January 2013

Prop. 36 Releases Questionable for Some

By Boston Woodard
Staff Writer

Last November, California voters overwhelmingly amend-
ed the state’s Three Strikes Law, one of the nation’s toughest sentencing laws against repeat offenders. But while 2,800 pris-
oners are eligible for reduced sentences under the revised law, the number who will actually be re-sentenced may be much smaller.

The Three Strikes Law was passed by voters in 1994, allow-
ing judges to sentence offenders to 25 years-to-life if they com-
mit three felonies (“strikes”), even if the third strike is not se-
rious or violent. Over the years, many stories emerged of men and women sentenced to life in state prison for minor offenses such as stealing pizza, shoplifting clothes, or making off with small amounts of food.

LIFERS

In November, by a 2-1 margin, voters passed Proposition 36 to eliminate minor, non-violent crimes as possible third strikes. The Proposition also allows some offenders serving life sen-
tences for nonviolent and non-
serious third strikes to apply for reduced sentences.

One San Quentin prisoner who is eligible for re-sentencing is 51-year-old Carl Wayne Wyatt from Kern County. Accord-
ing to Wyatt’s court papers, he was convicted of possession of a dirty spoon with dried up cotton in it. He received a sentence of 25 years-to-life. If approved for release, “I’ll be able to gain back my life,” Wyatt said. “I’ll be able to see my three grandkids, who I’ve never seen.”

“I can’t wait to get back work-
ing in the oil fields and to work as a certified volunteer firefight-
er, as I was,” he added. “The state will never put handcuffs on me again.”

But although Wyatt has no re-
cord of serious or violent crimes, his re-sentencing is uncertain.

REVIEW

According to an article by California Watch, the Califor-
nia District Attorneys Asso-
ciation is recommending that “district attorneys file subspe-
nas for the prison records of inmates seeking resentencing hearings” before decisions are made on any sentence modifi-
cation. The article explained that the courts would be look-
ing at “everything from the offenders’ health and psycho-
logical profile to their participi-
ation in rehabilitation pro-
grams.”

Since the election, some eli-
gable prisoners are concerned they may be denied resentenc-
ing because of prison disci-
plinary action. They feel the disciplinary process is unfair because many prisoners are not allowed to present witnesses and evidence on their behalf.

See Prison Futures on Page 4

Rehabilitation in S.O.
Harder to Attain

By Thomas Winfrey
Contributing Writer

Rick Higginbotham is the face of the new generation of San Quentin prisoner. After serving more than 20 years in California prisons, he moved to San Quen-
tin on Aug. 1, 2012. He has yet to receive a work assignment or start a rehabilitative program. He spends his days exercising on the yard. He says he’s not used to this kind of life.

“It has never taken me lon-
ger than two months to receive a job once I arrived at a new prison,” he said. “I always heard that San Quentin was the place to go if you wanted to take programs, and once the parole board gave me a five-year denial and told me to take anger management. San Quentin is where I wanted to be. But I can’t even get into programs.”

See Prisoners on Page 8

Expected Prison Costs $8.6 Billion in 2012-13

By San Quentin News Staff

California taxpayers will spend about $8.6 billion to maintain its prison system in fiscal year 2012-13, according to the nonpartisan Legislative Analyst’s Office. The number is about $394 million less than last year.

Most of the spending de-
crease is attributed to Gov. Jer-
ry Brown’s realignment plan, which shifted low-level felons from state to county control. Realignment funding has been guaranteed by the passage of Proposition 36.

When the Stockton health care facility is completed in mid-
2013, an operating cost of $155 million a year will be added to prison spending.

2013 San Quentin Calendar

The 2013 Calendar on the back page of our December edition was inaccurate. We have provided a corrected version of that calendar on the back page of this issue.

Santa Brought Early Joy to San Quentin

Smiles were abundant as many children received Christmas gifts from the Vietnam Veterans Group during the holidays. See the full story and more pictures on Page 9
26-Year-Old Tradition Lives On in Folsom State Prison

PRISONERS REFURBISH BICYCLES FOR DONATION TO NEEDY CHILDREN

Folsom—Christmas was brightened for 51 El Dorado County children, thanks to gifts of bicycles refurbished by Folsom prisoners. The prisoners take donated bicycles and refurbish them. Bikes in bad condition are stripped for spare parts. The two prisoners assigned to the shop work seven hours a day, five days a week.

“Each bike takes between two and six hours of inmate labor to restore them to like-new condition,” said Jeff Rumsey, who oversees the project. “They love it because it gets to do something constructive for the kids,” said Rumsey. “When I interview, I look for the right combination of skill and attitude, but I hire on attitude because the skills can be taught.”

The Folsom project began in 1986 and has become a holiday tradition, although bikes are donated at other times of the year as well. In mid-December volunteers arrived in a fleet of trucks to pick up the bicycles, which featured a variety of sizes and colors. On the last school day before the holidays, they were delivered to low-income kids at Camino Elementary School in Camino and Sierra Elementary School in Placerville. The Parent Teacher Association at each school donated bicycles.

“We’ve had high school kids and Rotarians from the local Rotary Club, Ponderosa High School students, the Golden Spike Bike Shop in Placerville, Jerry’s Paint and Supply in Folsom and the prison’s Citizens’ Advisory Committee,” said Joe Ryan of the Cameron Park Rotary. Over the last 25 years, Folsom Prison has refurbished more than 8,000 bikes. The program involves prisoners, the Cameron Park Rotary Club, Ponderosa High School students, the Golden Spike Bike Shop in Placerville, Jerry’s Paint and Supply in Folsom and the prison’s Citizens’ Advisory Committee.

The San Quentin Fire Department operates a similar bicycle program.

We Want To Hear From You!

The San Quentin News encourages inmates, custodial staff, volunteers, and others outside the institution to submit articles. All submissions become property of the San Quentin News. Please use the following criteria when submitting:

• Know that articles may be edited for content and length.
• The newspaper is not a medium to file grievances. (For that, use the appeals process.) We encourage submitting articles that are newsworthy and encompass issues that will have an impact on the prison populace.
• Please do not use offensive language in your submissions.
• Poems and art work (cartoons and drawings) are welcomed.
• Letters to the editor should be short and to the point.

Send Submissions to:
CSP - San Quentin
Education Dept. - SQ News
San Quentin, CA 94964
(No street address required)

To receive a mailed copy of the San Quentin News, send a self-addressed, stamped envelope with $1.30 postage to:
San Quentin News
1 Main Street
San Quentin, CA 94974

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

Website Offers Help to Families of those Incarcerated

A new and free search engine, www.PrisonPath.com, provides in-depth information for the public. The site helps users in clarifying confusion and fear of the unknown when a loved one is charged and arrested, or involved in the appeals process. (For that, use the prison’s grievance system.) The site provides articles that are newsworthy and encompass issues that will have an impact on the prison populace.

INDIVIDUALS:

*Have made more than one donation

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San Quentin News
In collaboration with students from The UC Berkeley School of Journalism

Editor’s Note

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

Behind the Scenes

The San Quentin News is written, edited and produced by prisoners incarcerated at San Quentin State Prison. The paper would not be possible without the assistance of its advisors, who are professional journalists with over 100 years of combined experience. A special thanks goes to Marin Sun Printing in San Rafael. The following public-spirited groups and individuals have defrayed the cost of printing this issue:

Avenues Foundation, Columbia Foundation, Marin Community Foundation, Pastor Melissa Scott, and RESIST


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1st Ever Kwanzaa Celebration Held In San Quentin

CELEBRATING AFRICAN AMERICAN HERITAGE

By Raphael E. Calix
Contributing Writer

Smiles and cheers were on the faces of the men who attended the first San Quentin African-American Kwanza celebration on Dec. 28. Celebrants gathered inside of the Catholic Chapel to light candles, read poetry, perform a drum ceremony, and to share in the festive spirit. Kwanza begins with a remembrance of the ancestral roots. In the spirit of “Mumda ya Kwanza” (First Fruits), the path of hard work, knowledge and love are acknowledged.

This year marks the 46th anniversary of the uniquely African-American celebration, started by Professor Maulana Karenga of Long Beach State University.

There are seven principles of focus, and each is informed with the lighting of candles beginning on Dec. 26 and continues through Jan. 1. The principles are Umoja (Unity), Kujichangulia (Self Determination), Ujamaa (Collective Work and Responsibility), Okujáma (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith).

Family values are central to this celebration, which also includes community and friends, said Stanley, a prisoner who attended the celebration. But it is equally important when we pay reverence to the creator by giving thanks and recommitting to the environment, and promoting healing for all of us. Catholic Chaplain George Williams provided sweet potato pie, tea, and coffee for the attendees. Father Williams first celebrated Kwanza while serving as a chaplain in a Boston jail. He said he believes it is good for everyone to celebrate community and family, as Kwanza does. -- Raphael E. Calix is a facilitator for the San Quentin African-American Kwanza celebration.

Prisoners United in the Craft of Journalism

San Quentin, CA 94964
(No street address required)
“If indeed the people housed in California prisons were to heed the call of this letter and end racial hostilities, it would be transformative”

Men in segregation statewide put aside their difference to work in unity with men they weren’t used to getting along with, wrote Kendra Castaneda, who is married to one of the men who started the effort in Pelican Bay, in the San Francisco Bay View.

On Oct. 10, the Los Angeles Youth Justice Coalition led a rally to promote a “cease fire in the streets” to correspond with the end of hostilities inside the prison. The rally began at 10 a.m. outside the LA County Men’s Jail with representatives from the Fair Chance Project, LA Community Action Network, FACTS (Families to Amend California Three Strikes), Californians to Abolish Solitary Confinement, Homies Unidos, California Faith Action, Coalition to Stop Sheriff Violence and Gender Justice LA, reports Castaneda.

