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Photo by Sam Hearnes

D.A. George Gascón in the San Quentin Chow Hall

Collecting 'Big Data' To Promote Justice

By Aarti Shahani
Posted on Internet

The San Francisco district attorney's office is just around the corner from some of the world's most cutting-edge data collec-

tors and data miners. Yet, according to D.A. George Gascón, his office is stuck in the 1970s. To leap forward a few decades, Gascón has hired his first chief information officer.

Now he's got to warm his prosecutors to the idea that cold hard data can help deliver justice.

Gascón wants to give his office a makeover (and not just with furniture,) using Big Data. He says the data Revolution that's transformed whole industries has been totally lost on the criminal justice system. For instance, in response to a charge that Vietnamese and Korean defendants are often misclassified as Chinese, he says, "Yeah, I think it's even worse. In many cases they only are classifying white, black and other." Regarding another allegation, that his office is letting domestic violence perpetrators off the hook, he says, "Is this accurate? I cannot come back to the office and push a button and get a report

See *San Francisco* on page 4

California's Hunger Strike Is Over

After 60 days, California prisoners ended their hunger strike.

Negotiations between the strike leaders and prison officials were held Sept. 5, and an agreement was reached after "small changes in living conditions for those held in solitary confinement," were discussed, according to a report by the Los Angeles Times.

Federal Communications Commission Barred High Prison Phone Rates

By Kevin D. Sawyer
Staff Writer

The Federal Communications Commission (F.C.C.) has barred prison phone companies from charging high rates on interstate long-distance calls, according to its press release.

The F.C.C. action comes on the heels of a new report released by the Prison Policy Initiative (PPI) that highlights the "perverse conflicts of interests" in the contracts of companies dominating the industry.

The report details "how contracts are awarded...to the company that offers to share the large

est portion of the call revenue with the prison system." This business practice "drives up the cost of a call," and "removes any incentive for state prison systems to advocate for lowering the phone bills."

"We urge state regulators, local contracting authorities, and the F.C.C. to take a comprehensive view of the prison telephone industry," said Peter Wagner, Executive Director of the Prison Policy Initiative.

In August, the Los Angeles Times reported, "Under the new regulations...telephone providers

See *F.C.C.* on page 5

10th Annual TRUST Health Fair Screens Over 1,000 Prisoners

By San Quentin News Staff
and Journalism Guild of San
Quentin

Dozens of Bay Area physicians, nurses and healthcare providers made their way to San Quentin's Lower Yard on August 16 to test, screen and offer medical checkups to more than 1,000 inmates at the 10th Annual TRUST Health Fair.

An assortment of public and private health organizations coordinated with Chief Medical Officer of San Quentin Elena Tootell to provide the services. Centerforce, Bay Area Black Nurses Association and Alameda County

Public Health Department, Office of Urban Male Health Initiative, contributed to the Health Fair.

"This event is a gift because

it gives people on the outside an opportunity to connect and experience the humanity and beauty

See *San Quentin* on page 10



Photo by Sam Hearnes

Blood being taken from prisoners in the ARC building on the Lower Yard

New Christian Group Movement 'Graced Out Youth Ministries'

By R. Malik Harris
Staff Writer

"Man, they got all these youngsters running wild around here," said an older churchgoer in San Quentin's Protestant Chapel in the Garden Chapel area of the prison.

It was not a takeover of the Protestant Chapel by young hooligans, but rather a new movement inside the prison.

Graced Out Youth Ministries began early 2013 and has been going strong since the first day, according to Fanon Figgers, 43, one of the church program's coordinators. There is no age limit to join, but Graced Out Youth Ministries targets 18 to 30 year old participants.

With nearly 100 participants and growing, every



Photo by Sam Hearnes

Back row: Pedro Cruz, James Metters, Antwan "Banks" Williams, Jack Osby, Marlon Beason
Front Row: Quincy Wyatt, Antoine Watie, Jamar Smith

Friday Graced Out Youth Ministries fills the large chapel sanctuary with energetic prisoners of all ages. The pro-

gram starts after the evening meal around 6 pm and runs

See *Graced Out* on page 6

Marin Literacy & Project R.E.A.C.H. Urge Prisoners to Further Education

By David Le
Project Reach, Tutor

San Quentin prisoners who want to improve their literacy are invited to apply to Project REACH, an extension of the Marin Literacy Program.

REACH, which stands for Reach for Education, Achievement, and Change with Help. The program was founded in

1999.

Project REACH accommodates individuals' desires to achieve their goals in GED preparation, and other academic accomplishments, such as English as a Second Language (ESL).

A long-time student at Project REACH, Carlos Ramirez, 35, only completed the eighth grade. He said he wants to con-

tinue learning English to better himself. Ramirez's work history consisted mostly of menial labor work in the restaurant business. He said long working hours is tediously-laboring and meaningless.

"I want to do better. Restaurant jobs are not for me—not again," Ramirez said in an

See *Project REACH* on page 4

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BEHIND THE SCENES

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Prisoners' Artwork on Display At San Francisco City Library

By Richard Lindsey
Contributing Writer

In San Francisco, a city known for its artistic and cultural diversity, two unique art exhibits in the city's public library displayed dozens of works created by incarcerated artists and drew positive reviews from the public. From June 15 through September 1, the exhibits, On the Line and Book Art from Arts-in-Corrections, showcased artwork created by prisoners.

The exhibit was sponsored by the William James Association, a non-profit organization that administers a variety of artistic workshops within the confines of the state's oldest penal institution through a program called the Prison Arts Project.

The project was born after a group of incarcerated artists in the state prison at Vacaville



Henry Frank standing next to piece of block print artwork

voiced their desire to have an art program in the prison. That call was answered by a collaborative of supporters and spearheaded by the William James Association, which then established the project in 1977.

Seeing its many benefits, the model was adopted by the Department of Corrections and established as a statewide Arts-in-Corrections program in each of the state's prisons. In 2004 funding for the program was lost due to budget cuts.

On August 3, 2013, an audience of more than a 100 people gathered in the San Francisco library's auditorium to hear about the history and impact of the arts in California's prison system. Formerly incarcerated artists, Michael deVries, Ronnie Goodman, Rolf Kissman and Felix Lucero were on the panel addressing the audience, along with Steve Emrick, San Quentin's Community Partnerships Manager, professional photographer Peter Merts and Professor Larry Brewster, PhD, from the University of San Francisco.

Michael deVries spent 26 years in prison. He found art had something to offer him that he could not find elsewhere in prison: meaningful self-expression and service. "Steve [Emrick] pointed out the value of service to me," said deVries, who adopted the philosophy of service by donating much of his art to outside causes.

Another formerly incarcerated artist, Ronnie Goodman, now works as an advocate for the homeless in San Francisco. Goodman described himself as a person who was seeking to



Photo by Richard Lindsey

Various artworks displayed in the SF library

change his life after he was imprisoned. He found that change through art. "I struggled with drugs and alcohol and needed something to replace that," he said. "My art is about my life, my struggles and my change," said Goodman. Today Goodman donates his art to foundations that support the mentally ill and the homeless.

Felix Lucero was sentenced to life in prison at the age of 16. "I was out of control," said Lucero, who spent five years in segregation for misbehavior. A youthful offender in an adult prison, Lucero had a lot of anger and resentment towards others. Then Arts-in-Corrections came into his life. It opened up "endless ways to express yourself," he said.

The contrast between the prison yard, where violence and racism were commonplace, and the art classes, where integration and harmony prevailed, was compelling for Lucero. "We were like family," he said. "Art was almost secondary at times to the relationships and friendships created there."

The draw of relationships in the art program was a common theme among the panelists. "I felt like I was leaving the prison," said Rolf Kissman, describing his time in art classes. Kissman liked the "camaraderie" he found there as well as his ability to create works of art that he could send home that would allow his loved ones to "feel" what he was going through behind bars.

Peter Merts, who has extensively documented art programs in California prisons through his photography, found they



Photo by Richard Lindsey

Collage of artwork hanging in the gallery

"bridge the racial divide, teach the students about giving back and help them acquire a sense of self-worth." According to Merts, "There was always harmony and unity in the art studio." You can view Merts' work at www.petermerts.com.

Several studies looking at the benefits of art programs have already found prisoners who participate in them are less violent and more likely to follow the rules and succeed on parole.

Professor Larry Brewster, PhD, from the University of San Francisco said preliminary data from a new study show "significant differences," such as increased self-confidence, emotional control and problem solving, between art participants and a control group.

During one emotional moment, Emrick, who worked many years as an artist facilitator for the Arts-in-Corrections program, spoke about the pleasure of seeing his former students' success. "To see men [on the outside] who thought they would

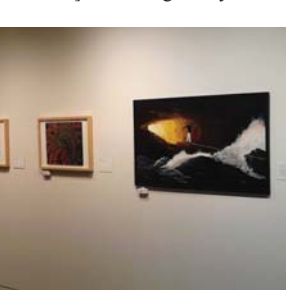


Photo by Richard Lindsey

Paintings hanging on the wall

never be released is a great reward to me," he said.

"San Quentin is fortunate to have donor funding" to maintain its art programs, said Emrick. Today, the William James Association continues the legacy it began in 1977 by offering art programs to prisoners at San Quentin.

Other art programs the William James Association sponsors at San Quentin include Shakespeare, piano, guitar, an open studio for music, drawing and painting, printmaking and an annual publication of literary art called Brothers in Pen.

Today, there is a growing movement to revive the arts programs in California's prison system. The William James Association, California Arts Council and California Lawyers for the Arts are working to illuminate the need for more art programs. To learn more, go to the William James Association's website at www.william-jassociation.com.

Lt. Graham Says New Vocational Classes Could Ease Job Shortage at San Quentin

By **Rahsaan Thomas**
Sports Editor

The San Quentin inmate job shortage may soon be eased, a prison official reports.

The information came from Lt. D. Graham, the inmate assignment officer. He discussed the problem in a speech at Making Good, a prison self-help group designed to make offenders aware of the harm victimization causes.

Graham said a near doubling of the San Quentin general population created the jobs shortage, but new vocational classes are scheduled to start soon and are predicted to open up 75 positions.

A new fiber optic class is slated to begin, possibly soon. Computer literacy will commence once San Quentin finds and hires a qualified instructor, according to Graham.

He said he believes over-



Lt. Graham hard at work

crowding will be affected by the federal court's order to cap the prison population at 110,000. Currently the state prison population stands at about 119,500. If the court order is met by Dec. 31, Graham expects the San Quentin general population to fall by a third, thus decreasing the job shortage, because the number of applicants seeking jobs will be fewer.

In the meantime, Graham recommends that prisoners remain proactive.

Often Graham doesn't assign jobs directly. Instead, he submits names of eligible inmates from a waiting list to prospective employers. The employers then conduct interviews and hire whomever they feel is the best fit.

To get ahead of the pack in the kitchen, Graham advised prisoners to volunteer to work there. For skilled positions, he suggests submitting a resume.

S.Q.'s Charity Fund Raising Benefits Outside Communities

By **Boston Woodard**
Staff Writer

Is the desire to help others essential human quality? Does it exist even in prisoners within the state's correctional system? The charitable activities of several rehabilitative programs in San Quentin prove that it does.

The California Department of Corrections and Rehabilitation (CDCR) allows officially authorized groups and organizations to carry-out charity fund-raisers. These events are held several times a year for the prison's population, allowing them to purchase and sell fast food or dry goods products to help community charities.

MANY GROUPS

Local (approved) food vendors sell their products to the prison group sponsoring the event. The food items are then retailed to the prison population at a slightly higher cost with profits benefiting local groups and charities.

San Quentin State Prison is home to many self-help programs, organizations and support groups that prepare prisoners to reenter society. Extended benefits to local charities, generated from these primarily self-help rehabilitation groups, are "Food Sale" fund-raisers. Money raised assists numerous charities throughout the San Francisco Bay Area.

One such group is the Vietnam Veteran's Group of San Quentin. Founded April 1987, this group has raised and donated thousands of dollars during the past two decades for Veteran related purposes. The VVGSQ began donating scholarship money to the children of Veterans in 1989. The group has continued awarding scholarships since then on an annual basis.

According to Lieutenant Rudy Luna, "The Food Sale fund raiser is earmarked primarily

for the children of the Veteran Scholarship Program. Since 1998, the Veterans have raised approximately \$91,304 of which \$30,000 has funded the VVGSQ Scholarship Program."

"Since I received my scholarship from you [VVGSQ] in 2009...I have attended Concordia University in Irvine C.A., where I use the laptop that I purchased with the scholarship money for 4 years," said donation recipient Joseph Noblit. "I hope you realize how much that meant to me. You felt I had the potential to do well. I realize the effort it takes for your group to earn and raise money for scholarships. This note is a simple way for me to say thank you."

Luna said that the VVGSQ has set the standard for donations "second to none at San Quentin." Members of the Veteran's group work year round, holding fund raising events such as "Operation MOMs and the Christmas Toy Program" that benefits troops deployed and children of prisoners at San Quentin.

"Dear VVGSQ, Thank you again for the scholarship. Special thanks to Lt. Rudy Luna and the inmates who selected me for the money. It has meant a lot!" said Taylor Trummel—2013 VVGSQ Scholarship winner.

Luna said scholarships are "An outstanding reward for academic excellence resulting with many Veterans' children receiving degrees from major Universities and Communities." He said the scholarships are "A small token of appreciation for Fellow Brothers of Arms that have made the sacrifice for our freedom. Never Forgotten."

In the 1990s, the Vietnam Veterans Women's Memorial at the United States national Mall in Washington D.C. was the recipient of cash donations from the incarcerated Veterans at San Quentin.

The Christmas Toy Giveaway Program, the American Cancer

Society and the 9-11 American Red Cross relief fund have received donations from the VVGSQ and has donated funds to the Marin Abused Women's Services and the San Quentin Firehouse Bike Program, which refurbishes donated bikes to be given to various non-profit organizations during holidays. VVGSQ helped Operation MOM pack over 400 packages with special hand-written notes of encouragement to the men and woman deployed around the world. In 2005, VVGSQ generated money for the American Red Cross in the aftermath of Hurricane Katrina.

"Since I received my scholarship from you [VVGSQ] in 2009...I have attended Concordia University in Irvine California"

The San Quentin Utilize Inmate Resources Experience and Studies (SQUIRES) organization has been operating since 1964. Its vision to mentor at-risk youth was put together by Death Row prisoner Ross "Patch" Keller.

In recent years, SQUIRES has donated funds to the Terrence Kelley Youth Foundation (TKYF), Bay Area Peace Keepers (after school program), Vallejo PAL (Police Activities League) for young girls, About Face Corp (equipping young men with responsibilities, discipline, and determination in military training). All extremely vital youth groups important

to the prisoners and sponsors of SQUIRES.

TKYF member Tiapepe Vitale said, "I believe the most life gaining experience that I had in my life was when we took a trip to San Quentin." Tiapepe said his time spent with the SQUIRES program changed his life forever.

"The men of SQUIRES work hard throughout the year raising money for youth who participate in the many workshops," sponsor Lieutenant Rudy Luna told the S.Q. News, "Some groups come from as far away as Texas or Utah to gain insight and knowledge of the SQUIRES experience. The experience is priceless," said Luna.

SQUIRES have contributed funds to Richmond High School for the girls basketball team to help with trips to tournaments. "This is to help keep these young ladies off the mean streets of Richmond," said former RHS freshman football, boy's volleyball and girl's basketball coach Darryl Robinson aka "Coach D." SQUIRES also contributed to San Francisco's Second Annual Walk Against Rape (SF-WAR) event.

The Alliance For Change group assists incarcerated and formerly incarcerated individuals reintegrate back into society. The group's mission statement elucidates that it strives to create safer and just communities.

According to AFC chairman Malik Harris, donating funds to its charities "means that people who parole from San Quentin to the Bay Area will receive much needed support and supplies to navigate free society safely."

AFC contributes so that "children who visit their fathers during the Christmas holiday season receive a joyous Christmas with presents and love for their families," said Harris. Food Sales provide the men at San Quentin with an outlet to feel reconnected to their communi-

ties through positive actions and charity.

AFC also donates funds to the Get On The Bus program that provides an opportunity for children to interact with family members they might otherwise not see.

According to Alliance For Change members and sponsors, Food Sales allow people in society to get a chance to see that all men and women behind prison walls are not the irretrievable miscreants many are made out to be.

ALL 33 PRISONS

Prisons throughout California hold Food Sales similar to those at San Quentin.

An example is the California Men's Colony in San Luis Obispo, California. The Prisoners Against Child Abuse (PACA) raised in excess of \$100,000 for charity in a four-year period in the 1990s.

Other prisons in Soledad, Folsom, Susanville, Solano, San Diego, and all points north and south have raised funds via approved Food Sale donations.

In fact, all 33 CDCR prisons have held many types of food sales, raffles, and hobby sales to raise funds that are donated to numerous state charities.

Lt. Luna of Squires seems to sum up the motivations of all these groups by saying, "We value the time and energy that goes into coordinating fundraisers, because society's youth is worth the effort."

The benefits to the inmate activity groups that organize the fundraisers are many.

"They get to have first hand experience in working cooperatively for a common goal," said Steve Emrick, Community Partnership Manager. "This experience becomes part of the rehabilitative process in which they learn ways to be positive members of the community in which they will return."

U.S. Supreme Court Decisions in 2012-2013

By Ted Swain
Contributing Writer

During its 2012-13 session, the U.S. Supreme Court made the following decisions in civil rights cases:

VOTING RIGHTS:

In *Arizona v. Inter Tribal Council of Arizona*, by 7-2 vote, the court ruled persons seeking to register to vote must produce documentary proof of U.S. citizenship.

