

# San Quentin News

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Photo by Sam Hearn

Sean Webby, Jeff Rosen and Daniel Barton

## Santa Clara County D.A. Attends Forum With S.Q. Inmates

Santa Clara County District Attorney, Jeff Rosen paid a visit to San Quentin on Feb. 28 to discuss crime, punishment, rehabilitation, and reentry with about two dozen inmates.

"It's not very often that I'm in a room with a lot of guys who've committed serious crimes," Rosen said to the room full of convicted murderers, robbers, and three-strikers.

Rosen took part in the fourth *San Quentin News* Forum, the second where a Bay Area district attorney ventured inside San Quentin to discuss criminal

justice policy with inmates.

"I agree that a lot of people don't know what happens in prison, and I'm one of them," Rosen said. "I didn't give much thought to what happens to defendants after they are convicted."

"Most people don't think about what goes on behind prison walls," added forum participant and criminal defense attorney Dan Barton. Barton said he has known Rosen for a long time and complimented him for implementing "best practices,"

See *District Attorney* on page 4

## New Report Shows 'Little Difference' in Conviction Rate Before and After Realignment

By Kevin D. Sawyer  
Journalism Guild Chairman

More than a year after the implementation of California's Realignment plan (AB 109) to reduce the state's once burgeoning prison population, a new report finds little difference between arrest and conviction rates of offenders released before and after

Realignment.

The report by the California Department of Corrections and Rehabilitation (CDCR) said that the one-year return-to-prison rates of offenders were "substantially" lower. This, however, is due in large part to the fact that most offenders from

See *Realignment* on page 13

### Read About Olympic Gold Medalist on Page 19



Photo by Stephen Pascasio

Steve Emrick, Eddie Hart and Frank Rouna

## Business Technology Program Hosts its Third Demo Day

By Juan Haines  
Managing Editor

There was standing room only in a packed room full of venture capitalist, business leaders, public safety officials, prison administrators, and community members, as

San Quentin inmates took part in their own version of Shark Tank.

On March 14, The Last Mile (TLM) finished its third round, teaching inmates how to create a business plan they can put into practice once they return to their communities.

"We boast a 100 percent employment record," said TLM co-founder Chris Redlitz.

With its catch phrase, "Paving the Road to Success," 10 graduates of the six-month program pitched their ideas

See *the Last Mile* on page 10



Photo by Sam Hearn

Aly Tamboura pitching his VeriSight Company at The Last Mile Demo Day

## Study: Thousands Wrongfully Convicted

By Ted Swain  
Staff Writer

A minimum of 9,900 innocent people are wrongfully convicted each year, according to a study by Ohio State University. The study used information from almost 200 judges, prosecuting attorneys, public defenders, police, plus the state attorneys general of 41 states.

Reasons for wrongful convictions include perjury, negligence by prosecution, coerced confessions, "frame ups" and overzealousness. One of the biggest fac-

tors for wrongful convictions are mistaken eyewitness identification, said the report published in *Forensic Magazine* and included in a new book. Susan Myster, Ph.D., and Michael Cromett, Ph.D. authored the magazine article.

"Our research has convinced us that unethical conduct in the United States has not, in general, received appropriate attention, nor has it been adequately punished," said author C. Ronald Huff.

These findings are included in Huff's new book, *Convicted But*

*Innocent: Wrongful Conviction and Public Policy* (Sage Publications, 1996). Huff is director of the Criminal Justice Research Center and the School of Public Policy and Management at Ohio State University.

A number of organizations, usually called Innocence Projects, are working to free wrongfully convicted inmates. There are so many wrongfully convicted persons in the United States, most organizations working on exoneration of those wrongful convictions, only work on DNA based cases. In other words, easily proved cases. Very few innocence projects entertain non-DNA based cases. However, the very same methods used to convict, are now being used to exonerate.

Eyewitness identification has

See *Thousands* on page 14

## Federal Court Rules Two Parole Laws 'Unconstitutional'

By Chung Kao  
Journalism Guild Writer

A federal court has ruled that two California parole laws are unconstitutional.

Proposition 89, amended the state's constitution in 1988 and gave the governor the authority to review parole board decisions of inmates convicted of murder.

The court ruled that Proposition 89 was intended "to give the Governor 'the power to block the parole of convicted murderers.'"

According to court records, from 1991 to 2010 California governors reversed more than 70 percent of the thousands of parole grants" by the parole board.

From 1991 to 2011, all previous governors reviewed only

See *Federal Court* on page 7



On Saturday, May 3 from 1 — 4:30 pm, Seven Sister Mystery School will be holding a Healing Ceremony on behalf of inmates and staff. San Francisco Bay Area people will hold the ceremony on the side of Ring Mountain in Tiburon, overlooking San Quentin. For at least 15 minutes, everyone is invited to reflect on what they would like healing in their life. The event will also double as a fundraiser to help expand San Quentin News to reach all California inmates.

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### BEHIND THE SCENES

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# Historian Jeff Craemer Educates Visitors About the History of S.Q.

By Tommy Winfrey  
Art Editor

San Quentin historian Jeff Craemer grew up in Marin County, looking at San Quentin in the distance.

As a young boy, Craemer watched some of the historic cellblocks being torn down to make way for a new building named the Adjustment Center — a building that would later be the setting of a bloody scene in 1971 — when George Jackson attempted to escape. That day three officers lost their lives, along with two prisoners.

Craemer worked for the *Marin Independent Journal* at the time of this bloody incident. An incident he remembers well, though not as well as one of his friends, Lt. Richard W. Nelson, who later became an Associate Warden.

"Dick used to turn gray when he told the story about the Jackson incident," Craemer recalls.

Nelson had to rush to the armory that bloody day. Later he would retell the story as one of San Quentin Museum's found-



Photo by Raphael Casale

### The noose that hung "Rattlesnake James"

ers, establishing the San Quentin Museum with Craemer in 1993.

Many of the objects in the museum came from former employees and their families, as well as from inside the walls of San Quentin.

"As soon as the word spread, donations came flooding in," said Craemer.

The museum house displays of firearms used in the prison over the years, including the one Nelson used in the Jackson incident. Some of the contributions the prison made during World War II are also displayed. There is even a model

cell from the prison at the museum.

One of the strangest objects in the museum is a noose. Craemer tells the story of Rattlesnake James, the last man hanged at San Quentin in the 1930s. The noose in the museum was the same one used to hang Rattlesnake James.

According to historical records, James attempted to kill one of his wives by sticking her foot in a box with a rattlesnake.

She was bit, but when she did not die quickly enough, he decided to drown her instead, thus earning him a nickname and a death sentence. James was the last person sentenced in California to hang to death in a time when the gas chamber was already in use.

The gas chamber is another story altogether. A man named Robert Wells help build the gas chamber in 1938 during a brief stint in San Quentin from 1938 to 1941. Once Wells returned to society, he killed his brother, sister-in-law and her friend because they broke up an incestuous relationship between him and his half-sister. Wells ended up being executed in the very gas chamber he helped build.

These are just a few of the stories Craemer tell museum-visitors.

The museum has gone through some rough times in the past, but in the last two years, Craemer has kept regular hours on Tuesdays and Thursdays from 10 a.m. to 4 p.m.

Craemer gets many requests for records from people tracing their genealogy.

"People want to know about their crazy Uncle Jack that may have done time here, or one of their relatives that worked here in the past," he said. This keeps Craemer busy digging through old prison archives.

During one of these searches, he came across the name Hennery Plummer. The name sounded familiar to him, and from the two pages of prison records he started with, he ended up accumulating a stack



Photo by Raphael Casale

### Jeff Craemer in front of San Quentin

of papers two to three inches thick.

Plummer was a Sheriff in Nevada City in the late 1800s and ended up being convicted of the murder of a rival. During his incarceration in San Quentin, he contracted tuberculosis and received a medical pardon. Later, Plummer ended up in Montana and landed a job as a marshal.

"They must not have done background checks back then," says Craemer, with a chuckle.

One can tell that Craemer has an affinity for history.

While working at the *Marin Independent Journal* on August 7, 1970, Craemer witnessed what would later be known as the Marin County courthouse incident. Jonathan Jackson, attempting to free his brother George, took over a courtroom in Marin County.

Jonathan smuggled three guns that belonged to Angela Davis, a former UCLA professor and political activist, into the courtroom during the trial of San Quentin inmate James McClain. McClain was on trial for the stabbing of a prison guard while serving a sentence for burglary.

Jonathan and his confederates demanded safe passage from the courtroom to a rented Ford panel truck that was waiting to take them to freedom. To ensure this safe passage, they taped a shotgun around the neck of Judge Harold Haley.

A shootout ensued, leaving four men dead, including Jonathan and Judge Haley.

"I remember being in the newsroom that day, and seeing two of our photographers rush out to cover the story," said Craemer.

One of the photographers was Jim Kean, a lifelong friend of Judge Haley. Kean watched his friend lose his life that day. When Kean returned to the newsroom to develop the film that would later be plastered across papers nationwide, Craemer watched him cry.

That day remains sharply in focus in Craemer's mind to this day. "It is a moment that will forever be in his mind," says Craemer. Through links like this, Craemer has himself become a part of San Quentin's history.



Photo by Raphael Casale

### Firearms on display inside the S.Q. museum

# Death Penalty Appeals Occupy One-third Of California Supreme Court Cases

By Charles David Henry  
Staff Writer

Death penalty appeals make up one-third of California Supreme Court's caseload.

According to a 2013 report by Paula Mitchell for Verdict Justia.com, "the backlog at the Supreme Court is now so severe that it is taking almost 20 years for the court to decide direct appeals in death penalty cases."

"Death Row inmates begin their state and federal habeas

corpus proceedings, for which they are also provided publicly funded counsel, and which typically drag on for at least another 10 years," according to the report.

Despite this caseload, Chief Justice Cantil-Sakauye "does not expect executions in California to resume for at least three years because of problems with the lethal injection process."

Cantil-Sakauye explained, "The one-drug protocol has to comply with California's Administrative Procedures Act,

and the switch will delay the potential resumption of death penalty executions in California for possibly several years."

"In July, 2013," the report said, "Gov. Brown announced that the state would switch from three-drug lethal injection protocol to a one-drug sodium thiopental protocol for lethal injection, already in use in other states." The one drug is already in very short supply.

Earlier in 2013, the U.S. Court of Appeals for the District of Columbia told the FDA

that sodium thiopental was not an approved drug. It was not to be imported and administered for executions.

San Quentin State Prison currently has more than 725 inmates on Death Row.

Nineteen inmates have arrived at on S.Q. Death Row since voters opposed Proposition 34 to eliminate the death penalty last November.

According to the report, "majority of defendants are people of color. Fifteen of the 19 are Hispanics and four are African-

American." Thirteen of the nineteen death sentences were imposed in Los Angeles (7) and Riverside (6).

The National Registry of Exoneration, a joint project launched by Michigan and Northwestern Law Schools "revealed that California ranks first in the nation in the number of wrongful convictions."

Last November the United Nations General Assembly voted 110 to 39 in favor of a moratorium on the use of the death penalty.

## Prison Population Growing Despite Reduction Efforts

By Juan Haines  
Managing Editor

Last year, on Feb. 20, 2013, California Department of Corrections and Rehabilitation (CDCR) held 116,720 men in 30 facilities throughout the state. The prisons were operating at 144.7 percent of designed capacity. During the same period, CDCR held 5,761 women in three facilities. The women's prisons were operating at 160.6 percent of designed capacity.

One year later, on Feb. 19, 2014, CDCR held 119,086 men in 32 facilities throughout the state, and the prisons were operating at 140.7 percent of designed capacity. During the same period, CDCR held 5,948 women in three facilities throughout the state, operating at 160.2 percent of designed capacity.

Although CDCR can report that since last year the designed capacity operating percentage of the prisons fell four percent, during that period there has been an increase of 2,366 male inmates and 187 female inmates newly locked up in the state's prison system.

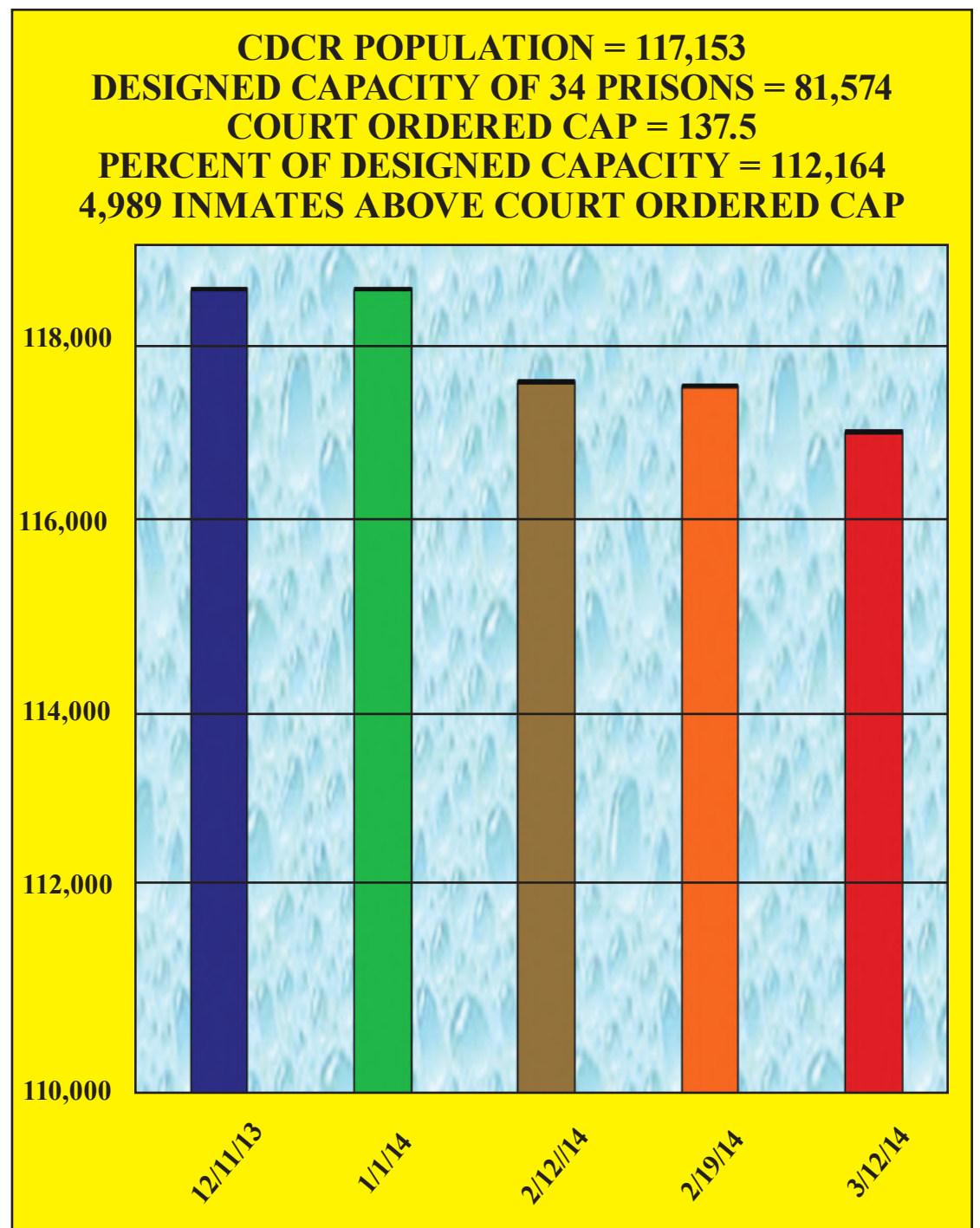
In July 2013, the new California Health Care Facility in Stockton added 1,818 beds to the designed capacity, but intake to the hospital has been halted by the prison's warden and top medical officer, after citing "staffing shortages throughout the prison, including guards, and an inadequate number of nurses that resulted in 'fragmented care,'" reports The Associated Press.

CDCR identifies California Institute for Women (CIW) as a Camp, and therefore it is not included in the overcrowding lawsuit that put the state's prison system under court scrutiny. As a result, CIW inmate numbers are not a part of the population cap of 137.5 percent of designed capacity imposed by the court.

As of midnight Feb. 20, 2013, CIW held 1,997 women, operating at 144 percent of designed capacity.

As of midnight Feb. 19, 2014, CIW held 2,091 women, meaning it is operating at 149.6 percent of designed capacity.

As of midnight March 12, the CDCR operated at 143.6 percent of designed capacity, or 117,153 inmates.



## Capital Punishment Losing Ground in Public Support

California Had 24 New Death Sentences, While Florida Had 15

Last year, public support for capital punishment was at its lowest level in 40 years, according to a survey conducted by Death Penalty Information Center (DPIC).

The Death Penalty in 2013: Year End Report had several key findings: There were 39 executions in nine states; there were 80 death sentences in 2013; Maryland abolished the death penalty in 2013, the sixth state to do so in six years.

Executions dropped from 43 in 2012 to 39 in 2013. Texas carried out 16 executions. Florida carried out seven ex-

ecutions.