Prisoners in Calipatria State Prison, Corcoran, Pelican Bay, and Tehachapi have put aside their differences to be in unity, reports Castaneda.

The Agreement letter reads, “We must all hold on to our mutual agreement from this point on and focus our time, attention, and energy on mutual causes beneficial to all of us (i.e., prisoners) and our best interests.”

“If indeed the people housed in California prisons were to heed the call of this letter and end racial hostilities, it would be transformative,” said Darrell W. Lovich.

“More than one of the most dangerous and destructive aspects of life in GP (General Population) units in the California prisons are related to the determination of some prisoners to enforce, with violence if necessary, a set of unnecessary rules manipulating racial segregation and racial emnity. This increased freedom to define their own priorities and agendas would be a huge net benefit for its own sake, and would also reduce the stress and trauma that people in custody experience on a daily basis.”

Beloved Lifer Passes Away, Leaves Behind Daughter and Sister

McFarland said they gave him a day to clear his head, but he thinks the California Department of Corrections and Rehabilitation should come up with another process, especially if an individual you share a cell with dies outside of the cell. “I met him in 2011,” said Darryl Williams, who has been incarcerated since 2001. “Jesse had the biggest heart and was like a father figure.”

Williams got in touch with Wells’ daughter, Renetta, to let her know of her father’s pass. Renetta was the love of her father’s life, Williams said, and she talked about him all the time. “When I talked to her, I could hear her voice in her heart that she loved him too,” said Williams. “She said his wife died on the same day Jesse died, which was during the catastrophe of Hurricane Katrina. Renetta told him the mortuary would $1,500 to fly his body back to New Orleans.

“She couldn’t afford to raise the money for the flight and also pay for her father’s burial fees,” Williams said. “He and some other men in blue tried to raise money to help her, but they didn’t have enough time.

Renetta recently consented to a cremation ceremony at Mount Tamalpais Mortuary, which has a contract with San Quentin State Prison. “He just left too soon,” Carley McFarland.

“Way too soon.”

Wells was born May 5, 1956. He is survived by his daughter and a sister.
The Green Life
Facilitators and Graduates
November 16, 2013

**Facilitators:**
- Monta Kevin Tindall
- Cornelius Atumah Wiggins
- Juan Haines
- Arnulfo Garcia
- S. Hearnes
- Glenn F. Puglisi
- Erin O'Connor
- Jorge Heredia
- Michael Harris

**GRADUATES:**
- Fidel Salcedo
- Maurice L. rawn
- Adam Lerma
- Michael Endres
- W. Willafranco

**SPONSORS:**
- Angela Sevin
- Pandora Thomas

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**Prop. 36 Hearing Brings Release**

Continued from Page 1

This is evident because a majority of African-American and Hispanic men are fill- ing the prisons and serving more time for less crimes than whites, he said.

When he was on the street, his life was centered on drugs and alcohol. He said the phrase he used to describe his life-style back then was “out of control.”

Brown recalled, “The path I had taken was leading me down the road to destruction. I chose to live around prosti- tutes, even to the extent that I exploited them.” Brown added.

In the early days of his incarcer- ation, Brown said he stud- ied the Bible and meditated on what he read.

“Studying God’s word is what helped me find some peace,” said Brown. “In those early days, I was surrounded by a lot of turmoil – way too much, really.”

“As for the future, “My plans are to reach as many young children to prevent them from coming to prison. This is no life at all.”

Soon after he arrived at San Quentin, Brown said he began taking classes. “I would help him once he re-entered soci- ety.”

“I took the Victim’s Offender’s Education Group (VOEG) and No More Tears – both very good groups,” Brown said. “I also took a Bible course pro- gram and I assisted here in the Bible Boot Camp teachings.”

“The not only would include three strikers but lifers – men and women who have acquired skills and tools that the (parole board mandates), he suggested.

For the future, “My plans are to reach as many young children to prevent them from coming to prison. This is no life at all.”

**Proposition 36 was a “smart on crime” change in the law, Brown said, but it should have included a broader outlet for prisoners.**

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**Prisoner Futures Remain Uncertain Until Court Review**

Continued from Page 1

Even though officials claim the hearings protect constitutional rights, some prisoners feel this is not always the case.

One Third Striker who asked to remain unnamed received a rules violation for “tattoo paraphernalia,” which was actually a set of approved gui- tar strings. When the prisoner showed the strings were author- ized, the prison’s appeals co- ordinator changed the charge to “possession of dangerous contraband,” a more serious charge.

The prisoner requested that he be entitled to his basic due pro- cess rights to confront evidence but was told the evidence (the guitar strings) were destroyed per institution policy. His appeal was denied at the highest level because the appeals process does not factor in declarations made by the prisoner, only by the reporting employee.

Some Third Strikers are con- cerned that such incidents might prompt denial of a chance at freedom, even with no serious or violent crimes on the record. Greg Tabarez, a 59-year-old construction worker who spent many years repairing sidewalks and gutters in Sacramento Cali- fornia, was sentenced to 25 years in prison for “simple possession” of a controlled substance.

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**“There is more to do on the Three Strikes Law”**

Tabarez, who also has no his- tory of violence, does not see a parole board until 2022. “I think Prop 36 should only apply to those offenders with serious or violent crimes as it was in- tended in 1994,” Tabarez went on to say that he believes SB- 971 should have changed many years ago, explaining that, “the lives of many low risk offenders have been ruined because of this mean-spirited law.”

But some district attorneys support the changes to the Three Strikes Law. District Attorneys Steve Cooley of Los Angeles County, Jeffrey Rossen of San- ta Clara County, and George Gascon of San Francisco County all endorsed Proposition 36.

Department attorney Dan Baron of Palo Alto, who recently vis- ited San Quentin’s Journalism Guild, called Proposition 36 a minor change in the law. “We needed to do something to fix this law, and Proposition 36 was a good start,” he said.

Barton cautioned that a pris- oner who qualifies for sentence modification under Proposition 36 would have one shot at his or her freedom via the hear- in. However, if denied, Bar- ton said that decision could be appealed to a higher court. He added that the judge will evalu- ate all completed forms and documents before deciding any change in an eligible prisoner’s sentence.

In Santa Clara County, where Barton practices, “officials from the District Attorneys Of- fice, the Probation Department, the Public Defender Office and other court representatives have put together a ‘sentencing pack- age’ to be used in each case.

It’ll be almost like a parole board hearing.”

The fight to reform the Three Strikes Law is not over. Barbara Brooks, with Sentencing Justice Advocacy Group, said her organization is in it for the long run.

“There is more to do on the Three Strikes Law, and we are giving serious thought to that,” she told the San Quentin News in a telephone interview.

The SJRA wants to form a ca- pitation of Three Strikers, both ins- ide and outside prisons. “There are many who want to continue helping those who don’t make it out,” she said.

Brooks said she believes those who do get out “once it is the ones left behind, possibly all prisoners… because what they do after released will form the attitudes that the public and those in government will have toward prisoners in general.”

---

By Juan Haines
Managing Editor

There were songs and poems, laughter and sonnet reflections as a dozen San Quentin prison- ers took the stage during the Prison University Project’s an- nual open mic event.

Several PUP teachers and about 75 prisoners sat in the prison’s Catholic Chapel to lis- ten to the dozen or so prisoners who took the microphone. The stories ranged from how crime affects communities to bom- barding college program spon- sors Jody Lewen and Kara Union with jokes.

Several prisoners who took the mic asked for a moment of silence in respect to the families in Newtown, Conn.

The first speaker, known as “Masters,” recited parts of the periodic table. He finished his time by giving the audience a hip-hop version of Ellison John’s Rocket Man.

San Quentin thespian John Neshit recited part of Hart Crane’s Voyages, a sonnet about a love affair.

Tommy Winfrey read a self- reflection piece, The Scarlet Let- ter I Wear. “I searched the world for opportunities to be a better man,” he read. I wrote the piece to explain how incarceration af- fected my life, Winfrey said “I must learn from my poor choic- es. Decisions made in haste are the story had much meaning. I could pick out that he was telling about the circle of life. It was good,” said one prisoner.

Kevin Sawyer played a guitar rock tune he wrote called Ha- zel’s Theme.

A line in Rafael Calix’s poem, From Ghetto hood to Skate boat, read, “My observation tells me the past is still pass- ing,” Calix said the line refers to “those negative influences he en- countered in his neighborhood.”

Wayne Villafranco used con- gos to tell an ancient story about how young men mature into responsible adults. The primal sounds and words kept the audi- ence engaged in the story. “The cannonball Addley. Faison said, “The tune had an added value to it was made today to write in the prison in the prison system. We need a little mercy.”

Mike Tyler read one of his popular spoken word pieces, called Where I’m From, in which he talks about the hokey collec- tiveness of the small town of Los Banos.

Chris Schultmacher personal- ized from a song by Third Eye Blind, Motorcycle Drive-by.

He said, “Winter time and the blowing of cold wind – this is San Quentin and I don’t know what we’re doing in this prison – the sun is always in my eyes… I’ve never been so alone – I’ve never been so alive.”

---

By Juan Haines
Managing Editor
Military Families

MILITARY MOTHER FINDS COMFORT FROM ‘OPERATION: MOM’

By Chris Schuhmacher
VVGSQ Chairman

Gloria Godchaux of Opera-
ition: MOM was interviewed by
the chairman of the Vietnam Vet-
erns Group of San Quentin
in 2003 with the aim to find
out what prisoners can do to
support American troops
overseas.

How did Operation: MOM
come about?

Operation: MOM began in
2003 when Dotty Selmecki
and I began to look for an active mil-
itary support group. It was
imperative for me, because
immediately after 9/11, my son,
who is a U.S. Marine, was
deployed to a unknown destina-
tion called “Somewhere.” At the
time, Dotty and I didn’t realize
that thousands of other parents
out there also needed a safe
place where they could share
their worries for their loved
ones serving in the military.

