TRUST Holds Its 11th Annual Health Fair Event

By Kevin D. Sawyer
Journalism Guild Chairman

San Quentin’s annual Health Fair has entered its second decade with the completion of the 11th event, held in August. The popular event is sponsored by TRUST (Teaching Responsibili-
yty Utilizing Sociologi-
ical Training)

“It’s one of the most anticipated events in the prison for the entire population,” said Kelly Mitchell, Chief Deputy Warden.

The Health Fair is in a perpetual state of development and planning to make each year better than the previous year.

“It’s always exciting to come here,” said Dr. Arnold Perkins. “I think it’s important for the men on the inside to have contact with the community outside.”

Some see the Health Fair as a one-day event to promote good health, but its preparation is a yearlong process. The support of the warden’s office, staff, outside volunteers and inmates

See Health Fair on Page 10

Federal Judge Rules California’s Death Penalty Unconstitutional

By Charles David Henry
Journalism Guild Writer

California’s death penalty is unconstitutional because of extraordinary delays and its uncertainty, a federal judge has ruled.

“Typically, the lapse of time between sentence and execution is 25 years, twice the national average, and is growing wider each year,” said U.S. District Court Judge Cormac J. Carney, as reported by the San Francisco Chronicle.

California voters adopted the current death penalty system in 1978. Since then, more than 900

See California’s on Page 4

California Supreme Court Rules Multiple Strikes on One Act Unconstitutional

California’s Supreme Court ruled a portion of the Three Strikes Law unconstitutional. It ruled that there are limits on awarding multiple strikes arising out of a single criminal act.

The facts of the case are as follows:

Darlene Vargas and Oscar Velasquez committed a home invasion robbery against Lynn Burrows and William Alves. Later that night, Vargas and Vel-
asquez were caught prowling near another home in the same neighborhood. A witness later identified Velasquez and Vargas as the man and woman who were walking near the victims’ home. They were in possession of burglary tools and items taken from the Burrows/Alves home.

Vargas was charged and convicted of burglary, grand theft and conspiracy to commit grand theft.

At sentencing, the court ruled that a 1999 carjacking and rob-

remy counted as two strikes against her, even though they happened during a single crimi-
nal act.

The court on July 10 ruled that when the Three Strikes Law passed in 1994, voters under-
stood that a person would have three chances before the harsh-
est penalty could be imposed and that no one can receive two strikes on one act.

See California on Page 14
A Spiritual Leader’s Message of Change

“Don’t be a priest for the church,...be a priest for God”

By Ted Swain
Staff Writer

Renowned spiritual leader Sita Lozoff told a San Quentin audience that people can change their lives and be free, no matter where they are.

Sita visited San Quentin 10 years ago with her husband, the late Bo Lozoff. Many men in attendance remembered meeting her. She returned July 31, when the Catholic Chapel was alive with chanting, meditation and spiritual harmony as Lozoff inspired the men to change their lives.

Bo Lozoff’s book entitled, “We're All Doing Time,” published in 1985, is often referred to as the prisoner’s bible.

Bo Lozoff died in 2012. However, Sita said she has been carrying on the work of their organization, Human Kindness Foundation. Sita has been having what she calls “conversations” with inmates since Bo’s passing. Sita said that she felt Bo was speaking to the men through her.

Chaplain Clothed Father George Williams introduced Sita. Williams first met Bo and Sita many years ago in Boston. Williams said he was studying for the priesthood at a time when the church was going through trials and tribulations of its own. He said that he had begun to question whether the priesthood was really his path.

Bo was able to cut through the meaningless and get to the only thing that mattered, said Williams.

“Don’t be a priest for the church,” Lozoff said, “be a priest for God!”

In the chapel, Sita described the spiritual journey that she and her husband traveled.

In the heyday of the hippie movement, Sita and Bo were “sitting in the middle of hundreds of black people, and we were the only white people in the crowd.”

Sita commented that it was “a little unsettling when the speakers started preaching to Kill whitey.”

The chapel crowd laughed when she said, “I was a little concerned.”

After she and Bo were married in 1966, Bo founded the Prison-Ashram Project. They began going to prisons and authoritarians and engaging in conversations with inner peace. They wrote letters of advice, compassion and instruction to hundreds of inmates around the United States.

Juan Haines, managing editor of the San Quentin News, said when he was in Soledad State Prison he heard Bo interviewed on KPFA. “His explanation of spirituality and inner peace made sense,” Haines said.

At the close of the radio interview, Bo offered to send the book to any inmate who was listening. Haines wrote to him in North Carolina and received the book two weeks later. “It was plainly written, easy to understand and it wasn’t rambling,” Haines said. The book incorporates elements of all the great world religions and ties them together.

As the title indicates, Lozoff’s message is that we are all imprisoned—whether physically in prison or not—by unhappiness, mortality and limitations on our love and understanding. It is like a guidebook on how to live, according to Haines, on how to meet challenges and understand adversity.

“I’ve read that book one time and still here it is 30 years later, it still resonates with me the same way,” Haines said.

The prison project founded by Lozoff has become the Human Kindness Foundation. It’s a nonprofit organization whose purpose is to encourage more kindness in the world. The project encourages inmates to use prison time to focus and develop their spiritual growth.

Although Bo wrote several books, more than 400,000 copies of “We're All Doing Time” have been printed, and many present and former inmates revere it. The book has been hailed around the world for its street-wise presentation of spiritual truths from all traditions.

The Village Voice reported, “We’re All Doing Time is one of the 10 books everyone in the world should read...”

“We’re All Doing Time is scheduled to be reviewed in an upcoming issue of San Quentin News.”

By Ted Swain
Staff Writer

Sita Lozoff and her husband, Bo Lozoff

 Contributions by:

 Prisoners United in the Craft of Journalism
In collaboration with students from the

 UNIVERSITY OF CALIFORNIA, BERKELEY
Graduate School of Journalism

 BEHIND THE SCENES
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Heart Disease, Suicide Leading Causes of Jail Deaths in 2011
Males Accounted for Nearly 9 in 10 Deaths in Local Jails

By Salvador Solerio
Journalism Guild Writer

Heart disease and suicide continue to be the two leading causes of death in local jails, accounting for 61 percent of all jail deaths in 2011, according to a report by the Bureau of Justice Statistics (BJS). Over the 12-year-period 2000-2011, suicide rates jumped for 34 and 48 deaths per 100,000 inhabitants, the bureau said.

While many counties have struggled to manage the new influx of inmates under AB 109, Contra Costa County appears to have gained a national reputation with the newfound responsibility," the JFA Institute reported.

KEY JUSTICE

The study said Contra Cos-
ta's success can be attributed to practices such as coopera-
tion with local health care agencies, including the sherr-
iff, district attorney, public defender, reports and proba-
tion department.

According to JFA Institute's study, early meetings between these agencies reached a con-
ensus to maximize “split sentencing.”

The study describes split sentencing as a “novel public sec-
der Public Safety Realignment (AB 109) for ‘non-vi-
olent, non-serious, non-sex felonies,’” whereby courts im-
pose a sentence that would lead to county supervision by proba-
tion departments.

