Supreme Court Hears Prison Crowding Suit

By JUAN HAINES
Journalism Guild Writer

U.S. Supreme Court conser-
vative justices questioned Cali-
fornia prisoners’ lawyer on how
to public safety would be affected
if correctional officials were
forced to release thousands of
prisoners to ease overcrowding.
A three-judge federal court
asserted that California Depart-
ment of Corrections and Reha-
bilitation (CDCR) medical care
was so poor due to overcrowded
conditions that it is unconstitu-
tional. The fact that one prisoner
died every eight days of ailments
could have been prevented or
delayed was a significant fac-
tor for the decision.

A Supreme Court Justice Samuel A. Alito Jr. implied that California
could build more facili-
ties and hire more staff
to solve its unconstitutional
conditions. However, an August 2010 analysis of CDCR’s medi-
cal facilities conducted by the
State Inspector General found
only two institutions barely ex-
ceeded the minimum score, and
numerous prisons were signifi-
cantly non-compliant. The report
warns that the receiver has not
yet implemented a mechanism
to ensure that CDCR medical poli-
cies and procedures are followed
system-wide or that medical
community standards are met by
the U.S. Supreme Court. The prospect of thou-

Distinguished Author Speaks At S.Q.

“We incarcerate African
American men today at about 10
times the rate than at the eve of
the ending of apartheid in South
Africa,” said an award-winning
political scientist.

Prior to Marie Gottschalk’s
attendance at the annual meet-
ing of the American Society of
Criminology, in San Francisco,
she gave a lecture at San Quen-
tin discussing parole policies,
special. “By the policies behind
lifers’ diminishing ability to
parole from prison, and Cali-
fornia’s three-strikes law.

Gottschalk is the author of an
exhaustive study on American
secretary of Corrections Mat-
thew L. Cate said, “...we need to
be able to do it at the pace that
we think is safe. Let’s say that
we’ve seen a reduction in crime
rates, for example, over the last
several years. Well, if that trend
reverses and we see a serious up-
tick in violent crime and at the
same time we have to reduce our
population in two years...what
do you do?”

Carrie G. Phillips, represent-
ing the State of California, ar-
gued against a prisoner popula-
tion cap claiming, “...the reality
is that anytime you say you’re
going to release 30,000 inmates
in a very compressed period of
time, I guarantee you that there’s
going to be more crime and peo-
ple are going to die on the streets
of California.”

Supreme Court Justice Alito
commented, “If I were a citi-
zen of California, I would be
concerned about the release of
40,000 prisoners.”

Don Specter, representing
California prisoners, reminded
the Court that “...based on ex-
pert testimony...from the State’s
experts, from the interventor’s
experts, from the intervenor’s”
unanimous conclusion that there
are methods that – by which you
can reduce crowding which will
not increase crime in our State.”
Specter asserted, “All of the
testimony that they heard from
experts from Texas, from Penn-
sylvania, from Washington State

Who would have thought that taking a plain, thin, flat piece of metal, and with the right know-how, turning it into a vast variety of shapes so many important in our everyday lives? Look around and you will see metal everywhere. From flashlight uses on doors to keep out the weather, to vents and ducts designed to help you breathe better, or enclosures built for sensitive equipment, the list is almost endless.

San Quentin’s Vocational Sheet Metal shop, headed by industry veteran and shop instructor Keith Baughn, provides training to inmates in all aspects of the sheet metal trade. Mr. Baughn has been at San Quentin since 1997, following several decades as a sheet metal journeyman. He also has taught in the “Union’s” apprenticeship program beginning in 1985. “I thought I’d be at San Quentin for only five years. Now, it’s been almost 14!” said Mr. Baughn. “Sheet metal is the only craft I know of which depends on hand tools.”

The instruction offered is top notch, with primary certification from the National Center for Construction Education & Research (NCCER). Apprenticeship representatives from the Sheet Metal Union’s North Bay Training Center also come to the shop quarterly to advise students on various opportunities in the industry.

The goal is to prepare inmates to enter the sheet metal industry at the apprentice level so they may go directly to one of the Sheet Metal Union Local 104’s training centers upon their release. From there, the apprentice can obtain work in the field. Mr. Baughn noted that each man must be “insurable” in order to work. It is necessary to obtain a Social Security card and Driver’s License upon release from prison.