In *Shelby County v. Holder*, the court dealt with a 2006 congressional reauthorization of the requirement for pre-clearance of voter registration in some U.S. counties and political subdivisions. In a 5-4 ruling, the court struck down use of the pre-clearance formula.

FOURTH AMENDMENT:

Bailey v. United States leaves intact holdings of *Michigan v. Summers* where police can detain persons near to a home being searched; however, the Court held by 6-3, that persons not in the immediate vicinity may not be detained.

In *Florida v. Harris*, the

Court found by 9-0 that trained drug-sniffing dogs are generally reliable enough to create probable cause for a search.

On the other hand, in *Florida v. Jardines*, the Court found by 5-4 that use of a drug-sniffing dog on someone's porch constitutes a violation of the Fourth Amendment, in absence of a warrant or consent.

In *Missouri v. McNeely*, it was held the mere fact that alcohol dissipates in the bloodstream, does not constitute an exigent circumstance allowing for testing a persons blood without warrant. The Court held by 8-1 that each case must be determined individually.

In *Maryland v. King*, the Court held by 5-4 that DNA testing is an identification tool like fingerprinting and photographing. No specific suspicion is required of arrestees to conduct DNA testing.

FIFTH AMENDMENT:

In *Salinas v. Texas*, by 5-4 it was held that a defendant does not necessarily have to invoke his rights against self-incrimination when questioned by police.

In *Evens v. Michigan*, by

8-1 the Court decided that a trial court's directed verdict of acquittal bars retrial even if the law was misinterpreted or there was misunderstanding of the elements of the offense.

SIXTH AMENDMENT:

In a 5-4 decision, *Alleyne v. United States*, found that any fact increasing the mandatory minimum of a sentence must be found by a jury, just as do the facts increasing the statutory maximum.

IMMIGRATION:

In *Moncrieffe v. Holder* by 7-2 the High Court held that a conviction for distributing a small amount of marijuana without remuneration is not an "aggravated felony" mandating deportation.

FEDERAL TORT CLAIMS ACT:

The Court unanimously decided in *Levin v. United States* that the "intentional tort" exception to the Federal Tort Claims Act would not prevent a suit against government officials for claims of battery due to medical services.

In *Millbrook v. United States*,

the Court ruled inmates could sue the government for sexual assault by prison guards.

INDIAN CHILD WELFARE ACT:

In a 5-4 decision, the Court held in *Adoptive Couple v. Baby Girl*, Indian parents who have never had physical or legal custody of their children are not covered in legislation designed to preserve the integrity of Indian families.

HABEAS CORPUS:

In *Ryan v. Gonzales*, the Court unanimously ruled that a death row inmate who has been judged incompetent is not entitled to an indefinite stay of his federal habeas proceedings.

In a 7-2 decision, the Court held in *Chaidez v. United States*, that failure to advise a criminal defendant of the immigration consequences of a guilty plea represents ineffective assistance of counsel.

In *Johnson v. Williams*, the Court unanimously held that a federal habeas court reviewing a state court judgment should presume that the state court considered all federal claims

properly presented to it, even if they are not discussed in the state court opinion.

In a 9-0 decision, *Metrish v. Lancaster*, reaffirmed that a judicial reinterpretation of the law can be applied retroactively without violating due process unless it is unforeseeable.

In a 5-4 decision, *Trevino v. Thaler*, held the failure raise ineffective assistance of counsel in state post-conviction proceedings is not a bar to federal habeas relief if the habeas petitioner received ineffective assistance in the state post-conviction proceedings as well.

In *McQuiggin v. Perkins*, the Court ruled 5-4 that federal habeas petition may be considered even after the one-year statute of limitations has expired if the petitioner presents a "tenable" claim of actual innocence based on new evidence.

SENTENCING:

In a 5-4 decision, *Peugh v. United States*, the Court ruled that sentences based on guidelines adopted after the crime was committed are not permitted, if the new guidelines provide a higher sentencing range.

San Francisco D.A. Aims to Upgrade Data Information

'A case is a case. A person's individual rights are a person's individual rights'

Continued from Page 1

that is going to tell me this."

He plans to change that with an initiative he calls DA Stat.

To stop defendants from becoming statistics, do you have to turn them into statistics?

The DA oversees 130 prosecutors and a \$42.7 million annual budget. Now, in addition to money for the new chief information officer, the city is doling out \$320,000 for a new database to replace the current relic.

"The database was very, very old," Gascón says. "I think it might not quite be the '50s. But I think it's sort of '60s, early '70s vintage and ... most of it was handmade, I think."

That database, called DAMION, does track conviction rates, the metric historically used to evaluate prosecutors. But Gascón also wants to track demographics, crime categories, punishment and reoffense rates -- something to figure out the odds, statistically, of someone reoffending. He hopes to be able to do that with this new tool.

Take someone charged with theft. In terms of both likelihood to reoffend and the most effective type of intervention, "a first-time offender age 45 is going to be very different from a first-time offender age 16," Gascón explains. It's not enough for a prosecutor to rely on gut instincts when deciding whether to go light or throw the book, he says, because "when you do it intuitively, we end up incarcerating and making the wrong decisions too often."

Individuals, not statistics
This concept -- that to stop defendants from becoming statistics, you've got to turn them into statistics -- is not without controversy.

California Attorney General Kamala Harris used to have Gascón's job. In her book, "Smart on Crime," Harris advocates a metrics-driven approach to punishment and community programs, but does not go as far as Gascón in advocating for Big Data.

Some lawyers say criminal justice shouldn't try to mimic the insurance industry, in which pre-existing conditions can work against you, for instance. The 16-year-old thief who's statistically more likely to reoffend may have been simply reacting to a one-time event, stealing to pay bills after the death of a parent, for example.

"There is no shortage of information in a district attorney's office that can't be CompStat'ed."

Fanya Young, a former prosecutor turned defense lawyer, is skeptical of DA Stat. She says that when you turn people into statistics, you risk losing their personal stories.

"There's not really a connect between statistics and prosecuting or defending a case," she says. "A case is a

case. A person's individual rights are a person's individual rights."

Holding DAs accountable
There's another reason prosecutors might resist. The new approach will leave them open to new scrutiny.

Gascón copped the name DA Stat from his old boss, William Bratton-- the police chief renowned (or reviled) for creating COMSTAT, the data system Bratton implemented back in the 1990s in New York City to map out crime hot spots and deploy police resources accordingly. This shook up some NYPD personnel practices; for instance, middle managers had to account for time. Bratton explains, "There's no place to hide in CompStat. It's intended to ensure that things are not hidden."

Bratton says DA Stat can do for prosecutors what CompStat did for police. "Take a look at the various assistant district attorneys, what their caseload is, what their conviction rate is, the length of time it takes to try a case. There is no shortage of information in a district attorney's office that can't be CompStat'ed."

Bratton says his protégé is the perfect guy to lead the change, because unlike most prosecutors, Gascón used to be a cop. He saw Compstat work firsthand in Los Angeles.

The secrets of prosecutors
Joan Petersilia, a law professor at Stanford University, says Gascón will have a tough time selling DA Stat because of the elusive nature of prosecutors.

"It's always said about prosecutors they have the most power and we know the least

about what they do and how they exercise that power," Petersilia says. "They've always been the hidden part of the criminal justice system."

Back in the 1980s, Petersilia advocated that prosecutors use data to figure out why so few cases led to conviction. Practitioners didn't know if the problem was a glut of cases brought without proper evidence or a lack of resources to pursue strong leads. She helped roll out a database called PROMIS, Prosecutor's Management Information System. DAs nationwide bought in, but then kept the data to themselves.

Petersilia says instead of creating transparency, PROMIS simply became an internal management tool. She's urging Gascón to learn this lesson

Project REACH Heads Academic Achievements

Continued from Page 1

interview. "I want to go out of prison and get better jobs, not the same one as before-- no more. I want a better job in prison too. That is why I go to learn. Learning gives me the opportunity to get a better job."

Ramirez says he prefers Project REACH rather than the other literacy programs at San Quentin because of its peer-to-peer tutoring.

"Peer-to-peer tutoring works so well, because of our social network," said Joseph Demerson, the program's chairman. "Because we eat together, play sports together and do other activities, the transition to learn-

ing is easier."

The executive body of the program is: Chairman Joseph Demerson, Vice Chairman Michael Palmore, Secretary Bobby Evans, Treasurer Nguyen Son, and Student Coordinator Theodore Fields.

Marin Literacy sponsors are Madeleine Provost, Sue Pixley and Carolyn Hardee.

The program's chief sponsor is San Quentin Literacy Coordinator Tom Bolema.

San Quentin inmates can apply for the program at the Education Department. The program meets every Wednesday night at 6:20. Sign-up sheets will be posted on the wall in your housing unit.

DNA Testing Exonerated 18 Death Row Prisoners

They Served A Total of 229 Years

By Micheal Cooke
Journalism Guild Writer

DNA testing has exonerated 18 people previously on Death Rows in 11 states, according to the Innocence Project. They served a total of 229 years, including 202 years on Death Row, for crimes they didn't commit.

Here are the cases cited by the project:

Kirk Bloodworth was exonerated in 1993 after serving eight years in Maryland state prison for a murder and rape he didn't commit—including two years on Death Row.

DNA testing freed Rolando Cruz and his co-defendant, Alejandro Hernandez, in 1995. The men served more than 10 years on Illinois' Death Row for a murder for which both were innocent.

Two men were sentenced to die in 1978 for a pair of murders

they didn't commit in Illinois. Vernal Jimerson and Dennis Williams were cleared in the infamous Ford Heights Four case. Jimerson was cleared in 1995 after more than 10 years on Death Row and Williams served nearly two decades on Death Row before he was cleared in 1996.

Robert Miller left Oklahoma's Death Row after nine years for a murder and rape he didn't commit. He was cleared by DNA testing in 1998.

Ron Williamson was freed in 1999 after spending 10 years on Oklahoma's Death Row after the Innocence Project secured DNA testing for a murder he didn't commit.

Innocence Project client Ronald Jones spent a decade on Illinois' Death Row for a murder and rape he didn't commit before DNA testing proved his innocence in 1999.

Earl Washington, a Virginia man with limited mental capacity, was sentenced to death after he allegedly confessed to committing a 1982 murder he didn't commit. He served a decade on Death Row, once coming within nine days of execution, before receiving a stay. He would serve a total of 17 years behind bars before DNA testing obtained by the Innocence Project cleared him in 2000.

Cancer claimed the life of Florida Death Row inmate Frank Lee Smith 11 months before he was cleared by DNA testing secured by the Innocence Project. Smith served 14 years for a murder and rape he didn't commit.

Charles Irvin Fain spent 17 years on Death Row in Idaho before DNA testing exonerated him in 2001 for a murder and rape he didn't commit.

In 2002 DNA testing proved

Arizona Death Row inmate Ray Krone innocent of a murder and rape he didn't commit. Krone served 10 years in prison—including four years on Death Row.

DNA testing proved Nicholas Yarris innocent and led to his release in 2003 after he had served more than 21 years on Pennsylvania's Death Row.

DNA testing exonerated Ryan Matthews in 2004 for a murder he didn't commit. Matthews served five years on Louisiana's Death Row for a murder he didn't commit before he was exonerated by DNA testing in 2004. His co-defendant, Travis Hayes, was sentenced to life in prison and served eight years before he was cleared in 2007.

After serving 21 years in an Oklahoma prison—of which nearly 18 years were spent on Death Row for a murder he didn't commit—Curtis McCa-

rthy was exonerated by DNA tests secured by the Innocence Project, freeing him in 2007. Based on what the project called forensic misconduct, he was convicted twice and sentenced to death three times.

Innocence Project client Kennedy Brewer spent seven years on Death Row of a total of 15 years behind bars for a murder and sexual assault he didn't commit before DNA testing from 2001 finally led to his vindication in 2008.

Lawyers at the Innocence Project obtained DNA testing for client Michael Blair to prove his innocence for a murder he didn't commit. Blair served 13 years on Death Row before being exonerated in 2008.

Damon Thibodeaux was exonerated in 2012 after spending 15 years on Death Row in Louisiana for falsely confessing to the killing of his cousin.

Report Says the Practice of Sterilization of Prisoners in California Between 2006 and 2010 Has Been Renewed

By Charles David Henry
Staff Writer

A new report says California renewed its practice

of sterilizing prison inmates between 2006 and 2010. This was three years after then-Gov. Gray Davis and Attorney General Bill Lockyer for-

mally apologized for inmate sterilizations between 1909 and 1964.

Between 1909 and 1964, prison administrators performed forced sterilizations on nearly 20,000 incarcerated women and men, according to Eugenics Nation. Sterilizations began again between 2006 and 2010. Nearly 150 sterilized female inmates were the subjects of an inquiry, the center reported.

"People were forcibly sterilized before medical science discredited and disavowed this practice in the 1960s," Eugenics Nation reports. In 1979, California state lawmakers officially banned forced sterilizations.

The sterilizations between 2006 and 2010 involved tubal ligations, which is a procedure deemed "not medically neces-

sary," and, according to prison administrators, "not to be provided."

Nevertheless, prison doctors convinced the women to have the surgery, according to former inmate Crystal Nguyen. Nguyen told CIR "she often overheard medical staff asking inmates who had served multiple prison terms to agree to be sterilized."

According to the CIR, the state paid doctors \$147,460 to perform the surgery, averaging about \$305 per surgery.

"Compared to what you save in welfare paying for these unwanted children, the \$147,460 total as minimal," the CIR quoted a former physician for the California Department of Corrections and Rehabilitation. The doctor denied pressuring anyone.

State officials showed con-

cern about federal and state laws banning inmate sterilization, if federal funds are used, CIR reports. Therefore, since 1994, top medical officials have approved funding for tubal ligations on a case-by-case basis.

However, "medical staff at these facilities coerced certain women, targeting those deemed likely to return to prison in the future," the report shows.

Despite this exposure, prison doctors denied approving these procedures, but according to the report, "at least 60 tubal ligations" were administered at Valley State Prison.

Referring to the practice from 1909 until 1964, Lockyer and Davis expressed their sentiments in 2003: "Our hearts are heavy from the pain caused by eugenics," said Davis.



Photo courtesy of Noah Berger/For the Center for Investigative Reporting

Crystal Nguyen with her son Neiko

F.C.C. New Regulations Put a Stop to Charging High Phone Rates

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may only charge up to 21 cents for a debit or prepaid call within the United States, and up to 25 cents for domestic collect calls made by inmates."

Prior to the new F.C.C. regulations, telephone companies were able to set their own rates with no federal oversight, according to the Los Angeles Times.

In May 2013, the Economist quoted Congresswoman Eleanor Holmes Norton (Washington, D.C.) as saying that in the past, lack of regulation gave telephone companies the ability to "extort excessive telephone rates from the people in society least able to pay them."

According to the PPI report, most calls originating from prisons are collect calls, or prepaid by families who set up accounts with private telephone companies that have a contract

with the prison. "[T]he families of incarcerated persons have no input on the contracts or ability to take their business elsewhere."

F.C.C. Commissioner Ajit Pai commented in the report that "choice and competition are not hallmarks of life behind bars."

PPI documented that the prison phone industry does not hesitate to subject consumers to what it calls a "barrage of fees... The current structure of the prison phone market guarantees exorbitant phone bills."

To increase the amount of commissions paid to prisons, families and friends who accept collect calls from inmates are burdened with fees that can double the cost of a telephone call. It's estimated that customers spend \$386 million every year on fees, according to PPI.

"One of the reasons that fees are so profitable to prison phone companies is that fee income is

exempt from the phone companies' commission responsibilities," the report continued. Some of these fees do nothing more than "act as a stealth profit center for the phone companies."

The report outlines 11 phone companies' fees associated with pre-paid telephone calls. These companies charge fees anywhere from \$1.50 to \$11.95 for customers to prepay by telephone, use the companies' website, or Western Union.

For example, Global Tel Link (GTL), which provides telephone service to inmates in all California State prisons, charges \$4.75 to \$9.50 for prepaid calls when using its website. GTL's maximum rate to use this service is the highest among the 11 companies, according to PPI.

To prepay for calls using Western Union, GTL charges \$10.95, the second highest fee of the other 11 companies.

Prison telephone companies

also profit from calls never made, the report said. This is done by "either seizing the balance," or "charging customers hefty fees to recoup their own money" when an inmate comes home from prison.

"One of the reasons that fees are so profitable to prison phone companies is that fee income is exempt from the phone companies"

According to the report, "the charge to refund money can be as much as \$10. Prison phone companies have a wide range of policies about if, how, and when a customer can claim his or her

funds."

The report said most companies take unused balances left in accounts a few months after an inmate is released from prison. "Global Tel Link has one of the shortest deadlines to claim unused funds," the report said. It allows customers only 90 days to request a refund before seizing the unused funds.

The new F.C.C. regulations do not address these exorbitant fees, but apply only to phone calls made from state to state. It would be up to the California Public Utilities Commission to deny such high rates and fees.

In the meantime, F.C.C. says its "reforms adopt a simple and balanced approach that protects security and public safety needs, ensures providers receive fair compensation while providing reasonable rates to consumers."

EDITORIAL

Undocumented Immigrants Contribute Much to America

By Arnulfo T. Garcia
Editor-in-Chief

Undocumented immigrants are not a new issue for the United States. In the first decade of the twentieth century, over nine million of them entered the country. The last two decades of the twentieth century brought another 11 million.

Just as with the first decade's wave, the second wave prompted longer-term residents to claim that the newcomers created many problems, including a disproportionate number of them who wound up in prison.

