is credited for

providing evidence that supports redirecting resources into programs instead of incarceration.

**14. Los Angeles**—The state’s inmate population plan that shifts low-level offenders from doing time in state prisons to county jails has created a shortage of inmate firefighters. In response to the shortage, the Sheriff’s Department is sending 528 offenders doing time in its jail system to fire suppression training, reports the *Santa Clarita Valley Signal*.

**15. Stockton**—More than a dozen organizations, companies, trade unions and education representatives provided awareness booths at a resource fair conducted by a day reporting center for state parolees, reports *The Stockton Record*. The center opened in 2008 and conducts re-entry services that include substance abuse treatment, job development services, educational services, parenting and housing services, according to the report.

**16. Los Angeles**—Five inmates were awarded \$740,000 by a federal jury for excessive-force used by sheriff’s deputies in its Men’s Central jail. The lawsuit claimed the deputies “beat and brutalized the inmates, causing injuries ranging up to skull fractures,” reports *The Associated Press*.

**17. Montgomery, Alabama**—The state board of pardons and paroles unanimously agreed to pardon three of the Scottsboro Boys, reports *The Montgomery Advertiser*. In 1931, nine African-American boys were falsely accused of raping two white women. Full and unconditional pardons were granted to Haywood Patterson, Charlie Weems, and Andy Wright. “This decision will give them a final peace in their graves, wherever they are,” said Sheila Washington, director of the Scottsboro Museum and Cultural Center in Scottsboro, who helped initiate the petition, The Montgomery Advertiser reported.

**18. Harris County, Texas**—Transgender offenders will now be housed according to the gender they identify with instead of their biological sex, reports *Opposing Views*, an on-line news source. Only Chicago’s Cook County and Los Angeles has larger county jails than Harris County, the report states. Harris County Sheriff Adrian Garcia was interviewed on National Public Radio and said, “The reality is that the federal government is imposing what is called PREA, the Prison Rape Elimination Act. And to get compliant with that particular law, we started to research how we contend with this very vulnerable population...we want to make sure that our attempts to comply with the law are one that makes sense, resolves any issues and prevents us from getting ourselves in court and waste the taxpayers’ money when we could’ve developed a comprehensive policy to contend with this population.” Of the 125,000 detainees in the jail system, Garcia said he does not know how many identify as transgender. However, he said after the new policies are in place, he’ll have a good idea.

**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](http://www.PrisonPath.com), provides information for the public. The site helps users in clarifying confusion and fear of the unknown when a loved one is charged and arrested, or sentenced to imprisonment in the United States. PrisonPath provides information including the ability to find a person incarcerated, visitation rules, contact numbers, and more about every American 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.

Send Submissions to:

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

To receive a mailed copy of the San Quentin News, send \$1.32 worth of stamps for postage to:

San Quentin News  
1 Main Street  
San Quentin, CA 94974

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

## San Quentin News

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

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

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

**Administrative Review**

Warden’s Office ..... Lt. S. Robinson  
Sgt. D. McGraw  
Senior Adviser..... Linda Xiques  
Senior Adviser.....Joan Lisetor  
Senior Adviser..... Steve McNamara  
Senior Adviser.... William Drummond  
Senior Adviser..... John C. Eagan  
Independent Researcher....R.Lindsey

**S.Q. News Staff**

Editor-in-Chief ..... Arnulfo T. Garcia  
Managing Editor ..... Juan Haines  
Supervising Editor.....MalikHarris  
Journalism Guild Chair-  
man.....Kevin D. Sawyer  
Staff Writer.....K. Himmelberger  
Staff Writer..... Boston Woodard  
Staff Writer .....JulianGlenn Padgett  
Staff Writer ..... Charles D. Henry  
Staff Writer ..... Watani Stiner  
Staff Writer .....Ted Swain  
Sports Editor .....Rahsaan Thomas  
Design Editor.....PhoeunYou  
Design Editor ..... R.Richardson

# Soccer Tournament Held to Recruit New Talents

By Jerry Smith  
Journalism Guild Writer

A soccer tournament began in San Quentin to find talent for an official 21-man team.

It's the first step in organizing and getting sponsored to play teams from the streets.

In Nov. 2 competition, Alianza Football Club defeated Team International, 3-1, and Street Kickers bettered San Quentin Football Club Internacional, 2-0.

The four teams play each other twice. Who will make the official team is based on how well they perform in the tournament, which was scheduled to continue to mid-November.

"It's a lot of talent out there, I must get them in game condition," said Jose "Shorty" Vieyra. He and Carlos Sosa are part of the selection committee which will decide who makes the 21-man squad.