Eddie Ramirez, a lifer who completed the sheet metal class and paroled a few years ago, is now very successful in the trade. “He’ll earn journeyman status soon from the San Jose training center,” according to Mr. Baughn. “Another of our successes is Javier ‘Hammer’ Andreotti, a short timer who ... has made us all proud, not only as a qualified worker, but the union has even featured him at their job fairs helping to recruit new blood.”

Sheet Metal Leadman Hector Oropeza stated that inmate Burt Boatman came from vocational plumbing to sheet metal shop. Boatman paroled before finishing the course, learning to operate the Press-Brake machine. “That skill alone got him a job as soon as he paroled,” he said.

It takes 14 to 18 months to complete the introductory level course, depending on the student. Opportunities to learn Computer Aided Design (CAD) blueprint reading, welding and soldering are all part of the curriculum. Safety training is mandatory and includes working with steel and lead. Students also learn asbestos abatement and awareness.

The shop’s ventilation system was upgraded through a joint effort with Vocational Machine Shop instructor Richard Sanz. Both shops are now up to Cal/OSHA standards. Recent equipment additions include a digital control power sheeer, hydraulic press-brake and MIG welder.

There is a “Home-A-Mode” that students can actually design and fabricate as if on a real construction job site. Students learn both in the classroom and hand on. Math tutoring is offered weekly.

“I do want them getting a bunch of metal and throwing it up in the air. It takes some real skill, and students can learn geometry and trigonometry, although they might not know it. We sneak in the hard stuff with out them realizing what they’ve accomplished,” said Mr. Baughn.

Of S.Q. Execution Drug

By R.F. GILLIAM

Journalism Guild Writer

Budget cuts have placed more demands on the Prison University Project, according to Amy Roza, the new program director for the popular San Quentin educational activity. Amy was born and raised in Queens, New York. She earned a Master’s Degree in Teaching from Trinity College in Washington, D.C., and a B.A. in Public Policy and Anthropology from Pomona College in Claremont, California. After graduating, Amy was a public school teacher in Washington, D.C., and then Director of Youth and Family Services at the Center for Court Innovation in New York City.

She also taught classes with the Prison Education Initiative at Riker’s Island.

After coming to the Bay Area about a year ago, Amy began tutoring Patten University students enrolled in Math 50 classes. She sat down to share her thoughts with the men of San Quentin, and spoke about her new role here.

What has the budget crisis and staff layoffs affected the Prison University Project to date?

We’re funded by foundations and individual donations, so we’re not directly affected. We’ve been able to offer classes once a week, so we’re grateful for that. This cuts to other valuable educational programs within the prison has placed more demand on our program.

Have you found the administration and custodial staff supportive of your efforts?

I particularly appreciate the efforts of some of the officers we work with regularly. For example, ensuring that all of our students get into their classes on time.

What kind of reaction do you get from people when you tell them you teach college courses in prison?

They have a lot of questions. They love to know what the classes are like. I think the reality of the classes is different than the average person’s perception of what a prison is like, and what inmates are like. Our classes are like college classes anywhere else.

How are the prison/jail educational programs here and in New York different?

The specific program I worked at in New York, Riker’s Island, wasn’t accredited. So it was GED and enrichment classes, and the goals of the program were different. I would say that PUP has a much more developed relationship with the San Quentin administration and with the CDCR than the program I taught at Riker’s.

What impact does your program have on those inmates who earn a degree, do you have any data showing that giving an inmate an education reduces recidivism?

There is existing research that says prison education reduces recidivism. Giving somebody a quality education increases that person’s options.

What interested you about teaching at San Quentin?

It’s an opportunity to work with a talented, generous faculty with a very committed and eager student body.

What are your aspirations for the future?

I would like to do this job well. I would be there a lot longer.

Have your perceptions about incarcerated men changed since you’ve begun teaching here?

I’ve worked in schools, in other jails, and the court system, so my perceptions haven’t changed in that regard. I definitely have learned from San Quentin staff, students, and volunteers.