Since then, Operation: MOM
has branched out across various
communities establishing sup-
port groups wherever they are
needed.

What challenges have you faced?

I would say the most chal-
lenging and heart-wrenching
form of care that we’ve had
the privilege of giving is standing
beside those families who have
lost their serviceperson while
they gave the ultimate sacrifice
in their lives and our country.

How did Operation: MOM
get connected with VVGSQ?

Operation: MOM began its
grow-roots efforts, we had to
decide what other, if any, types
of organizations we would align
ourselves with. In 2003, we met
the VVGSQ, which have been
instrumental for nearly 10 years
in supporting Operation: MOM
by providing funds to help ac-
tive duty military families and
being an integral part of sending
“A Little Touch of Home” care
packages to our troops around
the world.

What’s next for Operation:
MOM and the VVGSQ?

In 2013, Operation: MOM and
the VVGSQ will be supporting
an Air Force unit whose mission
is to drop off supplies to Army
and Marine ground forces.

We have asked for specific items,
such as green socks and Desert
Sand military T-shirts, which
were already purchased from do-
nated funds from the VVGSQ.

How can men other than San
Quentin veterans get involved with
Operation: MOM?

We fill “A Little Touch of Home”
care packages with things like
snacks, powdered beverages,
wheelchairs, finger-
nail clippers, and other hygiene
items, so if they wanted to do
those types of items, it
would be greatly appreciated.

Donate to the program for all
the boxes gets pretty costly as well, so stamps
are well received too.

Note: San Quentin staff and
prisoners wanting to help Oper-
ation: MOM support the nation’s
troops can collect snack items,
hygiene items, and postage now.

Signs will be posted later in
housing units directing where to
leave donations.

Persons in the community can
donate by contacting the VVGSQ’s
chief sponsor, Lt. K. Ev-
ans, at San Quentin State Prison.

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an Air Force unit whose mission
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such as green socks and Desert
Sand military T-shirts, which
were already purchased from do-
nated funds from the VVGSQ.

Inspirational Garden
Is a Place of Peace

By Kenyota Gray
Journalism Guild Writer

A splash of color greets pris-
oners and visitors to the west
end of the San Quentin Lower
Yard — a flower garden, tended
by about two dozen inmates,
guided by volunteers.

The Garden Project started with
a specific mission that focused
on the need for inner
gardening, with an emphasis on
personal growth through behav-
ior modification, said program
founder Beth Waitkus.

“The idea behind planting a
flower garden and nurturing it has
given me a better understand-
ing of the importance of culti-
vating healthy relationships,”
said Robert Henderson, one of
the H-Unit Garden Project par-
ticipants.

Waitkus led a recent ceremo-
ny marking the 10th year of the
gardening program, in which
members were awarded certifi-
cates.

Outside gardening and green
jobs training provide skills the
participants can readily uti-
lize when they reenter the job
market, Waitkus commented.

She noted the project has con-
nections with agencies such as
Planting Justice, a non-profit
organization geared to provid-
ing part-time employment for
participants as part of its recov-
ery program.

I didn’t know what I was
going to do about a job when
I got out, but this program has
lifted a huge weight because I
Can now get some work doing
something I’m familiar with,”
Henderson said.

Prisoners cram the library in
times of having a spot on a com-
puter to work on their cases and
other legal matters.

“There are not nearly enough
computers available for every-
one doing legal work,” prisoner
Ted Swain said. Recently, “three
computers were inoperable,” he
said, making availability tough-
er. The computers have since
been repaired, “but it’s a seri-
ous ongoing problem as this fre-
quently occurs,” added Swain.

“The library has no budget and
depends on the Office of Cor-
rections Education headquarters
in Sacramento for its funding.”

Brotb added.

CAPACITY

The official maximum capac-
ity at San Quentin's library is
38 prisoners at one time. There
are currently 58 men on Prior-
ity Legal User status, who have
preference because of
‘firming pending legal issues.
In this case, it is a prob-
eling user in the General Popula-
ion. Often, there is barely standing
room in the sitting/reading
area of the library, according to
Broth.

Broth. Library worker Barry Ryek,
serving 15 years to life, told
the San Quentin News: “The library
could use many more books,
but with space being a problem,
we do what we can with what’s
available.”

Prisons run out of legal
services and the California
Appellate Project monitor ac-
cess to that library.

One San Quentin librarian,
John Correll, was laid off last
year due to budget cuts, leaving
two librarians on staff. They
supervise 12 prisoner workers.

California’s prison system
has come a long way since the
days of Bibliotherapy, when librar-
ians worked with prison psy-
chologists to provide books for
prisoners to study, then followed
up with discussions about what
was learned.

In 1992, one library journal il-
lustrated how libraries “can sur-
round the prisoner with a per-
petual intellectual atmosphere
of the type which is necessary to
bring about a definite change in
his behavior patterns.”

Overcrowded Population
Strain Library Resources

By Boston Woodard
Staff Writer

San Quentin’s main library is
under-equipped, overcrowded
and struggling to meet the legal
and recreational reading needs of
prisoners. Senior Librarian Tom
Brotb reports.

With so little space for so
many important purposes, Broth
feels he needs to be a curricu-
lar acrobat at times in order to
maintain fair library access for
the General Population.

Brotb has been a librarian
for approximately 18 years, with
13 of those years at San Quen-
 tin. He worked at R.J. Donovan,
CSP-Solano, and as a parole
agent for two years before com-
ing to San Quentin.

Brotb is left in legal issues
important to the prisoner pa-
trons, such as legal forms, case
law, and reference books. But he
cannot get legal advice because
he is not an attorney.

COMPUTERS

Unlike prison libraries of years
past, San Quentin now has seven computers available
for legal research, meeting the requirements of Gilmore v.
Lynch for prison law libraries
with LEXIS and PREMIS le-
gal databases. These resources
are updated quarterly, although
Brotb says updated information
sometimes arrives to San Quen-
 tin’s library late.

Brotb said he distributes
donated books among several
“locked-down units throughout the prison.”

The library serves the General
Population, Reception Center,
and Death Row.

DEATH ROW

Broth points out those Death
Row prisoners are under-served
because of space limitations in
the condemned library. It pro-
vides “complex, specialized
legal services that require a se-
nior librarian with the requisite
training and experience to indi-
vidually assist each prisoner,”
explained Broth. The Prison
Law Office and the California
Appellate Project monitor ac-
cess to that library.

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of the type which is necessary to
bring about a definite change in
his behavior patterns.”

The library serves the General
Population, Reception Center,
and Death Row.

DEATH ROW

Broth points out those Death
Row prisoners are under-served
because of space limitations in
the condemned library. It pro-
vides “complex, specialized
legal services that require a se-
nior librarian with the requisite
training and experience to indi-
vidually assist each prisoner,”
explained Broth. The Prison
Law Office and the California
Appellate Project monitor ac-
cess to that library.

One San Quentin librarian,
John Correll, was laid off last
year due to budget cuts, leaving
two librarians on staff. They
supervise 12 prisoner workers.

California’s prison system
has come a long way since the
days of Bibliotherapy, when librar-
ians worked with prison psy-
chologists to provide books for
prisoners to study, then followed
up with discussions about what
was learned.

In 1992, one library journal il-
lustrated how libraries “can sur-
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**SPORTS**

**Kaepernick’s Dream**

**YOUNG QUARTERBACK REALIZES CHILDHOOD AMBITION PLAYING FOR THE NINERS**

By Gary Scott

San Francisco 49er quarterback Colin Kaepernick’s childhood dream came true before our very eyes.

A letter Kaepernick wrote to himself when he was 10 years old was printed recently by the San Francisco Chronicle. He wrote, “I’m 5’2 inches 91 pounds. Good athlete. I think in 7 years I will be between 6ft to 6 ½ inches 140 pounds. I hope I go to a good college...then go to the pros and play on the Niners or the Packers even if they aren’t good in seven years...Sincerely Colin.”

His hope became reality in 2011, when the 49ers traded up with the Denver Broncos in the second round and selected Kaepernick 36th overall. After starting quarterback Alex Smith’s concussion in the second quarter against the St. Louis Rams in week 10, Kaepernick entered the game and led the 49ers to a tie. He finished the rest of the season as the starter with a 5-2 record.

Born in Wisconsin, Kaepernick moved to Turlock, Calif. with his adoptive parents, Rick and Teresa Kaepernick, at the age of four. His parents had lost two children to congenital heart disease before adopting Colin, who is now heavily involved in Camp Taylor, an organization that helps children with heart diseases.

Tennis

San Quentin’s tennis team plays most weekends against outside players from local colleges, professional teams, and the Marin Tennis Club. The men told the San Quentin News what drives them on the court.

“I keep playing tennis because I enjoy the idea that my shorts keep getting better. There is always the thought that I may make a killer topspin rip across the court to make the point. Oh, that is a great feeling! Of course there are some good days and some bad days. That is the way it goes.” - Jason McGinnis

“I enjoy the camaraderie and it’s a lot of fun. There is a lot of good guys I get to play with. It’s good for my health because I’m a heavy guy and it’s something I can take to the street with me. Playing tennis helps me to stay focused and from worrying. It is also great to be able to play guys from the streets like the college athletes who teach me things like bettering my backhand. It’s a blessing.” - Marc Jordan

“I love the fun and the challenge of learning something new. Tennis is a sport where there’s always something you can work on like serving or my backhand. As long as it stays fun, I’ll be on the court.” - Chris Schuhmacher

Tennis Team Shares its Inspiration

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**Giants’ Season Ends With a 6-5 Record**

Distractions in the San Quentin Giants baseball team’s off-season affected the team’s structure and continuity, yet they finished with a 6-5 record.