In the first game, Team International played Alianza. Venado "Orange Shoe" Ramirez of Alianza made a key play to gain

## SPORTS



Photo by Michael Nelson

Eusebio Gonzalez, Carlos Ramirez and Agustin Munoz

the victory. He moved up the field, displaying a mean cross-over, using only his feet. With the score tied 1-1, Ramirez went coast-to-coast right into a triple team. With eight minutes left, he

kicked a no-look pass to 76-year-old Manuel Flores, who kicked a goal, leaving the score 2-1.

"They had to focus on our forward, leaving Flores open. Ramirez scored two goals," said

Ruiz.

Bruce "Rahsaan" Banks tried to will his team to victory in the final minutes, but fell short.

"We lost our focus on our primary objective—to win," Banks

said. "Our record is 3-1. I think Dexton Thetford, Vinh "Vinny" Nguyen, Garvin "JoJo" Robinson, John Windham, Jahid and myself are good enough to make the official team," he added.

In the second game, defense players Eusebio Gonzales and Juan Espinosa led their Street Kickers to victory. They kept Internacional scoreless.

Twenty-two minutes into the first half, Tury Avalos, Street Kicker's power forward, broke through with a goal. "We created a front line play to score the first goal," said his coach, Vieyra.

In the second half, Street Kicker midfielder Agustin Munoz kicked the ball past the defender, to the forward, who kicked it to the center, Eusebio Gonzalez, for another goal.

"My best player is Munoz. He's the creator, he sees the open spaces," said Vieyra.

After five games, Street Kickers led the tournament with a 4-1 record. "We're playing against pretty good teams. We're on top now, but that could change at any minute," said Munoz.

# Christian Ministries Defeats Warriors and Kings

By Rahsaan Thomas  
Sports Editor

Christian Sports Ministries defeated both the San Quentin Warriors and Kings in a double-header. They beat the Warriors, 70-65, and the Kings, 87-68.

Michael Franklin led the Warriors with 24 points, Maurice Hanks added 14, Anthony Ammons and Allan McIntosh, 11 apiece; however, it wasn't enough against the pro and college talent sponsors Don Smith and Bill Eplings brought to The Q.

The Ministries' Green Team included 43-year-old, 6-foot-8 Tedd Hahs, who played pro in Portugal; David King, a Division 2 college title-winner; Pat Lacey, who returned with two teammates from their Claremont-McKenna College basketball team, including team captain and starting center Tejas Gala, and Beau Heidrich.

Also there was Mark "Socks" Ivy, wearing dark and lime green, purple, white and black argyle knee-high socks. Plus they brought in first-timer Chris

Hanson. Four of the players were over 6-foot-3; however, they had one flaw.

"We have no ball handler," said David King. "We don't have a point guard," echoed Hahs.

"I'm exploiting the lack of a point guard off the top—full court pressure from start to finish," said Warriors Coach Daniel Wright.

"Hold the ball up high and make smart passes," Ivy advised his tall teammates.

The weather started off chilly, as the Green Team came out strong, led by Hahs. He hit his first five shots from the field and first free throw. He went on to score 29 points with seven rebounds.

As the weather got warmer, the Warriors responded strong. Franklin slam-dunked the ball with authority off a pass from Greg Eskridge, with 30 seconds left in the first. At half-time, the score was 39-32, Warriors.

"I like where we are. We just have to feed the post and stop turning the ball over to the pressure defense," said Epling.

During halftime, Epling told a

joke about adultery. "Jesus said he who is without sin, throw the first stone. Suddenly a rock hit the adulterer and Jesus yells, 'I'm trying to make a point dad!'"

Ivy spoke on how many of his friends from Jacksonville, Florida didn't make it and how everything in his life was going wrong until he starting praying. He said now things are great for him. "It's no miracle. God is just doing what he said he would," said Ivy.

The game went back and fourth in the third quarter, ending tied at 51.

Although the pressure defense was working for the Warriors, causing 23 turnovers, they got away from it in the fourth quarter, despite Wright's coaching them to do so. "Y'all gotta get stops. How are they beating you with no point guard?" Wright exclaimed.

The Warriors were down six with 6:03 on the clock; however, they closed the gap to one, at 61-60 after Hanks hit a three. The Warriors stole the inbound pass and McIntosh was fouled going up for a layup. He hit both free

throws.

Then the game got away, as the Green team went up 65-60 with 47 seconds left, forcing the Warriors to intentionally foul to stop the clock.