California had 24 new death sentences, while Florida had 15. Texas had nine. Alabama had five, Ohio had four, Pennsylvania had four, Arizona had three, Indiana had three, and Missouri had three. Fifteen states imposed at least one death sentence in 2013, compared to 18 in 2012. South Carolina, Virginia, Tennessee, and Louisiana had no new death sentences.

As of April 1, 2013, there were 3,108 inmates on death rows in the U.S., compared to 3,170 at the same time last year.

The total number of inmates on Death Row has decreased every year since 2001. In 2000, there were 3,670 inmates sentenced to death in the U.S.

The report found a notable factor causing the death penalty to lose public support is the ongoing problem states have in finding a consistent means of carrying out executions.

The problems of mistakes, unfairness, and even the method of execution have exasperated many supporters of the death penalty, contributing to less reliance on capital punishment, reports DPIC.

In 2013, 82 percent of the executions were carried out in the South, a percentage that has remained steady since the death penalty was reinstated in 1976.

Only two percent of counties in the U.S. have evoked the majority of cases leading to executions since 1976, according to DPIC. Likewise, only two percent of the counties are responsible for the majority of today's Death Row population and recent death sentences, the report shows.

Eighty-five percent of the counties in the U.S. have not had a single case resulting in

an execution in more than 45 years, according to DPIC.

The Death Penalty Information Center is a non-profit organization serving the media and the public with information and analysis on capital punishment.

The DPIC provides in-depth reports, conducts briefings for journalists, promotes informed discussions, and serves as a resource to those working on this issue. Richard Dieter is executive director of DPIC. [dpic@deathpenaltyinfo.org](mailto:dpic@deathpenaltyinfo.org) [www.deathpenaltyinfo.org](http://www.deathpenaltyinfo.org)

-By Juan Haines

# District Attorney Jeff Rosen Talks About Criminal Justice Policies

*Continued from Page 1*

in areas of criminal justice.

Editor-in-Chief Arnulfo Garcia said the news forums exist so that prisoners and public safety officials could interact and exchange ideas about some of the toughest problems related to incarceration, rehabilitation and reentry.

The meeting began with the inmates introducing themselves to Rosen, Webby and Barton by stating their crime, sentence, and county in which they were convicted.

Rosen told the inmates, "I'm

Into Power, and The Last Mile, a program that teaches inmates how to turn socially responsible ideas into a business model. "We're all trying to find ways to give back. These programs help me," said Heredia who has been incarcerated for 16 years.

"For me No More Tears and the community-based group Healing Circle gave me the opportunity to meet Paulette Brown," said Samuel Hearn, 36, of Fresno County. "She told the story of her son and his murder. She did this and broke down in tears. When I saw that, it helped me take accountability



Photo by Sam Hearn

Jerry Smith and Jeff Rosen  
listens to other inmate's opinions

here because Dan gave me a copy of the paper. I was quite struck at the quality of it."

Rosen invited the inmates to give their opinion on what prison programs are most effective for rehabilitating offenders.

"Some of the programs that have helped me are Criminal and Gang Members Anonymous; they show you the culture of what appeals to us in that cycle of violence," said Miguel Quezada, 32. Quezada is in his 16th year of a 45 year-to-life sentence for second-degree murder.

"It's a community thing, and at this end we receive programs, but it has to start at the beginning," Quezada said. "It took me about 15 years to get to San Quentin and get involved in these programs. Education is also important in prison. We have Patten University here and a few others. But, I think there's a gap for inmates who want to gain a higher education."

Jorge Heredia, 39, sentenced to 13 years, plus life for first-degree attempted murder talked about several programs he's taken. Heredia enrolled in PUP. He is also involved in Victims Offender Education Group, San Quentin Inmate Resources Education Studies, Guiding Rage

for what I had done. Many of us look beyond the prison system because we want to help. The community is as much ours as it is yours." Hearn was convicted of second-degree murder in 1997.

"The groups help you understand responsibility and accept your role," said Vaughn Miles, 40, chairman of The Richmond Project. The Richmond Project was created to help stop the cycle of violence and incarceration by re-connecting to youth. Inmates from the city of Richmond make up the self-help group.

"What makes it easy is that you see fellow inmates doing positive things. Many times, inmates see other inmates who used to be involved in a negative lifestyle change into someone living a positive lifestyle—witnessing the results of change is very powerful." In 1995, Miles was convicted of first-degree murder in Alameda County.

"These programs teach us that we can and should take responsibility," said David Basile, who has recently been found suitable for parole after serving more than 30 years behind bars for murder. "I was a racist. I only realized the magnitude



Photo by Sam Hearn

Jeff Rosen, Lee Jaspar and Billy Allen having a conversation after the forum

of my faulty belief system after taking American Government offered by Patten University. During that class, I noticed how I had limited myself through buying into lies and misrepresentations about my fellow man. It was then when I began to develop tremendous empathy for the black man's plight and the shame I had to deal with for my previous actions and behavior toward the black man." Basile is scheduled to be released sometime in May.

"I'm not sure how long race has been an issue," said Walter Spracka, 54. In 1995, Spracka was convicted of residential burglary and is serving a sentence of 37 years to life under the Three-Strike Law.

"But it's taken many decades to get where we are today. It's (race) a real sensitive issue with the prison system because it deals with all sorts of dynamics."

"It's more relaxed in San Quentin," said Emile DeWeaver, 34, of Alameda County. "But the race issue still exists here." DeWeaver is serving a sentence of 67 years to life for murder. He has been imprisoned since 1998.

"I like that you talk about people who want to give back to the community," Rosen told the inmates.

Rosen said that after working

in the D.A.'s office for 15 years, he became dissatisfied with how it was operating. He said the office lost some of its credibility and accountability when his predecessors ended the Innocence Project.

He decided to seek office, campaigning to bring credibility and accountability back to the district attorney's office.

In addition, he said he also wants to make minor changes in the Three Strikes Law. "I met with the folks from Stanford and listened to them. The changes they proposed were pretty reasonable," he said, adding, "If a person commits the same crime, they should receive the same time. One of the things important in the criminal justice system is to have consistency. These laws affect you all. I don't believe in throwing lives away," he told the inmates.

He was elected to office in 2010.

Rosen then created the Conviction Integrity Unit (CIU). He said the CIU examines practices in the D.A.'s office and police departments with the intent to "vigorously pursue justice."

Regarding Santa Clara County reentry services, Rosen said, "I'm lucky I work in a county that devotes resources to re-entry," adding, "We have a resource re-entry center. It's about 500 yards from the district attorney's office. It's a one-stop place for classes, training and how to get medical services."

for classes, training and how to get medical services."

Aly Tamboura, who is coming to the end of his sentence, said he wanted to give back to his community by talking to people about taking the right path in life.

"On the one hand, I think it's helpful for you to talk with high school students. On the other hand, I want to be careful that we don't glorify things," Rosen told Tamboura. "I think a better audience for you might be other inmates or kids who are already going down that path, perhaps juveniles. I believe in second chances and change."

Sean Webby, Rosen's Public Communications Officer, once a reporter for the San Jose Mercury News and The Gazette in New York City, said, "I'm proud to be a journalist," then turning to San Quentin News reporters, "I'm proud to be sitting here amongst you. We're a brotherhood. You get into journalism to get to the truth."

Rosen grew up in Los Angeles and graduated from University of California, Los Angeles.

He said criminal law interested him the most, and he wanted to help victims of crime, which drew him to the Santa Clara District Attorney's office in 1995.

—By Juan Haines



Photo by Sam Hearn

Sean Webby, Jeff Rosen, Arnulfo Garcia and Daniel Barton on San Quentin's Lower Yard

# ROOTS Celebrates Reconnecting Cultural Heritage

## No History; No Self. Know History; Know Self

By Juan Haines  
Managing Editor

The San Quentin self-help group that puts emphasis on reconnecting to one's cultural heritage held a graduation for more than 40 people that included 30 inmates and about a dozen Bay Area community members.

The guiding principle of ROOTS (Restoring Our Original True Selves) "No History; No Self. Know History; Know Self" is "to develop self-awareness and understanding how to be a productive member of one's community," said Chairman Phoeun You.

"The philosophy of ROOTS is a collaborative effort between inmates and all the other co-facilitators of the program," You said.

"We all have a shared experience," said facilitator Simranjit Kaur. "We go home and want to share what we learned from this class," she added, "We always remain eternal

optimists. There's a little bit of us in you."

The six-month course provides education about Asian/Pacific Islander and other minority communities in order to build awareness, empathy, and understanding of the struggles faced by all people and promote giving back to one's community in productive ways.

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*"We always remain eternal optimists. There's a little bit of us in you"*

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ROOTS workshops include anger management, acceptance of responsibility for one's crimes and re-entry to the community.

Elijah Fejeran, 27, has been

at San Quentin for more than two years. He said, "This is the best prison. There are a lot of programs." As each person arrived at the graduation, Fejeran handed him or her wristbands as a tribute. Fejeran said he expects to return to Sacramento after being paroled in 2018.

Before the event, each person struck a drum set center-stage in honor of Molly Kitajima, who recently passed away.

The graduation began by Kasi Chakravartula and Vera Leo beating drums to the rhythmic sounds of Peter Yung playing a Japanese handmade bamboo windpipe. The three performed for the community members and inmates who joined the drumming with handclaps and chants. After the performance, Yung gave a lecture about the origin of the instruments.

Facilitator Kasi Chakravartula addressed the audience and talked about the connec-

tion between Japanese internment camps during World War II and mass incarceration. She said she wanted to incorporate the Filipino and Pacific Island experiences into the ROOTS program.

"We cannot do this without all the help from the volunteers," said keynote speaker Eddy Zheng. "But more importantly, we cannot do it without the brothers who are locked up. Be proud, be brave, be empowered, because you are beautiful; be a change from within."

Zheng paroled from San Quentin after serving a total of 21 years behind bars. "We are encouraged by your presence," he told the graduates.

Sikhs, Simranjit Kaur and Winty Singh talked about the connection with their community and relationships to the tenets of ROOTS.

San Quentin conducts an annual Health Fair on its Lower Yard where Bay Area health-related organizations provide

on-the-spot services for the inmates. At the fair, ROOTS facilitator Ben Wang staffed a station called the Asian-Pacific Support Committee.

David Lee gave a powerful speech about the importance of each person taking responsibility for his actions and doing all he could do in making a difference in the world.

Facilitator Roger Chung and inmates Nghiep "Ke" Lam and Pangthong Anouthinh were asked to do something entertaining for the audience. The three went out of the room to brainstorm. When they came back, they performed a dance-off to beating drums. The audience clapped and laughed for about five minutes at the robot, break dancing, mixture of modern dance and an old-school kick-worm performance.

The event closed with the Hawaiian Cultural Group performing a Polynesian dance that received cheers as the audience joined with clapping.

## Dozens of Inmates Graduate From S.Q.'s Diabetic Class

On March 3, more than a dozen inmates graduated from San Quentin's Diabetic Class. The 10-week course focuses on the effects of diabetes on the body with a goal of improving the health of participants.

"We have a lot of people who don't know how to manage the diseases," said Sonia Spindt, project coordinator. "So, about a year and a half ago Dr. Elaina Tootell approached Clinton to create a diabetic management program to educate the men."

Inmate Clinton Martin was instrumental in creating the diabetic class after he and Dr. Tootell talked about the idea at a fundraiser last year.

"I find that inmates get a lot out of these classes," said Dr. Tootell, the prison's chief medical officer. "Having a peer-taught class is very effective for teaching inmates."

The course teaches inmates about the nutritional food aspects; how to read food labels; why keeping a food log is important; monitoring blood

sugar levels; meditation and breathing; exercise and fitness; how diabetes affect nerves; and health care maintenance.

In addition, a five-week advanced class delves into heart disease, foot and eye care, with aftercare services.

"I went to diabetic classes at Kaiser, but I didn't take the classes too seriously," said Ralph Ligons, 62. Ligons said he has been a diabetic for 20 years.

"When I got in Dr. Tootell's class, I found out how serious the disease is. Since being in her class, I lost about 35 pounds in the last year just by following the instructions."

Ligons said the material is easy to understand and instructions are not complicated.

"Reading, understanding and doing the things recommended in the material will extend my life," he said. "I learned how bad smoking and drinking is. Smoking clogs the arteries, which leads to amputations, and alcohol turns directly into sugar, which is very bad for diabetics.

I'm glad that the administration supports this program."

Darrell "Waylo" Williams, 52, said he was diagnosed with diabetes in 1992 while in Solano County Jail. His symptoms were frequent urination and constant thirstiness.

"One night I was watching TV and my vision got really blurry. The next day I went to sick-call and found out I had it."

Williams said in 2011 his blood sugar levels were high because he was stressing about family matters. "I joined Dr. Tootell's class in 2012 and learned about the disease," he said. "The class taught me a lot about how to prolong my life by paying attention to food intake. But, since there's no special diet here, I had to learn what to eat and what not to eat. I learned the importance of eating a lot of vegetables and more fish and chicken."

William recommend for everybody to take the class, even if they don't have diabetes. He said if someone in their family has the disease, the valuable in-



Photo by Sam Hearn

James Hunt congratulated by Mike Pedersen

formation they learn in the class could be passed to them.

"We find that the participants eagerly take in the information because they want to return to their families healthy," said Dr. Tootell. "The men take monitoring their blood sugar level very seriously. I never heard men so excited about their blood sugar."

Dr. Tootell said with more

than 200 men on the waiting list for the class, she would like to modify the class size, and, or cycle, in order to accommodate more men. She said under a normal clinical setting there is never enough time to fully explain all aspects of the disease. However, San Quentin's two-hour, 10-week introduction class and five-week advanced class gives participants a lot of valuable information about diabetes.

The program has five permanent facilitators. Guest speakers are invited to lecture on different topics where expert knowledge is needed, like meditation, retinopathy (eye damage), and heart disease.

Medical is working on getting glucose meters to check blood levels.

"Getting the men better shoes would help them tremendously," said Kim Bailey, who is a course facilitator. "Also, giving the men diabetic diets would improve their lives."

The program facilitators say they are seeking to give diabetics identification bracelets so that during a medical emergency first responders could identify them as diabetics.

"We hope to expand into other diseases like valley fever and cancer," Spindt said.

—By Juan Haines



Photo by Sam Hearn

The diabetic graduates, guest and staff in the Protestant Chapel

# EDITORIAL

By **Arnulfo Garcia**  
Editor-in-Chief

Letters, letters, and more letters! First and foremost, I want to thank you for your interest in San Quentin News. I want you to know your voices are being heard.

The volume of letters we receive is large, and growing. I try to read as many as I can. Yet, due to the number of letters with thoughts and ideas of interest to SQN, we are not able to respond to each one individually. I feel badly about not being able to write back to each of you personally.

You diligently bring our attention to your concerns, thoughts, ideas and needs. We at San Quentin News, appreciate your input, and I personally thank you. To address the needs of our readers, we are thinking of new ways to respond—especially to those

letters on issues such as medical care, prison programs, cell status, or custody matters. We don't have the resources to be a legal commentator. However, we regularly have writers researching and covering legal issues. We hope to address and give attention to your thoughts.

While our staff is growing, we are constantly working on the next issue, new stories, new ideas, and trying to manage the great volume of mail. I hope you understand.

We have readers scattered in prisons across the United States and some overseas. Additionally, we have some readers in all 33 other California prisons. Though our objective is to provide each California prisoner a copy of the newspaper, we are a long way from that goal. Many of you have individually subscribed because you are unable to secure

the paper at your prison. We thank you.

Despite the difficulties, we wish to grow the paper to meet the needs of our growing audience. Although the state says the prison population is decreasing, "our" readership is increasing.

So, I want you to know that your letters are not just sitting in some corner gathering dust. We do read them, but our space to print them is limited. For myself, I remember sitting in another prison that had no programs, wishing that someone could respond to my needs. Here, we are striving to do better, so please bear with us. We will do our best to address your concerns.

Recently we received an e-mail telling us that our little paper had won the prestigious James Madison Freedom Of Information Award for excellence in journalism given by

## Extensión Sobre Limite de Restringimiento

Traducción: **Jorge Heredia**  
Por **Juan Haines**  
Gerente Editorial

*This story was printed in our Feb.-Mar. 2014 issue titled 'Two-Year Extension To Meet Prison Cap.'*

En Febrero 10, una corte federal le otorgo al Gov. Jerry Brown una extensión de dos años para reducir el limite de reclusos en las prisiones del estado.

La orden viene después de que la Corte Suprema de los EE.UU. en Mayo 2011, dictaminó que Brown debe restringir el Departamento de Correcciones y Rehabilitación de California (CDCR) al 137.5 por ciento de su capacidad diseñada, lo cual permitirá a los reclusos recibir cuidado medico adecuado.

"Una prisión que priva a reclusos del sustento básico, incluyendo cuidado medico adecuado, es incompatible con el concepto de la dignidad humana y no tiene lugar en la sociedad civilizada," escribió el Juez Anthony Kennedy en la decisión mayoritaria 5-4.