Looking at this program as a new-comer, as someone with a fresh pair of eyes, what advice would you like to see happen?

I’m really looking forward to working with our faculty to ensure that all of our courses are as rigorous and compelling as our courses deserve.

I asked Amy if there was anything she’d like to add.

I would just like to say “I love this job, and I’m totally grateful for the opportunity.”

The Costly New Supply Of S.Q. Execution Drug

San Quentin – The state paid $13,415 for 521 grams of sodium thiopental, the drug used to carry out executions at the prison.

The drug was manufactured by Amphimedica Pharma of Great Britain. The department had to go overseas to order the drug because CDCR’s domestic supplier, Hospira Inc., claiming production problems, was unable to deliver a fresh supply. Sodium thiopental, widely used as a general anesthetic, is the first of the three drug cocktails given to prisoners when they are executed. Currently the United States has a shortage of sodium thiopental forcing multiple states to slow or even halt their executions. This shortage caused the September 29 cancellation of the scheduled execution of Albert Greenwood Brown. The new supply will expire in 2014.
Restorative Justice Program Lets the Healing Begin

BY JUAN HAINES

Journalism Guild Writer

When criminals meet with their victims and actually grasp the injuries they’re responsible for—the first step toward reconciliation is taken. Interested Bay Area citizens met with San Quentin prisoners to practice the principles of Restorative Justice. This unusual meeting created a bond between prisoners and the community that otherwise would not materialize.

The underlying principle of Restorative Justice involves victims and offenders engaging in dialogue. Participants believe that victims and offenders engaging in Restorative Justice involves victim and offender participation.

Restorative Justice involves victims and offenders engaging in dialogue. Participants believe that victims and offenders engaging in Restorative Justice involves victim and offender participation. Participants believe that victims and offenders engaging in Restorative Justice involves victim and offender participation.

The San Quentin Responsibility, Rehabilitation, & Restoration Interfaith Roundtable sponsored this “alternative approach to corrections,” intending to make communities safer through a non-punitive approach. For several prisoners, Leonard Rubio was instrumental in bringing the idea of Restorative Justice inside San Quentin, initially through the Victim Offender Education Group.


The film is expected to air on the San Quentin newspaper’s web site, at sanquinnewsonline.com, and will be available to the public on the film’s website, www.proecthomelessconnect.org.

The community-based organization, Community Solutions Inc., a community-based non-profit organization and the Santa Barbara Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.

Brown and Nelson say they make these key points to legislators: lifers are the safest population to parole, they are the most expensive population to incarcerate, and they do something to make a difference. From that meeting, Life Support Alliance was born. LSA’s purpose is to find a way to make the Board of Parole Hearings accountable. Nelson and Brown say there is no oversight or accountability for the BPH, and there should be.
archived testimonial collections is clearly a priority for many scholars. The archive serves as a reminder of the power of oral testimony and the importance of preserving the voices of those who have been silenced by the criminal justice system. It also highlights the need for continued efforts to address the systemic issues that underlie mass incarceration.

Inmates, in particular, may benefit from the sharing of stories. Inmates on Strike: Georgia Prison, for example, recounts the stories of incarcerated individuals and their experiences. Similarly, The New Jim Crow: Mass Incarceration in the Age of Colorblind Capitalism, by Michelle Alexander, is a powerful account of the systemic injustices perpetuated by the criminal justice system. These accounts underscore the need for continued efforts to address the root causes of mass incarceration and to support the rehabilitation and reintegration of individuals who have been incarcerated.

In conclusion, the continued efforts to address mass incarceration require a multifaceted approach that includes research, policy change, and the sharing of personal stories. By recognizing the experiences of those incarcerated, we can work towards creating a more just and equitable society.
The Halloween Bowl
At San Quentin

By DREW PIAZZA
Sports Editor

It was muddy, drizzling and foggy – a perfect day for the Halloween Bowl.

Golden Gate Ministries from Mill Valley came to challenge the Blues Brothers of San Quentin and didn’t go for the trick but left with a treat, in the form of a 6-0 victory.

Victory didn’t seem probable with two of Golden Gate’s key players being denied entry into the facility. Three players were sent from S.Q. roster to play with Golden Gate.

