

San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO. 1

JANUARY 15, 2009

SAN QUENTIN, CALIFORNIA 94964

POPULATION: 5,429

San Quentin's New Warden (A)



R.K. Wong, Warden (A)

By SQ NEWS STAFF

A new acting (A) warden officially took the helm of San Quentin on Dec. 31, 2008. R. K. Wong, Warden (A) spent the previous two weeks walking around SQ with former Warden Robert Ayers, Jr., getting a feel

for his new assignment. Wong last worked at San Quentin in March of 2006, serving briefly as interim warden.

Three months later, Wong went on to another facility. He has served as acting warden at Lancaster, and most recently as the chief deputy warden at Solano State Prison.

The new warden (A) is impressed with the depth and scope of the programs that are available at SQ, and plans to continue the vision of former Warden Ayers.

Wong, who began his career at San Quentin in 1983, is continuing to become familiar with the prison staff and prisoner population. "It's good to be back," Wong stated.

The Impact of Proposition 9

By NOOR DAWOOD, Prison Law Office, UNCOMMON LAW, ROSEN BIEN & GALVAN LLP

California state prisons are currently at 195 percent capacity, annually imposing a \$10 billion drain on the state's overburdened budget. Proposition 9's limitation on early release could obstruct California's future attempts to address prison overcrowding. California currently does not release state prisoners early. However, early release for non-violent offenders has been seriously considered by state legislators as a means to ease the strain on the bulging system. This proposition eliminates that option. The measure further obligates legislators to provide funding for prisoners to serve out their full prison or jail terms.

Overcrowding results in unconstitutional prison conditions. This could plausibly be used by legislators as justification for expanding prison construction, rather than pursuing exceedingly less costly alternatives to incarceration for non-violent prisoners. Additionally, some California counties release jail prisoners early, primarily in response to federally imposed inmate population caps. It is unclear how jail operations would be altered to accommodate this clause while maintaining compliance with federal orders. (For more details, see the Legislative Analyst's Office online analysis of Proposition 9 at:

http://www.lao.ca.gov/bllot/2008/9_11_2008.aspx.)

Frequency of Hearings

For the past 20 years, the annual parole rate for "lifer" prisoners has been less than 1 percent. Proposition 9 extends the default time lapse between parole consideration hearings from one to 15 years, further reducing prisoners' narrow chances at parole. *This law applies to all term-to-life prisoners.*

Moreover, under current circumstances, it is implausible that the board would opt to decrease the lapse between hearings well below the 15-year default instituted by the measure. Currently, the board may only *lengthen* a standard one-year parole denial if it finds that it is unreasonable to



expect that parole will be granted the following year. Proposition 9 sets a much tougher standard to *shorten* the standard 15-year denial time; the denial length may only be curtailed if "clear and convincing evidence" demonstrates that the prisoner does not require the total length of additional incarceration to maintain the safety of the public and victims.

See **Proposition 9** Page 2



T.R.U.S.T. Graduation Class of 2008 with volunteers and sponsors

24 Prisoners Celebrate Responsibility Graduation

By DAVID MARSH

There were plenty of smiles and words of encouragement for the 24 men who, one by one, made their way down the aisle to the podium where each received a handshake, a single red rose, a T.R.U.S.T. bracelet, and a certificate of graduation. But for the men, the walk to the stage through the packed audience at the Garden Chapel meant so much more than the material presentations awaiting them upon the stage.

For this was a ceremony to note the achievement of a personal milestone, or perhaps to mark the first step on the road

to a potentially life-changing personal transformation. These men had completed the rigorous and comprehensive 22 week program of workshops, classes and symposiums that are the heart of the leadership program sponsored by the San Quentin T.R.U.S.T. (Teaching Responsibility Utilizing Sociological Training) for the Development of Incarcerated Men.

The S.Q. T.R.U.S.T. is the behind-the-walls affiliate of a national organization, The National T.R.U.S.T., whose goal it is to work with men to purge negative thought processes and re-awaken them to their his-

tory, culture and values. And in the process, to develop within them a sense of responsibility, respect, unity, pride and integrity. It is hoped that upon completion of the training program, the men will be able to utilize the tools that they have learned to assimilate back into society successfully, capable of making positive changes in themselves and their communities.

The graduation ceremony featured a number of speakers and an audience which included program sponsors, outside community affiliates, T.R.U.S.T. board members and a number of previous graduates.

See **T.R.U.S.T.** Page 2

Hep-C Protocol Hits Snag

By MICHAEL R. HARRIS & KAMAL SEFELDEEN

Hepatitis C is flooding California prisons, threatening to overwhelm the state's inmate medical system.

The serious medical disease is increasing by 300 cases per year in prisons, "indicating an endemic," says Dr. Tootell, San Quentin's chief medical officer.

Hepatitis C rates are 60 percent among Reception Centers inmates and 40 percent among General Population inmates, according to a study by California Medical Facility (CMF).

Federal Receiver J. Clark Kelso's plan to bring the state's prison health care system into constitutional compliance includes a detailed protocol for Hep-C treatment. The plan was presented to federal Judge Thelton E. Henderson, who appointed Kelso.

The new protocol provides for a team approach, called Team Model Hep-C. When the disease is detected upon the arrival of a prisoner, a registered nurse and lab technician identify the infected person. The Hep-C Clinic coordinator

assigns the inmate to a primary care physician or a Hep-C treating clinician. Advanced cases are referred to a hepatologist and radiologist for cancer evaluation. A transplant specialist will assess the liver condition for potential placement



Dr. E. Tootell, Chief Medical Officer

on a transplant list.

Kelso's Hep-C protocol has not been implemented. No Hep-C coordinator exists in any of the 33 California prisons.

Treatment with Ribviran and Pegylated Interferon, the pri-

mary treatment, remains expensive with many side effects

"I can't apply this treatment on a large-scale with a clear conscience. It would be unethical to do so. The harmful effect is way higher than the benefits," says Dr. Tootell. She said that the severity of the side effect did not preclude staff physicians from prescribing the treatment to selective inmate patients.

California Health and Safety Code Section 103885 (Ken Maddy Cancer Registry) requires reporting of treatment for cancer patients. Liver cirrhosis can develop into liver cancer.

"If a patient doesn't know he has developed liver cancer, there is no need to refer him to treatment management, and he will not be referred to treatment management until there is proof of cancer," said Russell "Rusty" Trunzo, 52, a recently released prisoner. "I received treatment, but it was too late. I waited for years to get a liver biopsy, and when it finally happens, I found out I have stage-three cirrhosis."

See **Hepatitis C** Page 2

T.R.U.S.T

Continued from Page 1

T.R.U.S.T. board member Paul Jordan opened the Dec. 2 ceremony, and served as the master of ceremonies. Jordan praised the many people who have worked together in support of the group. “We are really blessed to have the full support from these gifted people. Doctors, lawyers and professors, they each come in to SQ to lend their support to the vision of men helping one another,” he said. And with that, he introduced the program’s first speaker.

The executive director of The National TRUST, Dr. Garry Mendez, took the stage to congratulate the recent graduates and commend the work that each has done in an effort to prepare themselves for the work ahead, and to encourage each man present to respect himself and those around him. “I have a vision that I will be helping you see more about yourself,” said Mendez. “You are a person who must accept who you are. TRUSTFELLOWS is a leadership program, and not a prison program,” Mendez said in stressing to the graduates that the program’s values will work for them both inside and outside the walls of the prison.

Many of the graduates shared a unique affinity for the next speaker to make his way to the podium. For Rah-

man Willie Green, former T.R.U.S.T. chairman and a long-time Lifer resident of SQ’s North Block had been there at the beginning for many of these men. Green was the mentor that so many of them had looked to for leadership following their induction into the T.R.U.S.T. Green had been released earlier in the



Dr. Garry Mendez
National T.R.U.S.T. Founder

year after serving more than 25 years in prison, when a Los Angeles judge threw out his conviction after ruling that the main witness against him had lied. So when Green spoke to the men of hope and a belief in themselves, his message resonated well.

