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POPULATION 3,873

Judge James Lambden Visits San Quentin

'I was prevented from expanding my knowledge of prisons'

By Julian Glenn Padgett
Staff Writer

Most people don't understand the difference between the court system and the prison system, says a retired appeals court judge on a recent visit to San Quentin Prison.

"This is a real monster of a system, and it's been my experience that because judges preside over court cases, many people believe that the prison and court

systems are the same," retired District Court of Appeals Judge James Lambden said. "That's not true—they really are quite different systems."

Lambden visited San Quentin to discuss the current climate of prison population reduction in California and Proposition 36. Lambden, 64, spoke to a crowd of inmates in San Quentin's Catholic Chapel on Feb. 7.

Usually the closest a Court of Appeals judge gets to state



Official Photo

Judge James Lambden

prisoners is reading their writs of habeas corpus, Lambden told the group.

"I came here for two reasons:

See *Judge Lambden* on page 17

Victim Offender Education Group Holds Graduation

By Juan Haines
Managing Editor

More than 100 inmates and about a dozen community members celebrated the graduation of a group of inmates from San Quentin's Victim Offender Edu-

cation Group (VOEG) Next Step program on April 16.

The prison's chapel served as a place of comfort for attending crime victims and offenders alike as the audience acknowl-

See *VOEG* on page 4



Photo by Leroy Lucas

Rochelle Edwards presenting Dave Baker a certificate

Criminal Justice Reformers Praise Affordable Care Act

By Ted Swain
Staff Writer

While the Affordable Care Act (ACA) has received criticism nationwide, criminal justice reformers say affordable health care for ex-prisoners is an important component to criminal justice.

"One of the biggest pieces of justice reform in a generation was set in place by President Obama," according to the American Civil Liberties Union (ACLU). According to *Newsweek Magazine*, there is no direct connection between the ACA, also known as Obamacare, and jails or prisons.

However, "Obamacare stands to alleviate one of the most troubling aspects of incarceration—how ex-offenders, once released, receive afford-

See *Affordable Care* on page 15



Official Photo

President Barack Obama

S.Q. Literacy Groups Collaborate And Address Shortage Problems

On April 10, three prison-based literacy groups—Free to Succeed, Project Reach and GED Prep—all struggling for

material and recognition, broke bread in the San Quentin Protestant Chapel, granting their facilitators a chance to interact

and network. They were able to agree on one principle in particular: Educating inmates during their internment translates to a safer community once they are released.

"We lack materials," said inmate Bobby Evans, organizer of the banquet. There is a serious shortage of everything from paper and pencils to textbooks, he added.

Because of the various programs, "I wanted everyone to see each other, and get to know who's involved with helping inmates get GEDs," Evans said.

"The better we are in preparing you in here, the safer we are going to be when you get out," North Block Associate Warden S. Albritton told the audience. "I believe that second to 'attitude,' education is the most important

See *S.Q. Literacy* on page 7



Photo by Leroy Lucas

Lonnie Morris talking with County Supervisor Keith Carson

Study: U.S. Data Unclear on Imprisoned Population

By Kevin D. Sawyer
Journalism Guild Chairman

There is no clear indication or definitive number of just how many men, women, and children are imprisoned in the United States—figures vary and are inconstant, because "the data collectors that keep track of (prisoners) is fragmented," according to a new *Prison Policy Initiative (PPI)* study.

This, according to *PPI*, "makes it hard to get the big picture" for policy makers and others who are new to the criminal justice system.

The *PPI* figures come from:

- The Census of State and Federal Correctional Facilities
- The Census of Juveniles in Residential Placement
- The Census of Jail Facilities, and Jails of Indian Country
- Military prisons

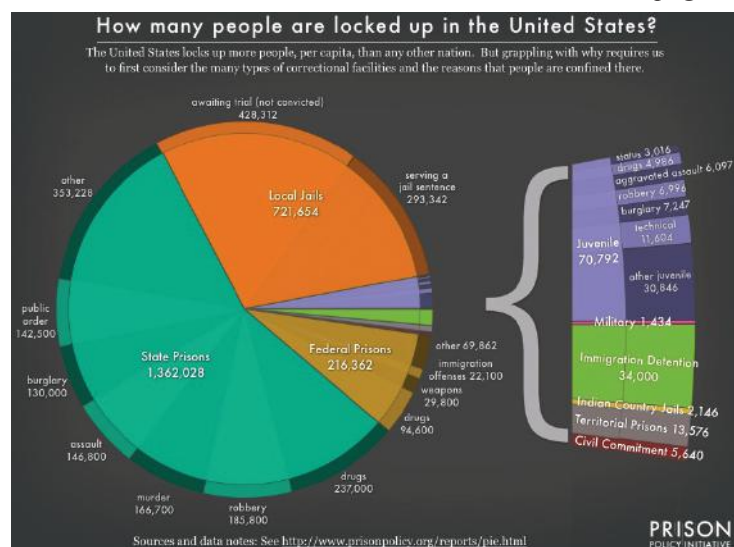
- Immigration detention facilities
- Civil commitment centers in addition, to other places of confinement in U.S. territories.

According to *PPI's* study published in March, there are 2.4

million people incarcerated in the United States.

"The enormous churn in and out of our confinement facilities underscores how naïve it is to

See *U.S. Inmate* on page 18



PRISON POLICY INITIATIVE

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BEHIND THE SCENES

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The San Quentin Community Shows Appreciation to Dr. Julie Lifshay

By Phoeun You
Design Editor

Eight years ago, Julie Lifshay PhD, ventured inside San Quentin for the first time, hoping to help prisoners improve their lives. Today, she continues to contribute time and effort by working as an educator and a volunteer to the betterment of countless inmates.

In 2006, Lifshay met Jody Lewen PhD, executive director of the Prison University Project (PUP), at a presentation at University of California, Berkeley. Shortly after, Lifshay began volunteering for PUP, tutoring/teaching basic math, algebra, geometry, statistics, and public health.

While teaching at PUP, Lifshay recalled, "I was clueless about the injustice in our justice system. I had the potential to be aware of it, but I chose like other people to ignore it."

She further expressed concerns about the way incarcerated people are viewed. "Violence is a wide spectrum. The range between someone with multiple murders and someone with a burglary is wide," Lifshay said. "However, the public considers it all as 'violent,' which results in unfair sentencing. The law clumps up everyone together, whether they committed a serious act of violence or not."

Lifshay said she realizes prisoners who are enrolled with PUP have the potential to be good citizens. "Prisoners are normal people. They are smart and insightful."

Despite a positive view of PUP students, Lifshay said she is aware of being in a prison environment and is careful not to get too comfortable.

"You don't want to be seen as a pushover. You have to draw the line," said she said, adding, "You also have to leave a part of yourself outside these walls, which is something I had to grow accustomed to."

Lifshay said she has spent weekends with other volunteers in support of Proposition 36 to change the Three Strikes Law by collecting signatures

and tweeting to create awareness. Proposition 36 was passed last November, allowing some non-violent Three-Strikers the chance to ask a judge to reduce their life sentence.

In 2009, Centerforce hired Lifshay to teach prisoners about HIV, hepatitis, sexually transmitted diseases and other health-related issues in a program called Peer Health Education. Inmate Kris Himmelberger, a graduate of the Peer Health program says he enjoyed the class. "I learned about high risk factors and communicable diseases. The most important thing I got out of the class was that a little prevention could save my life."

"Her dedication to Center-

demo day presentation. "The Last Mile helps change people's lives," said Lifshay.

Lifshay has helped TLM entrepreneurs design their own business ideas.

"Dr. Lifshay has a big heart and I've seen it shine through on many of the occasions during my interactions with her. I've seen her show up at San Quentin in places like The Last Mile, TRUST and Centerforce," said Tommy Winfrey, a graduate of TLM.

Jorge Heredia, a second-generation TLM graduate, describes Lifshay as "very valuable to The Last Mile program as a mentor. Since I became a part of The Last Mile, I have witnessed her dedication in helping the partic-

ipants prepare for demo day. She helped me tremendously with developing my five-minute pitch presentation for the Last Mile. I am very grateful to her for everything she's done."

Al Amin McAdoo, who recently graduated from TLM said, "I was extremely nervous before going on stage to deliver my Public Outcry pitch, but what put me at ease was remembering Julie's words, reminding me to speak to the audience as if I was having a conversation with one of my family members, or a close friend."

"When I was struggling with my business idea, Julie's encouragement gave me the strength to push myself harder," said Jerome Boone, another TLM graduate.

After the last TLM demo day, Lifshay said, "I felt very proud." She said, watching the graduates overcome their fears was very rewarding.

When asked what she would tell her friends about prisoners, Lifshay said, "I think people need to meet the people inside and see it firsthand." She said everyone should experience volunteering and see the rehabilitation that transpires within the prison walls.

Lifshay said working inside San Quentin has given her a better perspective of how precious life is. "I have learned to a much greater degree to appreciate what I have."



Photo by Sam Hearnes

Dr. Julie Lifshay at the annual TRUST Health fair

force and the men at San Quentin is like no other. One thing I can say about Julie is that she cares with all her heart," said Sonya Shah, Restorative Justice Program director of Insight Prison Project.

Lifshay has become involved with other programs like, Teaching Responsibility Utilizing Sociological Training (TRUST) and The Last Mile (TLM).

TLM is a six month tech-incubator program that teaches prisoners about technology, helps them to develop a business plan, create a verbal pitch, and turn it into a five-minute

Santa Cruz Debates Whether to Expand Jail Capacity or Reduce Inmate Population

‘County jails were never intended to house people for a longer period of time’

By Charles David Henry
Staff Writer

A controversy is brewing in Santa Cruz over whether to reduce jail populations or expand capacity for more prisoners.

“Prison reform advocates are pushing back against the expansion, arguing that instead of increasing the number of detainees a facility can hold, it is time to decrease the money and work on creating and funding community programs instead,” said Katie Rucke of *MintNews Press*, an independent on-line journalism startup.

To ease overcrowding at the Santa Cruz County Jail, the state awarded \$24.8 million to expand the jail and add beds

and job training programs at the Rountree Men’s Facility by 2016.

PUBLIC SAFETY

“It is clear that the need for infrastructure to support the goal of justice realignment throughout the state is critical,” said Susan Mauriello, Santa Cruz chief administration officer. “These funds will support the work of the counties to achieve the goals of justice realignment and improve public safety as a result.”

Sheriff’s Lt. Shea Johnson commented, “This expansion would be good for inmates. County jails were never intended to house people for a longer period of time, so we need to come up with solu-

tions.”

“Community programs are more effective and less costly than incarceration,” said Tash Nguyen of Sin Barras, a local grassroots group dedicated to advocating for prison abolition and alternatives to incarceration.

“The majority of people sitting in the county jail are sitting in there pre-trial. They have not even been convicted, yet, they simply don’t have the funds to bail themselves out,” said Courtney Hanson, a protestor with Sin Barras.

“Instead of constructing additional space for incarceration and beefing up funding for social support programs operated inside of jails and prison, we should spend our money on programs that

would help keep people from being incarcerated in the first place,” according to an editorial in the *City On A Hill Press*.

“Santa Cruz officials have more of a poverty issue on their hands than a crime wave,” commented local activist Courtney Houston.

FUNDING

Under Gov. Jerry Brown’s prison realignment program, \$500 million would be distributed to California counties to handle low-level offenders who formerly were sent to state prisons. Under this legislation, Santa Cruz would receive \$25 million for housing 94 inmates. It is currently housing about 100 inmates at its Rountree facility.

According to *MintNews Press*, “The main county jail in Santa Cruz has been housing about 322 inmates in its 311-person capacity facility. Due to the overcrowding, two of the jail’s units have portable plastic beds on the floor instead of bunk beds.”

Critics of the expansion claim “an expansion to the Rountree facility would only amount to a Band-Aid covering the real problem causing overcrowding in jails across the state.”

Kati Teague, another member of Sin Barras, told reporters “No amount of extra beds will ever fix the broken policies that send so many to jail. We need to rethink our approach to incarceration – not double down on it.”

Report: Gov. Brown’s Realignment Plan Causes ‘New Class’ of Inmates

Is the state really addressing the issue of reducing the population?

By Isaiah Thompson-Bonilla
Journalism Guild Writer

California inmates serving sentences that exceed one year used to be sent to state prison. However, Gov. Jerry Brown’s solution to prison overcrowding, by shifting low-level felons to county jails, has created a new class of inmates, according to Arvin Temkar of the *Monterey County Weekly*.

Because of Brown’s prison population reduction plan, called Realignment AB 109, convicted felons can now serve longer sentences in local county jails.

those in county jails and that prison has better food.

Some inmates agree that prison is a better place to do time than county jail.

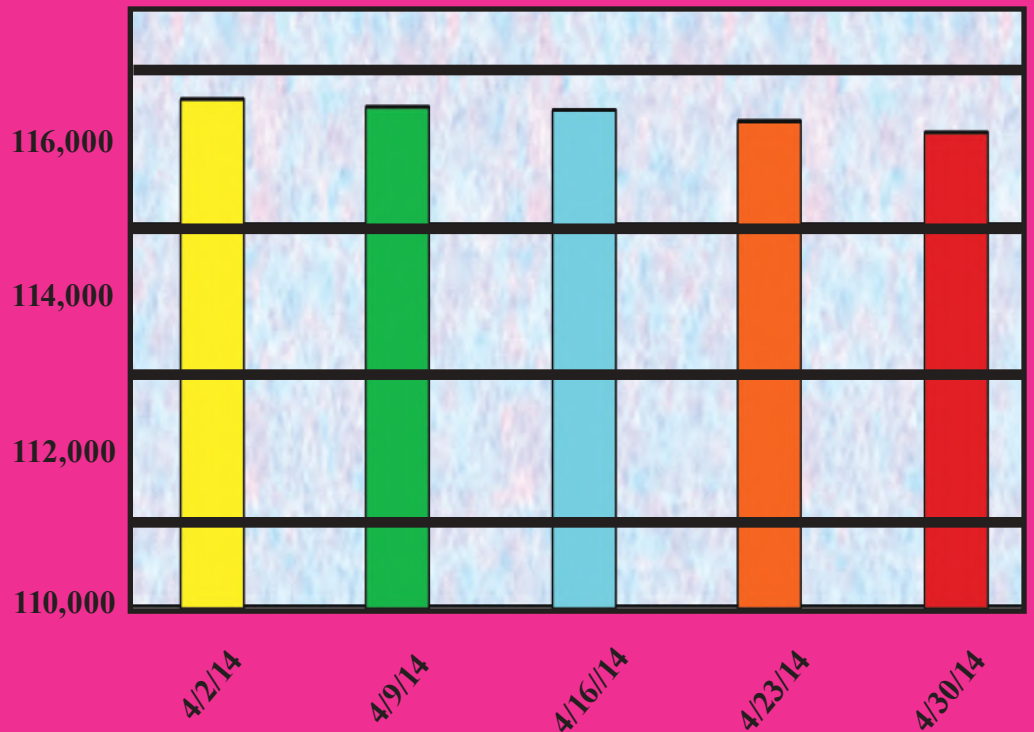
“It’s a question of having access to self-help programs, personal TVs/radios, access to an outside yard of recreation, family visiting, contact visiting and more,” said Anthony Ammons, a San Quentin inmate serving a life sentence.

County Sheriff Scott Miller expressed support for more funding for jail programs. At the same time, he added, his facility is not equipped for longer sentences. “It’s one thing to have someone here for four years and it’s quite another to have someone here for 24 years,” Miller said.

Critics of the state’s incarceration system are not particularly satisfied with the state’s handling of realignment. According to Temkar, they argue that the state is just shuffling inmates from one lock-up facility to another. They don’t see the state as really addressing the issue of reducing the population, reducing jail sentences and the financing of rehabilitation programs.

Tash Nguyen, an activist with Sin Barras, a prison reform group, said that the proliferation of jails only creates a larger landscape where jails exist. Longer stints in jails or the building of more jails will not relieve the state of its overcrowding, nor does it ensure public safety. Activists contend that more money should be spent on treatment facilities and prevention and that the community must become more involved in this endeavor.

INMATE PRISON POPULATION
DESIGNED CAPACITY OF PRISONS UNDER COURT ORDER = 82,707
COURT ORDERED POPULATION CAP OF 137.5% OF DESIGNED CAPACITY = 113,722
CURRENT INMATE POPULATION = 116,246
INMATES ABOVE COURT ORDERED INMATE POPULATION CAP = 2,524
SOURCE: Data Analysis Unit Department of Corrections and Rehabilitation Estimates and Statistical Analysis Section State of California Offender Information Services Branch



“It’s a question of having access to self-help programs, personal TVs/radios”

Temkar focuses on the story of James Russell Scott, a convicted felon. Scott is serving a seven-year sentence in Monterey County Jail for a drug violation.

One of the issues raised by Temkar is the lack of space that is available for rehabilitation programs in county jails, which were not built to handle long-term stays.

Scott, a confessed drug addict who has been in prison before, says that he would have preferred to go to prison. He opined that the medical facilities in prison are better than

San Diego Implements a Unique Way To Handle County Jail Prisoner Influx

By Seth Rountree
Journalism Guild Writer

San Diego County has implemented new strategies to accommodate the influx of prisoners created by the state Realignment plan. Assembly Bill 109, Realignment, shifts non-serious, non-violent, non-sexual offenders from doing time in state prison to county jails.

In 2011, Gov. Jerry Brown signed Realignment into law after the U.S. Supreme Court ruled that the state’s overcrowded prisons could not deliver adequate healthcare to inmates, and ordered the inmate prison population to be capped at 137.5 percent of

designed capacity, or about 112,000 inmates. The state has until February 2016 to meet the cap.

Since Realignment came into effect, about 2,500 offenders have been shifted to San Diego County jails. Officials in San Diego county say they expect another 5,500 offenders, the *Fallbrook Bonsall Village News* reported.

San Diego County Sheriff, Bill Gore said that his department has modernized the way it handles realigned offenders, the *Village News* reported. The changes include building more housing for lower-level prisoners, installing GPS monitoring systems and adding supervised work furlough programs.

The county is being proactive, said Mack Jenkins, chief probation officer of the San Diego county probation department, to the *Village News*.

“Currently, 80 percent of inmates have substance-abuse problems,” Jenkins said. “We are making sure we have drug treatment, rehab, and work-readiness programs to try and address these problems.”

“If a probationer meets certain criteria, they may be able to get off probation a little earlier than the usual three-year term,” said Jenkins. “They would have to demonstrate a history of clean drug tests, no violations, have achieved their case plan goals and be employed or enrolled in school.”

Report: Violence Increases in County Jails

'Some jails have seen violence dip, but the trend is toward more assaults'

By Kevin D. Sawyer
Journalism Guild Chairman

Ten counties in California, which account for 70 percent of the state's jail population, have experienced an increase in jail violence due to Realignment, according to the *Associated Press*.

The *Associated Press* reported county jails hold the majority of local inmates in California. There was "a surge in the number of inmate fights and attacks on jail employees," according to assault records.

REALIGNMENT PLAN

Because of the state's Realignment plan to reduce the state prison population, thou-

sands of offenders, who would have been sent to state prison, are now serving their sentences in county jails.

According to the California Department of Corrections and Rehabilitation, Realignment Report, Dec. 2013, "No offender received an early release from prison under Realignment."