In frustration, one of the loaner players, decided he would set the tone early, lining up at defensive tackle, anticipating the snap he took a quantum leap over the guard, crashing into the snap he took a quantum leap with Golden Gate. The crowd declared “treason!”

S.Q. had a chance to score. Quarterback K. Carr, Sr. staying in the pocket dodging defenders threw to receiver M.“Mitch”Mitchell, but with the wet conditions, he slipped and couldn’t get to the ball. Receiver D “Sleepy” Kennedy made a few plays for minimal gains.

In the wildcat offense, K. Carr Sr. found a seam and scored. Jeff Wilson scored again for his third touchdown of the day. No Soup For You wouldn’t be outdone as wide receiver Jeff Wilson scored.

No Soup For You has three professional football players on its roster, all playing American football in Europe. The No Soup For You flag football team from North Sacramento has made five trips into San Quentin, winning all five games. This day would be no different with a 38-32 victory has made five trips into San Quentin, winning all five games. This day would be no different with a 38-32 victory.

The No Soup For You flag football team from North Sacramento has made five trips into San Quentin, winning all five games. This day would be no different with a 38-32 victory has made five trips into San Quentin, winning all five games. This day would be no different with a 38-32 victory.

San Quentin’s Player of the Month

James Bautista
Player of the Month honors for December go to three-sport athlete James (J.B.) Bautista, who plays softball, soccer and baseball. His teammates speak of his integrity, competitive spirit and sportsmanship. J.B. is one of the best soccer players at S.Q., using his speed, ball handling and defensive skills to separate himself from others. Asked what sport he favors, he says “basketball” but makes it clear that his strongest sport is soccer.

What was your greatest challenge playing sports at the Q?

“Facing live pitching, I hadn’t faced live pitching in over 20 years, so that was an adventure. Playing sports here has given me a great platform to show people and family, that sports transcends race, creed or any if not all the situations that we face in prison.”

With soccer being your baby, what would you like to see happen with the soccer program?

“A little parity would be fine. Football, baseball, softball, tennis, basketball all receive support and are encouraged here by everybody, but nobody really gives soccer the same energy.”

By RUDY MORALEZ
Journalism Guild Writer

“San Quentin,Back off! You Plays the Wrong Game!”

No Soup For You plays the Blues Brothers of San Quentin. The Blues beat the No Soup For You 6-0, snapping a five-game winning streak.

The Blues Brothers aren’t just any ordinary football team. They are part of a European football league.

“Just because we play American football, that doesn’t mean we’re not good,” said team captain Steve Moseley.

Moseley said the team has been practicing for the past month in preparation for the game.

Despite the loss, the No Soup For You team showed great sportsmanship and respect towards the Blues.

“We’re not here to win, we’re here to show that we can play,” said team captain Jessica Martinez.

The No Soup For You team plans to continue playing against other teams in the league.

You can check out more information about the European football league at their website.

Sports Editor

By RON JOFFRION

What was your greatest challenge playing sports at the Q?

“Facing live pitching, I hadn’t faced live pitching in over 20 years, so that was an adventure. Playing sports here has given me a great platform to show people and family, that sports transcends race, creed or any if not all the situations that we face in prison.”

With soccer being your baby, what would you like to see happen with the soccer program?

“A little parity would be fine. Football, baseball, softball, tennis, basketball all receive support and are encouraged here by everybody, but nobody really gives soccer the same energy.”

By JEFF BROOKS

1. Who had the longest return of a missed field goal, and how many yards was it?

2. Who had the most yards gained (all purpose) in a season?

3. How many yards was it?

4. Who had the most rushing yards in a season?

5. What rookie holds the record for the most consecutive games scoring?

6. What team has had the most consecutive game winning streaks?

7. What team holds the record for the most points scored by a team in a game?

8. What team holds the record for the most points gained by a team in a season?

9. What team holds the record for the most points scored in a season?

10. What team holds the record for the most points scored in a game?

You can check out more information about the NFL records at their official website.