“I never gave up on myself,” said Green, and I will not give up on you, either.” Green shared with the men of just how the tools that he, himself, had learned inside the walls and taken out to the

streets had contributed to his ability to enrich and enjoy his new life. A life that includes his work with parolees as he assists them into reintegrating back into society. “There is not a day that I do not think about you,” a smiling Green told the men. “I am having fun out there, learning and growing each day. I pray that every one of you will join me out here with your families.”

Following someone like Green with his special bond with the graduating men could not have been easy, but class valedictorian Michael “Yoshi” Nelson next shared briefly with the audience his own perspective on what the training had meant for him. “Taking the time to listen and get to know one another is important,” said Nelson. “We can all use the tools that have been offered in T.R.U.S.T.

The graduates then received their certificates from Dr. Amy Smith, a psychologist, sponsor and supporter for the T.R.U.S.T., who thanked the group for allowing her to be a part of the learning process. “...this class is very special because I have learned more about life and the world through each of you here. As you have turned a liability into an asset. It is an honor to be here with you,” Smith said in her remarks to the audience.

The chief sponsor for the group, Lt. Sam Robinson, delivered the closing comments to the graduating class and the audience. Robinson praised

“...the transformative effects of the values that you have learned and acquired. It is a good heart and a good head that will lead you forward in life.”

In addition to the numerous workshops, lectures and symposiums that the T.R.U.S.T. offers, both members and non-members alike can appreciate and enjoy the Yoga classes offered and the Health Fair held each year at SQ. In addition, the group sponsors Anger Management workshops, a class on Mental Health, Cultural Concerts, and the Richmond Project-Violence Prevention; which brings community members and leaders to meet with prisoners in an attempt to resolve issues of violence in the community. The men of the Richmond Project group are also working to create a curriculum for re-entry.

Since the T.R.U.S.T. became an organization in SQ in 2003, they have graduated 84 men through the program. The group meets in the Inter-Faith Chapel Thursday afternoons from 2:30-5:00. It is open to all men with one over-riding qualification; a desire for change in their lives. The T.R.U.S.T. is now a part of the STAND-UP program utilized in H-Unit. Sign-ups for the program will soon be posted in each of the H-Unit dorms and North Block late February.

Contributing writers
RAPAE CALIX &
MICHAEL R. HARRIS

Proposition 9

Continued from Page 1

With a current backlog of overdue parole consideration hearings already at nearly 1,500 cases, as well as growing pressure from prosecutors and victims’ rights groups to increase the period between hearings, there is little likelihood that commissioners will significantly cut back denials below 15 years. For many lifer prisoners, a 15-year parole denial could mean they will die of old age in prison.

The further severing of prisoners’ ties to the community makes both prisons and communities less safe – not more. Further, most lifer prisoners are over the age of 40 at the time of their first parole board hearing. By significantly extending prisoners’ time in prison, this amendment will dramatically increase the housing and medical costs necessary to support this aging population.

Victims’ Role in Hearings

Proposition 9 significantly expands victims’ role in parole hearings. These amendments are the opposite of parole consideration hearings’ stated purpose: to determine whether a prisoner poses a risk to society. Victims and their families are deeply impacted by these

crimes – an impact that remains decades later – but rarely do they possess evidence relating to the prisoner’s current threat (which the California Supreme Court recently made clear is the only relevant issue in a parole hearing). This measure is intended to play on the board’s sympathy for victims and their families, which may distract from the board’s obligation to make an objective and sound judgment regarding the prisoner’s suitability for release. Proposition 9’s expanded definition for the victim “representative” could dramatically alter parole proceedings.

Prior to Proposition 9’s enactment, a representative had to be a member of the victim’s family or household and he or she was only permitted to attend or testify at hearings if the victim and next of kin were unable to attend. Proposition 9’s elimination of these requirements opens the door for *any* individual to attend and testify against the prisoner in parole consideration hearing. For example, prosecutors could be hired to speak against the prisoner, and victims’ rights groups could even send “professional victims” to testify at all parole consideration hearings. The initiative further states that prisoners and prisoners’ attorneys are prohibited from asking questions of victims or victims’

affiliates at parole hearings, and no one may interrupt a victim’s (or victim affiliate’s) testimony.

Under current procedure, victim testimony occurs at the end of each hearing, and no further comment is permitted by the prisoner or prisoner’s attorney following that testimony. As a result, the only opportunity to question the validity of the victim’s testimony is to interrupt and draw the board’s attention to unsupported claims or deviation from the permitted scope. Under Proposition 9, unproven allegations by victims will be accepted by the board without providing prisoners with an opportunity to address those allegations. Proposition 9 additionally requires the board to consider the “views and interests” of the victim before scheduling a subsequent parole consideration hearing. This could be interpreted to delay a hearing beyond the statutory due date if it is inconvenient for the victim to attend.

Prisoners’ Rights

The initiative includes a vague provision limiting prisoners’ rights to those designated in the U.S. constitution and California statutes. The provision could potentially negate various rights now afforded to prisoners, such as visitation, higher education and recreational programming. Additionally, the change could interfere with some court-ordered consent decrees requiring the Department of Corrections and

Rehabilitation to provide prisoners with rights beyond those mandated by state and federal law. Under the strain of severe overcrowding, legislators could use this provision to cut “extraneous” costs in order to redirect funding towards prison expansion. The likelihood of this prospect is heightened by Proposition 9’s requirement that legislators fund prisoners’ full terms.

Parole Revocation Hearings

A court injunction has placed this portion on hold. Proposition 9 includes several provisions to curtail parolees’ due process rights in parole revocation proceedings. These changes directly challenge the stipulated permanent injunction in *Valdivia v. Davis*, a 2004 federal court order establishing those rights.

L.A. District Attorney Opposes Prop. 9

By SQ NEWS STAFF

Los Angeles County District Attorney Steve Cooley expects little immediate change following voter approval of Proposition 9, or Marsy’s Law.

Cooley, who has opposed the law, feels Proposition 9 will be successfully challenged in the courts and is flawed in several areas.

“We are still analyzing it,” Cooley said, “Our initial take is Proposition 9 is unconstitutional, especially if it’s applied retroactively.”

Hep-C-

Continued from Page 1

“Unlike HIV, Hep-C is a disease that doesn’t have the political and the public support to educate people and make them aware that Hep.C infection is much higher and rapidly spreading in the U.S,” says Dr. Tootell.

She said the four northern California centers equipped for liver transplants are: UC Davis, with over 850 in waiting list (currently closed for intake due to lack of funds), UCSF Medical Center, California Pacific Medical Center, with 450 on waiting list, and Stanford Medical Center, with nearly 440 on a waiting list.

“One donated liver can accommodate the need of two recipients,” says a infectious disease specialist.

The medical centers under contract with CDCR claim that their refusal of intake to inmates transplant cases is due to inconsistency of CDCR follow-ups.

“Stanford would not take inmate patients because they are not sure CDCR would dispense anti-rejection injections and prescribed medication accordingly,” says a treating physician at CDCR.

“There are many surgical procedures we can do to manage liver cirrhosis, but we just don’t perform liver transplant for prisoners,” says Dr. Scott Biggins, a hepatologist at UCSF Medical Center.

Tootell said it’s discriminatory for UCSF to prevent a life from being saved just because it belongs to a prisoner. She said the state has performed poorly in contracting with medical centers, which need CDCR money to bail them financially.

“Once these contracted centers and hospitals are out of financial problems, they no longer need the CDCR money and their service is selectively applied,” says Tootell.

Dr. Tootell said the delay in implementing Kelso’s Hep-C protocol is not due to a money shortage, but the problem with getting the right people in place to make it happen. She said the plan should be in place within six months.

Restorative Justice

By **MONTA K. TINDAL**
& **KEVIN PENN**

It was murder, kidnap or rape that brought them to this point in their lives. Some call them victims and some call them survivors. The word victim seems so callous but as an offender I gave that word its life. These survivors came to attend a Restorative Justice (“RJ”) Symposium.

The issues were Responsibility, Rehabilitation, and Restoration. Fifty people from around the globe came, and some were victims/survivors, others came to help resolve the problems or our world.

They told haunted stories of being kidnapped, raped, and even the loss of innocence of a 9-year-old child. I came to RJ to listen to the pain poured out in words; the words expressed and touched the very core of my being. Even through all their pain, some were able to overcome their hurt and make profound statements of forgiveness, and healing.