HISTORY

We must learn from history and confront glaring realities of how well new undocumented immigrants adapt and form new social groups. Some of the newly minted opposition to immigration comes from the great-grandsons and granddaughters of former undocumented immigrants.

The United States is a nation formed by immigrants. Those who were not immigrants, notably Native American Indians, held that Spirits or Gods owned the land. For that reason they initially welcomed immigrants...much to their later dismay. Now that we have an entirely new generation of Americans wishing to live in the land, we must adopt a way forward so that everyone succeeds.

Many families of the former undocumented immigrants have adopted their parents' belief that the new immigrant

stock is not as suitable as the old stock. From political campaigns to legislation, data suggests bias and bad facts impact how undocumented immigrants are treated and assimilated. As Congress takes up immigration reform, members should remember their immigrant roots.

It is suggested that immigration contributes to our criminal population. Yet, statistical data compiled for use in legislative action and law enforcement shows that whether there is greater criminality in the undocumented immigrant population depends on how one defines crime. However, while government studies have suffered from inaccurate information and bias, theories that immigration have disproportionately contributed to crime are unfounded.

DATA

Previous data demonstrated that immigration had a marked effect on crime and historians have argued that U.S. trends in violent crime correlated with immigrant waves. However, statistics are subject to variable considerations such as undocumented immigrants' hesitation to report victimization or racial prejudice for fear of deportation.

The accuracy of these studies must be considered in light of the direction and degree of bias such as the differential treatment by native citizens. Additionally, increased detention of non-citizens and impoverishment of the group weigh heavily in an increased

incarceration rate.

Studies sometimes fail to take into consideration mechanisms that naturally make undocumented immigrants more vulnerable. These studies reflect the difficulties of consensus regarding immigration criminality.

CRIME

Concerns about criminality of the foreign-born were behind attempts to curtail lawful immigration in the last century. The National Origin Quota Act of 1924 was enacted for the very purpose of introducing more controls on the immigration program growth. Then, as today, the view that immigration commands important consideration in criminal activity analysis, was pervasive and seems to persist in face of opposing facts.

Today, larger concerns of economics, coupled with the strong political argument that immigrants undercut wages of native-born workers, prompts a prevailing public policy debate. Perceptions of linkage between immigration and crime have greatly influenced the development of sociological theory in the emerging field of criminology.

Unfortunately, the non-responsiveness of police to foreign-born complainants might cause some conflicts to escalate to more violent crime. Nevertheless, current findings indicate that there is a lower rate of incarceration among the foreign-born for nonviolent crimes. In addition, when considering rates



Photo by Sam Hearn

Editor-in-Chief Arnulfo T. Garcia

for violent crimes, rates for native and the foreign-born are similar.

IMMIGRATION PROGRAM

The government may be closer to passing a comprehensive and responsible immigration program, yet accurate information is hard to come by. Disinformation and heated conversation seem to trump the need to overhaul a system which is hurting not only the undocumented immigrant workers but also native-born workers.

In addition to being assailed as lawbreakers and economy busters, the undocumented and new immigrants are routinely linked to a variety of additional problems. Some claim problems of overcrowding, deteriorating schools, urban crime, neighborhood decay, energy shortages and national disunity are all results of im-

migration. Nothing stirs the emotions as much as the argument that undocumented immigrant workers displace American workers and lower their wages while spreading disease and breaking the back of social services.

One could say that the current system is, for all intents and purposes, broken. With an underground economy that drives undocumented immigrant workers into low-wage jobs, the current situation jeopardizes the economic security for millions of workers who are already struggling to make ends meet. The millions of immigrants, whether they entered the United States legally or not, are part of the landscape now. Let us not forget that Native American Indians are the only ones who can say they are not the product of immigration.

—Ted Swain contributed to this story

'Graced Out Youth Ministries' Brings Hip Hop to Worshiping

"Everyday's a good day, if you don't believe me, miss one"

Continued from Page 1

until 7:45 pm.

The unusual sound of hip-hop gospel music can be heard from the chapel's sanctuary before the program begins.

Russ Holmes, an older gentleman 63, sat in an isle seat waiting for the sermon to begin. When asked about the loud music being played in the chapel, he said, "It's too loud for me. If I was listening to music this loud in the wing, I'd be upset. But in here God's made it so that I can deal with it." Holmes had wandered into the chapel unaware of this particular brand of ministry taking place, which targets younger prisoners. He smiled after listening to the music for a moment and said, "With the music comes a message."

Seated in the back of the room, Protestant Chaplain Mardi Ralph Jackson re-

marked, "It's the voice of their generation." Chaplain Jackson has been employed by the department since January, 2012 to facilitate religious services for several religious organizations. She is very supportive of this program and explained, "This ministry was conceived by the young men here and the program is all developed by Graced Out Ministries."

Small and pleasant in stature, Chaplain Jackson shakes hands and speaks to everyone who enters the sanctuary. She says that all are welcomed into the chapel to hear the Word of God.

Before the services began, Jackie Osby stood against a wall near the back of the chapel looking nervous. Osby, 41, emceed the event even though he had only been with the program for a few months. Humble and soft-spoken with prescription glasses guarding his shy eyes, Osby confided,

"This is outside my comfort zone." He said he doesn't know why he was chosen to welcome participants to the church, however; "I'm the guy that keeps everything running smooth."

"I've seen some people in prison use their faith as a shelter for safety. God uses these conditions to better the man"

Osby has been a Christian for 32 years and like many of the men in the room, does not identify with any particular denomination of the Christian faith. He said that in prison practicing his faith

has been tough at times, but that he believes that God has been faithful to him. "I've seen some people in prison use their faith as a shelter for safety. God uses these conditions to better the man," he said about those who turn to religion in prison to avoid negative influences behind the walls.

The program began with a gospel rap song that got the parishioners in the mood for worship. They praised God to atypical rap lyrics accompanied by professionally produced tracks by Antwan Williams.

San Quentin Rap Duo Lemar Harrison and Antwan Williams, known as "Mavrick and Banks," respectively, performed a heartfelt song. Then, the audience enjoyed a catchy rap song by positive rapper Marlone Beason. They all respond and repeated Beason's lyrics: "Everyday's a

good day, if you don't believe me, miss one."

After the performance, emcee Osby said, "if you miss one... its over." The crowd roared with laughter then, making it obvious why he was chosen to be emcee so quickly after joining the group.

The program ended with several bible readings and a sermon by Pastor Antoine Watie praising Jesus and reminding the group to keep God in their lives.

Coordinators of Graced Out Youth Ministries include, Ferrari Moody, 31, Pastor; Antoine Watie, 33, Assistant Pastor; Quincy Wyatt, 26, and Pedro Cruz, 24, Youth Coordinators; and possibly the youngest man in the room, Sebastian Sprague, age 19.

Although the men have thus far organized their services without outside help, they are hoping for more support in the future.

Victims' Rights Leader Pushes State Officials For Better Rehabilitation

'A Day Off For Each Day Served'

By San Quentin News Staff

A victims' rights leader urges California to do a better job of rehabilitating offenders to improve public safety.

State officials should use stiff penalties and adequately funded rehabilitation programs in order to curtail criminal activity and keep Californians safe, writes Harriet Salarno, chair of Crime Victims United of California (CVUC).

"Who will decide which crimes are not 'important' or 'serious' enough to mandate prison time, or to justify parole revocation?"

Salarno said she believes policymakers should draft rules that reward inmates for participating in educational programs, prison jobs and restitution programs. She supports allowing sentence

reduction credits that give inmates one day off for each day served.

In a brochure titled A Renewed Commitment to Public Safety in California, she said she also supports creating a bipartisan sentencing commission to recommend new guidelines to the state Legislature.

To resolve prison overcrowding, CVCU suggests re-opening four prisons previously shut down, expanding bed space at existing institutions, and building new prison facilities with fully funded evidence-based programs. The new strategy would also reform the parole system, and concentrate more resources on re-entry.

"Who will decide which crimes are not 'important' or 'serious' enough to mandate prison time, or to justify parole revocation?" she said. "Will these decisions take public safety and crime prevention into consideration, or be purely financial?"

CVCU said the Three-Strikes Law "has prevented two million crimes since 1994," noting from the first half of 2005 to the first half of 2006, "violent crime increased 4.1 percent, and more than half of California inmates are serving time for crimes against persons."



Photo courtesy SanLuisObispo.com

Inmates living in Stanislaus County Jail, Modesto California

Report: Slight Increase in the Cost To Keep Inmates in County Jails

The cost to keep offenders locked up in county jails increased slightly from 2010 to 2011, according to state records.

Nearly every county jail responded to a survey conducted by the Board of State and Community Corrections (BSCC) asking its Average Daily Cost

(ADC) to house offenders.

- The calculations included cost for:
 - Salary and benefits for staff;
 - Percentage of staff time used for jail administration;
 - Food;
 - Clothing and supplies;
 - Medical and mental health care;
 - Medical supplies;
 - Contract maintenance;
 - Transportation;
 - Any other legitimate jail related expenses.

The ADC for 2010 was \$112.39 per day, while the cost for 2011 was \$113.87

The highest ADC cost was San Mateo at \$198.60, while the lowest was Kings at \$55.73.

According to the Legislative Analysis Office, the ADC to incarcerated California prison

inmates is \$154.47.

Here is a breakdown for some California counties:

- San Diego \$158.30
- Marin \$157.00
- San Francisco \$140.00
- Orange \$131.00
- Alameda: \$124.24
- Los Angeles \$116.15
- Fresno: \$116.06
- Contra Costa \$106.10
- Humboldt: \$102.12
- Stanislaus \$91.16
- Imperial \$81.04

Article Indicates America's Crime Rate On a Downward Slide For Two Decades

Americans Safer Now Than They Have Been In 40 Years

By Ted Swain
Contributing Writer

American crime rate is plunging, according to an article in The Economist. Criminal incidents in the industrial countries of the world have been sliding for years, the magazine reports.

The acknowledged and respected economics authority says that crime rates have been sliding for about two decades and Americans are safer now than they have been in 40 years, the July 20-26 edition says.

Residents of the United States have less to fear from criminal activity now than they did in 1970, the magazine maintains.

DECLINE

The steady decline of crime in the G7 leading industrial countries, as well as other industrialized nations is attributed to a number of reasons. The Economist reports that states and countries that softened sentences and reduced prison populations have the most pronounced drop in crime.

The magazine says there is no correlation between length of prison sentences and recidivism. If that were true, crime would not be falling in New York, Germany and the Netherlands, the magazine concludes.

ENGLAND

In England, for example, the number of first time convictions has fallen 44 percent since 2007. In 1990 there were 147,000 cars stolen in New York; last year fewer than 10,000 were stolen. And in the '90s, England had about 500 banks robbed per year; last year the number was 67.

It is clear there are a number of factors involved in the reduction of crime, but it is also clear that harsh sentences and mandatory minimums are counter productive, based on the facts, the magazine reports.

OPINIONS

Some conservatives and prison boosters continue to profess that the crime rate is down because the criminals

are in prison, the magazine says. However, the three-judge federal court overseeing the California prison overcrowding issue has opined that Gov. Jerry Brown's position on prison crowding is chimerical, which means fantasy.

The three judges noted that expert criminologists they hired indicated they have known for many years that there is absolutely no connection between length of sentence and recidivism.

AVERAGE COST

According to The Economist report, the \$47,000 per year average cost per inmate in California would cover a person's costs to attend Stanford University. The magazine notes the state could give each inmate a Stanford education for less than \$200,000, but prefer to pay a \$1 million or more to lock him or her up for life.

The three-judge court noted that FBI statistics on 21 prison-reduction programs covering release of over 1.7 million inmates, has not resulted in any increase in recidivism.

The Factors Used in California To Prosecute Law Breakers

By Salvador Solorio
Journalism Writer's Guild

A university study examined what factors district attorneys and judges use when determining how to prosecute people accused of breaking the law.

California law distinguishes criminal wrongdoing by classifying the acts as felonies, misdemeanors or infractions.

Prosecutors and judges retain the ability to reduce certain criminal offenses, known as wobblers, from felonies to misdemeanors, according to Wobblers & Criminal Justice in California: A Study into Prosecutorial Discretion.

District attorneys consider three factors when determining how to charge a defendant.

- Severity of the offense

- Prior criminal record
- Whether there are multiple violations

Many prosecutors are willing to reduce the charge of first-time offenders when the violation is relatively minor, according to the study.

District attorneys believe prior records show a greater chance of re-offending, in which the study finds, causes county-to-county variations in how cases are prosecuted.

Judges, independently have the discretion to reduce a charge filed as a felony by the prosecutors to a misdemeanor.

However, when judicial discretion is exercised, political and philosophical beliefs are factored into the decision making process, according to the study.

College Programs Bring Higher Education To Main Line Prisoners at San Quentin

By Angelo Falcone
Journalism Guild Writer

Of the various college programs at San Quentin, two are the most established: Patten University, coordinated by the Prison University Project (PUP), and Coastline Community College, coordinated by the Education Department's Distance Learning Program.

Both programs require a high school diploma or a GED certificate and many men in blue have successfully participated in both. What motivates students to enroll in courses with either program can depend on their preferred method of study. PUP emphasizes classroom experience while Coastline uses video instruction and mail-in course work and exams.

According to Jody Lewen, Executive Director of PUP at San Quentin, and Tom Bolema, head of the Distance Learning Program, PUP currently has more than 300 enrolled students and Coastline College has 70. Both colleges offer accredited programs to earn an

undergraduate Associate Degree.

The Patten College program depends on PUP, a non-profit organization funded by private donations. PUP has no registration fees and all student school supplies are free. Textbooks, calculators, rulers and protractors are loaned to students free of charge. Patten has a mini-college campus on the prison that is staffed by volunteer college professors and graduate students from Bay Area colleges and universities.

Salaried state employees administer the Distance Learning Program headed by Bolema. Students can file for a state waiver to avoid registration fees, so most students can enroll for free. Until summer 2012, students in Coastline had to pay for the textbooks for each course, which could cost up to \$250 per course. But

thanks to an education grant, textbooks for all courses are also on loan, free of charge.

Therefore, both colleges are affordable and accessible to all men on the mainline.

Both programs also have study halls. PUP has a study hall open every evening, six days a week between two large classrooms and two small ones. PUP's study hall is open every evening, Sunday through Friday, 6 p.m. to 8:15 p.m., and has an additional study hall Friday mornings in one large classroom from 9 a.m. to noon. PUP usually has between four and eight math and writing tutors (college professors and graduate students) to help students with homework assignments and test preparation.

Coastline's study hall is four days a week, Monday through Thursday, in two large classrooms, from 8 a.m. to 2 p.m.

Coastline at San Quentin has education department employees as proctors to administer tests and quizzes and to mail out assignments and distribute books. Coastline's instruction depends heavily on the closed-circuit video system of the institution. It has recorded video lectures played at scheduled times over the video system for students who own personal television sets. For students who do not own TVs or who work during scheduled playing times, Coastline has a TV/DVD available for use during their study hall on a first come, first serve basis. Coastline assignments are scheduled in advance and at the beginning of the semester students are given a set schedule of when they are due.

Students enrolled in Coastline must read entire textbooks on a subject and be familiar

with most of its terms in order to pass. During tests, Coastline students are not allowed to have anything but a No. 2 pencil and are allowed up to two hours to finish the test.

PUP offers a classroom experience for its students with live instruction, feedback and flexibility with assignments. Teachers take roll and attendance is mandatory. Teachers lecture, have discussions with students, assign homework and administer tests and quizzes. They also offer office hours for students struggling with the material.

Coastline students can study on their own time anywhere they want. They mail in their completed assignments but tests must be taken in the presence of a proctor. A Coastline student may also contact a Distance Learning Instructor at the Coastline College campus in southern California via U.S. Mail.

Interested inmates may send in a request to the Education Department for enrollment information on either program.

1. Nebraska – Many prisoners of whom are baby boomers—are aging and requiring more medical attention, igniting a debate on whether elderly inmates should be released on parole, reports ABC News. Proponents of their parole point to statistics that show that as people age, their likelihood of posing a risk to society decreases. But, opponents argue that releasing inmates early puts the public safety at risk.

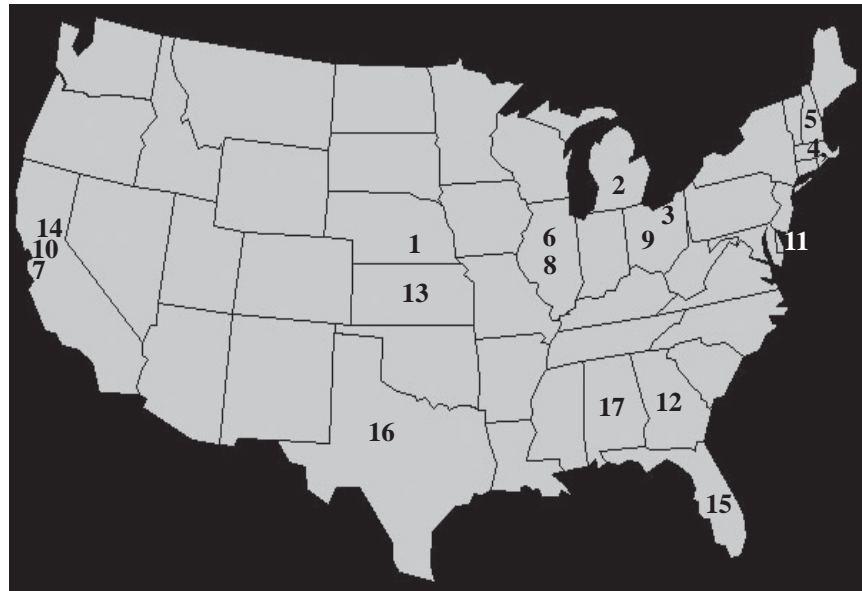
2. New Haven, Michigan – The state prison system is expanding efforts to provide vocational training and teach community college courses to inmates nearing parole, reports Detroit Free-Press. By doing so, the state will join a pilot project that aims to resurrect publicly supported postsecondary education in prisons nationwide. About two decades ago, the federal government cut Pell Grant funding to inmates, effectively ending access to postsecondary education for a large number of prisoners, according to the report.

