OPINION

Prison Problems, Solutions

By MICHAEL R. HARRIS
Editor-in-Chief

America’s prisons are overcrowded and a massive drain on public funds. The solutions include:
- More realistic prison sentencing.
- Better job training and education for inmates.
- Job opportunities for released prisoners.
One of the toughest problems facing convicted felons is getting a job to support themselves and their families. A simple way to accomplish this would be for governments to require staff and See Prison on Page 7

Brown Leads Demo Sweep In California

By CHARLES “TAUB” BROOKS
Journalism Guild Writer

The race for California’s governor is now over and Jerry Brown crosses the finish line to win a third term. The 72-year-old former governor from 28 years ago aims to lead the Golden State back to greener pastures. “There’s going to be tough times ahead,” Brown said during his acceptance speech, “but we will pull through.”
Brown, a Democrat, ran the state between 1974 to early 1983 and claims to have the insight and experience. His opponent, Republican Meg Whitman, doesn’t think so. Though Ms. Whitman lost, the former head of E-Bay fought on the premise that she, not Brown, has the solutions to the economic woes and other pressing problems of California.

Cancer Walk Tops $10,000

Warden Cullen, Laura Bowman and Jill Friedman

More than 500 San Quentin prisoners, volunteers and staff members walked 39 miles over two days and raised $10,000 for the battle against breast cancer.
It was the second annual Avon Walk for Breast Cancer held Sept. 18-19, sponsored by San Quentin C.A.R.E.S. (Community Accountability, Recommitment, and Education System).
Brooking outlined his basic plan to fix CDCR’s problematic adult educational system. Curricular goals and immediate family.” Fernando Villanueva.
“Warden Cullen, Laura Bowman and Jill Friedman

Blues Brothers flag football team opens the season

S.Q. Blues Brothers Start Season with Dominance

By RUDY MORALEZ
Journalism Guild Writer

Led by a pair of high-scoring quarterbacks, the Blues Brothers gave the blues to Golden Gate Ministries, 42-0, on the opening day of flag football season in San Quentin.
Quarterback K. “Bilal” Chapman opened the attack, throwing for three TDs and running for another. Starting at wide out, K. Carr Sr. pulled in two of the scoring passes, then switched to quarterback where he passed for two touchdowns and ran for another. M. Mitchell crossed the goal line twice, taking a pitchout before running the distance and also pulling in a TD pass.
Blues Brothers starting center R’. “Big Rob” Haynes, anchor of the O-line, explained, “Golden Gate was using stunts and delay

New S.Q. News Website

The San Quentin News is now available at its own website: www.sanquentinnews.com. We welcome your feedback.
VIG Veterans Reach Out To The Community

(Resident Note: This is the second of a two-part series by Karen Weaver-Stanley. It was published by The Airborne Quarterly Magazine in its Spring 2009 issue.)

The VIG (Veterans Issues Group) program provides support to its members while achieving an unprecedented level of community outreach, a level comparable to that of VIG therapeutic programs. It is directly proportional to the number of modules the VIG members successfully complete. As the veteran becomes aware of the tools for change, and is able to address past experiences with closure, participation in community outreach increases dramatically. Participation in these programs takes on a therapeutic aspect limited only by the means by which to deliver new ideas. This is evident by the VIG members who chair committees or hold Executive Body positions within the Vietnam Veterans Group of San Quentin (VVGSO).

INCARCERATED NETWORK

The VNV is one of 100 plus veteran groups that are incarcerated across this nation. Having a network within various correctional systems has given the VNV the opportunity to address veteran's specific needs. The VNV is not available in all 52 states. Therefore, veterans within facilities that do not have self help veteran's programs do not gain knowledge or therapy, and their specific needs go unaddressed. It is a national phenomenon that the majority of incarcerated veterans have honorable discharges, and seek professional care to make life changing choices. Through contact with the VNV, success and failures are shared. Approaches to changing and preparing for release are shared through surveys and VA related services. The VNV is a roadmap to providing county, state, and federal services. The key element that has been a hallmark of success is that honorably discharged veterans do not waste valuable veterans' services. At any given time, the VNV can conduct a national survey of incarcerated veteran's to address any questions, and the response will be unlike any state, county or federal inquiry because the VNV knows what works, just as veterans did on the front lines.

Highly Decorated Veteran in San Quentin

Ronald Self at Operation Just Cause Ready To Capture Manuel Noriega In Panama

By JULIANGLENN

In the military

“Of our many objectives is to get less than honorable discharges upgraded to honorable. It can happen. You can get it done in 90 days,” Self said. “Another main goal is get them their benefits. Many of the guys don’t even know they qualify for benefits. We help them make that happen,” he added. Self is responsible for coordinating efforts to help Vietnam combat veterans. A recently created Veterans’ Court focuses on Afghan and Iraq Veterans. That is where veterans need to be expanded to include those who fought in Vietnam,” Self said. Self is serving a 25-to-life sentence with a seven-year enhancement for use of a firearm.

Over the last 5½ years, this writer has had the privilege of having contact with many members of the VVVG-SO and other incarcerated veterans groups across this nation. I have constantly been amazed at the deep caring and concern that these veterans have for their country, each other, fellow veterans and individuals in need of emotional or spiritual comfort. From behind prison bars, these veterans have reached out to better the lives of those in their community and around the country. Such displays of compassion and humanity are rare to find in today’s world, and it is even rarer to find such noble attributes among those incarcerated in prison.

As an individual whose daily work puts them in contact with adults in turmoil (including those with criminal histories and serious substance abuse) this writer can state that the same sentiments exhibited by members of the VVGSO, the VIG, and the NIVN do not appear in many of them. In fact, the majority of the population this writer works with are self-serving, concerned with no one’s needs or success but their own. The totality of the VIG programs success is truly an impressive accomplishment, and a solid indication of the commitment these incarcerated veterans have to successful reentry into society.

Veterans from across this country should lend their support both individually and collectively to the members of the VIG and their fellow associations nationwide. It is through the support of all veterans, that these successful programs will garner much needed publicity, and continued success. In addition, all veterans should be advocating for the NIVN to be available in all 52 states, so the success can spread to all who find themselves “doing time”, after honorably “serving time”, when their country called.

PROGRAM FOR SUCCESS

The VVGSO Veterans Issues Group Modules for Success are as follows:

1. Anger Management
2. Understanding Anxiety
3. Development of Insight
4. Dysfunctional Criminal Behavior
5. Personal Growth
6. Stress
7. Compulsive/Addictive Thinking and Behavior
8. Criminal Thinking
9. Personal Growth
10. Risk Factor Management
11. Development of Health Value System
12. Advanced Communication Skills
13. Personality and Behavior-Developing Insight
14. Becoming Stronger
15. Negative Core Beliefs
16. Codependent Behavior
17. Advanced Assertion: Understanding and Skills Toward Healthy Communication
19. Parenting
20. Coping Skills
21. Criminal Thinking
22. Relapse Awareness
23. Changing Your Stinking Thinking (Cognitive Distortions)
24. Therapeutic Issues
25. Social Risk Management
26. Positive Self Talk
27. Getting Beyond Past Trauma
29. Preventing Relapse: Parts 1, 2, 3, 4
30. Compulsive Thinking and Behavior
31. Staying Happy Alternative Activities
32. Recovery (Substance Abuse Aftercare)
33. Stress
34. Personal Growth

An incarcerated veteran who successfully completes each of these modules has made serious commitment to his future, and successful reentry into society. Many of you on the “outside” do not commit to such intensive personal growth and self awareness. These veterans stand as an example to all.

Innovative Methods For Rehabilitation

By E.J. GRIFFIN

Journalism Guild Writer

California is devising new methods of providing rehabilitation services to prison programs cut back in the state’s budget crisis.

“We are changing the way we do business to reach as many offenders as possible with less funding,” says Elizabeth Siggs, acting chief deputy secretary for prisons in the California Department of Corrections and Rehabilitation (CDCR). The 2009-10 state budget cut $250 million from prison rehabilitation, educational, vocational, technical, and substance abuse programs.

Inmates with experience in the appropriate departments along with volunteers will be used to augment this new direction in providing effective programming.

Siggs said some key components are:

• Corrective Offender Management Profiling for Alternative Programs (COMPAP). It assesses offender needs and appropriate programs for maximum effectiveness.
• California’s Static Risk Assessment (CSRA). It uses offender’s past criminal history and characteristics such as age and gender to predict the likelihood of re-offending.

