50-Mile Run Helps Marin Food Bank

By VINCENT CULLEN
Acting Warden, San Quentin State Prison

On the cold morning of Dec. 11, 2010, a group of runners had lined up under an awning in preparation for a quest to run 50 miles to benefit the Marin Food Bank. This idea was formed by Rudy Luna, Correctional Lieutenant, several months earlier and gradually gained momentum until the morning of the 11th. Thus the first annual San Quentin 50-mile run for charity began.

Despite the cold weather, fog and drizzle, a large number of San Quentin employees stretched, strained and ached as teams to complete 25 laps of the San Quentin property, all for the sake of charity. Several different teams of staff members, some as few as four runners, started before the sunrise. Within the team, there were runners who were able to maintain a blistering pace, while others jogged or walked. Regardless of each individual's prominence, the end result was 50 miles of charitable running.

While it is unimportant who finished the 50 miles first (that honor went to the Warden's Office team), what is important is that all the teams completed the 50-mile, grueling run. I would be remiss if I didn't mention the mileage leaders: Rudy Luna and Mary Cello. Rudy completed 28 miles, while Mary completed 20 miles.

Many staff members sponsored the teams, either with a flat donation or a per-mile donation. In addition to this event, food barrels were placed around the institution and staff responded.

**THANKS TO MANY**

San Quentin staff members donated over 500 pounds of food for the Marin Food Bank. More importantly, the 50-mile run raised over $1,500 in cash donations for the Food Bank. I must take the opportunity to thank various staff members who worked tirelessly to ensure this run was successful: Rudy Luna, Mary Cello, Michelle Rochelle, Jenny Ray Turner, Kristine Ril- lon, Cheryl Beatty, Troy Kinsey and Sam Robinson.

Also, I would like to thank Costco for providing bottled water and Gatorade and the San Quentin Fire Station for assisting with course safety and aid stations.

The real impact of this entire process was our visit to the Marin Food Bank.

By STEPHEN YAIR LIEBB
Contributing Writer

When a state court determines that the Board of Parole Hearings has denied parole without any evidence of current dangerousness, the court may only "direct the board to conduct a new parole-suitability hearing." The court may not direct the board to find the inmate suitable for parole or restrict the type of evidence the board may consider at the hearing, according to the California Supreme Court's decision, In re Prather, 50 Cal. 4th 238, Case No. S172903, July 29, 2010. Parole reversal

The California Supreme Court, in the Prather case, only considered what remedy a court may order when the parole board denies parole. California courts and federal courts may order the release of an inmate after a court determines that a governor's decision reversing a grant of parole suitability was not supported by "some evidence" of current dangerousness. A court may order an inmate's release after it determines that a governor's decision reversing a grant of parole was not supported by some evidence of current dangerousness. (In re McDonald, No. B258434, Cal. Rptr 3d, 201 WL 4296703 at *9-10, Cal. Ct. App. Nov. 2, 2010)

**EVIDENCE RESTRICTION**

An order by a California state court granting a new parole hearing may not restrict the parole board from considering the full record in making a parole suitability determination. The Prather decision stated that courts may not "direct the board to make a particular result or consider only a limited category of evidence in making a suitability decision." However, the Prather Court acknowledged that, "in appropriate circumstances," a court may order that the board not base an unconstitutionality determination solely on evidence already considered and rejected by a court is unnecessary. That is because "the board is required to adhere to the decision of the Court of Appeal" or comply with an order made by a Superior Court that was not appealed.

The Prather Court stated that a court "order granting habeas corpus relief implicitly precludes the board from again denying parole" unless some additional evidence supports a determination that the prisoner remains dangerously. That evidence can be considered

**State Court's Guidance**

On Parole Board Denials

By MICHAEL COOKE
Journalism Guild Writer

The biggest issue facing California's overcrowded prison population is overcrowding, and big changes are on the horizon.

Two major issues will unfold in the coming months: California's gigantic budget deficit and a lawsuit awaiting a decision by the U.S. Supreme Court. The Supreme Court will rule on a three-judge federal panel ruling that the state's overcrowded prison system causes unconstitutional inadequate medical and mental health care. This violates prisoners' Eighth Amendment right against cruel and unusual punishment, the judges ruled.

Meantime, newly elected Gov. Jerry Brown is grappling with a $28 billion state budget shortfall. He is proposing several steps, including more prisoners staying in county jails, or prison inmates returned to county jails. The California Legislature, politicians and a myriad of prison administrators have been unable, or unwilling, to fix the state's broken prison system.

The high court will be reviewing the panel's unprecedented August 2009 ruling that would have the state reduce its inmate population by nearly 40,000 to relieve prison overcrowding. The San Jose Mercury News reported that one of the federal judges deemed conditions so bad that inmates were "dying needlessly" on a regular basis.

David G. Savage and Carol J. Williams of the Los Angeles Times reported that the suicide rate in California's overcrowded prisons is nearly twice the national average, and an average of one inmate dies every eight days from inadequate care.

The Supreme Court will decide whether the three-judge panel overstepped its power to order inmate releases under a 1996 federal law, the Prison Litigation Reform Act. California officials have asked the Supreme Court to strike down the prisoner reduction order because it says it violates the 1996 law.

Robert Weisberg, a law professor at Stanford's Criminal Justice Center stated, "It's the first court addressing this particular issue under a relatively new statute.

See Overcrowded on Page 5

**Farewell To CCI**

McGarvey

By Raphael Callis
Contributing Writer

One of San Quentin's most respected correctional counselors, McFarvey of North Block is retiring. Because of California's burglary crime rate, while others jogged or walked. Regardless of each individual's prominence, the end result was 50 miles of charitable running.

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By ARNULFO GARCIA
Journalism Guild Chairman

Confining offenders without trying to change them is an experience of folly with short benefits of winning battles while losing the war. It is wrong. It is expensive. It is stupid, according to former U.S. Supreme Court Chief Justice Warren Burger.

San Quentin Alliance for Change is working hard to bring change for the prison guards' union, community volunteers, and prison staff working in conjunction to facilitate the re-socialization of incarcerated men and to create a successful re-integration process into the community.

Alliance for Change has formed a series of interaction guides for prisoners and members of the public to use, with the goal of creating safer communities.

The idea begins by looking for volunteers to donate professional skills, need to be reached and networking are extremely important to the alliance.

Ricky “Malik” Harris, Alliance vice chairman, remarked, “Justice is not something we choose, but something we should all do together.”

Naghznid “Shahid” Rouse, Education co-leader, maintained, “At the beginning of a new journey, we are a team that is working hard to bring change to our communities.”

Johnny Taylor, Evaluation Services co-leader, said, “The ones who go home and struggle, only to return back to prison with no programs, need to be reached and helped.”

Marvin Andrews, public relations head, used a quote from Jesse Jackson to express his sentiments: “Never look down on someone, unless you are helping them up.”

Ernest M. Morgan VIII, public relations co-director for the San Quentin Alliance for Change, relating the words of W.E.B. DuBois to the effects of prison said, “The problem is plain before you. We are a community transplanted through our own criminal actions. I want to say that if we don’t lift ourselves up, the system will pull us down. Education, employment and social reintegration are the levers to uplift the incarcerated and formerly incarcerated men and women.

The RIGHT IDEALS

“Employment alone will not do it unless it is inspired by the right ideals and guided by intelligence. Education must not simply teach work skills, it must teach life skills.”

Acting Warden Vincent Cullen attended an event hosted by the Alliance group in December 2010 and said he was happy to see the beginning of the Alliance program. “I think that the Alliance for Change is going to be one of the premier programs of San Quentin.”

By RICHARD HALSTEAD
Marin Independent Journal

State Delays Awarding of Contract for Death Row

The corrections department has notified the three lowest bidders of its intention to “extend the period of award ... to allow additional time for the department to brief the new administration on various aspects of the project,” said Paul Verke, a corrections spokesman.

Marin officials are mounting a desperate last stand to prevent the awarding of the contract and kill the project. Assemblyman Jared Huffman, D-San Rafael, met ... with high-ranking members of the Jerry Brown administration in a bid to enlist the new governor’s support.

The county of Marin has filed suit to stop the contract from begin awarded and the county counsel is prepared to ask a Marin Superior Court judge for a temporary restraining order, if necessary.

The corrections department recently received nine bids that it opened on Nov. 9. A low bid of $126 million was submitted by McCarthy Building Companies of St. Louis, Mo. The process called for the awarding of a contract no later than 60 days after the opening of the bids. Verke said McCarthy Building companies has agreed, however, agreed to extend its bid to a new deadline.
College Students Get Eye-Opening Experience At S.Q.

By ARNULFO T. GARCIA
Journalism Guild Chairman

A group of 25 college students got a real education in California’s penal system during a visit to San Quentin State Prison.

They sat in a circle with a dozen inmates for an eye-opening discussion of what it is like to live behind bars and walls for lives gone awry.

The inmates were members of a prison organization called T.R.U.S.T. (Teaching Responsibility Utilizing Sociological Training). The group conducts 24-part workshops aimed at turning lives into a positive direction.

Leading the students was Professor Elaine Leeder of Sonoma State University.

“A lot of these men who are here in blue, I know, have done the work on themselves and are prepared to get out,” Leeder said.

“But my students here today are fortunate because 217 students wanted to come into San Quentin to talk with you men, but I was only allowed to bring 25 students.”

Paul Jordan of the T.R.U.S.T. program set the tone for the circle when he asked, “Who in here knows the difference between punishment and rehabilitation?”

One student, Laura, said.
The prison provides rehabilitation, but I really think it’s up to the individual.

Most of the students had never previously identified incarcerated people and exhibited typical misconceptions about prison policy due to watching prison TV shows.

“They said 15 years is not that bad,” said Ke Lam, a San Quentin resident. “I was young and I didn’t know. I thought I could do 15 years and be home.”