3. Cleveland, Ohio – Fourteen Amish prisoners will no longer be required to attend the high school equivalency classes required of other inmates who lack high school diplomas, reports officials from the U.S. Bureau of Prisons.

4. Boston, Mass. – In an effort to improve the roughly 60 percent recidivism rate among Massachusetts inmates released from custody in 2005, a special commission exploring criminal justice reform may recommend a protocol to send inmates from a state prison to a house of correction before release and to use alternatives to incarceration, reports the State House News Service.

5. Concord, New Hampshire. – After a consultant's report

News Briefs



raised serious security concerns about proposals to construct a privately-operated prison campus and questioned whether the proposals from the private companies addressed the state's needs, New Hampshire officials decided against the building plans, reports The Associated Press. The proposals sought to create a men's prison, women's prison and a prison that would house both men and women on the same campus, but the firm hired to evaluate the proposals said the plans raise "significant issues" about the compliance with the design, construction and operation requirements outlined by the state.

6. Illinois – A Justice Department report found the state has one of the highest rates of sexual assault against juvenile offenders

in the U.S, reports the Chicago Tribune. Six juvenile facilities were part of a survey in which 15 percent of the participants reported being victimized by staff or other offenders.

7. Santa Clara County, Ca. – County jail officials say there is a need to restrict greeting cards and letters to detainees in order to prevent drug smuggling and for other security reasons, reports the Mercury News. The jail mail restrictions are the first in the Bay Area and the fifth in the state.

8. Springfield, Ill. – A female prison guard at Danville Correction Center in Illinois was assaulted early Thursday morning by an inmate, who lured the guard into a laundry area, according to a report by the San Francisco Chronicle. An employees'

union told the Chronicle that overcrowding in the state's prison system, which has resulted in inmates sleeping in penitentiary gymnasiums, contributed to the assault.

9. Ohio – Twenty-four prisons are cutting back electricity use during peak periods, leading the ACLU to claim this endangers inmates and staff during hot weather. The move has saved the state prison system about \$1.4 million since 2010, according to state officials.

10. San Francisco – a class action case filed 19 years ago, challenging California's adult parole revocation process was terminated by a federal judge who agreed the State has made great strides in transforming the system.

11. Baltimore, Maryland – An appeals court issued a rul-

ing that a five-year mandatory penalty, no-parole sentence for some convicted felons who are subsequently caught with a gun is unconstitutional, reports The Baltimore Sun.

12. Dallas, Georgia – A federal report found a backlog of sexual abuse claim investigations, resulting in the suspension of lead investigators, reports the Juvenile Justice Information Exchange.

13. Kansas – The state's prison system is currently at full capacity. Nevertheless, prison officials say they need to make room for 2,100 more offenders in the next decade, reports The Wichita Eagle.

14. Sacramento – Gov. Jerry Brown's decision to change from a three-drug execution method to a single drug will delay the resumption of executions for at least one year and possibly several years, reports MarinScope Community Newspapers.

15. Starke, Florida – On Aug 6, John Errol Ferguson, 65, was executed for killing eight people in Miami-Dade County in the 1970s. His lawyers had claimed he was too mentally ill to be put to death, reports The Associated Press.

16. Huntsville, Texas – On July 31, Douglas Feldman, 55, was executed for the road-rage killing of two truck-drivers in the Dallas area in 1998. Feldman was the 11th person executed this year in Texas and the third in July, reports The Associated Press.

17. Atmore, Alabama – On July 25, Andrew Lackey, 29 was executed for killing an elderly man on Halloween night in 2005. Lackey, who dropped all appeals, was the first person executed in Alabama since 2011, reports The Associated Press.

San Quentin Has a Rich History of Artwork

Tommy Winfrey
Contributing Writer

Many people are unaware of San Quentin's rich history of artwork. There are murals abound through out the insti-

The artists used monotoes of raw sienna.

There is a common myth at San Quentin that Santos used coffee grounds or shoe polish to paint the murals, but the truth is he applied oil paint di-

scenes from early world history such as the pyramids and Stonehenge. A depiction of earth dominates the center of the mural and there is an illustration of people of various ethnics groups held in the palms of two outstretched hands. Scrolled at the of the mural is, "We are the curators of life on earth, we hold it the palm of our hands."

This powerful message empowers the viewer to remember to value life.

In 2006, prisoner artists Scott McKinstry, John Sklut, Ronnie Goodman, and Gabriel Enriquez restored the mural after it fell into disrepair under the direction of Artist Facilitator Pat Maloney.

Since the murals restoration a hole has been punched through the wall to allow access for a doorway into the Adjustment Center yard.

In 2012, another mural was started about 100 feet from the Adjustment Center's mural. The mural is located on the exterior of the Max Shack.

It begins with an early depiction of the building of San Quentin by the North Block entrance, and wraps around to the roadway side of the building, depicting the Golden Gate bridge.

McKinstry designed the mural. Participants of the San Quentin Prison Art Project are contributing to the project. A rendering of the prison ship the Waban dominates the east side of the structure. From a distance, it appears as if you can walk right up on the deck of the ship.

The mural has been left uncompleted for now because of changing of correctional staff in the Max Shack, transfers of artist, and weather conditions.

But another mural project is underway.

A mural depicting a cityscape is under construction in San Quentin's art studio on wooden panels.

The panels will eventually be attached to the North

Dinning Hall's walls when the mural is complete.

McKinstry is leading the project with the help of fellow prisoner artist Bruce "Bru"

Fowler, Christopher Christensen, Justus Evans, Steve Smith, and James Norton.

"I want to put a lot of depth into the mural, and not to have anything to do with prison so guys can get away from here,"



Photo by Peter Merts

Scott Mc Kinstry painting Hobby Shop mural



Photo by Raphaelae Casale

Santo's mural in South Dining Hall

tution that catalog California's history, along with the prison's.

The best-known artworks are in the South Dinning Hall.

Six 100-foot murals span the long walls of the chow hall and illustrate images of California.

Artist, Alfredo Santos won a contest to paint a mural on one of the dining rooms, and began painting in 1953.

With the help of two fellow prisoners, Santos worked nights painting the murals.

The murals depict scenes from California's early history through its golden years. Movie stars and soldiers crowd the walls. A space rocket is pictured in one of the murals. This early illustration was painted in the infancy of the space race between the U.S. and Russia, and may be the earliest example of space ship art in murals.

rectly to the plaster.

"Santos was allowed only one color; officials feared inmates might steal paint and dye their clothes in an effort to



Photo by Raphaelae Casale

Mural of the Waban on the side of the Max Shack

escape," according to the Los Angeles Times.

Santos only takes responsibility for four of the six murals; the other two are not attributed to a known artist, the Times report.

In 1951, Santos was convicted of possession of heroin. He had limited training as an artist before being incarcerated.

"San Quentin is where I became an artist," Santos told the New York Times.

The South Dinning Hall murals may be the most recognized murals in San Quentin, but they are not the only ones.

The mural on the Adjustment Center yard wall has weathered the years in the San Quentin sun.

Originally painted between 1982 and 1984, the mural depicts



Photo by Peter Merts

Mural inside the Hobby Shop



Photo by Raphaelae Casale

Unfinished North Dining Hall mural

said McKinstry.

The William James Foundation sponsored the mural and had a fundraiser on the web site indiegogo.com to raise money for the project.

Artist Facilitator Pat Maloney was overseeing the project; however, he had to step down because of personal reasons.

Lori Brooks - Executive Director of the William James Foundation has taken over the project.

McKinstry also contributed to a mural located in an upstairs room of the prison's



Photo by Peter Merts

Mural on the Hobby Shop wall

hobby shop.

The mural depicts classic cars in a garage setting.

"The mural was completely unplanned. We looked at cars in magazines and put them on the walls," said McKinstry. It

is unfinished because the hobby program has been shut down to all main line prisoners.

There is also a mural in the West Block rotunda that depicts Americana and the

Bay Bridge.

Another mural, not seen by many people, dons the walls of Death Row. It depicts airplanes and ships.

The stairwell of the Nuemiller Building (The Old Hospital) depicts scenes of California's Redwood Forest.

The interior of dorms Four and Five in H-Unit are dominated by murals.

In Building Four the walls are covered with waterfalls and prehistoric scenes of saber tooth cats and wholly mammoths.

Dorm Five features scenes of the streets of San Francisco.

The men who lived in these dorms created all of the artwork.

The murals of San Quentin have outlasted some of the men who painted them and will be a lasting legacy of their time behind the walls.



Photo by Raphaelae Casale

Adjustment Center mural



San Quentin Welcomes the 10th Annual Health Fair



Continued from Page 1

of the people on the inside," said event coordinator Leslie Schoenfeld. "To improve our current state we need to break down the barriers between us, put ourselves in each other's shoes and lend a hand to each other. The San Quentin Health Fair is one small step toward bridging the outside to the inside and I'm honored to be a part of it."

Information booths were set up around the prison's Lower Yard, inside the Gym and in the Education Department classrooms.



Alicia Covarrubias giving a dental examination

"This is the 10th year of the nurses and student nurses participating in the health fair," said Mildred Crear, R.N., of Bay Area Black Nurses Association. "Each year it seems to grow and we have been able to get more volunteers who really appreciate the opportunity. It is great."

The examinations included



The middle of the line heading to the gym on the Lower Yard where the Chiropractors are at work

blood pressure, diabetic testing and classes on dental hygiene,

along with hearing and vision testing.

San Quentin's Dental Department held classes to instruct inmates on proper dental care.

"There is a lot of frustration. People feel that they are not be-



Educating prisoners about STD's by spinning the big wheel

ing treated," said dental hygienist A. Zia. "We are providing information to the inmate about how to get the dental care and



Patient Advocate Raney Dixon

there. What's more, I'll track you down."

Dixon also holds a regular open line in each building and H Unit. As part of her mission, she is the American with Disabilities Act (ADA) verification representative.

Dixon said that although the CDCR and San Quentin Medical Department are large and complex, their goal is to provide the best health care possible and her job is to facilitate health requirements. Her objective is to get the men the help they need, Dixon said, "Come to the open line or send me an Inmate Re-



quest for interview. I'll help inmates navigate any impediments or overcome any difficulties they might encounter." Chiropractic Care by Joanna Hansen Many inmates complained of back problems, which led to a long line of people waiting for chiropractic services. San Quentin News asked chiropractic provider Janna Hansen why all the twisting and bending of the body that chiropractors perform relieves pain. Hansen said a person's brain and body communicate through the spinal cord and the nerves. She said, "One of the principal goals of chiropractic care is to adjust the spinal cord to improve and maintain a properly working nervous system." The nerves run through the spine and exit through joints of the spine, she said. Because the spine can get out of alignment, this puts pressure on the nerves. The pressure disrupts communication between the brain and the body. "The chiropractor's job is to correct the misalignment," she said. Hansen said that once the chiro-

about hepatitis/HIV/AIDS and handed out informational pamphlets highlighting prevention.

International Pastry of San Francisco donated morning pastries for the Health Fair volunteers.

Certificates of appreciations were presented to Carol F. Burton, Executive Director of Centerforce; Michael Shaw, Alameda Director Urban Male Health Initiative; Arnold Chavez, Alameda Urban Male Health Initiative, and Leslie Schoenfeld for organizing the health fair.

"This year the Health Fair was remarkable," said Burton. "We recognized Arnold Perkins for his vision and celebrated 10 years of sponsoring this annual event, determined to promote health, healthy lifestyles and a positive future for the population of men who attended the Fair." To find out more about Centerforce go to www.centerforce.org.

Steve Emrick, San Quentin Community Partnership Manager, and Michael Tyler, Chairman of TRUST presented the awards.

Angelo Falcone-Alvarez, TRUST Health Fair Coordinator and Secretary, emceed the event.

Raney Dixon, Patient Advocate San Quentin News asked Raney Dixon, San Quentin's Patient Advocate, her thoughts on inmate health.

Dixon said the San Quentin healthcare system "is not a perfect system." She said no healthcare system is, and so inmates, like people outside, "must be their own loudest advocate." However, when there are roadblocks and an inmate is bogged down, "That's where my job comes in."

As Patient Advocate, Dixon's mission is to go to bat for inmates regarding medical issues. She said that often, "a 602 is not the way to go." For example, she said, "recently an inmate was not getting the proper amount of his medication." What might have taken days or weeks through the appeal process, "I was able to resolve in a few hours." Glitches like this are one reason her role in inmate health care is so valuable. "I'm here for the men," she said.

A Registered Nurse and long-time member of the San Quentin medical team, Dixon is no pushover. She said, "I know B.S. when I see it. And I don't buy it, either." But for those legitimate concerns and causes, "I'm here for them."

Dixon said as a roving nurse she encounters difficulties the men don't even know they have. One man came to her open line, talking about a stomach problem. Dixon thought he didn't look good and treated the encounter as an emergency situation. Her instinct was correct: "He had appendicitis and needed emergency treatment."



Nurses checking prisoners blood for their cholesterol levels

If an inmate has a difficult time getting around or for some other reason can't make it into the clinic, Dixon will go see him. "It's not difficult to see me," she said, "just fill out an inmate request for interview and I'll be



Patient Advocate Raney Dixon

quest for interview. I'll help inmates navigate any impediments or overcome any difficulties they might encounter."

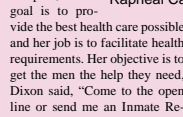
Chiropractic Care by Joanna Hansen

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The nerves run through the spine and exit through joints of the spine, she said. Because the spine can get out of alignment, this puts



Joanna Hansen giving a little chiropractic care



Line leading to the Lower Yard trailers where volunteers are explaining dental and health issues

practic provider adjusts the spine and upper neck, many of the difficulties and discomforts disappear. Getting the neck and spine back into proper alignment also "improves the blood flow throughout



Kim Bailey explains the causes and effects of diabetes

the whole body, which allows the organs to function as they are supposed to," she said.

Hansen said, "You may be a little sore, but that should go away after a day or two." With the spine adjusted and the blood flowing, most inmates reported improvement from their various ailments. "I feel great," said Louis Calvin after his adjustment.

Kim Bailey, Diabetes Care Kim Bailey provided insight about diabetic inmates at San Quentin.

"Diabetes means that a person has too much sugar in their blood,"



Earlonne Woods bracing for the finger poke

tes," she added. Bailey volunteers in the prison in several capacities, but she said one of her pet projects is to make sure the men know about diabetes. She said, "Be more active and eat more healthy foods" in order to avoid getting diabetes in the first place.

"It's a pleasure to be here and give back," said Nicholas Leslie Grant, a senior at Palmer Wester Chiropractor School.

"This is my first time participating in the Health Fair," said Alicia Covarrubias, R.D.H. "I am happy to be here. We are all human. I would love to come to future events. We are all the same, just experience different event circumstances."

"I'm impressed by the physical-natural environment," said volunteer, Marilyn Ababio. "When I saw all the people I wondered how many people really belong in here. I wish there could be more people who are real. We need men with their families."

"I was really excited to come here to talk to the people about their health," said Cordela Stern, a resident at San Francisco Medical Center.

"We served hundreds of people," said TRUST fellow Randy Maluenda, referring to the chiropractors.

"This is the second Health Fair I participated in, said Tam-



Reg Rausse getting his blood pressure checked

mi Clark. "A colleague of mine introduced me to the Health Fair. It really resonates with me to be able to communicate compassion. I volunteer to serve disadvantaged populations, like orphans in the slums of the world. There is dignity in the care we provide."

"Society labels people. I try not to look at the labels," said Arnold Chavez of Alameda County Health Department. "I try to show grace."

"I like to give those that are less fortunate a little love and hope," said Eric Jon McKilligan, a chiropractor with 20 years experience. "Only something good can come out of helping people."

"I used to volunteer to go on health missions in El Salvador,"

said chiropractor Lawrence Callaway. "When I was given the chance to treat people, I jumped on it."

"I was anxious to come to work today, and was surprised at all the people who are in here," said San Quentin dental hygienist L. Birchett. "I enjoy this new experience, and the volunteers are really nice."

"I'm gaining so much knowledge and experience," said T. Avila. "I would love to come



Volunteers in the ARC building helping prisoners with their health needs

back next year."

"I think that the Health Fair is positive, uplifting and needed. It's nice to see inmates being educated on health and dental," said Dr. Monique Le Sarre. "I worked at the Health Fair last year and noticed after the Health Fair a lot of inmate/patients started to take better care of their teeth," said registered dental assistant S. Turner.

"Centerforce will be back in January with Back to Family courses," said volunteer Ms. Lyles. "There's also a Centerforce office in Santa Rita for Valley State Prison."

"I'm here to help people," said Larry Vitale, RN, San Francisco State School of Nursing. "As humans we all need to help each other."

"To be so graciously invited to provide preventative health education materials to so many males, most of black and brown color, is a true God-given blessing," said volunteer, R. Marquez. "Esto tambien pasara," he added.

"Hopefully in the future I can continue to help (inmates) by get-



Prisoner learning tips about dental care from L. Birchett

ting a job here at the San Quentin hospital," said A. Hernandez.