Development of Health Value System
6. Negative Core Beliefs
5. Coping Skills
4. Personality and Behavior-Developing Insight
3. Social Risk Management
2. Positive Self Talk
1. Compulsive Thinking and Behavior

PRAYER FOR THOSE IN THE MILITARY

Praise you, ever-watchful God, For you are our refuge and strength In every time and place. Send your blessing upon those Who are serving our country In the armed forces. By your powerful Spirit, Shield them from all harm. Uphold them in good times and bad, Especially when danger threatens. Let your peace be the charity that stands guard over their lives, so that they may return home safely. Look with compassion on all victims of war, ease their sufferings and heal their wounds. Put an end to wars over all the earth, and hasten the day when the human family will rejoice in lasting peace. Grant this through your Lord Jesus Christ, your son, who lives and reigns as the Prince of Peace, both now and for ever. Amen. ~John F. Kinney Bishop of Saint Cloud
Aida DeArteaga
Bids S.O. Farewell

By AIDA DEARTEAGA
Contributing Writer

This is a farewell letter to all of the men that I have had the pleasure of teaching and working with over the past 25 years here at San Quentin.

As of Dec. 30 I will be retiring. My last day will be Nov. 10, as I will be taking a medical leave for the repair of a rotator cuff tear.

I began teaching a jazz improvisational class here in 1984. At that time I was playing music professionally in order to earn money to finish my teaching degree. I have maintained a part in the Bay Area jazz, classical and salsa music community to this day.

PRAISE FROM SANTANA

One night Carlos Santana was teaching transcendental meditation in the room next door. He thanked me for sharing the love and knowledge of music with the men. After a year, the California Arts Council gave me a three-year grant to develop a big band here. Upon finishing the grant, the state hired me to facilitate the San Quentin Arts in Corrections program.

From 1989 through 2002, I was the artist facilitator. During that time the institution and state supported many arts events and programs. It was mandated that each state prison (30) have a full-time artist facilitator appointed that would develop an arts program.

HUGE CHALLENGE

During my time, we had classes in drawing, painting, drama, writing, afro-Cuban drumming and bands. We also hosted many great artists such as B.B. King, Santana, Sheila E. and Pete Escovedo, Narada Walden, Bonnie Rait, Rob Moe and many more.

Out of the inmate bands and arts programs many men paroled into successful artistic careers. In 1994 Stanford University conducted a study that proved the Arts in Corrections programs in California lowered the recidivism rate by as much as 38 percent and the incident rate by as much as 56 percent.

In 2002, the Education Department invited me to develop an educational program for the lock-up units. This was a huge challenge, but I was met by students from those areas of the institution that were sincere in their efforts to achieve academic goals. I remember vividly photographing 21 students from the lock-up units in their desks and chairs and teach eight students at a time from holding cells. Once the men trusted that I would come through, I was able to get them to engage in their own studies.

The assignment on the lock-up units ended a year ago as a result of budget cuts. Since those budget cuts have been assigned to three classes of ABE/II.

The students in these classes are working to earn milestones. Milestones are a way in which students can earn up to six weeks off their parole dates a year. Students can do this by improving their grade point averages in reading, math and language.

Students need to be on the mainline and qualify to earn these credits. It has also been a rewarding and challenging position. I am grateful for all of the help that I have received from the Department of Corrections and our most recent teacher assistants. It is from this teaching position that I will retire.

As a believer in the power of education, I would like to leave you with these words: "Learning is not merely the process of acquiring information, but a discovery of the extraordinary riches that lie beyond your mind. May you all find peace and strength within your spirits.

By GINO SEVACOS
Contributing Writer

"Yoga" literally means union with God. It’s a systematic practice of aligning the mind, emotions and body into harmony with spirit. Yoga was developed many centuries ago by sages with the sole intent of preparing themselves to meditate upon God. In the West, most people are familiar with only one component of yoga – hatha Yoga – the physical aspect.

Far more importantly are the techniques and mental attitude and development of an intimate relationship with one’s higher self that are intrinsic to the very essence of any true yoga practice. Since yoga embraces all philosophies and traditions and is essentially non-religious and non-exclusive, it can be practiced in a way to enhance and deepen anyone’s faith.

Living in a spiritual community (ashram) in India in 1985 and again in 1991, I began to yearn once again for a deeper connection with my higher self. Memories of being surrounded by hundreds of thousands of pilgrims sincerely devoted to, and worshipping in their chosen traditions – Buddhists, Christians, Jews, Hindus, Muslims, and others – all honoring and loving each other – made me all too aware of how man’s ego has used religion to divide, inflict suffering and separate instead of to unify, accept and welcome.

After allowing myself to get sidetracked by turning away from my true path, I began practicing yoga again about 10 years ago in prison. I usually practice Hatha Yoga in my cell for an hour a day, six days weekly. Along with prayer, meditation, and chanting (God’s name) it has brought a peace and deep inner acceptance of my life as it is. I do also a form of inquiry called “The Work” which helps me to identify and release those thoughts that don’t serve my commitment to love unconditionally.

As a believer in the power of education, I would like to leave you with these words: “Learning is not merely the process of acquiring information, but a discovery of the extraordinary riches that lie beyond your mind. May you all find peace and strength within your spirits.

The Physical Aspects
Of Hatha Yoga

By RICHARD GILLIAM
Journalism Guild

For the men of San Quentin’s H-Unit, new enlists to the Stand Up Program obtain assist- ance every Wednesday morning from former San Quentin Warden Jill Brown.

Ms. Brown, who helmed Cali- fornia’s oldest prison from Octo- ber 2004 to July 2005, volunteers as the program administrator for a spate of programs that seek to educate and rehabilitate men locked behind bars.

After leaving San Quentin, Ms. Brown worked for a time as a parole administrator in Southern California, then a parole re- gion administrator before retir- ing in December 2007. However, she didn’t stay retired for long.

A series of budget cuts dra- matically reduced the number of educators both inside prison and out. So Jacques Verduin, di- rector of the Insight Prison Pro- gram, asked Jill Brown to fill the void left by the layoffs.

Stand Up offers classes in gardening, yoga, family reunifi- cation, fathering skills and non- violent communication. It also incorporates a multi-faceted ap- proach to personal growth.

“We educate in the broad sense,” Ms. Brown stated. “I think it’s important when people learn how to look into them- selves.”

During her tenure with the De- partment of Education, Brown focused on children with special needs. After coming back to the Department of Corrections, she noticed a similar marked in the behavior between develop- mentally challenged children and inmates.

“If we could figure out how to focus more attention on our kids when they are young, say 4 to 10 years old, I’m convinced we would see a huge decline in our prison population,” Ms. Brown said. She noted that the average prison inmate has just a seventh grade education and 50 percent are functionally illiterate.

As noted that the average prison inmate has just a seventh grade education and 50 percent are functionally illiterate.

As asked if she thought her efforts were making a difference, Ms. Brown smiled and said, “If I didn’t see a change I wouldn’t be here.”

Ms. Brown holds a B.A. in Business Administration from San Francisco State University. She was also business manager for the California Department of Education’s Northern Diagnos- tic Center during a hiatus from the Department of Corrections.

Because of her background in education, she was tapped by the Department of Corrections to help create a framework for what would become the Mile- stones credit reduction program and the new Non-Reversible Parole policy for non-violent of- fenders.

Procrastination
Messes You Up

Procrastination is one of the most common causes of failure. Don’t wait, the time will never be “just right.” Start where you stand, and work with whatever tools you may have at your com- mand, and better tools will be found as you go along.

Yoga with Gino Sevacos
on the Lower Yard of S.Q.
Cancer Walk Raises Over $10,000

Continued from Page 1

who’s battling thyroid cancer.”

Steve Phillips

“I’m trying to support the whole trip.”

Scott

“I’m here to support anyone who has cancer, and I’m growing my hair for Locks of Love. I challenge anyone to grow their hair, too.”

Tori

“We’re down for doing the right thing and to support a good cause.”

Reggie M.

“My mother and mother-in-law died from cancer, so I feel obligated to support the cause for a cure.”

Terry Calder

“I walked last year. I have family members who suffered from cancer. This is in memory of Betsy Dewitt.”

Kimya

“This is important to me personally because this is my community. Thank you for letting me be a part of this.”

Kelly Mitchell, Associate Warden.

Laura Bowman, a chief sponsor of S.Q.C.A.R.E.S, and George Lamb, its chairman, were driving forces behind coordinating with the volunteers who participated in this event.

HER PERSONAL STORY

“There are many, many walks for breast cancer. This is the only one that’s mostly men” said, State Senator Lonnie Hancock. A prisoner in the audience replied, “That’s because we love our mothers and sisters.”

Assemblywoman Nancy Skinner of Richmond said, “Estoy muy contento, de estar aquí porque no hay mal que por bien no venga y pues yo los quiero decir a todos mis queridos que se encuentran aquí en San Quentin que los eché en gana as a todos los programas cuando ya llegan a recepción y anímo mi razon que con Dios todo se puede.”

Karen Jandorf conducts a creative writing class for breast cancer survivors. One of her students answered this question: “What do men need to know about the breast cancer experience?”