The Warriors made a great comeback effort. Franklin put back a shot a teammate missed and Hanks hit another three-pointer, bringing the score to 68-65 Green team. However, Green team players Hanson, King and Hahs hit their free throws, going 5/6.

Hahs credited the Ministries' win in the Nov. 2 game to "just doing what you have to do. Just do your job. It's fun -- the weather, the hecklers. I love playing physical and outdoors. It's not what they do; it's what you do."

Next up were the Kings. Hahs, King and Ivy had to leave, but the rest stayed, with Andrew Strong added and both Smith and Epling acting as the Green Team reserves.

The Kings trailed the whole game, never getting closer than six points. Lacey led Ministries with 37 points and 19 rebounds.

He had a double-double with 16 and 11 at halftime. Tejas had 16 and 20. Strong added 15 points.

Newcomer Chris Hanson wasn't shy. He had 10 points, four rebounds and an assist. "I was a little nervous at first. It took awhile to warm up and focus. I can't wait to come back," Hanson said enthusiastically.

The Green team refueled between games by eating chocolate chip cookies. "Y'all ain't tired? What you give those guys, Bill?" joked Kings Assistant Coach Ishmael Freelon.

Oris Williams had a bad shooting day, missing his first five shots and going six for 20 from the field, but still scored 18 and grabbed nine boards. Aubra-Lamont "Coo-Coo" Moore had another good day from three-point land, hitting four and scoring 14 points. Thad Fleeton hit four of 10 for nine points and nine rebounds.

This was the first time the Green Team beat the Kings in four tries. "The Kings stay playing us strong. We lost four in a row. We had to break the losing streak," said Lacey.

# San Quentin Warriors Down Imago Dei Ministries in Overtime, 64-59

Allan McIntosh led the San Quentin Warriors in overtime over the Imago Dei Ministries basketball team, 64-59. McIntosh scored six of his 27 points in OT alone.

"I told McIntosh to be the aggressive player that he is, and make some plays. He did," said Warriors Coach Daniel Wright.

"In the fourth quarter, that was our plan; I have to turn it up for us to win it. I did and it just carried over into overtime," said McIntosh.

Imago Dei came in with its guns loaded. The team included Steve Diekmann, who played for Grinnell College in Iowa, when the Division 3

team led the NCAA in national scoring average.

In addition, playing center/power forward, the team had Steve "Big Red" Sandrson, who has the size and strength of a tall football player with nimble moves. "He's a sledgehammer in the post," said Diekmann.

Imago Dei also brought first-timer Andy Nicholson, who played fearlessly against the Warriors. The 5-foot-10 guard came off the bench and hustled his way to a double-double, scoring 12 with 11 rebounds. "It's just my nature. I grew up being a gritty, feisty guy. I had to give (the Warriors) a game," said Nicholson.

"That's the best I've seen them play since I've been here; they gave us a tough game, but we pulled it out at the end," commented McIntosh.

The game started slow for Imago Dei, with only Sandrson seemingly able to score with the Warriors defense keyed on Diekmann, who went on to score 16, hitting 5/12 from the field, including 3/5 from three-point land. The score was 28-27 Warriors at the half.

During halftime, Sean Donohue of Imago Dei delivered an inspirational message to both teams, that everyone is created in God's image, and has a purpose in life. Then the game resumed.

With two minutes left in the fourth quarter, Imago Dei went up three points in the back and forth nail-biter. Then Warrior Anthony Ammons blocked a Sandrson shot and the Warriors came back and took the lead when McIntosh made an and-one play, 55-53.

The scrappy Nicholson tied the game and secured his double-double with a lay-up on a drive to the hole.

Both teams turned the ball over trying to score game-ending points, while the clock counted down, taking the game to overtime.

During the OT, McIntosh and Ammons scored all the points from the field, with

Ammons driving to the rack to add two, and McIntosh mixing it up with his 15-foot jumper and driving to the hole for six. The Warriors left Imago Dei at 59 and went on to score 64 total points.

Sandrson ended with 24 points and nine boards for Imago Dei, while Ammons had eight points and nine rebounds for the Warriors. Ammons "couldn't guard me," clowned Sandrson. "He's right," Ammons replied. "We were like two trains colliding."

"We kept fighting; we were resilient. It was an ugly game, but we didn't give up," said Wright.

—By Rahsaan Thomas

# All-Madden Falls Short, 32-25, to No Soup For You

By **Rahsaan Thomas**  
Sports Editor

It was a perfect, sunny day as the No Soup For You outside flag football team stopped San Quentin's All-Madden at the goal line to win, 32-25.