But when Ke got to prison, he found out that 15 years to life means life.

“I have been in prison longer than I was on the streets. My age plays a big part in doing time.”

Many students were surprised when they learned California’s criminal justice system allowed a 14-year-old to get sentenced to life without the possibility of parole.

“How the my crime happened, I was convicted under the felony murder rule but I never killed anybody,” said Charlie, a San Quentin resident who was tried as an adult.

“As a kid, I was shackled in the waiting room at the county courthouse for hours and hours because I was 16. I couldn’t be put with the adults because of my age.”

Mike Tyler was 17 when he came to prison. “I was the type of kid that needed structure.”

Mike Tyler said.

“Is there a huge difference as to how people are treated if they are tried as a juvenile or adult?” asked Kareena. A few men who were tried as juveniles responded.

“The judge said 15 years isn’t that bad,” said Ke Lam, a San Quentin resident.

“Many students were surprised when they learned California’s criminal justice system allowed a 14-year-old to get sentenced to life without the possibility of parole.”

The inmates were members of a prison organization called T.R.U.S.T. (Teaching Responsibility Utilizing Sociological Training). The group conducts 24-part workshops aimed at turning lives into a positive direction.

Notice highlights the significance of Black History month with a profile of Martin Luther King, Jr., and an in-depth look into some of the nightmares that have emerged since his death. Starts on page 14
Enrique Culture of the S.O.B. Helping One Another

By STEPHEN YAIR LIEBB

Concluded from Page 1

alone or in conjunction with oth-
er evidence in the record, which
was not already considered and
rejected by the reviewing court.

SEPARATION OF POWERS

In a concurring opinion in Prather v. Moreno, the Court clari-
fied that the board may have its
discretion limited or even elimi-
nated entirely by a court issu-
ing a writ of habeas corpus. Prather court based its decision on the
discipline of separation of powers. This means the board or the
governor has discretion to make parole decisions and the
courts cannot review those decisions.

Justice Moreno explained that separation of powers also re-
quires “that courts must be able to play their assigned role of re-
viewing agency decisions and fashioning appropriate remedies
when an agency has abused its discretion.”

At a parole re-hearing ordered by a reviewing court, the board
cannot, after having its parole
decision reversed, con-
tinue to deny parole based on
evidence that reasonably could
have been but were not raised
in the original proceeding.

A parole board may not increase parole decision making
when it orders a new hearing be held.

If the board again denies pa-
role and the court finds the de-
nial was unjustified, “an order
that the board grant parole may
well be warranted.” The gover-
ner would still have the right to
review that decision.

— Hector Oropeza contributed
to this story.

Supreme Court Tells 9th Circuit to Stay Out

By STEPHEN YAIR LIEBB

Concluded from Page 1

The United States Supreme Court in a unanimous decision
ruled that federal courts have no business reviewing decisions
made by the Board of Parole Hearings or by the governor de-
yning parole to inmates serving
tlime terms.

In a recent decision made with-
out oral argument, the Court held on January 24, 2011 that the
only right that inmates in Cali-
nia State Prisons have at pa-
role hearings is an opportunity
to be heard and a statement of the
reasons why parole was de-

nied is “merely evidence of state law” and is
denial of due process. Whether
the board or a state court decided
cases involving parole correctness
beyond the scope of federal
review.

The Supreme Court’s deci-

sions means the dismissal of
hundreds of pending habeas pe-
itions in federal district courts
and in the Ninth Circuit Court of
Appeal challenging board deci-
dions and decisions by a gov-
ernor reversing parole.

Challenges to parole board de-
cisions and decisions by the
governor reversing parole suitability
findings may still be brought be-
fore California State Courts.

The case is Swarthout v. Coote,
562 U.S. ___ (2011)

and the prisoners who paved the way.

Borrowing a line from Stan
Lee of Spider-Man fame: with

great power comes great respon-
sibility. The bulk of this responsi-
bility rests upon the shoulders of the
inmate facilitators, men-
tors, and tutors.

The power in having prisoner-
led programs lies in the belief
that I can do it too. I believe that
the longer someone remains on
the path, the more they want to

talk about it and pass on what they
have learned, not because of an
ego-centered desire to shine in
the spotlight, but because of a
true calling to help, to give a
hand up

Over the last two years, San
Quentin has experienced a mas-
sive turnover. Prisoners left who
had been here for years, and men
from institutions without any
programs arrived. Most of us
newcomers have not experienced
the same opportunities that are
available to inmates in San
Quentin’s inmate-facilitated programs.

To put it bluntly, we need to know
that the same opportunities exist
for us that existed for you who
came before.

NOTEWORTHY CASES ON PAROLE DENIAL

In re Raymond D. Macias (Cal. Rptrt 3d 
d 6th Appellate District, WL 4457309,
0803365, Nov. 9, 2010)

This case provided a definition of what constitutes “a lack of
insight” sufficient for denying parole. The California Court of Appeal
acknowledged that “the very concept of insight” is inher-
ently vague. The Court concluded that a lack of insight that supports a finding that an inmate is
currently dangerous exists when:

1. the inmate demonstrates “a blindness concerning the nature of his or her conduct and/or the very pressures and impulses, that triggered it”
2. and there is a “factually identifiable deficiency in perception and understanding” involving a significant aspect of the crime or its

purpose

However, when an inmate acknowledges the “material aspects” of the crime and demonstrates understanding and remorse, the Board's mere refusal to accept the inmate's statements is not a
sufficient basis for denying parole.

Schwarzenegger v. Plata (U.S. Supreme Court, 09-12331 Oral argument held November 30,
2010) [Source: lllbulletin, Sara Myers and John Suh, edited by Catherine Suh]

The U.S. Supreme Court heard oral argument in the state’s appeal of an order issued by three
federal judges to reduce overcrowding in California prisons in order to remedy medical and mental
health condition in California State Prisons. The three judges had ordered the state to reduce its
prison population by about 46,000 inmates within two years.

The issues considered by the Supreme Court were:

1. Did the District Court have jurisdiction under the Prison Litigation Reform Act to order the release of inmates?
2. Was it the order to release prisoners the only remedy for alleviating the violation of constitu-
tional rights created by inadequate medical and mental health care?

Corrections and law enforcement personnel filed a brief in support of the order issued by the
district Court to reduce the prison population.

Corrections personnel argued that the federal courts need to have a role in reducing the state
prison population because California’s attempts at reducing prison overcrowding have failed.

In their brief supporting the prisoners who sued over inadequate medical care, corrections personnel
argued that over the past 15 years there have been over 75 orders to cure inadequate health care in
the state prison system, but the system is still deficient.

Gilmn v. Schwarzenegger (U.S. Court of Appeals, 9th Circuit, No. 10-3456,
December 6, 2010)

This case addressed the constitutionality of the provisions of Proposition 9 (“The victim’s Bill of
Rights Act of 2008L Marsy’s Law”) that extended the length of parole denials to a minimum of
20 years.

A federal District Court had ordered a preliminary injunction against Marsy’s law being applied to
the plaintiff’s in this case because they were likely to succeed in proving that the provisions of
the extension parole denials violated the due process clause of the U.S. Constitution.

The Ninth Circuit held that these provisions do not constitute an ex post facto violation because the
increase in parole denial periods to not create a significant risk of increased incarceration.

The court’s decision focused on the provisions in Marsy’s law which allow an inmate to request
an earlier parole hearing once the board denies parole. Inmates may submit a written request to the
board with the circumstances and new information that justify an earlier parole hearing.

—Stephen Yair Liebb

This belief was not something
I discussed with anyone, or
even fully understood. As valuable as their help is,

Within the rooms of 12-step
programs, there is a belief that
the power of peers helping each
other is unmatched. Logically, it
and the inmates that I worked with behind the walls.

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McGarvey Bids Farewell To S.Q.

Continued from Page 1

I could point them in a positive direction. We can’t live our entire lives in prison. I have put the state’s interest in front of my interests, and I have succeeded after they were granted parole.

It is fair to say that McGarvey treated everyone, co-workers and prisoners alike, as human beings. He said, “We all eat, drink and laugh with the same emotions and face similar kinds of struggles in life.” What was his big secret to success? He said, “Faith has given me a lot of strength.”

To S.Q.

 Asked to share one thing that he believes made his time at the prison system better, he replied, “I haveseen dramatic changes throughout the Department since I started. Most of the jobs have gotten very technical and more labor intense. In addition, with the current State fiscal crisis, employees are being required to take mandatory furlough days, which reduces the work production each month. As a whole, CDCR staff are not the cohesive group they once were. I feel that in order for the Department to become better as an organization we need to return to the realization that no job is more vital than another on the pay scale. For example, without food service personnel, the inmate does not get fed; without medical personnel, the inmate’s health will not be cared for; without custody staff, there is no safety and security for the staff or inmates; without teachers and educational programs, inmates leave the prison ill-equipped to reintegrate into society. The list of essential jobs and their importance to the Department is endless. In short, if one of the cogs in the wheel is broken, CDCR will grind to a halt. As CDCR staff, we can make the Department better by not solely focusing on our own job, but to instead try and look at the overall picture and see how our job impacts other jobs throughout the institution.”

Asked if he had any parting words to offer, McGarvey replied, “Over the years, I have worked beside some truly great people and those that believed in me and were willing to give me a chance to prove myself. I would like to take this opportunity to express my sincere gratitude to those that believed in me and to the rest of my San Quentin family for continually sharing their knowledge, experience and friendship throughout my career.”

By JULIANGLENN

PAGGET Managing Editor

Edward Patrick Morgan has lived more than half his life on San Quentin’s Death Row without a lawyer for about two decades and what accounts as an automatic legal reprise, it is becoming harder to come by.

The California Supreme Court has been unable to allocate legal counsel because post-conviction legal challenges are breaking the system.