Most World Series Titles

1. New York Yankees - 27
2. St. Louis Cardinals - 11
3. Boston Red Sox - 10
4. Philadelphia Athletics - 7
5. Pittsburgh Pirates - 6
6. St. Louis Cardinals - 5
7. New York Giants - 4
8. Brooklyn Dodgers - 3
9. Boston Red Sox - 3
10. Cincinnati Reds - 2

You can check out more information about the MLB world series titles at their official website.

You can check out more information about the NFL records at their official website.

You can check out more information about the MLB world series titles at their official website.

By RUDY MORALEZ

Journalism Guild Writer

“San Quentin, Back off! You Plays the Wrong Game!”

No Soup For You plays the Blues Brothers of San Quentin. The Blues beat the No Soup For You 6-0, snapping a five-game winning streak.

The No Soup For You team plans to continue playing against other teams in the league.

You can check out more information about the European football league at their website.

Photos: Mary Cello

You can check out more information about the NFL records at their official website.

You can check out more information about the MLB world series titles at their official website.

By RUDY MORALEZ

Journalism Guild Writer

“San Quentin, Back off! You Plays the Wrong Game!”

No Soup For You plays the Blues Brothers of San Quentin. The Blues beat the No Soup For You 6-0, snapping a five-game winning streak.

The No Soup For You team plans to continue playing against other teams in the league.

You can check out more information about the European football league at their website.

Photos: Mary Cello

You can check out more information about the NFL records at their official website.

You can check out more information about the MLB world series titles at their official website.

By RUDY MORALEZ

Journalism Guild Writer

“San Quentin, Back off! You Plays the Wrong Game!”

No Soup For You plays the Blues Brothers of San Quentin. The Blues beat the No Soup For You 6-0, snapping a five-game winning streak.

The No Soup For You team plans to continue playing against other teams in the league.

You can check out more information about the European football league at their website.

Photos: Mary Cello

You can check out more information about the NFL records at their official website.

You can check out more information about the MLB world series titles at their official website.

By RUDY MORALEZ

Journalism Guild Writer

“San Quentin, Back off! You Plays the Wrong Game!”

No Soup For You plays the Blues Brothers of San Quentin. The Blues beat the No Soup For You 6-0, snapping a five-game winning streak.

The No Soup For You team plans to continue playing against other teams in the league.

You can check out more information about the European football league at their website.

Photos: Mary Cello

You can check out more information about the NFL records at their official website.

You can check out more information about the MLB world series titles at their official website.
Cold and Influenza
Get The Facts

By ALLYSON TABOR, R.N.
Public Health Nurse

Cold and influenza (flu) season is upon us. Do not be surprised if you or your fellow inmates begin to develop runny noses, coughs or fevers in the next few months. There are differences between a cold and the flu. One of the key differences is that the flu kills over 20,000 Americans each year—most are over 65 years old. The flu causes over 114,000 hospitalizations each year, and keeps nearly 20 million people from being able to do basic activities for themselves. Overall, more than 50% of the San Quentin inmates consented to be vaccinated on October 28. If you haven’t been vaccinated, it is not too late. Ask your provider to vaccinate you. The more of us who are vaccinated, the fewer who are likely to become sick with the flu, and the less likely it is that San Quentin will experience huge flu outbreaks this winter.

This table below describes the differences in symptoms between flu and the common cold. Both are viruses and are spread by coughing, sneezing and by direct contact with a person’s nose and mouth with dirty hands. Washing your hands frequently and covering your cough are simple actions you can take to protect yourself and your fellow inmates and visitors.

<table>
<thead>
<tr>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
</tr>
<tr>
<td>General Aches</td>
<td>Painless</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Slight</td>
</tr>
<tr>
<td>Irritable Collean</td>
<td>Nausea</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
</tr>
<tr>
<td>Sinning</td>
<td>Common</td>
</tr>
<tr>
<td>Common cold</td>
<td>Common</td>
</tr>
<tr>
<td>Complications</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Prevention</td>
<td>None</td>
</tr>
<tr>
<td>Treatment</td>
<td>Only temporarily relieved of symptoms</td>
</tr>
</tbody>
</table>

Landscape by J. Hill — 2006

First U.S. Woman Executed in 5 Years

By JEFFREY LITTLE
Contributing Writer

She was the first woman executed in the United States in five years—the first executed in Virginia in 98 years.