Split sentencing permits, in addition to the time, additional correctional services that are designed to assist individuals convicted of “This historic culture with-
in the Contra Costa County criminal justice community was already producing ex-
remely low rates of correctional populations prior to the implementation of AB 109,” the JFA Institute reported. “…If other counties replicated Contra Costa’s model, the state could experience re-
duced prison, jail and probation rates.”

Contra Costa County’s crime rate and arrests run parallel to the state’s 57 other counties, but prior to realignment, in just 13 percent of people con-
fined of a felony to prison, in contrast to the state’s average of 20 percent, according to a January study done by the JFA Institute.

The JFA Institute study re-
ported that not until 2010 passed, various county agencies convened to critique what the county could be managing post-
realignment jail populations, based on evidence.

One requisite of AB 109 was for each county to cre-
ate a Community Corrections Partnership (CCP) to submit plans to the state, indicating how AB 109 fund-
ing would be used. According to the JFA Institute, “such a committee existed previous-
ly in Contra Costa County.”

Sixty percent of Contra Costa’s realignment funding is allocated for programs and services that are designed to overturned at a rate that was three times the rate for younger inmates (650 per 100,000).

Also in 2011, more than a third (39 percent) of deaths occurred within the first week of admission to a jail facility.

About half of suicides (48 percent) and a third (32 percent) of heart disease deaths oc-
curred during the first week of admission. Between 2000 and 2011, male jail inmates were 1.6 times more likely to com-
mit suicide than were female inmates. From 2000 to 2010, the suicide rate for in-
mates was three times higher than the rate of other races.

Cancer and heart disease were the two leading causes of death in state prisons in 2011, accounting for 56 percent of deaths. The mortality rate for heart disease was 65 deaths per 100,000 prisoners during 2000-2011.

In state prisons, the illnesses-related mortality rate increased 4 percent from 2010 to 2011. Cancer was the most common cause of death in 2011, fol-
lowed by heart disease, liver disease, respiratory disease and AIDS-related deaths.

In 2011, male prisoners ac-
counted for more than 96 per-
cent of heart deaths. White,
black and Hispanic populations for any other age group for cancer, heart disease and re-
spiratory disease.

Between 2002 and 2010, the cancer mortality rate in-
creased 22 percent for males and 79 percent for females. The cancer rate for whites in-
creased 33 percent and blacks increased 24 percent during the same time.

Former secretary of CDCR Matthew Cate standing in San Quentin’s Central Plaza during a Demo Day event

Matthew Cate States Shifting Low Level Offenders ‘Works Better Than Expected’

By C. Kao
Journalism Guild Writer

The former head of Califor-
nia’s prison system says shifts-
 ing responsibility for certain low-level prisoners from state to county custody “has over-
all worked even better than expected.”

“When I talk to people about how realignment is going, I like to remind folks that it’s not fair to compare realignment with what was. You have to also compare it to what would have been with-
out it,” Cate, former secretary of the California De-
corrections, told a meeting of the Los Angeles County Bar Association’s Criminal Justice Committee Thursday night.

Cate said there is no evidence that the counties have not been spending the money that the state allocated to them on the same purpose that it was intended to be spent on law enforce-
melts.

"I think we’ll see it shift starting this year. You’ll see less money going toward law enforcement and more and more going toward rehabilitative programs,” Cate said.

Cate is now the Executive Director of the California State Association of Counties.

Violent crime rates in the state have not changed since realignment, Cate pointed out, although he acknowledged that there was a spike in auto thefts statewide that might be attrib-
utable to realignment.

According to Cate, property crime rates went up after realignet-
ment at about the same rate as the rest of the country.

Cate also said with some astonishment that the counties have not been spending the money that the state allocated to them on the same purpose the money was intended to be spent on law enforce-
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"I think we’ll see it shift starting this year. You’ll see less money going toward law enforcement and more and more going toward rehabilitative programs,” Cate said.
In an effort to avoid early releases and reduce overcrowding, Gov. Jerry Brown signed a new law allowing counties to transfer inmates to other counties, the Associated Press reported.

“The measure also gives counties additional time to build jails and gets us to the state realignment plan,” said Andrea James, a former lawyer and mother of a 12-year-old who has spent two years at a federal prison for wire fraud. While incarcerated at Danbury, she organized a group of women called Families for Justice as Healing.

Melinda Tuhus, a reporter for The Times Magazine, told the AP in an interview about the national efforts to “Free Her.”

“The rally ‘points to the faster rate of incarceration of women over men, although men still make up the vast majority of the 2.5 million Americans in prison,’ Tuhus said.

When Tuhus asked James to explain the reasons for the rally, James said, “The reasons are many. We’re convening on the Washington Mall on the 21st, the first one that’s been held. It’s to raise awareness of the increase in incarceration of women in the U.S. and how that impacts them and our communities.”

“Since the 1980s, systemic delay has made their execution the rule rather than the exception. The California Supreme Court disposes of the automatic appeal, the process will likely take two years, the judge said.

“Typically, the lapse of time between sentence and execution is 25 years”}

On April 7, 1995, Jones was condemned for killing and raping his girlfriend’s mother, Julia Miller, 10 months after being paroled for a previous rape. “Nearly two decades later, Mr. Jones remains on California’s Death Row, awaiting his execution, but with complete certainty as to when, or even whether, it will ever come,” said columnist David Eddington.

“California’s death penalty system is so dysfunctional, Carney said, “That sentenced to death in California proceed through a post-conviction review process that begins with a mandatory automatic appeal to the California Supreme Court. If that appeal is denied, an inmate may seek collateral review of the death sentence, again from the California Supreme Court. If state habeas relief is denied, an inmate may then pursue collateral review of the death sentence from the federal courts. If relief is denied at each of these levels, then the inmate may be executed.”

By Charles David Henry

Growing Number of Women Prisoners Sparks Washington Rally

More women than men have suffered either physical or sexual abuse

Continued from Page 1

people have been sentenced to die. However, only 13 have been executed.

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Growing Number of Women Prisoners Sparks Washington Rally

More women than men have suffered either physical or sexual abuse
A California prisons tactic called “Contraband Surveillance Watch,” also known as “potwatch,” intended to control contraband seriously abuses prisoners’ rights, a human rights group says.

“The practice is the worst I’ve seen of prison abuses,” said Laura Magnani of the American Civil Liberties Union of Southern California (ACLU).

Several advocates and former prisoners have said that “potwatch” procedures were designed to make a living from drug users rather than on prosecuting them, “wasting both their bodies and taxpayer dollars” sitting in overcrowded prisons with no chance of passing.

The bill would “reduce lengthy sentences for many low-level drug offenders and help reduce the rate at which California must be the only state that keeps the inmates chained and shackled during the process, said Jeffrey Callison, a California prisons tactic called “Contraband Surveillance Watch”.

For November 2014 Elections

Continued from Page 1

The initiative, backed by sup- porters of the death pen- Picture 1, 2014

Ward Swanson, a reporter for The Chronicle, that suspending the procedures were under-awa...
Policy Maker’s Solution to England and United States’ Criminal Justice Problems

By Arnauld T. Garcia
Editor-in-Chief

When it comes to criminal justice policies, England and the U.S. have some of the same problems.

As an example, during the past four decades both countries have experienced a spread in imprisonment binge and both have recognized that their current criminal justice systems are morally and economically unsustainable. Moreover, both refuse to follow the data telling policymakers how to fix their criminal justice systems.