"Some jails have seen violence dip, but the trend is toward more assaults since the law took effect on Oct. 1, 2011," the *AP* reported. "The change has shifted many of the same problems the state had experienced to local jails."

According to the *AP*, there were 2,000 more fights among inmates in county lockups in the first year following Realignment than in the previous

year—a 33 percent increase. During the same period, attacks on jail employees also increased.

POPULATION

Los Angeles County, the largest county jail system in the state, experienced an increase of 21 percent in its inmate population. That brought a significant increase in inmate-on-inmate assaults, which are up 44 percent, according to the *AP*.

Los Angeles County jail spokesperson Steve Whitmore said his county's 704 additional assaults can be attributed to "sheer numbers," as its average daily population soared by more than 3,000 inmates after Realignment.

"You're seeing a little more gang influence inside the jails and a little more violence," said San Bernardino County Sheriff John McMahon. "Certainly, the sophistication level of these inmates is different."

"The violence is just being transferred to the local facilities from the state system," said Fresno County Assistant Sheriff Tom Gattie.

The *AP* reported that Fresno County has seen a 40 percent increase in its population since Realignment took effect, "inmate-on-inmate fights have increased 48 percent."

Reportedly, Sacramento County jail has experienced a 164 percent increase in assaults on employees, "the greatest percentage increase of any

large county," even though its population has not grown and remains close to its design capacity of 4,125 inmates, the *AP* reported.

DECREASE

"Sacramento County was the only one to see a decrease in inmate-on-inmate assaults, while Alameda, Los Angeles and Santa Clara counties saw declines in assaults on staff," the *AP* reported.

During the same period the CDCR's inmate-on-inmate assaults dropped 15 percent, and staff assaults dropped by 24 percent as its population declined, according to statistics obtained by the *AP* through a public records request.

VOEG Honors and Celebrates Graduation of 31 Inmates

Continued from Page 1

edged the 31 graduates.

Ellen Barry honored the men for "completing a very, very deep and healing process." She said VOEG is a program about forgiveness, accountability and compassion.

"I was struck by the amazing quality of the programs. This is some of the bravest work I've seen done," Barry said.

The VOEG curriculum is designed to bring perpetrators of crimes and crime victims together in dialogue and to facilitate victims' healing.

"I have an appreciation for the men who have really looked into their lives and gained a deep understanding about the harmful decisions they've made and have learned from those mistakes," said facilitator Lynn Cooper. "Every day I'm impressed with their insight and commitment to the changes the inmates have made in their lives."

In the Next Step curriculum, inmates go deep into strengthening their relapse prevention plan, understanding the significance of past trauma, building relationships, learning how to prepare for the parole board and planning for reentry.

"The inmates are reclaiming

their past and are reconnecting the dots in their lives to show how they got to the worst thing in their lives and understanding the context of their lives," Cooper said.

During the graduation, several crime victims took to the stage, telling the audience how VOEG helped them heal from pain and suffering.

In February 2005, Patty Riley was on the first San Quentin VOEG victims' panel.

She said on April 19, 2004, her husband was killed by a drunk driver. She said the incident tested her faith.

"I had three choices," Riley said, "Leave the Catholic church because I couldn't forgive, stay in the church and not forgive, or stay in the church and forgive. In the end, my faith carried me through."

The toughest thing for a criminal to do is to see the look on a victim's face as they hold themselves accountable to explain their actions, Riley told the audience.

"I kept coming inside San Quentin because I feel we're all sinners," she said. "I believe divine providence led me to Restorative Justice. There's realness in listening to the dialogues and panels."

Dionne Wilson is a new member of San Quentin's VOEG program and sits on victims' panels. Her husband, a police officer, was killed in the line of duty.

"Before learning about VOEG, I was part of an 'us versus them' attitude. It wasn't until I was able to connect with people through VOEG did I realize what healing is," Wilson told the audience. "It's how I found forgiveness. You have no idea what it did for me. It completely changed my life. The man who killed my husband is right here on Death Row. I wish he were here. But I'm not allowed to connect with him. The system is taking away my chance to heal. So, I'm dedicating my life to change that."

San Francisco native Alexander Germanacos said even before college, he was interested in working with incarcerated people. Now, Germanacos is a third-year family therapy student at California Institute of Integral Studies (CIIS).

"CIIS uses a holistic approach to treatment that takes into account what the client believes in. It's not just what we think," Germanacos said. He is scheduled to facilitate VOEG at San Quentin when the next classes begin.

Accompanying Germanacos was Eliza Bruce, who helps facilitate a different San Quentin program that concentrates on inmates who committed their crime as juveniles, Kid CAT. Bruce said she has completed the VOEG facilitator training to help her understand how to assist in the healing process.

"I'm inspired by restorative justice work — all forms of this kind of work," Bruce said. "I think the connection between inside and outside is necessary and important for everybody involved."

As a part of the inmates' training, James Fox teaches yoga. The author of *Yoga: a Path for Healing and Recovery*, Fox has been teaching yoga to inmates since 2002. His book has been sent to more than 10,000 inmates worldwide, free of charge.



Photo by Leroy Lucas

Audience listening closely to one of the speakers

"Powerful book," said yoga instructor Gibran McDonald. "It has meditation that helped me. It especially helped me to stop my inner wars." McDonald assists Fox in his yoga classes in San Quentin. "I teach at a donation-based studio [Earth Tribe Yoga] and at elementary schools."

More than 50 prisons and jails, including San Francisco County Jail and Solano State Prison, have invited Fox to teach yoga to inmates. He said his next project is to get a yoga program set up in R.J. Donovan State Prison. He said he has been invited to help start yoga programs in Norway and Germany.

"People who go through VOEG look closely at themselves," Fox said. "Yoga is very supportive of this cognitive process. Yoga offers this mind/body integration. It can help accelerate the restorative process."

At San Quentin, there are four yoga classes—one in H-Unit, one for veterans and two for the mainline. There is currently a waiting list for mainline participation.

"If I had the space, I'd start another tomorrow," Fox said.

Lead facilitator Rochelle Edwards has been working with VOEG since 2001. Edwards is stepping down from the VOEG program. She said the VOEG program is indebted to Jamie Carroll for creating the curriculum.

Sonya Shah stepped into Edwards' position as Restorative Justice Program Director and

Cheryl Cranshaw is the new Clinical Supervisor of Facilitators.

Inmate David Basile said while doing his time, he was stuck in a rut. However, in 2006 he met Edwards.

"Rochelle held me accountable for things I've done in my life," Basile said. "After I went to the hole and got out, she told me that she wouldn't give up on me. That was the first time someone had told me they weren't giving up on me. It was significant in my healing process."

Pending the governor's approval, Basile is scheduled to parole this coming summer after more than 30 years of incarceration.

The inmate VOEG facilitators presented Edwards with a plaque of appreciation and all the community facilitators were presented with flowers grown by inmate Frankie Smith.

Robert "Red" Frye has been with San Quentin VOEG since its beginning.

Edwards told the audience about Frye's involvement in the program, and congratulated him on his accomplishments and upcoming parole.

"I've had the honor of seeing him grow and change," Edwards said. "Tomorrow we'll have the honor of seeing him go home after 25 years of incarceration." Frye walked out of San Quentin on April 17.

"What a gift this community has been for me during the last 14 years," Frye said.



Photo by Leroy Lucas

Guest and prisoners enjoying the graduation

Attorney General Reports Hate Crimes Decreased in California

By Lee Jaspur
Journalism Guild Writer

The number of hate crimes in California decreased 12.8 percent in 2012, according to California Attorney General Kamala D. Harris.

There has been a 37.6 percent drop in hate crimes in California since 2003, according to state numbers. Harris says California law enforcement will “monitor and prosecute these cases to ensure severe consequence and accountability.”

Hate crimes with a race/ethnicity/national origin bias decreased 10.1 percent from 2011 to 2012. These have consistently been the most common type of hate crimes in California over the past decade, the Attorney General reported.

The report showed that hate crime events involving sexual orientation bias decreased 3.7 percent, and events involving a religious bias decreased 27.9 percent from 2011 to 2012.

“While overall numbers are down this year, any hate crime hurts the people and values of California”

The FBI established the hate crime categories. The statistics used to compile the report were derived from po-

lice agencies and district attorneys’ offices throughout California.

Matching changes made by the FBI and the California Department of Justice will make three changes to the hate crime reporting by law enforcement throughout the state.

“Gender non-conforming” will be added to the gender category and “community centers” will be added to the location category. In addition, “anti-Sikh” will be added to the religious category.

Statistics from these changes will appear in the Attorney General’s 2014 Hate Crime Report to be released in 2015. In her report, Harris commented, “While overall numbers are down this year, any hate crime hurts the people and values of California.”



Official Photo

California Attorney General Kamala Harris

Eric Holder Pushes to Restore Ex-Felons’ Right to Vote

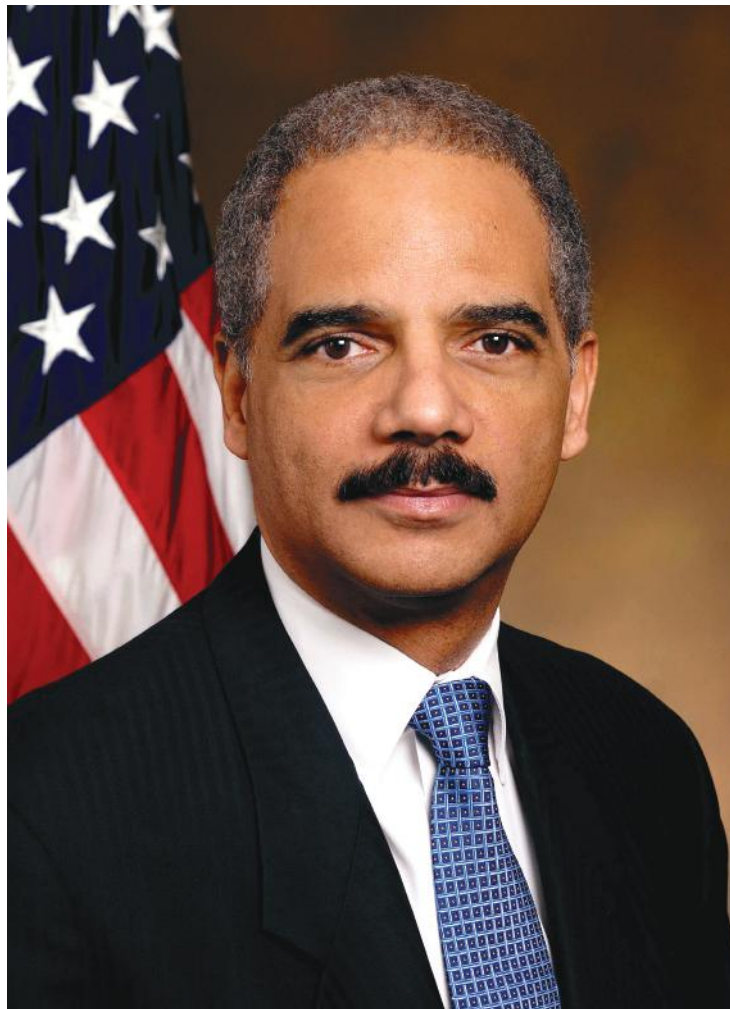
‘The laws deserve not only to be reconsidered, but repealed’

During a speech at Georgetown University Law Center, Attorney General Eric H. Holder Jr. urged states to restore voting rights of felons after their release from prison. Holder said, “It is time to fundamentally reconsider laws that permanently disenfranchise people who are no longer under federal or state supervision.”

According to Adam Goldman of *The Washington Post*, voting rights activists are trying to push forward an amendment that would make it easier for “returning citizens” to vote in Florida. The push could become a campaign issue in Florida’s gubernatorial election this year.

Holder said that 10 percent of Florida’s population is disenfranchised. “The laws deserve not only to be reconsidered, but repealed,” Holder said. In addition to Florida, there are 10 other states that restrict voting rights for felons, according to the U.S. Department of Justice.

Characterizing felony disenfranchisement as “unwise,” “unjust,” and “not keeping with our democratic values,” Attorney General Holder shined a light in another dark corner in the nation’s room by



Official Photo

Attorney General Eric H. Holder

reminding the public that, “Although well over a century has past since post-reconstruction, states used these measures to strip African-Americans of their most fundamental rights. The impact of felony disenfranchisement on modern communities of color remains both disproportionate and unacceptable.”

California is currently facing its own disenfranchisement crisis among felons. In February, the American Civil Liberties Union (ACLU) of California and Lawyers’ Committee for Civil Rights of the San Francisco Bay Area filed a lawsuit against the state for “unconstitutionally stripping tens of thousands of people of their right to vote,” according to an ACLU press release.

Michael Richer, a staff attorney with the ACLU of Northern California said, “The Secretary of State should be working to increase voter participation, not undermine it.” Additionally, Richer noted that the Secretary of State is worsening California’s existing issue of low rates of voter participation by revoking voting rights of those trying to integrate back into society, claiming that “Califor-

nia needs more protection – not less – for voting rights.”

Dorsey Nunn, executive director of All of Us or None, one of the plaintiff organizations in the lawsuit said, “Society is more secure when all people feel they are fully part of it. If we want formerly incarcerated Californians to be good citizens, we need to convince them that they are part of society too. I have never met a graffiti artist who spray paints his own home or business.”

Trudy Shafer, a director at the League of Women Voters, another organizational plaintiff, said allowing released felons to vote might actually help keep them from reoffending. In fact, recent studies suggest that there is a correlation between voting and reduced risk of recidivism.

“There are already a lot of hurdles that you face if you are reentering the community, and being integrated into the community is a way of making it easier to get over those hurdles,” Schafer said. “There’s nothing better than having a say in what your community life is going to be like by voting.”

– By Lee Jaspur

Studies: Disproportionate Number of African-Americans Are Incarcerated

By Wesley R. Eisiminger
Journalism Guild Writer

A disproportionate number of working-age African-American men are imprisoned, *The Pew Charitable Trusts* found in 2010.

One in 12 African-American men aged 18-64 are incarcerated, *The Pew* study showed. That compares to one in 87 for whites and one in 36 for Hispanics.

“Inmates cannot work to provide for their families,” according to Yi Wu, a graduate from Boston University. “Instead of producing goods

or being trained, they are locked in cages. In every 12 African-American families, there is one missing breadwinner. It is estimated that imprisoning one person costs \$23,286 annually in lost productivity.”

According to Yi, “more than one out of three young black men without a high school diploma are incarcerated. If you are a black male high-school dropout, you have only a 63 percent chance of being free.”

Yi attributes the high prison rate to the War on Drugs and mandatory minimum

sentences, both of which are currently being reviewed for potential changes by state and federal governments.

“Inmates cannot work to provide for their families”

Legal scholar Michelle Alexander called these policies the “New Jim Crow” replacing the “old” explicit Jim Crow laws to keep people of color at an inferior status.

Similarly, attorney Tanya

Coke, in a speech to John Jay College, suggested motives for sustained support of long sentences including “racial fears of unemployed black men and the threat of incarceration, but also a cause for policy choices targeting low-skill, poorly educated men for imprisonment.”

“It is time to stop the vicious cycle of incarceration of joblessness that disproportionately affect communities of color. The first step is to enact serious criminal justice reform -- to release and rehabilitate some inmates and assist their reentry into

the labor market, and change laws, in particular drug laws and mandatory minimums. Only by ending Jim Crow of our day can (Martin Luther) King’s dream for a more equal and free nation be realized, and only by doing so can the work of marchers not done in vain,” Coke said.

Coke added, “As the first African American Attorney General, Eric Holder has recently called for some limited reforms toward that goal, and hopefully, the 50th anniversary of the march will be another turning point in history.”

A Positive Mail Call Can Generate Hope

By John L. Orr
Contributing Writer

You can feel the tension increase on 6-North every evening around six. The after-dinner cleanup is finished; cribbage and Scrabble games begin. A soft murmur of the evening news escapes from the TV room, but does not mask the electricity in the air. Resolute chess players periodically lift their heads and peer toward the entrance door to the module.

What elicits such pronounced change in these inmates? Fear of the lieutenant who distributes extra duty slips like business cards at a gentlemen's club? The pending arrival of the attractive brunette who picks up the sick call list? Well, maybe she is partially responsible, but the reality is the wait for mail call.

Letters, magazines, greeting cards and even legal mail are treasured. When the familiar blue mesh bag finally appears,

everyone is drawn to it as if by a huge magnet. Inmates are sucked out of their cells and TV rooms, swept along to the correctional officer's desk. Even the hardest veteran inmate has to fight to keep the edges of his mouth from curling into a tiny smile. All silently hope that someone has remembered.

Unfortunately for many, there is seldom anything in the blue mesh bag. We walk away with shoulders slumped, silently mumbling about our loved ones not knowing what it is like on the inside, how outside contact elevates us. Many times, we say to ourselves, "Why do I bother to send letters? Nobody cares enough to write back."

How do we overcome this cycle of hopelessness and encourage our friends and relatives to write? Easy. Send quality letters and you will receive more responses. Write positive letters with upbeat content instead of dwelling on negativism.

Granted, many of us do not write well and feel a little embarrassed by spelling and grammatical errors. In reality, your relatives do not pay any attention to errors in your letters. They are our loved ones, not middle-school English teachers. Our correspondents are as excited as we are by mail call. However, when they find our communications filled with complaints about the system, hatred, anger and frustration, who can blame them for feeling upset too? There is so little they can do to make an inmate's frustrations go away. Your letters go unanswered until our correspondents deal with their own feelings of despair.

How do you feel when your mother writes you about an intimidating and harassing neighbor? You can do nothing to help her and you are depressed and angry at the predicament. Mom is in the same boat when you send a letter airing your problems with a corrections officer,

counselor or other inmate.

Our people on the outside do not want to hear about unpalatable food, long lines or the lack of useful activities (unless you can present the difficulties in a humorous manner). They want to hear positive aspects of your life, however few.

Think about the last letter you received from home, one that brought a smile to your face. The communication was filled with information about family, friends, new babies, relatives and changes taking place around your home. A letter like this might cause a little homesickness, maybe a tear or two, but overall, the information invigorates you. We are assured our families are safe and secure when a letter expresses contentment.

Try writing your letters in a similar vein. Include positive information. Relate to a new friend you have made or simply state you have lost a little weight or that you

finally beat a rival in a handball game. If you show friends and family your strength at dealing with the inside life, they in turn are encouraged. Remember, the recipients of your cards and letters absorb your disappointment and frustrations. Their responses to your letters come easier if they do not first have to sort out their own depression.

When answering letters, re-read their lines and pen a few of your own in response to each topic covered. Answer the questions asked and respond with your own views and memories on the same subject. If told Aunt Teresa had a baby, respond with a line or two about how you remember she was a terrible driver. Whoever wrote you may respond that Aunt Teresa recently had two fender-bender accidents, automatically continuing your long-distance communications.

You will find your letters will be longer and far more interesting if you are positive.

Immigration Shackles Lawsuit Settled

By N. T. "Noble" Butler
Journalism Guild Writer

U.S. immigration officials and lawyers representing detainees settled a lawsuit concerning the use of shackles during immigration hearings.

According to the *San Francisco Chronicle*, the settlement reached was in response to a

suit filed in federal court by the American Civil Liberties Union (ACLU) on behalf of detainees in Northern California. Reportedly, the Northern District of U.S. Immigration and Customs Enforcement (ICE) had a policy of shackling all immigrants held in detention at the wrists, waists, and ankles for all court appearances.