There were many obstacles to overcome for the Giants going into the season. “The season was full of ups and downs,” said inmate Coach Frankie Smith. “It was short and somewhat un-organized, but regardless it is baseball in prison, so we need to keep that in mind.”

Smith tried not to let these challenges hold him back. “My approach to the season was like any other once we got the ball rolling, so to speak,” said Smith. “Pick nine guys and play the best baseball possible.”

Giants catcher Michael Tyler did not let the team circumstances affect his approach to the season. “I keep trying to stay positive and let the game change who I am on and off the field,” said Tyler.

Tyler said he approached the season determined to perform better than he did last year. “Every year I try to do better and improve my skills where I can. I just want to play baseball and have fun doing it.”

Coach Smith discussed the improvements his team can make going into next season. He said, “Perfect practice makes perfect.”

**Coaches Reflect on San Quentin A’s Winning Season**

The San Quentin A’s worked their way through an exceptional 2012 baseball season, according to Coach John “Yahya” Parratt and pitcher Ngihep Ke Lam.

“The season went excellent and my expectations were reached when I saw the happiness in my players’ faces,” said Parratt.

Ke Lam gives appreciation to everyone who contributed to the A’s successful season. “I felt our season went miraculously with the support of the administration, the Oakland A’s organization, a few dedicated coaches from the outside community and the wonderful teams making the trip to play us;” said Ke Lam. “Despite some setbacks, my team made this season very memorable. We went beyond expectations.”

Parratt’s management skills helped the A’s to their second winning season. “My approach to the season was to go in and put the best nine on the field,” said Parratt. “I wanted to make sure we had each player in the right position and have a good bench and pitching staff to carry us through.”

Ke Lam expressed some areas of improvement they can address before next season. He commented, “There are minor improvements we could work on, like base-running and understanding the signs.”

“San Quentin A’s is a team, and team stands together. Everyone achieves more,” Parratt concluded.

The A’s finished their season 8-6.

Photo by Gary Scott

Coach John ‘Yahya’ Parratt

SOURCES

Kaepernick seeking an open receiver from the backfield where he has led his team to the playoffs

Coach Smith at work perfect. It is clear that our team is not getting any younger, so by maintaining our physical health during the off-season, the team can have a jump on those who allow themselves to get out of shape.”

Tyler said he can help his team by improving his batting technique and becoming more of a leader on the field. He said, “My batting is something that I truly need to work on. I can see the ball, but I have not yet learned how to turn my hips on the ball. I also feel if I play catcher again this coming season, I will take more of a leadership role and be a little more vocal.”

Despite an average baseball season, Tyler said he appreciated the opportunity to play baseball with his teammates. He said, “I have some good memories of this past season that I will hold onto for the rest of my life.”

-Gary Scott

Photo by Ed Bivens

Photo by Lt. S. Robinson

Photo by Gary Scott

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January 2013

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Even play in the snow, the rain or whatever the elements," said Ruiz. "Soccer is like an art. You can paint your hands green and do things with the ball that people can admire!"

"Due to the increase of the inmate population and the limited job opportunities, soccer is a perfect outlet for the guys who do not have jobs here," said Heredia.

Alx Ruiz played soccer since the age of four, when he lived in Peru, and credits his uncle Pepe Del Carpio for introducing him to soccer. Ruiz moved to the United States at the age of 14 and played soccer at Albany High School in California. While Ruiz was playing soccer as an eight-year-old, a mob of people ran over him and his loved playing soccer so much, it only took him a few days to start back playing again.

"It was called ‘The Longest Walk,”' Frank said. "All the best things that came out of that was the sweat lodge. That really shocked me. That was a huge concept to grasp. That we are living our lives in the outside world, and here they are day after day, living a life free of that basic necessity. As we talked to the prisoners, I became mad. These problems exist not only among race. I know it's prison even play in the snow, the rain, or whatever the elements," said Ruiz. "Soccer is like an art. You can paint your hands green and do things with the ball that people can admire!"

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Three San Quentin prisoners were married in the Visiting Room last month. Here are some of their comments.

George and Robyn Yacomb: “We wanted to bond our love as soon as possible,” said Robyn. “It’s the best Christmas present ever.” She said she believes George will be released soon and the couple plans to have another wedding once he’s released.

“Being with her is like breathing”

Brandon and Amanda Dawson: They wanted to marry earlier in the year, but the prison was not able to make arrangements.

Continued from Page 1

Program shortages at San Quentin, known as a “programming prison” for its long list of rehabilitation programs, are one of the unintended consequences of realignment.

Wildlife Ministries 2011

In October 2011, California began keeping low-level offenders to county jail instead of sending them to state prison in Gov. Jerry Brown’s effort to reduce prison overcrowding. The state’s bloated prison population has dropped by about 27,000 prisoners, from more than 200 percent capacity to around 145 percent.

One goal of realignment is to improve rehabilitation programs for “hard-core prisoners” who remain in state prisons, according to Your Call, a KALW radio show. But at some prisons, including San Quentin, the policy has had the opposite effect, say some prisoners.

San Quentin’s population fell from 4,652 before realignment to 3,939 in January 2013. The drop is due to the significant reduction of the number of prisoners in the Reception Center, who do not compete for general population programming. The general population, however, has doubled, significantly increasing the number applying for rehabilitative, educational, and vocational programs.

San Quentin now houses many more prisoners serving life sentences than it did before realignment. Lifers are expected to participate in vocational, academic, and self-help programs to qualify for a release date. Many of the newly arrived lifers are frustrated by the unfavorable availability of rehabilitation program openings, saying the prisons they came from had work assignments that kept them busy and provided them with training, crucial for parole suitability and for finding a job once released from prison.

WAITING LISTS

Waiting lists for self-help programs at San Quentin have increased significantly since realignment. The Prison University Project had no waiting list before realignment for its college preparatory math class, which was about a one-semester wait. Now there is a waiting list of 18 months to two years to start any PLP class.

Another program affected by realignment is Non-Violent Communications. NVC has a waiting list of more than 200 inmates, and can only accommodate 30 participants per class. With only three new classes taking place per year, this means a new arrival who signs up for NVC today can expect to wait more than two years.

The Victim Offender Education Group, a self-help group that helps inmates become accountable for their actions through the restorative justice model, seeks to bring healing to the victim and the offender. Before realignment, the wait for VOEG was about a one-semester wait. Now the waiting list is five years long, according to VOEG Steward Richard Lindsey.

VOEG program director Rachelle Edwards said she is taking steps to cope with long waiting lists. In 2012, VOEG expanded from two groups to eight inside San Quentin. Currently Edwards said the program is seeking solutions such as holding intensive one-day workshops for all inmates on the waiting lists. She said the real limitation to expanding the program is available programming space.

Marty Spears arrived at San Quentin in October from California Men’s Colony, where he was employed as a leadman in the Prison Industry Authority print plant. San Quentin’s print plant closed three years ago due to budget cuts. San Quentin’s PIA has seen a reduction in work force since realignment.

“I went from being in charge of millions of dollars of equipment to not being able to pick up paper on the yard,” said Spears, “and facing two-year waiting lists for almost every self-help program at San Quentin.”

Newlyweds

“Roy and Kecia Willis: Roy has known Kecia’s family for years. “Our families are connected and had been seeing each other for a long time,” said Kecia. One day I came along while they were visiting and “the spark I got from Kecia was irresistible,” Roy said. “I’m the happiest guy in the world today.”

“Breast cancer fund raising event 2012”

The Machine Shop has only 27 jobs, and demand is high for these assignments.

In the California Department of Corrections and Rehabilitation’s plan, “The Future of California Corrections,” San Quentin is projected to have four additional vocational programs up and running by June 2013, with six more to be added the following year.

The San Quentin plan relies heavily on education programs to keep prisoners busy. San Quentin has increased the number of Voluntary Education Programs in recent months, from zero classes before realignment to six classes in January. The number of GED teachers has also increased from one to two.

VBP is scheduled to replace programs that were cut in the 2010 budget, such as Adult Basic Education and ESL as a Second Language. However, unlike ABE and ESL, VBP does not have a curriculum and is not a work assignment.

Many hoped realignment would improve the lives of California prisoners. But for the lifers now arriving at San Quentin, the policy has resulted in frustration — with troublesome implications for their chances of getting out.

“Expectations were high,” said Spears. “When I got here, I was completely let down.”

George will be released soon, and the couple plans to have another wedding once he’s released.

Prisoners Find Help Programs Out of Reach

Newlyweds

Adrian “Redd” and Robin Casey

Gary Gilbert was recently transferred to San Quentin from California Men’s Colony. “I have not even gone to my initial classification committee that is supposed to take place within two weeks of arrival,” Gilbert said. He cannot receive a work or education assignment without being classified.

Even if Gilbert was classified, the chances that he would receive a work or education assignment right away are slim.

San Quentin has only one vocational program for 2,357 mainline inmates, after losing the Print Programming space.

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Ten days before Christmas, San Quentin News went to the visiting room where prisoners’ children received gifts collected by the Vietnam Veteran’s Group of San Quentin. The SQN asked visitors about the impact visits have on their lives. For more quotes, go to www.facebook.com/sanquentinnews.

Pam Schuhmacher: I’ve visited my brother every year for the past 12 years he’s spent in prison for Christmas. I try not to leave him alone for the holidays. My Christmas wish is for my brother to get out of here.

Gloria McPeters: I love being here with my son. I’m going to be here every Christmas, and every birthday for my son. My Christmas wish is for him to come home and the world to stop all of this violence, corruption and poverty.

Theresa Allen: I think the kids need more than just one day to visit with their fathers in prison.