Nick Hardwick, the chief inspector of prisons in the United Kingdom (U.K.), describes England’s criminal justice system as being an “army on the make,” presumably because it has so many holes in it.

Earlier this year, an independent, non-partisan government analyst Little Hoover Commission described California’s correctional system as a “slow motion disaster.”

On the federal level, independent, non-partisan Inspector General Michael Horowitz told Moraff in his fact-finding trip to Germany today, “Punishment is only a de facto term of probation,” Wasko told Moraff.

Britain’s Hardwick recognizes that, “You need to make your case against the case,” according to a report in The Independent, a British newspaper. Some critics of the justice system say the prisons are deceptive. “Bear in mind whenever you see an official photograph of a prison cell, they really seem enormous,” he said. “Churchill would be amazed.” It may be hard for people to imagine having to live two to a space, “where you might barely touch both walls,” Hardwick said. “Prisoners are sometimes kept in cells for 23 hours a day.”

Hardwick describes a lot like San Quentin. If Hardwick toured this prison, he’d find he actually could touch both walls inside a cell and that each prisoner has to live in that space with another man.

Then there’s the reality that California prison conditions have been found to be unconstitutional by the courts and that state cant deliver adequate medical care to the inmates.

So there apparently is little difference between the UK and US prison systems except for one small matter — the overall numbers.

One statistic that cause raise questions for every American taxpayer is this: The U.S. has an increase in longer sentences for repeat offenders for repeated arrests has increased in the U.S. since 1960. The average number of inmates in state prisons was 17 percent in 1960, compared to the state-wide average of 60 percent or higher.

Bill Clinton’s campaign manager, James Carville, once famously said, “It’s the economy, stupid,” urging the Clinton campaign to focus on attention and brought economic issues to the forefront in the 1992 election. Today, the California Department of Corrections and Rehabilitation is starting to focus more on rehabilitation. But prison officials have done this before. Unlawful and counter to the UK's rate of 60 percent, compared to the state-wide average of 60 percent or higher.

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One delegate on the trip, Kellie Wasmuth, a former war veteran, said that while this may seem anticlimactic to many Americans’ idea of what prisons should be, he believes an inmate should maintain contact with loved ones and consider a critical factor in lowering recidivism.

We know that one of the primary criminogenic factors that leads to reoffending is a lack of family bonding,” Wasmuth told Moraff.

The numbers haven’t improved, they’ve gotten arguably worse and are on the path to continue to get worse in the years ahead,” the Rand Corporation has shown through the analysis of millions of cases that vocational training and correctional education are effective ways to reduce recidivism.

But reducing the prison population for fiscal and budgetary reasons ignores a much more pressing concern — the aging prison population. The rising cost of incarcerating and caring for elderly prisoners is unsustainable if meaningful action is not taken.

Inmates at these facilities begin to look overseas for reform. Inmates at these facilities begin to look overseas for reform.

The Little Hoover Commission is telling Californians something that they should pay close attention to: “Criminal justice policies that rely on building and operating more prisons to address problems in community safety concerns are not sustainable, and will not result in improved public safety.”

Moreover, the commission tells Californians that Realignment alone will not solve the state’s overcrowded prisons. Long, mandatory sentences laws have created a huge prison population. The criminal justice policy has to incorporate a way for offenders to be rehabilitated and returned to their communities.

The commission looked at Contra Costa County as a model for California criminal justice policy for rehabilitation over punishment.

The commission tells Californians that rehabilitation alone will not solve the state’s overcrowded prisons. Long, mandatory sentences laws have created a huge prison population. The criminal justice policy has to incorporate a way for offenders to be rehabilitated and returned to their communities.

By Charles David Henry
Journalism Guild Writer

Locking up offenders with sentences of 25 years or longer has increased in the U.S. since 1960. The U.S. criminal justice system has been on a streak for more than 40 years, giving out mandatory minimum sentences to offenders who dare to challenge the law.

This is starting to change.

"There's a reason it's called 'corrections' and not 'punishment,'" said Jennifer Rogal, Director of Colorado Department of Corrections. She was addressing a meeting of the San Quentin News. Rogal told Moraff.

Offenders who serve in Colorado, Georgia and Pennsylvania set out on a facet-finding trip to Germany and the Netherlands, sponsored by the Vera Institute of Justice.

“Both countries have largely replaced retributive and deterrent models with one whose primary goal is reintegrating inmates back into society as law-abiding citizens,” Moraff reports. Punitive mass incarceration, said Moraff, "is not only exorbitant costing 6 percent of inmates will eventually be released back into the community, it does not help society either." In Germany and the Netherlands, the delegation from the U.S. saw inmates living in rooms and sleeping on beds, not concrete or steel slabs with little padding. They saw correctional officers knocking before entering the inmates’ quarters, respecting their privacy.

Inmates at these facilities wore their own clothes. They cook their own meals, are paid for work that they do and have opportunities to visit family, learn skills and gain education, reported Moraff.

There's a reason it's called 'corrections' and not 'punishment.'

One delegate on the trip, Kellie Wasmuth, a former war veteran, said that while this may seem anticlimactic to many Americans’ idea of what prisons should be, he believes an inmate should maintain contact with loved ones and consider a critical factor in lowering recidivism.

"We know that one of the primary criminogenic factors that leads to reoffending is a lack of family bonding," Wasmuth told Moraff.

The German and Dutch administrators are committed to keeping inmates engaged in their communities. "Prisoners retain their right to vote during their sentences, and many offenders are given the option of spending weekends at home with their families," Moraff said.

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Mexican Independence Day Celebrated on September 16

By Tare Beltranchuc Contributing Writer

Mexicans celebrate Sept. 16 as Independence Day, the date when the native people threw off the Spanish yoke that they had endured for 300 years. The Mexican Independence was a long and challenging political and social process, which ended the rule of Spain over “New Spain” (now Mexico). During that period, México was starkly detached from the oppression and tyranny of “the hated gachupines” (Spaniards born in Spain and living in México), who had been exploiting the wealth of the Mexican people since the Spaniards invaded México in 1521, writes Enrique Krauze, author of México: Biografía de Poder.

The movement was led by a small and poorly armed group of México’s indigenous people, who “gave up the torch” to the cause of Independence during the first phase of the war. Hidalgo and his allies were the most relevant accomplishments achieved by Hidalgo and the Mexican people during that time. The movement was about the abolition of slavery, reforms that would bridge the gap between the rich and the poor and doing away with the payment of tribute.

Hidalgo and Morelos, a Mulato priest of Michoacán, inherited Hidalgo's denounced army. Nevertheless, he continued fighting for the rights of the oppressed nation. He was considered “The National Sentiments,” in which he requested the Independence of México from Spain. Ross says, “It is the death of Morelos on Dec. 22, 1815, on San Cristóbal Ecatepec, the move was reduced to a guerrilla war. It was one of the most difficult times of the insurrection, which led to the emergence of Vicente Guerrero, who “took up the torch” of the revolt and kept alive the hopes of the nation, Ross says.