This shackling policy varied throughout the different ICE administrative districts with no uniform guidelines. The ACLU argued that the restraints were painful and made it difficult for detainees to communicate effectively with their lawyers at their hearings.

In the terms of the settlement, ICE agreed to not shackle detainees during deportation or bail hearings unless they become disruptive, violent or are deemed an escape risk.

The settlement still allows for shackles during appearances for an initial hearing (known as the master calendar) where there are large numbers of detainees appearing in court at the same time. Such hearings

are usually brief and typically used for scheduling and other administrative matters. The settlement allows detainees to request that shackles be removed or loosened for medical reasons and prohibits detainees from being chained together. The government also agreed to pay \$350,000 in attorney fees and court expenses.

Although the settlement applies only to the Northern District of California, an attorney for the ACLU, Julia Harumi Mass, thinks it will have a lasting impact throughout the entire agency. In an interview with *San Francisco Chronicle* reporter Bob Egelko, Harumi Mass opined that ICE officials from now on will "think twice

before overusing restraints elsewhere."

Harumi Mass also noted that immigration cases are civil cases, not criminal, and in criminal courts, routine shackling is prohibited.

In December 2011, ICE tried to have the lawsuit dismissed, but U.S. District Judge Richard Seeborg rejected the motion.

In a statement released by ICE and reported by the *SF Chronicle*, the agency reaffirmed its commitment to "preserving the dignity and welfare of all those in our custody," while maintaining the security of courthouse visitors and staff. "[The settlement] affords the agency the flexibility to do both."

EDITORIAL

A Small Step in the Right Direction Could Impact Millions

By Arnulfo T. Garcia
Editor-in-Chief

The settlement reached in the shackling of ICE detainees case is small, but at least it's going in the right direction.

Allowing detainees some dignity by removing shackles before they enter a courtroom and treating them more humanely, rather than like chained animals, sets a new path for those who are guilty of merely crossing a border to find work or to be with family.

When the justice system decides to chain and shackle people who have not committed a serious crime, the dehumanizing effect is long lasting. The immigration laws turn a worker into an inmate, and the experience of being incarcerated destroys families.

It is true that these detainees have broken the law. However, this is different from criminal activity like burglary or theft or even worse. They are doing a job where he or she is needed or they are merely reuniting with family.

For any crime where the perpetrator is physically abusive to another or they are stealing, incarceration is appropriate. On the other hand, many ICE detainees happen to be caught up in a system that punishes hard-working individuals because he or she is not properly documented to be in

the U.S.

There are more than 11 million undocumented workers in the U.S. These hard-working individuals are paying taxes and contributing to the local economy. Their children, some of whom are born in the U.S., are going to school, serving in our military, living the American Dream and becoming good citizens.

As a society, incarcerating people for wanting to provide for their family in a demanding job market isn't what our Founding Fathers wanted. However, should we (as I take liberty in paraphrasing the what's on the Statue of Liberty) give me your tired, give me your poor, give me your huddled masses, we as Americans and as human beings, can accommodate these good people. We set our standards very low when we demonstrate a clear lack of respect for a demanding job market that finds workers, and then treats these hard-working people as if they were criminals.

Although it is encouraging to hear ICE publicly declare that its policy is to preserve the dignity and welfare of all those in its custody, the larger issue is the U.S. criminal justice policy should not be focusing on incarcerating people whose only crime is crossing a border to either feed or reunite with their families.

LETTERS TO THE EDITOR

LOCKED UP WITH NO COFFEE CAKE:

I would really like to get your *San Quentin News*. I'm sending you three forever stamps. I'm in the SHU here at Sacramento and I have nobody on the outside. I had to give up my coffee cake for three weeks just to get three stamps.

Thomas Young

Dear *San Quentin News*: I'm hoping that you all have some back issues of *San Quentin News* that I can get you to send me with the enclosed SASE. I've heard really good news about your newspaper and hope to get some useful info out of them to help here in our Arizona Super Max lockdown.—G. Stanhope

Dear *San Quentin News*: I sincerely hope all is well over at *San Quentin News*. You guys do a great service for our community. It's appreciated and respected. I am in ASU/hole right now and will be transferring to another 180 prison (Corcoran or Delano) once down there, I'll be ordering a yearly subscription.—W. Jones

Hello: I am incarcerated and separated from my two younger children (Landon Morris and

Austin Morrin). They are now also separated from their mother, who couldn't give them the life she wanted and gave custody to my mother. I would love to receive a pamphlet on *Tips for Incarcerated Parents*.—S. Morris

Please send me a pamphlet *Tips for Incarcerated Parents*. Please and Thank you—F. Romero

Dear *San Quentin News*: I am writing concerning a letter and stamps I sent you for a February and March issue of *San Quentin News*. I was at the WASC Reception center at the time. I have recently been transferred to Corcoran State Prison. Please, I sent you six stamps the amount to cover the month of February and March, but I have not received a copy of the *San Quentin News*. Please explain to me what happened, there was no return to sender so somebody did receive the letter. I would like to have a 1-year subscription to the *San Quentin News*. First, I would like the copy that you have failed to send me. Please! Please! Please! Correct this matter and explain how I can get a subscription for 1 year. I will be eagerly waiting on your reply. Thank you for

your time and cooperation.—R. Tappin

Newsroom: I sent 5 stamps for an issue of your newspaper over a month ago like it states in the back of your paper. If you want an issue I/M can send 5 stamps and receive a copy. It's been over a month now and I would either like an up to date copy or my stamps back. Thanks.

Is this newspaper a scam? To burn I/M out of they're stamps?—N. Brimage

Reply: By administrative rules, each edition of *SQ News* must be cleared by the warden. However, since the shutdown, Sacramento has created another level of review. Each of the last two editions has taken more than three weeks for Sacramento to send it back to us for printing. We are working on shortening that process so our readers get the news faster.

We are also working on getting more papers to our readers. If your library does not receive *SQ News*, ask your librarian to contact *San Quentin News* so they may be added to the mailing list.

We encourage our readers to give their take on the stories in *San Quentin News*.

¿Como se dice Cinco De Mayo en Francés?

Jorge Heredia
Contributing Writer

Mucha gente disfrutara una cerveza fría este Cinco De Mayo ¿Pero cuantas personas saben porque lo están celebrando?

Algunas personas ahora saben que la celebración del Cinco De Mayo conmemora la victoria del Ejército Mexicano sobre los Franceses, pero pocos conocen la historia de los desagradables eventos que culminaron en la victoria y por lo cual los Estadounidenses desde entonces lo celebran tan efusivamente a la par de los Mexicanos.

Según la Crónica de la Cultura de las Americas, el conflicto data desde Abril de 1838, cuando una expedición Francesa tomó por asalto el fuerte del pueblo de San Juan de Ulúa. Los barcos bloquearon el puerto de Veracruz para demandar el pago por supuestas pérdidas sufridas por súbditos del Rey Francés Luis Felipe después de haber sido expulsados de México.

México rechazo la demanda Francesa, con lo cual barcos Franceses continuaron bloqueando el puerto de Veracruz y bombardearon la ciudad. La paz fue lograda con la ayuda mediática de Inglaterra. La crisis termino en Marzo 9, de 1839 con una victoria diplomática Mexicana.

La segunda invasión Fran-

cesa vino en 1862, cuando el nuevo gobierno del Presidente Mexicano Benito Juárez estaba envuelto en problemas domésticos y exteriores. En los años que siguieron, la caída del segundo imperio Mexicano y restauración de la Republica Mexicana estuvo caracterizada por faccionalismo político, caos y gran miseria por todo el país.

Donald W. Miles, autor, dice que en Abril 9, 1862, en Veracruz la alianza tripartita de Francia, Inglaterra y España fue disuelta, solo quedando tropas Francesas en México. Francia tomando ventaja del frágil poder económico y militar de México intento conquistar el país Azteca en 1861, usando la excusa de procurar el reembolso por la deuda, a pesar de la bancarrota en la que se encontraba México al momento.

Los conservadores lideres Mexicanos, aún dolidos por su derrota en la guerra civil a manos del partido liberal de Juárez, solicitaron la ayuda de las monarquías Europeas, incluyendo Napoleon III de Francia, según Miles. A principios de 1862, tropas Francesas ocuparon la Ciudad de México y crearon una Asamblea Superior de Notables, los cuales estuvieron de acuerdo acerca de la forma de gobierno hereditaria constitucional monárquica, cual seria personificada por Ferdinand

Maximilian Joseph de Habsburgo, archiduke de Austria.

Los Franceses tomaron por asalto la ciudad de Orizaba, Veracruz, donde a mediados de Abril ellos escribieron un acta en la cual la autoridad de Juárez era desconocida y el General Juan Alamonte era proclamado el Presidente de México.

Esto condujo a la gran batalla de Puebla en Abril 12, de 1862, finalizando con la victoria Mexicana sobre los Franceses el Cinco de Mayo de ese año. La sangrienta batalla tuvo lugar en el Cerro de Guadalupe. "Lorenzencez envió ola tras ola de tropas Francesas quienes en los fuertes eran rápidamente decapitados a punta de machetazos por Indios Zacapoaxtlecas," Miles escribe. El General de Brigada Porfirio Díaz, quien más tarde se convirtió presidente de México, como su caballería para salir al encuentro y abatió los atacantes Franceses que quedaban vivos, según Miles.

Sin embargo, los esfuerzos de Díaz no duraron mucho, porque diez meses más tarde los Franceses pusieron al archiduke Austriaco Ferdinand Maximilian en el poder—dándole el titulo de nuevo emperador de México en Junio de 1864, Miles dice.

El emperador Maximilian tampoco duro mucho, pues él fue capturado en Mayo 15, de 1867. Y con órdenes de Juárez,

en Junio 19, de 1867, Maximilian fue fusilado junto a sus generales en el Cerro de las Campanas en Querétaro, México.

Simultáneamente, en Mayo de 1862. El Presidente Abraham Lincoln tenía mucho de que preocuparse. Según la Crónica de la Cultura de las Americas, los Estados Unidos estaba al borde de la autodestrucción por su propia mano (¡UNA GUERRA CIVIL estaba sucediendo!). Lincoln tenía los enormes recursos industriales de los estados del Norte a su disposición, pero las fuerzas Confederadas del Sur eran empedernidos luchadores en su busca por la secesión. Las tropas enemigas se descuartizaban entre ellos por decenas de miles con ningún claro ganador al momento. Si alguien del exterior se hubiera aliado con el Sur, eso pudiera haber sido suficiente para inclinar la balanza y dividir el país para siempre. Según la historia, tal aliado estaba haciendo su entrada a través de México. Éste era el ejército de primera clase-mundial de Napoleon III, sobrino de Napoleon Bonaparte.

¿Que habría sucedido si las tropas de Napoleon hubieran conquistado México, establecido su propio gobierno monárquico, el Emperador Maximilian, y después haber procedido hacia el norte y ayudar a los Confederados dividir los Estados Uni-

dos en dos menos amenazantes naciones?

En las palabras de Miles, "Los Estados Unidos nunca se hubiera convertido en el importante poder mundial que es hoy día. Otra nación ocuparía el territorio donde los estados del sur de EE.UU. hoy se ubican, y la nación que conocemos como México probablemente aún estaría dominada por Francia. En vez de eso, los Mexicanos no solo retomar su país, pero enforzarón la Doctrina Monroe e influenciaron el resultado de la Guerra Civil Estadounidense."

¿Como las compañías cervezeras convirtieron este gran momento histórico en un Día de Borrachera Internacional? Bien, pues cada buena victoria merece su debida celebración. Además, si pudimos mantener a los Franceses a raya y salvaguardar la soberanía de ambas naciones, para que preocuparse.

Yo digo, *laissez sante et aimer la vie, alors que nous faire délicieux de la viande rôtir barbecue. Allons-y! Que la fête commence, et Que Vive Mai le cinq!* (ahique brindar y disfrutar la vida mientras cocinamos una sabrosa carne asada. ¡Vamos! Que comience la celebración, y ¡Que Viva el Cinco De Mayo!). Pero recuerde, su enfoque siempre tiene que estar en la educación, no en la cerveza.

San Quentin Prisoners Explain Their Definitions of Cinco de Mayo

Asked On The Line

By Angelo Falcone
Journalism Guild Writer

From elementary school to high school, many of us were taught the fundamentals of United States history and world history.

From George Washington and Christopher Columbus to the Spanish Conquest of the Americas and the participants of World War I and II, there is usually some sort of Spanish history when it comes to Mex-

ico, our immediate neighbors south of the U.S. border.

One of the most popular celebrations in Mexico that is put on for American tourists is Cinco de Mayo. Cinco de Mayo is literally translated as the "fifth of May." It's also celebrated in many communities here in the United States, especially those with Mexican or Hispanic communities. But what is Cinco de Mayo? Do the men on the mainline know what it's for?

"Asked On The Line" asked a few of the men in blue what they thought Cinco de Mayo was celebrating and/or commemorating.

There were some interesting answers, read on...

Eduardo Delapena said, "It is for Mexicans only right? I really don't know."

Brian Asey thought that Cinco de Mayo was celebrating Mexican Independence Day.

Jeff Sabier said, "I have never known. It's not my reli-

gion."

Manuel Gomez Lopez said, "Es por la Batalla de Puebla en 1849." [It is for the Battle of Puebla in 1849.]

Chris Marshall, speaking very good Spanish said, "No se."

Danny Ho said, "Independence Day is for Mexico's rights?"

Phillip Bloach said, "I can't answer that."

Perry Simpson said, "Mexican Independence."

Joe Demerson said, "It's when Hispanics celebrate their independence."

Tony Harris said, "Mexican independence"

Dean Brown said, "I don't know."

Arturo Avalos said, "Nosotros no celebramos el cinco de Mayo en Mexico." [We do not celebrate on May 5th in Mexico.]

Eusebio Gonzalez said, "Batalla de Puebla" [The Battle in Puebla.]

Sam Johnson said, "It's a holiday of family and friends for peace, freedom and life."

Chris Scull said it was commemorating the Battle of Puebla.

Adriel Ortiz Ramirez said, "Independence Day."

Jesus Flores said, "A battle between Mexico and France."

S.Q. Literacy Groups Discuss Issues Concerning Supply Shortage

'I want to support all programs. I'm accessible and available'

Continued from Page 1

thing. Education is important to rehabilitation."

San Quentin's literacy programs target inmates at different levels of education. Free to Succeed targets inmates who need assistance at grade levels three through six. Project Reach serves inmates in need of assistance in grade levels six through 12. GED Prep prepares inmates ready for GED testing.

"I want to support all programs. I'm accessible and available," said Albritton. "There are a lot of opportunities that weren't available in the past. Go beyond from where you are. Don't be satisfied with a GED; seek college."

Volunteer inmates facilitate

each of the programs. They have completed a tutor-training course given by Marin Literacy Program. Tutors work in classrooms, on the prison yard, in the cellblocks and at work sites during lunches and break time.

"I think it is so important to have these types of programs in these facilities," said Alameda County Supervisor Keith Carson, a frequent San Quentin visitor since 1992.

"I remember when Bobby was quiet and didn't read," Carson said, referring to the banquet organizer. "Now he's learned how to speak publicly and he teaches his peers how to improve their education. He's impressive."

"We recruit volunteers to teach. It's a unique program that started in 1999. The connection

with Marin Literacy was to create the same tutoring availability for students the way it's done outside for those inside. The prison literacy programs create a culture of learning and when you've educated yourselves, you want to pass that down," said Madeleine Provost, Marin Literacy Program liaison.

"If you're not part of the solution, you're part of the problem," said Voluntary Education Program Coordinator Marci Ficarra. "I'm in it because I want my community to be safer. Education is something that can't be taken away from you. I think society fails anyone who does not get an education. I'm hoping that we can succeed so that you can spread education."

"It is the student's desire to learn that is at the heart of this

program," said Project REACH Secretary David Lee.

"The prison literacy programs create a culture of learning"

Carson said, "We think it is critical that we work with individuals to improve their quality of life, so that people know when they're getting out, there's a handoff. When you look at the odds against you, I believe you can succeed. I believe if you're able to do the job, then that should be the first thing about employment. Can you do the job? The government is working on that.

Yeah, it's hard, but make the change."

James Metters and Dwight Kennedy entertained the audience with an educational rap.

Albritton and Carson listened with heads bobbing and beaming smiles. "They ought to record that!" Albritton said.

"Alameda County has been supporting the incarcerated as long as I've been here," Evans said. "I've known Keith for about 12 years. He's also involved with No More Tears."

No More Tears is a violence-prevention group led by Lonnie Morris. "It's no more tears in response to violence," Evans said.

Provost provides volunteer instructors for Project REACH, including Carol Hardee and Sue Pixley.

—By Juan Haines

San Quentin Embraces Restorative Justice

By Ted Swain
Staff Writer

A new approach to criminal justice is gaining worldwide support and San Quentin is an important part of the movement, a university psychology professor told a recent symposium.

"The Restorative Justice movement is spreading across the world, and you guys are an important part of the program," said keynote speaker Dacher Keltner, Ph.D., of the University of California at Berkeley. He explained the intersection of his Berkeley research and concepts of the Restorative Justice movement.

Restorative Justice promotes values such as respect, care, trust and humility.

The March 8 symposium was attended by San Quentin's Restorative Justice com-

munity, which includes many outside volunteers and sponsors. Principal oversight of the San Quentin program is in the hands of Mary Elliott, Ph.D. She said the movement of Restorative Justice is non-denominational, and not affiliated with any organization.

As liaison between the Berkeley Law School and San Quentin, Elliott advocates for the San Quentin project and connects with over 60 other organizations about Restorative Justice.

Elliott pointed out the differences between traditional approaches to justice and the Restorative Justice approach. She said the criminal justice system is retributive and seeks justice through punishment, blame and administering pain.

She also said, "The current system tends to exclude the

victims" by setting up an adversarial system between the state and the offender.

In the Restorative Justice approach, justice is sought by identifying the needs of the stakeholders and seeking repair by promoting responsibility and healing on all sides. It prescribes cooperative dialogue among persons most affected, which include the victims, offenders and the community.

Keltner runs a 500 person laboratory at Berkeley called the Greater Good Science Center.

With hundreds of people doing research in areas such as care, sympathy and communication by the medium of voice, many of the studies involve subjects which are used regularly in the Restorative Justice programs. One of the most important is the emotion

of care.

"The science of care" studies the effects of care upon various human interactions and its resulting effects. Keltner indicated the emotion of "care" is very important in making decisions. He spoke of breakthroughs in the study of "sympathy," for example.

According to Elliott, the mission statement of the project at San Quentin is to encourage Restorative Justice principles, processes and goals with all the stakeholders. That means that offenders, victims and others impacted by a crime are part of the solution. Listening to and understanding the other party is very important to the healing process, she said.

"The United States is the world's biggest human rights violator, and the biggest violations are in American prisons," commented a volunteer spon-

sor, Yoyo Tchoukleva.

Sponsor Rose Elizondo has been part of the San Quentin project for eight years. She is a professional mediator and says that we all need to be movement builders. "Building the Restorative Justice program around the world" is a key to changing the world, she said. Elizondo said that story telling is powerful, and "nothing is more powerful than when a victim tells their story."