Desde el 2011, CDCR hizo varios intentos fallidos para alcanzar el límite de población, incluyendo la construcción del California Health Care Facility (CHCF).

CHCF añadió 1,818 camas al sistema de prisiones del estado y aumento el número de prisiones del estado bajo escrutinio a 34. Sin embargo, documentos de la corte reflejan que la "activación planeada ase mucho" del CHCF ha sido dilatada porque el estado no puede encontrar suficientes psiquiatras para proveer el personal de las instalaciones.

El año pasado, las prisiones de California albergaron 33,777 reclusos con enfermedades mentales comprobables, apenas 30 por ciento de la población total, con 6,051 de estos sufriendo de graves desordenes de esquizofrenia, según un reporte del Sacramento Bee.

Abogados por parte de los reclusos objetaron a la extensión de dos-años, diciendo el tiempo extra someterá a los reclusos a "pésimas condiciones constitucionales," y señalaron que el deber principal de la corte es "eliminar las violaciones constitucionales... en la forma más rápida posible consistente con... la seguridad publica."

Como ejemplos de pésimas condiciones, expertos de la corte encontraron que una prisión para mujeres estaba operando al 178.5 por ciento arriba de su capacidad, y sin proveer cuidado medico adecuado. El resultado creó morbilidad y mortandad prevenible con serios riesgos de daño en desarrollo a pacientes prisioneras. La mayoría de los problemas fueron atribuidos a la sobrepoblación, insuficiencia de personal del cuidado medico e inadecuado espacio de camas medicas, los expertos concluyeron.

Los expertos examinaron otras nueve prisiones, y ellos dijeron ninguna proveyó cuidado medico adecuado.

Los abogados de los reclusos dicen que prisioneros con enfermedad mental "continúan sufriendo los devastadores efectos de la sobrepoblación en curso... [y] mueren en índices asombrosos como una consecuencia de la falla [del estado] para proveer tratamiento mínimo del cuidado mental adecuado y condiciones de encarcelamiento."

La orden de Febrero, 10 creó un plazo fijo que Brown tiene que obtener al alcanzar el límite de población de reclusos en un 137.5 por ciento de la capacidad diseñada. Además, la corte asigno un Oficial Conformidad con autorización para seleccionar reclusos calificados para ser liberados si las 34 prisiones del estado exceden el presente límite de población.

El primer límite de población de 116,651 reclusos o 143 por ciento de la capacidad dis-

eñada debe ser cumplido para Junio 30.

Números del CDCR reflejan que en Febrero 12, la población de reclusos estaba a 117,682, o 144.3 por ciento de la capacidad diseñada - 1,031 prisioneros más del límite.

Para Febrero 28 del próximo año, la población de reclusos del CDCR no puede exceder 141.5 por ciento de la capacidad diseñada o 115,427 prisioneros.

Para Febrero 28, 2016, la población de reclusos del CDCR no puede exceder 137.5 por ciento de la capacidad diseñada o 112,164 prisioneros.

La orden de la corte notifico al CDCR que si la población de prisioneros excede cualquier de los niveles presentes arriba mencionados, 30 días de allí en adelante, el Oficial Conformidad seleccionara prisioneros que califiquen para ser liberados.

El Oficial Conformidad debe de "tener acceso a toda información necesaria del CDCR y personal concerniente a la población de las prisiones de California, incluyendo proyecciones de la población." EL expediente Central del prisionero, asesoramiento de riesgo, datos de reincidencia, datos estadísticos serán usados para encontrar reclusos que califican.

Para Abril 11, CDCR le dará al Oficial Conformidad bajo autenticidad, la categoría de prisioneros quienes son menos propensos a reincidir o quienes puedan de otra manera ser candidatos para ser liberados antes de tiempo cumplido a través de la Lista de Bajo Riesgo. Una lista enmendada debe ser actualizada cada 60 días. Además, la corte ordena a Brown "desarrollar comprensible y sustentable reformas de reducción-poblacional y [el] considerar el establecimiento de una comisión para recomendar reformas del estado penal y leyes de sentencia."

Reclusos que hayan aparecido ante la Comisión de Audiencias de la Prisión y otorgado futuras fechas de libertad deberán ser liberados inmediatamente.

Reclusos médicamente incapacitados están programados para recibir mayor consideración para ser liberados.

Un nuevo proceso de libertad condicional será implementado para prisioneros quienes sean mayores de 60 años de edad y hayan purgado un mínimo de 25 años.



Photo by Sam Hearn

Arnulfo Garcia

the Society of Professional Journalists. We are very honored and proud to be recipients of this award. This achievement motivates us to continue this work for our community. You are our community. We are striving to be there for you.

The department of corrections does not fund the

printing and distribution of the newspaper, therefore San Quentin News depends on donations to operate. Tell your family and friends they can subscribe at our web site as listed in the paper.

For those of you who are requesting yearly subscriptions, the new price is going to be \$25 for prisoners and \$40 for outside subscribers.

In closing, I would like to remind you that our mail goes through the same inmate mail system that you deal with. Like all prison mailrooms, the process can take weeks at times, and there is no getting around it. We hope to create an expedited process in the future, but for now, just be aware that it may be several weeks before we actually read your letters.

Finally, again, I would like to thank you for communicating your thoughts. Keep the letters coming.

La orden excluye la liberación de prisioneros condenados a muerte o prisioneros purgando una condena de vida sin posibilidad de libertad condicional.

La administración de Brown dice el estado esta renovando las prisiones con "nuevas medidas de reforma para responsablemente disminuir la población de la prisión mientras que evitando la liberación de prisioneros." Las sentencias de no-violentos segundos infractores (second strikers) y reclusos de seguridad mínima con un expediente de buen comportamiento serán reducidas por un-tercio.

No-violentos segundos infractores y reclusos de seguridad mínima califican para ganar ocho semanas adicionales por año de sus sentencias por completar ciertos programas rehabilitativos.

Además, bajo ciertas circunstancias, reclusos de mínima seguridad son elegibles para obtener Créditos 2-por-1 por buen comportamiento, mientras no-violentos segundos infractores son elegibles para ser considerados para la comisión de libertad condicional después de purgar la mitad de sus sentencias.

Reclusos que hayan aparecido ante la Comisión de Audiencias de la Prisión y otorgado futuras fechas de libertad deberán ser liberados inmediatamente.

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Trece prisiones designadas como ejes de reintegración social serán activadas dentro de un año, mientras programas pilotos de reintegración social son expandidos a más condados y comunidades locales.

Alternativos programas de custodia serán implementados para mujeres prisioneras.

Los Angeles Times reporto que incluso después de que las reformas tomen lugar, "las prisiones de California continuaran con 3,000 prisioneros por encima de los que los jueces federales dicen ellos pueden sin ningún percance detener y aun proveer adecuado cuidado medico y servicios psiquiátricos."

Documentos de la corte reflejan que el problema de multitud "esta empeorando envés de mejorar," y advierten, "La población de la prisión esta proyectada a crecer otros 10,000 en los próximos cinco años."

El L.A. Times reporto, "Proyecciones publicadas por el departamento de correcciones reflejan que para 2019 el estado tendrá 26,000 prisioneros más de lo que sus prisiones podrán detener bajo el limite federal de multitud."

El presupuesto 2014-2015 de Brown pide \$9.8 billones para ser usados en correccionales con cerca de \$500 millones para pagar y administrar contratos de prisiones para alojar cerca de 17,000 prisioneros, lo cual son \$100 millones más que este año para alojar 4,700 prisioneros más, según el L.A. Times.

Brown no puede "incrementar el nivel de la población actual de aproximadamente 8,900 prisioneros alojados en prisiones fuera del estado," según la orden de la corte.

Brown dijo el intenta cumplir con la orden de la corte por medio de "contratar capacidad adicional dentro del estado en las cárceles del condado, instalaciones correccionales comunitarias, y prisiones privadas."

Para obtener la extensión de dos-años, Brown accedió "no apelar o apoyar una apelación de esta orden, cualquier orden subsiguiente necesaria para implementar esta orden, o cualquier orden promulgada por el Oficial de Conformidad."

# Native Hawaiian Religious Group Celebrates First Makahiki Event

By Julian Glenn Padgett  
Staff Writer

The Native Hawaiian religious group of San Quentin made history when it performed its New Year Fertility event, the Makahiki, inside the prison.

"The Makahiki is our celebration of Lono-Ika-Imakhiki, a time of harvest, whether harvesting the land or the ocean," said Damon Cooke, a spiritual advisor to the group. Cooke explained that the festival recognizes Lono the patron spirit of agriculture, fertility, peace and healing. It is at the time of year when Lono returns to repossess the land as his wife.

"It brings with it seasonal

orful sarongs tied at the waist), danced down the aisle welcoming guests and volunteers with lei's. Afterward, the men began the Haka, a traditional ancestral dance or challenge from the Maori Polynesian people of New Zealand.

"As our ancestors traveled throughout the Polynesian Islands, Fiji, Tonga, Samoa, Cooke Islands, Nuie, Tuvalu, Pitcarn, Tahiti, Vanuatu, Raro Tonga, Easter Island and Hawaii, they needed a way to announce their presence as they landed on each island" Cooke said.

Originally, the Haka was a war cry, a dance or challenge.

"We do it to maintain the

as in the free world, sometimes people feel excluded. But with the Haka, everybody is included; we make sure that everyone has a voice," said Upu.

They do this by teaching the young men how to speak up and not to be afraid of failure. Upu added that the Native Hawaiian Religious Group of San Quentin constantly reaches out to the youth through the Haka. "It's always been a platform to stress a message of self-worth."

The ceremony moved forward as 15 inmates danced to their positions to perform the "I Ku Mau Mau," a time-honored native Hawaiian call and response chant done by island workers.

"This chant and dance liter-



Photo by Michael Nelson

Anthony Gallo, Reggie Hola and Derrick Kualapai performs the Haka



Photo by Michael Nelson

Grace Taholo, Manusiu Laulea, and Kasi Chakravartula with N.H.R.G.

rains where the land renews its fertility but the underlying message is that the symbolism of the Makahiki is a time of peace, thanksgiving and renewal," Cooke said.

The Makahiki ceremony took place December 7, 2013.

Incarcerated for 24 years for attempted murder, Cooke said the Hawaiian cultural and spiritual group represents all islands in the Polynesian triangle. Moreover, this Makahiki gives them the opportunity to embrace their culture, reinforcing who they are as the Pacific Islanders, an Island nation.

"Our goal is to spread the true Hawaiian Aloha, because our congregation has Samoan, Tongan, and Filipino members learning about each other's cultures. We do this through song, dance and chants," Cooke said.

As the event continued, a procession of 10 men dressed in native Hawaiian Lava-lava's (col-

history of our people, and it's now done as a form of respect for the fallen warriors," said Cooke. "So that's why you see the Haka performed before football games, soccer matches, or rugby, where two opposing sides are about to do battle.

"Yet today the Haka symbolizes more than war, today it's a call for all communities to come together in unity and share knowledge so we can help each other move forward," Cooke said.

Upumoni Ama, aka Upu, is also a member of the San Quentin Native Hawaiian Religious group. Incarcerated for 20 years for second-degree murder, Upu said that when he was a youngster his parents taught him their history and the movements through the Haka.

"I've used this to open up lines of communication with our younger members because,

ally calls for us to work together, no matter what our ethnicities, because what makes any community strong quite often are those things that make us different," said D. Kualapai, (Kuh-walapie).

Anouthinh Pangthong said

that he was invited to the group to do a dance but was not expecting the camaraderie that came with it.

"I spend time with the guys on the yard, and I never expected the brotherhood and I really love it. Today was a gift; it was just a good day," said Anouthinh.

Incarcerated for 13 years, Kualapai, 64, has been at San Quentin for about a year and is considered an elder of the group, a "Makua." They are like the parents of the group, explained Kualapai, and as the Makua, "I'm here to offer similar support and guidance."

"This is a miracle that this event is happening; it's been a struggle to say the least," said Grace Taholo, the outside sponsor of the Native Hawaiian Religious Group.

Taholo is Tongan-Fijian and a college student. Born in New Zealand, Taholo has been coming to San Quentin for two years and said that this is her way of giving back.

"I come here and do what I can to help them out, but more times than not, they're actually helping me out. That's why it's good to see that they're doing this. I want our guests to leave the Makahiki inspired about this community," said Taholo.

Robin LeNoue, aka Maui, was convicted of murder for hire 23 years ago, and has been

in San Quentin since 2010. He said this is the fourth Makahiki he has performed in, but the first he has done at this prison.

Maui is teaching the younger members what the elders taught him. "Now that I'm an elder, I'm passing down our values which is self respect, not to be involved in gangs, no drugs, and no gambling," he said.

Hector Heredia, San Quentin's Native American spiritual advisor, said he learned that their cultures are very similar, for instance, "we also recognize the creator and the seasonal changes through song and chants."

Hera Chan, a volunteer with San Quentin's K.I.D. CAT (Kid's Creating Awareness Together), a program for inmates convicted as juveniles, described the event as moving. "I want to say that being in San Quentin, I never knew I could find such empowerment for myself here."

Eliza Bruce another K.I.D. CAT volunteer, exclaimed, "The Haka, wow, I was definitely honored to see that. I felt the power. It was beautiful to see the men celebrating their culture and heritage."

Bruce said she had seen the Haka done on TV but that did not compare to watching it in person. "You could feel the energy in the room; it was very moving."

The Native Hawaiian Religious Group also performed the Haka at the 2013 Veteran's Day memorial service held on San Quentin's Lower Yard, said Cooke. "It allowed the Native Hawaiian spiritual group a platform to show our respect and to thank our veterans for their service, dedication and commitment to this great nation."

"I've been incarcerated for a quarter of a century and this is the first time I've really felt like I've been able to give back," Cooke said. "The spirit of Aloha is what we feel when we say good-bye, hello, or I love you. This is a special day for us; it means a lot to us. This day was for our ancestors, Aloha."



Photo by Michael Nelson

Nick Lopez, Anouthinh Pangthong and Uluao Mase present the Sa Sa ceremonial dance

## Federal Court Ruled Proposition 9 and 89 are Unconstitutional

Continued from Page 1

three decisions by the parole board that denied parole. However, the governor affirmed all three denials.

In 2005, Richard M. Gilman and a group of other California life prisoners filed a class-action lawsuit in the U.S. District Court for the Eastern District of California to challenge the practices of past governors and

the parole board review process for inmates sentenced to life with the possibility for parole.

The court found Proposition 89 to be ex post facto and violated the rights of the life prisoners who committed their crimes before November 1988.

The other parole law that the court found unconstitutional was Proposition 9, commonly known as Marsy's Law, which was passed by California vot-

ers in 2008.

Marsy's Law amended California law and changed the periods between parole board hearings for inmates sentenced to life with the possibility for parole.

Before Marsy's Law, the parole board was required to give hearings to inmates sentenced to life with the possibility of parole each year. However, under certain circumstances in

murder cases, hearings could be put off for two to five years.

Marsy's Law changed the law and authorized the parole board to deny parole to inmates sentenced to life with the possibility of parole for up to 15 years, with 10, seven, five, or three years as alternatives.

The determinate for which period to apply under Marsy's Law says the parole board must defer for a longer period if it is

not "highly probable" that the prisoner may be granted parole in lesser time.

The court ruled that Proposition 9 and 89 retroactively increased the punishment for inmates sentenced to life with the possibility of parole. "The court finds that both propositions, as implemented, have violated the ex post facto rights of the class members," the final order read.

## EDUCATION CORNER

# More Money Spent on Prisons Than Education

By Willie Williams  
Contributing Writer

*Williams is the Opinion Editor for the Green & Gold newspaper at Fremont High School in Oakland, Calif.*

Keeping a prisoner in the Santa Rita Jail is worth more to society than keeping a student in Fremont High School in Oakland.

That's right. California spends \$46,000 per prisoner incarcerated in state prisons per year, but only \$7,000 per student per year

in high school.

"It makes me feel that if I were a criminal, I would be treated better," said Fremont High School senior Malik Adesokan when I told him about this statistic.

The California Department of Corrections and Rehabilitation is set to receive \$9 billion this fiscal year for all prisoners.

That kind of money could pay for a lot of things Fremont High students have been asking for. It could pay for "music, art or anything else fun" that junior

Ginelle Bernardino would like.

It could pay for "new equipment for the P.E. Department" that senior Vanessa Rivas would like.

It could pay for a new football field and new portables that I would like.

The football field at our school is just 90 yards long, and some of the school's portables are more than 40 years old and rotting.

The good news is that the funding gap may be closing a bit, at least for schools in low-

income areas like ours.

I was part of a campaign by non-profit organization Youth Together and other education reform groups last spring to secure a new way to fund schools.

School districts with more than 55 percent low-income students and English language learners were to receive 20 percent more funding than districts with more privileged students.

Low-income students include anyone who is currently eligible for free and/or reduced lunch. At Fremont High, that is just about everyone.

Gov. Jerry Brown signed this new plan, known as the Local Control Funding Formula, into law on July 1. The school district was supposed to get \$12 million because of the new formula this January.