“Men need to know that we need to know they are there… beyond driving the kids to school and helping prepare the food and clean up the dishes. We need to trust the bond that pierces the curtains to the bed-room, where patience, love and acceptance is an absolute necessity for a spouse with a disfiguring illness.”

HE TEACHES GUITAR

“Men are the model for boys. So men: reach out to us. Hold our hands and hug us the way you did before the blackness entered our home. Let your love transcend the nights of holding our heads over the Porcelain God as we reach after endless days of treatments and transfusions. Let your love remind us that on the inside, we are still beautiful.”

Kurt Huget, teaches guitar on Thursdays in Arts for Correction, He entertained the walkers during the final day of the event.

Huget said, “This was an amazing event where the in-mates and some folks from the outside got to work together for a good cause. I’m proud because I was able to bring in three female professionals who had never played in San Quentin before. Big Lou, she plays the accordion and adds a lot of fun and spirit. Julia Harrell, she played percussion with me while I played guitar and sang. She’s an awesome musician, and Gail “Mojo” Muldown, she used to play with Sly Stone and Johnny Otis. She’s funky and fun. The real deal!”

Donations to help fight breast cancer may be made by going to our web page cited as: http://www.avonwalk.org/goto/SQ-CARES. — Juan Haines

California Prisons Get More Money Than Its Universities

By JUAN HAINES

Journalism Guild Writer

These four governmental agencies cost taxpayers the most, in descending order: University of California (UC), California Department of Corrections and Rehabilitation (CDCR), California State University (CSU), and Department of Transportation (DOT).

In 2009-10, the state will spend an estimated $22.2 billion on state employees’ salaries, 17.8 percent of total spending. More than two-thirds (68.1 percent) of state salaries goes to workers in the UC, CDCR and DOT.

CDCR accounts for 17.4 percent of the state workforce. The Sacramento Bee has reported that 10 percent of the general fund went to UC and CSU and 3 percent to CDCR in 1980. Today 11 percent of the general fund goes to CDCR and 7.5 percent to public universities.
By LAQUAN HAYES
Staff Writer

California is entering a new era of laws aimed at protecting children against sexual predators. There’s Chelsea’s Law, Amber’s Law and the Polly Klaas-inspired Three Strikes Law. A 55-year-old registered sex offender became the first person in California to be convicted under California’s new law on August 28, 1994, in the murder of 14-year-old Chelsea King.

Chelsea’s Law is named after 14-year-old Chelsea King, who was raped and murdered. King disappeared during a jog in a suburban San Diego park. Her disappearance sparked a massive search that ended a few days later with the discovery of her body. DNA collected at the scene led to registered sex offender John Gardner.

Gardner’s DNA was in a saliva sample that was retrieved from a homeless man who was paroled Sept. 26, 2005, after serving five years for two counts of lewd and lascivious acts on a child younger than 14 and attemping a 13-year-old neighbor. Gardner was found guilty of King’s murder. Gardner was also suspected of being responsible for the disappearance of 14-year-old Amber Dubois of Escondido.

Faced with the possibility of the death penalty, Gardner entered a plea bargain and was sentenced to three consecutive terms of life without parole.

Brent and Kelly King, Chelsea’s parents, worked with Assemblyman Nathan Fletcher, R-San Diego, AB1844 that ultimately became law. Sen. Mark Leno, D-San Francisco, who sponsored the legislation, said it grew from reports because they are located in rural areas without easy access by the local community. However, Bridgman believes that if the public understood that prisons are places that need the support of local communities in order to improve rehabilitation success, then more local volunteers would get involved.

He reported he is troubled by the loss of vocational trade programs in CDCR. He stressed the value of a trade that is relevant to today’s economy. Bridgman is hoping that once these programs are reconstituted, they will be designed for today’s economy – green jobs.

While at Folsom State Prison, Brooks observed an automotive program that produces bio-diesel fuel. Brooks’s message to the prison population is that funding and the ability to implement these programs in state prison are currently at risk.

A prisoner at Mule Creek told Brooks how important it was to him to earn a GED. The prisoner wanted to enroll into a program that teaches solar panel installations. He recognized the potential in earning an honest income after his eventual release. He was, what you were. And once they found out that you were Tutsi they would kill you. The genocide happened for three data banks, in an excerpt from Explore.org’s documentary film “Raindrops over Rwanda.”

This short film made its debut screening in San Quentin in September. Charles Annenberg-Weinergarten of the Annenberg Foundation and creator of Explore.org showed the film and introduced the people of San Quentin to Gatera.

“I was going to Darfur and then I went to Rwanda. I was studying some genocide issues and I was really blessed to meet Honoree in Rwanda,” Annenberg-Weinergarten said.

Gatera is the head tour guide for the Kigali Memorial Centre. Kigali is the capital of Rwanda. Craig Shawley of the African Wildlife Fund introduced Gatera to Annenberg-Weinergarten. Referring to the slaughter, Annenberg-Weinergarten said, “All the people on the block, on your block, and everyone on the next block and the neighborhoods after that are all dead.”

—Edgie Griffin contributed to this story.

Brooking, a graduate of Cal Poly San Luis Obispo, is a 30-year veteran of the education field. Seifert, a graduate of Florida Atlantic University, obtained her teaching credentials from National University, and her Administrative Services Credential from CSU, Stanislaus. Seifert, “A fervent believer in lifelong learning,” is currently enrolled in a community college taking various earth science classes for “personal enjoyment.”

A selection of inmate artwork appears in this issue as a tribute to the former Arts in Corrections program, now gone.

By JULIANGLENN
Managing Editor

A survivor of the ethnic slaughter in Rwanda visited San Quentin recently with a message of forgiveness.

Honore Gatera, a 55-year-old registered sex offender of the Kigali Memorial Centre, said, “Forgiveness is not for the perpetrator. Forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Forgiveness is not for the perpetrator. Forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.

“I didn’t want to say how vast forgiveness is but what I want to say is what lies behind it,” Gatera said as he looked out at everyone in the room at San Quentin who were former members of his family in the genocide.

“Your identification saved you if you were Hutu. The I.D. is how they found out who you were, what you were. And once they found out that you were Tutsi they would kill you.”

Gatera told San Quentin inmates at a forum in the Education Building titled The Power of Forgiveness.
Finding a Loved One

The California Department of Corrections and Rehabilitation (CDCR) started a free online search engine designed to assist family with locating incarcerated persons. Users merely enter a name or prison number into the search engine designed to assist family members in identifying the whereabouts of incarcerated relatives.

The website, http://inmatelocator.cdc.ca.gov/, does not post the prisoner’s release date or estimated date of parole. If the prisoner’s location cannot be found on the web page, the public may contact the Department’s Identification Unit at (916) 445-6713.

Milley Award for S. Q. News Advisor

[Editor’s Note: Reprinted with permission from Pacific Sun]

Former Pacific Sun editor and publisher Steve McNamara was honored for his contributions to the Marin County community at the 16th annual Milley Award ceremony recently. McNamara, who purchased the Pacific Sun in 1966 from a “mom and pop” who ran the paper in back of the Stinson Market for three years, made a bold move which has forever changed news reporting on the West Coast.

The second-oldest alternative weekly in the country, the Pacific Sun followed in the footsteps of New York’s Village Voice in hopes of bringing a feisty, pro-community newspaper to the Marin County community during the political upheaval and consciousness-raising times of the 1960s.

Rising to the paper was also a family affair, as McNamara’s wife, Kay, played many roles in the office before pursuing her career in marriage and family therapy.

100 Years of Talent At Journalism Guild

By ARNULFO T. GARCIA

Chairman, Journalism Guild

Journalism, like technical communication, has various aims, one of which is to write something that people will talk about. The San Quentin Journalism Guild teaches prisoners how to report news in methods that will interest their readers and help them make informed decisions.

Three advisers with a combined total of more than 100 years of journalism experience assist the Guild with the many techniques of journalism writing. San Quentin principal Teler Roberts offers unflagging support for the guild and the San Quentin News.

Advisers Steve McNamara, John Eagan, and Joan Lisetor provide suggestions that apply specifically to the journalistic style of writing, editing, and researching. They are committed and dedicated along with the prisoners to provide a professional-quality newspaper, and to report newsworthily information.

The Journalism Guild meets Friday mornings from 8:30-9:30 for members to learn journalistic techniques, turn in stories, and discuss news projects.

Guild members support the newspaper in order to keep the San Quentin community and other prisons informed about subjects regarding the prison community. Recently, the Guild members have been contacted by some of the incarcerated readers about prison issues.

Recently a national magazine, “The Informant,” and National Public Radio’s “Cross Current” featured one of the Journalism Guild members, Richard Gilbride. Gilbride’s piece discussed prison overcrowding and its effects on a prisoner’s perspective.

Case in point: While this California prison system was built to house 87,000 prisoners, at present it is packed with more than 170,000.