According to Keltner, the healing offered by the Restorative Justice not only heals the mind, but it is good for one's body and the entire web of relationships we each live in.

"The Little Book of Restorative Justice For People In Prison," a book about the program for inmates, says, "Just one event, such as a crime, can impact a community for years to come."

Inmate Takes Unforgettable Bus Tour of California

By Kevin D. Sawyer
Journalism Guild Chairman

The California Department of Corrections and Rehabilitation (CDCR) booked one inmate on a roundabout bus ride for a tour of the state.

Patrick Callahan, 51, said he was placed on a no-transfer list at San Quentin State Prison. However, in February, he was transferred without warning to a private prison, California City Correctional Facility (CCCF).

Callahan said he was never officially told in a classification hearing that he was going to be transferred. He said he was among a group of inmates uprooted and transferred to CCCF, despite having a job assignment and being enrolled in a college course at San Quentin.

Callahan said a corrections officer in San Quentin's receiving and release (R&R) told him he was on the no-transfer list and should not be transferred. However, he later boarded a bus for a scenic, two-day transport across the state.

"I would've been transferred without notice," said Callahan, if his housing offi-

cer had not given him notice. "I'm certainly not the first. They told me to pack at 10:30 p.m. the night before I left, and by 5 a.m. I was in R&R."

"All of us (inmates) went to committee in September 2013; all of us had jobs," Callahan said. "They (SQ/CDCR) wanted people who were programming to start prison over."

***"I'm very thankful
to Patten College
for getting me
back up here"***

The stages of Callahan's adventure took him from San Quentin to Soledad State Prison, to California Medical Facility (CMF-Vacaville), to Mule Creek State Prison (Ione), to Sierra Conservation Camp (Jamestown), and then to Deuel Vocational Institute (DVI/Tracy) where he stayed overnight. The following morning he left DVI to complete the first half of his journey, arriving at California City.

According to Callahan, the trip was smooth and inmates were respectful to each other. He said he did not attend a classification hearing for the two weeks he was at CCCF, and "it took me 10 days to get my property."

"It's a very restrictive program. Chow is run like a reception center," said Callahan, referring to the dining policy at CCCF. He added that the administration wanted to keep things orderly.

Callahan said there are no programs at CCCF. He said inmates play cards, watch television, work out and walk around the pod. The day before leaving CCCF he said he was finally able to go to the recreation yard, which alternates on a day-to-day schedule.

For four days there was nothing to do at the prison, Callahan said. "It's a glorified county jail, run by the state."

Callahan said CCCF has classrooms with computers, but "there're no students and no staff."

Callahan's sojourn lasted two weeks, before he was returned to San Quentin. "I got there (CCCF) on a Tuesday, and left on a Tuesday," Cal-

lahan said.

Before departing San Quentin for CCCF, Callahan was enrolled in an intermediate algebra class through Patten College. He said he was in his second semester of class.

"Math was always my strong point," Callahan said.

On March 11, Callahan was transported back to San Quentin, completing the second half of his journey. He said he was placed on a van headed for North Kern State Prison, where he spent one night. The following morning he passed through CMF-Vacaville, CSP-Solano and back to San Quentin.

Callahan did not anticipate his return to San Quentin any more than he did his departure two weeks earlier.

"When they (CCCF officials) told me to trans-pack, it was completely unexpected," Callahan said.

Administrators at Patten College intervened to bring Callahan back to San Quentin so that he could complete his class.

"I'm very thankful to Patten College for getting me back up here" to San Quentin, said Callahan. "I'm glad to be back."

Callahan said he never attended college on the streets prior to his incarceration. Asked if he will continue to pursue college when he paroles in March 2015, he said, "I think I will...I'm totally motivated by Patten College."

He said that with less than a year to go, the time left on his sentence is "too short" to allow him to complete an A.A. degree.

Callahan is from the small town of Colfax, where he was a dishwasher for two restaurants when he was arrested.

CCCF is a private prison owned by Corrections Corporation of America (CCA), but is rented by the CDCR and operated by corrections officers.

The CDCR is using CCA's facility as a means to reduce its state prison population. A federal court has extended the state's deadline by two years to meet a population cap. The state, however, must meet a series of benchmarks within that two-year time frame, the first of which is a cap of 143 percent of design capacity by June 30.

After the interview with *San Quentin News*, Callahan said, "The CO told me I was cleared to go to class."

S.Q. Daoist Group Celebrates New Spring Festival

'It looks like we already have a successful beginning'

By Kris Himmelberger
Staff Writer

The Daoists group of San Quentin celebrated its first annual Spring Festival. "Gong Xi Fa Chai," which means, "congratulations and make a fortune," could be heard across the room.

"To my knowledge, this is the first celebration of this kind at San Quentin," said participant Chung Kao. He noted this is the Year of the Horse, which symbolizes success in the Chinese horoscope. "It looks like we already have

a successful beginning," Kao said.

Ten prisoners and six volunteers gathered Jan. 31 in the old laundry room to celebrate the first day of the 15-day Spring Festival. It is commonly known as the New Year because it is the first lunar day of the first month in the Chinese calendar. It plays a significant part in Chinese culture and Daoism.

According to the Chinese Fortune calendar website, New Year customs originated from a ferocious and carnivorous beast that long ago

lived in the mountains. It had a lion-type head with an elephant-type body. The villagers called the beast Nian.

One cold winter night, Nian roamed into a village in search of food. Seeing humans, it decided to eat one. They tried to kill Nian, but it was too strong. For their protection, the villagers stayed in their homes at night.

Years later, people found out that Nian was afraid of red, fire and noise. They hung red-colored peach wood on their doors and built campfires. When Nian approached,

people would throw bamboo into the fire. The cracking sound frightened Nian away. The following day, the survivors would celebrate and congratulate each other. Nian was defeated years later on New Year's Eve, and the custom continued.

According to an International Culture News report, "The Chinese New Year causes the biggest human migration of the new year."

During the reunion, homage is paid to the Jade Emperor and offerings of flowers and fruit are made. It is believed

that this helps bring safety and luck for the coming year. Calligraphers use characters to write New Year's poems on red paper and paste them on the top and side of the doors. Some common characters are spring, luck and money.

"The event was a success. I think the Chinese New Year is as relevant as the Roman New Year," said Paul Stauffer, who has been participating in the Daoist program for a year. "The program has helped me. It aligns your mind and whole body — physically and spiritually."

University of San Francisco Joins Brothers in Pen Creative Writing Class

By Juan Haines
Managing Editor

For the past 15 years, writing instructor Zoe Mullery has spent each Wednesday night in a small, crowded room listening to and commenting on stories written by San Quentin inmates.

The inmates, called Brothers in Pen, produce a variety of works, including memoirs, science fiction, short stories and urban novels.

"There's something that happens in this room that's dear to me," Mullery says of her weekly workshops.

On one recent Wednesday, Annie Rovzar, a University of San Francisco (USF) creative writing instructor, and her students joined the Brothers in Pen.

Rovzar said when she discovered Mullery's workshop she thought an interaction between her students and Brothers in Pen would be constructive.

Alexandra, a USF student, said when she heard about the prison's writing workshop, she "wanted to come here and share with you guys." Alexandra, a communications major, explained, "I took creative writing because it's something I like doing."

"Hopefully we can learn something from you, and you can learn something from us," said inmate James Metters, who has been in

Mullery's workshop for about a year and a half.

Shira Steinberg took the USF creative writing class because she says, "It's the one place I can be honest," adding that she wants to become a child sociologist.

The students and inmates took turns reading their work, with all the participants commenting. The back and forth continued until everyone had read.

The USF students read pieces from a class assignment that required them to reflect on a significant memory.

USF student Paul read "My First Car Accident," a childhood memory about being the victim of a hit-and-run driver. He wrote, "I remember the air being still that day. I heard the sudden drift of the tires." His vivid recall of the event left the class asking if he fully recovered physically from the accident. He said, "Yes, I even play basketball now."

Mitchell Fryer has been in Mullery's Creative Writing Workshop for about six months. He read "Some People," a poem about self-identification through comparing and contrasting life from his perspective. Fryer also read "What Would It Take," about the trials and tribulations of living a hard life.

USF student Shelby Black read "Well Child," a poem that reflects

how she sees life. It instructs readers not to take life too seriously, keep a level head and live freely.

"Buy shoes you'll never wear, and stop texting me and talk to me." Black is a journalism student and writes for The Foghorn, the college newspaper.

Ron "Coach" Koehler read two poems. "Fear," which is reminiscent of Franz Kafka's obscure tension between man and the state, as one line read: "science has disappeared into fiction." He also read a piece that connected pre-prison life with his current prison life.

USF student, Kevin read "World Pool." Kevin's words brought to mind the simple act of making tea, e.g., a steaming pot and swirling leaves. However, the words transformed the tea making process into a human character being swirled into a hypnotic, drug-like state.

"World Pool" took me to an unexpected place in literature," an inmate said.

Inmate Paul Stauffer read a poem "Hollywood Dream." His words, "Worshipping themselves who never was," point out the falsity and sham in the lives of Los Angeles socialites.

Steinberg wrote about her days of overcoming panic attacks through "I Remember." The inmates were visibly moved as they listened to her internal struggle and pain. "I felt really empowered to continue writing. The Brothers in Pen were very



Photo by Annie Rovzar

University of San Francisco students

supportive, so it made me realize that you are never alone, even if you think you are."

Jasmine read "First Memory," recalling what fear looks like for a child. The piece focused on overcoming pain and getting back to the state of childhood innocence. In her fear, she wrote, "I remember trying to make myself as small as possible. I remember feeling confused. I remember starting the next morning like nothing had happened."

After listening to the USF students, Rahsaan Thomas said, "What I've learned from hearing your stories is that inmates are not solely subjected to painful lives. Pain is universal."

USF student Spencer read "I Remember You," which was about his struggle with alcoholism. He stressed the importance of getting to step one. He wrote, "I found a conscious reason not to relapse and get back on track."

One USF student read "Treasure," a poem about self-imagery that advocates taking great pride in yourself by seeing yourself as a treasure. Another USF student

read a poem that critically examined a consumer-based economy. "House of Hell" takes a walk in the city, recognizing the power of capitalism through consumption.

Inmate Justin "Clown" Medvin ended the event by reading "The Rose that Grew from Ash," an expressive poem asserting life could be built from ruins.

"Coming to prison for the first time was a bit intimidating, said Gabe Nikias. "I emerged with a significantly changed perspective, making the seemingly obvious observation that even 'criminals' are pretty normal folks at heart."

"No matter who you are, what you've seen or where you're from, we all long to be recognized, appreciated and loved," said USF student Elizabeth M. "I could tell it was a safe space for the Brothers in Pen to share their work and tell their stories."

Rovzar and her colleague, Stephen Novotny, began a poetry workshop at San Quentin.

The Emergency for Emerging Forms of Life meets every Sunday from 5:30 to 8 p.m., May 4 through June 22.



Photo by Peter Mertz

Zoe Mullery and the Brothers in Pen on the Lower Yard

San Quentin News Humbly Receives James Madison Award

By Trenise Ferreira
UC Berkeley Contributing
Writer

The *San Quentin News* was honored by the Northern California chapter of the Society of Professional Journalists at a sold-out banquet in San Francisco.

The March 20 event was the 29th Annual James Madison Awards, and the *San Quentin News* was recognized for excellence in journalism because of its efforts to inform the public about mass incarceration in California.

Tom Peele, reporter for the *Bay Area News Group*, which publishes the *Oakland Tribune*, *Marin Independent-Journal* and *San Jose Mercury News*, said that the effort by San Quentin inmates, successfully producing a quality newspaper while operating under the constraints of the California Department of Corrections and Rehabilitation, was remarkable.

Former *San Quentin News* Design Editor Richard Lindsey accepted the award on behalf of the newspaper staff. Lindsey spent 26 years in prison and was paroled

in April 2013. While behind bars, he also facilitated the creation of the Victim Offender Education Group. Since his parole, Lindsey works as an electrician in San Francisco.

"It feels awesome for this recognition to be given," Lindsey said. "To be sitting in a room with some of the highest-ranking journalists of our time. Sitting in the room with them and to be recognized by them as their peers; it feels awesome." The guests in attendance said they were particularly impressed with Lindsey's story and the way he has turned his life around.

The audience numbered around 150 people. Once the award was announced for *San Quentin News*, a video was shown on a screen in the banquet hall. In the video Editor-in-Chief Arnulfo Garcia, surrounded by the *San Quentin News* staff, expressed appreciation for the award and thanked the SPJ. Garcia also thanked the volunteers from the UC Berkeley School of Journalism, the Haas School of Business and the civilian advisers, all of whom have

helped the newspaper achieve its goals.

A robust round of applause filled the room once the video was shown.

"Simply stated, it feels very empowering," Lindsey said. "Typically when you're incarcerated, you lose your voice, and this is a way for the men to retain that voice, to reclaim their voice, really."

"The award is something that I, along with my other colleagues, really pushed for," said Will Matthews, the senior communications officer for the American Civil Liberties Union of California. "Especially in this moment in California where we really are on the precipice of revolutionary criminal justice reform."

To Matthews, the journalistic work done within the walls of San Quentin is a great service to the community at large.

"It's important that you provide a voice from inside the prison to the free world. They [the inmates] are very important voices that we all in the free world need to hear on a regular basis, and you



File Photo

San Quentin News Advisers William Drummond and Joan Lisetor, Independent Researcher Richard Lindsey and San Quentin News Adviser John Eagan

provide that in tremendous ways every month. We are blessed by the work that they do."

Ali Winston, a freelance journalist covering criminal justice and member of SPJ, also expressed his admiration for the work done by the *San Quentin News* staff.

"I think it's a wonderful proj-

ect. I think our first amendment right to freedom of expression and freedom of the press is important, and you don't lose it when you go behind bars," he said. "I think it's essential for us to have that right; for people who are incarcerated to have access to information, and also to put out information on their own."

Happy Mother's Day With Love

Angelo Falcone
Journalism Guild Writer

It has been said that the development of the human conscience first develops during the bonding phase between an infant and his mother. It helps shape our character, our personality and our temperament. So are we reflections of our mothers, or do we grow up to be her total opposite?

the same? How are you and her different? If you could send her a brief message, what would you tell her?"

Juan Arballo said that he and his mother are "both analytical, perfectionists and as detailed as possible according to our personal knowledge and understanding of our personal lives." As far as differences, Arballo's mother loves onions, but he does not.

Alexei Ruiz said, "There is

a saying that goes, 'The apple does not fall far from the tree,' and I'll say that I'm almost just as emotional and caring for others as my mother." As far as differences, "I don't think we differed much, as all my values, beliefs and principles are owed to her."

Michael Tyler thinks that he and his mother have "the ability to know who each other are, just by the sound of our own voice." Moreover, Tyler described his

hold a grudge. I wouldn't say anything [to her], I would just hold her."

Edward Delapena and his mom both love to eat. Delapena said that his mother easily comprehends things, but he does not. "Mom, I am thankful for all the memories."

Brian Asey and his mom both forget names. Asey said that his mother forgives easily, but he does not. "I appreciate all her support that she has given me over the years. I love her."

Jeff Sabier said that he and his mother are like twins, "We think alike." Sabier said that his mother does not get into trouble but he does. "Next month is her birthday, on May 11. I would love to be home with her."

Manuel Gomez Lopez and his mother are Scorpios.

Gomez-Lopez said that his mother is responsible and he is irresponsible. "Quisiera hacerlo todo de nuevo." [I wish I could do it all over again.]

Chris Marshall and his mom both have "a continual quest for knowledge." Marshall said that a major difference between him and his mom is that he is over 6'2" and she is only 5' tall. "I love you, baby."

Danny Ho and his mom, "care for people." Ho said that his mother has patience and he is impatient. "I love you."

Phillip Bloach said that he and his mother are "detail oriented" but that he differs from his mother in that he is "morally challenged. She's got a better ethical base. I am proud of you."

Perry Simpson said that he and his mother are the same, especially their temperaments. The only difference between them was that he is a male and she is a female.

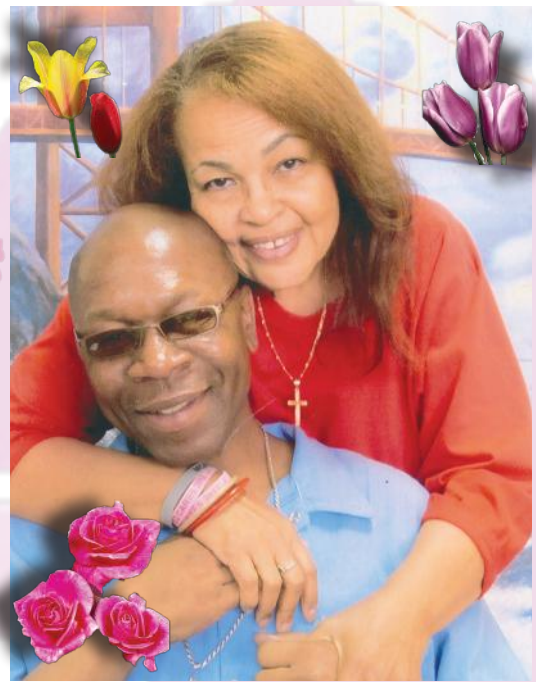
Joe Demerson said that he and his mom were both short, however, "I'm wild. She's not."

Tony Harris said that he and his mother are both candid. We "tell it like it is." The only difference is our "generation gap." "Thank you, Mom, I learned how to be a man and to accept my own responsibility-

wrong or right of my own doing."

Dean Brown said that he and his mom both love Christ, but he is "hot tempered" but his mom is not.

Arturo Avalos said he and his mom are "muy detallistas." [Very detailed oriented] However, he is "corajudo" [temperamental] while "Ella es



Mr. Franklin Sr. and Mrs. Clarissa Welton

calmada." [She is calm.] "Ella es mi angel y me ha cuidado a mi vida." [She is my angel and she has taken care of me all of my life.]

Eusebio Gonzalez said he and his mother are humble people, but they differ in temper. "La quiero mucho" [I love you very much].

Samuel Johnson said that he and his mother are both spiritual and very similar. They only differ in their gender. "I want to thank you for leaving me your love so that I could be a better man."

Chris Scull said that he and his mom are both short but he is outgoing and she is shy.

Adriel Ortiz Ramirez said that he and his mom both like to cook, but he is tall and his mom is short.



Rosalinda Gloria

Jesus Flores said that both he and his mother love to dance but his mom is loud and he is quiet. "Mom, you are my greatest friend."

Nick Lopez: I pray God comforts you on this special day. I love you for all you've been to me as you did your best.

Pat Callahan: To my Mother, June. Love you, Mom. No one can fill a room with goodness like you can, Mom. Hope Mother's Day brings you happiness.

Bernard and Marisa Moss: We would like to thank two great mothers Ida and Kathy for being our biggest and strongest

ry: To all mothers sincerely, Happy Mother's Day

Kinte Hogan: Mom, if it were left up to me, every single day would be "Mother's Day." Thank you for having me, I love you dearly.

Jimmy Martinez Jr.: You're the only mother I have. I love

tiful daughter Sheyla.

A h m a d: You've struggled with me over the years. I needed your support when I didn't deserve it, and you gave it. Thank you. I love you.