“Fewer young people are willing to take on the work,” said Lynne Coffin, 61, a criminal defense lawyer whose caseload includes the case of Death Row cases. “It’s a huge toll on people having clients on Death Row.”

BOTTLENECK CREATED

Morgan’s attorney filed an appeal last Friday and challenge every possible item in Morgan’s case that was in 1996. These petitions from condemned inmates have created a bottleneck.

There is a 10-to-12-year wait to get a lawyer and challenge every possible item in Morgan’s case that was in 1996. These petitions from condemned inmates have created a bottleneck.

As of February 9, 2011, San Quentin has 673 condemned inmates. About half of these have no one they can rely on; to learn from my mistakes and never repeat it. I would like to take this opportunity to address their legal challenges.

This number does not account for those who are currently in hospice care or having other medical needs taken care of, or those who are out to court.

“The penal system is dealing with numbers it can’t handle,” said Robert Launois, executive director of the Habeas Corpus Resource Center; a state agency that represents condemned inmates in the federal and post-conviction court challenges.

However, death penalty advocates avow that the modality of criminal defense work: “To turn over every rock in the world,” Kent Scheidegger said. Scheidegger is the legal director of the Criminal Justice Legislative Foundation whose group supports capital punishment.

“Really, it’s an idea that if you have to pull out every stop in every case is excessive,” he said. There’s lots of pressure but that doesn’t mean the state has to or should pay for it.

Berkeley-based criminal defense lawyer Cliff Gardner, one of the lawyers who filed Morgan’s death penalty cases before the California Supreme Court, said death penalty advocates just want it made easier to execute someone. “The idea that you’re saving someone who is condemned to die seems to be the higher calling of any criminal lawyer can have.”

50-Mile Run Helps Many

Continued from Page 1

Marin Food Bank. Myself, Rudy Luna and Anna Bowman-Salz seider, had the opportunity and pleasure to visit the Marin Food Bank to meet and the staff and volunteers.

All three of us were awestruck by the magnitude of operation and the need to provide food and services to the some families in Marin County.

In 2010 the Marin Food Bank served over 120,000 people, an increase of 23 percent from 2009. The Food Bank distributed over 2.5 million pounds of food, which is a 55 percent increase from the prior year.

In these difficult economic times, more low-to-moderate-income families have to choose between essentials like food or utilities or necessary health care. I was heartened by the fact that San Quentin’s inmates helped this valued organization that provides an absolutely essential service to our surrounding community.

I will endeavor to hold additional events such as this, and in cooperation with the staff, the inmate population and the surrounding community. My expressed gratitude to all who helped make this event a worthwhile adventure!

K-12 Education – The Only One To Receive More Money

Sacramento — In fiscal year 1976-77, 3.32 percent of the state’s general fund ($334.3 million) went to prisons, according to the Orange County Register. This year, 10.32 percent ($8.9 billion) is budgeted for prisons

Prison Reform for New Attorney General

Continued from Page 1

problems that lead to crime, not just the criminal.

The 46-year-old Harris replaces Democrat Jerry Brown, who moved up to the governor’s office after his successful campaign. She is the first black and the first woman to hold the Attorney General’s post in California. Her victory also gave Democrats a sweep of all statewide offices.

Harris’s campaign was scarred by criticism relating to tainted evidence blamed on San Francisco police and failure of prosecutors to disclose police officer’s criminal history to defense attorneys. Both of these issues led to the dismissal of hundreds of criminal cases.

Despite such controversies, Harris prevailed with environmental protection and prosecution of financial predators, also cornerstones of her campaign.

“l think she might be good,” said San Quentin inmate Kamal Sefeldin, a clerk in the law library.

Sefeldin expressed hope that she does not see her role as a blocker of every lifer release like past Attorney General. He also would like to see Harris work with criminal justice professors and students to come up with solutions for the prison crisis. He wants to adopt a plan to release some of the 7,000 non-citizen prisoners who have done their time and want to be deported, but are being held in prison due to political pressures.

“l’ve heard good things about her,” states inmate Karl “Islam- e” Freedom, “but it’s to be seen how true it is.”

ARiGE FOR RELEASE

Specter recently argued before the U.S. Supreme Court for the release of 40,000 Californian inmates due to prison overcrowding. “Yet l’m sure that if Mr. Schwarzwegger’s family or friends were on Death Row, he would want to have a Death Row attorney turn over every rock to make sure they could get the best representation to get them off of Death Row.”

The state Supreme Court did accept earlier this year a cursory post-conviction challenge from Morgan. The court accepted Morgan’s petition as a simple placeholder until a lawyer could file a proper habeas corpus petition.

This maneuver will prevent Morgan from missing important legal deadlines and permit a habeas corpus petition to challenge his sentence later.

K-12 education increases its share of the budget more than prisons

Continued from Page 1

If the Supreme Court upholds the prisoner population cap, the state will have two years to gradually reduce the overcrowding. If the justices strike down the cap, the federal judges who issued it will continue to oversee improvements to inmates’ medical and mental health care.

At issue in the case, known as Schwarzwegger vs. Plata, is whether the three-judge panel correctly applied the law governing how the state’s financial resources should be used in state prison management.

Meaningless, some 200 people demonstrated at the San Quen tin gate on Feb. 8. They protest ed construction of a new Death Row complex while budget cuts appear likely for services to the disabled.

The same day federal Judge Jean A. Forer visited San Quentin’s new execution facility. He halted California executions five years ago as unconstitutional as cruel and unusual punishment.

The new facility was completed recently at a cost of approximately $900,000. The former execution chamber was designed for lethal gas, but was later modified to accommodate lethal injections.

Some 720 men and women are awaiting execution in the state.

February 2011
 Volunteers and Prisoners Sing During Holidays At S.Q.

By JEFF BROOKS Journalism Guild Writer

As inmates and visitors can tell you, San Quentin celebrates Christmas like no other prison in California. There were carolers in the cellblocks, a banquet honoring volunteers and inmates’ kids got presents around the Visiting Room Christmas tree.

One of the festive things about Christmas time in San Quentin for an inmate is hearing the carolers come into the housing units to sing traditional Christmas songs a cappella.

This year there were 56 volunteers and 12 inmates, led by Craig Singleton, a volunteer at the Protestant Chapel and head of the Dominican University Music Department.

“We come in with a spirit and attitude that we are here to uplift the men,” said one long-time volunteer, Jerry Stubblefield, a retired Golden Gate Seminary professor.

“We come to minister in this place, but I would say that we are ministered to.”

Stubblefield added, “For several years we went into the gym. One of the things that amazed me, and it probably shouldn’t have, was that the inmates knew all of the carols and they sang with us. It made us feel great.”

Another festive event was a banquet honoring volunteers who work with inmates in Protestant Chapel programs.

In the past, volunteer Christmas carolers were confined to the entrance rotunda of Condemned Row, but for the first time the volunteers were allowed to enter into the Condemned Row housing unit.

The carolers sang traditional Christmas songs before the rapid audience of inmates as they sat locked inside their cells.

Many inmates joined in with the singing and when it was over there were numerous shouts of “Thank you!” and “Merry Christmas!”

“I really appreciated that people from the surrounding communities would take the time out of their busy lives to come in here to sing to us and bring us some Christmas cheer,” said Kris Miller, an inmate.

“I just sat back in my cell and closed my eyes and felt like I was in a different place for a few moments,” said Chris Murphy, another inmate, “I just wish they could of stayed longer,” he said.

The volunteers and inmates sang in North Block, South Block, West Block and East Block (Condemned Row).

Prisoners and carolers singing cheerful songs during the holidays in S.Q. units

725 New Laws For California Citizens

By MICHAEL COOKE Journalism Guild Writer

California welcomed the New Year with 725 new laws. One was Assembly Bill 1399, the California Medical Parole Bill. It allows medical parole for terminally ill inmates. The bill was authored by State Sen. Mark Leno and sponsored by J. Clark Kelso, the Prison Health Care Receiver appointed by federal District Court Judge Thelton Henderson.

California is looking for ways to slash $800 million from the Prison Health Services Department’s $2 billion budget. Medical parole would apply to inmates in state prisons with permanent disabilities and whose release would not pose a threat to public safety.

Medical paroles are prohibited for inmates sentenced to death, life without the possibility of parole, or Three-Strikers. Terminally ill inmates sentenced to life with the possibility of parole may be considered for medical parole. It has been estimated that approximately 700 state inmates would qualify for consideration for medical parole.

The state’s prison health system has identified 21 inmates whose average annual health care cost more than $1.97 million each.

That is nearly $41.5 million a year for 21 prisoners.

Inmates released on medical parole would shift the cost of their health care from the state to the federal government.

California already allows dying inmates to apply for compassionate release, also known as medical parole, although few are actually released prior to their deaths.

Penal Code 1170 (e), (2)(A)(B) (C) gives courts the discretion to resentence or recall if they find (1) the prisoner is terminally ill with an incurable condition caused by an illness or disease that would cause death within six months; (2) the conditions of release or treatment do not pose a threat to public safety; (3) the prisoner is permanently medically incapacitated with a medical condition that renders him or her permanently unable to perform activities of basic daily living, and result in requiring 24-hour total care.

Lawsuit To Reform California’s Public Education Funding System

BY LAQUAN HAYES Journalism Guild Writer

A second lawsuit aimed at reform for California’s public education finance system has been filed in Alameda County Superior Court.

This lawsuit is similar to the Roberts-Wong v. California, filed 2010 by the Californian School Board Association (CSBA), the Association of California School Administration (ACSA) and the California State PTA.

In the latest suit, a coalition of grassroots groups and individuals representing low-income students and parents makes two claims:

1. The states school-funding system fails to provide children with an opportunity to obtain a meaningful education in violation of the Education Code.