Teresa Lewis, 41, who plotted and ordered the deaths of her husband and stepson in 2002, was executed by lethal injection on Sept. 23, 2010. The two men who actually committed the double murder were sentenced to life in prison for a combined 2010. The two men who actually committed the double murder were sentenced to life in prison for a combined sentence of life in prison for a combined sentence of 18 years. Due to court challenges, executions are on hold in the state. A new execution chamber for lethal injections has been constructed in San Quentin, replacing the historic apple-green gas chamber.

DECEMBER 2010

Health and Wellness Corner

The San Quentin News “Health and Wellness Corner” column runs when articles are submitted for publication. A Centerforce health professional will answer questions that you submit about health issues. Feel free to ask questions about any medical concern that you have and it may be answered so that everyone can benefit. Put your questions in a U-Save-Em envelope addressed to: Health and Wellness Corner, Centerforce (Education Dept). Your name and number will be kept confidential.

In this edition we will address Hepatitis A

Hepatitis A is an acute infection. Acute means that you get infected but that you only stay sick for a short period of time. With hepatitis A, you are usually sick anywhere from two weeks to six months. Then, for most people, your body clears the virus and you are no longer sick.

Hepatitis A is spread from person to person by putting something in the mouth that has been contaminated with the feces of a person infected with Hepatitis A. This type of transmission is called “fecal-oral.”

For example, food handlers who have Hepatitis A can pass the virus if they do not wash their hands with soap and water after having a bowel movement.

Not everyone who contracts hepatitis A has symptoms, so you can have Hepatitis A and not have any symptoms of it. Also, many of the symptoms associated with Hepatitis A are very general symptoms of being sick like nausea, fatigue, etc.

However, other symptoms include: Fever, loss of appetite, vomiting, dark urine, diarrhea, muscle aches,join pain, jaundice.

Most people who get Hepatitis A feel sick for several months, but they usually recover completely and do not have any long-term damage to their liver. Sometimes Hepatitis A can cause liver failure and death, especially for people who are hepatitis C infected, but it is rare.

A doctor can determine if you have or ever had Hepatitis A by taking a blood sample. There are no special treatments for Hepatitis A your body eventually clears it in its own. Also, once you’ve had Hepatitis A, you can never get it again. Doctors usually recommend rest adequate nutrition and fluids. Sometimes people need to be hospitalized, but this is rare.

For people who have never had Hepatitis A, there is a vaccine for Hepatitis A. The Hepatitis A vaccine is given in 2 shots over a 6 month period and you need both shots to be protected against Hepatitis A. You can also protect yourself from Hepatitis A by washing your hands frequently with soap and water, especially before eating.

If you have any questions about Hepatitis A, please send them to the above mentioned address, and be on the lookout for future articles about Hepatitis B and C.

The organization’s web site is www.Centerforce.org

The answer to “Are You Smarter Than an Inmate?” on our previous issue is as follows: The father had three offspring ages 9, 6, and 2. He left in his will that his eldest was to have one-half, and the second oldest was to get one-third and the youngest was to get one-fourth. Just add the ages of his three children and that adds up to 17. If you were able to get this answer then you are smarter than an inmate.
KEYED IN, I hear the keys now, but the turnkey’s unseasoned. Need to break fast so as not to break slow from these hunger pains. I must eat fast and good so they won’t yell out my name. Out in the color-coded garden, I plant my feet. Get to my routine and stay ready so as not to taste defeat. A flicker wind blows, the horn goes, no warning shots. Bury my steak knife and cut right and whatnot. Another battle won, another day done, I can shut my eyes. So sets the sun, to let the moonrise.

CONVICT
By Eddie Griffin
They invite your impropriety. They’re so glad that you could come. They ignore your many adoptions. And they knew that you’d succumb. Tragic hero of rural crisis.