Denise Abbott: Fortunately, I get to visit a lot. The reason I visit such things is the gifts collected receive from the staff. They are so friendly and warm. I visited Joe at Solano State Prison. It was a much different experience. The staff there was very impersonal. In here to visit me gives me something to feel human and alive.

Sarah Dias: I drove (a long way to see Chris). It’s enlightening to see the people who come here and visit their loved ones. It is crowded, but that means people are loved, wanted and needed. The toy drive is good, because a lot of families can’t afford it.

Donna Parococo: Here at San Quentin, it’s a good experience. We have good officers like Tyues and Lt. Evans. He’s here on this day to make sure the kids get Christmas gifts. Trecce Parococo: It feels good to visit my uncle. I think it’s really nice that the lieutenant is helping out with the gifts. It’s special.

Jazmean Martin: I love coming here to see my uncle. It’s important to me. I can’t wait til he comes home.

Maverick Harrison: The fact that I have someone come in here to visit me gives me something to fight for. It makes me feel human and alive.

LeMar Harrison Jr.: It feels a little bit better because I’m closer to my family. It’s great to see my father and I get presents.

Catherine Harrison: You have to work with what you have. Unfortunately, this is the situation we have to deal with. Even though this is not the Christmas we want, we are together. That’s what matters.

Denise Pratt: My wife (Barbara) gives me a lot of love and joy.

D’andra Esparza: It’s really fun coming here. I get to spend time with my uncle. I love the presents. It’s really sweet, their giving presents to the kids.

Livia Esparza: I just want my uncle to come home for Christmas.

Sonja Hill: It’s a good feeling to come in here and share the holidays with my husband. I get inspired by the guys who aren’t able to be with their children on Christmas, but through the gift exchange they still have that bond.

Darnell Hill: It does matter who gives the gifts. A gift from dad is an intimate opportunity to connect with children emotionally and psychologically.

Carmen Garcia: I only get to see my dad twice a month. It just makes me happy to see him.

Monica Garcia: I take him with me in my heart when I have to leave, as I have done for the past 23 years. He’s the love of my life. I look forward to the next weekend, the next weekend, and the next.

Amy Smith: It’s amazing, hard, sad, and wonderful. I try to enjoy every moment in here. I look forward to the next one. I try to stay in the moment. The person I visit grounds me.

Adam Garcia: I think it’s nice that we can come in here and see our father, so he’s not alone on Christmas. I was four when I learned my dad was in prison. Every wish I’ve ever had is for him to come home.

San Quentin’s Lt. Evans: This is my fifth year with VVGSQ toy give-away. What these guys do benefits the community. It makes me feel good that I’m not only helping the inmate, but we’re helping the family of the inmates too. I believe the staff feels this way too.

Joe Petitti: I’ve been with the VVGSQ for eight years. I’m a retired correctional officer and I worked with the department for 25 years. I get a charge out what these guys do for the kids. It’s something they don’t get to do all the time. I’m really happy to be a part of it.

Barry Spellman: Petitti is our biggest supporter. We just hope the administration continues to see what we’re doing. It should be known that 99 percent of the Toys for Tots came from the U.S. Marine Corps in San Mateo.

Stan Barz: I’m a veteran. I love being in the VVGSQ and being a part of the toy drive. We had help from Emn Morgan at Alliance for Change. Emn actually brought the toys here. Charlie Spence’s mom donated funds for the truck that brought the toys here.

Greg Sanders: As a member of VVGSQ, and the toy drive, it’s an honor and a privilege to give back to society and make amends. It’s a form of contrition we failed to exhibit prior to our incarceration.

Lawson Beaches: I’ve been a member of VVGSQ for two and half years. It’s an awesome

One of Santa’s elves feeling to see the expression the kid’s faces. It’s very satisfying to see.

Gary Cooper: I served in the 3rd Battalion, 9th Marines. I’ve been with the VVGSQ for almost a year. There’s no program like this at other prisons. Just seeing a child’s face light up when they get a gift is great. We had a lady tell us that for one child, this will probably be the only Christmas gift he gets.

From John Parratt to Shayline: You are a lady with pure integrity. Thank you for bringing peace to my heart. May 2013 be our year. Love - Yah Ya.

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So many who no longer have their loved ones.

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LIBERAL POT STATUTES DRAW ATTENTION

By Kevin D. Sawyer
Journalism Guild Writer

California has overhauled its handling of prisoner appeals in response to numerous complaints, but key problems remain unaddressed, according to a report by the Office of the Inspector General.

In a letter to then-CDRC Secretary Matthew Cate, the IG said the appeals process lacks an “accountable means of verifying that appeals are made.”

The September 2011 report also said prison appeals coordinators “do not provide inmates with information necessary to resubmit a rejected appeal.”

Also, “rapid implementation of the revised appeal process caused confusion,” the IG concluded.

The report also found that inmates do not trust correctional employees to appropriately safeguard their appeals.

One recommendation made by the IG is for the CDCR to create a direct method for appeals staff to collect inmate appeals, instead of correctional staff. San Quentin prison has responded by placing green inmate appeals boxes throughout the prison. Only appeals staff are able to unlock these boxes to retrieve inmate appeals.

The CDCR enacted emergency regulations in January 2011 to overhaul its appeal process, after the IG reported receiving 156 complaints in 2010 concerning “allegations of stolen, misplaced, or unawarded appeals.”

That year, 148,896 appeals were submitted in California prisons, 75,146 of which were accepted and 73,750 of which were rejected, according to the IG.

The volume was “at levels that could at any time overwhelm a system increasingly constrained by fiscal and resource limitations,” said the CDCR in its Initial Statement of Reasons for rejecting emergency regulations to streamline the process.

The Sacramento Bee reported in August 2010 that Gene Cervantes, a former prison official who left corrections in 2007, said there is “a pattern of abuse by inmates and a pattern of abuse by staff.” Cervantes blamed it, in part, on lax staff training.

Cervantes said, “Some inmates make a practice of trying to bury officials in appeals,” reported the Bee, adding, “If both sides abuse the system, the party with the power tends to win.”

The report, CDCR’s Revised Inmate Appeals Process Leaves Key Problems Unaddressed, can be found at: www.oig.ca.gov.

Report: CDCR Complaint Process Leaves Some Prisoners in the Dark

By Kevin D. Sawyer
Journalism Guild Writer

Laws criminalizing marijuana possession have been softened across the nation, and the data on the consequences are starting to come in.

In 2010, then-California Gov. Arnold Schwarzenegger signed legislation downgrading simple marijuana possession from a criminal offense to an infraction. The law resulted in arrests for marijuana possession dropping 86 percent, from 54,000 in 2010 to 7,800 in 2011, the Criminal Justice Statistics Center reported.

WHITE DRUGS–Arrests for other drugs, such as heroin, cocaine, and un-prescribed pills, declined by 23 percent among youths in 2011 from 2010 to 7,800 in 2011, the Criminal Justice Statistics Center reported.

THE CITY Council supported the initiative to legalize marijuana use.

But according to Mike Males of the Center on Juvenile and Criminal Justice, California’s downgrading of marijuana possession to an infraction “is likely to prove much more effective in reducing simple marijuana arrests than Washington’s and Oregon’s marijuana legalization initiatives passed this year.”

Because those under 21 will continue to be arrested for marijuana possession, arrests in those states will fall by less than 50 percent, Males noted.

FEDERAL OPPOSITION

Further, despite the voters’ decision, the Obama administration has shown no sign of backing down on its full-scale prosecution of marijuana growers and distributors, reported Rolling Stone magazine.

ETHAN NADELMANN, executive director of the Drug Alliance, called the Washington and Colorado initiatives passage “a watershed moment.”

“People are standing up and saying that the drug war has gone too far,” he said.

In Seattle, the mayor, city attorney and every member of the city council supported the initiative to legalize marijuana use.

President Obama pledged to go easy on medical marijuana, now legal in 18 states.

However, Rolling Stone said the Obama administration launched more raids on state-recognized pot dispensaries than did former President George W. Bush. The federal government “has threatened to prosecute state officials who oversee medical marijuana as if they are drug lords,” the magazine said.

FEDERAL DEA

“Enforcement of the Controlled Substances Act remains unchanged,” the federal Drug Enforcement Agency announced in November.

At a congressional hearing, DEA chief Michele Leonhart, a Bush appointee, refused to concede any distinction between the lawfully and not properly grown, reported Rolling Stone. “All illegal drugs are bad,” he said.

Wither you are incarcerated or not, if you are alone during the holidays and feel you are coming down with the holiday blues or depression, you can reach out to a friend, relative, or professional. Asking for help is not a sign of weakness; it’s a sign of strength.

Focus on what you can do to honor the season in your own personal way, she said. A gift can be kindness, a conversation, or time spent with someone. Things that come from within are often more valuable than any item from a store.

Bertrand also recommended allowing spending too much time in your cell, as activity and exercise are important to one’s mental health. Valuable than any item from a store.

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For help is not a sign of weakness; it’s a sign of strength.
By Kevin Sawyer
Journalism Guild Writer

A new report details how several corporations are driving prices up and increasing their profits, while simultaneously curtailing the state prison telephone industry. Global Tel-Link (GTL), Secu- ral technology supplier, has exclusive control over prison phone services in states where 90 percent of incarcerated people live.

Of the three prison phone service providers, GTL is the larg- est, holding contracts in 27 state correctional departments, according to the report. “Prison phone companies are awarded these monopolies through bidding processes,” said Drew Kukowski of Prison Policy Initiative.

According to the report, con-sumers have no input in the bidding process, making the prison telecommunication system “susceptible to potential bid-rigging schemes.” Furthermore, high phone rates mean that those with no other means for communication lose that option.