San Quentin News prints 5,700 copies. It is also posted on its recently created internet site: sanquentinnews.com

New York Visitors Impressed by S.Q.

By JUAN HAINES

Journalism Guild Writer

A pair of prison advocates from New York sat in an English 101 class at San Quentin last month. Their presence created a stir among the students, who wondered why they were there.

“We were eager to see and experience the Prison University Project firsthand,” Harriet Hendel said. Hendel believed educational opportunities for prisoners are an important part of rehabilitation. “We were extremely impressed with the professional quality of San Quentin’s staff, with which we thought was sensational.”

Harriet and Stan Hendel, were interested in visiting San Quentin because she realized facilitating a writing workshop at Greenhaven Correctional Facility in upstate New York, “Turned out to be the most rewarding volunteer work I have ever done!”

Harriet Hendel currently plans to continue her philanthropic service at Bedford Hills, a New York state women’s prison.

The Hendels are currently advocating for the reduction of Robin Ledbetter’s sentence — currently incarcerated at York Correctional Facility in Niantic, Connecticut.

At age 14, Ledbetter was tried as an adult, and convicted of felony murder as an accessory in the robbery of a cab driver. Ledbetter accompanied a 15-year-old boy who killed the cab driver. The boy was sentenced to 87 years. Robin was sentenced to 56 years with no chance of parole until 2045.

Need a Job? Coors Brewery May Hire

By JEFFERY LITTLE

Journalism Guild Writer

Coors Brewery founder Bill Coors had an idea in 1968 that involved giving back to the community by hiring men that had been incarcerated. He knew the difficulties that men and women face when trying to obtain employment and he launched the “Golden Door Employment Program.”

The company hires 10-12 ex-felons annually, providing work in entry-level warehouses for six months to a year. After passing the company’s probation period and maintaining a clean parole, Coors hires the candidate on a permanent basis.

“We’re the best-known company in the prison system,” said Ed Cruth, who operates a special program within the brewery that focuses on hiring ex-felons and helping them obtain a high school education.

Many American companies like Coors offer employment to ex-felons. Certain crimes limit employment opportunities. A person convicted of fraud, for example, cannot work in the insurance field.

“I don’t ask about their previous criminal record,” said Tim Jimerson, an operations manager at Phase 2 Construction in Colorado. He said he believes that if a person has paid their debt, they deserve a chance.

Coors isn’t the only company that offers ex-felons a chance for employment. Six months before being released into society, an inmate should find a company for which they would like to work. Use the telephone book and obtain the address and write to the Human Resources Department, and inquire about similar programs, and request job applications.

Many companies will not respond, but some will. Do not become discouraged. The more efforts you put in, the greater your chances of success.

“Don’t think of relocating to Golden, Colorado, contact Coors Brewery.

Harriet Hendel, Robin Ledbetter, and Stan Hendel


The story deeply touched Hendel, and had a strong impact on the men at Greenhaven. Hendel began writing Ledbetter. A line in Ledbetter’s opening letter: “Writing lance old wounds, and helps to heal them.” greatly impressed Hendel.

MOTHER DIED

According to Hendel, Ledbetter, the victim of physical, emotional and sexual abuse as a child, had drug-addicted parents. When Ledbetter was 15, her mother died from HIV/AIDS.

Her father, an ex-heroine addict, spent time in prison. He now lives in Massachusetts, working for an outreach organization assisting homeless veterans called: We Soldier On. He regularly visits his daughter.

This month, a Chicago triphop couple has counseled and delivered meals to HIV/AIDS patients, worked in a soup kitchen, were mentors for middle school kids at risk, and volunteered to be a ‘safe home’ for battered women.

Baseball Trivia

Ichiro Suzuki became the first player with 200-plus hit seasons this year. The only other player to have ten 200-hit seasons is Pete Rose, but it wasn’t done in consecutive seasons.

Coors is not only the company that offers ex-felons a chance for employment. Six months before being released into society, an inmate should find a company for which they would like to work. Use the telephone book and obtain the address and write to the Human Resources Department, and inquire about similar programs, and request job applications.

Many companies will not respond, but some will. Do not become discouraged. The more efforts you put into making a life for yourself outside of prison, the better your chances of succeeding. If you’re thinking of relocating to Golden, Colorado, contact Coors Brewery.
**Fostering Rehabilitation Through Family Visits**

By JUAN HAINES, Justice-Related Guild Writer

Prison administrators, prison reform activists, incarcerated parents, and their children recognize that visitation is a powerful tool in fostering rehabilitation and healthy development for families that must bear with the effects of incarceration such as loneliness, isolation and alienation—essential ingredients for depression. Incarcerated parents and their children are prime targets for these negative influences when prison walls separate them from meaningful interaction, according to “Caught in the Net: The Impact of Drug Policies on Women and Their Families,” www.fairlaw4families.com.

Faith-based Get on the Bus finds children’s odds of delinquency dramatically reduced when visits with their incarcerated parent is denied. Children who are allowed regular visits with their incarcerated parent demonstrate better emotional and social adjustment; they can be assessed, compared to 2.4 percent of Hispanic males and 1.3 percent of white males.

**JUVENILE FACILITIES**

In a 2004 report, the FBI said women accounted for 6.9 percent of prison inmates and 23.2 percent of arrests were females, 20.4 percent below age 18. More than 2.3 million were incarcerated in U.S. prisons and jails in 2008, the BJS reports. There were 92,854 held in juvenile facilities, according to a 2006 report by the Office of Juvenile Justice and Delinquency Prevention.

Through the juvenile courts and the adult criminal justice system, the U.S. incarcerates more of its youth than any other country in the world.

**RECIDIVISM**

Magnifying the problem is recidivism. A survey of 275,000 prisoners released in 1994 showed 67.5 percent were re-arrested within five years, and 51.8 percent were back in prison. However, the study found no evidence that spending more time in prison raises the recidivism rate, and found that those serving the longest time, 61 months or more, had a lower re-arrest rate (54.2 percent) than every other category of prisoners.

The percentage of prisoners in federal and state prisons aged 55 and older increased by 33 percent from 2000 to 2005, while the prison population grew by only 8 percent. The Southern Legislative Conference found that in 16 Southern states the elderly prisoner population increased on average by 45 percent between 1997 and 2007. The growth of older persons in prison brought higher health care costs, seen in the 10 percent average increase in state prison budgets from 2005 to 2006.

**COSTS**

In 2006, corrections cost $68,747,203,000.

“The average annual operating cost per state inmate in 2001 was $22,650, or $62.01 per day; among facilities operated by the Federal Bureau of Prisons, it was $22,632 per inmate, or $62.01 per day,” the BJS reported.

It costs $9 billion a year to house approximately 500,000 people awaiting trial who cannot afford bail (BJS).

Incarceration of a parent also adversely affects the family left behind, and minority families are disproportionately represented. Seventy percent of children of a prisoner in prison belong to a racial minority. Once a parent is jailed, parent-child contact often fades away. Prisoners’ children, seldom recognized as victims themselves, face an elevated risk of long-term emotional and behavioral disturbances, including academic failure, aggression, and incarceration.

Kalin, Attorney

Michelle Alexander asks this question: How can Americans address mass incarceration’s affect on racial justice?


The economic downturn has hit state budgets hard. States face a projected $73.5 billion shortfall between FY2010 and FY2011. One of the reasons: corrections budgets ballooned 349 percent between 1987 and 2008.

**NON-PRISON OPTIONS**

There are also cost-effective approaches outside of prison walls, such as community corrections options. Dr. Joan Petersilia notes community corrections are “non-prison sanctions that are imposed…instead of a prison sentence…to provide offender accountability, deliver rehabilitation services and surveillance, and achieve fiscal efficiency.”

**DIFFICULT DECISIONS**

Community corrections approaches are generally found to be more effective, particularly for drug-addicted felons, and they can offer significant savings. An Ohio study in 2002 found that the state saved between $2,000 and $11,000 per person by appropriately diverting an offender to community corrections instead of prison.

Departments of Corrections throughout the nation face difficult decisions. In California the secretary of the Department of Corrections and Rehabilitation, Matthew Cate, summarized the situation of many: “The budget reality has forced tough choices as we weigh population reductions, staff layoffs, and a significant cut to our rehabilitative programming. We must target our limited resources.”

— Juan Haines contributed to this story.

**Prison Problems, Solutions**

**continued from Page 1**

Contractors to provide a percent- age of their jobs to ex-inmates. Where would we find the money? From the billions of dollars we spend now because 78 percent of released prisoners return to prison, or on parole at year-end—3.2 percent from 1988-2008, reflecting crime rates, roughly 25 percent from 1988-2008, reflected in the years.

Incarceration is one of the main causes of reduced rate of control under both the federal and state governments. Incarceration is one of the main causes of reduced rate of control under both the federal and state governments.