In traditional American Indian religious belief the hawk is considered a messenger. As Mercury was believed to have carried messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods, American Indians believed the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world and carry messages to the ancient Greeks from the Gods. At which point it’s due to time to make my game up, Shakes the sheets out and pour the first shot into my cup. Hear the bird song? I’d too sing the same tune, Spread my wing out and soar into the afternoon. Yet I’m on two feet, that flight to stay upon the ground With every new beat, there’s pavement for me to sound I’d step out my front door, but for the fact that I’m

In Indian Country
By DANIEL TREVINO
Journalism Guild Writer
In traditional American Indian religious belief the hawk is considered a messenger. As Mercury was believed to have carried messages to the ancient Greeks from the Gods, American Indians believed that the hawk with his ability to glide upon the air currents, seemingly indefinately, could cross into the spirit world to bring messages from the spirits back to the people. When a hawk circled overhead, it was thought that he was telling you to pay attention to your surroundings. If he screeched he was telling you to beware of something dangerous ahead. This belief is still very important to Native American beliefs and his feathers, considered sacred, are used for prayer purposes. Hawk talons and feathers are used to make dance regalia and for use in prayer ceremonies. If a hawk flies overhead or screeches, pay attention to your surroundings, he just might just be sending a message to you.

Sudoku
By ANTHONY LYONS

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

WHEN I´M GONE
By Richard Dollaround and Jason Harden
In my dismises, I wonder how many will miss me? How long will it take for those who knew me to notice I´m gone? How many of those who claim to be my friends/homies, will show up at my funerals and show solitude? When I´m gone, how long will it take before everybody forgets about me? Will those who know me forget the sound of my voice, and the image of my face? If I can change my ways for the better, will I still be remembered for the negativity of my past? Will the young ones in my life be able to look up to me as a role model, or will they look at me with disgust? I hope when all think back on me, they are reminded of the good times, and smile. Don`t shed any tears, for I don’t want my death to make others sad. Others have been sad enough during my life, so please don’t mourn, but rejoice. For my soul will be in the hearts of all those whom really loved and cared.

In the hearts of all those whom really loved and cared.
DEC. 1980 – David Lee Moore, 28, from Alameda, was found hanging from the bars by his bed sheets in his condemned row cell. He was pronounced dead at that time, according to prison information officer Mike Madding.

DEC. 1980 – A shot was fired in the East Block yard to break up a fracas between an officer and a convict that he was trying to handcuff. The gunner noticed that the inmate was reaching for a handgun before shooting to stop the altercation.

DEC. 1980 – The S.Q. News reports a decline in violence at the prison. Through September there were 27 assaults compared to 32 last year and 46 in 1978. So far, there has been one death in 1980, whereas there were five in 1979 and four in 1978. Statewide, there have been 13 violent prison deaths this year and 16 in each of the past two years.

DEC. 1980 – The San Quentin Handicraft Shop advertises “best prices in the state” on items such as “fine quality leathercraft, sterling silver jewelry, costume jewelry, cups and ashtrays, candles and much, much more.” Located at the entrance to the prison, the shop is open seven days a week from 10 a.m. to 6 p.m.

DEC. 1980 – The 9th U.S. Court of Appeals overturned the convictions of two San Quentin inmates for killing a guard in 1971. The guard was attacked July 21, 1971 in the prison hospital. The court said the jury considered evidence that was not introduced at the trial of the two men.

DEC. 1980 – The prison was placed on a general lockdown after a white inmate was found to have been stabbed by a black inmate. The victim was found in his west block cell from three stab wounds. The prison was on lockdown for two days, and was the prison’s first lockdown in 1980.

DEC. 1980 – The “fight card” for this weekend’s boxing matches in the prison’s Skyline Gym against fighters from Ft. Ord was announced. The card includes fights in 14 weight classes from the 125 lb. class up to heavyweights.

DEC. 1980 – A U.S. District Court judge has given Warden George Sumner and San Quentin officials one year to make needed physical changes on death row and north segregation. Prison officials must supply recreational and educational equipment and hobby programs for condemned inmates.

DEC. 1980 – The SQUIRES organization at San Quentin announced the results of their annual election. The SQUIRES organization at S.Q. had its inception in 1964. SQUIRES stands for San Quentin’s Utilization of Inmate’s Resources Experiences and Studies.