One survivor stated, “Even through all my pain some were able to over-come their hurt and make profound statements of forgiveness, and healing. Another survivor stated, “Even through all my pain, when I first came in today, the only thing I saw, was loving faces.”

Leonard Rubio welcomed everyone at 9:30. A prayer,

written by a condemned prisoner, was read by Robert “Red” Frye. The sister of Angela Davis, Fania Davis was our first guest speaker. Davis marched with Dr. King, and played a vital role in the adoption of the Civil Rights Act of 1964. As a lawyer, Ph.D., Freedom Fighter, motivational speaker; a supporter of RJ.

Kevin Penn asked Davis, “Why is Restorative Justice needed?”

“We need to substantiate our spirit,” answered Davis, “It’s headed in the wrong direction. Restorative Justice helps turn everything around. Peace isn’t always easy.”

“How has Restorative Justice impacted your life?” he asked next.

“In 1996, I left law practice, and turned towards spiritual healing, anger was a motivation,” answered Davis, “I was ready to bring down the system. Restorative Justice in Africa gave balance back into my life, which changed my perspective of ‘Screw the white mentality,’ to a more subtle guest of, will this bring more conflict or bring more peace. Restorative Justice just grounded me.”

At 11:30 there were break-out groups, which consisted of survivors and offenders; they were asked to analyze two questions: What is the impact of violence on victims, survivors, community, and offenders fam-

ily? How does RJ apply to you? After these break outs, we went into other stories from victims/survivors. A victim by her own son’s actions of murder, Pat Cleveland told of trips she had to endure in order to sustain her family life.

In an interview with Parole Agent “Sharon,” of Victim Services, Kevin Penn asked why RJ was needed from a correctional officer’s point of view. She stated, “I believe that the power of healing that Restorative Justice brings amazes me, how people sharing their loss helps them. You know, Restorative Justice is not believed to be accountability, but it is the true essence of accountability. There are men who need to be in prison. It angers me that there isn’t more assistance in enlightening the public and the incarcerated on responsibility.”

Kevin Pen then asked, “How has Restorative Justice impacted your life?”

“I was familiar with the concept,” she answered, “and practiced Restorative Justice through my commitment with Victim Services. Restorative Justice awakened me to ‘live it and be it.’”

Jill Weston of CDCR’s Victim Services stated, “As a 25-year CDCR employee, it’s encouraging to see victims/survivors program offenders put together. These necessary program are rarely seen, and are a

critical part of the ‘R’ in rehabilitation, especially for offenders who will return to our communities. Restorative Justice creates accountability and an opportunity for offenders to do no further harm.”

Right before the end of our day, we were all mesmerized by Ms. Arlindo Love, who performed a dance. Ms. Love, being a past offender as well as losing a son to gun violence, is a firm believer in the power of RJ. “It helps heal the soul and makes the world a better place,” she said, “Restorative Justice means healing for all.”

There was so much pain expressed through testimony, that I myself felt the pain that I caused my family. Each day I live with the responsibility of what I’ve caused. Thereby, I acknowledge that rehabilitation is yet to come in my life. It was sad that the youth in H-Unit weren’t allowed the opportunity of rehabilitation in this program and others like them. Those are the very ones who will be back in our communities lost: someone dropped the ball.

It makes one wonder who wants to take the “R” out of CDCR and what’s their real motivation. I’m proud to be a part of the RJ’s table, envisioning ways to give Restorative Justice, one step at a time.

Released Inmates Face High Death Rates

By **DAVID MARSH**

At a time when the percentage of American adults serving time behind bars has reached an all time high, a study published in the *New England Journal Of Medicine* found that recently released prisoners suffer a risk of dying during the first two weeks following release is 12.7 times greater than other persons.

The study found that the two-week reentry period was extremely critical for former prisoners, many of died from a variety of causes such as drug overdose, cardiovascular disease, homicide and suicide.

The lives of over 30,000 prisoners freshly released from the Washington State Department of Corrections were monitored for 1.9 years following their release from July 1999 through December 2003. The rate of mortality during the 1.9 month follow-up period was a risk of death 3.5 times that of other state residents.

The majority of those in the study were non-Hispanic whites (62 percent), despite the fact that non-whites generally make up a disproportionate number of prison populations. The authors also noted that the study pertained only to a prison system in a single state in the United States, Washington, and that a wide variety of socio-economic and demographic factors could drastically affect the results of the study.

The study pointed to the stressful rigors faced by former prisoners during the reentry period as they are forced to locate housing and employment and access to health care, while also attempting to reintegrate into their families and communities.

The leading cause of death among prisoners in the study group during the 1.9-year follow-up period was 103 deaths due to drug overdose, caused primarily by cocaine use. Other leading causes of overdose deaths in the group were methamphetamine (19), heroin (18) and methadone (18).

The second leading cause of death (56) was due to cardiovascular related issues, followed by homicides with 54 deaths.

It was noted that efforts to reduce the high mortality rates of newly released prisoners should include interventions focused on transitional planning. Such planning would include work-release and drug-treatment programs, halfway houses and improving access to mental and medical health care for newly released former prisoners.

Administrative Segregation: One Giant Leap Backward

By **JEFF BROOKS**

Without exception, mainline prisoners find brief stays in San Quentin’s South Block Administrative Segregation Unit, “The Hole,” are deplorable.

With a large population of North Block prisoners doing life sentences, on occasion a prisoner may find himself in trouble and sent to Carson Section, where The Hole is located, until staff resolves the situation that got him there.

The resounding word that is echoed by prisoners who return from The Hole is how inexcusable the conditions are. Terry Burton, 49, is a prisoner serving 30 years-to-life under California Three Strikes law and incarcerated since 1998. He recently found himself sitting in The Hole for 30 days after being involved in mutual combat. Upon his release, Burton said, “When I was put into the cell it was despicable. There was no ventilation, there was dirt, hairballs, and the bars were all sticky. The mattress was completely ripped up and shredded, the lights didn’t work properly and I never could get them to fix them. I couldn’t even begin to think that staff thought this cell was livable.”

Burton described his arrival in The Hole as complete depravation and said he found it very deflating and depressing. “It felt like being arrested again,

like being knocked down,” he said, “My self-worth and self-esteem seemed to go down; it was a very oppressive place.”

Burton was ultimately found not guilty of any rule violations and returned to North Block to resume his normal program.

Alfred “Skip” Fernandes, 55, incarcerated since 1982 on a 16-to-life second degree murder conviction, recently spent 30 days in The Hole. Fernandez said, “The whole time that I was in The Hole I only got one sheet exchanged. Half the time we were supposed to get showers, they got canceled due to a shortage of staff and only one time was a book exchange done. I think it’s degrading the way we are being denied the most basic of rights.”

The administration cleared him of any wrongdoing and sent him back to North Block.

McKinley “Mac” Dupree, 66, a three-striker serving 40 years-to-life, spent seven months in The Hole. He said, “The cell was very dirty; the whole time I was there I couldn’t get any cleaning supplies. I didn’t get a spoon for two days and I was never given a cup to drink with. I only got toothpowder and a replacement toothbrush two times in the seven months that I was in there. There never was a librarian or a CO that did book exchange, which forced prisoners to ‘fish’ outside the bottom of

their cell doors just so we could read a book. I was wanting to speak to a chaplain, but not once did one ever come by.”

Sgt. D. Kilmer, a correctional officer since 1988, is the third watch sergeant in charge of The Hole in Carson Section since January 2008. Kilmer said, “The Enhanced Out Patient (EOP) prisoners need constant care, and it is a constant challenge. San Quentin would be better served if they were at an institution designed specifically to deal with their problems if they were in a hospital it would serve them better.”

When asked about prisoners not receiving supplies and services, Kilmer said that supplies and services are provided to the inmate, if any inmate needs something, all he has to do is ask the tier officer. Kilmer said, “Prior to placing an inmate in a cell the tier officer signs off on the cell file that the lights, toilet, sink, and mattress are all in good order, and the cell is contraband free.” Asked about prisoners complaints about lights not working in the cells, Kilmer said, “The maintenance repair on lights could be better.”