The average annual operating cost per state inmate in 2001 was $22,650, or $62.01 per day; among facilities operated by the Federal Bureau of Prisons, it was $22,632 per inmate, or $62.01 per day,” the BJS reported.

**The result: longer sentences and repeat offenders**

In an article for Prison Fellow- ship Journal, Alyson R. Quinn writes, “In some form of correction, the U.S. incarcerates the largest jailer on the planet?”

The 2006 report by the Office of Juvenile Facilities, according to a study, showed 67.5 percent were re-arrested within five years, and 51.8 percent were back in prison. However, the study found no evidence that spending more time in prison raises the recidivism rate, and found that those serving the longest time, 61 months or more, had a lower re-arrest rate (54.2 percent) than every other category of prisoners.

The percentage of prisoners in federal and state prisons aged 55 and older increased by 33 percent from 2000 to 2005, while the prison population grew by only 8 percent. The Southern Legislative Conference found that in 16 Southern states the elderly prisoner population increased on average by 45 percent between 1997 and 2007. An aging prison population brought higher health care costs, seen in the 10 percent average increase in state prison budgets from 2005 to 2006.

In 2006, corrections cost $68,747,203,000.

“The average annual operating cost per state inmate in 2001 was $22,650, or $62.01 per day; among facilities operated by the Federal Bureau of Prisons, it was $22,632 per inmate, or $62.01 per day,” the BJS reported.

It costs $9 billion a year to house approximately 500,000 people awaiting trial who cannot afford bail (BJS).

Incarceration of a parent also adversely affects the family left behind, and minority families are disproportionately represented. Seventy percent of children of a prisoner in prison belong to a racial minority. Once a parent is jailed, parent-child contact often fades away. Prisoners’ children, seldom recognized as victims themselves, face an elevated risk of long-term emotional and behavioral disturbances, including academic failure, aggression, and incarceration.

Kalin, Attorney

Michelle Alexander asks this question: How can Americans address mass incarceration’s affect on racial justice?


The economic downturn has hit state budgets hard. States face a projected $73.5 billion shortfall between FY2010 and FY2011. One of the reasons: corrections budgets ballooned 349 percent between 1987 and 2008.

**NON-PRISON OPTIONS**

There are also cost-effective approaches outside of prison walls, such as community corrections options. Dr. Joan Petersilia notes community corrections are “non-prison sanctions that are imposed...instead of a prison sentence...to provide offender accountability, deliver rehabilitation services and surveillance, and achieve fiscal efficiency.”

**DIFFICULT DECISIONS**

Community corrections approaches are generally found to be more effective, particularly for drug-addicted felons, and they can offer significant savings. An Ohio study in 2002 found that the state saved between $2,000 and $11,000 per person by appropriately diverting an offender to community corrections instead of prison.

Departments of Corrections throughout the nation face difficult decisions. In California the secretary of the Department of Corrections and Rehabilitation, Matthew Cate, summarized the situation of many: “The budget reality has forced tough choices as we weigh population reductions, staff layoffs, and a significant cut to our rehabilitative programming. We must target our limited resources.”

— Juan Haines contributed to this story.
Vocational Machine Shop Thrives in S.Q.

By MICHAEL COOKE
Journalism Guild Writer

The first thing you notice upon entering the Vocational Machine Shop at San Quentin State Prison is that every student is busy, whether producing a piece of metal-work, attending a class, working in the CNC (Computer Numerical Control) simulator room or receiving individual instruction from the shop’s supervisor, Mr. R. Saenz.

Saenz, who is short in physical stature, is the commanding presence in the shop. He holds everyone’s respect and exact attention as he speaks. His backguard on aerospace machining and engineering allows students access to a wealth of knowledge and information which Mr. Saenz gives freely.

Questionably, any student regarding his experience in the Vocational Machine Shop and the first thing they all unanimously mention is Mr. Saenz. If the caliber of a program begins at the top, then Mr. Saenz is doing more than simply teaching inmates how to shape metal into useful pieces. He is also shaping lives.

The “Shop” has a long history of accomplishments, including work for California non-profit organizations such as the Exploratorium Science Center in San Francisco and the Marine Mammal Center in Sausalito, which donated a welder for their project. The aluminum carriers that were used in the PBS documentary on the Marine Mammal Center to transport rescued seal ions and release them back to the ocean were made by the “Shop.”

Mr. Saenz has indicated that a future project with National Aeronautics Space Agency (NASA) to produce satellite components is nearing final approval.

In 2004 and 2008 projects were entered into competition at the California State Fair. In each year a First Place Award and Outstanding Project Award in the Industrial & Technology Education category was awarded. In 2004, Mr. Saenz won the Outstanding Instructor award.

The “Shop” is a wide range of machines, including manual and CNC lathes and mills, tool grinding and polishing stations. They can also learn the art of casting metal. The “Shop” performs precision machining on most any metal, steel, cast iron, brass, aluminum and stainless steel.

Three certificate programs are offered: National Institute for Metalworking Skills (NIMS) Certifications, the CDOR 1,800-hour Certificate, and the 8,000-hour Indentured Student Certificate, accredited by the Decisions of Apprenticeship Standards. The Machine Shop also offers Milestone Certificates.

Budget cutouts: The state budget cuts only two vocational classes remain: Machine Shop and Sheet Metal. Both shops remain because students and opportunities for incarcerated men who are sincere about learning a marketable, well-paying trade.

–Dwight Krizman contributed to this story.

Earthquake Plan at S.Q. Being Updated

By MICHAEL COOKE
Journalism Guild Writer

In the event of a major earthquake, San Quentin Prison authorities say their main concern would be the possibility of broken gas and water lines. Damage should be minor to structures, because of steel and concrete construction, and the lack of gas in the prison being built on solid rock.

Fire Chief G. Maresh says the formal earthquake safety plan is being updated, and staff is being trained regularly on emergency procedures.

He is responsible for implementing the San Quentin earthquake preparedness plan. Chief Maresh said his primary responsibility was the safety of human lives and the safe evacuation of housing units and support buildings. He said that should the housing units become uninhabitable, the institution could be evacuated, if necessary.

In a major earthquake, Chief Maresh said, “Conditions would be similar as trying to coordinate the emergency response of a small city.” Additional resources would come from Homeland Security and the federal government. Further emergency response would come through the Incident Command System (ICS), for implementing an all-purpose response.

“IT appeared to be a spur of the moment event,” said Gentile. We fired rounds of rubber bullets but that didn’t stop them.”

Out of approximately 400 inmates on the yard, guards hit five inmates with gunfire and two other inmates were injured fighting other inmates.

San Quentin State Prison is located 20 miles from the state capital, Sacramento, and is a medium-security facility that reportedly holds 4,000 inmates.

San Quentin, which was built in 1852, San Quentin Prison on the second-oldest California prison.

Built in 1880, San Quentin State Prison its first riot in 1927. In October 2009, eight inmates were injured fighting in the dining hall.

In September 1996 one inmate was killed and 13 wounded, and six guards were also injured. One guard and 24 inmates were injured in a riot in April 2002 when approximately 80 Mexican inmates fought on the main yard.

During the month of September 2008, five inmates were transported to local area hospitals and two other inmates were treated at the prison. None of the injuries were life threatening.

Judge Slams Prison Care Of Disabled

By JUAN HAINES
Journalism Guild Writer

A federal judge’s tentative ruling found that California’s prison system still does a poor job of identifying and caring for developmentally disabled prisoners nine years after the state agreed to improve services.

U.S. District Judge Charles Breyer’s preliminary order re- quests prison officials’ eff- ort to end court oversight of the 2001 settlement. Although Breyer said that the problems on their own, he ordered state officials to submit a new plan that will improve inmate training and better identify developmentally disabled prisoners.

Judge Breyer wrote that pris- oners are frequently physically, sexually assaulted, exploited, and discriminated against in California prisons.

Developmental disabled pris- oners are punished for violate- ing prison rules that they do not understand, and are punished at hearings which they cannot comprehend.”

200 Folsom Inmates In Violent Brawl

By JULIAGLEN PADGETT
Managing Editor

Seven inmates were wounded in a violent yard brawl that in- cluded 200 inmates at Old Fol- som State Prison.

The Sept. 2 riot broke out at approximately 7:30 p.m. while inmates were exercising on the prison’s main yard.

“It happened on the handball court and just gradually migrat- ed to several areas of the main yard to encompass nearly the entire main yard population,” said Anthony Gentile a prison spokesperson.

The riot ended after 30 min- utes of correctional officers try- ing to quell the combatants.

Between 20 and 35 prison guards controlled the episode by first using three chemical dispersal gases and tear gas. This led to fir- ing between 15 to 20 non-lethal rounds into the crowd.

When the non-lethal rounds proved ineffective, five live rounds were fired as well.