The Suspect appeared to be intoxicated or under the influence of illegal drugs. This opinion based on the observation of the Suspect’s physical appearance and actions by trained observers. Suspect had rosy cheeks and red nose, characteristic of alcohol use. Suspect seemed in unusually good spirits, often laughing for no reason, characteristic of individuals under the influence of drugs.

Suspect loudly shouted repeated “HO HO HO,” probably gang-related slang referring to females.

Suspect had odor of pipe tobacco about his person, probably attempting to smuggle contraband tobacco into prison.

Editor’s Note: The precedent report was supplied to the San Quentin News by Vanessa, a member of the Life Support Alliance, a statewide group headquartered in Sacramento that works to have inmates with life sentences released when their time has been served. Ms. Nelson declined to state how she obtained this report. Asked if she was in contact with WikiLeaks, she smiled and replied, “No comment.”

The San Quentin News requests that all institutions send us reports of their athletic events so that they may be published in our newspaper. Information should contain the following: Type of event, date of event, names of players, scores, and all stats relating to the event. Please send information to:

CSP - San Quentin Education Dept. / SQ News
San Quentin, CA 94964

San Francisco – A federal appeals court has upheld a voter-approved measure requiring convicted murderers to wait as long as 15 years between parole hearings.

Proposition 9 in 2008 limited the rights of murderers and other prisoners sentenced to life with the possibility of parole. California law had previously required the parole board to hold hearings once a year after an inmate is first eligible for parole, unless the board cited evidence showing it was unlikely the prisoner would be released for several years. The maximum period between hearings was five years. The proposition allowed the inmate to get the interval reduced to as little as three years by proving that the board was likely to grant an earlier release date.

Santiago, Chile – Eighty-one inmates died in a severely crowded prison and Chile President Sebastian Pinera promised Chile will improve conditions for inmates.

Some 53,000 inmates are housed in a prison system built for 32,000. Cause of the fire is being investigated.

Berkeley – Nearly 25,000 books each year are sent to prisoners by the Prisoners Litera
ture Project, a Berkeley-based collective. Novels, dictionaries and books of poetry are shipped all around the country by volunteers. The organization has provided these books for nearly 30 years in an effort to nurture rehabilitation and encourage education.

Back in the Day
Selected Stories From Past Issues of The San Quentin News

INCIDENT REPORT

At approximately 0800 hours on December 25, 2010 staff officer observed a suspicious individual attempting to gain access to visit the visiting processing. The Suspect appeared to be a white male, late 60s in age, approximately 6 feet tall, weight approximately 300 pounds. The Suspect appeared to arrive on grounds in an unlicensed, non-gasoline fueled vehicle that had several unauthorized wild animals attached to the vehicle. Animals other than seeing eye dogs are not allowed on grounds. Vehicle was confiscated and animal was not allowed on prison grounds.

The Suspect could not produce valid picture identification. The Suspect attempted to bring non-transparent bag containing personal items into visiting room.

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 follow these criteria when submitting:

• Limit your articles to no more than 300 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 news-y and encompass issues that will have an impact on the prison populace.

• Please do not use offensive language in your submissions.
• Poems and art work (cartoons and drawings) are welcomed.
• Letters to the editor should be short and to the point.

Send Submissions to:

CSP - San Quentin Education Dept. / SQ News
San Quentin, CA 94964

(No street address required)

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

http://www.sanquentinnews.com


The opinions expressed herein do not necessarily reflect those of the Administration, or the inmate population, and should be considered solely the opinions 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

Manager of Publications .................Linda Lan
Senior Advisor .........................Joan Lisetor
Advisor ..................................Steve McMasters

Web Publications

Director of New Media .........................Mike R. Harris
Assistant Director .........................Michael R. Harris
Webmaster .........................Jennifer Lopez
Social Media .........Fernando Llamosa / Sports Editor ...............Drew Piazza
Student Writers .........Amilou Garcia
Graphics .........................Kevin O’Donnell
Editor-in-Chief .........................Kevin R. Richardson

1910 FEB. 1981

San Quentin News

Copyright 2010

Poems and art work (cartoons and drawings) are welcomed.

Letters to the editor should be short and to the point.

Send Submissions to:

CSP - San Quentin Education Dept. / SQ News
San Quentin, CA 94964

(No street address required)