Up seven at the two-minute warning, No Soup needed to stop All-Madden. Its defense turned it up, sacking All-Madden's quarterback Royce Rose twice in a row. No Soup almost had him a third time, but Rose escaped the huge 330-pound defense lineman, Anthony Eustace, getting a pass off to Cleo Cloman. Cloman tried to run it in, but was stopped one yard shy of the first down, at about the 10-yard line, with 47 seconds to go before about 70 spectators.

After a short gain, All-Mad-

den got the first down, posting a first and goal. The team could've tied the game with a touchdown and one-point conversion or won with a two-point conversation. However, defensive lineman Chad Bradley sacked Rose on the next play, taking precious seconds off the clock. With time running out, Rose passed toward Cleo Cloman, who had three touchdowns at that point, but it was intercepted by No Soup's Captain Joe Adamson.

"We didn't execute when we needed to. We had every opportunity to win. We didn't make the big play and they did," said All-Madden Coach Raheem Thompson-Bonilla.

"They had every opportunity. We just made one more play than they did," echoed Adamson.

All-Madden started off in

the hole, 12-0. No Soup quarterback Eddie Martinez led off the squad's first possession with a 35-yard bomb to Don Robinson Jr. Two plays later, Martinez threw a touchdown pass to Rany Paugh.

Next All-Madden failed to post a first down.

On No Soup's next possession, Martinez threw a long pass down the sideline to Kay Born, with wide open field in front of him. He would have taken it home, if not for Trevor Bird's flag-grabbing dive. Two plays later, Martinez threw his second touchdown pass to Born. Both extra point tries failed.

"This is perfect—trailing 12-0 will test them to see if they can hold it together as a team. Win or lose, it's about sportsmanship," said All-Madden sponsor Vernon Philpott.

All-Madden got back into the game on defense. Rose, playing safety, intercepted Martinez's pass. Then Rose, back at quarterback, threw a touchdown pass to Cloman, making the score 12-6. Rose went on to grab three interceptions.

Paugh snared Martinez's bomb and burned Granval Hunter for 36 yards. He was stopped just short of a touchdown. Ryan Jeffery completed the drive with a touchdown catch, bringing the score to 18-6.

With three minutes 'til halftime, Rose threw a bomb to Cloman for a controversial touchdown. After a discussion among the refs, it was ruled good, making the score 18-13 with a conversion.

Kay Born leaped over a defender to snatch a 40-yard pass, putting No Soup in the red-zone. No Soup threw into the end zone, but All-Madden's Alias Jones batted the ball away from Eustace, stopping what



Photo by Sam Hearnes

## All-Madden going for a touchdown

would have been a touchdown.

Then All-Madden's T. Sayres and Tone Sorrell, respectively, sacked the quarterback on consecutive plays, stopping No Soup a yard from the goal line. The score was 18-13 at the half.

"It's all about our guys calming down and executing plays, keeping the refs out of their minds and concreting on doing what we practiced," Thompson-Bonilla said about All-Madden.

"It's not over because momentum can switch easily," said Adamson.

On the first drive of the second half, Cloman intercepted Martinez's pass and ran it in for a score. All-Madden took the lead, 19-18.

"You're a true player (Cloman). That's my captain," said teammate Marcus Pettit.

A chance to increase the lead was intercepted by No Soup's Deonta Dorrough, who end up with three interceptions. Dorrough said pregame he had predicted he would get three inter-

ceptions and a touchdown. "I wanted a TD; I underachieved," he joked.

The score was 26-25 after All-Madden's utility player Jones caught a short pass and scrambled past defenders to take in, with 4:15 left in the game.

All-Madden turned the pressure up on No Soup's QB, sacking him several times. However, after standing in the pocket most of the game, he surprised the defense by running, scrambling and buying time to throw another TD to Jeffery with less than two minutes to go.

"Interceptions were due in part to hesitation, instead of running, I was forcing it. I should have mixed it up earlier," said Martinez.

All-Madden failed to score on its final drive and No Soup won the Nov. 9 game.

"I enjoyed your company. I love and appreciate y'all taking the time. When I get out there, the drinks are on me," said Cloman to No Soup.



Photo by Sam Hearnes

## No Soup For You and All-Madden with the coaches

# Above the Rim Captures Half Court League Title, 25-18

Above the Rim won the Half-Court Championship Basketball League Tournament, featuring outstanding play by Jahkeem Stokes and Andre Quinnie. They defeated No Fair Ones, 25-18, to win the Aaron "Imam Jediti" Taylor tourney.