Three inmates were transport- ed to local hospital areas and two other inmates were treated at the prison. None of the injuries were life threatening.

New Program Gaining Popularity At S.Q.

By DERECK EDGERY
Contributing Writer

A new program aimed at helping inmates live successful lives upon release from prison is gaining popularity in San Quentin.

The program, called Members of Modern American Society (MOMAS), is a self-help group which teaches financial skills, and finding and holding employment.

MOMAS is comprised of a group of dedicated volunteer in- structors, along with the inmate Teaching Assistants (TAs).

The MOMAS material is “fluid,” in that it evolves according to, or conforms to, the current status of the employment sector and economy.

A key element is how to ob- tain and maintain gainful em- ployment. This section covers job applications and résumés, plus maintaining a productive work ethic.

Guest speakers include busi- ness owners and prospective employers. They share what they look for in an employee. A group of professionals conducts typical job interviews, and then gives feed back on what areas need improvement.

Another element is personal finance, covering budgeting in- come, building and maintaining a good credit rating, and develop- ing a sound retirement plan.

This module includes assign- ments ranging from grocery shopping, to paying for trans- portation to and from work. It also covers paying rent and other bills, opening and maintaining a balanced bank account. Participants also learn the latest rules and regulations regarding credit cards and banks. It also teaches the importance living within one’s income.

Students also learn about fi- nancial security and a chance to reach for the “American Dream.” This section covers the basics of the stock market and writing and developing a business plan. Stu- dents are “paid” mock salaries, which they must use to deter- mine the amount of a mortgage loan they can afford.

A small “think tank” of in- carcerated men developed MO- MAS, including Chairman Mi- chael R. “Harry O” Harris.

Judge Ed Ballenger with Teacher Richard Saenz

Inmate Ed Ballenger with Teacher Richard Saenz

Page 8

SAN QUENTIN NEWS

NOVEMBER 2010

R. Poma

–
Most Parolees Returned to Prison Not for Committing a New Crime

By JUAN HAINES
Journalism Guild Writer

The severity of commitment offense has little bearing on whether parolees return to pris- on after release, according to a new study released by the California Department of Correction and Rehabilitation (CDCR) lat- ter Adult Institutions Outcome Evaluation Report.

Prisoners committed for prop- erty crimes have the highest overall, three-year recidivism rate. Prisoners committed for crimes against persons, drug crimes or other offenses recidi- vate at an almost identical lower level, whether at one, two, or three years of follow-up. Prisoners housed in reception centers have follow-up rates of 30 days prior to release and have an abnormally high recidivism rate.

THREE-YEAR RATE

The evaluation termed a recid- ivism as an individual convicted of a felony and incarcerated in a CDCR adult institution who was released to parole, discharged after being paroled, or directly discharged from CDCR during a defined time period and subse- quently returned to prison dur- ing a specified follow-up period.

The evaluation’s purpose: to monitor the three-year rate of re- incarceraion of parolees during the first three years after release, examine whether these rates vary across time and place, by person, by incarcera- tion experience, and by CDCR missions and institutions.

Almost half of the prisoners released in FY 2005-06 returned to prison within three years of parole violation. Parole violators were classi- fied as:

- Parole Violation (Technical): When a parolee violates a condi- tion of his/her parole that is not considered a new crime and re- turns to prison.
- Parole Violator Returning With A New Term: A parolee who receives a court sentence for a new crime committed under supervision and returns to prison.
- Parolee some 20 percent of vio- lators returned to prison after being convicted of a new crime. The three highest-three-year recidivism rates occur for pris- oners who were convicted of vehicle theft, escaping/failure to report, as well as receiving stolen property. The lowest rates were for vehicular manslaughter, controlled substance manufac- turing, along with committing a low level act with a child.

The three-year recidivism rate for flagged sex offenders is 3.1 percentage points lower than non-flagged offenders. Recidi- vating flagged sex offenders are most often returned to prison for a new non-sex crime than for a new sex crime.

Percent of the fel- onies released from CDCR in FY 2005-06 were designated as having mental health issues and generally recidivate at higher rates.

The evaluation found that se- rious or violent offenders recidi- vate at a lower rate.

The FY 2005-06 recidivism rate is 63.1 percent for prison- ers who served 0 to 6 months of incarceration, and increases in- crementally until it peaks at 71.5 percent for those who are incar- cerated 19 to 24 months. The recidivism rate dips steadily as the length-of-stay increases. For parolees who served 15 or more years with a recidivism rate of 37.8 percent. The evaluation assumed that effects of length-of stay might also be confounded by the general theory that people recidivate less because they age out of criminal activity.

As the number of prior incarcer- ations in CDCR adult institu- tions increases, so does the like- lihood of return to prison.

When assessed for recidivism risk using the California Static Risk Assessment, almost 53 per- cent of the prisoners were iden- tified as being at a high risk for being convicted of a new crime, 28.5 percent were medium risk and 16.3 percent were low risk.

DO PROGRAMS HELP?

Future reports will provide additional information about how program participants within institutions, enabling the department to bet- ter tailor programming. It should be retained or expanded, those that need improvement, and those that should be reduced or eliminated.

Despite the fact that female of- fenders represent a small propor- tion of the prisoner population, they have a lower recidivism rate than males. CDCR continues to emphasize the importance of increasing rehabilitative op- portunities for female prisoners through a commitment to gen- der-responsive programs.

By MICHAEL COOKE
Journalism Guild Writer

The juvenile justice system is in crisis–not a train wreck already unfolding.

The issues of concern to the parents and guardians of these young people are many and varied. One of the foremost is the high recidivism rate, whether it was at one, two, or three years after being incarcerated.

Juvenile justice authorities believe a plan to mitigate such problems must include more job opportunities for young people and they should receive accep- tance and support elsewhere.

If you suspect that a member of your family or a neighbor is involved with criminal or gang activity, it is important to ac- knowledge it and report it. The signs often include a change in dress style, secret behavior and increase in money and posses- sions. A problem only increases when you bury it and pretend it does not exist. It is even more difficult to expose when the par- ent is the direct recipient of a criminal enterprise.

You have to try to make sure that young people in your community occupy their time with activities that are wholesome and produc- tive, such as organized sports, hobby clubs, and after-school activities. There are excellent ways to fill a young person’s time and make them involved as a part of the community.

Veterans Affairs

The 22nd Annual San Quentin Toy Program will be held in H-Unit and North Block visiting rooms. Stuffed animals, dolls, books, games, athletic items, puzzles, dolls, candy, and other similar items will be distributed to all children, ages 14 and under.

The 22nd Annual San Quentin Toy Program will be held in H-Unit and North Block visiting rooms. Stuffed animals, dolls, books, games, athletic items, puzzles, dolls, candy, and other similar items will be distributed to all children, ages 14 and under.
Christian Writing Group
Focuses on the Divine

By LAQUAN HAYES
Journalism Guild Writer

A group of San Quentin inmates came together in February to form a group that became the Christian Creative Writing Fellowship. Despite its lack of an outside volunteer/sponsor, it continues to meet in the Garden Chapel library every Friday from 10 a.m. to noon. Members of this creative writing group have the need for inspirational literature to be published.

Members of this group say that non-Christians are welcome to be a part of this group. However, the group opens with prayer and closes with prayer in the name of Jesus. The group says they would like to host a writing contest open to the general San Quentin population. The winner of the contest would receive a prize. The group would like to continue on its mission to inspire its members and others.

“I’ve been married twice. The mother of two children, my first wife’s name was Veronica,” Garcia said. “She is the mother of my children, Nicholas and Melissa Garcia.”

While at California Men’s Colony (CMC) Garcia reached out to his family because it was important to him to find a way to still be in their lives. But Veronica had decided early on not to bring their son.

“You can’t cut yourself. ‘I had to ride with it,’ Garcia said. ‘If I had gotten upset I would have lost the chance of seeing my daughter.’”

At 24, Garcia found himself in the clutches of the criminal justice system and the next time he saw Melissa she was 13.

“The day I went out to visit him, I saw my sister Leliana, Veronica and this beautiful girl I had not seen since she was 5,” said Garcia.

For him it was a joyful yet painful reminder of what he had time, but I feel his deep sincerity and his desire to help, within the restrictions of the environment,” he said.

“He asked me to help out,” she shared. “I began to have a clear understanding of how things operated, and as someone able to handle responsibilities. The mother of two children, and three grandchildren, Gilbert has done much over the years to help his family. Both of us and she wouldn’t miss him for so many years–his family. His former wife asked to come, and Melissa for a family visit. She informed his family that she was no longer married, Garcia said. Melissa and his former wife asked to come. “I told her that she couldn’t because we were no longer married,” Garcia said. Melissa and her former husband dated after that, and have not seen each other since. When Melissa would visit, they would discuss her dreams of attending college.