Jody London represents District 1 on the Oakland Unified School District Board of Directors.

"The board has decided to use these funds primarily to balance our structural deficit, give a two percent raise to all our employees, invest in training and materials for teachers to implement the Common Core Standards, and provide resources and training to help our African-American male students be more successful in school," said London.

It is a good start for the school district. We are in debt and our teachers do deserve more money. But when will the money be spent on what the students want?

Maybe we need another formula. Schools should get at least half of what the state pays for prisoners since we spend half our days at school. Imagine if society were to think your education was worth \$23,000 a year instead of just \$7,000 a year.

## John Brown's Play Revisits Slavery And Liberation in San Quentin

By Juan Haines  
Managing Editor

There was standing room only in San Quentin's Protestant Chapel on Feb. 28 to watch "John Brown's Body"—a documentary about a play of the same name centered on Stephen Vincent Benet's 1928 epic poem about slavery and liberation in the Civil War era.

The documentary premiered last year, but this was the first time that it was shown in San Quentin.

The play, directed by Joe De Francesco, was originally performed in the same chapel in 2002 for an audience of about 75 inmates and 200 outside guests, according to the San Francisco Chronicle.

De Francesco was distraught when he noticed that Benet's poem was no longer a part of public school curriculum. He wanted to bring it back into the public forefront, and thought it could be performed effectively as a dramatic piece. He began working on a script in 1999.

Firstly, there were hurdles to be crossed before De Francesco could raise the curtain.

He lacked actors, and more significantly, funding.

De Francesco tried all of his contacts in Hollywood, asking several famous actors to help him out, but to no avail. That's when someone suggested that he go inside San Quentin to seek actors. The idea was a revelation, he said. Who else had a more in-depth take on racial strife and freedom?

But San Quentin, back in 1999, was a very different place than it is today. Black and white inmates generally did not willingly interact. So the prospect of even producing a theatrical performance centered on slavery, racism, and the American Civil War was far-fetched.

"San Quentin's history is full of racial tension, race riots and murders; so much so, that there is a stretch of about 40 concrete stairs connecting the Lower Yard to the Upper Yard, that was once known to everyone as 'Blood Alley,'" said inmate actor Nelson, "Noble" Butler.

When Francesco initially pitched the idea to the inmates, they met his proposal with in-

credulity. "I think every one of us in blue in that room looked first at each other, then at Joe like he was nuts," said Butler. "Was this guy crazy? Wasn't no way in hell was he gonna be allowed to put on a play dealing with the civil war, racism, violence, and most of all, any type of physical interaction with a female actress."

But De Francesco was persistent. He never let the men's doubt get the best of him, and after a while, his optimistic words of wisdom eventually had an effect on the inmates.

"Joe, being who he is, let it go in one ear and out the other. He kept saying it could work, it could work, it could work, if we just believed. I remember thinking that Joe had watched Peter Pan a few times too many with that 'just believe' crap," said Butler.

"Joe took a special interest in each of us and changed us into a wonderful, special crew of actors that he called us his San Quentin Players," said inmate actor Carl Sampson, who was present at the screening. "Each of us played the other person's script because we were always

short players. We were able to cross the racial line to find the other members we needed."

Progress was slow, as rehearsals were few and far between and the requisite actors were often absent. "We never knew who was going to show up from week to week," said inmate actor Larry Miller in the documentary.

"It took us over two years of hard work, practicing and studying the script. We worked around many obstacles placed in our way to make the film," said Sampson. "One of our hardest problems was finding inmates to work with us."

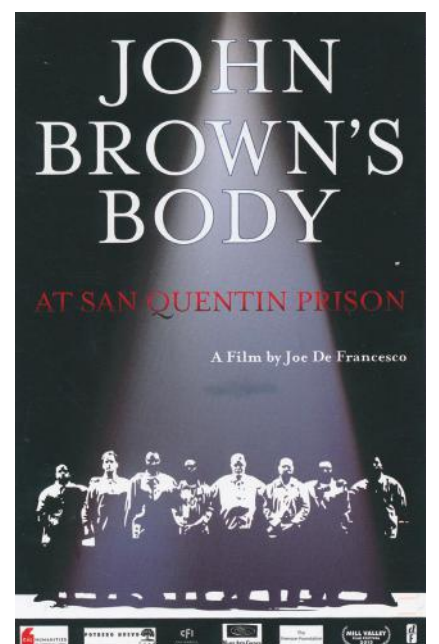
But De Francesco, along with the men he directed, overcame all of the obstacles preventing him from making his vision reality. Not only does the 2002 performance of the play reveal this, but its continued relevance, as revealed by the coming of this documentary 11 years later, shows how this feat of dramatic performance will go on being a meaningful event to everyone who was involved with it.

"I feel like I have a tie with these men who stuck it out," Francesco told the audience, still standing but without complaint or care, after watching the documentary.

"Joe De Francesco is visionary and groundbreaking," said Lesley Currier, co-director of the Marin Shakespeare Project at San Quentin, who was present at the screening. "I'm constantly reminded of the intelligence that exists in this place."

Sampson credits English professor Wendy Drucker for helping the inmates produce the play. In addition, he credits retired Warden Jeanne Woodford. "We are all appreciative and honored to have had such a committed set of staff members," said Sampson.

According to KQED, in a review of the documentary, "In addition to the expected (and gratifying) testimony that par-



icipating in a play made a difference to the inmates, 'John Brown's Body' allows the viewer to see the humanity in murderers."

"De Francesco's film focuses on the preparation, performance and aftermath of this life-changing event as current and former inmates reflect on what it meant to be plucked from the monotony of life behind bars and given the opportunity to express themselves on stage about issues of race and liberty," according to The Marin Interfaith Council. "Absorbing and emotionally charged, 'John Brown's Body' at San Quentin Prison illuminates the undeniable connection between creative freedom and spiritual fulfillment."

But perhaps more important than these reviews about what the documentary reveals to those on the outside, is what the play meant to those who actually partook in it 12 years ago.

"Joe, you gave us something no one could ever give us and something no one could ever take away," said Butler.

**Inmate cast:**

**Larry Miller**

**Carl Sampson**

**Nelson "Noble" Butler**

**Ernest Morgan**

**George Lamb**

**J.B. Wells**

**Jeff Golden**

**Ronin Holmes**

**Marcus Lopes**

**Female parts read by: Blane Reynolds**

**Music: The Pacific Mozart Ensemble**



File Photo

Blancett Reynolds, George Lamb, J.B. Wells, Ernest Morgan, Jeff Golden, Larry Miller, Joe DeFrancesco



# Prison Art On Display for Good Causes

By John C. Eagan  
Adviser

Tucked away in prison cells across America are talented artists who are working to turn their lives around and help make the world a better place, says a lady who is exhibiting inmate-produced animal paintings and drawings.

"I would like the show to provoke questions on the part of the viewing public to challenge their preconceived (ideas) about inmates and the prison system," said artist Leslie H., as she asked to be identified.

"We can all admit to having made bad choices at some point in our lives, but those choices and actions should not ultimately dictate nor define who we are, or who we will become," she said in a recent interview.

The show features 23 paintings and drawings by numerous prisoners she has collected for years. The show was fea-



Photo by Michael Nelson

Tommy Winfrey putting the finishing touches to "Cowgirl"

tured for the month of March in the lobby of the Marin Humane Society, where Leslie is

a volunteer.

The show's centerpiece is a painting called "Cowgirl," the work of San Quentin prisoner Tommy Winfrey, priced at \$956.

A Cowgirl was painted during the time I fell in love with a girl for the first time. Her name was Angel," Winfrey said in an interview. "She helped me to see the true power of women, to see them in a different light, and view them for their strength instead of their weaknesses. It is the first time I saw women as individuals, not as objects."

What happened with her? "She took off on her horse and left me in the sunset," Winfrey said. "I still hold her dear in my heart."

Leslie mentors Winfrey in a San Quentin program

called The Last Mile, which trains inmates on setting up

businesses. Twenty percent of art sales go to The Last Mile and 20 percent to Pen Pals, a San Quentin program where inmates train dogs for the Humane Society. The balance is for show costs and to provide prisoners with art supplies, Leslie said.

"Painting has allowed me an opportunity to express myself. Along with my writing, art has given me a voice that I lacked in the past," Winfrey said. "When

I create, my inner reality becomes a reality for the world to view.

"The Last Mile is a group that allowed me to transform from a quiet and reserved individual to a person with confidence. It helped me to start to believe in myself and my talents. My business idea in TLM is named Art Felt Creations. This business would allow inmates a platform to sell their art and tell their story -- something that in my opinion could change many people's lives."

Leslie said she first encountered prisoner art at a 2005 auction. She has since then collected art from hundreds of men and women prisoners.

"A lot of people who wind up in prison are actually very brilliant and talented people," said Leslie. "I cannot express how much it means to me to be able to support, encourage and inspire these men and women and to see them turn their lives around."



Photo by John Eagan

Artist Leslie H. displays prisoner's artwork



Photo by John Eagan

"Assured" by Kenneth Spikes

## Four S. Q. Bands Debut at Music Lockdown Concert

*William James Association Sponsors The Prison Arts Project At San Quentin*

By Malik Harris  
Staff Writer

Four San Quentin bands made their public debut Feb. 8 in a fun-filled night. Two bands from Marin County performed a benefit concert at the Sweetwater Music Hall in Mill Valley alongside videos of the prison bands.

Music Lockdown, a Benefit for the Prison Arts Program

, featured This Old Earthquake and Beso Negro. The concert included a filmed performance from four San Quentin bands – The Human Condition, NSF, Just Came to Play, and Cold Steal Blue.

The show began at 9 p.m. with three prisoner-Tommy Winfrey, Dave Basile and Borey "Pee J" Ai-speaking about the benefits they have received from being part of programs at San Quentin.

Tickets priced between \$20 and \$25, along with additional donations, raised \$3,080. All profits will go to benefit the William James Association, a non-profit organization dedicated to providing arts programs to prisoners.

According to a press release, "The William James Association sponsors the Prison Arts Project at San Quentin. William James Association's 37 years of organizing prison arts has shown that inmates exposed to arts and music have better chances of success inside and upon release."

San Quentin bands traditionally play live shows on the prison yard, and this was the first time a performance like this has aired for the public.

Raphael Casale, sponsor of the Music and Performance Program, says, "Being a sponsor of the program has allowed me to see how much talent the men at San Quentin have."

According to the press release, "The San Quentin Music and Performance Program, a self-help, member-based activity group, gives inmates a chance to express themselves via music and arts instead of violence and anger. The program aims to create a networking structure of rehabilitation through the enhancement of musical and artistic skills as well as encouraging group morale, self-discipline, self-worth and a realization of each member's potential to be a productive citizen in a free society."

The William James Association funds the Prison Arts Project through donations. Previously art programs in state prisons

were funded by the state government in a program named Arts in Corrections.

Arts in Corrections was eliminated from the state's budget years ago, but the William James Association has managed to keep the art programs alive in San Quentin.

Taylor Cutcomb of the band

This Old Earthquake donated many hours to make the show a success. He helped to record the audio portion of the video alongside prisoners Ray Aldridge and Dwight Krizman.

San Quentin TV recorded and produced the video that was aired at the Sweetwater Music Hall.

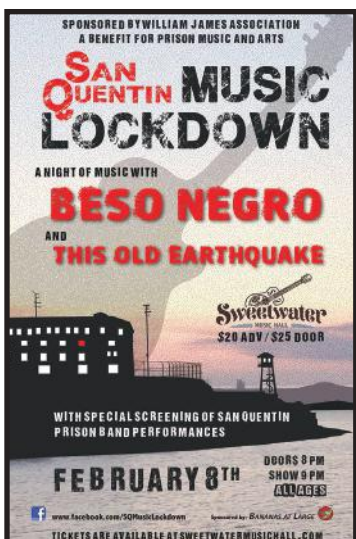


Photo by Raphael Casale

Music producer Taylor and the Blues Band prepping before the show

# The Last Mile Apprentices Inspire Venture Capitalists on Demo Day

Continued from Page 1

to an audience, including San Quentin Warden Kevin Chappell and head of the state's prisons, Jeffery Beard.

world," adding, "When I think about growth of the men of this past session in terms of their knowledge and confidence, I swell with pride. Their dedication and hard work was evident in

The Last Mile. But I walked away being helped more than helping. I ended up being the benefactor."

Keynote speaker MC Hammer said, "While Chris knows me in the tech world, you guys know me from growing up. You know, I could have easily been sitting right there with you," he told the crowd. "Don't even look back. Press forward. We are not hindered by our past. The past is the past. This program is really about life. Don't just buy into the business. It's about the people. You've got a great opportunity, not just the business, but the program itself."

"Prison life always promotes negativity," Hammer went on to say, "Don't let that perspective get to you. Seek the light, let people see you through The Last Mile. The Last Mile is a tough mile. When you run it, the last mile of this prison—don't let them see you sweat."

"These guys are motivated to learn," said William Fisher of Cisco. "This is all about realizing your ideas."

Before the participants pitched their ideas Redlitz said, "This is the first time a lot of these guys are presenting to a large crowd."

First up was Aly Tamboura. He said after the San Bruno gas line explosion, and the 90 minutes it took to turn off the gas, he thought if the authorities had better access to the underground pipelines, there would have been less property damage, but moreover, lives could have been saved. His company, VeriSight, would "harvest" information about underground utilities and digitize them for instant access. His slogan, "Do it safe. Do it Right. Do it using VeriSight."

Al Amin McAdoo said on September 8, 2012, his daughter became a victim of a drive-by shooting. McAdoo told the audience about the crime that landed him in prison—he partook in a drive-by shooting where the victim of his crime was mistaken for someone else. "I'm a mentor," said Dominic Whittles, CEO of an advertising company. "I got involved to help the guys of

representative from Linked In. "Their hunger to learn to succeed, their energy makes me try harder. I leave here every time with a renewed strength."

Raymond Ho's company,



Raymond Ho presenting his idea "Gimme"

Gimme, is geared for people who see things they like and want to buy it. But they don't know how to get it. The concept is simple, he said. "If you see someone wearing something you like, take your phone and take a picture of it," Ho said. The

today seniors suffer from." "Wow, there's a lot of people here," Tim Thompson said lightening the atmosphere. His idea, 4-Real Ballers, came after examining his own mistakes in life. He said he wanted to find an "alternative system



Tim Thompson presenting his pitch called "4 Real Ballers"

photo gets uploaded to his App, which is a search engine, and gives the person information on how to get it. "See it. Snap it. Gimme it," Ho told the audience. Damon L. Cooke wants to

link athletes with coaches," as he joked, "I got flagged for unnecessary stupidity and bench for 18 years. Our goal is to create scholarship opportunities for youngsters who other-



Damon L. Cooke shares his "Active Alternative"

supply services to seniors with dignity. Active Alternatives combine the Eastern proactive of honoring elders with Western technology. "We will reconnect our seniors with the world we live in," he said. "Active Alternatives will reduce the social isolation prevalent

wise may not exist." The idea uses YouTube to post athletic feats on 4-Real Baller's website. "Become a Baller Nation Scout," Thompson encouraged the audience. He said with the more than 5 billion monthly users of YouTube, by getting a video to go viral

would generate proceeds for the scholarship fund.

Phoeun You, a survivor of the Khmer Rouge genocide, said Universal Healing has a three-fold objective: to employed veterans to defuse

create profiles to help find families for dogs in need. The website would have a variety of support services for the owners, such as dog walking, obedience training and grooming.



Phoeun You sharing his thoughts on "Universal Healing"

unexploded land mines in war-torn areas of the world; to provide land mine technologies; and to collaborate with other humanitarian organizations. "Today, more than 10 percent of our heroes are unemployed," You said.

KnottyBird is the idea of Trevor Bird. KnottyBird is an action tracker that measures air speed, vertical height, banks and rotation to score snowboard runs. Bird said the App would allow users to link up and compete



Trevor Bird introduces KnottyBird

"Universal Healing finds and deactivates unexploded bombs."

Joe Demerson, creator of Canine Connections said to think of his company as the eHarmony of dog adoption. He said Canine Connections would link to shelters and

against each other. He said part of the proceeds from KnottyBird would be donated to the Sierra Club.

Harry Hemphill said he wanted to create opportunities for ex-offenders. His staffing and training company called Catapult seeks



Phil E. Phillips and Joe Demerson

to "bridge the gap between software developers and qualified applicants."

"The public perception of what happens in prison comes from television," said Rahim Fazal, an employee of Oracle. "I'm humbled," he said. "I am so inspired. My eyes are so open. My mind is so open. The Last Mile business pitches are some of the best I've ever seen."

"I've always wanted to interview inmates," said writer Nicole Baptista. "I feel like we all share a similar existence and struggles. I find it very intriguing to be around people who are not perfect. I feel like everyone I spoke to today was not only intelligent but extremely compassionate."

"After each session, we assess the effectiveness of the experience for the men, volunteers, greater business community and inside S.Q.," Parentis said. "Today, we share the responsibilities of running TLM so that we can scale the program and reach more men (and hopefully someday soon, women)."