"This is my third time that I have had the privilege of volunteering at the San Quentin Health Fair," said volunteer K. Powers. "I am proud to volunteer



Volunteers in the ARC building helping prisoners with their health needs

and help such a grateful and appreciative population of men."

"It is an honor to be with the talented young men of Kid C.A.T. who are demonstrating leadership in supporting our youth and parents in communicating about incarceration and healthy parenting tips," said Dr. Monique Le Sarre.

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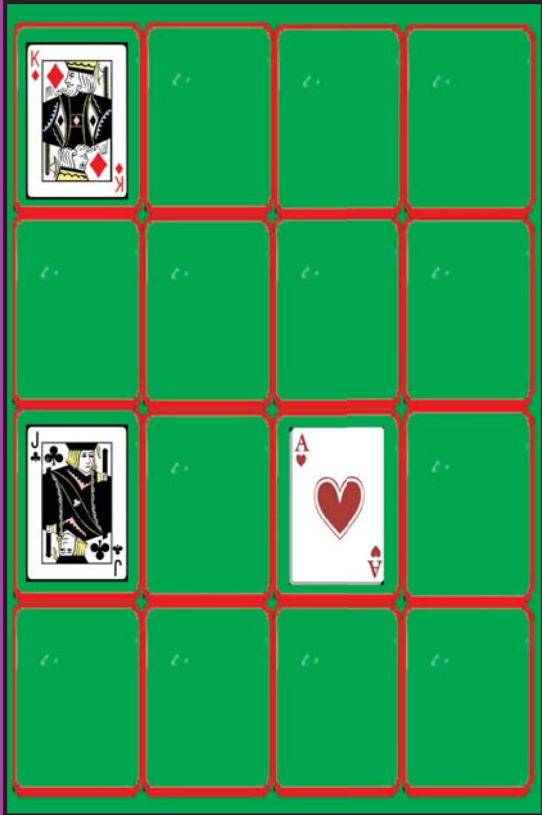


Chiropractor cracks the neck of a prisoner

ARTS & ENTERTAINMENT

Complete This Puzzle Win a Prize!

Fill up the squares so that each row, column and long diagonal contains a king, queen, jack and ace of each suit ?



The answer to last month's puzzle is: The penguin. All the other animals are located in the Arctic, whereas penguins are found in the southern hemisphere.

Congratulations to Brian David Johnsen, for winning July's contest and Gene McCurdy for winning last month's contest.

Congratulations to the following participants who entered the contest: Troy Ashmus, Don Brooks, Louie Calvin, William DeConter, Jack Donaldson, John Donaldson, Craig Gerstner, Michael Lain, Todd Williams.

Due to shortage of supplies, hats will no longer be issued as a prize.

Rules:

The prize will be for completion of brain twister puzzles. All puzzle submissions should be sent via u-save-em envelope to San Quentin News/Education Department. Only one entry per person.

All correct submissions will be place in a hat. The winner will be picked by drawing a name from that hat.

The prize winner will receive four Granola Bars. Prizes will only be offered to inmates that are allowed to receive the prize items. Inmates transferred, sent to ad/seg or otherwise not available to claim their prize will result in forfeiture.

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

Snippets

Remarkably, Ulysses S. Grant was plagued by five major scandals during his presidency. This made his term as the 18th president arguably the worst in U.S. History.

Eleanor inherited the Duchy of Aquitaine when she was at the young age of 15 years old. (1122-1204)

Many people assume that the Declaration of Independence was signed July 4, 1776. Instead, the Declaration was signed on August 2, 1776.

Estimated average age of United States Soldiers that entered the Vietnam War was 22. The average age of the most United States soldier that died was 23.

Money to buy books and health reasons lead Benjamin Franklin to become a vegetarian at the age of 16.

Bold enough to declare its independence from England, Rhode Island was the first colony in 1776. However Rhode Island was also the last colony to become a state.

Remaining the oldest news paper still in print as of 2011, *The Hartford Courant* was established 1764 in Connecticut.

A few towns actually sold their jails because the believed that the banning of alcohol would end almost all crime.

New England Fish Chowder and ice cream with hot fudge was John F. Kennedy's favorite foods.

Canada also celebrates Labor Day as a legal holiday. It's the first Monday in September for hard working people.

Ending their lives as slaves, as many as 130,000 freed slaves became Union soldiers during the American Civil War in 1861-65.



Last Issue's Sudoku Solution

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

Sudoku Corner

By Ray Van Pelz

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

Shenel Tells a Joke.

What does a nosey pepper do?



It gets jalapeño business!



Photo by Sam Hearn

Shenel

Book Review

By Randy Maluenda



BASKETBALL FOR DUMMIES (By Richard "Digger" Phelps) Coach breaks down plays and strategies for average people.



ORGANIZATION FOR DUMMIES (By Eileen Roth) Methods for getting your personal and professional life in order.



RULES OF ATTRACTION (By Bret Easton Ellis) Dark depiction of drugs and debauchery on a college campus.



VAMPS AND TRAMPS (By Camille Paglia) Classic collection of feminist commentary.



BERLIN STORIES (By Christopher Isherwood) Curious depictions of Weimar (Germany) cabaret society.

RATINGS:

Top responses are four trophies progressing downward to one; Responses which are two or less are not recommended reading.

An 'OG's' Perspective

50-Year Anniversary Of March on Washington

By Watani Stiner
Staff Writer

In keeping with the passing of the historical baton to the next generation, this column would be very remiss if it did not acknowledge or pay homage to the 50-year anniversary of the historic March on Washington. The 28th of August 2013 marked the 50th anniversary of the massive march for jobs and freedom, which had been denied to a racially segregated and disenfranchised African-American people. It was essentially a march for human respect and basic civil rights. Sadly over the years the remembrance and celebration of this landmark event has been somewhat tempered and reduced to a celebration of

"Often the path to freedom will carry you through prison."

--Martin Luther King, Jr.

only Martin Luther King Jr.'s "I Have a Dream" speech.

However, without diminishing the power of the message of Dr. King's speech, The March on Washington should be remembered for its broader implications as well as its historical emergence. We should not forget the countless "unnamed warriors" without whom the civil rights struggle could not have begun or been sustained.

The civil rights struggle involved more than The March on Washington. Young people should know that the 1956 Montgomery Bus Boycott was a key event in the civil rights struggle. On December 1, 1955, Rosa Parks, having decided that she was not going to give up her bus seat in servile deference to Whites, became the catalyst to a struggle which not only catapulted Dr. King to national fame but also built a model that Blacks in other Southern cities were soon to emulate.

Thus, in 1963, the centennial year of the Emancipation Proclamation, African-Americans launched a series of massive

demonstrations to expose the contradictions in U.S. society and demanded serious social change. One of the most notable of these was the Birmingham Demonstration of April 3, 1963 under the leadership of Dr. King and the Southern Christian Leadership Conference (SCLC). Racist violence continued to flare up against the demonstrators, but the peaceful marchers were adamant in their push for fair employment, desegregation of public facilities and dropping of politically motivated charges against the thousands of demonstrators arrested. Dr. King once stated, "Often the path to freedom will carry you through prison."

With more than 200,000 participants, The March on Washington for Jobs and Freedom was easily the largest and most dramatic multi-racial march in U.S. history. But the struggle for freedom, justice and equality was not achieved through one major march on Washington nor by the parade of powerful and eloquent speakers. However, it must be viewed as another his-

torical step in that direction -- another passing of the historical baton.

It is important for young people to know their history and to understand that the 1960's was a time when young people across this country received the historical baton. It was a time when they were breaking through racist barriers, opening up closed doors of opportunity, and raising critical questions about gender inequality, the war in Vietnam and the unequal distribution of wealth and power in this country.

The mid-sixties were filled with new challenges and creative possibilities, where strategies of violence were in sharp contention with ideals of peace. Two years following The March on Washington, I accepted the historical baton. And I am charged with the responsibility of passing it on to the next generation.

REFLECTIONS BY KEVIN D. SAWYER:

I was born a month to the day after The March on Washington. And in my lifetime the stories and images of the Sixties have been permanently etched in my mind.

Those pioneers of The March on Washington have passed the baton to us. Our history admonishes us to be vigilant in

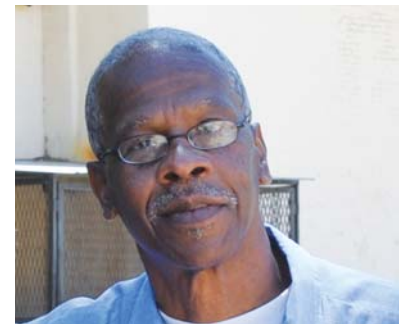


Photo by Sam Hearnes

Watani Stiner

the face of subtle and overt racism. Those things coupled with discrimination in employment, housing, banking and failing educational institutions still plague too many people in this country. Along with inadequate health care, gender discrimination, political malfeasance, and disparities in the criminal justice system, these things all have a diminishing affect on life's opportunities.

As Henry Louis Gates, Jr. and Cornel West said in their book, *The Future of the Race*, "Dr. King did not die so that half of us would 'make it,' and half of us perish, forever tarnishing two centuries of struggle and agitation for our equal rights."

Thus, the "Yes We Can" change President Obama spoke of during his initial campaign is the same change President Kennedy spoke of when he said, "Change is the law of life. And those who look only to the past or the present are certain to miss the future." I am that future.

African-Americans Voted 2% Higher Than Whites

By Kevin D. Sawyer
Staff Writer

For the first time (during the 2012 election), African-Americans voted two percent higher than whites, according to an article by the Huffington Post, citing a recent U.S. Census Bureau report.

The increase in electoral participation between 1996 and 2012 reflects 66 percent of eligible African-Americans voting, compared to 64 percent of whites, the report said.

In 1996, whites had almost an eight-point margin, according to Census Bureau numbers.

"[B]lack voter turnout has been rising steadily over the past five election cycles, and is now nearly 25 percent higher than in 1996," the Post reports.

However, according to the report, one out of every five black adults is ineligible to vote.

The report estimates there are 5.8 million adults excluded from voting in state and national elections because of a felony conviction—2.2 million are African-Americans.

"Approximately one in 31 American adults is under criminal justice control," according to a recent *Journal of Prisoners on Prison*. "Such figures disproportionately impact minority populations resulting in one in 27 Hispanics, and one in 11 blacks under the supervision of the state. If current trends continue, one in three black males can expect to be imprisoned in

their lifetime."

"I think there are too many people in jail for too long and for not necessarily good reasons," said U.S. Attorney General Eric Holder, in a recent speech before the American Bar Association.

If the lost black votes were factored into the black electoral participation it "produces a turnout figure up to 72 percent of the eligible adult population," the Post reports.

The criminal justice system's racial inequalities contribute to the high rate of African-American disenfranchisement when compared to other groups, the newspaper said.

Reforms in the law would increase the number of African-American's participation in the election process if their voting rights were restored, the report claims.

The number of disenfranchised would-be voters will further determine "the composition of the electorate in coming years," according to the report.

These potential voters are men and women who will have to work and pay taxes, but where voting is concerned, they have the status of second-class citizens, the report concludes.

In her book, *The New Jim Crow*, Michelle Alexander illustrates the impact of post-incarceration: "Upon release, ex-offenders are discriminated against, legally, for the rest of their lives... They are members of America's new undercaste."

BOOK REVIEW

Major Struggles Between The Family Structure and Complex Relationships

By Juan Haines
Managing Editor

"As I Lay Dying," by William Faulkner is a story about the complex relationships between family's patriarch, Anse Bundren, his oldest son Cash, middle boy Darl, youngest son Vardaman, and the daughter, Dewey Dell after its matriarch, Addie, has died.

Faulkner meticulous connects each character to Addie, giving each one a specific perspective on the world based on her influence on them.

Faulkner uses subtle metaphors through his literary prowess to support the storyline, which purports that the way Bundrens' multifaceted interrelationships function has created a backward thinking family. An example is the following passage that connections a river, life, and the family:

Before us the thick dark current runs. It talks up to us in a murmur become ceaseless and myriad, the yellow surface dimpled monstrously into fading swirls traveling along the surface for an instant, silent, impermanent and profoundly significant, as though just beneath the surface something huge and alive waked for a mo-

ment of lazy alertness out of and into light slumber again.

During, this brief period the reader is able to analyze Darl's thoughts while watching the river.

It is the third day after Addie's death. The family has traveled all night to arrive where Tull's bridge has washed out. They knew the bridge was washed out before setting out, and understood the dangers of crossing the river with a coffin-loaded wagon. Nevertheless, their sense of duty overrode common sense as they forged ahead, determined to get Addie to Jefferson, the city where she wanted to be buried.

The language depicts Darl as being in turmoil, even though at the river's edge, the Bundrens appear unified.

The journey already delayed and re-directed; Darl imagines the river is a powerful force to be surmounted in order to bury his mother. His senses tell him his mother should have been buried by the third day. Even though the prolonged time it takes to get to the burial site, that's not a point of contention, pointing out the unsophisticated nature of this family.

As the story goes on, each

character's subjectivity plays into a growing factor of adversity as to how to get Addie to Jefferson.

Faulkner's use of figurative language, i.e., "It talks up to us..." implies the river is sending a message to the family. The river's voice is described as clucks and murmurs that are ceaseless and myriad.

Clucks are animalistic, while murmurs are words spoken so faintly as to sometimes be unintelligible. These faint sounds are unending, and are all around him. This is what Darl hears and what he's listening to, which may imply that he understands what these sounds mean even though they are "clucks and murmurs," which may explain why later in the story, he burns down a barn, and apparently goes crazy. He wanted to appease his mother and end what took nine days to get her to Jefferson.

I read this novel while a student at San Quentin's college program, Prison University Project. As *I Lay Dying* has invoked many conversations with other students about family and perspective. Some of the points we each felt similarly, while others we interpreted similar text very differently.

It's a very good read.

Report: Shifting Offenders, Good Time Credit, Out of State Transfers Won't Meet Court's Prison Cap

By San Quentin News Staff

Shifting low-level offenders to county government control, giving good-time credits to some prisoners, and sending some inmates to out-of-state facilities will not get California's prisons at a court imposed inmate population cap, according to a recent study.

In 2011, the U.S. Supreme court ordered state officials to cap its prison population at 137.5 percent of designed capacity or approximately 110,000 inmates. The current prison population hovers around 119,000. The state has until Dec 31 to meet the cap.

Overseeing state officials' efforts to meet the cap is a

Federal District Court three-judge panel. The three-judge panel ordered state officials to create a list of prisoners who are least likely to reoffend if released from prison. The list is called the Low-Risk List. The three-judge panel told state officials if they cannot meet the cap, then they are to release prisoners based on the

Low-Risk List.

When examining the current prison population, the Public Policy Institution of California found 44 percent are considered to be at low risk for reoffending. (A large portion of these low-risk offenders have committed very serious crimes, such as homicide or kidnapping.)

The study also found, "a quarter of the prison population is rated high risk for recommitting a drug, property, or violent crime. Among those serving for nonserious and nonviolent offenses, 50 percent are rated high risk to reoffend."

According to the study, at end of 2012, the breakdown for the California inmate population:

- Eighty-eight percent contained a prior violent or serious felony conviction
- Sixteen percent registered sex offenders
- Twenty-five percent Second Strikers
- Nineteen percent serving life sentences with the possi-

bility of parole

- Seven percent Three-Strikers
- Four percent serving life without the possibly of parole

The study finds that between 1990 and 2013, prisoners age 50 and older grew from 4 percent to 21 percent, while the percentage of prisoners age 25 and younger declined from 20 percent to 13 percent. "Given that aging offenders tend to have greater health care needs, these trends present a particular challenge to providing constitutionally adequate health care," the study concludes.

These facts leave state officials with a conundrum: Do they release prisoners who committed a serious offense in the past, who have served their time and are now truly low risk? Or short-time prisoners who are more likely to return to crime once they're free? The choice may seem obvious, but how does the state convince a skittish public that this is the safest way to reduce the prison population?

U.S. Supreme Court Ruling Overturns Florida Man's Bank Fraud Conviction

By Ricky Harris
Staff Writer

The U.S. Supreme Court has ruled 5-4 that a man convicted of bank fraud was sentenced improperly, because his crime was committed before Congress changed the federal sentencing guidelines.

The result is that Marvin Peugh won a new day in court for re-sentencing. He might, or might not, wind up serving less time, due to the complicated nature of the sentencing guidelines.

BACKGROUND

Here is the background of the case:

Court documents show that between 1999 and 2000, Peugh was alleged to have defrauded a Florida bank of \$2.5 million. Peugh appealed his sentence to the 7th Circuit Court of Appeals and was denied. The Supreme Court reversed the Court of Appeals' decision.

Although the crimes took place in 1999 and 2000, the scheme was not discovered until years later, according to court records.

After 2009, the federal sentencing guidelines for bank fraud increased. In 2010, a federal District Court in Florida sentenced Peugh for the crimes committed 1999 and 2000 to five years, 10 months.

The majority on the Supreme Court accepted Peugh's argument that he should have been sentenced using the guidelines in effect during the commission of his crime, which

ranged between two years, six months, to three years, one month.

EX-POST FACTO

Court documents show that Peugh raised the issue with the District Court at sentencing, invoked the Ex Post Facto Clause to U.S. Constitution.

In 1984, Congress created the United States Sentencing Commission to address disparities in sentences for similar crimes.