“It is not truly mourned until he’s dead. ‘On the contrary, this feels like death. ‘Of many families of lifers give up on Death Row do not want to understand his situation.” Tolstoy’s words ring true for those caught in the grips of the state prison telephone market. When the phone privileges are a supplemental means of maintaining commu- nity and family ties that will contribute to an inmate’s per- sonal development,” according to the report.

The report, however, said that with the corporate consoli- dation of prison phone service providers, “state-granted mo- nopolies and inelastic demand for prison telephone service has led to exorbitant rates.”

By Charles David Henry
Staff Writer

A slim majority of Ameri- cans favor life prison over the death penalty for murderers, a re- cent poll disclosed. The margin was 50 to 48 percent. Even through the number of states carrying out capital punishment has decreased, the number of executions in the country remains constant, a re- port shows.

“Capital punishment has be- come marginalized and mean- ingless in most of the country,” said Richard Dieter, executive director of Death Penalty Infor- mation Center and author of a report that predicts more efforts will be made to eliminate capac- ity punishment in the future.

In 2012, 43 executions took place, compared to 71 executions in 2011, 43 men to death with lethal injec- tion. Texas led the nation with 15 executions, Arizona, Okla- homa, Mississippi and Texas accounted for three-fourths of men put to death in 2012.

In 2013, seven executions. Dieter said, “fewer states have the death penalty, fewer carried out ex- ecutions, and executions and executions were clustered in a small number of states. It is very likely that more states will take up the question of death penalty repeal in the years ahead.”

Polling researchers believe that many Americans want to abolish the death penalty. But CNN polling director Keating Holland said his analysis shows “a difference between thinking that the government should have the power to put someone to death and actually wanting to see it applied.”

Southern states such as Ala- bama, Georgia, Louisiana, Mis- souri, North Carolina, South Carolina and Virginia traditionally support the death penalty. No one was executed in any of those states in 2012. Bill Mears of CNN reported that there is a “growing number of people who believe that at least one person in the past five years has been executed for a crime that the do not comprehend.

California voters decided to keep the death penalty in No- vember. However, Dieter pre- dicted “the ‘crying shame’ that don’t accept that they will have to serve extremely long prison terms are at risk.” These lifers fight tooth and nail, looking for some type of loophole that will negate what they believe is a life sentence. The truth in Tolstoy’s novel is that, “telephone monopolies score profits.

According to the report, the Federal Communications Com- mission is looking into the pos- sibility of regulation that would place a price cap on long-distan- ce prison phone rates. “Such regulation, when con- sidered against the backdrop of the corporate monopoliza- tion of the prison telephone market, would both reduce the price-gouging that incarcerated people and families suffer and si- multaneously contribute to the social good by reducing recidi- vism,” the report said.

A Federal Bureau of Inves- tigations (FBI) bulletin said that federal correctional administrators are increasingly using reduced revenues from prison-approved phones, due in large part to contraband cell phones, said the report.

A Federal Bureau of Prisons has said that, “telephone privileges are a supplemental means of maintaining commu- nity and family ties that will contribute to an inmate’s per- sonal development,” according to the report.

The report, however, said that with the corporate consoli- dation of prison phone service providers, “state-granted mo- nopolies and inelastic demand for prison telephone service has led to exorbitant rates.”

By San Quentin News Staff

Since 1980, there has been an almost tenfold increase in the federal prison population. The current population is about 238,000 offenders and growth is expected to continue, according to a new report. In 2001, the federal prison population grew by 7.54. By the end of 2013, there will be about 11,500 addi- tional offenders in federal pris- ons, according to a new report released by the Urban Institute’s Justice Policy Center.

Overcrowding, sentencing laws, cost-effectiveness are of particular concern in operating the federal prison system, the report said.

The 2013 fiscal year budget allocates $6.9 billion for the federal prison system—$278 million more than 2012 and more than 25 percent of the budget for the Department of Justice. The report said if present trends continue, the BOP will consume 30 percent of the DOJ budget by 2020.

In recent fiscally lean times, funding the expanding [Board of Prisons] population crowds out other priorities,” the report said.

The report found that the primary driver for the fed- eral population are “front-end decisions about who goes to prison and for how long.” From 2000 to 2010, the num- ber of sentenced offenders in- creased by about 40 percent, primarily from immigration charges.

More than half of the popu- lation is drug offenders, and 15 percent are people who violated probation or parole. The report makes several recommendations for reducing prison population growth, including reducing the length of sentences, particularly for drug offenders, and improving community cor-rections to reduce recidivism and parole and probation viola- tion.

In the federal prison system, a minimum-security prisoner costs about $21,000 annually to incarcerate. Low-security offenders cost $25,375 each; medium-security $26,247; and high-security $33,910. In com- parison, each Californian pris- oner costs more than $50,000 per year, costing the state $8.6 billion per year.

By Juan Haines
Managing Editor

Tolstoy’s “Death of Ivan Ilyich.” The truth in Tolstoy’s novel is that, “telephone monopolies score profits.”

Took that man to the brink of hav- ing to leave the world much as he had entered it, kicking and screaming,” through Ivan Ily- ich’s anxiety-tiled downfall, as he couldn’t evade death. PRISON TERMS

Similarities are drawn to the men and women confined to crowded cells who don’t accept that they will have to serve extremely long prison terms. “Of many families of lifers give up on Death Row do not want to understand his situation.” Tolstoy’s words ring true for those caught in the grips of the state prison telephone market.

“Of one of Tolstoy’s themes is about the inability of the dying to communicate and of the sick to remain inside the old circle of relationships,” writes Ronald Blythe in his introduction to the novel.

Ivan Ilyich could not under- stand how death comes to keep him. At first, he dismissed the thought of dying as “false, un- sound, and absurd.” He tried “to force it out of his mind with other thoughts that were sound and healthy,” writes Tolstoy.

DEATH ROW

Similarly, many people liv- ing on Death Row do not want to accept their destinations. Some even fabricate fantastic stories in order to do so.

At the moment Ivan Ilyich ac- cepts his impending death, he learns much about himself, his family, and his friends — as do readers. This is the final long- es, once they accept their fates.

BOOK REVIEW

Tolstoy’s “Insight into a Death and Dying”

LOOKING INTO A MAN’S INNERMOST THOUGHTS

By San Quentin News Staff

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Health and Fitness

Dr. Elena Toeltl
San Quentin Chief Medical Officer

Influenza (“the flu”) has recently arrived in Marin County, and it’s occurring in congregating living settings and in other places where people live in close quarters.

What is influenza?

It’s a virus that causes respiratory symptoms such as a fever, headaches, chills, body aches, runny nose, and sometimes a sore throat and or coughing. It is different from a regular cold, which usually only lasts a couple of days and presents mild symptoms. Influenza causes a fever and people feel very sick and are often confined to their beds.

How is influenza transmitted?

If someone infected with the flu coughs or sneezes, the virus will become airborne and a non-immune person who inhales the infectious air can become sick. They don’t have to be near the person who coughed or sneezed: If somebody with the flu coughs or sneezes on one of the rails in the blocks, and another person touches it and then touches his own mouths or eyes, he can get the flu from the other person.

Who is susceptible to the flu?

Almost half of the inmates at San Quentin have not been immunized and can get the flu. This year’s vaccine is particularly effective at preventing the current season’s flu.

Who is at risk of death?

Certain people are at higher risk of death than others, such as people with asthma, the elderly, and people with cancer, diabetes, heart disease, and HIV. Every year thousands of people in the U.S. die from the flu. Although the disease is highly preventable by vaccination, it is one of the top 10 causes of death in the U.S. If inmates, visitors or staff get sick, they can transmit it to babies, who are not immune and can die. Pregnant women are also at risk of death if they get the flu.

How will it arrive at San Quentin?

Through reception centers inmates, staff, visitors and volunteers. The flu has an incubation period of one to four days; the average is two days.

People who care about the health of the inmates will get vaccinated.

What are the common side effects of the vaccine?

The most common side effect is a sore arm and maybe a low fever or achiness. This is not the flu; it’s your immune system doing what it was designed to do. For one or two days you might be feeling a little under the weather, which is far better than getting the flu and being bed-ridden for two weeks.

What are the chief concerns about the flu vaccine?

The most frequent concerns are that the vaccine will make people sick or give them the flu. However, this is not true. Occasionally, people get the flu after they get the vaccine, but this is likely because that person was exposed to the flu after they were vaccinated but before the vaccine took effect (it takes about two weeks after vaccination for the body to build up sufficient antibodies). Another possibility is they were exposed to a non-flu virus or a different strain of the flu. The vaccine protects against the three most serious strains of the flu, but not all, and it’s not 100 percent effective. However, the vaccine will prevent serious illness and hospitalization.

By Emile Dewever
Journalism Guild Writer

Former Californian prisoners are gaining much-needed access to medical care, thanks to the state’s expansion of Medicaid, according to a National Public Radio report.

Health insurance is often difficult for ex-offenders to come by, as many have difficulty finding full-time employment. Their situation is also made more dire because they struggle with higher rates of chronic conditions like high blood pressure, diabetes, and asthma.

“It’s from living a hard life,” said Dr. George Pearson to NPR. “But, it’s also because they have common medical problems that go untreated. So the hypertension becomes heart failure, the diabetes becomes diabetic neuropathy, amputation, and blindness.”

Pearson said that a 45-year-old ex-offender often has the ailments of someone 55 years old.

The Affordable Care Act includes expansion of Medicaid that could cover millions of low-income Americans, including those who have been incarcerated.

Federal Health Care Provides Needed Services to Parolees

The Medicaid-like program covers preventive care, prescription drugs, specialty vis-

its, mental health and substance abuse, the report states. Re-

searchers say if these health issues go untreated, offenders could end up right back in prison or jail.

Mental health problems and drug addiction significantly in-

fluence criminal conduct, said Lenore Anderson, director of Californians for Safety and Justice.