There were more than 150 inmates in the audience. Inmate Quadree Birch said, "When I was sitting in there, I was inspired. With all the business education, it will help anyone succeed."

In an effort to expand the program, TLM made its way to Los Angeles County Jail last October.

The program implemented at the Twin Towers facility is lead by rapper Ross Rowe. The first class is scheduled to graduate this May. "I'm really impressed with how far his men have come in such a short period of time," he said.

The class started with 15 men. Some of the men were released under Realignment, and others through time cuts. With six men ready to graduate, Rowe says he's really proud of the men.

The Last Mile "is not so much about the business project, as it is the process of organizing to achieve a goal," Rowe said.

Rowe has good reason to be interested in inmates and their future. At 17, he did a three-year stint in a Michigan prison. "All the education programs were eliminated and we had no way to improve ourselves," he said about programs in Michigan prisons.

He said he always wanted to be a part of the solution, rather than part of the problem. "I've been looking for a way to assist incarcerated men since getting out." Now 36, Rowe said he realizes one of the most important elements of success, is learning to focus on the goal, and then organize to achieve the goal.

The Redlitz/Parenti team is now focusing on getting TLM inside Santa Cruz County Jail.



Keith Wroten and James Cavitt performing "Purpose"

Kristie Clemens, Program Coordinator for Santa Cruz County Jail, said when she

heard about TLM she contacted Redlitz for more information. Clemens said one-third of the County's Realignment funding went

"JC" Cavitt, and Keith Wroten electrified the crowd with Purpose.

Cavitt said Purpose gives recognition to the trials, tribulations and success of all TLM graduates. "The purpose of The Last



Program Coordinator for Santa Cruz County Jail Kristie Clemens,

to building a 64-bed dormitory/educational space for minimum custody inmates. The plan to fund the TLM project is to obtain a \$750,000 federal grant

Mile is more than just having a blueprint towards realizing your dreams, it is lifelong membership of being a part of something greater, which is a family."



The Last Mile staff and participants

through The Second Chance Act. "Only 10 grants are going to be given," Clemens said. "We hope to be in the running for one of them with the TLM team's support."

To close out Demo Day, Spoken Word poets James

Wroten said. "It's learning from your struggles, and being gracious in your victories."

-Kevin D. Sawyer, Julian Glenn Padgett, Ted Swain, Kris Himmelberger, and Rahsaan Thomas contributed to this article.



Audience give the presenters a standing ovation.

"There are people out there that don't believe that programs like this can change a prisoner's life but they can," said founding member Kenyatta Leal. "The Last Mile taught me how to change my thoughts and my life. These lessons

the quality of their presentations at Demo Day."

More than 50 business professionals gave assistance to the graduating class as mentors.

"I get hope from working with all the guys," said mentor Andrew Kaplan, a



Lonnie Morris and Kenyatta Leal

proved to be valuable to me as I transitioned to society."

TLM cofounder Beverly Parenti said, "Initially, I set out to help Chris realize his dream of creating a technology accelerator inside San Quentin. That's what we did in the free

representative from Linked In. "Their hunger to learn to succeed, their energy makes me try harder. I leave here every time with a renewed strength."

"I'm a mentor," said Dominic Whittles, CEO of an advertising company. "I got involved to help the guys of



Jerome Boone congratulated on stage by Chris Redlitz

# ARTS & ENTERTAINMENT

## Snippets

Easter was the name of pagan vernal festival coincident in date with paschal festival of the church.

An annual Christian ceremony celebrating the resurrection of Jesus, held on the first Sunday after the date of the first full moon that occurs on or after March 21, otherwise known as Easter.

Smallest rabbit breed was found in Poland and Netherlands weighing in at 2-2.5lb, according to *Guinness World Records*.

The rabbit jumped 39.2 in. (99.5 cm). It was recorded as the highest jump in Herning, Denmark by *Guinness World* on June 28, 1997.

Eostara was the goddess of Easter equinox.

Recognized in 7 current records, Peter Dowdeswell of UK set a record of having the fastest time to eat soft-boiled eggs, 38 eggs in 1 min. and 15 sec. on May 28, 1984.

Exhibited as the largest Easter-egg hunt, in Stone Mount Park, Georgia, the egg hunt consist of 301,000 eggs that were searched for by 5,189 children and 4,834 adults—totaling 10,023 people, for the release of *Peter Cottontail: The Movie* on April 9, 2006.

*Guinness World Records* logged in the largest rabbit weighing in at 24 lb. 14 oz.

*Guinness World Records* also documented that the largest egg was laid by an ostrich weighing in at 5.47 lb. (2.48kg). Although the shell was only 0.06 in. (1.5mm) thick, it could hold up the weight of an adult person.



## Sudoku Corner

By Jonah Vark

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

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

## POETRY CORNER

*My Secret Place*  
By Mike Wolke

*There's a secret place inside my head  
Where no one's allowed to go.  
There, stands a guard, a wee small ogre  
A neon sign and a single world of "No."  
This secret place is neither good nor bad  
But, belongs to me alone.  
I hide my precious treasures there  
Within this chambered zone.  
Once I thought I'd share this place  
With a person who I'd found.  
But I changed my mind, and instead  
Got a puppy from the pound.  
The puppy doesn't want inside my head  
Where no one's allowed to go.  
He just wants to be fed and loved  
And to go everywhere I go.  
My secret place is as safe today  
As it was the day before.  
And no one shall gain entrance there  
For now and evermore.*

The answer to last month puzzle is: Six pairs of gloves. If you take 5 pairs of gloves, you'll have one of each color. If that's the case, the sixth sock will make a match for one of the socks.

The winner to last month's puzzle is:  
Gene McCallum II

Congratulation to the following contestants who also got it right: B. Gillean, F. Laim and E. Vick

### Last Issue's Sudoku Solution

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

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

## Greetings from around the World



*"The San Quentin News is great reading anywhere, even on safari in Tanzania"*

Kay and her husband, S.Q. News Adviser Steve McNamara

Photo by Phil Barnes

# Free Speech Behind Bars

## An 'OG's' Perspective

By Watani Stiner  
Staff Writer

At the beginning of the year the San Quentin newspaper was suspended for 45 days. The circumstances surrounding our suspension were somewhat alluded to in the February/March editorial message. I won't revisit the controversy or particulars of that issue. However, I do feel a pressing need to present an OG's perspective on the question of censorship.

Obviously, any news publication operating inside a prison is subject to restrictions. So let us not kid ourselves or hide behind any illusions. There

is no genuine freedom of the press at the *San Quentin News*. The prison administration will always have the final say-so on what we can and cannot publish. And occasionally, they will exercise their authority and perhaps their need to demonstrate to us that they're the ones calling the shots.

We have to be very mindful of our situation and how we choose our subjects and frame our articles, especially when expressing critical opinions or perspectives on controversial issues. One question is always at the forefront of our journalistic minds: How do we write critically what needs to be

written without overtly offending or crossing administrative boundaries? And for most of the staff writers here at *San Quentin News*, that boundary can become a tightrope.

While restrictions from the administration are expected, the real threat to freedom of expression is self-censorship. Self-censorship shapes what we choose to write about (or not write about). Our commitment and our challenge as journalists with the *San Quentin News* is for us to continue to write about issues that are real and relevant to the incarcerated men and women who have no voice.

As a result of this latest ad-

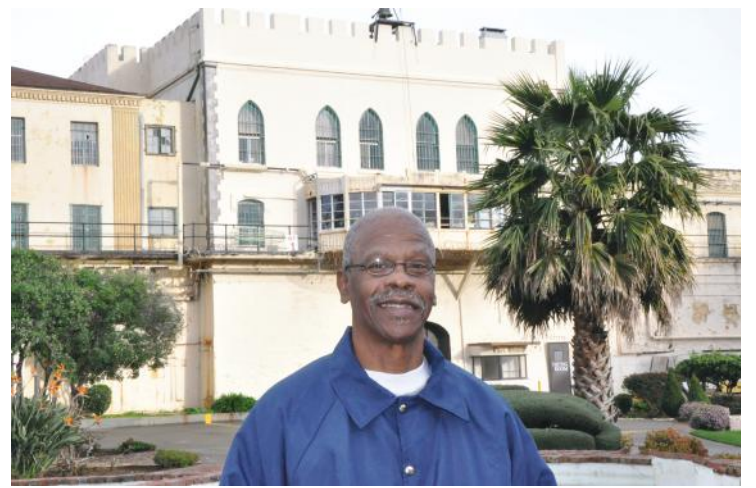


Photo by Raphael Casale

Watani Stiner

ministrative shutdown of the newspaper, we are once again reminded that we are prisoners first and journalists second. If nothing else, the real meaning and message of this most recent shutdown is to affirm that the administration is calling the shots.

Yet even with the adminis-

tration's supervision, our readers should always be critical, vigilant and demanding of us. If our reporting deteriorates to the point where the *San Quentin News* is the mouthpiece of the administration, this newspaper will have lost its journalistic integrity and legitimacy as the "Pulse of San Quentin."

# Taking Self-Reflection and Ownership of Your Past

By Juan Haines  
Managing Editor

## BOOK REVIEW

Nearly everyone living in limbo in American prisons and jails got there after being distracted from reality and doing something they thought would not be noticed. They assumed they would get away with "it." But, how wrong they were.

*The Kin of Ata are Waiting for You*, by Dorothy Bryant is a story about understanding yourself through self-reflection and then taking ownership of your past.

Just as the protagonist (who remained a nameless man throughout the story) said, "I don't excuse what I did then. It, like most of my life, was inexcusable. But, I understand it. I was a thoroughly lost, dislocated man."

It is a story that touches on Eastern and Western philosophies while showing that individuality and social bonding are equally important to humanity.

The subtle lessons about society, family, and people eased into the storyline of *The Kin of Ata are Waiting for You*.

Although it is not clear, what is real and what is a dream, it is clear that the Atains live for and through their dreams.

The unadulterated societal driver in this story is simple: Live to follow your dreams and dream to find out what to do with your life. However, getting this idea across to someone caught up in a consumer-based society would sound crazy as the protagonist realized, "In a moment I would sit up and laugh and write down my dream for the psychiatrist. It was a good one. He would dig into it like a kid making mud pies."

Let your imagination run wild: What if you are dreaming right now?

Looking at the person I was nearly two decades ago, pre-incarceration, the protagonist reflecting on his life fit me well: "I am an empty man, not a real person. I gave away what was real in me long ago. I sold it for nothing. I am nothing. I am not fit to live."

Bryant has a way of storytelling that engages readers early on.

Even though I agree that the protagonist is not fit to live, as his continuous and disgusting

acts before dreaming and while dreaming are indefensible, Bryant pitches a strong argument for the continuation of all humanity at all costs.

"The human race is like a suicide, perching on the edge of a cliff, wavering, teetering. When she is about to fall over the edge, one of us goes out and using all the strength he has, makes a wind that blows against the falling, keeps humanity wavering on the brink," writes Bryant. This delicate balance is artfully crafted in *The Kin of Ata are Waiting for You*.

Those living the life of an inmate in a prison are obsessed with getting out of these darkened places, devoid of love. The inmate wants out to be released. However, in many cases, to be found suitable for parole requires very specific articulation to a panel of so-called experts who are tasked with determining whether the inmate is no longer a danger to the rest of the community. The inmate is put on display and must perform a ritual before representatives of

the community, showing the things learned from past mistakes. The inmate must express clear insight as to why they have done things that required stark separation from the rest of society in the form of prison bars. The sad and lonely place, called prison, forces this revelation upon its subjects.

*"The human race is like a suicide, perching on the edge of a cliff, wavering, teetering"*

Effective communication skills are important for inmates who want to get their ideas across to the parole board, ultimately leading to freedom. Comparably, I interpret the protagonist's desire to understand the Atains' language as a means to figure out how to get out of Ata and back to the real world.

However, in an attempt to decipher the Atains' language, the protagonist found that

"verbs lacked tense—literally, as they spoke, there was no sense of past or future, only of now, the present moment." Therefore, the Atains lived for the moment. When the protagonist tried to figure out how much time he should spend working, he was told, "However much makes your body ready for good dreams. At first, now, not too much, I think. It will change. Later you will work more. You will find the rhythm. No work makes mean dreams; too much work makes pain and twitching. Useless dreams either way."

*The Kin of Ata are Waiting for You* is filled with lines that will stick with me forever, making me stop and think about the way I am living:

"Jealousy is such an ugly feeling. One would do anything rather than be filled with that sick feeling." Along with, "Wasn't all art impossible? Art was an attempt to capture the real, to pin it down, to keep it still, so that we can understand."

These dreamy literary lines make reading *The Kin of Ata are Waiting for You* enjoyable even after the more than four decades since it was written.

# Realignment Offenders Pose Minimum Change in Conviction Rate

Continued from Page 1

the Realignment group were ineligible to return to state prison for parole violations.

"Realignment is intended to reserve state prisons for people convicted of serious offenses," reported Lizzie Buchen and M. Males in their study Beyond Realignment for the Center on Juvenile and Criminal Justice.

According to the CJCJ report, arrest of offenders post-Realignment occurred at a "slightly lower" rate than pre-Realignment offenders – 56.2 percent versus 58.9 percent, respectively.

"Post-Realignment offenders were more likely to be arrested for a felony than pre-Realignment offenders. The most

common felony arrests were for drug and property crimes," the CJCJ report said.

When comparing convictions, it was reported that Post-Realignment offenders were convicted of new offenses a little more often than pre-Realignment (21.0 percent and 20.9 percent, respectively). There was, however, a noticeable "downward trend" for these two groups over the course of the study.

"Post-Realignment offenders were slightly more likely to be convicted of a felony than pre-Realignment offenders" (58.1 percent and 56.6 percent, respectively), the report said. The most common convictions for both groups were felony drug and property crimes.

"Most offenders in both [groups], about 79 percent, were not convicted of a new crime within a year of release," the CDCR report said.

Post-Realignment offenders had a "significantly" lower return-to-prison rate than pre-Realignment offenders – 7.4 percent as opposed to 32.4 percent, respectively.

"Post-Realignment, nearly all of the offenders who returned to prison did so for a new conviction rather than a parole violation – 99.9 percent versus 0.1."

The report reiterates that only specific offenders can be returned to prison for a parole violation. Such examples include third strikers and mentally disordered offenders, according to CDCR.

According to the report, research done by the Public Policy Institute of California "found that the jail population increased, but not by the magnitude of the corresponding decline in the State prison population."

The report said there was no one-to-one exchange from state prisons to county jails where one offender leaves prison and another enters jail.

"Realignment increases the jail population by approximately one inmate for every three-inmate decline in the State prison population. Additionally, more counties reported early release of jail inmates due to insufficient capacity," the report said.

The ratio of realigned of-

fenders compared to sentenced inmates being released early is four to one (4:1).

"Approximately 90 percent of both [groups] are not sex registrants. The majority had served a determinate sentence, with approximately 15 percent indeterminately sentenced as 'second-strikers' or 'lifers.' Most offenders have high CSRA scores, mostly for violence, then property and drug, followed by medium and then low CSRA scores," the report said. See, October 2013 San Quentin News, "Two Studies Help CDCR Judge Inmate Risk Level"

The report said incarceration in California's jails and prisons overall has been reduced as a result of realignment.

# Sterilization as Birth Control

By Lee Jaspur  
Journalism Guild Writer

Dr. James Heinrich, a prison OBGYN, told the *Center for Investigative Reporting* that the money spent sterilizing female inmates is minimal “compared to what you save in welfare paying for these unwanted children.”

Corey G. Johnson, reporter for *CIR* covering money and politics, reported that in addition to being responsible for hundreds of female inmate sterilizations, Heinrich “has a history of medical controversies and expensive malpractice settlements both inside and outside prison walls.”

Between 2006 and 2012, Heinrich arranged nearly 400 accounts of sterilization, including hysterectomy, ovary removal, and endometrial ablation, a procedure that destroys the uterus’s lining, at Valley State Prison, according to data obtained under the California Public Records Act.

Despite his history of medical practices, Heinrich was hired even after a federal judge ordered a receiver to clean up the unconstitutional medical system in California’s prisons.

In order to prevent unnecessary surgeries and medical costs in prisons, California requires all surgery referrals to be signed off by a state-level committee of medical professionals. According to the medical service request records gathered by *CIR*, more than half the surgery referrals made at Chowchilla’s Valley State Prison, which became a

male prison in 2013, did not receive the necessary sign-off.

From 2006 to 2008, Valley State Prison averaged 150 sterilization surgeries per year -- six times that of Central California Women’s Facility, the largest women’s prison in the state.

Though Heinrich did not talk to Johnson for his report, Heinrich’s attorney, Ronald B. Bass, said he could not comment on Heinrich’s role because he had not seen the data compiled by *CIR*.

However, in response to *CIR*’s initial report, the Federal Receiver decided to bar Heinrich from future prison work. After two hearings in last August, lawmakers in Sacramento have ordered the Medical Board of California and the California State Auditor to “investigate the situation.”

Crystal Nguyen, a former inmate worker at the Valley State infirmary, received a letter in August advising her that, “The medical board is currently examining Dr. Heinrich’s patient care,” requesting her participation.