Eugene Pena, 52, a lifer has been incarcerated since 1991. He spent 31 days in The Hole.

Pena said, “I couldn’t get anything from the tier officer, I asked and asked but they ig-

nored me. I couldn’t get a Title 15 (rules book), a writing pen, a spoon, cleaning supplies of any kind, a toothbrush, I mean, nothing.”

Prisoners have told staff and other prisoners of the filthy conditions of the cells, and some incarcerated have returned to North Block with staph infections.

Burton suggested that a way to improve conditions in The Hole is by having “fish kits” issued that contain the legally bare necessities for prisoners in The Hole: toilet paper, soap, toothbrush, tooth powder, eating utensil, cup, writing pen, paper, five indigent envelopes, cleaning powder, two bed sheets, a blanket, a book, earplugs and, if needed, reading glasses.

Additionally, prisoners who have been to The Hole say that all cells need to be inspected to make sure the mattress is in good condition, not ripped open and they are clean and sanitary. The prisoners should not be placed in any cell when the lights, toilet or sink is not working properly.

While most lifer prisoners rarely find themselves in The Hole, prisoners who come back from there describe it as taking one giant leap backward in their programs.

One inmate said, “If you ever go there, you won’t ever want to go back. It is nasty.”

Clinton T. Duffy, San Quentin Reformer

(Part 3 of a 3-part series)

When Clinton Truman Duffy became warden in 1940, no one expected San Quentin to change. Because of the public's revulsion at the prison's sadism and corruption, San Quentin seemed to need a lion tamer or bomb disposal expert. Instead, it got a meek, mild-mannered little man who wore gold-rimmed glasses and a rosebud in his lapel.

Appointed temporarily for 30 days while the governor searched for a more impressive crusader, the new acting warden turned out to be a piece of the sun, radiating an energy and force unlike anything ever seen in the history of American penology.

During the 11 years that followed, Duffy, growing in an idealism obsessed with exposing rot and corruption, never abandoned his belief that San Quentin could rehabilitate as well as punish.

"Never confuse fairness with softness," he told his officers, "as we assign men in trades or to school." He then established broad programs of academic and vocational training.

He was the first warden in the nation to allow convicts to listen to radios in their cells. He

organized extensive recreational programs for both athletes and non-athletes, believing strongly that physical fitness led to psychological health and well-being. He inaugurated a prison newspaper to which he contributed a regular column, "Facts Not Rumors." He established the first chapter of Alcoholics Anonymous and allowed prisoners to pursue handicrafts such as belts and wallets.

He wrote the first "scientific" classification system and advanced changes in parole policies. During World War II, he supervised an unequaled prison contribution to the military efforts. Bands, music, religious clubs and activities, as well as a radio station with inmate DJs and commentators became an integral part of prison life.

As warden, Duffy watched 150 die in the gas chamber, never hesitating to explain his opposition to the death penalty. He maintained that only the poor were executed and that the death sentence did not deter crime.

"We want an eye for an eye and that's wrong," he once said. "It is wrong for these people to kill and it's wrong for the state

to kill." Even after he retired, he continued fighting for the men on death row.

Clinton's wife, Gladys, was known as "Mother Duffy" to thousands of inmates who had nothing but the highest respect and admiration for her. In her



Clinton Duffy: Warden 1940-1951

memoirs, *Warden's Wife* which was published in 1959, she describes how "the men" got to know her. After the Japanese bombing of Pearl Harbor on Dec. 7, 1941, the prisoners nearly panicked in the unexplained blackout that evening. Gladys took the microphone of the "Gray Network," the San Quentin radio system, and ex-

plained that all the lights in the greater Bay Area had been turned off to thwart a possible Japanese aerial attack. The inmates also came to know her through her visits to the movies, unprecedented for a warden's wife, and to the chapel.

In early January 1952, Duffy turned San Quentin over to his first assistant, Harley Oliver Teets, and became a member of the state's parole fixing adult authority. As he walked the upper yard for the last time as warden, a rheumy lifer clutched his hand and said, "I speak for my fellow prisoners. God bless you, Mr. Duffy. You'll never know what you did for us."

After Gladys' death in 1969, Clinton Duffy lived another 13 years working tirelessly to improve his staff, the guard line, and the Department of Corrections. He had served more than 32 years.

In 1972, he was honored by President Richard M. Nixon for his public service and humanitarianism. The commendation read in part, "In recognition of exceptional service to others in the finest American tradition."

Before his death on Oct. 13, 1982, at the age of 84, Duffy had authored four books on

prison life and problems. The best known were *The San Quentin Story*, *88 Men and Two Women*, and *Sex and Crime*.

No one who knew him, worked with him or served a sentence under his watchful eye as warden disputed the unofficial title the media gave him, "Father of Modern Penology." But he was much more than this. If it's true that a great man rises out of the need of his time, then Clinton Duffy appeared on the scene when the need to fight corruption and brutality was most pressing. This powerful but kindly man addressed himself only to the deplorable conditions he found at San Quentin, the safety of his staff and the rehabilitation of his prisoners.

This simple three part series hardly honors a warden who should be measured not by his extraordinary accomplishments, but by his vision of the future for the incarcerated. That vision included an unfailing respect for almost all human beings who have in them the capacity to do well, to be good, if only given a chance.

Researched and written by Don DeNevi.

'Life' With Cancer

By KENNETH R. BRYDON
Editor-in-Chief

Homer McWilliams began his 15-to-life prison term at age 23; he has now turned 50. McWilliams murdered Jeff Stewart after he walked in on Stewart with his "Old Lady." Though Stewart's family remains bitter towards McWilliams, they're not opposing his parole.

During the 15 years at San Quentin he's earned a two-year college degree and is now working on his bachelor's degree through Ohio University. He's clean and sober and a graduate of the Victim Offender Education Group program. McWilliams married Myriam in 1994, and she remains in his life.

In the spring of 2007 McWilliams prepared for another hearing. On the day before he was called to medical and informed he had a cancerous tumor in his leg. A specialist advised McWilliams to have his leg amputated. The next day the Parole Board found him suitable. "Having a date at this time was bitter sweet," McWilliams said.

North Block physician Dr. Rand sought out a second opinion for McWilliams, who determined his leg could be saved. On Dec. 18, 2007, a golf ball sized tumor was



Homer McWilliams

removed and he started treatment. Then, the Governor again revoked his release date. "I felt irate," said McWilliams, "but I didn't let it stop me from my goal of being paroled. I took it in stride and concentrated on medical treatments."

Another tumor was later discovered in the area of McWilliams's pelvic bone. Another surgery and six weeks of radiation were completed in July 2008. A growth remains in McWilliams's groin area and he says, "You find yourself a little bit more, looking inside and asking questions, like what if I do lose my leg and what quality of life will I have?"

In December 2008, a third release date was given. "My future looks bright," he says, "Having cancer has made me look at things more humbly. Too many times you take things seriously when there's nothing."

During the period from January 2000 through June 2007, 924 Lifers have died in prison. In that same period only 140 Lifers have been paroled.

Warden Johnson Curbed Abuses at Folsom, San Quentin

(This is the first of a three-part series on California prisons reform.)

By RAPHAEL CALIX

In the early years of the 20th century, riots, revolts, plots, escapes, killings and investigations had spread like an incurable disease within the bowels of Folsom and San Quentin prisons. The evil was a cancer and a cure was necessary.

The governor of California in 1912 was Hiram Johnson, and the order for change could only come from him. Folsom was bursting at its seams with violence. Therefore, the governor chose as warden a "new man," to implement the necessary changes. James A. Johnston was the man chosen. His previous experience was in fiscal matters.

"Prisoners were in an ugly mood. Punishments were plenty but apparently ineffective. Discipline was not improving. In fact it was getting worse," Johnston said in his 1937 book *Prison Life Is Different*.

San Quentin and Folsom both utilized corporal punishment freely. Johnston wrote, "Prisoners who broke the rules were severely punished. They were regarded as a hard bunch and treated rough. The dungeon was always full, and the 'back alley' was fitted up as a place of punishment."