2. That this failure violates the Equal Protection clause of the Condemned Row Christmas tree.

“We’re asking the court to declare the current funding system unconstitutional and to order that a new one be created,” said Howard Rice of Public Advocates Inc., a San Francisco-based public interest law firm.

The coalition consists of the Campaign for Quality Education (CQE), Alliance of Californians for Community Empowerment (ACCE), Californians for Justice (CFJ), and San Francisco Organization Project (SFOP), plus more than 20 individual students and parents.

The governor was asked about his response to the CQE lawsuit. Andrea McCarthy a spokesperson for the governor said: “The governor is ready to work with the plaintiffs in this case, but multiple studies have pointed out funding alone will not solve the fundamental problems facing our schools. Throwing more money into our broken education system will not benefit students unless it is accompanied by extensive and systematic reform.”

The lawsuit’s contention is that education is a fundamental right of young people provided by the California Constitution and the California Supreme Court. However, school years are being shortened, critical teacher positions are being eliminated as well as course offerings and there is a shortage of instructional material and school supplies.

The suit claims these shortages are at higher rates in urban communities, which are unconstitutional and have contributed to this story.

Marin County Attempts to Block Death Row Expansion

San Rafael — Marin County officials have filed a lawsuit seeking a temporary restrain- ing order to block San Quentin’s new 540,000-square-foot Death Row, containing 768 cells with 1,152 beds. California Depart- ment of Corrections and Rehabiliation officials announced a delay in awarding a contract for the first phase of the $356 million complex until Feb. 9 to al- low recently installed Gov. Jerry Brown the opportunity to review the plan.
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Another Viable Vocational Trade on the Checking Block

By MICHAEL COOKE
Journalism Guild Writer
and
DWIGHT KRIZMAN
Contributing Writer

As the budget squeeze continues, prison officials in Sacramento have designated San Quentin’s highly successful landscaping program as “not viable.”

Tony Leyva, the prison’s Vocational Landscaping instructor and a veteran of more than 20 years with the California Department of Corrections and Rehabilitation, has already received his layoff notice.

It seems as though keeping the program would be a no brainer, considering the state’s purported focus on reducing recidivism. Unless things change, the program will close in April 2011. Leyva expressed his disappointment for the students because it would only take another six months to allow approximately eight inmates to complete the course with a “viable working knowledge.”

Ordinaril, when you hear the word “prison,” images of convicts and steel cells come to mind, not flower beds. Rarely do most people equate nature’s beauty and prison in the same sentence. However, if prisons do have a character or face, the individual responsible for this countenance would be its landscaper.

Everywhere you look around San Quentin, you can find tiny pockets of beauty in a desert of human desolation. Leyva maintains the landscaped face of San Quentin. Prior to working at the CDCR, Leyva operated his own landscaping business for 20 years, tending to properties owned by celebrities such as Clint Eastwood and Betty White.

“There is a satisfying feeling for me in giving something to those who are in prison who can’t be in the community doing this work through this program,” Leyva said in an interview. “Studies show that Vocational Landscaping leads the way in reducing inmate recidivism-out of all the other vocational training classes in prison. Men who grow up mean and violent on the streets can change a lot when they begin to grow and nurture living things. You’ve taken a person with no regard for others to appreciating and developing life,” he added.

The men who are students in the Vocational Landscaping program echoed these powerful and inspirational words.

In May 2010, Leyva redesigned the vocational landscaping curriculum to better incorporate the existing knowledge and skills of the students as they transition through the program.

Many landscape projects are in progress around the prison at any given time. Students have been busy redesigning parts of the facility, including the shade-house, where specific plant species grow, “hardscaping” pathways with bricks and stones, demolishing and clearing, and then redesigning and replanting garden areas around the vocational buildings.

“The state, however, has gutted the program and dummed it down. Where we once produced a comprehensive program, Sacramento wants us to get ‘em in and get ‘em out in a few months. I need at least 18 to 24 months to teach a complete program,” lamented Leyva.

“Our class has become a real team and includes all races. No prison political races for the men. They develop a real sense of responsibility,” noted Leyva. “Landscaping is a viable trade that’s always in demand. It does not require a great deal of knowledge too, you can learn as you go. I believe you never become an expert because there is so much to learn for the rest of your life.”

Leyva stated he started his own business at the age of 24, and in about six years he build a solid week of 30 hours. Professional landscapers can earn as much as $100,000 a year, he said. Charging a client $60 to take care of their property twice a month averages about $30 for what amounts to a half hour of work.

According to Leyva, he could operate the program at no cost to the state. He did it for 2 1/2 years at Soledad State Prison through donations and support from industries and trade advisors. He would even make $1 every time he did work on a part-time basis,” he said. There is no shortage of students wanting to get into the program from H-Unit. Referrals come from teachers.

Successful Re-integration Programs Reduce Recidivism

By ARNULFO GARCIA
Journalism Guild Chairman
and
JUAN HAINES
Journalism Guild Writer

“When people get out of prison, they have so many strikes against them, they feel doomed to failure. The Reentry Policy Council details the kinds of services – drug treatment, job training, and family counseling – that can keep people from returning to prison, help them to take care of their families, and allow them to become productive members of society,” said the late David Lewis, President and Co-Founder, Free-At-Last.

The successful reintegration of prisoners into society is a very important aspect of an effective criminal justice system, however little is known about the development effective prisoner re-entry programs.

To assist policymakers and practitioners seeking to improve the likelihood that adults released from prison or jail will avoid crime and become productive healthy citizens and communities, the Council of State Governments established the Re-Entry Policy Council.

The Policy Council includes a hundred leaders at the local, state, and national levels, as well as: state legislators; criminal justice policymakers and practitioners; workforce development and employment services officials; housing providers and housing system officials; representatives of health, mental health, and substance abuse treatment systems; victim advocates; the formerly incarcerated and their families; and ministers and others working in faith-based institutions.

The Re-Entry Policy Council report provides hundreds of recommendations which reflect the common ground reached by this wide-ranging group of leaders.

Jacquin “Jack” Brito has been involved with numerous public safety policy makers throughout his career as an advocate for successful re-entry of ex-convicts. He has once again emerged in the forefront of a call to duty for common sense public safety policy while our cash-strapped state struggles with unconstitutionally overcrowded prisons and one of the highest recidivism rates in the country.

“I will volunteer to assist setting up the demonstration project at no charge,” said Brito.

Founded in 1975, Brito continued to direct two re-entry facilities until 1997: Casa Libre and Casa Oasis.

Brito fought the successful effort that had emerged to creating ex-convicts into the community by asserting that eight out of 10 residents, who completed Casa Libre and Casa Oasis programs had no further problems with law enforcement two years after they graduated. Casa Libre and Casa Oasis provided room and board, peer and individual counseling, job development and placement, transportation, and time off on weekends so participants could visit their loved ones.

Enlightening the public about the food preparation brought a smile to Brito’s face.

“The food was excellent and the average weight gain by the participants after 90 days was about 30 pounds. Their bellies were full, and happy hearts helped to keep everyone content and in good spirits. This was a major part in their ability to complete their assigned programs and duties,” he said.

Residents who found jobs paid 25 percent of their earnings to the costs and operations of the staging areas which reduced the taxpayer’s burden significantly. The remaining costs were paid by the state under a yearly contract. In the 1990s, each prisoner’s incarceration cost was about $107 per day; that cost has increased to about $135 per day. During that period, Brito’s rate was about $43 per day, with 25 percent offset by contributing residents. Casa Libre and Casa Oasis had room for about 30 residents at a time – an average stay of 90 to 240 days. Parole officers would frequent the programs, ensuring that public safety needs were met.

San Quentin View

By JULIANGLEN PADGETT
Managing Editor

How would you solve California’s budget problems?

Kevin Lam: There is a need to reconstruct the penal system with more effort towards restorative justice instead of punishment. Less money will be diverted towards incarceration and that money can be channeled towards education.

Kevin Carr: Address the prison overcrowding situation and revising the Three Strike law while looking into releasing prisoners who are over 60 with terminal illnesses and indeterminate lifers who have met their matrix and done all the Parole Board has asked of them. Start releasing lifers because statistics prove 98 percent of Lifers who get out don’t come back. Therefore, saving money from what they spend to house Lifers, the end result would be saving billions of dollars.

Cole Bienek: The budget problem is too large to solve with a single solution; it must be attacked from all sides as if it were an invading army. A safe and progressive prison yard can be run (see prisonhonorprogram.org). With this program we find that we’re saving $20 million in reduced costs associated with violence, overtime and medical costs associated with violence. The successful reintroduction of prisoners into society is a very important aspect of an effective criminal justice system, however little is known about the development effective prisoner re-entry programs.

Nathaniel Rose: It costs $47,000 plus medical expenses (per year) to house a prisoner. I would release inmates who have proven over a period of time they’ve changed their lives. In this economical climate, I would reduce prison guards’ pay, and they would get 60 percent of their retirement and no annuities. No quitting and coming back as an annuity that hurls the state. Once you retire, that’s it.

Malik Harris: Repeal Proposition 13, the Three Strikes law, Marcy’s law, Jessica’s law and any law that has mandatory minimums. Cowardice of politicians is breaking California. They don’t want to do their job so they throw it off on the voters using scare tactics. Privatize and localize grades K-12, get rid of junior high schools and keep taxes low for everybody: the rich, the middle class and the poor. It won’t work in the first year, but in three to five years, California will be back on track.
Nutritionist Offers S.Q. Prisoners Advice

By BAHIYYAH MITHCHELL
Contributing Writer

Editor’s Note: Bahiyyah Mithchell is president and CEO of Creatively Succulent, a catering and pastry company based in Sacramento. She has 16 years of experience in culinary arts, hospitality and nutrition. She has worked in many major fine Sacramento restaurants as well as for Martin Yan, Wolfgang Puck, Randy Paragary and Mai Pham. She teaches nutrition, culinary arts, and gardening/composting to underserved children.