A turning point in the movement was the alliance of Guerrero and Agustín Lópe, known as Acatepan’s embrace, on Feb. 10, 1821. This union led to the representative of the Spanish crown and Turibio signing the Treaty of Córdoba, which recognized Mexican Independence under the terms of the Plan of Iguala, according to Ross.

After 11 years of struggle, the war of Independence became a reality on Sept. 27, 1821, when the army of insurgents entered México City. That put an end to 300 years of Spanish tyranny against the Aztec people, Ross says.

Sept. 16 is a great opportunist for all Mexicans to set aside all their differences and come together in honor of the heroes of the Independence. Ross says, that the insurrection culminated with the creation of the first Mexican government, that hipered the possibility the liberty that hoy disfrutan los Mexicanos.

In the Mexican community, people celebrate this important event by indulging themselves with “quesadillas, gorditas, mole, tostadas, pozole, chalupas and tacos” (Mexican traditional dishes), along with “Tequila, pulque y mezcal” (beverages of the indigenous Mayans). The night of “El Grito de Independencia” is enlivened by the mariachi and banderas.

“Thus, early on in the Mexican Independence era, the night of ‘The Cry of Independence’ was born, says Ross, ‘It is ‘a ritual now repeated throughout Mexico on the eve of the Independence, the date cuan- do el pueblo nativo expulsó la opresión Española que ellos habían tolerado por 300 años. La Independencia Mexicana fue un largo y desfasado proceso político y social, luego el cual terminó con la caída de España. Los enemigos nacionales dijeron ‘la noche Mexicana,’ John Ross escreve. R o s s  señala, que la insurrección ‘hacía realidad el 27 de Sept. de 1821. Esta unión llevó a los rep- resentantes de la corona Española a hacer las aparencias de independencia.’”

In the Mexican community, the gente celebra este importante acontecimiento dándose gusto con las tradiciones Mexicanas.”

Por Marco Villa

Escribe Contribuyente

Los mexicanos celebran el 16 de septiembre como su día de Independencia, la fecha cuando el pueblo nativo expulsó la opresión Española que ellos habían tolerado por 300 años. La Independencia Mexicana fue un largo resistente proceso político y social, luego el cual terminó con la caída de España. Los enemigos nacionales dijeron “la noche Mexicana,” John Ross escreve. Ross señala, que la insurrección “hacía realidad el 27 de Sept. de 1821. Esta unión llevó a los representantes de la corona Española a hacer las aparencias de independencia.”

En la comunidad Mexicana, se celebra este importante acontecimiento dándose gusto con las tradiciones Mexicanas. “la noche de ‘El Grito de Independencia’” es enlivenada por el mariachi y banderas. "La noche de ‘El Grito de Independencia’ ” es enlivenada por el mariachi y banderas.

“Por lo tanto, temprano por la mañana del 16 de Sept. Hidalgo corrió hacia la parroquia y ‘tocó el mañanero’ convocando al pueblo a que se uniera “para proclamar la Independencia” para sa-cudirse el yugo Español ya que España está más involucrada en defender su propio territorio. El comandante militar, Ignacio Allende, fue uno de los líderes más notorios de ésta rebelión. El sabía que los mexicanos no querían devolverse a España, así que encabezó la llama de la Independencia, en el 19 de Sept. de 1810, en Acatempan, el 10 de Feb. de 1821. Esta unión llevó a los representantes de la corona Española a hacer las aparencias de independencia.”

Hidalgo’s followers responded to the cry with their disposal: sticks, ma-chetes, knives, stones, slings and arrows, and even to this day there is much to be learned from the era of the gachupines, who “took up the torch” to the cause of Independence during the first phase of the war. Hidalgo and his allies were the most relevant accomplishments achieved by Hidalgo and the Mexican people during that time. The movement was about the abolition of slavery, reforms that would bridge the gap between the rich and the poor and doing away with the payment of tribute.

Hidalgo y Costilla, un sacerdote de una antigua familia de “criollos,” (“Spaniards born in Spain and living in México), quienes habían decidido alzar “para proclamar la Independencia” para sacudirse el yugo Español ya que España está más involucrada en defender su propio territorio. El comandante militar, Ignacio Allende, fue uno de los líderes más notorios de ésta rebelión. El sabía que los mexicanos no querían devolverse a España, así que encabezó la llama de la Independencia, en el 19 de Sept. de 1810, en Acatempan, el 10 de Feb. de 1821. Esta unión llevó a los representantes de la corona Española a hacer las aparencias de independencia.”

Los seguidores de Hidalgo y Costilla, se unieron “para proclamar la Independencia” para sacudirse el yugo Español ya que España está más involucrada en defender su propio territorio. El comandante militar, Ignacio Allende, fue uno de los líderes más notorios de ésta rebelión. El sabía que los mexicanos no querían devolverse a España, así que encabezó la llama de la Independencia, en el 19 de Sept. de 1810, en Acatempan, el 10 de Feb. de 1821. Esta unión llevó a los representantes de la corona Española a hacer las aparencias de independencia.”

En la comunidad Mexicana, se celebra este importante acontecimiento dándose gusto con las tradiciones Mexicanas. “la noche de ‘El Grito de Independencia’” es enlivenada por el mariachi y banderas. "La noche de ‘El Grito de Independencia’” es enlivenada por el mariachi y banderas.

Decía la Independencia Mexicana Celebrada el 16 de Septiembre

Once Upon a Time at San Quentin, Warden’s Edition is a coffee table pictorial and historical trip tied in one. John Wedgwood Golden assembled hisest edition of his first-hand stories of San Quentin, from the perspective of a prison guard, such as Watch Your Back, The San Quentin Ghost of Death Row Alley, and The Living Dungeon.

“This book is dedicated to all murdered Sons of San Quentin, both Staff and Inmates, and to their loved ones left behind,” writes Golden. “On this project wanting to get it out before the passing of his father, who died on August 28. A full review of Once Upon A Time at San Quentin will appear in the October edition of San Quentin News so that Golden’s father may look down while the book is still on the book take off, like I know it will,” he said at home on his deathbed.

Golden will donate proceeds from book sales to San Quentin News.
Inspiring Performance Held in Catholic Chapel

By Harun Taylor
Contributing Writer

The night felt more like being at Yoshi’s in Jack London Square in Oakland than the Chapel of the Rosary in San Quentin State Prison. Lee Jasper, accompanied by members of The Jazz Band, Dr. Dwight Draper, and Greg Dixon, played a cover of The Beatles’ “Hey Jude.”

“Hey Jude” is an original song that captured the essence of the Beatles’ sound and style, showcasing their ability to blend musical genres and create a unique and timeless piece. The performance was a testament to the power of music in bringing people together, regardless of their background or circumstances.

The concert was organized by Musicianlink, a non-profit organization dedicated to providing music education and performance opportunities to incarcerated individuals. The organization facilitates music programs in correctional facilities across the country, creating a platform for inmates to express themselves creatively and find a sense of purpose.

“Music is not only a form of entertainment, but it also serves as a medium for healing and personal growth,” said Musicianlink founder, Dr. Dwight Draper. “Through music, we can connect with one another on a deeper level, transcending barriers of age, race, and socioeconomic status.”

The performance featured a diverse range of musical styles, from rock and roll to jazz, reflecting the wide array of interests and talents among the inmates. The audience was captivated by the raw energy and passion of the performers, who were willing to share their stories and experiences through their music.