Arturo Lozano: Dolores Lozano, te quiero agradecer por la vida que me as dado al igual por todo tu apoyo y amor. Dios te bendiga madre mia. Besos y abrazos de tu hijo,

Mariano Rodriguez: Madre querida, quiero decirte en este dia tan especial que Dios te llene de bendiciones y te proteja de todo mal. Tu hijo

Julio Martinez: Maria Martinez, en este dia tan feliz, mi corazón se llena de alegría al recordarte madre querida. Que Dios te bendiga madre mia. Tu hijo,

Armando Soterio: Guadalupe J. Méndez, gracias por ser la madre de mis hijos y por tu comprensión y paciencia.

Stephen Pascasio: On this Mother's Day I would like to send my love to all my sisters. May God bless them.

Carlos Meza: Lady, there is nobody in the world that would take your place in my heart, because you gave it to me.

Ramiro Márquez: Madre preciosa, en este día de las madres te deseo que pases este día feliz en compañía de tus hijos.

V a u g h n Miles: My mother is somebody that I respect and adore. She has taught me so many things with her perspectives and imperfections. This remarkable woman has shown me what unconditional love looks like as well as feels like.



Sheyla Gonzalez



JoAnn, Shauna and Grandson Bradly

*By: Dennis Crookes,
Your life in my life
All these years
Kindness and sweetness
Brings me to tears.
Keeping me in line
Like a child in timeout
Having memories
of when I sit and pout
In the end
I'm a better man
You've taught me
"To do the best I can."
You're my mother
And I sorely miss
Like the boy in timeout
Waiting for his mothers kiss*



Bernice, Carol, Judy and Nancy



Bernard and Marisa Moss

Steve McAlister: Stephanie, you are a wonderful loving mother to my grandkids. I love you, Mom.

Byron Gene Franklin: You are the one I will love, forever and a day. Eternity isn't long enough; our love is here to stay.

Michael Wilson: To my mother and Proverbs 31 wife; "Blessed is any wind that blows you into the port of our Lord and Savior's love."

Syyen Hong: Mom you are my hero. I appreciate everything that you do for me. I love you, Mommy. Happy Mother's Day.

Michael Endres: Happy 92nd birthday, mom! Happy Mother's Day Vonda #1 sister. Love you both.

Allen Cianci: To my Mother, Patsy: Roses are red, violets are blue, my life just isn't the same without you. I love you, Mom!

support system. We love you. Happy Mother's Day.

Bobby Dean Evans Jr.: The more space and time between us without seeing or speaking to one another, the greater my appreciation of you.

Araar-Raheem Malik Dall: I miss you very dearly. I hope to see you in heaven. Miss that sweet potato pie. May you rest in peace. I love you.

Calmese Williams: To: Vera Williams. Your son loves you.

Vernon Britten: This journey has been a long, long ways going but through it all, you have stuck with it. I love you.

Bonarú Richardson: To Barbara Bracy, you are always there when I search for you. I pray that I can always be there for you in your time of need. I will always love you, Mama. Happy Mother's Day.

Anthony Pier: Mom, you've been there through thick and thin. I'll always cherish and love you with all my heart for being the strong black woman you are.

Curtis Barker: I love you and miss you and the rest of the family. I'm sorry I can't be there with you on this Mother's Day.

Johnny Walker: I'll always love you and miss you. I'll try to be there on the next Mother's Day. As always, love from your boys, Reggie and Johnny.

Shawn Ber-

you with all my heart. I cry for you. Thank you for being my mom.

Kevin D. Sawyer: Always and forever, with love from your son. You're the first woman I ever loved, and still my number one.

Byron Gene Franklin: You are the one I will love, forever and a day, eternity isn't long enough; our love is here to stay. From your Teddy Bear.

Darrell "Waylo" Williams: Mama, you taught me everything. I will always keep you inside. You're the driving force of my life. I miss you so much. Rest in peace.

Harun Taylor: My mother is my sun and the earth that brought me forth. I can't imagine not having her in my life. I appreciate you.

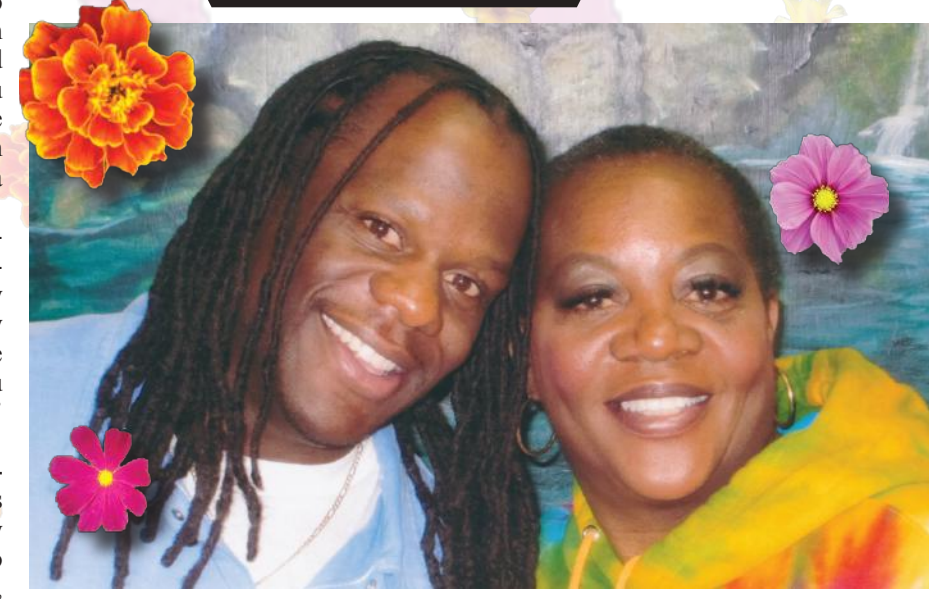
Thaddeus Fleeton: My mother is my love, my life, my heartbeat and my best friend.

Tuneco Smith: Thank you for being so supportive with your words and love. May you be blessed. We love you Robin Bush & Latisha Smith.

Steve: I remember valuable things my mom used to say to us kids. One was "When you say 'I love you,' mean it."

Eusebio Gonzalez: On this Mother's Day I would like to thank you Ana, for blessing me with our beau-

To the San Quentin Family:
I want to take this time to say thank each and everyone of you for your thoughtfulness and kind words and above all your prayers. Your words were not only a comfort, but also a source of strength for my family and myself in this most difficult time for us all. I don't know each of you by name but you know who you are, and I thank you all from the bottom of my heart for all the support each of you expressed and showed my son Vaughn for the lost of his brother. This has been a very difficult time for us, -but God said he wouldn't place anymore on us than we could bear. We don't always understand why God allows certain things to happen but through faith I will learn to accept it. Please continue to keep my family in your prayers. Losing a son/brother is a lifetime lost. You pray for me and I will continue to pray for each of you. God bless you all.
Mrs. Barbara Smith



Vaughn Miles and his mother Barbara Smith

ARTS & ENTERTAINMENT

Snippets

Birth rate around the world since 2007, is at 4.2 births per second, according to the U.S. Census Bureau.

Earhart, Amelia's death was considered a mystery. The search and investigation for her body cost the U.S. government \$4 million dollars.

According to the *Guinness World Records 2007*, the oldest women to give birth is Adriana Emilia of Romania. She was 66 years old when she gave birth on January 16, 2005.

Under house arrest by her father, King Henry II for fifteen years after a failed attempt to dethrone him was Eleanor of Aquitaine (1122-1204). She led her sons on this attempt and failed.

The term women is believe to come from the Middle English term *wyf-man*, or wife (*wyf*) of man.

In a dedication to honor all moms is Mother's Day. This U.S. holiday is celebrated on the second Sunday in May.

From 625-705, Empress Wu Zetian was the only female in Chinese history to rule as an emperor. However, Confucius said it was unnatural to have a women ruler.

Under Wyoming law, in 1890 Wyoming became the first state to allow women voting rights.

Longest serving female prime minister was Indira Gandhi (1917-1984). She served for the Republic of India in three consecutive terms, 1966 to 1977.

Sudoku Corner

By Ashmus "Humphrey" Troy

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

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

Featured Photo By P. Jo

Last Issue's Sudoku Solution

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

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

POETRY CORNER

Convict, A Way Of Life

By C.L. McClelland

Outside there is peace, but that doesn't concern me, for I'm confined within these walls, walls of misery. I slipped on the outs and this is where I fell. Into this whistle blowing, bell ringing, man-made, barred earthy hell.

Each morning I wake and I curse the light. Indicative of the beginning, another daily fight. A fight to remain sane in an insane game. Where they strip you of your dignity, give you a number and steal your name.

Stepping out onto the tier you look both ways. Never can tell where pain and death may lay. You put on that face that says, "Is it worth it to mess with me? I can be hard as hard can be!"

Steering clear of the fools who don't care about anyone. Who'll put their and your life up under the gun. You try to work your program, to keep the screws off your back; try to get him to leave you alone. You don't want no drama, just want to leave this place, leave this place and go home.

Later, at night when they rack the doors, like roaches you scurry into your cells, getting off the floor. Inside your cell you let go of an unconscious sigh. You made it through another day. It wasn't my turn to die.

Hopeful that your date will come if everything turns out right. You climb into your bunk, turning off the light. All the time knowing you live a convicted way of life.

If there is a god; Please help me?



Read a Book With Your Cellmate and Send Us Your Point of View

BOOK REVIEW

By Juan Haines
Managing Editor

This month the book review column is doing something quite different. Journalism Guild Chairman Kevin D. Sawyer and I read two classic novels. Sawyer read the first classic, *Robinson Crusoe*, by Daniel Defoe, and I read *Journey to the Center of the Earth* by Jules Verne. After reading them we have given our take on how the classics relate to the prison experience. We're asking cellies to read them, swap them and send your comments to *San Quentin News*.

Robinson Crusoe is the story of a malcontent castaway who is seemingly impatient with life. Does this sound familiar to you?

The story is more than just one man's misadventures on the open sea, exploring other countries, being kidnapped by pirates and forced into servitude, rescued, shipwrecked and marooned for 28 years on a remote island where he saves the

"savage," his man Friday, from cannibals somewhere in the Caribbean. Have you ever been in isolation, unsure of when you are getting out?

When Crusoe realizes the dire urgency and hopelessness of his circumstance, he contemplates a dark thought: "I had great reason to consider it as a determination of Heaven, that in this desolate place and in this desolate manner I should end my life..." Too many men have settled for such a finality because of this sentiment.

Contemplating life and the bleak outlook on his future, Crusoe reasons: "I learn'd to look more upon the bright side of my condition, and less upon the dark side, and to consider what I enjoyed rather than what I wanted..."

In Sawyer's analysis of *Robinson Crusoe*, he asks readers to consider what Defoe wrote about Crusoe's mindset, "...we never see the true state of our condition 'till it is illustrated to us by its contraries, nor know

how to value what we enjoy, but by want of it. Think freedom," Sawyer suggests.

After the pathos in evaluating what led to his undoing, and questioning why he has been forsaken, Crusoe jettisons his self-pity, realizing that he should be thankful that he did not perish: His life was spared, and still has purpose.

Here, survival dictates resourcefulness, similar to what many castaways in prison embody. When a man is stripped of his best and his worst, something else remains; regret, penitence and the possibility for change.

In *Journey to the Center of the Earth* Verne carefully uses language to make specific points about life choices and consequences "Facts overcome all arguments," Harry said to his uncle. "I made it a point to agree with the Professor in everything; but I envied the perfect indifference of Hans, who, without taking any such trouble about cause and effect, went blindly onwards wherever destiny chose to lead

him."

Calling the storyline a quest is a disservice. It is an expedition to a kind of darkness most convicts want to avoid—down a hole in the ground. "It must be that a man who shuts himself up between four walls must lose the faculty of associating ideas and words," writes Verne.

Inmates could easily relate to "The Hole," but who is willing to go there as a place of adventure? "How many persons condemned to the horrors of solitary confinement have gone mad—simply because the thinking faculties have lain dormant!"

Verne's use of language painted a vivid picture of each scene. Sentences like, "It was a dark night, with a strong breeze and a rough sea, nothing being visible but the occasional fire on shore, with here and there a lighthouse," filled this action-adventure with the descriptiveness that builds on a tension between the expedition leader, Hardwigg and his doubting nephew, Harry.

This standard tension builder was captivating for readers more than 100 years ago. I can understand how Hollywood has been motivated and put Verne's fan-

tasies on film with a language that still resonates in my mind long after reading it.

Both these classics force the convict to contemplate his or her place from an inward perspective, saying, "I only have myself to blame for my captivity." This is an opportunity for cellies to have a conversation about emotions not typically expressed about what trajectory led to the calamity of their life.

As Crusoe aptly observed during his solitary state, people "cannot enjoy comfortably what God has given them; because they see and covet something that He has not given them." While Verne notes that, "Science has fallen into many errors—errors which have been fortunate and useful rather than otherwise, for they have been the stepping stones to truth."

These authors teach us tough lessons about ourselves—how and why we should learn to live with gratitude, humility, contrition and restorative justice. Like *Robinson Crusoe* and *Journey to the Center of the Earth*, it's a beginning and it's how we start over.

—Kevin Sawyer contributed to this article

Revisiting Legacies of Martin Luther King Jr. and Nelson Mandela

By Watani Stiner
Staff Writer

In response to my last column (before the shutdown), I received inquiries about my definition and use of the term "warrior mindset" and my notion of "violence." The main questions posed: Is not the prison-industrial complex a form of institutional violence? What about the political, social and economic forms of violence imposed upon a community? And without some kind of a warrior mindset, how are people supposed to protect themselves, especially people who have historically been victims of violence?

On the heels of the death of Nelson Mandela and the 46th anniversary of the assassination of Martin Luther King Jr., this discussion of "warrior mindset" and "violence" is timely. As we reflect upon peace, we must ask ourselves, what was King's understanding and practice of nonviolence? What forces led Mandela on the path to reconciliation and forgiveness? In what ways do they both have relevance for us today?

King was profound because he was able to inspire a social movement based on a Gandhian-inspired philosophy of nonviolence that sought to challenge and change a violent culture. In so doing, King was able to strengthen himself and others against culture's corrupting influence. He moved closer to becoming the kind of person who is truly free, not further away—as many do when they engage violence for "good causes." King addressed violence by modeling transformative nonviolence. His non-violent strategy exposed the violence and ugliness of the oppressor. Both in his principle and practice, King emphasized

"creative tension" and argued that non-violent struggle was a process that transforms both the oppressor and the oppressed.

The approach of King and Gandhi to oppression was not to deny its existence but to confront it head-on in a non-violent manner. Non-pacifists might view this approach as naïve, but it was quite the opposite. Boycotts, marches, sit-ins, demonstrations and other non-violent actions proved highly effective.

Moreover, the attempts at nonviolent resistance, even if they fail in the direct encounter, still succeed morally. Even the "failed" encounters of King's marches, where fire hoses and dogs ended up being used, succeeded in inspiring the whole world to begin to understand the injustice. Of course, that does not work the same way when it is a war. Then one side may have the more righteous reason for fighting, but the killing itself is equally immoral.

So in my rejection of violence and warrior mindset, I realize that it is also necessary to articulate an alternate vision for confronting violence and injustice, as King did. Otherwise, it appears that the "victim" should offer no resistance and is left with no defense against violent oppression. Nonviolence does not negate uncompromising resistance to social forces and structures that deny or limit human freedom.

King contended that it is immoral and cowardly to collaborate in one's oppression, and that passivity counts as collaboration: "To accept passively an unjust system is to cooperate with that system." Moreover,

An 'OG's' Perspective

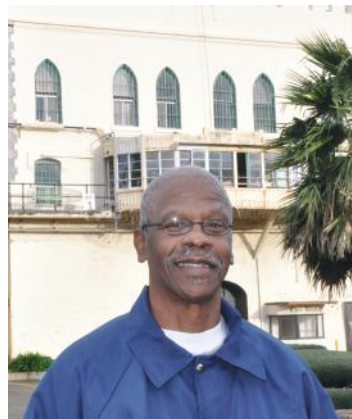


Photo by Raphaele Casale

Watani Stiner

in so doing, "the oppressed becomes as evil as the oppressor." This kind of non-resistance to social evil says to the oppressor that his actions are "morally right." Thus, King concludes, acquiescence to oppression is not only morally wrong and corruptive, "it is the way of a coward."

Mandela recalled, "Over and over again, we had used all the nonviolent weapons in our arsenal—speeches, deputations, threats, marches, strikes, stay-ways, voluntary imprisonment—all to no avail, for whatever we did was met by an iron hand."

Eventually, peaceful resistance proved ineffective in South Africa, igniting a defiant fire in the hearts and minds of the young people. After exhausting all their nonviolent options, Mandela concluded, "At the end of the day violence was the only weapon that would destroy apartheid."

However, what makes Mandela such a great leader is not that he led or approved of armed struggle, but that he led out into

forgiveness and the desire to consider how to make room for everyone. Moreover, his greatness lies in his humanity, his personal sacrifice and his unwavering commitment to freedom, justice and equality.

Given the similarity and degree of human oppression suffered under the discriminatory laws of apartheid and America's Jim Crow, I believe if King and Mandela had met and collaborated with each other they would have had much knowledge to exchange.

King would have emphasized and encouraged Mandela to never lose sight of the moral imperative of his struggle. He would want Mandela to understand and appreciate that violence should never be viewed as a means to an end. It can never ensure a peaceful and sustainable victory. Violence will only consume the human spirit and undermine the very purpose it is intended for. King's dialogue with Mandela would most certainly have centered on peace, forgiveness and the righteousness and victory of struggle. The fundamental question King would be preoccupied with is how we, in the process of struggle, can be compassionate, forgiving and inclusive of others. How can we create a new and more empathetic human relationship?

Mandela would certainly have agreed with King on many of the moral issues. Mandela's greatest challenge and legacy is his courage, foresight and vision to see beyond the violence. He would offer his assessment of the rebellious anger of youth who become distrustful and dis-

illusioned over nonviolent responses to violent assaults. He would have explained that these encounters create and prepare the next generation with warrior mindsets, which is exactly what we are facing in the U.S.

There were several historical parallels between the freedom struggle in the United States and that of the movement in South Africa.

Nelson Mandela's path to reconciliation and forgiveness came at the end of a long, bitter and bloody struggle for freedom. As with the Civil Rights movement against Jim Crow in the United States, the freedom struggle in South Africa began with a series of non-violent challenges against the brutal forces of apartheid.

Mandela argued that the oppressors not only determined the level of violence; they also ensured the method and degree of resistance. When peaceful measures prove ineffective and rendered impossible, violent means become inevitable. This is by no means an argument for indiscriminate violence. It is a critical acknowledgement of a heightened repression under apartheid, which produced a violent form of political resistance: armed struggle.

The important similarity with Mandela and King is that they did not see some human lives as more valuable than others. Both men exemplified a paradox of being both humble and fiercely principled. When principles are tempered with love for humanity, or when love for humanity has disciplined principles, you find that rare paradox of a person who is humble in their interactions yet unshakable in their convictions. When unexpected love and forgiveness are wielded fiercely and proactively, they have real power to heal.

Prisoners Take Steps Toward Saving Millions on Health Care Before Release From Incarceration

By N. T. Butler
Journalism Guild Writer

San Francisco prisoners are enrolling in health care to take effect when they are released from jail, potentially saving the county millions of dollars, local newspapers report.