It is an honor to collaborate with the San Quentin News to provide you with information to make proper food choices and be conscious of your overall wellness with the resources you have. My goal is to improve and/or maintain your health.

The demographics and dietary restrictions are diverse among the San Quentin population; therefore, the suggestions I provide are for the masses and I encourage you to modify them according to your taste, individual health and needs. Food is not just to satisfy your appetite; food is medicine and fuel for the body.

The American Dietetic Association says a healthy diet for a man is:

- A minimum of one cup of dried fruit, or two cups of fresh fruit, plus 2 1/2 cups of vegetables daily.
- Once per week consume tomato or tomato-based products, grapefruit, or watermelon to provide your body with the antioxidant lycopene and ensure your prostate health.
- Consume at least five ounces of whole grains daily. Replacing your white breads, cereals, and pastas with brown rice, breads, cereals, and pastas.
- Consume a minimum of 2-3 servings (one serving is typically an ounce) of fish per week. Limit your intake of red meat and fried foods, which can increase your chances of heart disease and colorectal cancer.
- Choose unsaturated fats such as nuts, avocado, seeds, and canola oil instead of saturated fats such as butter and high fat sweets.
- Consume 4700 milligrams or one teaspoon of potassium daily from fruit, vegetables, fish and milk. (You will accomplish this from steps 1 and 4)
- When you are hungry between meals and need a snack, snack consciously. Some great snacks you may have accessible to you are tortilla chips and avocados (do not add mayonnaise), almonds, fruit cups, Moon Lodge White Cheddar Popcorn, yogurt, and the whole fruit popsicles in the visiting room vending machines.

It is also very important that you consume enough water to where you never feel thirsty. Sixty percent of your body weight is water. Water is essential for flushing out toxins, carrying nutrients to cells and your oral hygiene. The quantity of water needed varies by person but the general rule for consumption is eight eight-ounce glasses daily. Have a love affair with your food. Use all your senses to fully enjoy what you have before you. Your appetite will be satisfied longer when you learn how to allow your senses to indulge.

Have a love affair with your food. Use all your senses to fully enjoy what you have before you. Your appetite will be satisfied longer when you learn how to allow your senses to indulge.

Justice Prevails for Innocent Prisoners

By JUAN HAINES
Journalism Guild Writer

A judge has overturned the double-murder conviction of a man who spent 18 years in prison.

The judge found that police investigators knew that the prosecution’s “star witness” lied on the stand about being compensated for testimony, but they did nothing to intervene.

Caramad Conley has been imprisoned since 1992, convicted of an allegedly gang-related double killing. A Superior court judge ruled Conley was denied a fair trial, making his conviction automatically overturned by the courts.

The judge found that police investigators knew that the prosecution’s “star witness” lied on the stand about being compensated for testimony, but they did nothing to intervene.

Caramad Conley has been imprisoned since 1992, convicted of an allegedly gang-related double killing. A Superior court judge ruled Conley was denied a fair trial, making his conviction automatically overturned by the courts.

The same “star witness” was involved in other cases ultimately overturned by the courts with monetary compensation awarded to the wrongly imprisoned men.

Other recent wrongly convicted cases include Robert Lee Stinson, convicted in 1985 in the death of a 63-year-old Milwaukee woman. A judge released him from prison in 2009 after new DNA evidence exonerated him. The state of Wisconsin is expected to compensate Stinson $115,000 for his 23-year imprisonment. Stinson said the money will be his first income since being released from prison.

Still another case involved Maurice Caldwell, who spent 21 years imprisoned for a second-degree murder conviction based on the testimony of a single eyewitness. Another convicted criminal eventually took responsibility for the murder. The Northern California Innocence Project at Santa Clara University School of Law represented Caldwell’s case to the court. Caldwell’s conviction was overturned because his lawyer failed to properly conduct an investigation of the case.
The United States military and allied forces face increased risk due to the disclosure of classified documents, according to the Pentagon. Last June Julian Assange, founder of the whistle-blowing website WikiLeaks, released 400,000 pages of classified documents pertaining to military operations in Iraq and Afghanistan. U.S. personnel are being placed in harm’s way because of Assange’s postings, according to Pentagon spokesman Geoff Murrell. He summed it up during a press conference reported by John F. Burns and Ravi Somaiya of the New York Times on Oct. 23: “These documents [...] were a gift to ‘terrorist organizations.’” This “gift” provides terrorist groups with patrol tactics, troop strength, specific weapons systems deployment, and other vital information related to how and where under what circumstances troops are used.

ROAD MAP FOR THE INSURGENTS

Furthermore, the documents describe what the caller (i.e. names) of specific U.S. and allied units are and gives enemy personnel a road map of how to defeat the U.S. military, according to Murrell. An example he gave is that enemy insurgents can now better prepare how to ambush U.S. and allied forces. Additionally, insurgents now have an enhanced view of how primary and secondary units respond, thus enabling the enemy to more effectively conduct offensive operations.

I believe that from the moment these documents went public, every Marine and soldier, as well as every mission currently underway in Iraq and Afghanistan, was compromised.

Pic. Bradley Manning is a former Army intelligence operative currently under detention in Quantico, Va. Manning is suspected of leaking the information to Assange in agreement with Assange’s decision to place the documents in the public domain. The release of the documents, “constituted the most compromising of any war ever to have been released” and, therefore, the public is entitled to have access to this information. Assange de-
**Ray Gun**

**Clear and Simple Message of Faith**

By JULIAGLEN PADGETT, Managing Editor

For seven months, Deacon Chuck McNeil served as San Quentin’s Assistant Catholic Chaplain, living his desire to be of service while following his call to foster responsibility, rehabilitation, and education.

On Mondays and Tuesdays, Deacon McNeil met with the men throughout the prison. His message: People can change and learn to be better individuals.

“I was attracted to the Deaconate because, like so many Deacons, I knew they were working in prisons and working with the homeless,” McNeil said.

His late mentor and friend, Deacon Paul Moriarty, who passed away in 2002, counseled McNeil on his passion for detention ministry. “He helped me discover that I had something to offer.”

“For years, McNeil honed his skills in detention ministry, counseling in the county jails around the Bay Area,” McNeil said.

“Much of my counseling, sitting with people, started feeling like spiritual direction,” he said. At many sessions, he noted, people began admitting how jail saved them from additional destructive behavior. But he felt being a jail counselor was limiting.

“San Quentin is very different,” McNeil said. “I’ve developed a lot of new skills.”

He believes his skills as a grief counselor are useful for people who have suffered family losses while imprisoned. “I don’t know if I helped those men, but I was present; I was in the moment with them and I listened,” he said.

Never expected to be ministering in a place with condemned prisoners. Many in the Roman Catholic Church and other places oppose capital punishment, he noted. “They understand how sacred human life is,” McNeil said.

Deacon McNeil was ordained 11 years ago and came to San Quentin in July after working as a substance abuse counselor in California for several years.

Deacon McNeil’s San Quentin tenure lasted a few months. He has since moved on still working as a Deacon within the Catholic Church.

“The Catholic perspective on crime is people should be held accountable for their actions but all forms of punishment must have rehabilitative aspects,” McNeil said.

By BECKER NEWBOLD, Contributing Writer

Coming to San Quentin with experience teaching at UC Berkeley, many of the students at the Prison University Project (PUP) not knowing what to expect, but hoping to be able to contribute to our larger culture and add skills to the community outside of traditional academia.

PUP provides Spanish classes to students five days a week (three days for literature classes), allowing the opportunity for an immersive learning experience that gives students a great deal of exposure to the language.

What makes the classes interesting is that students at San Quentin are adult learners, most of whom are highly motivated and some have experience speaking in their families or communities. There is a great variety of skill levels and previous experience among the students, which can cause some challenges at times, but also brings great diversity into the learning experience.

Overall, teaching Spanish at San Quentin has been a constant process of negotiation, but it is also very rewarding. Every time a student suddenly understands grammatical concept, uses Spanish to communicate ideas to a classmate, or discusses Spanish literature, it reminds us why we are volunteering.

Teaching here is both absorbing and energizing, and we hope that the students are getting as much out of the experience as we are, and that they find ways to use their skills on a daily basis.

Becker Newbold is a volunteer teacher at San Quentin.

By JEFFERY LITTLE, Journalism Guild Writer

The words “ray gun” usually brings to mind an imaginary future technology associated with science fiction movies such as The Terminator, Star Wars, and Star Trek. Part of science fiction has become fact.

In January 2007, the Associated Press reported that Moody Air Force Base was testing a new form of weapon called Ray Gun. The weapon isn’t shaped in the form of a gun or rifle; it’s an octagonal disk that’s attached to a missile. An operator inside the vehicle uses a joystick to zero in on a target. Once the target has been acquired, the operator fires a 100,000-watt beam at the speed of light. This beam can be discharged from more than 500 yards.

This beam emits a flash of white-blue energy – an electromagnetic beam made up of very high frequency radio waves that you can’t see or hear. This beam only penetrates 184 of an inch of skin, (which is equivalent to three sheets of ordinary paper), yet participants of experiment claimed that while the demonstration was not painful, it was intense enough to make them believe their clothing was about to catch fire.

The CBS-TV show 60 Minutes reported on the device in March 2008.

On Aug. 23, 2010, Debra Du- pre, staff member with the Hu- man Rights Examiner posted a story on the Internet with a cap- ture caption, “Military Ray Gun to be tested on inmates.” She said one test was performed at the Sheriff’s Detention Center located in Castaic, California.

Commander Bob Osborne, who is head of the Air Force Exploration Branch of the Sher- iff’s Department of Homeland Security Division, was quoted as saying the new weapon is a non-lethal device. It has been tested on humans more than an estimated 11,000 times over 10 years, CBS reported.