Hooks meant a prisoner was



Prisoners in classrooms, some of the benefits of prison reform

shackled and fettered, then pulled up, his arms twisted behind him, his neck and shoulders wrenched, his head lowering to his chest and his feet straining to touch the floor. In Johnston's view, "Such punishments were barbarously brutal." It was time for "a new way" to run the California penal system.

As the new warden at Folsom, Johnston abolished corporal punishment. The experts said it could not be done. "I told the governor that I knew the head-and-heart handling of men, and that I thought I could make an impression on the prisoners without using a club," Johnston said.

"It is well to have prison reform and to do all that we can and ought for the unfortunate, the erring and the sinful. But it is more important to prevent the disgrace, the shame, and the

suffering in the first place. just as the modern school of medicine devotes more and more time to destroying the germs which make disease instead of letting unhygienic conditions produce illness and then applying medicines, so must the philanthropist, the publicist, the official, the humanitarian, and the industrial captain act as social physicians and lay a hand to the work of ameliorating the conditions which in many cases are responsible for crime."

Johnston became the Folsom State Prison warden on June 01, 1912. Because the governor and prison directors liked his "new way" of running a prison, in November 1913 they asked him to take charge of San Quentin as well. He became warden for two of the most notorious prisons in America.

Arts & Entertainment

Poetry

I Know.....

*I know who I am the black dot centered
in the light the silent peace wedged
deep between the struggle in the fight
I am the star in the sky of night
leading to freedom simply by shining bright I am the first atom
made flesh
I bless you with my greatness and you
hate this the fact that I gave the world
language history explains this
I am the pharaoh who wrote the letter
to Rosetta on stone encrypting my code
of ethics on the homes of my people
whom were buried in pyramids wrapped
in the finest clothes our bodies draped
in shimmering emeralds, diamonds & gold
while your corpses lay rotting in the womb
of our mother earth and I know back then
that my people saw more with one third
of an eye than at present you do with the
whole of two must I remind you that
the heavens were our mansions and thee
obelisk were then what you would now call
trump towers that towered over all
great or small yes I built the walls
of Babel and the fortress of Babylon from
which the great wall of china tried to
duplicate but could not replicate
I gave them arts to martial limestone
and marble to sculpture I am your
culture most humans know
by the evidence of their lips nose and skin
that they are of African melanin
and who do you think gave Indians
their bow and arrows it was the Zulus
who for centuries had traveled to
and fro Cortez saw their gold
tips and monuments of me viewed
from his ships at sea I know who I am!
and I am the Niger river bathing eve
in the evening of here grieving
moments after her eating from the
tree of me I am the symbol of life and
I know who I am! and I simply am what I am!
I know! yes I know!
who I am!!!*

Written by Black Myth the lyricist M.C.

After a While.....

*After a while you learn the subtle difference
Between holding a hand and chaining a soul
And you learn that love doesn't mean leaning
And company doesn't mean security
And you begin to learn that kisses aren't contracts
And presents aren't promises
And you begin to accept your defeats
With your head up and your eyes open
With the grace of a woman not the grief of a child.

And you learn to build all of your roads on today
Because tomorrow's ground is too uncertain for plans
And futures have a way of falling down in mid flight
After a while you learn
That even sunshine burns if you get too much
So you plant your own garden and decorate your own soul
Instead of waiting for someone to bring you flowers
And you learn that you can endure....
That you really are strong
And you really do have worth
And you learn and learn....
With every good-bye you learn*

By Veronica Shoffstall

Snippets

The term “Basket Case” was originally coined by soldiers describing a soldier who had lost all four limb and as a result not able to move with out assistance.

Ice cream headache in medical terms is: speno pulatine ganglio neuralgia

Most fruits denote their ripeness by their color. However, cranberries are sorted for ripeness by bouncing them; good cranberries bounce and bad ones don't.

Emetophobia is the fear of vomiting or being close to anyone else vomiting. According to officials, emetophobia is the fifth most common phobia.

Human foreskins, which are removed in circumcisions, are sold to biomedical firms which use them to cultivate artificial skin. Approximately 250,000 square feet of new skin can be grown from the genetic material in a single foreskin.

Eat your heart out, was coined by Diogenes Laertius who gives the credit to Pythagoras who said “Do not eat your heart” 2500 years ago, meaning “don't waste your life worrying about some thing.”

American cheese is an original product of England.

Los Angeles's entire name is El Pueblo de Nuestra Senora la Reina de las Angeles de Porioncula.

Saddam Hussein, before his demise, snacked on American food, his favorites being Doritos and Raisin Bran.

LAST MONTH'S SUDOKU SOLUTION

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

An Appreciation of Poetry

By BLACK MYTH

The San Quentin quarterly poetry reading sponsored and supported by Jennifer Scaife was canceled Dec. 31 due to heavy fog that crept in to the bay during the evening. Many inmates were saddened by this unfortunate turn of event. But once again, like the phoenix rising through adversity, Jennifer Scaife, the program director of the Prison University Project, made it happen.

On Jan. 12, the inmates at San Quentin continued their ritual of self-expression to an audience of over 50 comrades and a few outside guests who

were blown away by the talent displayed that evening. I was floored by the cultural diversity and the range of subject matter uniquely expressed in each performers piece. The unity, respect and admiration held by everyone in attendance were astonishing. Even Dominique Brassey, a Patten College tutor, was compelled to perform.

The men of San Quentin would like to send out a special thanks to Jennifer Scaife. Whether performing poetry, rap of Shakespeare, you are always willing to see the men of S.Q. for the human beings that we are and not the way society may portray us.

Quote of the Month

“Tough times never last but tough people do.”



By Furious Khan 32-ta-Life

SUDOKU PUZZLE

By GEORGE LOWE

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

RELIGION

Over 2 Million Muslims Make Pilgrimage

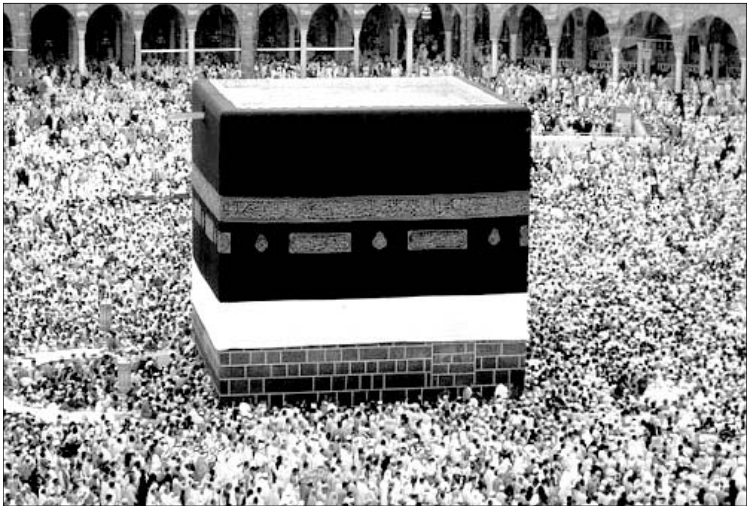
By ALY TAMBOURA

This past holiday season while many people in America were crowded into shopping malls buying Christmas gifts, millions of Muslims from around the planet were making their way to Saudi Arabia to perform the Hajj.

Hajj is the pilgrimage to Mecca, the 5th pillar of Islamic faith, which all able Muslims must make at least once in their lifetime. Muslims travel to the region Arabia which encompasses the cities of Mecca and Medina, in which Islam was first founded, considered some of the most sacred sites in the Islamic faith. The Hajj has ancient roots dating back to the time of the prophet Muhammad, who himself made a pilgrimage from the city of Mecca to Medina in 622 C.E.

During the Hajj, which fell in the first week of last month, Muslim men shed their modern clothing for seamless fabric and women wear their national and traditional dress. The removal of modern clothing during the Hajj symbolizes a pure and consecrated state. In a state of purity, more than 2 million Muslims traveled to the area known as Hijaz in the Western Arabian Peninsula to complete the Hajj.

"It is very crowded with millions of Muslims in the same dress all making their way to



Muslims celebrating the Hajj in Arabia

the various locations," says Abraham Nana, an Islamic scholar who has been volunteering at San Quentin for almost 20 years and who has made the Hajj twice, in 1968 and 1991.