When contacted by *CIR* last September, Nguyen provided names of many others who were witnesses to Heinrich’s medical habits, such as eating while conducting vaginal exams. However state and federal rules ban health care professionals from having food and drink in areas where patients are treated.

Nguyen believed that the named witnesses felt powerless to get Heinrich to change his ways.

“It was gross. It just creeped me out,” said Nguyen.

Several former inmates told *CIR* that Heinrich pushed hysterectomies and other sterilization surgeries during routine visits, often giving misleading information about the medical reasons.

Johnson reported that one former inmate, Tamika Thomas of Stockton, saw Heinrich in 2006 to request birth control pills to regulate her menstrual cycle. Thomas said Heinrich refused her request and recommended endometrial ablation without advising her that this surgery would sterilize her.

Thomas also recalled Heinrich asking her if she had children. Thomas told Johnson that when she told the doctor that she has two boys, his face turned red and he said to her, “That’s too many.”

According to *CIR*, a team of federal examiners visited Valley State prison to investigate the deaths of two inmates’ babies during childbirth. They found that one newborn died, in part, because Heinrich, the staff and another prison doctor each gave the mother the wrong prenatal medicine.

The other death, the team concluded, resulted from Heinrich failing to perform a routine prenatal test for bacteria, according to court documents. The *Center for Investigative Reporting* also reported that medical documents show the state paid the woman \$150,000 to settle against Heinrich, and that the Attorney General’s office and CDCR filed

## Health & Wellness

By Kris Himmelberger  
Staff Writer

**Cold season is here again and the question always comes up: Is it OK to exercise if I have a cold?**

**According to Mayo Clinic Doctor Edward R. Laskowski, M.D. mild to moderate physical activity is usually OK if you have a garden-variety cold and no fever. Exercise opens your nasal passages and temporarily relieves nasal congestion, which may even help you feel better.**

**As a general guide for exercise and illness, consider this: Are the signs and symptoms above the neck? Some of the signs and symptoms of the common cold are a runny nose, nasal congestion, sneezing or minor sore throat.**

**If your signs and symptoms are below the neck (such as chest congestion, hacking cough or upset stomach), don’t exercise.**

**Consider reducing the intensity and length of your workout. Instead of going for a run, take a walk. If you attempt to exercise at your normal intensity when you have more than a simple cold, you could risk more serious injury or illness.**

**Don’t exercise if you have a fever, fatigue or widespread muscle aches.**

**Ultimately, you want to let your body be your guide. If you don’t feel up to a full exercise, scale back a bit or take a few days off before resuming your normal workout routine. Most importantly, if you’re not sure it’s OK to exercise check with your doctor.**

documents in 2010 acknowledging Heinrich’s negligence.

Furthermore Michelle Diaz, another former inmate, accused Heinrich of alleged unprofessional and unsanitary behavior while performing a Pap smear, according to *CIR*.

According to Diaz, 36, during a visit to get treatment for irritation near her genitals. Diaz told Heinrich that the discomfort was outside her vagina, but Heinrich inserted his fingers inside her and noticed the doctor was not wearing gloves. Then, without warning, Heinrich applied a burning

chemical to her vaginal area.

Diaz filed a complaint against Heinrich in March 2008 and one of Heinrich’s regular nurses confirmed that Heinrich did not warn Diaz before treating her, a piece of information kept confidential before it became public as part of a federal lawsuit, according to *CIR*.

After his retirement in 2011, records show that Heinrich returned to the prison as a contractor, continuing to order sterilization, and was responsible for training his replacement at the prison.

# Senate Bill Introduced Restricting Prison Sterilizations

By N. T. “Noble” Butler  
Journalism Guild Writer

In January, the California State Senate introduced legislation designed to prevent prison doctors from abusing inmate patients by restricting the use of sterilization procedures in state prisons and detention facilities.

Lawmakers were pressed into drafting Senate Bill 1135 after the discovery that 132 women had been given tubal ligation surgeries—in effect, having their tubes tied to prevent them from getting pregnant, the *Center for Investigative Reporting (CIR)* reports.

Former inmates and prisoner advocates reported to *CIR* that medical staff had targeted women they deemed most likely to return to prison and coerced them into having the surgeries—a direct violation of California Department of Corrections and Rehabilitation (CDCR) policy.

SB 1135 would require prison officials to use all measures short of sterilization for the inmate patient. Exceptions would be allowed in cases of a medical emergency where the patient’s life is in eminent danger.

SB 1135 also requires that if a female inmate needs to be sterilized prison medical officials

would have to first obtain an independent outside physician’s approval and then provide for counseling afterwards. In addition, prison officials would be required to report the number of such surgeries, and include information such as race, age, why the sterilization was deemed necessary, and the surgical method used.

Since 1994, CDCR regulations have restricted sterilization surgeries, but SB 1135 would eliminate a loophole, which did not place limits on surgeries that would remove a woman’s uterus and ovaries.

State Sen. Hanna-Beth Jackson (D-Santa Barbara), sponsored the

Bill. Co-sponsors are state Sen. Loni Hancock, (D-Berkeley), Joel Anderson, (R-Alpine in San Diego County) and Assemblywoman Bonnie Losenthal, (D-Long Beach).

Jackson is the vice-chairwoman of the California Legislative Women’s Caucus.

“The women’s caucus has been vigilant in trying to uncover and fight against the traumatic abuse that incarcerated women have suffered by these sterilization procedures,” Sen. Jackson said in a *CIR* interview. “We want to make sure that the unconscionable act of forced sterilization never occurs again in California.”

This episode is not the first time California was found to be abusing women using sterilization, according to *CIR*. Between 1909 and 1964, about 20,000 women were sterilized, targeting mostly minorities, the poor, disabled, mentally ill and those who had criminal convictions.

Johnson, Joyce Hayhoe, spokesperson for the federal receiver in charge of the state prisons’ medical system, lauded the legislation. “The receiver’s office is supportive of the Bill being introduced by Sen. Jackson.”

The spokesperson for CDCR declined to make a statement in response to the *CIR* report.

# Thousands of Innocent People Wrongfully Convicted

*Continued from Page 1*

traditionally been thought of as the gold standard of criminal prosecution, according to the report. Despite that, mistaken eyewitness identification has played a role in 81 percent of the wrongful convictions. Four-fifths of that most-relied-upon factor in convictions has been proven wrong, the report’s authors say.

The authors conclude that convicted inmates still find it very difficult to get court approval for DNA testing despite mounting evidence that trial courts often do not make a correct finding.

DNA testing was introduced in the early 1980s, and by the 1990s, DNA analysis had altered the wrongful conviction debate forever. By providing positive proof

that innocent people have been convicted, courts can no longer say their determinations are always correct, the report says. It concludes that exonerations to date are only the tip of the iceberg. Some believe for each case where the wrongful conviction can be proven by use of DNA analysis, there are many more wrongful convictions which are more difficult to prove, according to the study.

Forensic Magazine said books have been published for nearly a hundred years, questioning whether innocent persons were being convicted in the United States. Conventional methods of investigation occasionally resulted in overturning someone’s wrongful conviction. Still, there was little evidence that actually innocent people had been con-

victed.

With the advent of DNA testing, it became possible to prove someone innocent beyond a reasonable doubt. As reported in *Forensic Magazine*, the Innocence Project has documented that from 1989 through the end of 2013, there have been 162 exonerations of people who were on Death Row.

The National Registry of Exonerations has recorded 1,265 exonerations as of the end of 2013. The registry is a joint project of the University of Michigan Law School and Northwestern University School of Law. A number of law schools and innocence projects are working to free wrongfully convicted persons. Estimates of the total number of exonerations vary; The *Week Magazine* says more than 2,000

have been exonerated since 1989.

The Innocence Project says at least 416 people were exonerated of wrongful homicide convictions by the end of 2013; also, 129 convictions were overturned for crimes that did not even happen.

The Ohio State report, which includes findings of the FBI, extrapolated figures of almost two-million criminal cases. Huff said the report favored conservative estimates, so the figures are probably low.

“Wrongful convictions have rarely been investigated beyond a specific case study,” said Jon Gould, J.D., Ph.D., professor and director of the Washington Institute for Public and International Affairs Research at American University. “This is especially troubling since our criminal legal system is predicated on find-

ing defendants guilty beyond a reasonable doubt before imprisoning them.”

Gould’s team identified factors involved in wrongful conviction tendencies. One factor involves tunnel vision of prosecutors, where when faced with a weak case, they double down on prosecution of the accused, rather than looking at alternative suspects. Other factors include lying witnesses and prior convictions of a suspect. A suspect with prior convictions is easy to convict again, he says. Weak defense counsel and failure of prosecution to disclose exculpatory evidence are other factors.

The researchers point out that wrongful convictions cost millions of dollars in prison costs, plus leaves guilty people on the streets.

# E.L.I.T.E.'s Program 'Transforms the Individual's Thinking and Behavior'

By Charles David Henry  
Staff Writer

Leadership is a worthy goal. Leaders are pioneers – people who seek out new opportunities and are willing to change the status quo.

Leadership that gets results was the theme of a 16-week self-help curriculum recently offered at San Quentin. After completing the course, 52 participants graduated on February 13, 2014.

Atik Pathan, the group facilitator said, "The mission of the Exploring Leadership and Improving Transitional Effectiveness (E.L.I.T.E.) group is to assist individuals in their personal growth and development with emphasis on five core elements".

Purpose, inclusion, empowerment and ethics are co-mingled into a process that is made relevant to every day principles.

In the interview, Pathan explained, "Our goal is to estab-

lish an effective leadership program at San Quentin through a rigorous curriculum and workshop that transforms the individual's thinking and behavior, transitioning him to society more effectively."

that are incorporated in our leadership paradigm," Pathan said.

The program wants its participants to:  
Understand major concepts of emotional intelligence [definition: the ability to maintain relationships using self-awareness, self-management, social awareness, and social skills.]

Use leadership and emotional intelligence assessment to gauge an individual's leadership potential for strengths and weakness

Value diversity among individuals and along multifaceted dimensions

Discuss ethics, values and social responsibility

Enhance communication and negotiations skills

Enhance personal leadership and team skills

Design group activities that integrate principles of interpersonal communication, managerial skills and leadership through emotional intel-



Associate Warden Jeff Lawson addressing the group and guest

Photo by Sam Hearnes

the 16-week program: These include Self-Awareness, Self Management, Social Awareness and Social Skills.

"We endeavor to inculcate in men the concept of leadership based on the concept of service to one's family and community. In addition, these unique skill sets can be used to create transformational leaders who can transition effectively to society at large and act as agents of moral and ethical values," Pathan explained.

When asked about E.L.I.T.E. and what he got out of the 16-week program, Roosevelt R. Johnson Jr. said, "One of the many lessons I learned is no matter what one's destiny, goals, or agenda in life, be as knowledgeable about it as possible."

John E. Colbert, another recent graduate said, "For me, honestly, the self evaluation versus the evaluation of friends and observers, in relationship to how I see myself as a person, had an enormous impact on my life."

Leaders, who are pioneers, will innovate, experiment, and explore ways to improve the organization. Pathan said, "They treat mistakes as learning experiences. We want our participants to stay prepared

to meet whatever challenges they may confront. The curriculum teaches them to plan projects and break them down into achievable steps, creating opportunities for small wins."

Colbert said, "Sometimes, as a leader, we have to be silent in order to listen to ourselves, to inspire ourselves and others by

According to Hesselbein & Shineski, co-authors of the Relational Leadership Model, "Leaders promote learning in at least three ways: through their own learning on a personal level, by helping others in their units [organizations] learn, and by shaping and contributing to an organizational



Marie Rodesilla, Minh Tran and Viviene Florendo

Photo by Sam Hearnes

being concerned and not indifferent; being kind and compassionate, but being firm, honest and patient."

Al-amin Davis McAdoo enjoyed the Relationship Leadership Model. "This was most helpful in my development stage of becoming a good leader. While in the process of developing into a leader, commitment must be present within us and the willingness to take actions by identifying our goals and what we intend to accomplish."

Andre Batten told Pathan "Before taking this class, my understanding of what a leader was, I would say, was warped and misguided. I felt through influences of others, that a leader had to always be firm, leading with an iron fist; that whatever the leader said was law, heard and followed without the need of seeking any advice from others that was part of the establishment."

There are four fundamental concepts that participants must incorporate throughout

ligence  
Understand the unique aspects of leadership  
The program's curriculum is modeled from the Rutgers University's Graduate School of Applied Psychology.



Marie Rodesilla, Eduardo Gonzalez and Viviene Florendo

Photo by Sam Hearnes

Thomas "Shakur" Ross, the Executive Clerk of E.L.I.T.E. and a two time participant in this self-help program, said, "This program has enhanced my communication and listening skills. "It has given me an opportunity to assess my own self-worth. I am a much more confident leader now."

Ross is a strong believer in Nelson Mandela's Eight Lessons of leadership. One of Mandela favorite parables described how he loved to reminisce about his boyhood and his lazy afternoons herding cattle. He would say, "You can only lead them from behind."

"E.L.I.T.E. has given me an awareness of personal gratification and an awareness of self-evaluation that I apply to my own personal leadership skills," said Ross.  
Contact the Muslim Chapel for additional information.

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Marie Rodesilla, Al-amin Davis McAdoo, Viviene Florendo and Atik Pathan

Photo by Sam Hearnes

## Asked On The Line

### What Career Path Would You Choose?

By Angelo Falcone  
Journalism Guild Writer

National celebrations observed in March include Irish-American Heritage Month, Women's History Month, American Red Cross Month, National Frozen Food Month, and Talk with Your Teenager about Sex Month.

Moreover, March brings Daylight-Savings Time, the beginning of Lent, Saint Patrick's Day and the beginning of Spring on March 20, a fresh start for the year. So what would the men in blue do if they could start over with a clean slate?

"Asked on the Line" conducted brief informal interviews with mainliners and asked, "If you could have any career you want—time and resources not an issue—what would it be? In addition to your success, to which community would you give back to or what charitable causes would you support?"

The desires and intentions of the men on the mainline were impressive!

Darnell Hill would choose to be a sociologist and work with urban youth.

"I would give back to urban communities by working with adolescents ages 12 and up, especially those with PTSD," said Hill.

Jesus Flores said that he would like to go to medical school and become a physician.

"I would give poor people reduced fee or free medical care,

depending on their financial circumstances. Too many poor families, especially immigrant families, have little or no access to reasonable medical care," said Flores.

Cleo Cloman would become a professional baseball player.

"I would focus on communities that are less fortunate. Money is not everything. Some communities have been destroyed because of money. Support uplifts a community. I would support them with leadership, community building, unselfishness, patience, focus, and determination," said Cloman.

Bernard Moss and Adriel Ramirez would study the culinary arts.

Moss said, "I would be a chef in a four-star restaurant. I would give back to urban communities and I would want to teach chef skills to mostly at-risk youth and teach skills to help them move on and be successful in life."

Ramirez would study to be a chef and work at a fancy restaurant. "After I am a successful chef at a restaurant, I would love to give back by helping poor families," said Ramirez.

Valeray Richardson would operate a youth center.

"I feel that our youth of today have no place to go, so they turn to the streets. They need a place where they feel safe, with positive role models. I would then give back by helping my community. I feel that I tore it down under a false belief system. Now, I

owe my community and I would help build it back up by helping the youth," said Richardson.

Juan Arballo would study to be an electrician.

"I would support children with mental disabilities. By offering my time and, if possible, economic support, I would like to create a safe environment within their surroundings and places for them to go. I would also help create awareness for children with disabilities," said Arballo.

Michael Tyler wants to be a Big Brother or an Uncle. "I want to be a Big Brother or an Uncle as a career. I want to be the support to all whenever I am needed. I want to create a system that reaches all communities," said Tyler.

John Neblett wants a career as a Poet, songwriter, playwright and actor.

According to Neblett, all of his career choices are also worthy causes. Neblett said he would be all of the above with "Human liberty and dignity being the primary cause."

Orlando Harris would love a career as a Basketball Coach. He would be open to coaching "young men at the collegiate or professional level," said Harris. He would give back to Alameda County, specifically the City of Oakland. "I would love to help women who have had violence committed against them or victims of violent crime. I would want to help by offering coun-

seling, safe haven housing, and creating a network of support to help women regain their lives," said Harris.

Alexei Ruiz would choose to be either a soccer coach or a counselor. Upon becoming successful with his career, he would work with young children because they are the "future of the country." Ruiz said, "I would

begin by raising awareness with the parents about the importance of maintaining a close relationship with solid lines of communication, and when necessary, teach them some parenting skills. Then, I would work with the children; to try to maximize their potential and develop or nourish their self-esteem and teach them strong work ethics.

## LETTER TO THE EDITOR

### Prisoner Responds to S.Q. News Before His Passing

*Bill Lambie was featured in the December 2013 edition of San Quentin News. After CDCR approved his compassionate release, the Superior Court judge hearing the matter refused to let him out. He was subsequently transferred to a Hospice in Vacaville. Bill died shortly after we received these letters.*

To the Editor-in-Chief:

I hope this gets to you O.K. I'm doing fine so far. We live in Pajamas and robes—very kick back.