292,000 CA Children Have a Parent in Prison

Sacramento — The Califor- nia Research Bureau estimates 292,000 California children had a parent in prison or jail. The 2000 survey also showed an- other 56,000 children had a par- ent on parole or probation; with those numbers combined, nine percent of California’s children had a parent in the criminal justice system.

Psalm 69:33 — For the Lord heareth the poor, and despiseth not his prisoners.

Psalm 102:69 — For he hath looked down from the height of his sanctuary, from heaven did the Lord behold the earth.

Job 3:18 — There the prison- ers rest together, they hear not the voice of the oppressor.

Job 3:19 — The small and great are there, and the servant is free from his master.

Psalm 102:20 — To hear the groaning of the prisoner, to loosen those that are appointed to death.

Psalm 107:13 — Then they cried unto the Lord in their trou- ble, and he saved them out of their distresses.

Psalm 146:7 — He upholdeth the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free.

*S.Q. Has New Catholic Chaplain*

Asked about his accomplish- ments in Boston, he said it was not about accomplishments, “It was how I was able to serve God. Some of them died there, but at some point along their journey, they came back to the Church. I feel that they found some peace, even though they didn’t measure up to society’s standard.”

Father Williams is also inter- ested in work in recovery; he himself was working at halfway houses.

“I’m not about solving religion down their throat. It’s really not about programs, but about how do we live to learn our faith as Christians, no matter where we are,” he said. He saw the value of the many other programs at San Quentin. In Massachusetts, the only programs were basic education and some religious programs.

“There are a lot of good things going on here,” he said.

Since coming to one of the oldest prisons in the country, he said he has been trying to break many myths and stereotypes. “San Quentin is famous; you see the stuff on TV; the reality of the place is something completely different. You’re dealing with human beings, and the media makes the characters out of it.”

He also sees his duties include reaching out to other faiths. “It’s easy to get caught up in your own denomination, but I don’t see that happening here,” he said, “Feel free in coming to the services in here.”

**Spiritual Food for The Faithful**

Father George Williams ready to serve S.Q. prisoners

Psalm 107:13 — Then they cried unto the Lord in their trou- ble, and he saved them out of their distresses.

Psalm 146:7 — He upholdeth the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free.
Making a Difference Through Music

By LORAIN TAYLOR – Journalism Guild Writer

San Quentin inmates and volunteers help the elderly. Inmates help with the day-to-day operations of the San Francisco Food Bank. They also participate in the San Quentin Street Children’s Project, a program that helps children who are homeless or neglected. The inmates also work with the San Quentin Gardening Project, which provides fresh produce to the local community.

Healing With Jazz

Tom Harrell is a world-renowned trumpeter who performs at major jazz festivals around the world. He has released numerous albums, and his music is celebrated for its technical virtuosity and emotional depth.

The San Quentin Music Department is responsible for the music department at San Quentin. The department is housed in the prison’s old gymnasium, which is now used as a recording studio. The department produces music for the prison’s own radio station, and it also produces music for other radio stations around the world.

Film Production

A Marketable Skill After Parole

By ANGEL ALVARZ – Journalist

It was a comedy news report; I portrayed a character named John Cameron. It’s a take on John Cameron Swayze. I also do documentary work and music videos. I’m currently working on a documentary about the history of the prison. I’m also working on a music video for a local band.

An open mic event sponsored by Jordy Lewen and Amy Roza of the Prison University Project was held on Christmas Day.

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Open Mic Night Brings Out Talent for Inmates and Volunteers

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The San Quentin Music Department plays a major role in San Quentin’s prisoners rehabilitations. Under the supervision of Jody Lewen, prisoners are given an education in film production. This opportunity is not available at any of California’s other 32 prisons, however San Quentin prisoners are making information available for other prisoners to emulate these programs.

What projects have you worked on that you feel have made a difference?

Marvin Andrews is a San Quentin inmate and member of the S.Q.T.V. He stated: “I collaborated with the education department on a documentary about a prisioner named Juse from modesto, who designs graphics for ll cool j and others well known recording artists.”

Do you plan on doing this when you get out?

Stephen Owens is a San Quentin inmate and member of the media group. He stated: “Yes, I plan to attend san francisco state university for a degree in cinematography and expressions media and digital arts, I’m a creative person and I feel like this is a way for me to reestablish myself with the community.”

What projects are you currently working on?

Troy williams is a comedic tv newscaster. He broadcast San Quentin’s Prison Re. (SQPR) for the purposes of highlighting important events that occur inside of the walls. People never get to see the positive things that occur inside of prison. Our goal is to highlight those events and have them duplicated throughout the state so that other prisoners will have the same opportunities, and this is how we affect public safety.

I saw a segment of the SQPR that you were showing the warden, it was very funny, you portrayed an inmate who was being interviewed behind a silhouette to keep his identity hidden, suddenly the silhouette falls down and reveals his identity, what was the story?

L. “Blue” Wilder is a San Quentin inmate and a member of the S.Q.T.V. He stated: “What I believe that ministry or restorative justice programs will have the same opportunities, and this is how we affect public safety.”

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What projects have you worked on that you feel have made a difference?
By DREW PIAZZA

San Quentin's Athlete of the Year

I’m told you’re pretty good at several sports. Which sport are you best at?

I really can’t answer that. I don’t see myself in those lights. I’ll let other people answer that, just try and go out and play hard and have fun and try to create the best possible environment.

The San Quentin News Sports conducted an extensive survey/voting process to pick this award. You were chosen by a large percentage about 97% of the athletes and fans. Do you think about that?

I’m honored to be recognized by my teammates as well as our immediate community. And I was told that this award wasn’t just for my athletic achievements on the field, but for overall conduct as a person through my deeds and actions. I was taught by my coaches that sports were more than playing a game and winning or losing. So I attribute my early coaches and my cultural upbringing for some of the discipline. But ultimately God gets all the credit.

What do you like about playing here at San Q?

Playing sports at San Quentin offers so much more than just the level of competition. We play teams from the communities, which gives us chances to exchange views, concepts and just generally feel apart of society. When we play these guys, they treat us as equals, as competing athletes. They don’t talk to us about prison; our exchanges are about the world, it’s more than sports. Playing with outside teams we receive a more humanistic feeling.

With the new possible restriction being implemented about not being able to play both softball and/or baseball, how will this affect you?

Well, the jury is out on this one. However I will say this. My first priority is to the Hard Times softball team, I’m the captain, and I take the trust the team has bestowed on me seriously. So I’m totally dedicated to Hard Times. If I’m able to play baseball as well, I’ll cross that bridge when I get there.

What do you think about being considered one of the best athletes at San Quentin?

Well, I laughed when this was first brought to my attention. I never think in these terms. I am flattened to be mentioned in such conversation, there are some really good athletes here, go out and play hard. I’ve always had to prove myself, being of the smaller physical stature. I had to hone myself even further because I don’t have the strength or power of bigger guys.

Well, I’m happy you’re at San Quentin. Where do you want to be in the future?

I’m on the tennis team, Inside Times Softball; we were formalized facilities there is only softball, so I was amazed and smiling. At other fields we receive a more humanistic feeling.

On your very first at bat you missed the left field fence for a ground-rule double. So don’t give me this “compensates for power thing.”

What did sports do for you or meant to you growing up at the San Quentin Tenant?

Man, it was so important to me being raised in a single parent home, with no father. It was a way to survive and a sense of family. It kept me out of gangs and trouble; it gave me character. It offered me escapes and made me believe in myself; once I started seeing I could compete with anybody, it really helped build self-confidence and self-assurance.

Who are your favorite professional teams?

Drew, you’re going to get me into trouble here. (Laughs) I’m from San Francisco, but I’m an Oakland kind of guy. I grew up with Rickey Henderson and tried to shape my game after him. My football team is the 49ers, of course.

Speaking of the 49ers, what do you think of the new coaching changes in San Francisco?

I think it’s great. I believe Jim Harbaugh is exactly what the 49ers need. They have a stellar defense; they’re hurting on offense and Harbaugh is a quarterback coach, so I’m excited about that.

What are your goals for next season?

I want our softball team to beat Church on the Hill. (Laughs) San Quentin has never beaten Church on the Hill. But more so I want our guys to have fun and play hard with the least drama possible.

Is there anything you would like to add in your own words?

Yes, I would like to thank everyone who sees me in a familiar light to even vote and or nominate me for this award. I would like to thank the San Quentin News for this award; it’s a nice thing you all are doing for the athletes. This has never been done before. Thank You.

What three teammates say about Ke Lam:

Fernando Lemus, pitcher, third base, first base, Hard Times:

“I was not surprised on hearing Ke Lam would be the Athlete of the Year at S.Q. I have had the privilege of playing with Ke Lam on different teams at S.Q. On the hardball Giants baseball team, his skill level is among the top levels to emulate. He not only played shortstop, he also is very skilled at playing behind the plate and pitching. Then, when I played with him in the Hard Times softball team, his outfield skills are among the best I have seen in a long time. For example, his speed to get to the ball is very impressive.”

John “Dalton” Martin, first baseman, Hard Times:

“San Quentin’s Athlete of the Year at S.Q. I have had the privilege of playing with Ke Lam against him be cause he is such a skillful athlete that it is difficult to try to come up with a secret formula to defeat him. He knows his sports very well and knows the strategies his opponents may use to defeat him. He will laugh and say, ‘I know you’re trying to do/’ with that famous laughter of his. Truly a pleasure to know this young man with his skills with him.”