"A reduction in criminal behavior and repeated incarcerations associated with chronic health conditions is expected," Public Health Director Barbara Garcia wrote in a report.

Sheriff Ross Mirkarimi pro-

posed the change, saying, "The San Francisco Sheriff's Department will be one of the first county jail systems in the nation that's officially designated to enroll inmates into the Affordable Care Act," also known as Obamacare.

About 90 percent of the inmates at the county jail are eligible for the new health care law, Mirkarimi said. His office told the *San Francisco Chronicle* the move could save taxpayers approximately \$2,500 a year for each inmate who signs up.

The program could set up free or low-cost medical care for the majority of the 31,000 people incarcerated in San Francisco jails yearly after they are released, the *Chronicle* reported.

According to Mirkarimi, an estimated 90 percent of people in county jails around the country have no health insurance, and that same number are eligible for subsidized health care under the act. In California, many of those being released from county jail would qualify for Medi-Cal, which is avail-

able for individuals making less than \$15,857 a year, and covers medical treatment, mental health and drug treatment deemed medically necessary.

Officials say prisoners are more likely to suffer from a variety of chronic health conditions, such as HIV/AIDS, diabetes, high blood pressure, asthma, as well as needing chronic drug treatment programs and mental health services prior to release.

Mirkarimi projects a 20 percent reduction in future arrests

for those prisoners who sign up before they hit the streets. "The vast majority of jail detainees have no private or public health insurance or the financial resources for medical care upon release," he said in his written statement.

"Having access to medical care, mental health and drug treatment is so important for this population. I think this (proposal) is going to improve public safety," said Jeanne Woodford, former San Quentin warden.

San Quentin Inmates Embrace Yoga

By Rahsaan Thomas
Sports Editor

Yoga classes are so popular at San Quentin that some prisoners improvise to find a place to practice.

One of those prisoners is Bruce "Rahsaan" Banks, who leads a small group of inmates in yoga in the gym on Saturday and Sunday mornings, which are the only days it is open.

"I caught people's interest, who noticed I knew exactly what I was doing. That led to teaching, which is very rewarding because it helps me give back to my community," Banks said.

James Fox, founder and director of the Prison Yoga Project, has instructed San Quentin inmates in yoga for 12 years. He teaches yoga to a military veteran class as well as two different groups of regular inmates on Tuesdays and Thursdays, which has a waiting list of 20-25 inmates.

The waiting list led prisoners to improvise. "I have been on

the waiting list for over a year. I really want to participate because yoga can help me deal with my stress," said prisoner Noah Wright.

"I'm in the veteran class, but I'm looking for as many opportunities to practice as I can get," said inmate Leroy Williams Jr. He is trying to get into another class, and goes to the gym to practice moves he has seen on television and in Fox's book, *Yoga: A Path for Healing and Recovery*.

Yoga is like a medication that many need to help maintain their peace.

A recent Oxford University study found prisoners who went through a 10-week yoga program had a more positive mood, were less stressed and performed better on a computer test of their impulse control, according to a Sept. 20, 2013 *Post-Media News* article written by Douglas Quan.

"Yoga has all kinds of proven benefits, especially for trauma-impacted people. It's the mind-

body connection; it's the glue to the cognitive and emotional work the guys do in their groups. It helps relieve stress, PTSD, ADHD, hypertension, chronic pain and keeps one calm. Ideally, it should be practiced every other day," Fox said.

"Yoga is important to me because it provides peace and tranquility, as well as mental and physical wellness. It's poetry in motion," commented Banks. "That's why I take the opportunity to practice whenever the gym is open or room in a class is available."

Roger Brown, who recently paroled, first introduced and instructed Banks in yoga at California Men's Colony-East. Now Banks can do yoga positions like the "open wing eagle."

Fox says he would teach another class if there were available spaces. In the meantime, he gives out copies of his instructional book and recommends moves prisoners can do in their cells. The focus is always on breathing.

Correctional Guards Want Transfers From Facilities Connected to Valley Fever

By Wesley Eisiminger
Journalism Guild Writer

California needs to "make it easier" for prison guards to transfer away from facilities where there is a danger of valley fever, the correctional officers' union said in a report by *Bakersfield Californian*.

Valley fever has killed three employees and sickened 103 others over the last four years, said Jevaughn Baker, spokesman for the California Correctional Peace Officers Association.

A court has ordered the state to move about 2,600 inmates at risk of contracting valley fever

out of Avenal and Pleasant Valley prisons, Baker said.

Baker said the union sent a letter to the California Department of Corrections and Rehabilitation in July asking that employees at high risk of contracting valley fever be free to transfer to other facilities.

"We received the letter and are working on a response, which should be ready within 30 days," CDCR press secretary Jeffery Callison said in February. He added that the department does not quibble with the findings of a National Institute for Occupational Safety and Health study that concluded prisoners at Avenal and Pleas-

ant Valley state prisons are infected with valley fever at a much higher rate than the general population.

The state had commissioned the study because it was trying to find ways to reduce the rate of infection at the prisons, Callison said. "We've already been implementing some of the recommendations and others will be looked at in the future," he said.

For now, the prison is taking precautionary measures such as improving ventilation, putting in door sweeps to block outside dust and avoiding any unnecessary disturbing of dirt, Callison said.

Advocates Link Prison Arts-in-Corrections Program With Drop in Recidivism

By Emile DeWeaver
Journalism Guild Writer

Advocates say inmates who participated in Arts-in-Corrections and paroled are far less likely to return to prison.

Since California claims the highest recidivism rate in the country, Sen. Ted Lieu said the state could afford to use \$3-5

million of its \$2 billion plus surplus to mitigate recidivism.

Studies show that inmate art students generate fewer disciplinary problems and 70 percent of parolees are still out of prison after two years, a 40 percent improvement when compared to the general prison population.

"(V)irtually all of arrested prisoners will come out one day," Lieu said. "They will go back to our communities, and the question is, do you want them to commit more crimes, or do you want them to have a better way to express themselves, manage their emotions, learn new skills and be productive members of society?"

With studies and the support of groups like the California Arts Council and Tim Robbins' Actors' Gang behind him, Lieu said he plans to re-submit a request to restore arts in prison programs.

Many of San Quentin's Arts-in-Corrections programs are made available to inmates through donations by the Wil-

liam James Foundation, including Zoe Mullery's Creative Writing Class.

Mullery has taught creative writing in San Quentin for 15 years.

"The majority of people who come to my class are people that I feel are really working on being a person of integrity," Mullery said.

Wellness Corner

By Kris Himmelberger
Staff Writer



Vegetables are a great source of nutrition and the gateway to good health, but the San Quentin Prison population is falling short in receiving this important food source, according to an informal survey.

The United States Department of Agriculture advises women to eat at least two and a half cups of veggies per day, and advises that men should eat at least three.

Joan Salge, the author of "Nutrition & You," says Americans usually get about one and a half cups – way below the recommended amount. However, California state prisoners may be consuming even less than this.

W. Williams, a San Quentin prisoner housed in West Block, complained that the dining hall only serves one vegetable a day. He does not eat the salad because he thinks the dressing makes it too soggy. Williams is not alone. The survey found roughly 60 percent of the inmates said they eat just one vegetable per day.

B. Banks says that he is not getting enough vegetables and even these are over-cooked.

According to San Quentin's Assistant Food Manager, "San Quentin is in compliance with Title 15 (Crime Prevention and Corrections Code), which mandates we comply with the RDA (recommended daily allowance). Our menu is analyzed through Sacramento. We provide these veggies on a daily average. We are working to include more fresh fruits and veggies," he said. In other words, the vegetable requirements are, on average, met over the course of a week.

The code specifies, "Each inmate shall be provided a wholesome, nutritionally balanced diet." However, the code mentions specific allowances of fresh vegetables only in reference to pregnant female inmates.

Getting extra vegetables can present a challenge in prison because prisoners must eat what they are served. V. Ngyuen, a San Quentin prisoner, claims he only started eating vegetables after he came to prison. Now he thinks he does not get enough veggies and tries to buy them on the tier. "I like green beans, broccoli, bell peppers, onions and carrots. I try to eat them raw because they have more nutrients," he said.

Inmates Hold Jehovah's Witness Passover Memorial Service

By Juan Haines
Managing Editor

As the sun went down on April 4, San Quentin's Catholic Chapel opened its doors for a Jehovah's Witness Passover memorial service. Lee Tomaseo, Doug Niman and Paul Dawson, three Jehovah's Witness brothers from the community, held the service for several dozen inmates.

Jehovah's Witness brothers greeted the guests as they arrived. The greeters were inmates Richard Richardson, Aaron Martin, Richard Meyer, Darryl Kennedy and Marvin Arnold.

"The greatest act of love" was God's sacrifice of His first-born son, said Brother Niman. The memorial service was intended to recognize and appreciate this deed. "Why did He do this is what this talk is about," he said.

Niman read from Luke 22:19-20 as the basis for the memorial service. He explained to the audience why mankind in biblical times needed deliverance and the significance of Jesus' death

in accomplishing this.

"Humans needed to be delivered because of sin," he said. He went on to explain how this sin originated with Adam's consumption of the forbidden fruit. "As Adam's sin condemned all mankind, Jesus' perfect life saved all mankind."

"Why did he do this is what this talk is about"

"Jesus instituted a different way of dealing with His people," said Richardson. Nowadays, this change is represented by a series of sacraments during the memorial service.

Participants received unleavened Matzah crackers during the ceremony. Eating the bread symbolizes the act of once again becoming perfect and sinless, he said. "The cup represents a new covenant with God and the virtue of the blood of Christ." Prison regulations, however, would not

permit the inmates to receive wine.

During the memorial, the inmates also sang *Hail Jehovah's Firstborn* and *The Lord's Evening Meal*.

This memorial celebration occurs in 236 countries around the world, Niman told the audience. "Passover begins at sunset in New Zealand and goes around the world."

Last year, more than 19 million worldwide attended memorial services, according to Niman. "There were 8 million Jehovah's Witnesses, so the majority of people who attended the memorial were not Jehovah's Witnesses," he said.

According to Niman, memorial services happen everywhere in the world; in homes, prisons and even in bomb shelters. He said there are services even in places where practicing Jehovah's Witness is banned.

Jehovah's Witness meetings are held on Wednesdays at 6:30 p.m. for English-speaking inmates and on Saturday at 10:30 a.m. and noon for Spanish-speaking inmates.

RELIGION

Emotions Flow as San Quentin Shows Passion of The Christ

By Jarvis "Lady Jae" Clark
Journalism Guild Writer

There were tears and a standing ovation as about 100 San Quentin inmates viewed a film on the crucifixion of Jesus Christ.

"I was extremely moved. It's like I'm at a loss for words," said Curtis Jefferson, an inmate who viewed the *Passion of the Christ* movie for the first time.

It was the annual showing of the Academy Award-winning production of the film directed by Mel Gibson.

It's the film story of courage and sacrifice. It depicts the final 12 hours in the life of Jesus Christ, and His resurrection on the third day.

Attendance was moderate, but *Passion of The Christ* was well received.

Chaplain Mardi R. Jackson hosted the April 18 event. Jackson has been with the California Department of Corrections and Rehabilitation for more than nine years. She is the first woman Protestant chaplain at San Quentin. She has been with the Garden Chapel nearly three years.

"Hurt and sorrow" were but a few emotions Jackson expressed while watching *Passion*. "I feel His suffering and gratefulness for His sacrifices," said Jackson. "The gift of eternal life that because of Him, we now have."

"When Jesus was on the cross, even after He was crucified, after all that He had been through, He still found forgiveness in His heart," said inmate Dean Felton, 46.

"And He looked up to the heavens and asked His Father, our God, to forgive them, 'for they know not what they do.' Wow!"

"How He was treated, no mortal man today could've stood that punishment, and live today"

Passion of the Christ was subtitled, because it was filmed in Aramaic, an ancient language of the people and culture in southwestern Asia. A number of viewers said they found it to be easy reading, and followed the plot without missing any action.

"How He was treated, no mortal man today could've stood that punishment, and live today. Meaning: that He died for our sins. I really believe that," said inmate James H. Horsted, 70. "Passion of the Christ means for me love, mercy, cherish and treat people the way He loved us all."

Inmate Ron Koehler said, "The movie is incomplete. It doesn't show the true power of Christ, His power over death. It showed the interruption in Christ, not the perfection."

The movie screened on Good Friday, the day He was executed, and two days before Easter Sunday, the day scripture reports He rose from the dead.

S.Q. Congregation Celebrates Easter Banquet in Catholic Chapel

"How good it is for brothers and sisters to come together in unity and love"

By A. Kevin Valvardi
Journalism Guild Writer

The congregation of Our Lady of the Rosary Catholic Church at San Quentin came together in celebration during their annual Easter Banquet.

The banquet was held on Sunday evening, April 27, from 5:30 - 7:45 p.m., in the main sacristy of the Catholic chapel, and was attended by numerous inside and outside church members and guests.

The celebration began with

a reading from the Gospel and a prayer by the pastor, Fr. George Williams. The serving of a sumptuous meal by several kitchen workers and other Catholic prisoners followed it.

"How good it is for brothers and sisters to come together in unity and love," stated Shai Alkebulan, regarding the event.

The parishioners and other attendees were treated to turkey, hot links, flour tortillas, Spanish rice, baked potatoes and buttered broccoli, with a

taco meat substitute for the vegetarians. In case that was not quite enough, there was frosted cake and ice cream for dessert.

Reiterating the sentiments of others at his table, Patrick Flynn exclaimed, "It's a really wonderful meal and we're very grateful."

"I'm just happy that you guys are able to have a good meal, and that the good Lord has been smiling on you," stated outside parishioner "Mother" Earline Gilbert.

Affordable Care Act Benefits Ex-Prisoners After Incarceration

'We just take them to the end of incarceration, and drop them off a cliff'

Continued from Page 1

able health care," said the *Magazine*.

According to the *San Francisco Chronicle*, to assist newly released inmates from San Francisco County Jail, last January, Sheriff Ross Mirkarimi introduced legislation to the Board of Supervisors that would make it standard protocol for the sheriff's office to help inmates sign up for Obamacare.

"The San Francisco Sheriff's Department will be one of the first county jail systems in the nation that's officially designated to enroll inmates," Mirkarimi said in a *San Francisco Chronicle* article.

Obamacare would save tax-

payers millions of dollars by reducing the number of newly released people who receive treatment in emergency rooms, according to the San Francisco Sheriff's Department.

"Enhancing access to integrated health care for the uninsured is not only a wise public health move, but it's also wise public safety strategy," Mirkarimi said in the *Chronicle*. "There is nexus between repeat incarceration and poor chronic health, especially people suffering with mental illness or substance addiction."

According to the *Chronicle*, when inmates were released and needed medical or mental health care, they had to fend for themselves. Often, that

process led them back to jail or prison, as they were unable to find affordable health care.

"Health care for former inmates should be viewed as a public safety issue"

Under Mirkarimi's plan, the city will save about \$2,500 per year for each inmate it enrolls, as county jail inmates are more likely to have chronic conditions such as hypertension, diabetes, asthma and

arthritis, as well as substance abuse and mental problems, according to the sheriff's department.

"Health care for former inmates should be viewed as a public safety issue," said Jeanne Woodford, former warden of San Quentin Prison and senior fellow at Berkeley's Chief Justice Earl Warren Institute on Law and Social Policy, in the *Chronicle*.

The U.S. has had an "epidemic of incarceration over the last four decades," said Josiah Rich, professor of medicine and epidemiology at Brown University.

Rich said there is little argument over why the national prison population soared from a stable 200,000 inmates to

over 2,000,000 in the past few decades. He said that President Ronald Reagan defunded federal mental health programs more than three decades ago and as a result, many people landed on the streets. Today, many of those make their beds in prisons and jails.

According to Rich, in the early 1980s, the number of inmates began to skyrocket as many of the patients were not treated, and were picked up by the criminal justice system.

"We just take them to the end of incarceration, and drop them off a cliff and say 'good luck,'" Rich said in *Newsweek*. If all you have is a hammer, pretty soon, everything looks like a nail.

California Appeals Court Rules Felons 'Physically' In Possession of a Firearm Qualify as a Strike

By C. Kao
Journalism Guild Member

The California Court of Appeals ruled that a felon "physically" in possession of a firearm qualifies as a third strike under the state's for Three Strikes law.

The news is a setback for the state's 280 third-strikers whose third strike was possession of a firearm and who were attempting to be re-sentenced and released under Proposition 36, the Three Strikes Reform Act of 2012.

California voters overwhelmingly approved the Reform Act in November 2012.

The Act excludes defendants who were armed with a firearm or deadly weapon during the commission of a crime.

In California, possession of a firearm by a convicted felon is a felony, and under pre-Proposition 36 qualifies as a third strike.

Before the Reform Act, any felony could count as a third

strike and required a minimum sentence of 25 years to life. After the Act, the third strike has to be a serious or violent felony.

With the passage of Proposition 36, Superior Court judges around the state began issuing conflicting decisions on whether defendants qualify for re-sentencing. The question, precisely, was whether someone convicted of simply *possessing* a firearm was in fact armed during the commission of the crime.

In Kern County, two judges rejected requests to resentence prisoners serving Three Strikes sentences for gun possession, while a third judge granted such a request, the *Los Angeles Times* reported.

According to the *Times*, a judge in Santa Clara County also made a ruling that being a felon in possession of a firearm did not disqualify a third-striker from a sentence reduction under Proposition 36.

Yet a San Diego Superior Court judge ruled otherwise and denied the re-sentencing request

of Mark Anthony White.

In denying White's request, the court found he was ineligible for re-sentencing because he was *armed* with a firearm during the commission of his current offense--- possession of a firearm by a felon--- within the meaning of the "armed with a firearm"

exclusion set forth in the act.

On appeal, the superior court ruling stood. White has spent nearly two decades behind bars for felony gun possession.

The decision, however, suggests that *constructive possession* of a firearm by a felon (e.g., having a gun in the trunk of a

car one is driving) may open a possibility for defendants whose third strikes were felony gun possession and whose records indicate they only constructively possessed the firearm.

The state Supreme Court will decide if it will hear an appeal of the ruling.

State's Prison Agency Predicts 10,000 More Inmates in Five Years

By Wesley Eisiminger
Journalism Guild Writer

The California prison population is expected to grow by 10,000 inmates in five years, according to forecasts from the state's prison agency.

The increase could complicate Gov. Jerry Brown's effort to reduce prison overcrowding in response to a court order capping the inmate population at 137.5 percent of design capacity, the *Los Angeles Times* reports. The judges ruled prison overcrowd-

ing has created unconstitutionally dangerous conditions.

To reduce prison overcrowding, Brown implemented the Realignment Plan in 2011. Realignment requires the state's 58 counties to keep low-level offenders in its county jails rather than sending them to state prison.

The hike will occur even with Brown's plan to add 3,700 more prison beds over the next two years. The projected increase comes after six years of declines, according to the California De-

partment of Corrections and Rehabilitation.

"Our department gathers data like this so that we can project our future populations"

However, *Times* reported that the reason for the increasing prison population is unclear. The article cites that County prosecutors "dispute claims" they are "pursuing charges that put felons in prison instead of jail."

The state reports the number of felons arriving in prison with two strikes began to rise immediately after the Legislature passed Brown's realignment program in late 2011. Two Strikers make up more than 34,000 inmates, a record high.