“Music has the power to inspire and uplift,” said Lee Jasper. “It has the ability to bring people together and create a sense of community. We hope that this performance will inspire others to explore their own musical interests and find their own paths to self-expression.”

The concert was a powerful reminder of the transformative power of music, both for the performers and the audience. It demonstrated the resilience and determination of those who use music as a tool for personal growth and healing. Through music, they are able to share their stories and connect with one another, fostering a sense of belonging and hope.

Musicianlink continues to work towards empowering individuals through music education and performance, providing a platform for inmates to explore their creativity and find a sense of purpose. With the support of organizations like Musicianlink, we can continue to harness the power of music to build stronger, more inclusive communities.

For more information about Musicianlink and their work, please visit their website at https://musicianlink.org.
$2.5 Million Awarded to Arts-in-Corrections Programs

By Tommy Winfrey
Arts Editor

After an absence of more than 11 years, Arts-in-Corrections programs are returning to California prisons. On June 3, the California Arts Council awarded contracts to service providers to operate art programs in 14 state prisons.

The seven contracts totaling almost $800,000 were awarded from a $1 million commitment made by the California Department of Corrections and Rehabilitation, “to add structured, contracted Arts-in-Corrections programs in selected state prisons,” according to the California Arts Council.

The seven service providers that were awarded contracts are The Actors’ Gang, $112,000; Alliance for California Traditional Arts, $90,621; California State Prison, C绉丘谷州K; California State Prison – Corcoran, Substance Abuse Treatment Facility – Corcoran; Solano County Art Commission, $44,605; Silicon Valley Creative Arts, $51,671; and Muckenthaler Cultural Center, $468,764.

The block printing instructor Katya McCulloch and her class

Creative artists hard at work in Arts-in-Corrections

The Actors’ Gang is under the leadership of actor and Artistic Director Tim Robbins, and for the past eight years, it has provided theater programs in multiple Southern California prisons through private donations.

According to the California Arts Council, Robbins said, “The Actors’ Gang Prison Project is overjoyed to be a recipient of the newly reinstated state funding for Arts-in-Corrections. We are grateful that the Department of Corrections and Rehabilitation has recognized the deep value of the work we are doing to facilitate transformation and lower recidivism rates while saving taxpayers money.”

Robbins has the backing of studies to validate his statements. Most notably, the CDC Arts-in-Corrections recidivism study of 1980-87 states, “Six months after parole, Arts-in-Corrections participants show an 88 percent rate of favorable outcome as compared to the 72.25% of all CDC releases (in 1980-85).” For the one-year period, the Arts-in-Corrections favorable rate was 74.2 percent while that for CDC parolees was 49.6 percent. Two years after their release, 69.2 percent of the Arts-in-Corrections parolees retained their favorable status in contrast to the 42 percent level for all releases.”

The Arts-in-Corrections programs have proven results.

Another study titled “California Prison Arts: A Quantitative Evaluation,” by Larry Brewster, Ph.D., states, “Many participants self-reported a reduction in disciplinary reports while involved in the art classes, and 61 percent of those who were in the Arts-in-Corrections program for five or more years reported improved behavior.”

The William James Association has been providing art programs in California facilities since 1977, when it started the Prisons Art Project inside California Medical Facility.

According to the William James Association, “After a three-year pilot funded by various grants and donations, the California Department of Corrections adopted the program, which developed into Arts-in-Corrections, which grew to be statewide in California’s state prisons.”

By 2003, the state had cut funding to the program and eliminated contracts for local artists to provide services. Arts-in-Corrections still survived in a limited capacity in some prisons up to 2010. That is the year the Institutional Artist Facilitator position was eliminated from the state budget. Thanks to the efforts of staff and community volunteers, numerous arts programs continued to be offered in state prisons.

The William James Association continued to provide services at San Quentin through private funding, but in most other prisons in the state the art programs disappeared.

The new funding for Arts-in-Corrections provides much-needed monetary support for the few service providers that operated on shoestring budgets to continue art programs in state prisons.

CDCR Secretary Jeff Beard acknowledges, “Structured arts programs have proven results. Not only are inmates channeling their energy into constructive, creative projects, they are also learning new skills and expressing themselves in positive ways.”

Ray Ho is an example of what art programs can do for prisoners. “The Arts-in-Corrections program has given me a voice to express myself in an environment that normally limits the voice of prisoners. Block printing allows me to put into an image an idea or thought I am trying to convey. It has changed my future as to allow me to keep expressing myself and brought a closer connection to my wife, who also does block prints for a living.”

Forging connections with family can be difficult while incarcerated for some prisoners, and Ho sees the change art has brought to his life. “Art brings a positive element into my life going forward as I learn more about art and myself as a person. My future is bright with so many possibilities; I just have to decide when I want to step on the field.”

Ho returns as a citizen in September to Orange County.

Devin Chandler intensely working on his piece

Brew Fowler carefully outlines the water on his creation

The block printing instructor Katya McCulloch and her class

Josh Locke showing off his skills with the paintbrush
Health Fair Returns to San Quentin

Inmates lined up to get health information from Centerforce volunteers

Dr. Fred Githler working diligently

Chiropractor Fred Githler working diligently

Inmates waiting in several lines at the Health Fair

Photo by Sam Hearnes

Mildred Crear working in the ARC building

Photo by Sam Hearnes

Nurse doing a blood pressure check for one inmate

Photo by Sam Hearnes

Plastic said former Warden Grant worked with the public on issues such as the environment and mental health. He also wanted to create a community and make people feel wanted and supported in their own abilities and limitations.

Healthcare workers from around the state gathered at San Quentin for the Health Fair.

Photo by Sam Hearnes

College of Traditional Chinese Medicine (CTCM), demonstrated the importance of acupuncture at the health fair.

Photo by Sam Hearnes

Patricia Bolinger, who has done mission work in Vietnam and Mexico and planned to do the same at a Native American reservation in New Mexico a week later.

Photo by Sam Hearnes

One inmate is concentrating on the finger after being picked by a needle

Photo by Sam Hearnes

Chris Deragon getting his blood pressure checked by a volunteer

Photo by Sam Hearnes

Webpage Offers Help to Families of those Incarcerated

A new and free search engine, www.PrisonPath.com, provides information for the public. The site helps users in clarifying confusion and fears of the unknown by viewing a brand new tool to change and archived, or sentenced to imprisonment in the United States. The site assists to find a person incarcerated, volunteer status, inmate identification, contact numbers, and more every American prison or jail. It also allows families and friends of inmates to communicate with each other on a specific page.

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From December 26-27, 1999, there were 270,000,000 trees destroyed by storms in France.

At least one tree can produce enough oxygen in one season for ten people to inhale for a year.

Losing a football game is not as important as losing a rainforest as big as a football field every second.

Landing in Berkeley Hundred, a tobacco plantation near Jamestown, Va., was 38 men who held a Thanksgiving Day Celebration almost a year before pilgrims settled on Plymouth Rock.

To Support Special Olympics
Please go to www.sonc.org

Sudoku Corner

Last Issue’s Sudoku Solution

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Avenue of the Giants

Sgt. C. Siino, Gold Medalist Stephanie Hammond and Ruth Sanchez standing in front of Tower 1
By Juan Halves
Managing Editor

Occasionally a book comes along that has the pow- er to change the way we look at things. Recently there was a book for businesses that has the power to change the world.