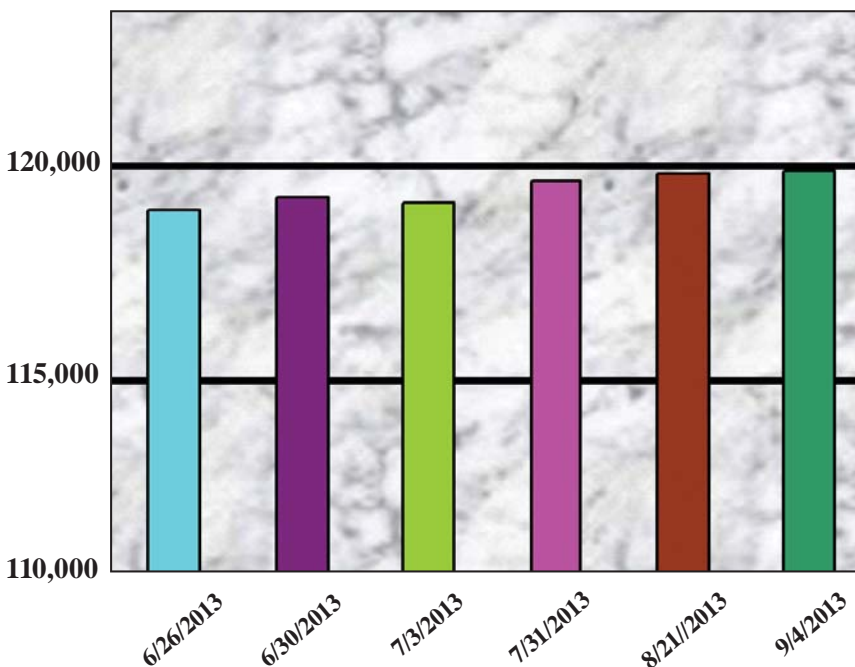
The commission developed the Sentencing Reform Act, which fixed ranges of imprisonment for criminal conduct to eliminate sentencing disparities.

In a related 2005 Supreme Court decision, *Booker v. Washington*, the Federal Sentencing Guidelines were modified on due process grounds, which gave judges more flexibility in sentencing. Portions of the Sentencing Reform Act, which made the ranges mandatory, were stricken, thus giving judges more sentencing discretion.

DECISION

In its 20-page decision, the Supreme Court clarified its recent decision stating that "a District Court should begin all sentencing proceedings by correctly calculating the applicable Guidelines range...to secure nationwide consistency, (it) should be the starting point and the initial benchmark," which was not done, according to the majority in the Peugh case.

CDCR Institutional Population Data Provide by CDCR Court ordered population cap = 110,000



Study: Offenders With Firearm Convictions Purchased Guns Through Street Sources

By Emile DeWeaver
Journalism Guild Writer

The Bureau of Justice Statistics performed a seven-year study on inmates in state prisons and found that a growing number of prisoners who possessed a firearm when they offended were getting their guns from street sources like drug dealers. Records show that 20.3 percent of interviewed prisoners had obtained their gun from a street source in 1997. By 2004, that number had risen to 25.2 percent.

During the same time period, the number of offenders getting guns from every specific category declined. There were eleven categories in all. In essence, state inmates were getting these firearms less often from retail stores, pawnshops, friends, and family. Overall, 11.3 percent of these inmates had purchased their gun from a legitimate outlet; 37.4 percent had obtained their gun from a family member or

friend; 11.2 percent had gotten their firearm from "other" sources; and 40 percent had secured their weapon from illegal sources like the "street."

"Type 1 Federal Firearms License (FFL) holders are a key supplier of guns to criminals"

San Quentin News interviewed seven inmates here at San Quentin who possessed a pistol while committing their offense. Of these seven, five bought or stole their gun from a drug dealer or other street market. While four interviewees requested anonymity, Justis Evans stated frankly that he's serving 19 years to life for a second degree murder he committed with a gun he stole from a street dealer.

George "Mesro" Coles—El also was armed when he committed the burglary for which he is serving 35 years. When asked where he got his gun, he blinked, paused and said, simply, "The street."

So who supplies the "street" with guns? According to the Violence Policy Center, Type 1 Federal Firearms License (FFL) holders are a key supplier of guns to criminals, and a 2006 AVP report points to "kitchen-table" gun dealers as prime offenders. "Kitchen-table" dealers are people who sell guns from their homes and offices but do not operate an actual store. They are the most numerous class of FFL holders in the U.S. While many secure FFLs to enjoy lower gun prices and "evade 'red tape,'" others use them to facilitate wholesale criminal gun trafficking. In fact, the ATF report "Following the Gun" found 23 percent of randomly sampled investigations involved "kitchen-table" dealers.

RELIGION

The Hebrew Month Of Elul Began August 7

By Dr. Carole Hyman
San Quentin Jewish Chaplain

This year, the Hebrew month of Elul began the evening of Aug. 7. Elul is the month during which Jews prepare for the High Holy Days: Rosh Hashanah (the Day of Judgment) and Yom Kippur (the Day of Atonement).

These two holidays, and the days in between, are collectively known as the "Days of Awe." Why "awe?" It is because during these days, we are given the invaluable gift of

being able to reflect upon and rectify the harm that we have done during the previous year.

If we truly repent from our heart-by confessing to God, making amends to our fellow human beings, and pledging sincerely to never repeat such harmful actions—our prayers for forgiveness will be heard and accepted by God. Such a possibility is truly awe-inspiring.

Imagine: At sundown on Sept. 4 (Rosh Hashanah), the Book of Life is opened. Whether or not my name will

be written in it for the coming year is determined by my efforts during the next 10 days, before the Book closes again at sundown, Sept. 14 (the end of Yom Kippur).

Each of us is instructed to reach out during these 10 days to those we have harmed in the past year, and ask for forgiveness; if we are rejected, we must return and try again, two more times.

After this, the matter is between the ones we harmed and God—but at least we know that we have tried our utmost



File Photo

Dr. Carole Hyman

to reconcile.

Finding the inner strength and humility to undertake such a daunting task is very difficult. For most people, it is hard enough to admit, even to themselves, that they are wrong. How much harder it is, to admit it to someone

else, three times.

Therefore, we use the month of Elul to prepare: by praying and studying our ancient and modern texts, hoping to receive the inspiration and sustenance to complete the task with integrity, and face the New Year—5774—with joy.

Conley Dukes Earns Freedom After More Than 30 Years in Prison

By Julian Glenn Padgett
Journalism Guild Chairman

After more than 30 years in prison, Conley Dukes was paroled and one of his first stops was to wade in the Pacific Ocean and say a prayer for the brother who helped him turn his life around.

When Dukes was first incarcerated at Old Folsom in the 1980s for kidnap robbery, his life was an extension of the life he led on the streets.

He sold drugs and hung with a bad crowd.

"I was incarcerated in the days when prison gangs ... controlled the yards," said Dukes.

He reported he used drugs regularly in prison and violated many prison rules.

"Prison was an extension of what I was doing on the streets. I was into smoking weed, cigarettes, and I had a criminal mentality. It was my way or the highway," Dukes commented.

It was not just his addiction to drugs, but his lifestyle was about manipulation, violence and get-

tification card," he explained.

Dukes spent 31 years in prison on a sentence of seven to life and when the parole board found him suitable, he discovered the power to forgive himself.

He said when he stepped into the parole board, he told God that whatever the outcome, he would be OK.

"The first words out of the commissioner's mouth were 'Mr. Dukes, we no longer find you a threat to society,'" Dukes said.

He recalled he blinked a few times and started to cry; it was like society had forgiven him and it all started when he forgave himself.

"I started gushing; seriously, my heart was overflowing," Dukes said. "It's hard to describe, it's a feeling you have to go through."

In 1982 Dukes was convicted of kidnap robbery yet he was eligible for parole in 1996 meaning that he could have possibly received a release date.

"But that didn't happen. Here I am 16 years after my mini-

while there, he was able to learn a trade in the Prison Industry Authority (PIA).

"I learned machine sewing, and I got certified to work with the machines," said Dukes. "I was basically doing fabric sewing."

While in administrative segregation, he began writing his brother, Skip, who had inherited 10.5 acres of land in Twain Heart, Calif.

"My brother knew I was in the hole behind drugs and he told me 'if I didn't quit using heroin that he didn't want me up there on our property,'" Dukes said. "That really stuck me deep."

When he got out of the (Ad-Seg) Dukes said he quit using drugs and started turning his life around.

"Before that, I spent 16 years on level four yards. I did 10 years at Old Folsom and six at High Desert," Dukes said. "Eventually my points came down and I went to Corcoran, where I ended up in the hole."

"When I got to Jamestown and got my trade, I enrolled in Narcotics Anonymous in 2002, I continued it when I got here," said Dukes.

He continued to do his sewing in the old San Quentin laundry. He also attended San Quentin's Kairos Christian retreat.

"No seed had been planted and after my dad was killed, I pulled away from religion," Dukes said. "I've always had a belief in God within me; I just got lost."

Dukes said he now believes

the California Board process has matured because now it is centered more on what a person is doing and not so much of who you are.

What helped him uncover his shortcomings were San Quentin's self-help programs: Victim Offender Education Group, (VOEG), Positive Attitude, The Work and Kairos, Dukes said.

"It took me three quarters of my life to find my authentic self and, through God and my church, I'm on track," Dukes said. "When I get out, I'm going to go to the beach and put my feet in the ocean and say a prayer for Skip (who has died). I love him and I miss him."

Dukes paroled and he did put his feet in the ocean and he did say a prayer for his brother.

S.Q. Mormons Celebrate Pioneer Day

"Early pioneers faced many challenges and some didn't survive"

By Chris Schuhmacher
Contributing Writer

A great divide separates San Quentin from Salt Lake City. However, this didn't stop a small group of Mormon inmates in San Quentin from celebrating Pioneer Day, one of Utah's biggest official holidays.

On July 21, San Quentin's Church of Jesus Christ of Latter-day Saints hosted its annual banquet to observe Pioneer Day. This is the day in Mormon history commemorating the entry of Brigham Young and the first group of Mormon pioneers into the Salt Lake Valley on July 24, 1847. The Latter-day Saints founded their new home after being forced by state militia from Nauvoo, Ill. and other locations in the eastern United States.

Twelve members from the congregation invited several inmate guests from outside the Mormon faith to join them to learn what Pioneer Day means to them.

"For me, Pioneer Day is about honoring the 25,000 people who migrated to the Salt Lake Valley

between 1846 and 1856," said Danny Plunkett, who comes from a Mormon family and has practiced his faith for the past 23 years of his incarceration.

"I've read many touching, joyful, and tragic personal accounts of the pioneers faith in the face of severe hardships. I am incredibly humbled to identify myself with them, and encouraged to face the physical and spiritual difficulties in my life," Plunkett added.

Bishop Perry, an outside supporter of the group, opened the evening with an invocation welcoming the 25 guests. He first started coming into San Quentin 15 years ago to meet with the Mormon inmates to share their faith. His wife Norma and Brother Dees, the outside LDS spiritual leader, joined Perry. Dees meets with the men every Sunday night for the past nine years for scripture studies and fellowship.

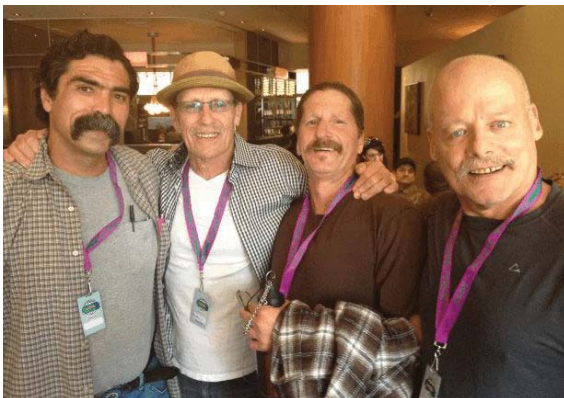
"The early pioneers faced many challenges and some didn't survive," said Dees. "I support this group of Mormon inmates, because they should be encouraged to retain their

faith despite the challenges they face."

The evening included prayers, hymns, and talks about the struggles of the early pioneers. Bishop Perry's wife, Norma, stirred the audience with her talk about the Willie and Martin handcart companies. Pioneers used these handcarts to transport their families and possessions across a grueling 1,350-mile trek lasting five months across the plains before settling in the alkali desert of Salt Lake.

"Mormons celebrate Pioneer Day with parades, fireworks, rodeos, and other festivities," said Norma, including songs, dances, potlucks, and pioneer-related activities. Next to July 4, Pioneer Day is the second biggest holiday in Utah and most governmental offices and businesses close for the day.

"We owe much to the pioneers and must never forget that the success of today is built upon the shoulders and courage of the humble giants of the past," Elder M. Russell Ballard wrote in a magazine article on church history.



File Photo

Homer McWilliams, Mike Conely Dukes, and Jeff Iangnese

ting things his own way. When Dukes went to his first parole board hearing, he said he did not have a leg to stand on. He had 18 serious rule violations, all related to drugs.

"I went in there and I didn't care on my first three board appearances. I just sent my identi-

mum eligible release date and I was finally found suitable after changing my life around," Dukes said.

Dukes arrived at San Quentin in 2005 after three years in Jamestown State Prison.

He said Jamestown was a good place for him because,

EDUCATION CORNER

New Electronic Program Scheduled to Begin This Fall

By Charles David Henry
Staff Writer

A group of San Quentin prisoners will have an opportunity to gain a competitive edge in the electronics industry, thanks to a new program scheduled to begin in the fall.

GOAL

"Our program goal is to prepare students for jobs and additional education by employing a unique entry-level, hands-on technician. In these programs, the student will gain a competitive edge and increase confidence in the industry," said D. Romo, Vocational Electronic Program instructor.

Twenty-seven students will be selected for the program. It will feature five different certifications designed to meet the growing need in communication technology. It will give these students hands-on experience to qualify for an

entry-level job.

"Three certifications will be offered in telecommunication: copper based-systems, fiber optics and electronic technicians," said Romo. Certifications will include customer service support specialists and certified technicians.

"Students will work on electronic equipment such as oscilloscopes, digital meters, function generators, and power supplies," added Romo, a University of California at Berkeley graduate in Electronic Engineering.

LEARN

Students selected to participate in this program will learn how to interview, create a resume, solve mathematical formulas, and develop communication and teamwork skills.

The program will take approximately a year and half to complete all five certifications. Those students selected will be trained from pre-apprentice to

apprentice levels, Romo said.

"Telecommunication, cable television, electronic manufacturing, electronic installation, fire/sprinkler alarm, computer manufacturing, and electro-mechanical companies have expressed interest in hiring students with any of these five certifications," Romo said.

EXPECTATIONS

"No previous experience is necessary. However, students with milestones requirements must be able to read basic English and solve basic math problems," reported Romo, who has worked five years with the California Department of Corrections and Rehabilitation.

This is a full time commitment. "My students must be serious about taking advantage of this great opportunity," Romo concluded.

For additional information, contact the Robert D. Burton Education Department at San Quentin.

Record-Breaking Athlete Applauds SQUIRES for Turning Life Around

By Rahsaan Thomas
Sports Editor

A record-breaking athlete credits the San Quentin SQUIRES program for helping him turn his life around. Today he is a successful football player for Laney Junior College in Oakland.

"I believe the most life-gaining experience that I've had was when we took a trip inside San Quentin Prison," said Tiapepe Vitale, a strong safety for Laney. "I learned the only person that can control your actions is you, nobody else."

Vitale first came into San Quentin at 14 as a guest of SQUIRES. The program features inmates, some convicted of murder, and some hosting

troubled youth. The youngsters see what prison life is really like.

The mentors warn them what could happen if they don't stay on the right path. They do so by telling their stories and giving the youngsters a tour. The teens are shown prison conditions uncut: actual cells, the showers, the yard and the dining room.

"It really impacted me to see those cells and hear men yelling. I wouldn't want to be stuck in a cell like that," said Vitale.

He applied what he learned and channeled his actions into football. "Playing football is how I express myself," said Vitale. He expressed himself very well his senior year. He ended it breaking De La Salle High School's rushing record with 2,100 yards to go along with 33 touchdowns, according to a Dec. 27, 2012 story by the Bay Area News Group. On top of all his accomplishments, Vitale maintained a 3.4 grade point average.

His team, the Spartans, won the 2012 California Interscholastic Federation Open Division state title under coach Bob Ladouceur. Ladouceur has won 399 games in 34 seasons, including five unbeaten and five championships.

His first San Quentin experience was difficult. He feared the bad things he heard about San Quentin. He also expected the "get in your face" attitude from the mentors, but became settled after hearing the men's stories. He wasn't able to open up, but the mentors eased his

way.

Four years later he had become someone kids look up to and came back to San Quentin to inspire others. He told the other youth, "Don't be afraid to open up."

On his return trip, he was able "to appreciate the mentors and understand the commitment they expressed to us in the SQUIRES program...I like the way men talked about forgiving ourselves and about a chance to change."

He recommends his 15-year-old brother, Tofiga, come to the SQUIRES program.

"We can never blame others for actions we do, and as people, we learn to understand that we have the responsibility of controlling our own actions and creating a positive



File Photo

Tiapepe Vitale in his football uniform



Photo Courtesy of Sacramento Bee

Tiapepe Vitale straight arms another player

Health & Wellness

By A. Zia, RDH
Brilliant Smile



A brilliant smile is a wonderful asset; it can win friends and influence people. But to keep a great smile, you have to know how to maintain healthy gums and strong teeth.

Teeth have three layers: The first and outer-most layer of the tooth is enamel. It is the hardest part of the tooth. The second layer is dentin. It is a porous layer made of very small tube-like structures. It is more yellow in color than enamel. When exposed, it is sensitive to hot, cold, and some times even air. The third layer is a mixture of nerves and blood vessels called pulp. It is the inner-most part of the tooth.

HOW CAN I WHITEN TEETH ?