Words to My Daughter

By JULIANNE L. PADGETT
Managing Editor

NINE UNITS AWAY

Melissa and Nick in 1986 missed for so many years his family.

“We were hugging each other; there were a lot of tears from both of us and she wouldn’t let me go. I got the feeling that she didn’t want me to go away again,” Garcia recalls.

Yet the vision still echoed in his memory of the night Melissa watched in shock as five to 10 police officers entered his family’s home, with weapons drawn to arrest his father for murder.

“I was in the back room but the food was being served in another room when they arrested me,” Garcia said. “I remember walking down the hallway and to my left, almost blood on my face. ‘Momma,’ my daughter was looking at me yelling and crying, ‘Daddy … Daddy,’” Garcia said.

Garcia was frightened more for Melissa than he was for himself. In pain, Garcia tried holding it together for his little girl. He did not want her to see him break down. “I remember saying it’s going to be okay,” said Garcia. Then he was gone.

In prison and 11 years after his arrest, Garcia asked his former wife to bring his grandmother and Melissa to visit him. His former wife asked to come, too. “I told her that she couldn’t because we were no longer married,” Garcia said. Melissa and her former husband dated after that, and have not seen each other since. When Melissa would visit, they would discuss her dreams of attending college.

NINE UNITS AWAY

She inspired her father so much he continued his college education. Garcia is nine units from getting his Bachelor of Arts degree, and both his children are now college graduates. He also has another daughter in college, Monica Garcia. At the age of 13 Melissa knew what she wanted to do with her life and my continuation of college made me feel like we were doing something together,” Garcia said. “After that year of seeing her I hope and pray I will see her again. I love you Melissa.”

In November Garcia appeared before the parole board but the hearing was postponed to the next available calendar.

Still Coming After 24 Years

By KENNY BRYDON
Contributing Writer

For the past 24 years, Mother Earline Gilbert has been coming in to make sure that, on Sunday mornings, there is someone there to cover and allow both Reception Center and Mainline religious services. She began with the Kairos program, and discovered a heart for the incarcerated.

“I started coming to hear the choir,” she said, “then Earl Smith (former Protestant chaplain) asked me to help out.” She started to escort inmates into the chapel, and taking the women to the ladies rooms. In time, she began to have a clear understanding of how things operated, and correctional staff came see her

In prison and 11 years after his arrest, Garcia asked his former wife to bring his grandmother and Melissa to visit him. His former wife asked to come, too. “I told her that she couldn’t because we were no longer married,” Garcia said. Melissa and her former husband dated after that, and have not seen each other since. When Melissa would visit, they would discuss her dreams of attending college.

NINE UNITS AWAY

She inspired her father so much he continued his college education. Garcia is nine units from getting his Bachelor of Arts degree, and both his children are now college graduates. He also has another daughter in college, Monica Garcia. “At the age of 13 Melissa knew what she wanted to do with her life and my continuation of college made me feel like we were doing something together,” Garcia said. “After that year of seeing her I hope and pray I will see her again. I love you Melissa.”

In November Garcia appeared before the parole board but the hearing was postponed to the next available calendar.

By LAQUAN HAYES
Journalism Guild Writer

A group of San Quentin inmates came together in February to form a group that became the Christian Creative Writing Fellowship. Despite its lack of an outside volunteer/sponsor, it continues to meet in the Garden Chapel library every Friday from 10 a.m. to noon. Members of this creative writing group have the need for inspirational literature to be published.

Members of this group say that non-Christians are welcome to be a part of this group. However, the group opens with prayer and closes with prayer in the name of Jesus. The group says they would like to host a writing contest open to the general San Quentin population. The winner of the contest would receive a prize. The group would like to continue on its mission to inspire its members and others.

“I’ve been married twice. The mother of two children, my first wife’s name was Veronica,” Garcia said. “She is the mother of my children, Nicholas and Melissa Garcia.”

While at California Men’s Colony (CMC) Garcia reached out to his family because it was important to him to find a way to still be in their lives. But Veronica had decided early on not to bring their son.

“You can’t cut yourself. ‘I had to ride with it,’ Garcia said. ‘If I had gotten upset I would have lost the chance of seeing my daughter.’”

At 24, Garcia found himself in the clutches of the criminal justice system and the next time he saw Melissa she was 13.

“The day I went out to visit him, I saw my sister Leliana, Veronica and this beautiful girl I had not seen since she was 5,” said Garcia.

For him it was a joyful yet painful reminder of what he had time, but I feel his deep sincerity and his desire to help, within the restrictions of the environment,” he said.

“He asked me to help out,” she shared. “I began to have a clear understanding of how things operated, and as someone able to handle responsibilities. The mother of two children, and three grandchildren, Gilbert has done much over the years to help his family. Both of us and she wouldn’t miss him for so many years–his family. His former wife asked to come, and Melissa for a family visit. She informed his family that she was no longer married, Garcia said. Melissa and her former husband dated after that, and have not seen each other since. When Melissa would visit, they would discuss her dreams of attending college.

NINE UNITS AWAY

She inspired her father so much he continued his college education. Garcia is nine units from getting his Bachelor of Arts degree, and both his children are now college graduates. He also has another daughter in college, Monica Garcia. “At the age of 13 Melissa knew what she wanted to do with her life and my continuation of college made me feel like we were doing something together,” Garcia said. “After that year of seeing her I hope and pray I will see her again. I love you Melissa.”

In November Garcia appeared before the parole board but the hearing was postponed to the next available calendar.
**Hundreds Sample Inmate Talent On a Day Celebrating Recovery**

**By LAQUAN HAYES Journalism Guild Writer**

For hundreds of San Quentin inmates, it was a day to celebrate recovery from the drug addiction that led them to a life of crime and prison. Highlighting the September celebration were an impressive array of in-house musicians displaying their talent on the Lower Yard.

Five bands took their turns, playing a wide array of musical offerings.

There was The Usual Suspects, a jazz band featuring Dito Williams, Dwight Krizman, Kevin Hagan, D. Dixon and Bito Williams.

Featuring blues and rock was Cold Blue Steel, with Joe Mason, Doug Howell, Gary and John. R&B sounds were provided by New Day, featuring Rico Rogers, G. Dixon, Kenneth Hagan, Rico Rogers, Ron Mosley, Ar. Barries, N. Brown and D. Buckchnana.

Rock music was provided by Human Condition, with Marco Davidson, Joe Askey, Dong, and Joe Mason.

Latin music came from Latin Rhythms, featuring Robert P. Morales, Dixon, Esponnoza, John Stuiff, Juan Haines, Joe Mason and Dong.

The event was sponsored by John Muir Behavioral Health Center for Recovery, Fresh Start and Support 4 Recovery. San Quentin’s bands assisted with the event.

Overseeing the event was Rick Baer, director of Addiction Recovery Council.

Volunteer Tom Awrad stated, “We support the treatment of the inmates at San Quentin, the (inmate) ARC counselors are every bit professional as the counselors on the outside and I’ve been doing this for over 20 years.”

Peet’s Coffee of Walnut Creek does fundraisers to support the drug program at San Quentin. Jen Sanchez, an employee at Peet’s, stated, “I think it’s a great cause. Last Christmas we raised $3,000 and we hope to raise double this year and I want to thank all the customers of Peet’s Cof fee in Walnut Creek.”

Contributing writer Charles "Talib" Brooks, who conducted interviews of the band spectators, wrote, “The band Cold Blue Steel had a cold blues song on their playlist that had every one (including myself) in the audience nodding their heads to its rhythm and professional sound. Though I personally did not come to see them, the audience loved them and it keeps me up, that’s for sure. The lead singer and the harmonic player stole the show. The guitar player played and danced and that stayed in my mind later after the song was over. The raspy voice of the blues singer was authentic and raw like a seesaw.”

While the Latin players performed Santana’s "Black Magic Woman" and "Change Your Evil Ways," inmates and volunteers danced the salsa.

Brooks stated the rock band Human Condition "played a song by Robert Cray and the drum percussion and the bass player really stood out (no)’n’t nothing but a woman! This time I could hear every instrument.”

Lastly, “Have a drink on me,” by AC/DC, the lead guitarist really stood out, and when the hook was sung, volunteers joined in. There was a surprise ending with the bass and drum solo combo with Marco and John. How appropriate for the same two that started the show to also end the show. The rock band Human Condition was the source of power that kept the crowd electrified and juiced.

While the musicians took a break, Felon Orelly, a comedian from the outside, took the stage and the crowd began to feel overwhelmed with laughter. Orelly joked about the wiles of being under the influence of drugs and alcohol and the poor choices that make lasting impressions on lives even after becoming sober.

Program inmate Dixon stated: “I was suspended for a year from the program and I could not wait for other people to play with me … But I learned how to humble myself … I’ve been allowed back into the program although I still tripped out and have to be sat down. I love it because I feel like I’m more prepared to enter back into society than I was before.”