Greenberg's Generation We

Collins wrote for businesses a radical. In fact, it takes some internet.”

Recently I have read a book written by Eric Greenberg that has the potential to change the way we as a nation interact with the rest of the world.

“I came to understand that we are all connected, as a species and as a planet,” Greenberg writes.

It is everywhere — on the TV channels, in our local newspapers, in every magazine, and all over the internet.

Greenberg's Generation We isn't all talk, nor is it radical. In fact, it takes some of the same concepts that Jim Collins wrote about in his book Good to Great.

While it is possible to categorize the book as a guide to building a successful entrepreneurial company, the book is far more than that. It is a call to action for all of us to take an active role in shaping the future of our world.

The importance of this book cannot be overstated. In a world where we are often disconnected from each other, Generation We provides a powerful call to remember that we are all connected.

Firstly, I was ready to take her to this club. Later, I s e v e r y t h i n g  i n  l i f e  t o  b e

di s r e p e c t  o f  w o m e n

The young woman felt that her rights were not being respected or get something for nothing—everybody and every- thing has a price.

If we pay for something, we are entitled to the service that was promised. This is the basic principle of capitalism.

We live, breathe and function in an economy. The fact is that we only operate in the econom- y, reli g i o n, and ethni c dif-

This fundamental value not only operates in the econom- ic and political realm of our lives, it penetrates and impacts every aspect of our social re- lationships. This capitalist value is deeply embedded in our society and informs our interactions with each other.

Thus, it's completely logical for us to assume and argue, “If we pay for something, we should get it.”

Now I'm not suggesting we all just go out and pay for something as a way to express our rights. However, this principle is a powerful tool for protecting our rights and demanding respect.

This value is so engrained in me that I've found myself turning on my investment — part of the deal. When money and material consideration form the basis of a relation- ship, it increases the sense of human alienation and depen- dency. It undermines the possi- bility of building quality relationships.

The young woman felt that her rights were not being respected. She was entitled to respect and dignity. If she didn't get it, she had the right to voice her concerns.

I s e v e r y t h i n g  i n  l i f e  t o  b e

d i s r e p e c t  o f  w o m e n

In November, we will review 3 Days to Kill. This movie was released two years ago, but it is a great example of what it means to say “If you have thoughts or ideas that you want us to know, please send them to: OG Column

I H A V E  T O  L O O K  H A R D  T O  F I N D  T H E

“Research shows that the Millennial Youth, the group that was born between 1978 and 2000, are the next genera- tion. They are being left with a “world that may be a different one than the one their parents left behind.”

Eric Greenberg acknowledged the importance of understanding the Millennial Youth, and he shared his story. Following is the gist of what was said:

One morning he walked out of his room, met his friend and they started walking. The young man opened up and shared his story.

I was ready to take her to this club. Later, I s e v e r y t h i n g  i n  l i f e  t o  b e
Making a Difference In Juvenile Justice

By Kevin D. Sawyer
Journalism Guild Chairman

Zachary Norris is working to make a difference with prison reform and the juvenile justice system in Oakland, after his own brush with the law 12 years ago.

Norris, 36, is the Ella Baker Center for Human Rights’ new executive director. The center works to advance economic and racial justice for low-income and people of color.

“I just don’t think what we’ve done over the past 40 years has done any good,” said Norris. “Part of how I came to look at how families are treated by justice systems is partly through my own family’s experience and partly through the work we did with Books Not Bars.”

According to the Ella Baker Center for Human Rights (EBC), Norris is planning three strategies that will promote community safety on a local, state, and national level.

“Locally the EBC is in the process of creating a justice hub in Alameda County to assist families navigating through the justice system. It is seeking state legislation that will provide resources for support programs, instead of locking people up. Nationally it is working with Justice for Families and other organizations to develop a community-driven research project” that will focus on the “multi-generational impact of incarceration on families, from an economic and public health standpoint,” the EBC reported.

In 2001, Norris was arrested for an act of civil disobedience when he was involved with a protest against the building of a new downtown Oakland jail.

“I had this sense it was all too normal, too normalized,” said Norris.

Three years later, in 2004, Norris came out of the New York University School of Law.

“We have a punishment-based economy that enshrines social exclusion across generations,” Norris said. “We need a more supportive economy that helps people do well,” said Norris.

By Micheal Cooke
Journalism Guild Writer

The nationally touring musical group SoVoSo brought its unique improvisational style to San Quentin’s Catholic Chapel on Sunday, June 22.

“The group’s name is a derivative of “from the Soul to Voice to Song,” they describe themselves as vocalists who “imitate musical instruments.” Group members: drums (Dave), bass (Brian), lead guitar (Zoe), rhythm guitar (Sunshine) and horns (Ver- non and Ashlyn).

The concert was a two-hour celebration of the human voice. SoVoSo’s diverse mix of vocal rhythms smoothly blended together jazz, gospel, world and rhythm and blues.

The ensemble, which hails from the East Bay, has performed together since 1997. Several members also perform with a 12-piece band called “The Sing Out,” which has performed with Oakland native and funk impresario Larry Graham of Graham Central Station for the last five years.

The group was hosted at San Quentin by Lisa Starbird of Bread and Roses, which has been bringing musical acts to entertain the incarcerated for more than 40 years.

SoVoSo’s soulful harmonizing offered something musical for everyone in attendance. The ensemble sang original compositions, as well as the gospel classic “Down by the River” and a stirring rendition of the 23rd Psalm. The group’s de facto leader, Dave, put on an impressive display of beatboxing, followed by Zoe, who vocally replicated thecompo- nents of complete drum act. Inmates were encouraged to participate in a call-and-re- sponse song along with the appella singing competition.

“Sure we did,” said Zoe. “But we were told we were too loud. However, the consolation for us is that we’ve performed with the Bay Area youth sing- ing group who came in second place on the program last sea- son. The show’s opened a few doors for them and we helped make that happen,” she said, laughing.

California Supreme Court Rules On Multiple Strikes Convictions

Continued from Page 1

The court clarified multiple strikes against a single person or conviction. In the 1998 case People v. Benson, the court ruled that a person who commits additional violence in the course of a single felony, e.g., shooting or pistol-whipping a victim during a robbery or assaulting a victim during a burglary, should be given mul-

tiple strikes as opposed to an individual who committed the same initial felony but did not commit additional violence.

“But where, as here, an of- fender committed a single strike, it is improper for the prosecutor to argue that the defendant chose to commit the act in different ways. The Legis- lature is free to criminalize an act in multiple ways, but that it has done so does not of itself make an offender more blameworthy, or more danger- ous, within the meaning of Three Strikes law,” the court ruled.

The court found that since Vargas’ priors were multiple state convictions stemming from the same set of facts during the commission of a single act, they count as one strike.