A copy of a document that administration officials showed the prosecutors group displays a handful of counties responsible for most of the increase. They are led by Riverside and Fresno, which increased second strike convictions by 34 percent and 86 percent, respectively.

The new projections were released in late December, months later than normal. Corrections officials said the report was not deliberately delayed but subject to several months of internal review, prolonged by the need to explain the shift in direction.

"Our department gathers data like this so that we can project our future population and make appropriate staffing, facility and funding decisions," said department spokesman Jeffrey Callison.

American Bar Association Suggests Need To Start Reducing Excessive Criminalization

By Ted Swain
Staff Writer

America needs to curb excessive criminalization of its people, according to the chair of the American Bar Association.

"Reducing over-criminalization saves taxpayer money and improves the lives of all citizens," said ABA Chairman William Shepherd.

America clearly needs a comprehensive review of the over-use of criminal law, said Shepherd, who represents more than 400,000 attorneys nationally. He made the comment in a June 2013 appearance before the House Task Force on Over-Criminalization.

Inappropriately federalized crimes cause serious problems in the administration of justice, according to Shepherd. The federal legal system is facing the same problems states are facing. One of the principal

problems is that inappropriately federalized crimes threaten the fundamental allocation of responsibility between state and federal governments.

"Reducing over-criminalization saves taxpayer money and improves the lives of all citizens"

Testimony included facts about other ABA authorities. As an example, one aspect of the overuse of federal law in criminal prosecutions is that it increases unreviewable federal prosecutorial discretion. The immense number of laws are traps to the unwary and threaten people who would never consider breaking the law, former Attorney General

Edwin Meese said at the ABA Fall Conference.

Shepherd said there are many examples of laws that impose criminal penalties, including jail or imprisonment, without a requirement to find criminal intent.

Shepherd said over-criminalization factors into the mass incarceration cost to taxpayers. According to his testimony, in 2011 there were nearly 7 million offenders under supervision in the United States adult penal system.

With more than 2.2 million in prison or jail, almost half are incarcerated for non-violent offenses, studies show. Reducing prison populations has shown no marked increase in crime or effect on public safety, according to the three-judge panel overseeing California's prison overcrowding problem.

Taxpayers spend about \$53.5 billion to maintain state prisons (20 percent in California

alone), and another \$6.5 billion for federal prisons, reports the *VERA Institute of Justice*. The federal government houses more than 200,000 people for about \$6.5 billion, while the state of California houses about 120,000 people for twice that figure, the institute reported.

Shepherd said the impact is far greater than just the unnecessary financial burdens shouldered by taxpayers. It is clear there is much damage to the lives of those incarcerated in the over-criminalization binge, said Shepherd. He said that incarceration has been proven to have a negative impact on future income, employment prospects and family of those affected.

The *VERA Institute* cites evidence-based statistics which it says show there is virtually no evidence to support assumptions that prison sentences affect crime, recidivism, or public safety.

Research Links Family Connections With Fewer Behavioral Problems

By Kevin D. Sawyer
Journalism Guild Chairman

Research suggests that incarcerated youth who receive visits, phone calls and letters have fewer behavior problems and perform better in school.

The research on incarcerated adults, done by the Vera Institute of Justice, said there is "limited research" as to whether family visits affect the behavior of incarcerated adults.

"Vera researchers found that family visitation of incarcerated youth was associated with improved behavior and school performance," the study said.

"These findings highlight the importance of visitation and sug-

gest that juvenile correctional facilities should try to change their visitation policies to promote more frequent visitation with families," the study reported.

Vera research staff visited four youth correctional facilities to survey volunteer offenders. Survey questions queried participants about their perception of contact with family by either visit, letter or telephone.

"The analysis explored the relationship between family visitation and two juvenile correctional outcomes: 1) behavioral incident rates and 2) grade-point average (GPA)," it was reported.

According to the study, researchers examined incidents of behavior rates of youths who re-

ceive no visits, infrequent visits and regular visits. The association of visits and GPAs were also studied.

"Youth who were never visited had statistically significant higher behavioral incident rates compared to youth who were visited infrequently or youth who received regular visits," Vera Institute reported.

For youth who received regular visits, their behavior incidents per month were four; for those who received infrequent visits, their incidents per month was six; and for youths who never received visits, their incidents per month rose to 14, the study reported.

The research focused, in part,

on public safety when offenders returned to their communities. "Phone calls, letter-writing, and visitation with family members, and other so-called 'pro-social supports,' help sustain these relationships," the study reported.

The study indicates visiting may be associated with positive youth behavior. "Youth who had never received a visit exhibited the highest rates of behavioral incidents; as visitation frequency increased, the number of behavioral incidents decreased," the study reported.

The study said behavior among youth who most often received visits was associated with an "improved or higher GPA."

Benefits resulting from youth

who receive family visits are often met with "significant barriers." Distance is one of these barriers when a juvenile is placed in a facility far from home, because these youths are less likely to receive a visit during confinement, the study said.

"Similarly, although frequent visitation was associated with a higher GPA, it is unclear if school performance changed (improved or decreased) after the incarceration," the report concluded.

"Facilities can benefit immensely by changing their visitation policies to encourage frequent contact between family and incarcerated youth," the report concluded.

Prisoner Freed After Spending Almost 25 Years Behind Bars

'For a long time I thought I was in control of my addictions'

By Tommy Winfrey
Art Editor

Robert "Red" Frye stepped out the gates of San Quentin a free man on April 17, after almost 25 years of incarceration. Convicted for his role in a murder in Long Beach CA in 1989. Frye arrived at San Quentin in 2000.

"For a long time in prison I was stoic," Frye said. Because he was not the triggerman in his crime, "I was in denial about my culpability and responsibility in the murder."

In 2004, Frye started to transform the way he thought about his crime after joining the Victim Offender Education Group (VOEG).

"I was in the second VOEG group at San Quentin with Rochelle Edwards, and I began to look at my crime in a different way because of this group," Frye said. "The group helped me to take responsibility."

The night before Frye paroled, he spoke to the graduates of the VOEG Next Step group in the Protestant Chapel. "Here I am leaving after 25 years of incarceration and I see a room full of men that are worthy, maybe more worthy than me, to go out there and be productive members of society," he said.



Photo by Sam Hearn

Leroy Lucas and Robert "Red" Frye in the Protestant Chapel

He also admitted that he still had some rough edges, but he was willing to work on them.

Frye acknowledged the Restorative Justice and Narcotics Anonymous groups had a huge impact on his life as well.

"For a long time, I thought I was in control of my addictions, but I wasn't," Frye

said. "NA helped me with my spirituality," something Frye admits he was lacking for a while.

When Frye began to attend the Catholic services at San Quentin, he realized that he needed some personal work. "Church helped me with my deceptive nature, my lying,

manipulating and all that I thought I need to do as a prisoner," said Frye.

"In the past I put on a facade, and wore a tough guy mask so I wouldn't be messed with," Frye acknowledged.

But, the death of his cellie, Ricky Earl, in 2007 made the biggest mark upon his life.

"I became Ricky's hospice nurse when he was dying of cancer," Frye said. "Ricky and I were born five days apart, and we became really close. I helped him get his G.E.D.," Frye said proudly.

He says the experience of caring for Earl changed his life. "His death and journey allowed me to be vulnerable and break down my walls," said Frye. "I cried more for that man than anything else in my life."

Earl's death was a clear and defining moment in Frye's life.

On Frye's last night in San Quentin, he admitted that he was going to miss the men he was leaving behind. He told the story of a man who left San Quentin almost 10 years ago. This guy compared leaving prison to having survivor's guilt. "He said it was like being the lone survivor of a plane crash," said Frye.

Frye said he was going to take some time to adjust to the transition to living life as a free man before he decides what he wants to do with his life.

"One thing I want to do is get my feet wet in the ocean," said Frye. That dream came true on April 17 in Stinson Beach.

The Chicago Bureau: Obama's Administration Scrutinizes 'Zero Tolerance' Policies

By R. Malik Harris
Staff Writer

President Barack Obama's administration criticizes zero-tolerance policies, which often turn schoolchildren into criminals, according to Susan Du of *The Chicago Bureau*.

The White House acknowledges that the so-called "school-to-prison pipeline," the term used by the American Civil Liberties Union to explain the connection between expelled schoolchildren and high juvenile incarceration rates, is real.

"A routine school disciplinary infraction should land a student in the principal's office, not in a police precinct," said U.S. Attorney General Eric Holder, in a report by *The Dallas Morning News*. Zero-tolerance poli-

cies became popular following the Columbine school shooting in 1999. Such policies "spell out uniform and swift punishment for offenses such as truancy, smoking or carrying a weapon."

"A routine school disciplinary infraction should land a student in the principal's office, not in a police precinct"

The Chicago Bureau reported that zero-tolerance policies are applied to black and Hispanic

students more than to white students, even though U.S. Department of Education statistics show both groups are breaking the rules at an equal rate. The disparity is greater in school districts where African-American and Hispanic children make up a fraction of the student body.

New York City provides an example of the disparate treatment of African-Americans, who make up about one-third of the student population, according to Mychal Denzel Smith of *Nation* magazine. *Nation* cites Molly Knefel of *Rolling Stone* magazine, who revealed that during Michael Bloomberg's tenure as mayor, half of the students suspended were African-American.

Recommendations by the Obama administration are

meant to encourage school districts throughout the country to end racially disproportionate practices that criminalize the behavior of minorities. *The Dallas Morning News* reports that the administration will work out "voluntary settlements" when federal civil rights of children in schools are violated.

Daniel Domenech, executive director of the School Superintendents Association in Texas, called out-of-school suspensions "outdated" in the 21st century, according to *The Dallas Morning News*. However, there has been little to no federal funding for alternative solutions to juvenile delinquency, such as restorative justice measures, the report finds.

Mariame Kaba, founding director of Project NIA, a non-

profit Chicago-based organization working to minimize juvenile exposure to the criminal justice system, is working to replace zero-tolerance policies with restorative justice solutions in the Chicago Public School District, *The Chicago Bureau* reports.

Kaba discussed creating "peace rooms" for children in the schools to resolve conflict and disciplinary problems rather than arresting and charging them. Kaba trains teachers and school administrators to operate "peace circles" for students as a way to reverse the "school-to-prison pipeline" effect.

Kaba told *The Chicago Bureau* that the response by the administration to zero-tolerance policies has "validated" their work and advocacy.

Judge Lambden Speaks About the Differences Between the Prison and Court System

Continued from Page 1

First I always wanted to, and as luck would have it, I was invited by the Hope for Strikers and Lifers Group. I'm looking forward to this time with you today," the judge said.

A leader of the inmate group, Forrest Jones, said, "We wanted to bring him in to have a dialogue where we could share with him and he could share with us." Jones said two of the founders of the group, Eddie Griffin and Sajid Shakoor, have since paroled under Proposition 36.

Jones is serving a 25-year-to-life term for burglary under the Three Strikes Law. He said he thinks Proposition 36 might

help many prisoners earn parole.

Judge Lambden expressed his views regarding the future of Proposition 36 and California prisons.

Proposition 36 modifies the Three Strikes Law approved by California voters in 1994 – to impose a life sentence only when the third felony conviction is serious or violent, Lambden commented. It also allows prisoners currently serving life for a third strike to apply for re-sentencing if their crime was not serious or violent.

"Right now there are three important cases regarding Proposition 36: *People v. McCloud* D063459 and *People v. White* D063369, were denied

January of this year. *People v. Soto*, B249197 is still pending in the courts," Lambden said.

The main question in McCloud was the distinction between being armed and having possession of a weapon in the underlying qualifying offense. Either way, these cases are going to affect those within the framework of Proposition 36, Lambden said.

For over two decades, Judge Lambden worked across San Francisco Bay from San Quentin. During those times, he wanted to learn more about prisons, but he could not because of the way the system is set up, he commented.

"I was prevented from expanding my knowledge of

prisons because when you become a judge, you lose a lot of your first amendment rights," Lambden said.

Before his retirement, Lambden sat on the bench for 25 years, and after being sworn in, he said, his role changed from ordinary citizen to an officer of the California Court of Appeals, 1st District, Division 2.

"After that, I had to be careful when I discussed politics, because as a judge, I had influence and I wasn't supposed to speak about any matters that came before me like politics, or prisons that involved politics," Lambden said.

Judge Lambden was appointed as a judge to the Alameda

County Superior Court by Gov. George Deukmejian in 1989. Lambden said the first two years he worked on felony cases. That "taught me a lot, and not only about criminal law, but I learned a heck of a lot about sentencing," said Lambden.

In 1996, Gov. Pete Wilson appointed Judge Lambden to the Court of Appeals. Since then there has been a big swing in prison reform, which revolves around public opinion, Lambden said.

"There are several changes coming on the horizon since the voters approved Proposition 36," said Lambden. "With the laws always changing, we'll just have to wait and see."

1. Juneau, Alaska—Goose Creek, the state's newest prison, was built in 2012. It is 64 inmates short of its housing capacity of 1,472 inmates, reports The Associated Press. Alaskans pay \$58,000 a year to house each of the state's inmates. The state Senate recently passed a bill designed to find alternatives to incarceration and to re-evaluate its sentencing laws.

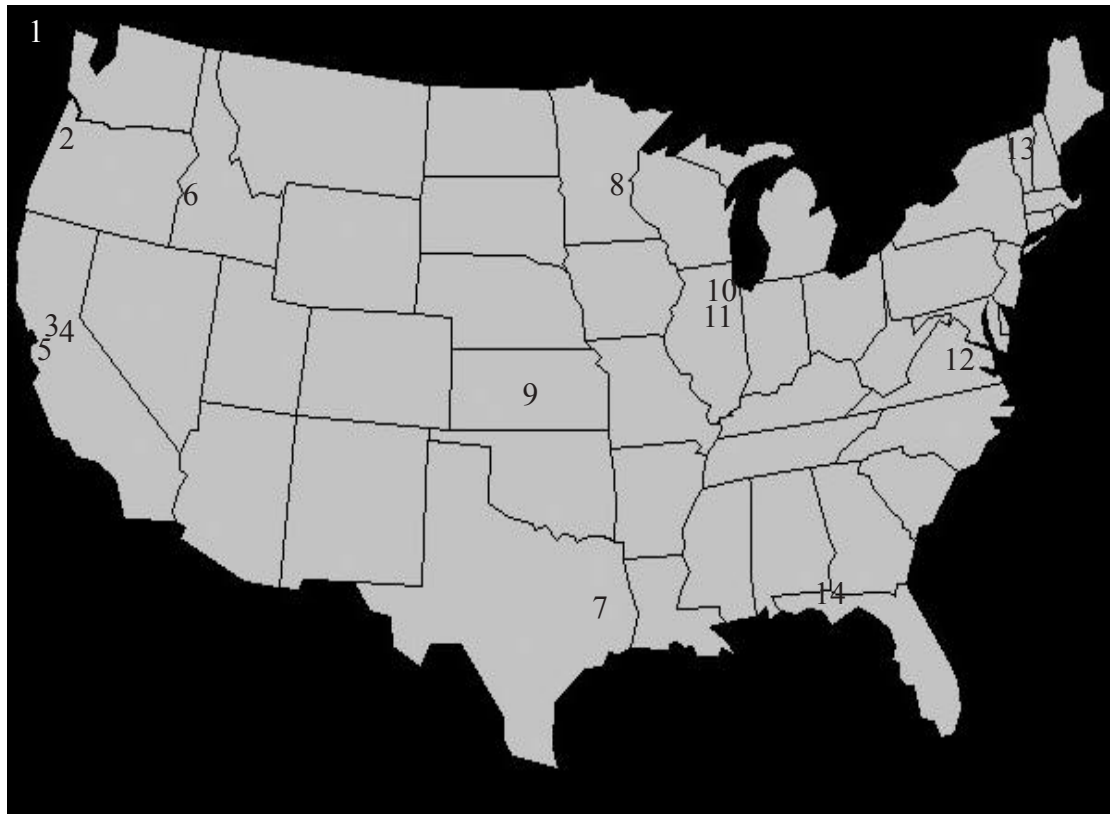
2. Portland, Oregon—Parenting Inside Out (PIO) — a program designed to “give parents skills to parent their children from prison and when they return to the community, reduce recidivism through strengthening family connections, and reduce intergenerational criminality”— is now included on the National Registry of Evidence-based Programs and Practices. More information can be found at www.parentinginsideout.org.

3. Sacramento—Morgan Stanley is leading a deal that would generate \$793 million in bond revenues to fund two new in-fill construction projects, one at Mule Creek and the other at Richard Donovan Correctional Facility. Construction at the two sites is slated to begin in May, Reuters reported.

4. Folsom—The California Prison Industry Authority, along with the California Department of Corrections and Rehabilitation, has launched a Computer-Aided Design certification program at the Folsom Women's Facility. The first-of-its-kind training program will also assist participants in obtaining jobs in architectural, mechanical or engineering fields upon their parole, reports the Sierra Sun Times.

5. Oakland—Operation Ceasefire is the centerpiece of Mayor Jean Quan's crime reduction plan and a key to her re-election campaign, reports The San Francisco Chronicle. Oakland launched Operation Ceasefire in

News Briefs



2012. In the Chronicle report, Kevin Grant — who runs street outreach for the program — said it is a chance for ex-offenders to “get on the right tract and end up at a good station.”

6. Boise, Idaho—Corrections Corporation of America is under investigation for an Idaho prison with a reputation so violent, inmates reportedly dubbed it “Gladiator School,” reports The Associated Press. The Federal Bureau of Investigations began investigating accusations of rampant understaffing at the prison in February.

7. Huntsville, Texas—Ray Jasper, 33, was executed by lethal injection on March 19, reports The Associated Press. Jasper was convicted for a knife attack and robbery more than 15 years ago that killed a recording studio

owner.

8. St. Paul, Minn—Restore the Vote Coalition is lobbying state legislators to change state law to restore the voting rights of felons who have served their time, reports Minnesota Public Radio News. “It’s a civil rights issue that will allow thousand of people to have a say in the political process,” RVC representatives said in the report.

9. Hutchinson, Kan.—The state's department of corrections

has developed a mentorship program that has connected some 150 inmates with 110 life skills mentors, reports The Hutchinson News. Since the program began in 2012, nearly 3,350 matches have been made with about 700 offenders completing its one-year curriculum.

10. Chicago—About 100 inmates who were juveniles when they were convicted of murder and given mandatory life terms will receive a new sentencing

hearing following a recent ruling by the state Supreme Court, The Associated Press reports.

11. Peoria, Ill.—Christopher Coleman spent nearly 20 years in prison before the state's attorney dropped all charges against him, reports The Journal Star. Coleman was convicted for the rape of a 16-year old girl in 1994. Problems with “the evidence, including the death of an eyewitness as well as others recanting their testimony,” led to charges being dropped in the interest of justice.

12. Richmond, Va.—DNA testing has cleared the name of Percell F. Warren, who died in December 2012 while serving a 160-year term for a 1996 rape. The Innocence Project has filed additional paperwork with the Virginia Supreme Court to clear Warren's brother-in-law, Nathaniel E. Epps, who is serving a 153-year term for the same crime.

13. Montpelier, Vt.—The legislation currently under consideration to change the way drug-related crime is treated in the criminal justice system would be one of the most comprehensive state laws in the nation, according to a report by The Associated Press. The current diversion program has been reported as a “soaring success,” with at least 80 percent of participants conviction-free after a year.