One in six people in jail had some form of mental illness, according to a 2009 survey by the National Sheriffs’ Association. Officials estimate 56 to 75 percent of clients in Los Angeles County’s Adult Day Report-

ing Center have mental health problems. Moreover, 58 percent of California prisoners show symptoms of drug dependency, Anderson reports.

Nine out of 10 people in jails have no insurance to pay for it, according to Community Ori-

ented Correctional Health Services.

Increasing treatment for be-

havioral health disorders before or upon release will likely break cycles of crime, said Anderson.

Health Professionals Provide Valuable Instruction During Two-Day Workshop

By Angelo Falcone
Journalism Guild Writer

The San Quentin peer-education group Centerforce received support from two Bay Area ex-

ports in providing more health-related help to prisoners.

Sandra Herrera and Linda Do-

bro visited Centerforce for two days to participate in a bilingual hepatitis workshop and to learn more about the Peer Health Edu-

cation Program at San Quentin.

“The classes given by Cen-

terforce here at San Quentin are excellent,” said Herrera. “I am very impressed with the program offered to the men.”

Herrera works with the HIV Prevention Program in Marin County’s Health and Human Services Department. She start-

ed in the field with the Napa Val-

ley AIDS Project, training youth to help their peers. She also worked for the Napa Emergency Women’s Services as a domestic violence counselor.

Herrera works alongside Do-

bro as an HIV and Hepatitis C counselor and Spanish interpret-

ator at the STD clinic for M.A.I. (Minority AIDS Initiative) and for M.A.P. (Marin AIDS Proj-

ect).

OTHER LOCATIONS

The Centerforce Peer Health Education program at San Quen-

tin is also offered at the Central California Women’s Facility and at Valley State Prison. Trained peer health educators serving time at these institutions work to raise awareness, provide educa-

tion, and serve as a resource for other incarcerated people on health issues such as hepatitis, HIV/AIDS, sexually transmit-

ted infections, tuberculosis, substance abuse, and child support.

Centerforce has been provid-

ing peer health education at San Quentin for more than 20 years, said Dr. Julie Lifshay, manager of Centerforce Health & Spe-

cial Projects. “Our aim is to provide factual information important for people who live here and their families. Centerforce supports other organizations to do the same work in the incarcer-

ated settings in which they work. We provide trainings and materials to other organizations so that as many people and com-

munities can benefit from these programs as possible.”

Nebraska’s Prison Population on the Rise

Due to a growing number of prisoners, Nebraska is consid-

ering to reverse last year’s prison cuts.

According to seeking S$ mil-

lion to hire new staff and reopen the Omaha Correctional Facility, which was closed after 2011 bud-

get cuts. The state had also elim-

inated 70 full-time prison jobs.

“While (the department) was able to temporarily close this unit, it cannot remain closed and unoccupied with the in-

creased inmate population,” the department officials wrote in a budget request.

The number of prison admis-

sions increased in 2012 from 2,874 to 3,047, The Associated Press

Curoll reports. In 2010, the average daily population in Nebraska’s prisons was 4,462. The num-

ber grew to 4,609 in fiscal year 2012, according to the depart-

ment.

The growth in prisoners is attributed to longer sentences, which translates to fewer re-

leases offsetting new arrivals.
The Turnaround State? Does California Have One of the Finest Prison Systems in the Nation?

By Jonathan Simon
Professor of Law
University of California, Berkeley

Gov. Jerry Brown has combined leadership on reducing California’s bloated prisoner population with relentless attacks on the courts, whose orders have made that badly needed “re-alignment” politically possible. Still, even I was surprised by the air of unreality to the governor’s dual press conference on Jan. 9 (backing up the state’s legal filings seeking an end to the federal court oversight of California’s prison health system), and a re- sprit from its prison population cap (Fig.1 in the California Report’s coverage).

“We’ve gone from serious constitutional problems to one of the finest prison systems in the United States. Most of the people get far better care for mental health problems or physical well being inside prison than they’ll get when released on the streets.” (Quoted in the California Report’s coverage.)

I have not had time to read the state’s legal filings almost done by the super- erated grad student team that the claims are remarkable and pos- sibly outrageous. First, let’s remember the words of Judge Thelton Henderson put the state’s prison health care system in receivership in 2005, finding that after three years the state had accomplished very little to- ward a settlement agreement for improving health care and that a prisoner a week was dying of unmet medical needs.

CONSTITUTIONAL PROBLEMS
The evidence in the record, that Gov. Brown calls “consti- tutional problems,” included the following profiles of medical failure:

- Half California’s prisons were de- signed to meet the medical needs of a population at 100 percent of design capacity and so has only half of the clinical space needed to treat the current population. … A correctional officer testified that, in one prison, up to 50 sick inmates may be held together in a 12- by 20-foot cage for up to five hours awaiting treatment. … The number of staff is inade- quate, and prisoners face sig- nificant delays in access to care. A prisoner with ‘constant and extreme’ chest pain died after an eight-hour delay in evalua- tion by a doctor; and a prisoner died of testicular cancer after a lack of follow-up treatment the cancer in a young man with 17 months of testicular pain.”

We can all hope that condi- tions like this are a thing of the past in California. The fact that they persisted in the state for at least a decade is an untenable excuse. (I’m referring to the courts, but the very tone of the governor’s remarks is good news for prisoners who will not relish oversight.

The fact that prisoners now get new doctors when they return to the streets may say much more about how prisoners’ mental and physical health care is in Cali- fornia’s communities of rural and urban disadvantage.

“A HARSH PLACE
It is also the case that prison is a far harder place on physi- cal and mental health than even impoverished free communities because of crowded conditions, racialized gang divisions, and systematic lack of opportunities for education or work.

The governor coincidentally also acknowledged successful reintegration policies are an important vision of public safety. In his attacks on the courts, he sug- gests he does not have one.

The claim that further efforts to reduce the prisoner popula- tion to meet the court order is baseless. The reality is that Cali- fornia prison sentence lengths are based on prospective risk, and California prisons offer no seri- ous rehabilitation programs to the overwhelming majority of prisoners.

Reducing sentences by days, weeks, or even months (all that would be necessary to meet the courts’ standards) will alter how those prisoners will behave once released.

We reprint with permission from Simon’s blog.

Death penalty or Life With- out Parole – will someone please be kind enough to tell me which of two evils is the “lesser” one and then I’ll know if I handled my moral dilemma morally, when I voted on Prop 34.

It’s strange now that when Proposition 34 first ap- peared on the horizon, over a year ago, it was greeted by us abolitionists with the big rah of “Oh, Goody, now we’re going to get rid of the death penalty.” I even wisecracked, “Gee, then I’ll be out of a job.” None of us, many of whom, like me, had dedicated their lives to eliminating this barbaric prac- tice, didn’t consider what the alternative would be. In reality, we just assumed that all the condemned prisoners would be jumping with joy when given the alternative.

DEATH ROW
Some residents of Death Row here at San Quentin hastened to set us straight. They told us that, in their opinions, LWOP was worse than death. They, who are facing execution, said they’d rather die than face LWOP in the General Popula- tion. “The other death penalty,” they call it.

My conscience didn’t want me to vote for LWOP, but what other choice did I have? I voted yes on Prop 34, because my conscience wouldn’t allow me to vote NO, which would have amounted to YES on DEATH.

Killing people who have (allegedly, at least) killed people to prove it’s wrong to kill people serves no purpose. It’s not a deterrent, and it wastes a lot of money that could better be spent on education, medical care and other needs that would benefit society. Not to men- tion it’s morally wrong to kill people, regardless of what they have done.

Of course, an execution may assuage the desire of some peo- ple for revenge. Some prosecu- tors may tell families of homi- cide victims that executions will help bring closure, but family mem- bers I’ve spoken to said they didn’t happen that way, appar- ently the desired revenge and honor weren’t attained by ex- ecution.

So the first question is: Why do we care? Why is our country the only Westernized, Industri- alized Democracy that still kills people for retaliation? No European country has the death penalty, and their homo- cide rates are lower than ours. My Irish grandmother always said, “You’re known by the company you keep.” We are in company with Iran, Saudi Arabia, Yemen, Rwanda and China. Many Americans criticize the legal systems of those countries, yet imitate them in use of the death penalty. Where’s the logic?

EXECUTIONS
Yet there’s no doubt that the death penalty is on its death bed. The number of executions were three per year when Texas executed “only” 13 in 2011 and 15 in 2012. Cali- fornia hasn’t had an execution of capital of 13 since 1976. So, if we’re determined to have a death penalty, then why don’t we actually realize it up.

We, as a nation, still condemn people to death, few years later. Yet we persist in the notion that we must retain it. It makes no sense to me.

Why are many Americans so steadfastly devoted to capi- tal punishment? Why does our system convey the concept that they had to choose the “lesser” evil – LWOP or the hangman? What do we expect to ac- complish? Why do we seem to have no problem with the hangman?

It saddens me to say that I don’t believe we will ever find a way to eliminate capital punish- ment once and for all, and until we actually think about the foregoing questions and figure out why we think killing people is a solution to crime, I won’t hold the hangman.

Maria Telesco is a retired reg- istered parole officer, retired popula- tion investigator and free lance write- er who has dedicated her adult life to the cause of ending capital punishment, thus far unsuccessfully.
By Angelo Falcone  
Journalism Guild Writer

Looking ahead 10 to 20 years, what’s the first thing you would do if you had the energy, time and resources?

That question was posed in 21 informal, random interviews in San Quentin. Included were 16 men in blue, three outside volunteers in the Prison University Project and two outside volunteers with the Marin Literacy Project.

After leaving prison and discharging their parole, many are interested in starting their own businesses.

“I would start my own company in technology,” said Larry Hston. “It would give me an opportunity to live a good life-style and give back to my community.”