Right now, there are 13 of us in the Hospice. There is room for 17 total. The food is great and the beds are adjustable hospital beds. I have a "sleep number" mattress with a little compressor that keeps the firmness where you set it, and a four drawer to keep my stuff in. They've furnished us with televisions. In the common room, we have a refrigerator, microwave, icemaker, and an instant hot water unit for coffee—etc. Of course, it's air conditioned and heated.

Dear Steve,

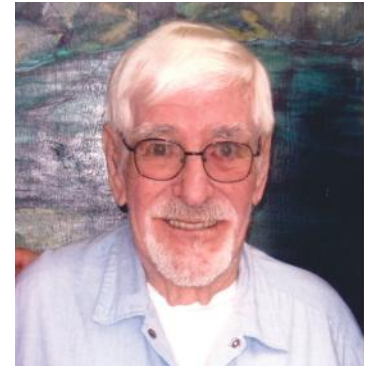
Thank you for the copies of the S.Q. News, I really appreciate it. Anita got her five copies and is mailing them out to my family.

Give my regards to Arnulfo, Boston, Juan, Luke and the rest of the gang at the paper for me.

I'm very comfortable here, the care is very good here. when we're full, the total population is 17, right now there are 14 of us.

Thank you for your consideration,

Best regards, Bill Lambie



File Photo

Bill Lambie

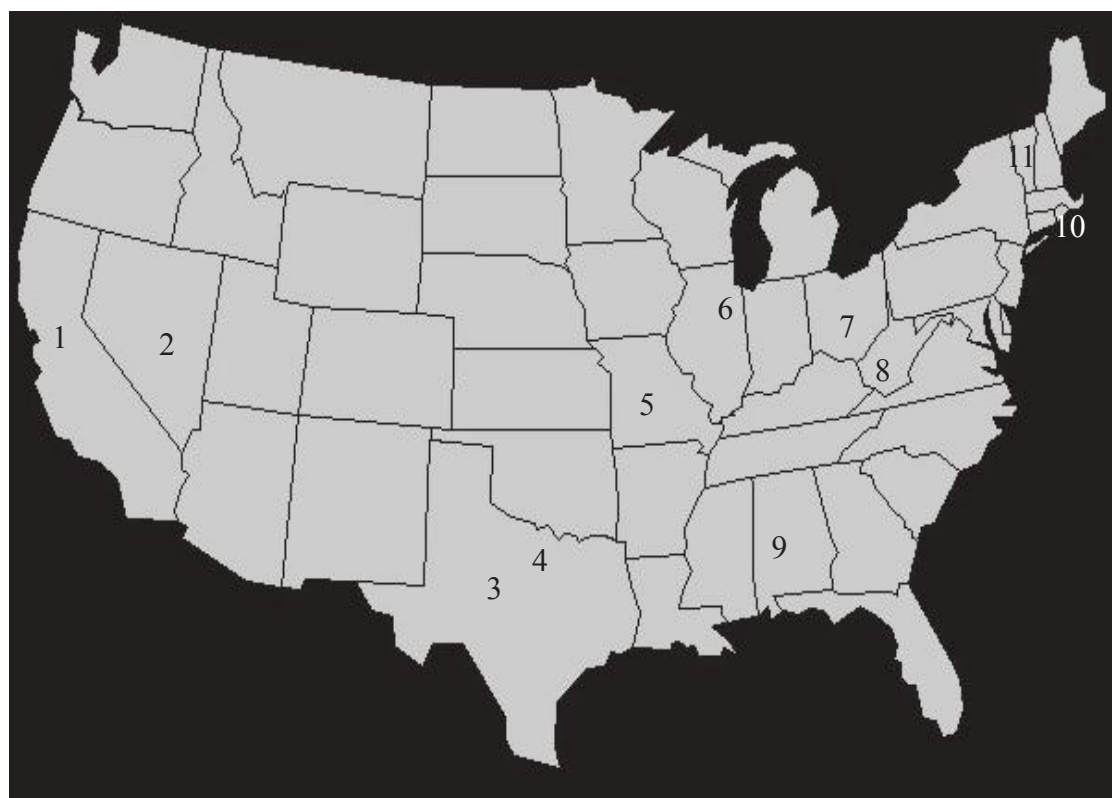
**1. Sacramento**—Ralph Michael Yeoman, 66, died while awaiting execution at San Quentin State Prison for a 1988 murder in Sacramento County, reports The Associated Press. Yeoman was sentenced to death in 1990 for the first-degree murder, kidnap and robbery of 73-year-old Doris Horrell. Since capital punishment was reinstated in 1978, 14 California inmates have been executed, while 63 have died from natural causes and 23 by suicide, the AP reports.

**2. Nevada**—Elko County now permits the sheriff to charge detainees for food and medical care. The County jail charges \$6 a day for meals, \$10 for each doctor visit and \$5 for initial booking into the jail. Those without funds would accrue a negative balance even after they are released.

**3. Texas**—State prison reforms have eliminated the need to build 17,000 more beds, saving taxpayers some \$3 billion, reports Chuck DeVore of the Austin-based Texas Public Policy Foundation. DeVore said the reforms have been achieved without reducing sentences.

**4. Dallas**—Police officials report 10 consecutive years of crime reduction in the city. According to Police Department numbers, violent crime has dropped 50 percent since 2003. Murders dropped from 154 in

## News Briefs



2012 to 142 in 2013. In 2003, there were 226 murders in the city. Burglaries and thefts were also down. However, sexual assaults went up 13 percent in 2013 after significant drops during the last 10 years.

**5. Missouri**—A federal appeals court ruled "that if the inmates' lawyers can't point to a more humane execution than lethal injection — such as hanging or firing squad — they are not

entitled to discover more about the pharmacy hired by Missouri to make the drugs for the injections," reports Jeremy Kohler @post-dispatch.com.

**6. Chicago**—Homicides fell 18 percent from 503 in 2012 to 415 in 2013, according to The Christian Science Monitor. Shootings dropped 24 percent.

**7. Columbus, Ohio**—The inmate population is projected to reach a record 51,601 by June

30, reports Cleveland.com. That figure is 4,100 more than officials predicted in 2012. By 2019, the population is expected to reach 53,484.

**8. Charleston, W.Va.**—The state is seeking to send as many as 400 inmates now in its jails to an out-of-state private prison in Beattyville, Kentucky, owned by Corrections Corporation of America, according to West Virginia MetroNews Network.

**9. Montgomery, Ala.**—As a result of "a history of unabated staff-on-prisoner sexual abuse and harassment," as reported by the U.S. Department of Justice (DOJ), the state is bringing in a nationally recognized consulting group to implement reforms, reports The Associated Press. The DOJ report claimed guards "assaulted inmates, coerced inmates into sex, inappropriately watched inmates in the showers and bathrooms and were verbally abusive to inmates," according to the AP.

**10. Cranston, R.I.**—The Americans Civil Liberty Union (ACLU) of Rhode Island has filed suit against the City of Cranston, claiming that the city's redistricting plan is counting incarcerated people in its prison as if they are all residents of Cranston, reports the ACLU. The lawsuit alleges, "because those incarcerated were counted as Cranston residents, three voters in the prison's district have as much voting power as four voters in every other city district, according to Census Bureau data."

**11. Vermont**—Of the state's approximately 2,000 incarcerated people; more than 500 are shipped out-of-state to Corrections Corporation of America (CCA) private prisons. The CCA prisons offer no rehabilitation, education, housing assistance or other proven methods for reducing recidivism.

# Report: Nine States Recognized for Using Alternatives to Incarcerating Juvenile Offenders

By Charles David Henry  
Staff Writer

In a recent report, nine states were commended for their leadership in finding alternatives to incarceration of youth, who have committed serious and violent offenses between 2001 and 2011.

To accomplish these reductions, according to the report by National Juvenile Justice, the nine states:

Required intake procedures to reduce the use of secure detention

Closed or downsized secure facilities

Reduced reliance on law enforcement to address behavior issues in schools

Prevented incarceration for minor offenses

Restructured finances and responsibilities among states and counties

“States that adopted four or more of these policies included, California, Connecticut, Illinois, Mississippi, New York, Ohio, Texas, Washington, and Wisconsin. Significantly, these states not only reduced youth

incarceration over the time, but also achieved reduction in youth crime, as measured by substantial declines in youth arrests,” the report shows.

In the report, “a group of states that have not experienced reduction in their reliance on youth incarceration include Missouri, Nebraska, South Dakota, and Wyoming.” However, they have adopted significant incarceration-reducing policies in recent years.

The causes of the decline identified in the report were “the fall in youth crime and

arrests; a shift in the political climate for juvenile justice issues; the fiscal crises faced by state and county governments; statewide policy changes that reduced reliance on confinement; the research on adolescent brain development and increased acceptance of treatment-based alternatives to youth incarceration.”

To concentrate on future reductions, the report recommended states evaluate the high costs to taxpayers of confining youth. The report also looks at disruptions of the nor-

mal development patterns that would enable youth to grow out of delinquency.

Other factors examined in the report were:

- The affect of future offending
- Lost lifetime earnings of confined youth and lost tax revenue resulting from their reduced incomes
- The financial and emotional toll on the families of incarcerated youth
- Sexual victimization and assaults on confined youth by their peers and facility staff.

## Healing Squad Helps Rehabilitate Elderly Inmates Through Art

By Juan Haines  
Managing Editor

Caregivers from the University of Southern California made their way inside San Quentin on March 7, bringing a sense of community to a small group of aging prisoners.

The four women, known as the Healing Squad, was led by Aileen Hongo and co-facilitated by Jill Asars, Bethany Davis, and Angela Craddock.

The eclectic group of women hail from all around the nation—New York, Wisconsin, and two Californians.

“We represent the Tingstad Order Adult Counseling Center at USC and we’re supervised by Dr. Anne Katz, Clinical Professor of Gerontology and LCSW,” Hongo said.

The name, Healing Squad, was given to the women by Chaplain Keith Knauf, Direc-

tor of Pastoral Care Services at California Medical Facility.

The Healing Squad toured San Quentin before putting on a mid-morning workshop that uses art as a means to toggle the memories of the older inmates.

Aileen Hongo told the group of about a dozen elderly inmates that the Healing Squad is an avenue in support of the rehabilitative process. “I feel that the older inmates are left out,” she said.

Hongo said art is a very good means of therapy. “A prison setting doesn’t give inmates very many opportunities for intimate conversations amongst yourselves. Art gives people something to talk about.”

Bethany Davis, who works with traumatized children, told the men that her experiences in adult prisons help her

do a better job with children. “As much that you get out of this, so do we. It’s a deep sense of caring,” Davis said.

“This is more about redemption and remorse,” said Jill Asars.

The Healing Squad has recently visited Vacaville and California Medical Facility to conduct memory workshops—“Each time we come to a prison, it’s a difference experience,” said Asars. “San Quentin is the Harvard of prisons.”

The workshop began by each man introducing himself, saying where they were born, their favorite sports team, and whatever additional information they wanted to share.

Then the participants were given a sheet of paper with a list of 10 items that would appear on a typical shopping list, such as milk, a bunch of carrots, butter, etc. The inmates were asked to study the list.

After a few minutes, the list was taken away. Another sheet was passed to each participant with pictures of the listed items. However, there were about 10 additional items mixed in with the 10 original items. So, the participants were tasked with circling the correct items that were on the shopping list. Only one person got them all right, and she was not an inmate, or a Healing Squad member.

Community volunteer, Kimberly Richman got them all right. Richman was Healing Squad’s escort inside San Quentin.



Photo by Kim Richman

Jill Asars, Bethany Davis, Angela Craddock and Aileen Hongo

The next memory game had each person draw memories of their first home.

After the drawings were finished, each person, including the women of the Healing Squad talked about their drawings and what memories it brought back.

The stories ranged from strict childhood discipline, to one remembering his home address. There were stories of ranches and farms, suburban

houses, and scenic views from bedroom windows.

One inmate said, “I put home-sweet-home on my picture because these were happy days. It takes me away.”

“The purpose for using art -- it’s like a little breath of fresh air,” said Healing Squad member Angela Craddock.

At the end of the session, the Healing Squad promised to come back to San Quentin for more workshops.



“The Pink House” by Anonymous

## Elderly Prisoners Eligible for Release Under New Guidelines

‘We’re working as collaboratively as we can, and I want to get the job done’

The L.A. Times reported that about 1,300 elderly prisoners would meet the conditions for release under a new special parole outlined by Governor Jerry Brown.

According to the article, these inmates qualify because “they are over 60, and have served more than 25 years in prison, but are not sentenced to life without parole.”

Brown also wants to expand parole eligibility for inmates who are sick or mentally impaired, but he emphasized that all “those prisoners would still need to pass muster with state parole commissioners.”

The Governor said such parole hearings would likely begin at the two state prisons that house women.

Brown offered these plans in response to the latest three-judge panel’s court order to reduce California’s prison population. “We’re working as collaboratively as we can, and I want to get the job done,” he said.

According to the L.A. Times, “The court appointed agency that oversees prison medical care calculated that

900 prisoners meet new parole criteria the state drafted to expand medical parole.”

The health care office estimated 150 individuals, including inmates dying of cancer, could be considered for release within six months.

Gov. Brown also plans to achieve further prisoner reductions by increasing “good behavior” time: allowing in-

mates to collect up to one day off for every two days served with good behavior. “Currently they are limited to earning one day off for every four days served,” the Times said, estimating that 37 prisoners who have accrued additional time off for good behavior could be freed within months.

—By Charles David Henry



# Merrill Lynch Uses New Financial Tool to Provide Opportunities for Paroled Prisoners

By R. Malik Harris  
Staff Writer

Bank of America Merrill Lynch is using a new financial tool to help fight to keep people from going back to prison.

The bank has raised \$13.5 million through Social Impact Bonds hoping to prepare those released from prison with skills that would keep them out of jails and prisons, according to Robert Milburn writing for *PENTA Magazine*. Social Impact Bonds are investment opportunities that may produce a profit for

private investors, if successful. Tina Rosenberg of the *Opinionator* first reported on the bonds in Peterborough, London. Government agencies, historically short on cash for social programs, guaranteed private investors a return on investment bonds for programs that produce results, according to Rosenberg.

## INVESTMENTS

Government agencies repay private investors their principle investment, plus a profit as social programs achieve mea-

asurable goals. If goals are not reached, the government pays nothing.

Former New York City Mayor Michael Bloomberg was the first to bring the new approach to America, according to Milburn. In 2012, Bloomberg tackled recidivism rates among incarcerated youth with a program introduced at Rikers Island, New York City's massive jail system.

Bloomberg's proposal for his ABL (Adolescent Behavioral Learning Experience) program provided "evidence-

based intervention to 16-18 year olds in the Department of Correction's custody at Rikers Island and after release in the community."

## BONDS

However, the Bank of America deal is thought to be important for the future of Social Impact Bonds in America, according to *PENTA Magazine*. The financial structure of the Bank of America deal places most of the risk on Bank of America and not on a foundation or the government. This

structure makes the deal more like a true investment rather than a charitable donation, according to Milburn.

If the Bank of America Social Impact Bond proves to be profitable, more wealthy investors may utilize this method to fund effective programs while weeding out less effective programs. Additionally, the pool of corporate and wealthy private investors could increase pumping much-needed private funds into social programs facing cutbacks from government sponsors.

# Prison Overpopulation Send Inmates Out-of-State

By Juan Haines  
Managing Editor

In 2010, the 2.2 million people incarcerated in prisons and jails represented more than a 500 percent increase from 1972. As a justification to relieve the resulting overcrowding, prison officials have sent more than 10,500 inmates to out-of-state private prisons, according to *Locked up & Shipped Away*, by *Grassroots Leadership*.

From 1990 to 2011, the number of inmates housed in private prisons in the U.S. increased 1,684 percent. In 1990, people incarcerated out-of-state averaged 7,771. That number grew to 130,941 by Dec. 31, 2011.

***"The most punitive aspect of incarceration is physical separation, with prisoners and their families simultaneously enduring the punishment of incarceration"***

*Grassroots Leadership* reports that inmates are shipped from approximately 450 miles to nearly 3,000 miles away from their homes.

"Scholars argue the most punitive aspect of incarceration is physical separation, with prisoners and their families simultaneously enduring the punishment of incarceration," *Grassroots Leadership* reports. "Undoubtedly, this punishment is exacerbated when prisoners are shipped from their home state."

An interstate inmate transfer, or transferring incarcerated people to out-of-state prisons, "is detrimental criminal justice policy that hurts families," *Grassroots Leadership* finds. It hinders rehabilitation by lessening the ties of inmates to

their families and communities, which compromises rather than enhances the public good, the report concludes.

According to research by *Vera Institute of Justice*, incarcerated adults "who have strong family ties fare better in prison and pose less of a risk to public safety when they return to the community."