By Juan Haines

SoVoSo Entertain Prisoners in San Quentin’s Catholic Chapel

By Michael Cooke
Journalism Guild Writer

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By Juan Haines
The high court declined to comment when it refused in June to hear the state’s appeal asserting that the order “vio-
lates fundamental federalism principles” by making the state responsible for the mis-
takes of local officials, would Brown and California At-
torney General Kamala Har-
rice do not have an argument to bring to the 9th Circuit Court to compel being released from prison. The judge ruled ICE must take up the case later. The government estimated 200 to 300 persons could be affected. (The government) “The court rightly acknowl-
edged that not even the govern-
ment is above the law,” Stacy
Hart, a private probation company.

“Without a doubt, the poor are far better off than they were at the dawn of the War on Pov-
er,” said James Cole, who announced the new regulations, said

“People with money get to go home,”

He couldn’t pay the approxi-
ately $400 a month cost, so was
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Court Judge Daniel Craig later released him without the ankle device. Craig later ex-
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In the states surveyed, state
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private probation company. Barret receives food stamps and
sells his plasma to pay the rent.

“Most courts use sliding-scale
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The Many Gifts the Amala Foundation Provides

‘The only roadblock from connecting with your child is you’

By Gino Sevacov
Contributing Writer

Ask on The Line

How Did the Annual Health Fair Benefit You?

By Angelo Falcone
Journalist

By Vanesa Stone
Staff Writer

John Windham, son of inmate Lewis Windham, holds his son, Lewis Windham and mom Lewis Windham, son of inmate John Windham. With more than $10,000 raised in total, the 25th Amala Walk for Youth received about $600 from the men of San Quentin. John Windham, one of the fundraisers sent to schoolships for students like Lewis to attend peace summits. The Amala Foundation is founded by Vanessa Stone. It represents children from more than 20 countries with 16 languages and various religions. The foundation holds weekly long residential summer camps in Texas and California for teenagers from around the world. The California peace summit was held July 21-27 in Foresthill and accommodated 60 young men ages 14-18.

“This week was an incredibly powerful week for Lewis,” said Stone. “He was one of the most open, caring, kind and beautiful souls I have ever met. He held the heart of many of the youth. He was so excited to be there and it was a total gift to have him. He stood up and said to the entire group that he hadn’t ever before felt so much love and so much connection with so many different kinds of people like the love he feels within his own family.”

John talked about what it meant for having his son attend the peace summit. “I’m thankful to the Amala Foundation for giving him this experience at such a young age,” he said.

Communication between them is open and their personal experiences are always shared during the 10 years that his son has been visiting him, John said. “I was brought to tears when I read Vanessa’s words and felt so proud of my son,” adding, “The only roadblock from connecting with your child is you. Nothing can prevent you from reaching out and connecting in whatever way you are able.”

One recipient from a fundraiser held on San Quentin’s Lower Yard was 13-year-old Nguyen, McNeely, Thompson, Zorns, Rivera, Hunter and Obsuna also got some relief from pain through acupuncture. Holt said he liked everything about the Health Fair. As a TRUST alumnus, he volunteered to work with the chiropractors in the gym. Nguyen said, “I got what I came for, and I’m happy. Everything about the Health Fair was great! I got to spread the news to outside people that we are human just like everyone else.”

Aikens enjoyed the camaraderie and the education he got from the Health Fair boot in the acupressure station, and enjoyed it very much.”

John Neblett especially liked the camaraderie among the men. “As a TRUST Fellow, he was stationed in the education area. Kaman Suom enjoyed learning something new. “I learned how to do qi gong and tai chi.”

George Brimento liked the toothbrush and toothpaste he got from the dental station. Lam Le liked the atmosphere. “I saw that a lot of people were really enjoying themselves. I was happy, to see everybody was healthy.”

One man named A.G. said, “I liked the candy and the nurses the most, and the chiropractors were awesome!”

Three men were also invigorated by chiropractors from Chiropractic of Marin. Men also had an opportunity to meet with dental hygienists and staff from the San Quentin Dental Department for a workshop on good oral care.

Men in blue were asked, “In which Health Fair activities did you participate, and what did you enjoy most about the Health Fair?”

One of the most popular activities was the chiropractors and acupressure. Among the hundreds of men who saw a chiropractor were Dwayne Holt, Hieu Nguyen, Erick Nelson, Duane- ryl Aikens, Claudius Johnson, Brijjda Mariscal, Aubra Mc- Neely, Mike Thompson, Rich- ard Zorns, Jose Rivera, Eddie Hollingsworth, Louis Hunter, Darrell Williams and Benjie Obsuna.

“Was a helper in the acupressure station, and I enjoyed it very much.”

Thompson said that he liked the “cheerful volunteers” the most and all of the gym activities (chiropractors, acupressure, University of California at San Francisco physicians). Zorns said he liked “everything” about the Health Fair. “I worked in the education area, and I totally enjoyed the day.”

Hollingsworth commented, “The chiropractors’ lines went very, very smooth. I had a blast. I got my back cracked like I got a nice.”

Williams said, “Things were well put together — really organ- ized.”

Several other men just enjoyed everything about the Health Fair.

Fidel Saledo said he liked everything, especially the “set- up” of the fair.

Christopher Lewis said he enjoyed the “kindness and positive participation of every- one who volunteered.” He also liked the quiz on HIV, AIDS, hepatitis B, C and other infec- tious diseases.

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File photo

By Gino Sevacov
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Lewis Windham playing with a child at the Amala camp

By Vanesa Stone
Staff Writer

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• Limit your articles to no more than 500 words.
• Know that articles will be edited for content and length.
• The newspaper is a medium for grievances. (For that, use the prison appeals process.)

The San Quentin News encourages submitting articles that are noteworthy and on-campus 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 welcome.
• Letters to the editor should be short and to the point.

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Nixon’s Southern Strategy and out of the Civil Rights Movement, Clear said, “I would good records of its incarceration across the country that didn’t idea of going after the ‘enemy’.”

In Western history, has there democratic world, and at no other time was all about black men.”

The prison gates must be a permanent exit from the system, not just a revolving door.”

According to the most recent statistics, 46 percent of Utah inmates who leave prison are back behind bars within three years, and inmates are staying behind bars 18 percent longer — or about five months — than they were 10 years ago, the Tribune reported, calling on the state’s foremost experts on public safety to create a new roadmap for our criminal justice system.” Gov. Gary Herbert said in a statement. “The prison gates must be a permanent exit from the system, not just a revolving door.”

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Rockies Lose With Bill Lee

As the temperature climbed into the mid-90s an hour into the race, several Muslim runners organized a “President’s Cup Marathon” during the Holy Month of Ramadan.

“I have been some place where it was 110 degrees,” said O. Miller, trying out for a defensive-back position this season. “First week, we’ll be running 10 miles a day and the rest of the week, 5 miles.”

Another player to watch is Andre Black. Black is an agile, long-distance runner of the 1000 Mile Club. He ran 10.5 miles in 1:33:34. Stretching next to him, 35-year-old veteran Chris Sculli added, “This is going to be account of discipline and determination. That will equal success.”

On July 3, 2013, The Franchise beat the Transformers 73-68. Harry “ATL” Smith led The Franchise with 27 pts, 9 asts and 2 stls. DuPree Brown and Larry “TJ” Jones both scored 21 for The Transform-

“Tone” Sorrell connected into shallow left field. The Rockies featured Bill “The Spaceman” Lee, who was a member of the 1966 Mile Circle, partook in the half marathon while running during Ramada.