The only way to whiten teeth is to use a whitening solution. However, there are preventative measures you can take to minimize staining, which can be caused by:

Erosion of the enamel. When saliva becomes more acidic (drop in Ph), it can dissolve enamel, which can lead to an increase in erosion (a white chalky stain). A root canal can also contribute to the discoloration of teeth over time. A root canal is performed when the nerve has died or is in the process of dying. It is necessary to clean out the dead or dying tissue and fill the space with a material known as gutta percha.

There are several other reasons teeth stain: sodas, red wine, artificially colored drinks, or dark colored foods, such as blue or blackberries and colored sauces like soy sauce or tomato sauce. Just because they stain your teeth does not mean that you should stop eating them. They are a good source of vitamin and are rich in antioxidants.

HOW CAN I PREVENT STAINING ?

Eat crunchy fruits and vegetables, which help to wash off stains.

Use a straw for colored drinks, take frequent sips of water during the day and rinse or brushing after eating. These simple but effective habitual changes improve our lifestyle and create bright and fresh smiles!

You can also make some minor adjustments to your diet that can prevent staining. Substitute soda with water. Eat berries in moderation or substitute them with apples, grapefruit, or melon. Try to eat stain-causing foods quickly to minimize their staining potential.

HOW CAN I GET RID OF BAD BREATH ?

Bad breath is an embarrassing condition caused with many different sources: eating onions, garlic, curries, drinking coffee or by medical conditions, such as dry mouth or heartburn/acid reflux. Two things you can do to prevent bad breath are:

Brush your teeth and tongue after eating. Brushing the tongue is important because 80 percent of the odor comes from the back of your tongue.

Take frequent sips of water throughout the day. This lubricates your mouth and prevents acidic erosion.

Simple modification to your daily habits can help you achieve and maintain a brilliant smile. This not only improves your appearance, but is good for your health.

(The purpose of this article is to provide simple tips. I will elaborate on dry mouth in the next article. If you have any comments, questions or would like to learn something else about your oral health, please send a U sav 'em to the San Quentin News.)

outcome in every situation that we face," Vitale said during a speech during a Terrance Kelly Youth Foundation dinner.

"He is a humble kid," said SQUIRES sponsor Ernest Pullman. "He didn't even know he

made the newspapers," Pullman added. Vitale gets most of his news off Youtube, Pullman also said.

Vitale found his way to the SQUIRES through the Kelly Foundation's EAGLE program, which helps troubled kids. Known as the TKFY, Landrin Kelly, the father of Terrance, founded it, says Pullman.

Terrance Kelly was another De La Salle football standout running back who was murdered. He did everything right and was killed for nothing the day before he was set to start at the University of Oregon, said Pullman.

Landrin became Vitale's role model after hearing him speak at schools.

Vitale said he chose to attend Laney because he wanted to stay close to home to be near family. His dream is to play for the 49ers. In the meantime, he would like to see more programs in the community because many kids don't have support from their parents.

New Activity Group 'H.E.R.O.E.S.' Focuses on Role-Playing

By Aaron "Imam Harun" Taylor
Sports Writer

Do you remember those guys from high school who used to play "Dungeons & Dragons" for hours and hours on end? Well, they grew up. You can see them everyday on television in "The Big Bang Theory," or... you can watch them on the yard and in the housing units here at San Quentin. They are called "H.E.R.O.E.S."

"We don't want guys in this group that can't follow rules"

Heroes Enabled through Role-playing & Organized Enrichment of Society. Yes, the Gamers are here at San Quentin and they take their role-playing seriously. Their group motto is an easy and inspiring statement:

"Leaving behind life as society's villains, we endeavor to play the role of heroes and learn to employ the heroic ideal for the benefit of our communities."

The Gamers reflect the broad spectrum of San Quentin's population and indeed, the American ideal – which is full integration. There are no barriers such as, "race, color, creed, national origin, ancestry, sex, marital status, disability, religious or political affiliation, age, or sexual orientation...." Any inmate who is a part of the general population at San Quentin can apply for membership into H.E.R.O.E.S.

Dungeon Master Christopher Bell said, "Not all of our members have English as their first language, so we have interpreters to help with the guys that speak Spanish, Cambodian, Vietnamese and one guy that speaks Arabic but his English needs a lot of work. We found one of the Muslims who speak Arabic – he learned while he's been incarcerated – and he translates for that guy and tells us the things that our member wants to clarify."

The Gamers get together as often as they can and usually spend several days a week "role-playing." Their mission: Chris Christensen explained it thusly, "Having gained insight, we as prisoners realize we can never undo the harm we've caused others in our own society. Nevertheless, we the members of San Quentin HEROES feel that through role-playing we can turn otherwise idle time into opportunities to change our mindsets and grow as mature, law abiding citizens."

The group's rules state that members must maintain a reputation of integrity. Members also must commit to the group's scheduled activities and have a release date of more than 90 days.

Game aids for the group include cubed dice that are, pyramidal, rhomboid and polyhedral shaped, with some die

20-sided. These aren't the type of dice used for gambling. Each die has a specific use, based on the characters and the realm created for the game. The uses range from combat levels to skill checks, to knowledge skills, diplomacy and perception. There also are miniature figurines, game templates, miniature expansion packs, membership and campaign cards; H.E.R.O.E.S. hats, pins and shirts. According to their by-laws, only the active members can, wear or possess these RPGA (Role-Playing Gamers Association), DCI (parent company of RPGA) and H.E.R.O.E.S game aids.

Violating H.E.R.O.E.S.

by-laws or getting disciplinary write-ups can get a group member suspended or even terminated.

"We don't want guys in this



Photo by Michael Nelson

(Back Row) Gilbert Villalovos, Jim Mardis, Ozair Richie, Emile DeWeaver, Chris Anderson, Jahkeem Stokes-Gulley, Clinton Martin, George Coles-El (Front Row) Sean Malis, Christopher M. Christen, Christopher Bell, Rodney Davis, Dwayne Jones, Michael Lain

Vietnam Veterans Group of San Quentin

VETERANS STAND OUT SERVICE AWARD

By Chris Schuhmacher
VVGSQ Chairman

The US military has a long tradition of decorating its members with ribbons and medals for their performance. Enlisted men, women, and officers alike, earn ribbons for things like Marksmanship and National Defense. Other awards include the Bronze Star, the Purple Heart, and the Congressional Medal of Honor which are earned for exhibiting qualities of loyalty, bravery, and valor.

In keeping with tradition, the VVGSQ created the Chairman's Stand Out Service Award to acknowledge members whose loyalty and service to the group went above and beyond the call of duty. The honorees received Certificates of Appreciation at the VVGSQ's monthly meeting

The VVGSQ unveiled a commemorative plaque at their annual Scholarship Awards Banquet with all of the past year's recipient's names on it. The plaque currently sits on display in the main visiting room for viewing by the San Quentin community and their families.

Vietnam Veterans Group of San Quentin
Chairman's Stand Out Service Award
2012 – 2013

August - Pete Rooke	February - Lt. Ken Evans
September - Darryl Farris	March - John Warren
October - Kenneth Goodlow	April - Norfleet Stewart
November - Craig Johnson	May - David Basile
December - Lawson Beavers	June - Johnny Gomez
January - Stanley Baer	July - Gregory Sanders

"I want to honor these men for their loyalty and service to the group. They displayed exemplary conduct above and beyond the call of duty"

group that can't follow rules," said group Scribe George Coles-El. "Everybody has to follow the rules, and that includes men who are moving forward to change their mind state to one that will enhance and be a benefit to our communities while in here and upon release. You can't be a benefit to society if you can't follow rules, it's just that simple."

Games include Dungeons & Dragons, Dungeons & Dragons Campaign, D&D: Living Grey Hawk, Star Wars LIVING FORCE, Call of Cthulhu, Eberron, and Rifts.

Characters vary from game to game, and are as exotic as the games themselves. It's almost like watching a "Lord of The Rings" movie played out right on the yard. The have Rangers, Rogues, Paladins, Wizards... Hobbits, Elves, etc.

One staff member working inside West Block is very enthusiastic about the Gamers and has offered to be their sponsor. "I think it's great. These guys have found a way to work on themselves while being incarcerated," he said. "They're doing something that's actually therapeutic for

them and they aren't the ones that are causing problems in the housing units nor on the yard. Excellent examples on how to program."

Not everyone is happy about this group being at San Quentin. During weekly meetings in the gym, they sometimes can get complaints about how many desks are being used by the Gamers. However, in fairness, because of the size of their group, the 4-seat table simply couldn't accommodate them. On average, there are 8 to 12 players per session.

At least one staff member has referred to them as "Worshippers of Satan" and has vowed to get them banished from San Quentin. In response, the group's Scribe M. Coles-El stated "That's a prime example of why there is a separation of Church and State in the United States."

To all these avid Gamers, I can only say "Peace... and may The Force be with you, always."

More information about RPGA can be found by writing to the following: Wizards of the Coast, Inc. P.O. Box 707 Rento, WA 98057-0707.

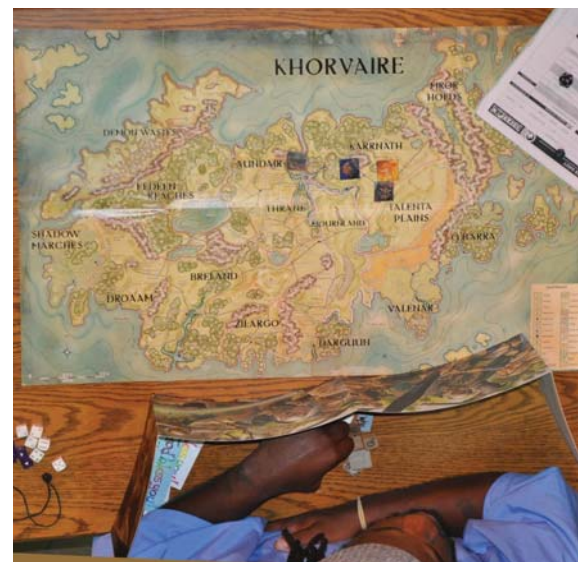


Photo by Michael Nelson

Map of the fantasy world of Khorvaire

2013 NFL Schedule

Week 1. THURS, SEPT. 5 Baltimore at Denver **SUN, SEPT. 8** New England at Buffalo, Cincinnati at Chicago, Miami at Cleveland, Atlanta at New Orleans, Tampa Bay at NY Jets, Tennessee at Pittsburgh, Minnesota at Detroit, Oakland at Indianapolis, Seattle at Carolina, Kansas City at Jacksonville, Arizona at St. Louis, Green Bay at San Francisco, NY Giants at Dallas **MON, SEPT. 9** Philadelphia at Washington, Houston at San Diego **Week 2, THURS, SEPT. 12** NY Jets at New England **SUN, SEPT. 15** St. Louis at Atlanta, Carolina at Buffalo, Minnesota at Chicago, Washington at Green Bay, Miami at Indianapolis, Dallas at Kansas City, Cleveland at Baltimore, Tennessee at Houston, San Diego at Philadelphia, Detroit at Arizona, New Orleans at Tampa Bay, Jacksonville at Oakland, Denver at NY Giants, San Francisco at Seattle **MON, SEPT. 16** Pittsburgh at Cincinnati **Week 3, THURS, SEPT. 19** Kansas City at Philadelphia, **SUN, SEPT. 22** Green Bay at Cincinnati, St. Louis at Dallas, San Diego at Tennessee, Cleveland at Minnesota, Tampa Bay at New England, Arizona at New Orleans, Detroit at Washington, NY Giants at Carolina, Houston at Baltimore, Atlanta at Miami, Buffalo at NY Jets, Indianapolis at San Francisco, Jacksonville at Seattle, Chicago at Pittsburgh **MON, SEPT. 23** Oakland at Denver **Week 4 THURS, SEPT. 26** San Francisco at St. Louis **SUN, SEPT. 29** Baltimore at Buffalo, Cincinnati at Cleveland, Chicago at Detroit, NY Giants at Kansas City, Pittsburgh at Minnesota, Arizona at Tampa Bay, Indianapolis at Jacksonville, Seattle at Houston, NY Jets at Tennessee, Philadelphia at Denver, Dallas at San Diego, Washington at Oakland, New England at Atlanta, **MON, SEPT. 30** Miami at New Orleans -Bye: Green Bay, Carolina **Week 5, THURS, OCT. 3** Buffalo at Cleveland **SUN, OCT. 6** New Orleans at Chicago, New England at Cincinnati, Jacksonville at St. Louis, Baltimore at Miami, Philadelphia at NY Giants, Detroit at Green Bay, Kansas City at Tennessee, Seattle at Indianapolis, Carolina at Arizona, Denver at Dallas, San Diego at Oakland, Houston at San Francisco, **MON, OCT. 7** NY Jets at Atlanta -Bye: Minnesota, Pittsburgh, Tampa Bay, Washington **Week 6, THURS, OCT. 10** NY Giants at Chicago, **SUN, OCT. 13** Cincinnati at Buffalo, Detroit at Cleveland, Oakland at Kansas City, Carolina at Minnesota, Philadelphia at Tampa Bay, Green Bay at Baltimore, St. Louis at Houston, Pittsburgh at NY Jets, Jacksonville at Denver, Tennessee at Seattle, New Orleans at New England, Arizona at San Francisco, Washington at Dallas, **MON, OCT. 14** Indianapolis at San Diego -Bye: Atlanta, Miami **Week 7, THURS, OCT. 17** Seattle at Arizona **SUN, OCT. 20** Tampa Bay at Atlanta, Cincinnati at Detroit, Houston at Kansas City, Buffalo at Miami, New England at NY Jets, Dallas at Philadelphia, Chicago at Washington, St. Louis at Carolina, San Diego at Jacksonville, San Francisco at Tennessee, Baltimore at Pittsburgh, Cleveland at Green Bay, Denver at Indianapolis, **MON, OCT. 21** Minnesota at NY Giants -Bye: Oakland, New Orleans **Week 8, THURS, OCT. 24** Carolina at Tampa Bay, **SUN, OCT. 27** Dallas at Detroit, Cleveland at Kansas City, Miami at New England, Buffalo at New Orleans, NY Giants at Philadelphia, San Francisco at Jacksonville, Pittsburgh at Oakland, NY Jets at Cincinnati, Washington at Denver, Atlanta at Arizona, Green Bay at Minnesota, **MON, OCT. 28** Seattle at St. Louis -Bye: Chicago, Tennessee, Indianapolis, San Diego, Baltimore, Houston, **Week 9 THURS, OCT. 31** Cincinnati at Miami **SUN, NOV. 3** Kansas City at Buffalo San Diego at Washington Atlanta at Carolina Minnesota at Dallas, Tennessee at St. Louis, New Orleans at NY Jets, Tampa Bay at Seattle, Philadelphia at Oakland, Pittsburgh at New England, Baltimore at Cleveland, Indianapolis at Houston, **MON, NOV. 4** Chicago at Green Bay -Bye: Denver, Detroit, NY Giants, Arizona, San Francisco, Jacksonville **Week 10 THURS, NOV. 7** Washington at Minnesota **SUN, NOV. 10** Seattle at Atlanta, Detroit at Chicago, Philadelphia at Green Bay, Jacksonville at Tennessee, St. Louis at Indianapolis, Oakland at NY Giants, Buffalo at Pittsburgh, Cincinnati at Baltimore, Carolina at San Francisco, Denver at San Diego, Houston at Arizona, Dallas at New Orleans **MON, NOV. 11** Miami at Tampa Bay -Bye: Cleveland, Kansas City, New England, NY Jets **Week 11 THURS, NOV. 14** Indianapolis at Tennessee **SUN, NOV. 17** NY Jets at Buffalo Baltimore at Chicago Cleveland at Cincinnati Atlanta at Tampa Bay, Arizona at Jacksonville, Oakland at Houston, San Diego at Miami, Washington at Philadelphia, Detroit at Pittsburgh, Kansas City at Denver, Minnesota at Seattle, San Francisco at New Orleans, Green Bay at NY Giants **MON, NOV. 18** New England at Carolina -Bye: Dallas, St. Louis **Week 12 THURS, NOV. 21** New Orleans at Atlanta **SUN, NOV. 24** Pittsburgh at Cleveland, Tampa Bay at Detroit, Minnesota at Green Bay, San Diego at Kansas City, Chicago at St. Louis, Carolina at Miami, NY Jets at Baltimore, Jacksonville at Houston, Indianapolis at Arizona, Tennessee at Oakland, Dallas at NY Giants Denver at New England **MON, NOV. 25** San Francisco at Washington -Bye: Buffalo, Cincinnati, Philadelphia, Seattle **Week 13 THURS, NOV. 28** Green Bay at Detroit Oakland at Dallas, Pittsburgh at Baltimore **SUN, DEC. 1** Tampa Bay at Carolina, Jacksonville at Cleveland, Tennessee at Indianapolis, Denver at Kansas City, Chicago at Minnesota, Miami at NY Jets, Arizona at Philadelphia, Atlanta at Buffalo, St. Louis at San Francisco, New England at Houston, Cincinnati at San Diego, NY Giants at Washington **MON, DEC. 2** New Orleans at Seattle **Week 14 THURS, DEC. 5** Houston at Jacksonville **SUN, DEC. 8** Indianapolis at Cincinnati, Buffalo at Tampa Bay, Kansas City at Washington, Minnesota at Baltimore, Cleveland at New England, Carolina at New Orleans, Oakland at NY Jets, Detroit at Philadelphia, Miami at Pittsburgh, Tennessee at Denver, NY Giants at San Diego, 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Website 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 fear of the unknown when a loved one is charged and arrested, or sentenced to imprisonment in the United States. PrisonPath provides information including the ability to find a person incarcerated, visitation rules, contact numbers, and more about every American prisons or jails. It also allows families and friends of inmates to communicate with each other on a specific page.