Chris Schuhmacher, Inside Tennis team:

“Congratulations, Ke. Hey, Laramie’s (Ke’s tennis nickname). In our matches, you’ve taught me that freak (shots) is the highest compliment you can earn on the San Quentin Tennis Court. This makes you the tennis freak, with your laugh and infectious smile. Keep the memory, Ke, of these days…”

John “Dalton” Martin, first base, Hard Times team:

“We are proud that everyone hasn’t selected a better candidate for Athlete of the Year. Ke Lam and I started playing softball together in 2008. From the very beginning I sniffl ed out ex-treme competitiveness. Ke Lam A.K.A. Mighty Mouse has remarkable power to all fields, with the bat and excellent speed in the outfield, known as the “no-fly zone.” Ke’s attitude and his comradeliness for his fellow man in blue on and off the field are second to none. Ke’s respect for the game and coaches alike are recognized. Ke does not engage in condescending second-hand talk behind players’ or coaches’ backs. I have enjoyed playing ball with Ke and plan to do so in the future. Ke is an impact player, and a great guy; a great pick for the Athlete of the Year.”

NASCAR’s Scoring System

NASCAR is replacing the complicated scoring system it has used since 1975 with a more straightforward format, says Chairman Brian France.

A race winner will now receive 43 bonus points under the new system, and the points will decrease down to 1 for the 43rd-place driver. There will be three bonus points for the winner, one bonus point for every driver who leads a lap, and one bonus point to the driver who leads the most laps.

The maximum points available now will be 48.

Under the previous system, a race winner was awarded 180 points, five bonus points for leading a lap, and five points for leading the most laps. The maximum under the old system was 435.

NASCAR starts February 20, 2011 at 9:00 am at Daytona Speedeway.

— Drew Piazza

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January/February 2011

SPORTS

The San Quentin A’s and Giants will be holding try-outs on Saturday, February 26, and Saturday, March 05, 2011 at 9:00 am on the baseball diamond, Lower Yard.

The San Quentin Hard Times softball team will be holding their try-outs on Sunday, February 27, and Sunday, March 06, 2011 at 1:00 pm on the baseball diamond, Lower Yard.
By ALI RASHEED
MUHAMMAD
Contributing Writer

The Passion for
Baseball Runs Deep

Kevin Loughlin has coached Little League and high school baseball for the better part of the past 20 years. In 2009 he took on a new demographic when he began managing the San Quentin Giants.

The San Quentin baseball program has remained more than 100 years old and one of the few that allows outside teams to participate. In 2005, Loughlin was invited to play with “The Willing,” one of the civilian teams that competes against inmates on prison grounds. Upon arrival, Loughlin and his teammates received the standard greeting.

“We have no hostage policy here,” a guard tells them. “That means we will not bargain the freedom of an inmate for your safety, but we will do everything we can to get you out safe and sound. And with that, welcome to San Quentin.”

This wasn’t the first time Loughlin heard this message. He had been drawn back by his love of baseball and to revisit an important chapter in his childhood.

In the late 1960s, San Rafael Little League home games were played at San Quentin State Prison. Inmates on good behavior, also known as trustees, served as umpires and groundkeepers during the off-season.

“I didn’t know what to expect playing inside a prison,” Loughlin says. “But once I saw the field, I knew it was all about baseball.”

Loughlin was the San Rafael Little League home run leader in 1968. In commemoration, the inmates etched his name and the number of home runs he hit onto the outfield wall.

Ten years later, Loughlin took a criminal law course at San Diego State University. One day an ex-inmate from San Quentin spoke to the students about life after prison. During the lecture, Loughlin stated his full name before asking a question. After class the guest speaker approached him.

“Kevin wasn’t afraid to tell us when we needed to work harder,” Allen says. “He helped me believe that even though I messed up I still had a shot.”

In July 2010, Loughlin won a contest to bat against Tim Lincecum, San Francisco Giants’ two-time Cy Young award winner.

“All the guys who are in here are huge fans; we all listen to the games,” Loughlin says. “They heard about the contest and said I should enter.”

Before stepping into the batter’s box, Loughlin presented Lincecum with a baseball signed by each member of the San Quentin Giants. According to Loughlin, Lincecum was humbled by the request and said he was going to place it on his mantle next to his Cy Young award.

“The 2000 San Francisco Giants reminded me that any ball is a game of underdogs,” Loughlin says. “With hard work, dedication and a little luck you can achieve anything!”

Ryan Loughlin is the son of Kevin Loughlin, the San Quentin Giants baseball team’s assistant coach.

N.B.A.’s 10 Best Guards

In the West

Points
1. K. Bryant, Lakers
2. C. Paul, Hornets
3. A. I. Davis, Warriors
4. M. Ginobili, Spurs
5. S. Nash, Suns
6. D. Williams, Jazz
7. R. Westbrook, Thunder
8. T. Parker, Spurs
9. J. Kidd, Mavericks
10. V. Carter, Suns

Rebs
25.2
16.7
24.5
19.0
16.5
21.8
21.9
17.5
8.0
15.6

Assist.
5.0
4.3
5.6
4.7
3.5
9.3
8.0
6.8
8.9
4.2

Field goal
44.5
49.3
46.5
43.3
50.7
45.8
40.3
51.6
34.7
46.6
Honoring Martin Luther Kings Jr.'s Legacy

By ROSE ELIZONDO

Contributing Writer

It is essential to honor Martin Luther King Jr. and his model and legacy of peaceful liberation from segregation. San Quentin State Prison is a place where we as a society segregate those who have been sentenced for breaking laws. Yet prisons are not a cure but a symptom of both individual and societal brokenness in need of transformation. When I drive to San Quentin, I often listen to CDs of Martin Luther King Jr.'s speeches. Being a volunteer for over five years, I do this in hope of bringing his peaceful and creative spirit with me. But more than anything, his voice brings me to life with his eyes and seek out his spirit of resilience and reverence in the prison and society behind the bars of San Quentin.

Dr. King left a legacy for the world to follow during a time when America was flexing its muscles to become a true melting pot of racial egalitarianism. Rose Elizondo, a five-year volunteer in San Quentin, said she became aware of Dr. King when she was quite young. “My father worked in the civil rights movement for Chicanos in South Texas. Martin Luther King was one of his heroes.”

Elizondo volunteers for several programs and said that it is important to model King’s legacy of peaceful liberation from segregation.

I find and feel his spirit on Thursdays at Restorative Justice Interfaith as men of all races and faiths sit in a circle, shoulder to shoulder, and work together to find healing for themselves and those they have harmed. Martin Luther King modeled “Ahimsa” or do no harm and shame no one, no matter what they do to you. As a group we create kinship and community among inmates and outsiders, survivors and perpetrators. Our stories become our common language of healing. We hold and behold a small carved bird in the palm of our hands. It is our talking piece and for years we have listened to the circular listening to the other’s personal stories with compassion.

Friday mornings, I see the non-violent hero Martin Luther King in the leadership skills beaming from the men in “The Green Life” program. They, like Martin King, are recognizing our interrelatedness and mutuality by becoming solutions for Environmental Justice and working to transform San Quentin.

I drive to San Quentin, I often drive to San Quentin, I often drive to San Quentin, I often drive to San Quentin, I often...
By MICHAEL R. HARRIS  
Editor-in-Chief

The dark holes of slavery, segregation, and poverty plagued America's Blacks for hundreds of years. Martin Luther King Jr. led America into a new era of social and legal justice, but there is a new deep, dark hole swallowing communities: criminality. Fifty years ago Blacks had only to look in any direction to see blatant racism and prejudice; some Blacks have become their own worst enemy and only have to look in a mirror to identify a part of the problem today. I should know because I, too, was once such a person.

There is a solution: if you find yourself in a hole, stop digging. As a criminal in my youth, I have pondered this issue for years and only have to look within to identify a big part of the problem today. I should know because I, too, was once such a person.

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The Flip Side of Martin Luther King's Dream

Continued from Page 15

complishing their aspirations.)

The ones who chose the streets (wanting to be just like me), I've always wondered what's it like to be in this other hellhole prison over 30 plus years of my incarceration.

"Slaves were property protected: sons and daughters, brothers and sisters, in the ownership of their oceanfront owners. In the United States Constitution, Article I, Section 2, paragraph three). Be

- State Supreme Court Chief Justice Roger B. Taney, Dred Scott v. Sanford (March 6, 1857), 01/10/2011

There's a saying that "History repeats itself." Whether or not that's true, I do know that the fiery race-ringed rhetoric and di

- Justice Ike Atkinson was lucky in having a job, a senior years and pass away in the twillight of life without parole. Convicted of smuggling hun

- männlichen herbe) wurden "persons" of a "state of mind" - aliveness - and holding different beliefs, we're nonetheless over the course of more than 150-years of brutal slavery; eventually, and holding different beliefs, we've had to recognize the big picture, we're in the ownership of their oceanfront owners. In the United States Constitution, Article I, Section 2, paragraph three). Be

- Congress, speaking of the wretched conditions of African-American society. The fight for freedom and equality is a never-ending battle, and we still have a long way to go. It's not just about breaking free from the chains of slavery; it's about breaking free from the chains of discrimination and prejudice. We still have a long way to go before we achieve true equality for all races and backgrounds. But we must continue to fight for what is right, and never give up on our dreams of a better future.
Continued from Page 16

ing the curse they left behind. If we’re more worldly than the illiterate Afghan peasant farm- ers (or even the Mexican drug kingpins) who use the Mexican cartels pumping us an endless pipeline of cocaine, we need to do short, we have to be closer to home. The August 4, 2007 execution-style murders of the three college stu- dents in Guatemala (lofemi Hightower, 20, Terrance Aeriel, 18, and Dashon Harvey, 20); revealed the lack of respect we command from foreign- ers. There’s no one protecting our neighborhoods. Whether it’s trigger-happy cops or im- migrant gangbangers (M-13), we’re having funerals without consequences. Meanwhile, bumble-heads preach about claiming to be running things. Check out their sob stories in Don Diva and F.E.D.S. Everything was gravy... [Beo-Bee]. If you continue the status quo, permit- ting blinged out peacocks to rein over our zip codes with impu- nity, your valley cops could be thinking about mounting lives being cut short in the interconnectedness of a violence-fueled subculture with a track record of collateral dam- age (Misty). Brothers on the block, that “shine” ain’t worth 30-years, life without parole, or 20-years if you sing. Sisters, think about Whitney Houston. We know not even money will save you from the eventual toll from living life. No one’s flying alone, we know that to save, let’s honor the great sacrifices of our indomitable ancestors. Look out for one another, and have a nice fall 2011 (no more hood kingpins). Peace.