Once in Arabia there are several rituals done to complete the Hajj. One of the rituals is to circumambulate of the Ka'ba (the sacred black stone which Islamic faith holds holy) seven times on three occasions. The faithful also travel to the plain of Arafat where they stay for a short period in a standing ceremony which starts at noon with a special prayer (salat). This is followed by throwing stones at pillars symbolizing the driving out of Satan, a ritual called Wuqoof. In completing of the pilgrimage the faithful stop in Mina, a city between Mecca

and Medina, where they spend the night in prayer. The end of the Hajj is celebrated by the slaughter of a sheep, goats, camels, and cattle. The ceremony of blood sacrifice extends to the time of Abraham and signifies the end of the Hajj festivities when the slaughtered animals are eaten in a Feast (Eid al Adha).

"I don't recommend slaughtering a camel," says Abraham Nana. "It's a large animal and difficult to slaughter. I recommend slaughtering a smaller animal."

The Eid feast is celebrated by Muslims here at San Quentin along with other Islamic holidays such as Ramadan. If you are interested in learning more about Islam or attending Islamic services, contact Imam Rafeeq S. Hassan by institutional mail.

Faith Proclaimed Loudly

By KENNETH R. BRYDON
Editor-in-Chief

For those who've recently watched San Quentin Television prison channels, the Protestant time slot for religious programming has had a certain feminine touch. Pastor Melissa Scott, a television evangelist, took up the banner of both the Faith Center and University Network of which her late husband, Dr. Gene Scott, was the pastor.

Dr. Scott was well known for his fiery testimonials and dispo-

broadcast on KRON-TV channel four, up to the time of his death in Feb. 2005. His preaching went beyond the usual reciting of the simple as he broke down and defined challenging and informative Biblical truths. He spoke his convictions without tricks and pleas for money, saying only those being "fed" by his messages were those he welcomed to contribute.

Pastor Melissa Scott was ordained by her husband, who asked her to carry on his message. She reads, writes, and

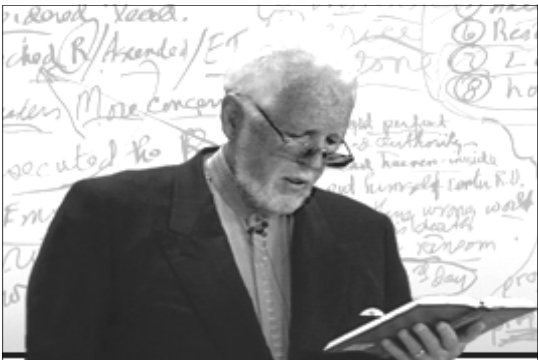
those he welcomed to contribute. Pastor Melissa Scott was ordained by her husband, who asked her to carry on his message. She reads, writes, and



Pastor Melissa Scott

sition. He was often heard saying that Balaam's jackass was a better spokesperson for God than most Christian preachers. Such comments brought him both high regard and angry rebuttals. Dr. Scott was a man a great scholarly depth; who also owned a collection of Bible manuscripts dating as far back as two centuries after the death of Christ.

Dr. Scott was also known for his love of the prisoners, and his church has been coming in to San Quentin for well over 10 years. Dr. Scott's sermons were



Dr. Gene Scott

speaks 20 different languages. Having her own presentation style, one still can see the standards of teaching that Dr. Scott set forth. Pastor Melissa Scott, who has visited San Quentin many times, recently donating an electric drum, guitar, and numerous publications to the Garden Chapel. Asked if she had a specific message for the prisoners here, her answer was: "You can always start over with God."

Pastor Scott's messages can be found at one o'clock in the morning on KRON 4 Monday and Wednesday), and at the same time Monday through Friday on the "ION" station (channel 24). For those who wish to receive a Bible and study guides write to: Pastor Melissa Scott
P.O. Box 1
Los Angeles, CA 90053.

'Grave Robber' Unearthing Hope

By KENNETH R. BRYDON, Editor-in-Chief

Hitland Ministries will stage performances on Jan. 17 and 18 of "Grave Robber" in the Protestant Chapel. This is the same group that in July handed out tall glasses of pink lemonade and hotdogs to the packed full of prisoners. Musical entertainment

was Gospel Music from three bands, who put on solid performances appreciated by many.

Grave Robber's intricate set designs and backdrops make it the best live show one would encounter inside of prison. Past audiences have left the play talking of the high drama and intensity of the story line.

Coming in for the fourth time, "Grave Robber" is produced by Brad "Doc" Walker. He and his wife Crystal began Hitland in 2002 as a Christian

community event in San Jose. They brought together 25 churches for a Gospel musical program in a local park that is now an annual event with over 8,000 in attendance.

Hitland began coming in to lower yard SQ while serving as a Sponsor of the Trustfellow's Program.

During an interview in July Walker stated, "The hotdogs are much of the attraction, but we're here to talk of Jesus's love and that you haven't been forgotten." He went on to talk of actions that speak louder than words, quoting Saint Francis of Assisi, "Preach the Gospel, and if you must use words." With the help of Kenny Brown, Gospel music and "Grave Robber" plays are presented in a number of communities.

If one has never experienced a live play, this would be a very good introduction.



HOLIDAY SPIRIT LIVES

By DARRELL C. HARTLEY, Staff Writer

Saturday Dec. 13, 2008, marked a milestone in evening holiday celebrations in the Protestant Chapel. This magnificent festive night was full of praise, worship, moving testimonies, entertainment, an awards presentation, and food; glowed with brotherhood, communion, friendship and was enjoyed by special guests, honored volunteers as well as the dedicated members of the chapel ministry. The event certainly gave new meaning to what the joy of Christmas is truly all about. The banquet featured a series of delicious menu items and an absolutely delectable dessert, was catered by Cornerstone Church. Protestant Chaplain Dr. Morris A. Curry Jr. lauded the grand evening as "Wonderful." On the next night, the Catholic Chapel hosted their annual merry holiday celebration with a scrumptious banquet of their own that honored their special guests and the exceptional efforts of members of the chapel ministry.

Do Not Limit Yourself to Fundamentalism

An opinion By TROY THOMAS

The mind's possibilities are limited by its concept of its potential. Moreover, human potential is also broadened or limited by the concept of God. Thus, if God is anything finite (that is, limited), to a person, that person has already limited his or her mind. However, if God is looked at as infinite (without limits), without boundaries, without deficits or definition, and always seem as "greater than" you have already expanded your mind to reach for the limits of all things. Such a consciousness of God puts us into the proper field to grow to our greatest height.

My New Year's Resolution

By CHRISTOPHER R. SCHUMACHER

With the dawning of a New Year I will embrace each day, fresh and clean, with no mistakes in it. I will continue striving to learn, to grow to become a better man than I was the day before. I will use the power of my voice and actions to spread messages of hope and encouragement. I will be brave enough to admit when I am wrong; when I fall I will rise up and persevere in the face of adversity. I will not

allow my past of current circumstance determine my state of mind. I will never forget how to dream, nor will I be deterred from the destiny that awaits me. I will seek out and seize upon opportunities to live and to love, as a brother, a friend, as a contributing member of my community. I may be out of sight, but I refuse to be out of mind. I will shine like a ray of light in an effort to transform the darkness that surrounds us into a place where healing and restoration can begin. Will you join me?

SPORTS

Warrior Report
Basketball
Wrap-up

By GEORGE LAMB

The Warriors concluded our season on a low note losing our last game and three out of our last six to end the season with a record of 19 wins and 9 losses. We didn't quite meet some of our goals and had a year filled with some great highs and some low lows; but overall our season was a success. There were some setbacks, personality conflicts, administrative challenges, trips by some key players to the "hole" and all the rests – oh! Not to mention attitude problems and a "J-Cat" or two; none the less a winning a season is a good season. The games were competitive for the most part and all the games

were enjoyed by many. We as a group of men were challenged in many ways and some times at the same time which was cause for a few gray hairs that I didn't start the season with. I trust that we all grew from our shared experiences. As a coach I learned some things to do next season and some things not to do; but that's kind of how life works anyway, so it's all good! We are all hopefully better for having completed the journey. The coaching staff contracted with each other at the beginning of the season to 'build men', and we believe that we accomplished that goal, at least in part by at least improving the quality of man that some of the team members are, only God



2008 San Quentin Warrior Basketball Team

knows! The greatest challenge was taking guys who had decent 'street ball', games who never played organized sports and teaching them the game. The season was highlighted by our leading scorer and offensive dynamo Shaun "SP" Payton at 22.5 points per game. However, the Most Valuable Player went to Adrian "Onion" AKA "Bell Pepper" Hay, averaging a double double and, more importantly showed the most consistent growth over the course of the season, good job!