We Want To Hear From You!

The San Quentin News encourages inmates, free staff, custody staff, volunteers and others outside the institution to submit articles. All submissions become property of the San Quentin News.

Please use the following criteria when submitting:

- Limit your articles to no more than 350 words.
- Know that articles may be edited for content and length.
- The newspaper is not a medium to file grievances. (For that, use the prison appeals process.) We encourage submitting articles that are 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.

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City of Davis Offers Neighborhood Court Based on Restorative Justice

By Ted Swain
Contributing Writer

The City of Davis has begun offering court hearings that offer faster resolutions to minor offenses than traditional criminal proceedings. The hearings, called Neighborhood Courts, are based on the concept of Restorative Justice.

The outcomes of Neighborhood Courts are more satisfactory to all involved, according to a report by the Friends Committee on Legislation of California.

The Restorative Justice concept gives victims a role in criminal proceedings. The goal is to allow the victim to express how the offense has been damaging, gives an offender the chance to understand the damage done, and allows the community to have a stake in deciding how to repair the damage. The result comes closer to repairing the harm instead of the traditional focus on punishing offenders for wrongdoing, according to proponents of the concept.

"Instead of being upset and angry, offenders are accepting responsibility - owning up to what they did, and walking out of the process with an opportunity to make it right," according to Lisa Rea, founder of Restorative Justice International. "It's much more meaningful for everyone!"

Neighborhood Courts offer a way for offenders to repair any harm without being criminally charged, thus avoiding a record.

Although state legislation authorized Neighborhood Courts in 1992, it was almost 20 years before San Francisco established the first such court in 2012. The results of the Neighborhood Court are more satisfying for both victims and offenders, according to George Gascon, District Attorney for San Francisco. The City of Davis established the state's second Neighborhood Court last February.

When a Davis police officer arrests someone or issues a citation for qualifying offenses, the offender receives a "yellow ticket." The ticket offers the offender an opportunity to accept responsibility for the offense. For those willing, he or she can accept responsibility, go through the Neighborhood Court, meet with a panel of members of the community, and reach a resolution to make amends or "restore" the victim.

The entire process is designed to be completed in a matter of weeks, rather than months or years.

SPORTS

Professionals and Guest Lend S.Q. Tennis Players a Hand

By **Rahsaan Thomas**
Sports Editor

Professional and highly ranked guest tennis players are helping San Quentin inmates improve their game.

"The guys really are getting better. It's a unique experience and I love to play here, even though it's only for an hour or two," said Evan Cox, who played four years of college varsity and studied with pros.

The latest stats show a marked improvement. In the past, the guests usually won, but now inside pairs such as N. Young and Nyugen, and Paul Oliver and Paul Alleyne, have been winning. In fact, on July 20, San Quentin in-

mates won all the matches.

The visitors have included Olympic Gold Medalists Bryan Brothers, people from Stanford, the University of California at Berkley, Michigan State, University of San Francisco and St. Mary's.

There was also Brad Gilbert, Past Cash, plus the likes of Jennifer Mills, Evan Cox and his son, Ryan, Ted Saltviet, David Neagle, Yvonne Madden plus many others who enter the prison on Saturday morning to play the inmates in tennis.

Evan Cox said he has wanted to see the inside of San Quentin since hearing about it from an oil crew co-worker called "Dutch," who did time in the Q back in the

1970s. He said he likes seeing how inmates are "dedicated to getting better, and the healthy attitude we can all learn from."

Yvonne Madden decided to play at San Quentin because she heard "from Harbor Point members it was a good experience" and she has "enjoyed everyone I met."

Visiting netters were invited by staffer-coach Don Denivi. Inmate team captain Ronnie Mohamed said the prisoners come up with a name for the team: Inside Tennis Team.

The visitors have taught the prisoners "to be patient, have courtesy and respect for all people and to reestablish communication and social skills with



Photo by Lt. Sam Robinson

Mark, Rick Hunt, Paul Alleyne, Paul Oliver, Ronnie Mohamed, Chris Schuhmacher, Crag, Andy, N. Young Jason Taylor, Gail, Diana, Annika, Raphael Calix,

people so that we can groom ourselves back into society upon our release," said Mohamed.

Results as reported by ITT Commissioner Jason Taylor: N. Young and Nyugen lost 4-0 to Ryan and Evan Cox, who also beat Slaughter & Barrows 3-4 and Young & Nyugen again 4-1 on June 29.

Tim Thompson and Oliver beat Mills and Chris Morgan 4-3.

Chris Schuhmacher and Calix lost to Mills and Morgan, 4-0 on June 29.

Oliver and Alleyne lost 3-4 to Evan Cox and Saltviet; Young

and Orlando Harris lost 2-4 to Eddie and Steve; Young and Nyugen beat Eddie and Steve 4-3; and Calix and Barrow beat Eddie & Steve 4-2 on July 13.

ITT players went undefeated against the guests on July 20 as follows:

Oliver and Alleyne beat Neagle and Tom 7-5; Young and Nyugen beat Mills and Saltviet 4-0; Thompson and Barrow beat Madden and Neagle 4-1; Calix and Taylor beat Saltviet & Tom 4-0.

—Aaron "Imam Harun" Taylor contributed to this story

A Walk Off Homerun Gives Giants Victory Over the A's, 12-11

A walk off homerun by catcher Danny Schrader lifted the San Quentin Giants to a 12-11 victory over the San Quentin A's in eight innings of baseball.

The score was tied up at the bottom of the last inning. When asked what the Giants were going to do to take the lead back, Coach Elliot Smith replied, "The first guy at bat is going to lead off with a homerun." That's exactly what Schrader did.

"I feel good about my performance, but it was a team win. Teams always win games," said Schrader.

The game ended with only eight innings due to a deal to release the field to soccer players at 1 p.m. When the soccer teams arrived, the bottom of the eighth had just began. The deal was extended to allow the players to finish the inning.

Early on, the Giants played from behind. The A's led 4-2 at the top of the fifth. The Giants took the lead with a three-run homer by Schrader.

The Giants rallied again to increase their lead in the sixth inning. With two outs, Michael Tyler singled, followed



Photo by Sam Hearnes

The San Quentin Giants and Coach Elliot Smith

by a Mark Jordan double that brought in one run, leaving the score at 7-4. Schrader had a base hit that advanced Jordan's pitch runner to third. Christopher Smith reached first on a Cleo Cloman error that also brought in a run, leaving the score 8-4. Ellis' deep hit threaten to be a home run, but was caught by A's center-fielder Otter Townes, ending the inning.

"Baseball, it's up and down," said A's player Anthony Denard.

The A's switched pitcher John Appley for Kelam to no avail. In the seven inning, the

A's got two runs, while the Giants got three more, leaving the score 11-6 Giants.

Down five at the top of the eighth, the A's rallied back with a lead off base hit by center fielder Bilal Coleman and a double by Kelam, leaving runners on second and third. Then "Red," who arrived late, came up to bat for the first time and hit a double with two RBIs.

"Just came off a visit for my anniversary. My wife, Mrs. Casey, got me hyped up," Red said, explaining his success at the plate.

Next up was Cloman, who hit another double that brought in two runs, leaving the score 11-10, Giants.

The Giants switched out pitcher Jeff Dumont for Mario Ellis to finish the inning. Ellis didn't give up any other runs, however, Cloman stole third and then stole home on an overthrow, tying the game 11-11. The inning ended with a pop-up out by Paul Alleyne, a base hit by Royce Rose and the striking out of Ruben Harper.

Then came Schrader with the walk-off game winning homer.

—Rahsaan Thomas

Discipline Taught Through The Game of Horseshoes

By **Ruben Harper**
Sports Writer

Horseshoe tossing will never rival basketball or football for the most popular sport at San Quentin Prison. However, for Isiah "Zeke" Daniels, the sport that most people consider just a hobby taught him discipline and brought him into a brotherhood of fellow aficionados.

Tournaments are held periodically, involving about a dozen competitors.

Pitching horseshoes is a game of hand and eye coordination. It requires muscle memory for a horseshoe player because it involves using various gripping techniques to make the tossed horseshoe turn in specific ways in an attempt to encircle a stake in the ground around 45 feet away.

The difference between pitching and throwing horseshoes is "throwing horseshoes is for the inexperienced, and pitching them is for the experienced people," Daniels explained. "Each time you pin it, it is three points and called a ringer. A double ringer is a "six-pack."

He proudly added, "In a series of regular games, I've pitched 12 six-packs, during the evening yard, and that is about an hour and 30 minutes. That is a six-pack nearly every other pitch, averaging a ringer percentage of 80 to 85 percent."

G r o w -

ing up in West Virginia, Daniels learned how to control his pitching arm.

"I was 14 years old when I started pitching washers into a hole," Daniels said.

Daniels continued to develop his horseshoe pitching skills after moving to Nebraska in 1985.

"There were horseshoe circuits I participated in as a contestant," he said. "Some of those guys seemed to never miss. They were professionals, in my book."

Daniels described these tournaments as good experiences to connect socially with people.

"In horseshoe circuits, the majority of the contestants were black, white and Indian. It was an array of cultures in acceptance of each other," he said. "The horseshoe pitchers were good old boys. They only cared about your game, and not your race."

Daniels is convinced that his job traits as a certified drug and alcohol counselor are the same traits he uses when pitching horseshoes — patience, discipline, tolerance and dealing with all cultures.



Photo by Sam Hearnes

Isiah Thomas throwing the horse shoe



Photo by Sam Hearnes

Lt. Robinson and the San Quentin A's and Coach Rich

S.Q. Warriors Rumble Past Christian Ministries by 30

The San Quentin Warriors whipped the outside Christian Ministries team by 30 points with great energy and focus on defense 112-82.

"My team played with energy from the start of the game, got boards and loose balls," stated Warriors coach D. Wright. "Our focus on defense caused a gang of turnovers," added Warriors player A. McIntosh.

The passion exhibited may have been due to the return of Ministries player Tyson, who dropped about 40 on the Warriors last season. "They got amped up cause Tyson was here and we didn't match their energy," said Ministries player Ben Ilegbodun, whose 32 points

and 12 rebounds weren't nearly enough.

The Warriors defense matched up guard Alias Jones against Tyson L. Jones ended up with seven rebounds, three steals, one block and five points. Meanwhile, Tyson scored 13, but, despite great speed and his ability to get to the rack, missed many lay-ups and ended up making only five out of 17 shots.

Tyson says he was off because he "hadn't played in a year." "In shape and ready to go, Tyson drops 40," added teammate Ilegbodun.

The win improves the Warriors record to three wins and six losses against the Bill

Epling's Christian Ministries team. "They ain't coming in here and winning no more my told players me," Warriors coach Wright said.

'My team played with energy from the start of the game'

Leading Warriors scorer Michael Franklin stated, "this is the best team in 10 years and we ain't playing at our top performance yet. Wait till we gel," after a previous win in July, where he scored 35.

Perhaps they've gelled now. In this August 3 game, the Warriors had 15 assists and several players scored in the double digits. Franklin scored 37 points with 18 boards, McIntosh: 22 and 14, Anthony Ammons: 14 and 14, Reese Hanks: 13 and 10, Jah Strokes and MD Vines added 10 points apiece.

The game didn't start so good. Warriors player Marcus Cosby was having heart prob-



Photo by Sam Hearnes

A. McIntosh #35, K. Kelly #22, Ben Ilegbodun #14 and Mike Franklin #17 shooting the ball at the free throw line

lems towards the end of the first quarter and "man down" had to be called. By the time medical arrived, he was feeling better, but was taken for a check up anyway. As he left, Coach Wright stated, "you won't play again for the Warriors without a doctor's note." The quarter ended with Christian Ministries up, 19-16.

Then the Warriors turned it up, led by Franklin. Ministries defensive plan became stopped Franklin. "Let's get on 17 (Franklin). Shut him down," Ministries player Ivy exclaimed. Ilegbodun volunteered to take on

that duty, but to no avail.

The second quarter ended 53-39 Warriors.

"We have to pick up our offense and defense, they're possessed right now. Hopefully we'll get Ben hot and make a few threes," stated Ministries coach Epling during the half time break.

Franklin slammed dunk in the third, making the score 70-48 Warriors. The Ministries team never got closer than 14 from that point on. The Warriors kept playing with energy and closed the game out.

—Rahsaan Thomas

AROUND SAN QUENTIN SPORTS NEWS

The Underdogs beat the Turf Balla'z, 55-48, to make the playoffs in the San Quentin Intramural Basketball League on July 21. The Starting Five beat the Upsetters 44-36 for a playoff spot as well.

On July 27 the first round of best of three playoff series games began.

The Underdogs (5-9) upset Madd Skillz (11-2) in the first round of the playoffs.

Battleship (11-1) beat Starting Five.

De Don't Do It beat the Pisanos Con Negroes and the Transformers beat the Real Ballers, 47-33.

On Aug. 3, the second round of playoff results for intramural league were:

Madd Skillz beat The Underdogs, 57-42, leaving the series tied at a game apiece.

The Battleship destroyed The Starting Five, 77-42, winning the series, 2-0.

The Transformer eliminated the Real Ballers, 2-0.

DDDI eliminated the Pisanos Con Negroes, 2-0.

The Championship Basketball League records thru Aug. 5 (four-on-four half-court):

We'll Deal with It	7-2
Fully Loaded	6-2
Game Time	5-2
Death Row	5-3
The Assassins	5-3
Shots Fired!!!	4-4
Solo	3-5
The Yardbirds	2-5
The Truth	2-6
Above the Rim	2-6
Most Hated	2-6

The San Quentin Warriors basketball team beat the Christian Ministries team, 115-102, on July 6.

The Warriors lost to the Christian Ministries, 94-79, on July 20.

The Warriors beat Golden Gate Baptist Theological Seminary team on July 27, 80-71.

The Kings beat an unnamed outside team, 57-56, on July 27. The outside consisted of Tom Olinger, Joel Simmons, Josh Smith, Mike Gallagher, John Brewster, Gareth Hancock and Joe.

Results for tennis doubles for Aug. 3 were:
Paul Oliver & Paul Alleyne lost to Christian & Doug Berg, 3-4;

Smith and Orlando Harris beat Leslie B. & Mark, 4-2;

N. Young & Ngoc Nguyen lost to Christian & Doug Berg, 2-4;

Raphael Calix & Leslie lost to Schuhmacher & Pat B., 3-4;

Jason Taylor & Rick Hunt lost to Diana Coupard & Doug, 2-4.

In baseball news,

The San Quentin Giants lost to the Redwood Empire, 7-0.

The San Quentin A's beat the Los Angeles Dodger Town after 10 innings, 7-6.

The San Quentin Hardtimers softball team beat Lizzie & Company, 14-7, on July 28.

Outside Softball Team Diego Boys Defeat San Quentin's Hardtimers

By Rahsaan Thomas
Sports Editor

The San Quentin Hardtimers softball team put up a fight in its 25-19 loss to the outside Diego Boys team.

"We tried," said Hardtimers outside Coach Rich.

It was a good try against the skilled group. "We enjoy playing against the S.Q. Hardtimers. They play as good as the players we play against on the street. We are part of an upper D-league team," commented Diego Boys' Coach Phil Martino.

The Diego Boys jumped out to a five-point lead in the first two innings, but the Hardtimers responded. Ronald Dalton Martin hit a lead off homer in the first inning and by the top of the third, the score was six to five.

After a home run by the Diego Boys' Captain, the score

was tied, six to six. Diego Boys threatened more runs, with a base hit by right fielder B. Rice and a line drive towards third by Squires, but Hardtimer third basemen Mark Jordan launched a double play, ending the inning.

The Hardtimers took the lead in the bottom of the third with a series of almost back-to-back base hits by Martin, Sandy "Rasheed" Lockheart, Otter Blake, Tim Fielder, Malcolm and Michael "Hawkeye" Flemming, leaving the score nine-six.

The Hardtimers posted great defense in the Aug. 2 game, thanks to players such as Mark Jordan, who triggered three double plays and threw out several batters. The team boosted its runs to 12, while holding the Diego Boys to one additional homerun by Schwedy.

In inning six, the Diego Boys

rallied with 13 runs on errors, several base hits, a three-run homer by Diego Boy Bee and a grand slam by Demar, plus another home run hit by Schwedy, leaving the score 20-12, Deigo Boys.

The Hardtimers had almost no response, while the Diego Boys racked up five more runs to the Hardtimers one.

However, even with the score 25-13, the Hardtimers didn't give up. Shon "Jahid" Ruffin led off the ninth inning with a base hit. John Windham followed up with another. Centerfielder Kelam got on base on an error, which brought home Ruffin's pitch runner. Mario Ellis hit a double so deep it was almost a home run, which brought in Windham, although Kelam got thrown out at third, leaving the score 25-15 with one out and one man on base.

Then Jordan came up to bat. The normally great hitter was 0-4 at that point, but hit a double, bringing in Ellis. Martin followed with a double that brought in Jordan, leaving the score 25-17 with only one out.

Lockhart got a base hit on an error, bringing in Martin and leaving the score 25-18. Then Otter Blake hits a pop-up that was caught, making it two outs on the Hardtimers final chances at bat. Tim got a base hit, which brought in Lockhart, leaving the score 25-19. The amazing rally was stopped six points short on a shallow hit by Malcolm that got Blake thrown out at second.

—Ruben Harper contributed to this story



Photo by Sam Hearnes

Ronald Martin, Mark Jordan and Jamie Mendez