LIFE WITHOUT A CAUSE

"Officials at Parker Elementary School, a kindergarten through fifth grade institution, discovered 70 grams of crack cocaine on the person of a 7-year-old male student... What is clear, police said, is that there was probably plenty of crack ly- ing around on the premises. The crack apparently belongs to the boy’s parents and uncles, who’ve all been arrested on a host of drug and child endangerment charg- es.

The Trentonian, February 26, 2008.

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**POETRY**

**CONCURRENT TIME**

By Lydia Maniz

Dedicated to my husband, Robert Maniz

21 years—only 12 more to go.

12-23-10

Doing time in a prison with no walls.

Marking days till the ink runs out.

Building walls in front of doors

and breaking windows just to breathe.

Trying not to lose myself among these cutthroats streets

Crank games are to mind trips,

as my so-called “freedom”

is to his bars.

“I’m innocent!” I scream,

but it remains unheard,

drowned out by the sound

of the clocks that run

blue denim animal caged

up and the stars were scattered in the sky.

-I have no choice.

We both knew what we’d lose

as he pulled the trigger

and I said, “I do.”

This is our time

-never actually shared.

Both feeling the cold,

two different sides of the same glass.

Watching clocks that run too slow

as life around us skips not one beat.

Is it harder to touch but

never feel,

or to have known, but never seen?

Vigilant and composed,

blue denim animal caged

in the yard.

Self-medicated euphorias.

Roaming the streets just to get out the house.

He’ll watch for mail;

I’ll do the same.

He programs; I hustle.

Survival mode, the constant mind frame.

We’ll do what we want

and never look back

parallel universes

with no love or regret.

Politics and ego

added to the state’s rules.

Judgment and temptation

mixed into an already shaggy game.

Both feeling the anger

that builds from helpless emotion.

Bitting back the constant loneliness

Quietly provoking us to the edge.

Tiers and tiers of like-minded peers

and I, in a room full of sociable.

But TIME is done in the mind

and our only thought is of each other.

All time is hard time,

though the years fly by with ease.

Hurrying up just to wait.

Pressing play and pause all at once

the life of a convict’s wife,

a hard line unacknowledged but walked.

Remember convict as you do your time in prison

your wife does hers on the other side.

And though

I’ll never walk a day in your shoes

you’ll never know

what it was like waiting for you.

**IN THE MAIL**

By Jason Scardino

Today I got a letter from her

But I didn’t read the words

I read what was written in between

Which left me most troubled

She spoke of how she missed me

And of a love that remained steadfast

Promised that she’d been faithful

All these days gone past

Handled my affairs and

My possessions packed and stored

Said there was nothing for me to worry at

This girl that I adored

Wish you were here, wish you were near

Wish you were coming home!

Wish I wasn’t facing this cold, cold world alone!

And then the letter ended

Before it had begun

Before she had informed me

That she’d found another man.

**Snippets**

Vietnamese “fox dung coffee” is made from beans that have passed through the digestive system of a civet cat.

In 2006, the Gospel of Judas surfaced after 1,700 years. In it, Jesus asks Judas as his closest friend to give him over to authorities.

Team rising from a cup of coffee contains the same amount of antioxidants as three oranges.

If you chop off the head of a cockroach, it can still live for up to a week because its brain is spread throughout its body. It finally dies of starvation.

The word “curfew” comes from the French cour-vee; few or “cover the fire.” A curfew was originally the time when you had to extinguish fires, candles and lamps.

**In Indian Country**

By DANIEL TREVINO

Journalism Guild Writer

American Indians consider the Coyote to be a trickster and co-creator of the world.

As a trickster, he always gives false information, and always gets into trouble in everything he tries to accomplish. For instance, if he pulls the trigger and a man is killed, he will pull it but by a lightning bolt and die, but as co-creator he is immortal and cannot be killed, so he will come back to life.

As co-creator it is said that he brought fire, the sun, and stars up and the stars were scattered in the sky.

Creator went for a walk, coyote couldn’t contain himself and took the jar. While playing with it, he tossed it up in the air; it opened and the stars were scattered in the sky.

When Creator told him to leave the jar alone, when creator went to creation, items that were stolen from the creator.

As a trickster, he always gives false information, and always

American Indians consider the coyote to be a trickster and co-creator of the world.

Last Issue’s Sudoku Solution

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1 | 3 | 6 | 2 | 4 | 5 | 9 | 8 | 7
2 | 4 | 5 | 8 | 1 | 6 | 3 | 7 | 9
3 | 7 | 9 | 4 | 2 | 1 | 5 | 6 | 8
4 | 1 | 6 | 7 | 5 | 3 | 2 | 9 | 4
5 | 8 | 2 | 3 | 6 | 9 | 4 | 1 | 7
6 | 9 | 3 | 1 | 7 | 4 | 8 | 3 | 2
7 | 2 | 4 | 9 | 8 | 5 | 1 | 3 | 6
8 | 5 | 1 | 2 | 6 | 7 | 9 | 4 | 3
9 | 6 | 7 | 8 | 3 | 1 | 2 | 5 | 4
```
In this edition we will address Hepatitis B
Hepatitis B is a virus that causes inflammation of the liver. Hepatitis B infection can be either acute or chronic. Acute means that you are infected, but only sick for a short period. Most people (approximately 85 percent of adults who get Hepatitis B) are acutely infected, but the other 15 percent or so become chronically infected. A chronic infection means that you are infected long-term, potentially for the rest of your life. The Hepatitis B virus is found in blood, semen, and vaginal fluids and is most commonly passed from person to person through unprotected sex. However, Hepatitis B virus is also passed from person to person through other risky behaviors, such as sharing needlework for injecting drugs, sharing tattoo equipment (needle, ink, and bars), sharing toothbrushes, clippers, sharing tooters or other drug sniffing equipment.

Symptoms of Hepatitis B can include fatigue, fever, jaundice (yellowing of the skin and eyes), loss of appetite, nausea, belly pain, diarrhea, muscle aches, or dark urine and feces. Not everyone who contracts Hepatitis B experiences symptoms, but those who have experienced any of these symptoms, should put in a sick call slip to see their doctor. Fifteen to 25 percent of people with chronic Hepatitis B develop serious liver problems, such as fibrosis, cirrhosis, liver failure, and liver cancer. Every year, approximately 4,000 people in the United States die from Hepatitis B related liver disease. There are no special treatments for acute Hepatitis B. However, treatment is available for those with chronic Hepatitis B. A doctor can determine what, if any, treatment is necessary. For people who have never had Hepatitis B, there is a vaccine. The Hepatitis B vaccine is used to protect people who have never had Hepatitis B from ever getting it. Treatment, on the other hand, is for those who already have chronic Hepatitis B. For adults, the vaccine is three shots over a six-month period. All three shots are necessary for protection against Hepatitis B. Other than the vaccine, the best protection is to use a condom during sex and not share anything that has come into contact with someone else’s blood. Smoking cigarettes, syringes, or any kind of injection or tattooing equipment.

The organization’s website is www.Centerforce.org.

Back in the Day

Selected Stories From Past Issues of The San Quentin News

FEB. 1981 – A total of six shots were required to break up a fight between two cons. During the altercation a correctional officer was hit. The scene was struck in the face by an inmate in the crowd that had gathered to watch the fight.

FEB. 1981 – It was a busy week in San Quentin prison. On the Max B yard Thursday an inmate was stabbed in the North Block riot area. Three shots were fired to halt the attack and a prison-made knife was found at the scene. A warning shot broke up a fight on C-Section yard last week and no serious injuries were reported. In the B-Section protective housing unit last week, a warning shot was fired to persuade an inmate to return to his cell. And on Wednesday, an inmate was assaulted in the East Block rotunda as he was returning from the evening meal. A warning shot was fired, and the victim received three stab wounds. No suspects were taken into custody.

FEB. 1981 – An East Block officer made his rounds Feb. 17 observed a dummy made of stuffed clothes in one of the cells. A search of the institution revealed the dummy was hide behind a corrugated fence on the upper yard.

FEB. 1981 – A recent study of parolees from the year 1979-1977 showed that in California, female murderers spend less than half the time that males do. And convicted rapists in 16 states served less time than the average auto thief in western Virginia. A robber in South Carolina served 46 months – more time than a murderer in six states. The findings suggest that criminals need be more concerned about where they decide to rape, rob and kill, rather than the type of crime they commit.

FEB. 1981 – A warning shot fired to break up a fistfight interrupted the showing of the weekly movie Saturday night in the north mess hall. The participants were hauled off and locked up and the movie continued to its end.

FEB. 1981 – Inmates in the vocational print shop at Solel- dad prison were producing high quality counterfeit birth certificates, pre-stamped envelopes and marriage certificates. The marriage certificates could be used to participate in the prison’s conjugal visiting program. An instructor uncovered the crime.

FEB. 1981 – The California Judicial Council has voted to allow cameras into criminal courtrooms if judges permit. No longer will the permission of defendants and prosecutors be necessary.

HISTORICAL PERSPECTIVE

In 1981 it cost $3,000 per year to incarcerate an inmate. By 2009, that figure had risen to almost $49,000.

The San Quentin News is written, edited and produced by inmates within San Quentin. It is printed by Marin Sun Printing. San Rafael, with a grant from Neighborhood House of New Richmond, a non-profit, and Community One World Enterprises, a social entrepreneurial company/C-One Media devoted to bridging gaps and building community.