We had a wealth of support from the outside community, which included one Division I

school, William Jessup University, one Division II school Golden Gate Baptist Theological Seminary, 2 men's league teams and 2 church league teams. They were all very supportive and generous with their time and resources. We received the donations of sports equipment uniforms, basketballs, headbands, wristbands, knee and ankle braces. We also were given some very good quality team and individual photos and at the end of the season received our customary annual donation and this year's are considerably better in quality than last

years. These blessings came to us from Bill Eppling and Big Don of Prison Sports Ministries, Steve Irwin SQ Sports Ministry's General Manager, Shaun Hurley of Imagio Dei an East Bay men's league team and Justin from the Golden State Warriors marketing department who donated the Warriors practice uniforms from this year's training camp and has committed the new ones from this season.

There are some home team haters and home team supporters who are looking forward to next season as much as we are. This season will not start until mid April. Strength and conditioning camp will begin the week of March 9th through the 20th Try-outs will commence on March 23rd and first cuts on the 27th and final cuts on April 3rd. There will be scrimmages on April 4th and 11th, with the season opener on April 18th. This season will be 7 weeks shorter than last year and total 29 games, consistent with a college season, and concluding the last week of daylight savings, October 31, 2009.

'The Blues Brothers' Season of Football

By WILLIAM 'BIG WILL' PACKER

The season ended November 15, 2008, for the San Quentin Blues Brothers, with a record of four wins and two losses. We faced our share of challenges this season, and most them we overcame. We developed new relationships, a rivalry, and more experience. We guarantee you, next season, will be exciting and entertaining. We'd like to give a special thanks to some of our outside competition: Benicia Baptist Boys, Golden Gate Seminary School, and No Soup 4U.

On behalf of the team, I'd like to thank a few people: Warden Robert Ayers Jr., for indulging us, Kent Philpott, Stan Damas and Lieutenant Sam Robinson, our Sponsors, Monica Knox, Tom Egan, Kairos Fellow, and Sunny Campbell of T&B Sports, for their support and donations, and Principal Ted Roberts and Coach Don Denevi for their continued supports. To our families and fans, we extend special thanks.

We hope we did everyone proud, and looked forward to the years ahead. To all of the Blues Brothers, it was an honor.



Blues Brothers 2008 - San Quentin Prison

SPORTS
TRIVIA

1. Basketball: Name the Basketball Hall Of Fame class of 2003.
2. Baseball: Which 1980's team made 3 appearances in the World Series and won only once?
3. Football: What NFL team will move to it's new stadium and host the 2011 SUPER BOWL? Answers below ↓

1. James Worthy, Earl Lloyd, Robert Parish, Meadowlark Lemon, Dino Meneghin and Francis "Chick" Hearn.
2. The St. Louis Cardinals. Defeated the Milwaukee Brewers in seven games 1982. Lost to the Kansas City Royals (1985) and the Minnesota Twins (1987) both in seven games.
3. The Dallas Cowboys will relocate to the new Texas Stadium in Arlington, Texas.

Hope....

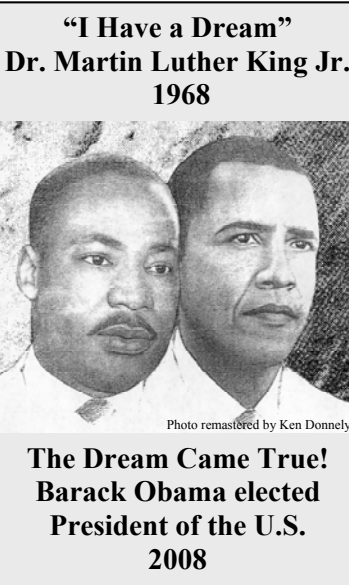
By Helen Ameeta Singh
(Facilitator, The Trust's Wellness Group)

Namaste my brothas....I hope this article finds you well and in good spirits. I have been feeling hopeful of late- and it feels good! It feels like it has been a very, very long time, since I last hoped. What power lies behind our hopes. The power to facilitate change in our lives and in the world around us.

On January 20, 2009, we will witness another historic event in this country.....Barrack Obama will be sworn in as the president of the United States. His win in the November elections gave voice to my hope and that of so many people, not just here in the U.S., but all over the world. In

the days leading up to the election, I found myself feeling increasingly fearful of hoping....Every time I would feel that hope start to rise up inside of me, I would stop myself in an unconscious effort to protect myself from the pain and devastation that would surely follow were he not successful. For many of us know the cost of hope unrealized. But I could not stop the hope, no matter how much I tried. My spirit took flight and when my hopes were realized, the joy was incredible. And it continues to carry me forward. For the first time, when I see the soon-to-be president-elect, I smile. When I see the soon to be "first family" my heart smiles. The displays of love and affection I see between the president-elect and the soon-to-be first lady brings me joy. What is being reflected to me in these images speaks to some

very deep woundings; woundings that are far greater than in this lifetime alone.



For the first time in the history of this country, a country built on the attempted genocide

of the indigenous peoples; off the backs of chattel slavery; and the continued unacknowledged and demonized use of immigrant labor, the leader is someone who has an understanding of what some of my experiences have been like. Though there are no doubt many differences in our experiences, for the first time, I feel there are some common understandings we share that previous presidents never could. And my heart smiles in hope. President-elect Obama embodies hope for me. And in that hope is a re-emergence of spirit and energy that I have not felt in a very long time. In this country where the race debate is often limited to black and white, with not much acknowledgement of the many shades of brown that lie in between, I have hope that the president can one day be of South Asian descent. Growing up, that was

never even on my radar; but it is now. And for many, many children of all the different descents in this country, it is a tangible, realizable hope.

On election night I received the following text on my mobile: "Rosa sat so Martin could walk. Martin walked so Obama could run. Obama's running, so our children can fly". And for the first time, "our children" felt inclusive to me. As we come to the beginning of a new year, I am hopeful, that hope carries over into all areas of my life. What do you feel hopeful about for the New Year? In what ways can you allow hope to take flight in your own life, even when the circumstances don't feel very hopeful? Not an easy question I know, but one I hope you may spend some time reflecting on.

Until next time my brothas, peace and blessings....Meeta

Centerforce Offers The Life Project

By ALISON TANZER & JUDY LEAHY

●What is the LIFE Project? The Centerforce LIFE (Leaders in Future Environments) Project is a mentoring program for youth ages 11-18 who have an incarcerated parent of family member. The goal of the LIFE Project is to provide mentoring, support, leadership building activities, and events that help each youth to develop his or her full potential. The LIFE Project also provides specific support to help youth deal with the unique issues surrounding incarceration of a parent or immediate family member.

●Who is eligible to participate in the Centerforce LIFE Project? Youth with an incarcerated parent who are 11-18 years old and live in Alameda, Contra Costa, Marin, San Mateo, or San Francisco County, are eligible to participate in Centerforce’s LIFE Project.

●What if the youth that I am referring does NOT live in the Centerforce LIFE Project Counties or is younger than 11 years of age? There are Mentoring Children of Prisoners (MCP) programs throughout California and the United States, including MCP programs that serve youth from 4 to 18 years of age. If the youth you are interested in referring for mentoring is not eligible for Centerforce’s LIFE Project, the LIFE Project staff can refer you to programs in your area and/or programs that serve youth who are younger than 11 years of

age. ●What kinds of activities do the Centerforce LIFE Project offer? While mentoring pairs communicate and work together weekly, the LIFE Project plans and hosts group events about every six weeks. Activities and events are fun and educational with a focus on leadership skill development. Events range from pro-football games to rock climbing, concerts, plays, and college tours. Events may include special guest speakers, art projects and community service opportunities.