Some of the men in blue say they would engage in altruisic activities involving social service, faith, or advocacy for reform. Michael Fields said he would “work to help those who are less fortunate” than him.

“...work to help those who are less fortunate...”


“I am networking with them now,” Basile said.

Rafael Calix said, “I would eat a vegetarian diet, organically, and become an advocate for organic farming to end the disparity of governmental support of chemical farming, which causes more health hazards than alcohol and tobacco combined.”

Trenton Capelli would go into the missionary field and preach the Gospel.

Terrell Merritt said he would be an advocate for those that live on the margins of society. “The way to tell the success of a society is in how they treat the people in the margins, and I would like to be their voice because I have been in their shoes,” Merritt said.

All five volunteers interviewed said they would volunteer even more if Project REACH said, “I would probably teach more math. I would rewrite my calculus at the university where I work, and I would continue to volunteer for Project REACH.”

All three PUP teachers would continue to volunteer as teachers or tutors for the San Quentin University program.

Two expressed interest in personal activities. “I would like to start a family,” said Steven Weir, a math tutor. Rachel Walsh said, “I would go out and have adventures.”

Looking ahead 10 to 20 years, about 88 people have been sentenced to the state’s county jail system shrunk the amount of prisoners available for fire crews. The California legislative analyst has suggested the state assign higher risk prisoners to fire crews to relieve population overcrowding. Fire camps are currently operating 16 percent below capacity.

15. SANTA CRUZ — Since realignment, about 88 people have been sentenced to the county jail who would have gone to prison, reports the Santa Cruz Sentinel. County probation is monitoring 129 more people who would have been on state parole. The county is adding at least eight new probation officers, bringing the department total to 51 officers. The average stay in county jail increased by a month to more than 13 months.

16. SANTA RITA — Disabiled detainees are confined in cells without wheelchair access to toilets and showers, reports The San Francisco Chronicle. A lawsuit filed in Alameda County Superior Court claimed the facility is not constitutional. The lawsuit also alleged that wheelchairs and canes were taken away from people who needed them, and that detainees with certain conditions, such as sleep apnea, are restricted from participating in programs that can shorten their sentence.

1. CORCORAN — Last fiscal year, the California State Prison’s Visions Adult School graduated a record number of 125 students, who earned General Education Development certificates. It was the first time the prison program graduated a record number of students, who earned General Education Development certificates. It was the first time the prison program graduated a record number of students.

2. SHELBY COUNTY, Tenn. — The county and U.S. Justice Department signed an agreement intended to keep juvenile prison level offenders out of jails and prisons, and instead send them to rehabilitation programs closer to their homes. “We’re hoping our agreement will serve as a template for other jurisdictions,” said Tom Perez, an assistant attorney general in the Justice Department.

3. LOUISVILLE, Ky. — One on a stocking mask used by a murder suspect did not commit the murder, reports The Associated Press. Tribble, 51, was granted a certificate of innocence after spending 28 years in prison, reports The Associated Press.

4. WASHINGTON — After serving 14 years in prison, Anthony Pierce, 53, spent the last 34 years on Death Row. He was convicted and sentenced to death three times for the August 1977 killing of Fred Johnson during a robbery, reports The Associated Press. An appeals court subsequently overturned his sentence. Prosecutors say they will not seek another death sentence. Pierce is innocent of the charges, according to Robert Loper, his attorney.

5. TEXAS — In 2011 the state began to change its Juvenile Justice Department in an attempt to keep juvenile offenders closer to home for treatment. The number of juvenile prison population dropped from 5,000 to just over 2,000. It now costs taxpayers an average of $34,000 a year to house an inmate in one of the 26 state prisons.

6. MONTGOMERY, Ala. — Kerry Porter was exonerated of a murder after serving 14 years in prison, reports The Associated Press. Tribble was granted a certificate of innocence after spending 28 years in prison, reports The Associated Press.

7. HOUSTON, Texas. — Anthony Pierce, 51, spent the last 34 years on Death Row. He was convicted and sentenced to death three times for the August 1977 killing of Fred Johnson during a robbery, reports The Associated Press. An appeals court subsequently overturned his sentence. Prosecutors say they will not seek another death sentence. Pierce is innocent of the charges, according to Robert Loper, his attorney.

8. SACRAMENTO — The rate of prisoners committing new crimes after release has continued to drop, reports state corrections officials. The three-year recidivism peak was 67.5 percent in 2008. The new report shows a recidivism rate of 63.7 percent in 2011. The report shows that there is still a problem with the issue of “revolving-door criminals” in California as the recidivism rate among those with two or more prison stays is more than 75 percent.

9. COLUMBUS, Ohio — Gov. John Kasich commuted the life sentence of Ronald Post to life without the possibility of parole, according to The Associated Press. Post was convicted of the 1983 shooting death of a motel clerk during a robbery. Kasich’s decision relied on a recommendation by the state parole board, which said it did not question Post’s guilt, but says there were too many problems with how his lawyers handled the case, the AP reports.

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11. SACRAMENTO — Cali- fornia prison officials plan to cut health care workers in early 2013. Notices went out to 2,200 workers with the intent of cut- ting 829 jobs beginning March 31, 2013. The layoffs are the result of a reduced prison population brought on by realignment.

12. MENDOCINO COUN- TY — Realignment of non- violent offenders to the state’s county jail system shrunk the amount of prisoners available for fire crews. The California legislative analyst has suggested the state assign higher risk prisoners to fire crews to relieve population overcrowding. Fire camps are currently operating 16 percent below capacity.

13. HARRISBURG, Pa. — Thanks to bipartisan legisla- tion, the state’s prison system has been reformed by moving prisoners out of “state prisons where cost are the highest, and help them become productive members of society,” reports the Philadelphia Inquirer. “It’s about time we started thinking a little smarter about how we incarcerate people.” Gov. Corbett said at a news conference. “The an- swer isn’t always building new prisons,” he said. “The last time, prison costs have tripled, and the number of inmates has ballooned from 10,000 to 51,000, accord- ing to state figures. It now costs taxpayers an average of $34,000 a year to house an inmate in one of the 26 state prisons.

14. VATICAN CITY — The Pope told participants of Euro- pean prison conference to edifi- cate prisoners, not just punish them, reports The Associated Press. The Pope advised prison administrators to respect the dignity and rights of offenders. He said society and prisoners would benefit from better treat- ment of offenders.

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The prison population dropped from 5,000 to just over 2,000.
Snippets

Romans, at the height of their empire, populated an area roughly comparable to that of the U.S., with a total population of 70-100 million people.

Even bankruptcy could not dissuade Donald Trump. After declaring bankruptcy in 1990, he rebuilt his fortune to amass nearly $1.6 billion.

Scotland boasts the world’s oldest golf course, St. Andrews. It has been in use since the 16th century.

On average, a person’s brain weighs half as much as the weight of their skin.

Lossing 200 calories can be accomplished by swimming for 30 minutes, cross training for 22 minutes or riding a bicycle for 38 minutes.

Using 8 to 10 drips or chews of tobacco daily causes the user to ingest the same amount of nicotine as smoking 30 to 40 cigarettes a day.

The only McDonald’s restaurants that do not sell beef hamburgers are in India, where a lamb version of the Big Mac is offered to customers under the name “Maharaja Mac.”

In 2003, the creator of the renowned “Atkins” diet, Robert Atkins, died weighing 260 pounds.

On another note, a one-minute kiss uses 29 muscles and will burn 26 calories for the average person. An added benefit is that it also releases chemicals in the body that induce relaxation.

Now you know – a rabbit will click its teeth when it is happy and will grant whenever it is disturbed or is angry with another rabbit.

Complete This Puzzle

Win a Prize!

What four positive integers (whole numbers, not fractions), when multiplied together have a product that is equal to the sum of all those same integers added together?

The answer to last month’s puzzle was: 1 fifty cent piece, 1 quarter and 4 dimes; or 1 silver dollar, 1 dime and one nickel.

Congratulations to: Patrick Flynn and William DeCoster for winning last month’s puzzle.

Rules

The prizes will be for completion of brain teaser puzzles. Prizes will be given to the first two inmates who respond via u-save-em envelope to San Quentin News Education Department. Only one entry per person.

If there are multiple correct answers, the winners will be picked by drawing two of the winning answers from a hat.

First Place: San Quentin Famous Gray Bull Cap
Second Place: 4 Guiness Bars
Prizes will only be offered to inmates with privilege group status that allows for the prize items. Inmates transferred, sent to ad/seg, or otherwise not available to claim their prize will reach infortune.

The answer and winner’s names will be published in the next issue of the San Quentin News.

Puzzle By Bink Vi

Sudoku

By ANTHONY LYONS

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Last Issue’s Sudoku Solution

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POETRY CORNER

A Poet’s Words

By Joseph Mitchell

Like a resurrection
A poet’s words arise.
Hand stained parchment
Ink, lead, or blood
Formulated strategically
One word at a time.
Hand strokes, stops, corrects.
You the lover of poetry
Must be moved to
Smile, tears, anger,
Love, hope, desire,
Or the poet has not
fulfilled
His debt to you
Yes, debt!
Any man can write
nonsense.
But a poet is a master
wordsman
Who has honor in his craft.
He would never, in good
conscience,
Pass off a forgery.
A poem is truest to form
When it stands the test of
Time.
Like the greats before him
A great poet is recited
Around the world like
sacred scriptures.
So yes,...
A poet owes
Every lover of poems
A debt of a
Master piece.

Correction

In the photo of veterans passing out toys on Page 9 of the December 2012 edition, Gary Cooper was incorrectly identified as D. Tarvin. Additionally, David Basile was identified as the SQUIRES Chairman. He should have been identified as the Public Relations Director.