In the final, Quinnie came out on fire. He blocked Jamal Green's shot, stole the ball, then hit a no-look lay-up with his back to the basket. Then he hit a long-range jumper and executed a spin move in the paint for another basket. Quinnie went on to score the team's first five points. "I've never seen him play so tough; he grabbed rebounds, made shots," said Stokes about Quinnie.

No Fair Ones fell behind 11-1. Greene responded after the slow start with a crossover to the rack, spinning around Quinnie for an And-None, as he failed to hit the free throw. Greene and Michael Franklin continued aggressively going to the rack, and were rewarded by getting to the free-throw line. Franklin got hot after stealing the ball, driving to the rack and scoring despite being fouled.

Franklin hit the free throw and thereafter hit two two-pointers (three point shots are

worth two, technical shots three and regular shots one in this league) in the face of defenders, bringing his team within two, 18-16.

Then Stokes stepped up, slashing to the basket, scoring inside and out. The winning shot came off a block by Quinnie. He knocked the ball to Mike Tercero. Tercero caught it and made the winning 25th point shot to the cheers of the 68 prisoners watching the game held in the gym.

"The real 'Burrito Mike' showed up," Quinnie happily stated afterwards. "We won by playing together. Ain't no I in team," said Above the Rim Coach Perryn Rushing.

"We lost 'cause of too much crying and not enough physical play," said No Fair Ones Coach Jason Robinson.

Above the Rim consisted of Stokes, Quinnie, Mike Tercero, Eric Spikes, Larry "TY" Jones and Montrell Vines. Only Stokes, Tercero, Vines and Quinnie showed up for the final game on Nov. 2.

No Fair Ones was made up of Franklin, one of the best players on the yard, P. Brown, Antoine Brown, Green and Elgin Johnson. Robinson also

coached the age 38 and over team, Fully Loaded, which won the last CBL championship.

To get to the finals, Above the Rim defeated Show Time, 25-19. Show Time was behind, 11-15, when Rafael Cuevas stepped up and hit a big two-pointer. He followed that up with a shake and bake to the hole for the And-One, but missed the free throw.

Then Above the Rim turned it up. Quinnie rebounded a miss by Vines, and was fouled going up for the basket. He completed the And-One play. Thereafter, his teammate Stokes took over. Show Time had no answer for him. Stokes easily broke ankles with his crossover to get to the rack. He scored seven of his team's last eight points, including a 12-foot jumper for the win on Oct. 26.

No Fair Ones reached the finals by also defeating Show Time, 25-24.

In that game, Show Time came out hot, led by Damon Cooke. He scored the first four baskets, including an alley-oop pass from teammate Derek Loud.

However, he subbed out to rest with his team up 19-12.

Franklin and Greene went on one, scoring from everywhere. When Cooke got back in the game, the score was 19-18. Cooke immediately hit a technical shot for three-points, increasing the lead to 22-18. Shortly after, Loud came off a screen, while Franklin flopped on the ground from the contact and hit a two-pointer, leaving the score 24-20, Show Time.

Show Time needed just one basket, but the refs' calls distracted the players. They were called for a tech. Franklin hit the three-point technical foul

called on Cooke, making the score 24-24. It was anybody's game with the ball in No Fair Ones' hands, until Cooke snatched the defensive rebound.

He ended up on the ground, but got the ball out to Rafael Cuevas. However, Cuevas tried to make a cross-court pass that was intercepted by Greene mid-court; from where he made the game-winning shot.

"We lost because I threw a turnover at the end," admitted Cuevas.

—By **Rahsaan Thomas**



Photo by Sam Hearnes

## Jahkeem Stokes looking for the dunk



Photo by P. Jo

JANUARY							FEBRUARY							MARCH						
SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
			1 <small>New Year's Day</small>	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20 <small>Martin L. King Jr. Day</small>	21	22	23	24	25	16	17 <small>Presidents Day</small>	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23 <sup>30</sup>	24 <sup>31</sup> <small>Cesar Chavez Day</small>	25	26	27	28	29
APRIL							MAY							JUNE						
SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26 <small>Memorial Day</small>	27	28	29	30	31	29	30					
JULY							AUGUST							SEPTEMBER						
SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4 <small>Independence Day</small>	5						1	2		1 <small>Labor Day</small>	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24 <sup>31</sup>	25	26	27	28	29	30	28	29	30				
OCTOBER							NOVEMBER							DECEMBER						
SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11 <small>Veteran's Day</small>	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25 <small>Christmas Day</small>	26	27
26	27	28	29	30	31		23 <sup>30</sup>	24	25	26	27 <small>Thanksgiving Holiday</small>	28	29	28	29	30	31			