●What will my children get out of participating in the LIFE Project? Youth can benefit from participating in LIFE by having another caring adult in their lives, in addition to their parents. LIFE youth participants and their parents have reported improvement in grades, greater involvement in school and community activities, increases in self esteem, better relationships and more.

●How can I get more information or refer a youth to participate? If you are interested in your child participating in the LIFE Project, you can write us a letter with the following information about you and who you are referring. Please include: Your name, address, and CDCR number. Youth and caregiver name, youth and caregiver address and youth and caregiver phone number.

Centerforce Information:
Centerforce, Attn: LIFE Project, 2955 Kermer Blvd, 2nd Floor, San Rafael, CA 94901

H-UNIT MAC MEETING

By DAVID MARSH

Present for the Administration: C.O. Ceja (Administration representatives normally in attendance were absent due to ‘Farewell To Warden Ayers’ party.)

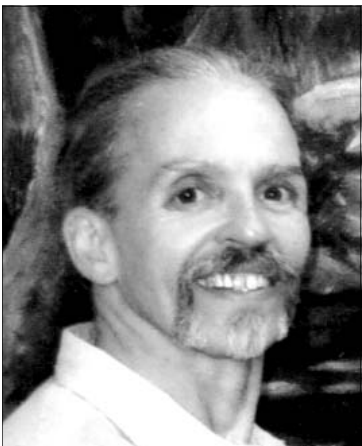
Time/Location: H-Unit Chapel, Fri., 12-19-08.

Topics of Discussion: new healthy-foods items on the canteen list (heart healthy oatmeal, unsalted cashews, brown rice, and pop tarts are being added having been selected by inmates) • new American Indian representative on the council introduced (R. Bennett) • start-up date for new semester of Patten College noted (Jan. 20 start, Jan. 5 orientation) sign-up lists going up in all dorms • wearing of gloves on the yard discussed (gloves purchased thru packages are approved) • new medical services trailer (trailer to be placed in Jan. near Tower 9) • new press liason voted onto council (D. Marsh) • possibility of special privileges for STAND-UP participants in dorms 4&5 (issue will be taken up in up-coming STAND-UP steering committee meeting) • ‘A’ days were discussed (‘A’ days are still charged against inmates) • overdue work orders in dorms (Pretty hopeless!!!) • heavy bags on the yard (pending installation of third pole, bags are ready)

Another Lifer Goes Home

By FRIENDS OF RUSTY

Russell “Rusty” Trunzo paroled on Jan. 01, 2009 to his wife Diane and family. Rusty entered the California Department of Corrections and Rehabilitation in 1978 during a turbulent time of life in CDCR.



Rusty Trunzo

Despite the struggle, Rusty diligently pursued a multitude of self-help, therapeutic, academic and spiritual programs for over 30 years. Throughout this journey, he remained grateful for the positive opportunities and experiences that impacted his life and those around him. With Rusty there was a deep sense that he achieved self-discovery, healing, and reflection. It helped him transform into a man of compassion, kindness, growth and service.

Rusty has a B.S. degree in sociology, a California State Certification as a Brothers Keeper Counselor (Crisis Intervention and Suicide Prevention) and was a guiding spirit of Addiction Recovery Counseling (ARC) as well as a California Association of Alcoholism and Drug Addiction Counselors. He will continue to make a positive impact on his family, friends and community.

On New Years Eve, Rusty

shared an emotional farewell with many men in North Block, sharing, “I feel so blessed. I made the very best of my time, I love all of you guys.”

Living behind bars since 1978, his parole parallels the science fiction story of H.G. Wells’ time machine. The world he returns to is going at a much faster pace. Some of the issues confronting him will be: high tech innovations, higher cost of living, better medicine, gains in science, a greater awareness of our environment, wider selections-choices, less tolerance; the list is staggering. As with all of us, there are many challenges that we face in this world. With no exception, Rusty will continue to turn lemons into lemonade.

Rusty loved his peers. He championed the cause of their misfortunes with eagerness and compassion, and always had time to lend a helping hand or to listen quietly. He showed us how to not give up, to persevere, and to continue the fight until victory is achieved. In the end it was Rusty’s own writ that won him his freedom. He did it so that the rest of us who remain incarcerated will have a beacon of hope. “Combined with the accomplishments you’ve worked for, some serious time spent in the law library and with the help of some of the legal beagles in the ‘Q,’ you can prevail,” said Rusty. He would undoubtedly followed those words with: *Never give up, never look back, and work towards the greater good and you too will be so, so blessed.* Rusty was last seen talking on a cell phone, wearing some pretty decent street clothing, and smiling ear to ear about having his first free meal of plain yogurt, old twigs and brown rice. God bless the little fellow!

We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.

- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances. Use the prison appeals process.

However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
(No Street address required)

San Quentin News

The opinions expressed herein do not necessarily reflect those of the Administration, or the inmate population, and should be considered solely the opinion of the individual author unless specified.

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

Administrative Review.....R. Luna
Principal.....T. Roberts
Vice Principal.....W. Reeves, Ed. D.
Print Shop Supervisor.....J. Wilkerson
Chief Advisory Board Member... John Eagan
Advisory Member.....Steve Cook
Advisory Member.....Joan Lisetor
Advisory Member.....Steve McNamara

Executive Staff:

Kenneth R. BrydonEditor-in-Chief
Michael R. Harris.....Managing Editor
Aly P. Tamboura.....Technical Editor
David Marsh.....Staff Writer
Darrell C. Hartley.....Staff Writer

H-Unit MAC

5H42L	A. Parker	Chairman
1H12L	D. Mairs	Vice-Chairman
5H36L	M. Andrews	Secretary
4H63L	P. Stelly	Parliamentarian
5H29L	M. Le Melle	Sgt at Arms
3H33L	G. Pineda	Representative
3H56L	S. Byers	Representative
3H45L	R. Bennett	Representative
4H45L	D. Ansted	Representative
4H30L	D. Hartley	Medical Rep.
4H72L	G. Harris	Stand-Up Rep.
4H99L	J. Phillips	Food Rep.
4H68L	H. Hopkins	Canteen Rep
4H06L	D. Kaiban	Medical Rep.
5H24L	M. Barrow	Representative
5H74L	W. Branson	Representative
5H18U	D. Saxton	Representative

North Block Executive MAC Members

Johnson, S.	2-N-81L	Chairman
Sefeldeen, K.	1-N-96L	Vice-Chairman
Mancinelli, T.	5-N-87U	Secretary
Tindall, M.K.	4-N-37L	Parliamentarian
Pena, E.	3-N-24L	Sgt at Arms

East Block Advisory Council

J. Van Pelt	1-EB-75	Chairman
D. Carey	4-EY-17	Yard 1
K. Lewis	2-EB-76	Yard 2
B. Williams	4-EB-71	Yard 3
R. Marshall	1-EB-65	Yard 4
P. Henderson	4-EB-79	Yard 5
W. Noguera	4-EB-77	Yard 6

Improvements to Visiting Room Kid’s Areas

By NORTH BLOCK MAC

The San Quentin visiting rooms have undergone much appreciated renovations.

“It was a valiant group effort, and all are to be commended and recognized for their humanitarian act of generosity,” said Sammy Johnson, the North Block MAC chairman.

Prisoner G. White, the Visiting Room MAC representative, was highly involved in the project.

The many contributors included D. Sheldon, who donated art supplies for the mural and facilitated the project and donations. PIA provided the kids tables and chairs, Center Force donated toys, the San

Quentin Education Department supplied books and toys, the Carpenter Shop anchored the shelves, Project Reach and Marin Literacy provided books and a \$500 donation, and Steve Emerick and various prison artists painted the murals.

The San Quentin Visiting Room staff were very cooperative, with appreciation for Lt. K. Evans, Sgt. J. Carlton, Sgt. D. Moor, and Sergeant D. Smith.

“A special thanks to Warden Robert Ayers, Jr. and his administration,” said Johnson, “for his vision which sparked the beginning of a wonderful project.”

Much effort came from the prisoners who devoted their heart, sweat, talent and skills in bringing this about.

san Quentin Print Shop