Before the game ended, The Spaceman moved from the mound to first base, and ended the game in right field.

In the top of the seventh, and down by four runs, the Rockies went down swinging, making contact, but couldn’t get a pitch to leave the infield. The last batter hit a fly ball directly back toward Paranormal, who caught it, ending the game for them tying them 2-2 this year.

As plate umpire, Mark Jordon called, “Strike!” Dergon looked at the ump and asked, “Any serious?” You?”

The Spaceman followed that junk with a ball that struck Dergon out. “Thank you,” the announcer exclaimed. In the top of the fourth, 444 Ben Ceris made the mound in relief of The Spaceman.

“I’m in the bullpen tonight for the San Rafael Padres,” said The Spaceman. “I’ll be starting Saturday on the mound in another game.”

The Spaceman added, when his age was mentioned and talk about possibly slowing down, “Oh, still have my vices. I drink tequila and still like to drink, but that I have a good time. However, I also swim and jog every day.”

“I was told that the hundreds of the younger players on his team, saying with a wink, “You gonna have your vice.”

“We have extremely good players this time around,” said Philpot. Philpot was referring to two players that the All-Madden coaching staff had pointed out: Jonathan Cannon, a running back/receiver who displayed his talent during the Air It Out Flag Football season with the team, and Carrillo.

“Y ou guys are really inspirational to me. I’ll be praying for you as I move to Minneapolis to take a new job with the Tim- berwolves organization. It’s all love,” said King.

“Sure,” he said, “you guys are doing your job.”

“The Giants led after the first, with the final score being 3-0. In the top of the seventh, and down by four runs, the Rockies went down swinging, making contact, but couldn’t get a pitch to leave the infield. The last batter hit a fly ball directly back toward Paranormal, who caught it, ending the game for them tying them 1-1 in a double-header. McIntosh added 22 pts, 15 rbs, 9 asts, 4 stls and 4 blks.

The Green Team came, saw and conquered the Warriors, 87-85, in a farewell game. “You guys are really inspirational to me. I’ll be praying for you as I move to Minneapolis to take a new job with the Timberwolves organization. It’s all love,” said King.

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By Mike Panella  
Contributing Writer

A common love for the game of baseball brings people from all over to play on San Quentin's Field of Dreams, and they leave moved by the experience. “Coming into San Quentin is a good opportunity for both sides, as we are all passionate about baseball. It gives us a different perspective of San Quentin and is a good social interaction for all involved,” said B.C. Heron, a volunteer in Santa Barbara Riptides.

“It’s exciting. Not everybody can play baseball in Cuba and San Quentin — it’s like the forbidden fruit.”

John Walker of the Los Angeles Dodgers Tow Team.

“Hardtimer Nghiep Ke after the top of the played agreed Marshall Cooper, who said Brian Palazola during a game that the game is a way to have a different perspective of San Quentin and is a good social interaction for all involved.”

“Dunlap.

“Sallo. “I left here last year won-...”

A Game of Dreams Inspired Baseball Players

By Rhasaan Thomas  
Sports Editor

Brad Shells’ tip-in basket sent the San Quentin Warriors into overtime, where they defeated the Christian Sports Ministry’s Green Team, 100-93. An inter- esting experience and a righ- teous experience to provide some joy for people who aren’t as fortunate as we are,” said Dodger Tow player Stewart Sallo.

“I left here last year won-...”

Inmates watch a game being played on the Field of Dreams

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Annual S.Q. Day of Peace Celebrated

Continued from Page 1

we couldn’t have picked a bet-
ter day,” said Associate Warden
Kelly Mitchell. “I’m glad so
many of you have come out in
support of the Day of Peace.”

More than 500 inmates along
with nearly 150 Bay Area com-

munity members, San Quentin
prison volunteers and prison staff
mingle while discussing ways to
improve services to in-
mates who buy their products.

The inmate band, Contagious,
joins the show.

Natalie Tovar and Josh Walkenhorst holding a plaque presented to them by the men in blue

Peace is like a love cloud. It’s when you feel something from the air, the sun and the water. The colors say everything is good. That’s where I paint from,” said first place art-
ist Miguel Saldana, 47.

Second place went to Regi-

nald Axbill, 33, third place win-
ner was Omid Mokri, 50, and

an honorable mention went to

Chung Kao, 53.

Several hands entertained the

audience, including a Hawaiian
drumming group called Heiwa

She said last year one of their
drummers traveled to Japan, was
hit by car and died. “He composed the piece we played,” she
said. “The song has a lot of energy. He had such a reputation with us.”

Lemar “Maverick” Harri-
son and Antwon “Banks” Wil-
mans entertained the audience
with hip-hop and rap. The Jo

Jo Diamond Band performed
classic rock and the blues. The

Native Hawaiian Dance Group
performed a traditional dance. The Inmates Contagious performed two hip-hop songs to close the show.

Inmate Self-Healing Groups at Day of Peace:

We Can Creating Awar-
ness Together The program aims to
teach inmates ways to change anti-

social behavior and become

socially responsible citizens.

Veterns Healing Veterans

From The Inside Out The pro-
gram aims to bring incarcerated
and free veterans together for mutual support and healing from PTSD and moral injury. Members follow a curriculum of peer-to-peer group sup-
port based on principles of

narration therapy, trauma-sensitive yoga and meditation and fa-
cilitator training. These

practices foster the self-

awareness and behav-

ioral change that allow

returning veterans —

whether from combat or prison — to make suc-
cessful transitions back into society.

California Reentry

Program The program brings
career advice, employment, education,

housing, substance abuse treat-
ment, child support and other
help particularly needed by of-
fenderees returning to their com-
munities.

Native Hawaiian Religious

Group The group aims to build

and maintain community and

make its brothers’ problems their

problems in order to solve them
together. The group also

aims to develop its community

in order to restore its people to
greatness through traditional

song, dance, story telling and

oral history.

The Last Mile The program is a model for in-prison education,

preparing incarcerated individu-

als for professional life through a

six-month program that blends

entrepreneurship education with

personal and professional devel-

opment.

Hope for Strikers The pro-
gram consists of inmates serv-

ing a minimum of 25 years to

life and teaches its curriculum

based on the 12-step program so

that the person can gain an un-

derstanding into the individual
disabilities, damage and lifestyle

choices that may have affected

the individual in their develop-

ment as a young person. Hope for

Strikers aims to search out and

support the healing of those

emotionally and physically harmed

people who turn to self-medication

to solve problems.

Freeman Capital

The program aims to teach in-
mates financial literacy by cre-
nating a mock invest-

ment portfolio.

Christian Cre-

ative Writing Group This group

produces short sto-

ries while using Bib-

lical references.

ROOTS (Restoring Our Orig-

inal True Selves) This program’s
goal is to help the API (Asian, Islander) and other mi-
norities connect with their cul-

tural roots. Connecting mini-

orities to their roots will help them become leaders of their society

whether inside or out.

TRUST (Teaching Respon-
sibility Using Sociological Training) This program teaches

inmates ways to change anti-

social behavior and become so-

cially responsible citizens.

Other self-help groups at the

Day of Peace: San Quentin

CARES, No More Tears, San

Quentin Restorative Justice,

Project LA and Criminals and

Gangmembers Anonymous.