*Grassroots Leadership* cites a *New York Times* exposé, "The Nation; Bartering Inmate Futures," where both prisoner advocates and prison officials agree that the practice of transferring prisoners out-of-state 'defies sound theory.'

Nevertheless, private for-profit companies portray inmates as a "commodity," hence perpetuating a business-like assessment in how to treat them that *Grassroots Leadership* says, "intensifies our nation's mass incarceration crisis." As Corrections Corporation of America co-founder Tom Beasley advertises that the company was founded on the principle that you could sell prisons "just like you were selling cars or real estate or hamburgers."

The two largest private prison companies, CCA and GEO Group (formerly Wackenhut Corrections), earned combined revenue of more than \$3.2 billion in 2012, according to *Grassroots Leadership*.

*Grassroots Leadership* examined the out-of-state transfer policies of California, Vermont, Idaho, and Hawaii, along with West Virginia's plan to move up to 400 of its inmates to private out-of-state prisons.

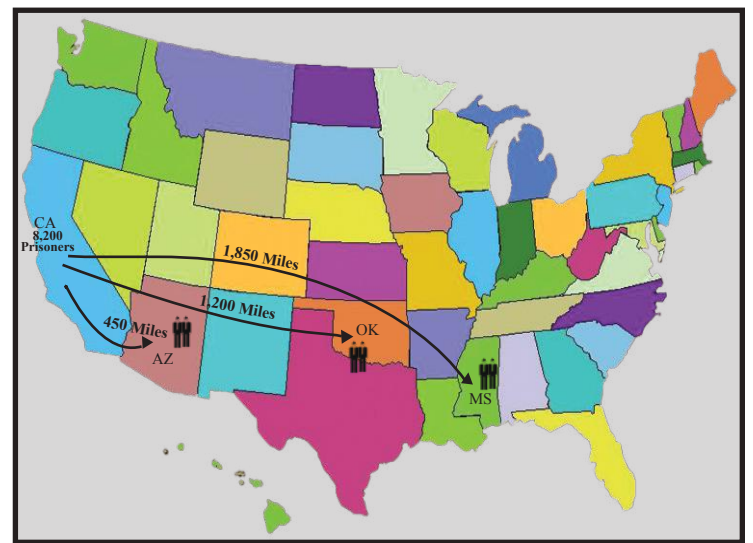
In 2012, the annual cost to house a California inmate out-of-state was \$45,339, according to *Center of Juvenile and Criminal Justice*. The 2012 cost to house California inmates out-of-state was \$318 million, according to *The Future of California Corrections*.

An inspector general audit of inmates transferred from California to out-of-state prisons in 2010 showed that the private prisons operated under a severe lack of staff screening, training, and protocol, *Center of Juvenile and Criminal Justice* reports.

"For example, the audit found

that the hiring process [for staff] does not include a comprehensive criminal background and arrest history review. The conditions in the facilities were also found to be inadequate, with many inmates placed in segregation for 12 months or more, without access to education, treatment programs or exercise."

In 2011, Hawaii housed almost a third of its approximately 6,000 inmates in Arizona, at a cost of more than \$40 million, according to a study by *Urban Institute*.



It cost West Virginia about \$65 a day to house inmates in-state, according to *West Virginia MetroNews Network*. The cost for 400 inmates would be \$9.5

million. The state's Corrections Commissioner Jim Rubenstein said, a private prison's bid "close to that would peak their interest."

## 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:

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Education Dept. / SQ News  
San Quentin, CA 94964  
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# Olympic Gold Medalist Visits San Quentin

## SPORTS

By Aaron "Jeddi" Taylor  
Sports Writer

For any American, it would be a thrill to hold an Olympic gold medal. For the men of the San Quentin 1,000-mile club, it was an honor for Fast Eddie Hart to bring his into the prison and share his experience with them.

Hart won the Gold medal running the 4x4 relay in the 1972 Olympics.

"I want to say is that it is a pleasure and an honor to stand here and speak to you men and women. Coming into San Quentin is an experience that will stay with me for the rest of my life," said Hart to the crowd of long distance runners and the sponsors of the track club. "Ever since I was five years old, I was fast. At five years old, I was faster than all the kids my age and most the kids a little older than I was. From childhood, I have received accolades for (my speed), and I loved it."

Hart made international news in the summer of 1972 when he missed his semi-final race and couldn't compete in the 100 meter sprint due to a mix-up in the racing schedules.

"I remember going back to the hotel room, standing in the shower for about an hour and a half. I think I cried just about every minute I was in that shower," he told the group.

"However, my parents didn't raise a quitter. My father instilled in me that I wasn't to cry over spilled milk, and not to have sour grapes. I also had to get myself together because I had a relay race to run. My personal dream may have passed, but my team needed me to anchor the relay race. So, even though I was in pain – and everyone in my hometown was grieving inside with me – I had to let that go and refocus on my team," said Hart.

Hart stood in a chilly room inside The Old Laundry building, on the prison grounds and reflected on his path to the Olympics.

"Jesse Owens was a big hero of mine, setting four world records, and winning four gold medals in 1936 Olympics in Berlin; also 'Bullet' Bob Hayes in the '64 Olympics when he broke Jesse Owens record. He was a hero of mine as well."

Hart said he made his mind up to be an Olympian while still



Photo by Steve Emrick

The Thousand Mile Club runners with sponsors: Diana Fitzpatrick, Frank Rouna and Jill Freeman

in junior high school.

"I could see my name in lights: 'Eddie Hart, Olympic Gold Medalist.' I spent the next ten years putting myself in a position to achieve that goal," Hart stated, pulling the Olympic gold medal from his pocket. It shimmered in his hand.

"Coming out of junior college I was ranked number 1 in the country. I had offers from several of the top universities in the land, but I chose University of California, Berkeley. Part of the reason I chose Cal Berkeley it was close to home. It also had something to do with the fact that my then girlfriend (and future wife) Gwen Carter was attending Cal Berkeley," Hart said with a boyish smile and gleam in his eye. Hart and Carter have been married for 40 years.

"Just three weeks prior to the Olympic trials in 1972, I pulled a muscle at the Kennedy Games, one of the major track meets in the country. I was worried if it would heal before the Olympic trials. When the trials came around, I hadn't come out of the (racing) blocks in three weeks. I was really worried about injuring myself again and missing the Olympics altogether."

His message about overcoming adversity was well received by those in attendance.

"Just the fact that he came

into San Quentin to speak to us says a lot about the man behind the medal," said one club runner. "It puts emphasis to his overall message about giving back, and the responsibility of being a celebrity and an American icon."

"What I was most impressed about was his message that true strength is overcoming adversity," said Steve Emrick. Emrick is the Community Partnership Manager. "The message that character is developed by how you overcome hardship and not necessarily the successes is tailored for these men (of San Quentin)."

Hart began a foundation ten years ago called the Hart All In One Foundation. "I have been living with my family in Pittsburgh for the past 12 years. Now that I have achieved my goals, I believed it was time for me to give back and to help the youth in mine, and the surrounding communities, to develop and attain their goals."

Ralph Ligons, a childhood friend of Hart, said, "Growing up, Eddie was always serious. I mean, more serious than any other kid in our neighborhood. He was focused and he knew what he wanted." Hart and Ligons have known each other since they were both in elementary school. They have

remained close friends even to this day.

"I remember when we were growing up, Eddie used to chase us -- he was faster than everybody," Ligons laughed as he recalled the memory, sharing the moment with those in attendance. "If he caught you? He'd give you a Charlie-horse in your thigh! But he never caught me."

Ligons also competed in the Olympic trials in 1972, and made it to the semi-finals. He lost to his friend in the 100 meter. "I lost, but I lost to the fastest man on the planet (at that time) and that's not a bad thing," said Ligons, a former Sacramento State College All-American track star from 1971-74.

Hart answered questions from those in attendance, and took pictures with the 1,000-mile club members and sponsors.

When asked about talking with convicted criminals about difficulties, Hart was reflective.

"My path to the Olympics began 10 years before I stood on the podium and actually bent at the waist to receive the medal. It began with a dream. I want these men in here to know that they have the capacity to still dream and achieve those dreams despite their current circumstance."



Photo by Steve Emrick

Diana Fitzpatrick, Kevin Rumon, Eddie Hart, Frank Rouna and Jill Freeman

## Kings Defeat The Bittermen in Season Opener, 69-53

In a quest to repeat the success of the last two winning seasons, the San Quentin Kings began the 2014 basketball season with 69-53 victory over The Bittermen.

"Hey, what can I say? This is how you want to run a successful program," said Kings head coach Orlando Harris. "You want to start a season with a win. It allows you to continue to build from last season."

The Kings were led on the court by starting point guard Brian "The Landlord" Asey, who put a double-double in the books (16 points, 10 assists) to start this season. "You know how I play the game: just the

fundamentals," said Asey after the game. He scored 10 of his points in the fourth quarter. The fourth quarter surge killed off The Bittermen's comeback. They had gotten as close as within four points in the third.

Starting center P. "Strange" Walker also came to play with his hard hat on, getting a double-double as well, scoring 10 points, and grabbing a game-leading 15 rebounds, six of them offensive.

Power forward Thaddeus "Beast" Fleeton dropped 11 points, using low-post moves, including drop steps, a 16-foot fade away shot, and a series of

quick spin moves to get inside to the rim.

Oris "Sniper" Williams, normally the sixth man, started at the shooting guard position and knocked down 13 points, shooting three for five from behind the three-point line.

The Bittermen had trouble at the gate when two of their players weren't allowed on the grounds. If that wasn't bad enough, the usually short-handed visitors have one favorite player that they pick to play with against the Kings: Jason "Boo" Robinson, Intramural League rebounding leader.

"We looked for Boo, but he didn't show up until after the



Photo by Sam Hearnes

King's Brian Asey and Bittermen's Ted Saltviet compete in season-opener

game. Nobody told him we were coming in," said Todd Simms, Bittermen center. "Boo allows me to play at power forward. That guy is a beast on the boards."

Maurice "Optimus Prime" Hanks led The Bittermen with

17 points, three rebounds, and one block. Hanks' is a member of the San Quentin Warriors.

Bittermen Steve S. scored 14, followed by Tim Hall with 13 points in the March 15 game.

—By Aaron "Jeddi" Taylor

# Athletes Address The Importance Of Sports and Rehabilitation

By Aaron "Jeddi" Taylor  
Sports Writer

San Quentin offers a unique opportunity to advance academically as well as participate in sporting programs. Here, a convicted felon can be on the field, court, or diamond with the CEO of a multi-national company or even a millionaire.

Several San Quentin Student-Athletes were asked how sports impacted their incarceration. Here is what they had to say:

Dwight Kennedy, 39, was convicted of possession of a firearm. He is serving a sentence of 25 to life under California's Three-Strike Law.

Q: How long have you played sports for The Q?

I've played sports since my arrival 7 years ago. Baseball (The Giants [4]) and Football (All Madden [7])

Q: What makes The Q unique?

San Quentin has excellent academic programs, as well as self-help groups such as No More Tears, VOG, and IMPACT.

Q: What degrees have you earned while at SQ?

I'm in pursuit of an AA in Communication.

Q: What is the main difference between the man nicknamed "Sleepy" that arrived at SQ seven years ago, and the person giving this interview to SQNews?

There has been a significant change. I'm more than just Dwight: I have become a member of society without being in society through the help of volunteers that come in and assist people like me in becoming a changed individual. It's all about rehabilitation to those who have just arrived at the Q. Rehabilitation is being responsible, addressing your personal issues, such as what brought you to prison. Stop blaming others for your personal failings and taking responsibility. Rehabilitation is freedom.

John Windham, 43, was convicted of accessory to second-degree murder and sentenced to a 15-to-life sentence.



Photo by Lt. Sam Robinson

Star athletes: Dwight Kennedy, Rafael Cuevas and John Windham

Q: What programs have you taken part in since being at The Q?

I have taken Restorative Justice, the Work, and No More Tears.

Q: Any college or vocational programs?

Yes, I'm in machine shop. I've also signed up for plumbing and computer repair.

Q: In the KTVU interview (9/20/2013), you spoke about second chances and rehabilitation. Can you expand on that a little more?

Well, during our incarceration, some of us have really changed. We grew up and have become rehabilitated. Not only by law – but by right – we deserve a second chance.

Q: What sports programs have you taken part in?

I am playing soccer, football, baseball, basketball – all 3 leagues – softball.

Q: What do you say to the youth reading this who are thinking about following in your footsteps?

Man! Stay in school. Value family and freedom! And think about the consequences of your actions before you act.

Rafael Cuevas, 31, was convicted of second-degree murder and is serving 16-to-life.

Q: What programs have you taken since your arrival at The Q?

I'm in AA, Project Choice;

Prison Sports Ministries

Q: What about education?

I started in voluntary education, then vocational program – sheet metal; now I'm in Patten College taking intermediate algebra.

Q: What sports programs have you taken part in since being at The Q?

I've played for the SQ Warriors and was head coach in the CBL.

Q: Talk about being a student athlete; have you ever considered yourself as one?

I've been a student-athlete for a long time. It means I am busy. I have a program, and I have a lot to do. It means keeping a lot on my plate, which keeps me focused. It means working, practice, getting used to having little time for outside or unproductive activities and focusing on the bettering of myself.

Q: What is it about The Q that has changed you?

The programs that I attend help me to know myself better. The biggest thing about being ready to return to society isn't what society has for me; it's what I have for society. In my youth, I didn't realize that. Now, I'm learning who I am. I have more to offer because I can identify what it is I have to offer. People here, at The Q, have shown me that you don't have to wait to get ready to re-enter society to be the man that you want to be. There's nothing stopping you from being who you want to be right now, today, in the given circumstances.

Anthony Ammons Jr., 30, was convicted of first-degree murder, a gang enhancement, and attempted murder at 16 years old and sentenced to 102 to life.

Q: What programs have you taken part in since arriving at SQ?

I've taken AA/NA, Project Choice, Peer Health Education, Non-Violent Communication (NVC), No More Tears, Kit Kat (juvenile lifers group), and Restorative Justice.

Q: What sports programs have you taken part in?

I play in the Intramural League and for the SQ Warriors.

Q: What does the 'rehabilitation' mean to you?

Rehabilitation means opening my mind to see where I

went wrong; seeing what I was doing and how it was harming my community and me. Opening to change, to accept someone else's views and apply them to your life; not to be what they want you to be, but to be a productive citizen. Taking responsibility and accountability. To admit I was wrong.

Q: What education have you involved yourself in?

I am on the waiting list for Patten College; I did get my high school diploma at New Folsom. I'm proud of that because it made me realize that I could accomplish something, and it made my mother proud.

Q: What is it about SQ that seems to have drawn this out of you?

Here, I was able to break myself down. I was headed in that direction, but The Q allowed me to start from scratch and rebuild. There's no racial tension here, no 'prison politics' at The Q; it allows the opportunity to sit down and analyze your personal situation.

Q: How does it feel being a student-athlete?

I never really had a chance to experience it. I knew I had some type of talent, but I didn't think people could tell me how to play sports. Once they put me in a

## 1000 Mile Club Results

Youth was first as 30-year-old Eddie Herena won The 1000-Mile Club 3-Mile Run with a time of 18:02.

The event at San Quentin started officially at 8:30 a.m. March 7, but Rahsaan Thomas hit the track at 7:13.

"The early bird catches the worm," said Thomas, San Quentin News sports editor. "I had a lot to cover this morning, so I wanted to get out here and knock this down." His time: 28:17.

Abdul Qadiyr Morceli, 32, came in second with a time of 19:05; Brian Ballard, 40, next at 19:52. Rounding out those that finished in less than 20 minutes was Larry Ford, 58. He finished with a time of 19:59.

"I try to make them feel bad," said Ford, smiling. "I'm going to give them a run for their money every time we hit

position, I just played, rather than studying the game.

It feels good to be a student/athlete. To not let your talent be bigger than you, but to be taught how to be better with the natural gifts you possess.

Q: Any closing comments to the Readership?

I want to thank the Creator for giving me a voice. Getting 102 years-to-life at 16 years old... some people might just give up, but, once I made it here – at SQ – I realized through the programs that I can be better. Peel back the layers and heal that inner child.

Allan McIntosh, 39 years old, was convicted of possession of a firearm and sentenced 25 years to life under the Three Strikes Law.

Q: How long you been at The Q?

13 months.

Q: What programs have you taken part in since you've been here?

AVP, first level.

Q: And education?

Coastline College, taking business and psychology.

Q: What is it about SQ that has given you a change in attitude about rehabilitation?

The environment around The Q is like no other in the CDCR. You don't have the pressure and stress that go along with prison life here, so you can focus on the betterment of self.

Q: Was it a choice or realignment that brought you to The Q?

Realignment. I wanted to come here because I heard about the education and self help groups.

Q: What sports programs have you taken part in?

Football and basketball.

Q: What does it feel like to a student/athlete again?

Well, it takes me back me to a time in my youth. Being here, playing sports, and attending Coastline, it's like a college campus all over again (without the girls!).



Photo by Sam Hearnes

Anthony Ammon attempts to block Brian Scalabrino's shot

–By Aaron "Jeddi"

Taylor