14. Tallahassee, Florida—Robert Lavern Henry, 55, was executed by lethal injection on March 20, Reuters reports. In 1987, Henry was convicted for killing two of his co-workers.

Editor's Note

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

Website Offers Help to Families of those Incarcerated

A new and free search engine, www.PrisonPath.com, provides information for the public. The site helps users in clarifying confusion and fear of the unknown when a loved one is charged and arrested, or sentenced to imprisonment in the United States. PrisonPath provides information including the ability to find a person incarcerated, visitation rules, contact numbers, and more about every American prison or jail. 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
(No street address required)

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

U.S. Inmate Population Data Numbers Blurred

Continued from Page 1

conceive of prisons as separate from the rest of our society,” said PPI.

The study explains that “jail churn is particularly high because at any given moment most of the 722,000 people in local jails have not been convicted and are in jail because they are either too poor to make bail and are being held before trial, or because they’ve just been arrested and will make bail in the next few hours or days.”

PPI said there are “disparate systems of confinement in this country. The study found there are 1,719 state prisons in the U.S., 102 federal prisons, 2,259 juvenile correctional facilities, 3,283 local jails and 79 Indian Country jails.

“Now that we can, for the first time, see the big picture of how many people are locked up in the United States in the various types of facilities, we can see that something needs to change,” said PPI.

“The United States locks up more people per capita than any other nation. But grappling with why requires us to first consider the many types of correctional facilities and the reasons that people are confined there,” the report says.

The study reveals how drug categories for the incarcerated “carry an important caveat.” One example of this is the 15,000 children confined “whose most serious offense wasn’t anything that most people would consider a crime.”

PPI reported that nearly 12,000 children are locked up for “technical violations” of the conditions of their probation or parole, which has no association with a new offense.

Viewing incarceration by taking a whole-pie approach, PPI says, can provide Americans who are ready to take “a fresh look at the criminal justice system --- the tools they need to demand meaningful changes to how we do justice.” www.pris-onpolicy.org/reports/pie.html

San Quentin News

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SPORTS

Tennis Season Begins in S.Q.

By **Rahsaan Thomas**
Sports Editor

Inside Tennis Team kicked off its season against Sharon Skylor and her crew, with ITT winning two of the three matches.

Skylor and her partner, Lar-

ry Smith, won 4-0 against Tim Thompson and N. Young.

In two games where the net got tall, the victory came down to the deciding clutch point. Mark Jordan and Paul Alleyne managed to pull it out after a volley, defeating Smith, partnered with Jennifer, at 4-3. In the other nail-biter, ITT's Orlando Harris and Terry Slaughter defeated Smith and Jennifer, 4-3.

Skylor has been coming to play tennis in San Quentin for three to four years and just acquired her "Beige Card," which allows her to bring in approved guests to partner with. To get her beige card, she had to go

to a four- to five-hour training session and learn "every rule under the sun." Nevertheless, she says it was worth it.

"I really enjoy giving inmates a sense of normalcy. I think it's important to give inmates the opportunity to talk to someone who's not in prison," says Skylor. "Guys in here behave better than people on the outside."

"I'm glad the guests are back. I love talking to people who live normal lives. I like to ask about the latest tech," said Allyene.

"It's fun. I love teaching and seeing somebody who wants to learn. Try teaching your kids," said Smith. He has been playing tennis since he was 7. He taught top-ranked juniors in Southern California and also a boys and girls team.

Smith learned about playing tennis inside San Quentin against inmates from a movie with the Bryan brothers. He thought it was cool and wanted in. Now he loves it.

"It's always the most fun,



Photo By Raphaelae Casale

Ronnie Mohamad, Sharon Skylor, Rick Hunt and Paul Alleyne

most interesting group of guys, much more fun than playing snotty club dudes," said Smith.

"These are a group of individuals with life stories, not just a bunch of trust-funders."



Photo By Raphaelae Casale

Larry Smith and Jennifer



Photo By Raphaelae Casale

Terry Slaughter and Orlando Harris rallying.

Thrilling Finish of 4x400 Relay Winds Up Meet

By **Aaron "Jeddi" Taylor**
Sports Writer

Carlos Ramirez ran down Eddie Herena – who had a 37-meter head start – in the last leg of the 4x400 relay race at the 1000 Mile Club's track meet in an exciting finish you wouldn't believe even if you saw it on CNN.

Ramirez passed Herena on the back stretch, turning the final corner and sprinted ahead with 15 yards left to the finish line.

"He was the better runner today," said Herena of Ramirez. "This morning, he is the winner."

The 4x400 meter relay was the final event of the morning filled with several races.

To begin the day, Bernard "Abdu'r RaHiym" Ballard, 40 years of age, won the One Mile event with a time of 5:39.

"Man, I just stretched. I thought about how bad my hamstring was killing me from running on Monday," said Ballard. It was Ballard's first win since becoming a member of the 1000-Mile Club. "It showed what I am capable of, and what I could be if I stay focused and dedicated."

Diana Fitzpatrick, one of the sponsors for the 1000-Mile Club, said, "It's a perfect morning for the track meet; great participation and effort by all the runners. We've gotten close to a couple of records, but none broken so far any way."

The 100-meter dash included separate races for those age 50 and over and under age 50. Tone "Barefoot Tone" Evans (50) won the 50-plus event against Dennis Barnes (64) with a time of 12:4, which he ran barefoot, and made it into the record books. Evans beat the former record

holder, Dallas Eaton, by a full second (13:12)

"I was chasing the 50 and over record. I now hold the record at San Quentin with the time of 12:4," said Evans. "Dallas Eaton was the former record-holder at 13:12. He was my mentor. Today, I am the greatest. I'm humble, but I snatched the pebble from my teacher's hand today,"

In the under-50 category, John "Dunie" Windham, 44, of Sacramento crossed the line in 11:1, followed by Jamar Smith, 33, from Los Angeles.

"I tip my hat to Dunie," said Smith. "It's a reason that they call him 'The man with the 24th chromosome.' He's 11 years older than I am, but he's built as if he plays semi-pro ball. I knew he was my only competition when we stepped to the line. He got me by a full second on the clock, 12:3. I respect that," said Smith.

In the 200-meter dash, Larry Ford, 58, took the 50-plus category with a time of 30:49.

"I eat these old dudes for breakfast," said Ford after the race. He beat Barnes, who is 64. "The youngster got me today," Barnes said, laughing.

Ralph Ligons, All-American track star for Sacramento State, 1971-74, stood at the finish line for all the events. "Today is fantastic! We have track meet level speed and, next time, we'll start a little later so more people can be involved." Ligons smiled as another group of half-milers came across the finish line. "It's always a pleasure to work with the guys who participate in the 1000-mile events."

One-MILE RUN: Bernard Ballard, 40, 5:39; Chris Scull, 35, 5:47; Jose Sandoval, 31, 6:12; Larry Ford, 58, 6:18; and Marlon Beason, 34, 8:22.

100M DASHES: 50-plus:

Barefoot Tone Evans 50, 12:41 and Dennis Barnes 64, 16:10.

Under 50: J. Windham 44, 11:1; J. Smith 33, 12:3; E. Scott 46, 13:2; Beason 34, 13:6; R. Thomas 43, 14:9.

QUARTER MILE: Carlos Ramirez, 36, 1:04:02; Stacy Bullock, 54, 1:12:45; E. Scott, 46, 1:18:46; Louis Hunter, 54, 1:21:33 and Beason, 34, 1:43

200M DASH: 50-plus: Larry Ford 58, 30:49 and Dennis Barnes 64, 34:03,

Under 50: J. Windham, 44, 23:54; Eric Sandoval, 31, 27:42; Abdu'l WaHid Moody, 44, 28:55 and Beason, 34 30:93.

HALF MILE: Eddie Herena, 30, 2:26:43; Miquel Quezada, 32, 2:48; L. Ford, 58, 5:05 and Beason, 34, 8:07.

4X400M RELAY: Evan, 50 (in shoes) v. Stacy, 54; Rahiym v. Chris; Quezada v. Sandoval and Eddie v. Carlos Ramirez: 4.24.65-4.21.13 respectively.

Bragging Rights Go to San Quentin Prison Report for Beating S.Q. News

By **Nate Collins**
Contributing Writer

San Quentin Prison Report won prison bragging rights by defeating the San Quentin News in a half-court game of four-on-four basketball, 31-18.

"I told you y'all couldn't beat us," bragged Troy Williams after the game was over.

The newspaper crew started off on the wrong foot, as several key players didn't show up to play, including Kris Himmelberger, Malik Harris, Richard "Bonaru" Richardson, JulianGlenn Padgett and Phoeun You.

"I was disappointed that we had no support. They had their whole team and we had to recruit people off the streets," said the News' Juan Haines.

The game took place in the gym on Saturday night, April 5, before a crowd of about 50 prisoners.

During the second play of the game, Report player Greg Eskridge came down over the News' Rahsaan Thomas' back with an accidental elbow to the temple. The blow opened up a cut which wouldn't stop bleeding and Thomas left the game for about 10 minutes.

"Whatever it takes to win," Eskridge joked about the mis-

hap. The News started off with the lead as Haines scored from the three-point line, but it was short lived. Wallace "Sha" Stepter was on fire for the Report, hitting mid-range jumpers from everywhere. Meanwhile, Eskridge controlled the boards.

Down 28-14, the News tried to come back, but their efforts were stopped at 31-18 when Brian Asey hit the game-winning basket.

Stepter led the Report with 10 points, Curtis "Wall Street" Carroll added seven, Williams scored five with seven rebounds, Eskridge score four with 13 rebounds.



Photo By Sam Heames

Harold "Boo" Meeks, Greg Eskridge, Wallace "Sha" Stepter, Andre Yancy, Troy Williams, Brian Asey, and Tommy Ross. Squatting down is: Curtis "Wall Street" Carroll

The Report posted a 40-20 rebounding edge.

Joe Demerson played for the short-handed News team and led with eight points.

Special rules applied where field goals counted as one point, except those from three-point range, which counted as two.

San Quentin Giants Fall to the Cubs, 11-10

By Aaron "Jeddi" Taylor
Sports Writer

It was the bottom of the ninth, the bases were loaded with a full count and the San Quentin Giants were trailing by one to the visiting Cubs. A hit or a walk would seal the victory. Don Spence stepped up to the plate, took a swing and grounded out to short. The Giants lost to the Cubs 11-10.

"We are not at all disappointed with Spence," said Giants veteran utility man Mark Jordan. "This is his first game, in a big situation, and he laid a ball down that just happened to go to the shortstop, could've happened to any of us."

The Giants beat the S.Q. A's 3-2 the evening of April 10 to advance to the Cubs contest two mornings later.

Christopher "Cuddy Bo" Smith led the Giants going 4 for 5 with two singles and two doubles, with 4 RBI's. He also stole two bases and struck out.

Jordan went two for three, hitting two singles and getting a walk.

In the third inning, Cubs player Mike went yard, clobbered a hanging curveball thrown by starting pitcher Mario Ellis. It sailed over the left field fence and the Education Building, giving the Cubs a 3-2 advantage.

Other noteworthy plays were the two catches made in right

field by Richard Zorns. On the first catch, there was a deep fly ball hit into right, where Zorns had to navigate through several geese – as well as inmates who were watching the game from the vantage point of the ARC Building gate – and tripped, falling down as he caught the ball, taking three spectators down with him.

The second catch was similar, with the added twist that Zorns had to get up and throw to the cut off man, which prevented the Cubs from going up a run.

"You know, it's just an average play -- no biggie," said Zorns after the game. "They were just routine plays."

The Cubs benefited from a

few errors, notably by catcher Mike Tyler. "Mike's usually a little better than that," one of Giants players was overheard saying about the passed balls that scored runners.

The Giants stayed focused despite the numerous errors by several team members, and began their comeback, digging out of the deficit, and getting within the one run, ending the game at 11-10.

"I'm proud of the guys. This was the type of game that



Photo by Leroy Lucas

Christopher "Cuddy Bo" Smith on deck to bat

shows their character," said Giants Manager Mike Deeble after the game. "With that type of camaraderie, we can get a winning season."

Sports Roundup as the Spring Season Begins

By Rahsaan Thomas
Sports Editor

Sports is alive again with the spring season at San Quentin. Here's what fans cheered about on the Lower Yard and gym:

The San Quentin Kings came back from a 16-point deficit, but turnovers caused them to fall short to the Bittermen, 65-56 on March 21. Steve S. led the Bittermen with 18 and Ted Saltveit was hot from three-point land, making four of six attempts. Larry "Ty" Jones led the Kings with 15 points, eight rebounds and five steals.

Christian Ministries softball team defeated the San Quentin

Hardtimers 19-14 despite Hardtimers' John Windham going 4-5 at bat, including a homerun and two doubles on April 5.

The S.Q. Warriors basketball team won its season-opener against Shiloh, a new visitor team, 65-39. Allan McIntosh led the Warriors with 27 points, 16 rebounds, 4 assists, and a block. He was followed by Anthony Ammons' 18 points, 15 rebounds, 3 assists, 4 steals and 2 blocks. S.Q.'s Ernest Dotson played for Shiloh and led with 15 points. James Soy added 14 in the April 12 contest.

The S.Q. Kings basketball team improved to 2-1 with an 81-63 win over The Bittermen.

Oris "Pep" Williams led the Kings with 14 points, 10 rebounds, 10 assists and 2 steals. Tare "Cancun" Beltran added 9 points. Steve S. led The Bittermen with 12 points and 6 rebounds on April 12.

Inside Tennis Team won three of four matches against Ted Saltveit's crew. Paul Alleyne and Rick Hunt lost 3-4 to Gilberto and Saltveit; Harrison and Tim Thompson won 4-2 vs. Gilberto and Thomas; N. Young and Terry Slaughter went 4-3 vs. Gilberto and Saltveit; and Raphael Calix and Paul Oliver scored 4-3 vs. Thomas and Saltveit on April 12.

Diyn Al'Haqq Brothers de-

feated Graced Out Ministries 40-32 in half-court basketball during week two of Show Up & Show Out Summertime Series in the gym. Craig "Qadree Abdul-Baatin" Birch led the Muslims with 10 points, 5 rebounds, 3 assists and 1 block. Zayd Nicholson added 9 points on 50 percent shooting, with 10 boards and 2 blocks. John Windham led the Christians with 10 points, 2 assist and 1 block on April 12.

In Intramural League Basketball action, Franchise defeated Straight Balling 77-62. Micheal Franklin scored 23 points. Derek Loud posted 15 and Marcus Cosby had 13 points and 15 rebounds for the Franchise. Ed

Quinn led Straight Balling with 17 points and 12 rebounds on April 13.

The reigning champion Transformers picked up where they left off with a win over Net Zero. Transformers' Maurice Hanks led all scores with 36 points, 19 rebounds, a steal and a block. Oris "Pep" Williams add 22 points with 9 boards, 4 assists, a steal and a block. DuPriest Brown added 16 with 9 boards, 3 steals and a block. Erick Nelson led Net Zero with 26 points, 12 rebounds, 2 assists, a steal and a block; Phillip Brown added 16 with 4 boards, two assists and three steals on April 13.

Green Team Victorious Over S.Q. Warriors, 80-63

Just hours before game one of the NBA playoffs, Golden State Warriors staffers Ben Draa and Patrick Lacey matched skills with San Quentin's Warriors basketball team. Their Christian Ministries "Green Team" defeated the S.Q. Warriors, 80-63.

Draa's relationship with the G. S. Warriors is largely responsible for their coach Mark Jackson and others coming in to play the S.Q. Warriors the last two years in basketball, according to Green Team coach/player Bill Epling.

It was the Green Team's first game of the new season and the weather was perfect: sunny with a nice breeze. "It feels great to be back here to play this game we love so much," said Epling.

The Green Team was 11 deep, including Don Smith. S.Q. Warriors coach Daniel Wright calls Smith the "OG behind the scenes that nothing happens without."

Green Team newcomer and ringer Evan Fjeld announced his presence by comfortably winning the opening tip and scoring his team's first two baskets, one with a spin move inside and another with a slam-dunk. He has played in the D-League and in Europe.

The nearly seven-foot Fjeld led all players with a triple-double: 30 points, 13 rebounds,

10 blocks and 5 steals.

"It was tougher than it looked. I'm a little taller than those guys and I was at the right places at the right time," Fjeld said about his performance.

The Green Team led the whole game, ending the first quarter up 25-12.

"It feels great to have the lead, but you can never get overconfident," said Epling.

S.Q. Warrior Allan McIntosh, who played shooting guard last year, did a good job at center matched up against Fjeld. McIntosh blocked an alley oop pass that was for Fjeld, breaking up a slam-dunk. McIntosh ended with 19 points, 16 rebounds, 2 assists, 6 steals and 2 more blocks on Fjeld.

"He (Fjeld) is very skilled. It took a minute to gauge just how skilled he is," said McIntosh.

S.Q. Warrior Anthony Ammons blocked Fjeld's reverse dunk attempt at the rim, but Fjeld went on to slam three times, earning the nickname "The Plumber," from Aaron "Jeddi" Taylor, San Quentin's play-by-play announcer.

The Warriors cut Ministries' lead to 42-40 in the third quarter on good defense, ending up with 18 steals.

Green Team's Ben Ilegbodu scored 23 in his return. Along with Lacey's 12 and Antoine

Maddox's 15, they put the S.Q. Warriors back in their rearview mirror. Maddox played college ball for La Grange, a Division 3 school in Georgia.

"Y'all cut the lead to two; now y'all back down by 10 because of the boards. They're getting too many rebounds," said Wright.

The Warriors never came close again.

"This game is in the refrigerator," announced Taylor over a PA system in Chick Hearn fashion, when the score reached 79-69 with 1:51 left in the game.

Applause greeted Warrior Donte Smith as he fouled out in the fourth quarter, trying to stop Fjeld.

Taylor used his announcer skills to entertain the crowd and encourage at-risk youth who showed up. Before the captive audience of at least 200 hundred prisoners, a timeout was called so 50 outside guests touring with the SQUIRES program could walk across the court. SQUIRES is a program where at-risk youth visit San Quentin so prisoners can communicate a better way to them, instead of trying to scare them straight. The tour clearly shows



Photo by Leroy Lucas

Donte Smith blocking Evan Fjeld from behind

prison conditions.

"This timeout is brought to you by prone-out productions." Taylor comically broadcasted to the youngsters. "In prison, you have to prone out on the ground whenever an alarm sounds. Do the right thing, cause you don't want to become a member of prone-out productions."

Two other Warriors scored in double digits. Ammons had a double-double with 18 points, 16 rebounds, 1 assist, a steal and 2 blocks. Warrior Ernest "Ness" Dotson scored 17 with 8 rebounds and 4 steals.

Christian Ministries uses basketball to spread God's message in both word and deeds, not just in San Quentin, but

also around the world, Epling said. He noted he went on a Christian Ministries basketball mission to the Philippines with about 16 guys during the off season (Dec. 27-Jan. 9). The group played 32 games in 12 days, winning them all. One result: 6,000 people signed up for Bible study.

"It's a dynamite, cool experience to play basketball in San Quentin," said Green Team player Billy Boidock after the April 19 game. "It's like a coffee shop, a place to get people together. It teaches everything a guy needs to know in two minutes—who your friends are, who's selfish."

—By Rahsaan Thomas