**Tribal Quote**

Whenever a man proves himself by his good life and his knowledge of good things, naturally fitted as a teacher of good things, he shall be recognized by the tribe as a teacher of peace and religion and the people shall hang on him— Iroquois Tribal constitution

A father went on a long trip. He had three offspring, aged 9, 6 and 2. The father owned 17 villas and left explicit instructions in something he wrote to his children, but he did not return.

He left in his will that his eldest was to get one-half of the second eldest was to get one-third of the youngest was one-ninth of his wealth.

The father clearly left his villa he way as to how the property is clearly and immediately that no villas were shared between the children. All three got shares, as their father had wished.
How Tennis Is Done
By a Wimbledon Champ

Pat Cash (back row, left) and members of the S.Q. tennis team

By DREW PIAZZA
Sport Editor

On a warm Friday morning, tennis greats Rosie Casals, Pat Cash and Justin Gimelstob played tennis at San Quentin Prison, giving inmates a rare treat on fabulous net play. Gimelstob is a Wimbledon champion. He is the youngest player to ever play on a Davis Cup team, giving Australia victories over Sweden twice. In 1987, Cash beat a heavily favored Ivan Lendl to become the Wimbledon champion, a crowning moment in his career.

After the Wimbledon title, Cash climbed up in the Players Box prior to the trophy presentation on center court. He has the distinct honor to have been the first to perform this feat. Gimelstob attended UCLA and was part of the 1995-96 NCAA finals against Stanford University. He was inducted last year by 100 players on the ATP Tour. He is a doubles specialist where he

**S.O. 26.2 Mile Race Brought Out the Best**

For most of the inmates competing in the San Quentin Marathon, this race would be a new experience. Many of them trained judiciously for several months to improve their fitness so that they could survive a 26.2-mile race. The official starter was Coach Alphonso Jackson, a top-rated runner who coaches students from Oakland inner-city high schools to run the Los Angeles Marathon and who was featured in the critically acclaimed documentary film, Runners High.

... Coach Fran Ruona was the rabbit for the front-runners, aiming to set an eight-minute per mile pace for the first 20 miles of the race. At the 19-mile mark, he was on pace at 2 hours, 40 minutes and 36 seconds, but then had to drop out at 20 miles with a tight hamstring.

Ronnie Goodman and Eddie Heren continued the last 6 miles. Herena actually picked up his pace over the last few laps to finish in first place with a new S.Q. Marathon record of 3 hours, 45 minutes and 40 seconds. Goodman hung tough and finished in second place in 3:52:44.

Stephen Yair Liebh started out at an aggressive pace, running with Herena early in the race, but the marathon distance proved tougher than he had anticipated. Stephen hung tough, however, and took 3rd place in 4 hours 12 minutes and 11 seconds. Next across the finish line was Larry Ford. Larry had trained seriously for the race and was confident he would get the distance. But the 26.2 miles was definitely tougher than he had hoped and finished in 4 hours, 18 minutes and 8 seconds.

Hector Oropesa finished fifth at 4:25:50. Dee Whitaker, wearing his cancer survivor tee shirt, was sixth in 4:38:44. When he finished the mara-

Beth Johnson's fifth title moves him kept his NASCAR reign going. Years running, Jimmy Johnson

**NASCAR**

Smooth, fast and steady. Five running, Jimmy Johnson kept his NASCAR reign going. Johnson's fifth title moves him past his mentor and teammate, Jeff Gordon, for most titles among active drivers.

**SPRINT CUP**

1. J. Johnson..............6,622
2. D. Hamlin..............6,583
3. K. Harvick..............6,581
4. C. Edwards..............6,393
5. M. Kenseth............6,294
6. G. Biffle..............6,246
7. T. Stewart..............6,221
8. K. Busch..............6,182
9. J. Gordon..............6,176
10. C. Bowyer.............6,155
11. K. Busch..............6,142
12. J. Burton.............6,033

**NFL SCORES**

Photo: Rudy Luna

**SPORTS**

**Blues Brothers’ Strong Start to Flag Football**

Continued from Page 1

blitzes but our O-line was able to recognize the schemes.”

One task that the Blues Brothers clearly handled was running the offense with two totally different style quarterbacks.

“Bilal” Chapman was more pass oriented while K. Carr, Sr. favored the run. Haynes said, “Actually I have been to prisons before. I've never play tennis before?” answered by Gimelstob: “I was asked that very question before I came in. Was I trying to accomplish or achieve? To be quite frank, I lived a very sheltered life and I just wanted to come out and meet people from a different life. I wanted to meet people under a different upbringing and that are in a different situation and basically just to meet people, and to see how tennis can help people. I love tennis. It's a big part of my life. I can say to see people using a sport I obviously love brings a new appreciation for the sport, coming in and seeing it used in this manner.”

What did you expect to find versus what you found here at San Quentin?

“IT’s tough to have any expect-
ations. It’s actually cool to see people so active, to see people using tennis as a release. I would have probably thought it would have been more intense and confrontational, yet it feels like going to a normal park. People are exercising, walking around normal. I’m shocked and glad people are using sports to be stimulating and active. I think it’s great, and for them to be using tennis, a sport I love, makes me feel good.
S.O. Soccer Teams Ready to Start Again

Soccer is the largest sport in the world and it’s alive in San Quentin, after a hiatus of years, and teams are working their way through the cellblocks.

“I say aren’t soccer here at San Quentin?” volunteer coach Len Zemarkowitz said on a nice warm Saturday afternoon in the Lower Yard.

On the field the H-Unit Team defeated the North Block Team, 7-3. On Tuesday H-Unit again beat North Block, 4-2. H-Unit proved too fast, too strong and exhibited more energy than their competition.

The soccer program is trying to expand beyond the current two teams. Coach Zemarkowitz said he is very interested in starting a league, and enhancing the San Quentin play.

As the game was being played there were at least 10 to 15 guys sitting on the sidelines watching to play, so there is a lot of interest.

Soccer games are on Saturday at 1 p.m. on the Lower Yard.

The Coach reported outside teams want to come in and compete against San Quentin teams.

Interested men should contact H-Unit Coach Marco Antonio, Coach Navarro Carrera, or Sergio Sanchez — North Block contact Osvaldo Elia 4N042.

---

By RUDY MORALEZ

Journalism Guild Writer

On a recent warm Saturday morning, the University of California Golden Bears tennis team rolled into San Quentin and put on a display of great tennis with precision shots and lightning speed.

The team is ranked 18th in the NCAA, with the 17th and 122nd ranked player in the nation.

Team members span the globe with Pedro Zirbin from Brazil (17), Chris Kongsfeldt from Denmark (122nd), Zach Gil bert, son of Brad Gilbert, former Harvard player and world No. 17, from Bulgaria, Tommy Murphy from Ireland, Sky Lavil from Martin, Carlos Cueno from Spain, and Nick Andrews from Sacramento.

It’s not everyday you get a chance to play with this level of competition and the S.O. Inside Tennis Team took full advantage of the opportunity.

Clinics were held with Cal’s players serving at 120 m.p.h., one of them big lefty Zach Gil bert, son of Brad Gilbert, former top 5 player in the world.

Served after serve, San Quentin’s James J.T. Taylor returned the rock ets.

Coach Peter Wright made it clear that the team wanted to be at San Quentin.

What does it mean to come here? Wright replied, “Everyone is human; there are good people everywhere.”

Will Cal beat Stanford?

---

By BON JOFFRION

Contributing Writer

AFC-NORTH AFC-WEST

Steelers Chargers

AFC-SOUTH AFC-EAST

Colts Patriots

WILD CARDS

Ravens Titans

NFC-NORTH NFC-WEST

Packers 49ers

NFC-SOUTH NFC-EAST

Saints Cowboys

WILD CARDS

Redskins Falcons

SUPER BOWL

Saints vs. Ravens

Winner Ravens

Week 12

BAL over T.B. PIT over BUF

NYJ over CIN CLE over CAR

STL over DEN HOU over TEN

IND over SD NVG over JAX

KC over SEA OAK over MIA

NE over DET SF over ARZ

ATL over G.B. PHI over CHI

N.O. over DAL WSH over MIN

---

Cal Bears Tennis Team Pulls from All Nations

By DREW PIAZZA

Sports Editor

It was done in five against all odds, unbelievable but they did it. The San Francisco Giants won the World Series in grand fashion.

As the Sports Editor of the San Quentin News, I must humbly confess, I had to sit this one out. On paper, the teams were mismatched.

The Texas Rangers had the most potent offense in baseball; not only did they win, all the Giants handled them with ease. The Giants have proven that on any given day, whoever plays the best wins.

So this leaves the question: If the team that’s not considered the best, beats the team that is considered the best, isn’t the team that wins the best?

The answer: THE GIANTS ARE THE BEST.

---

‘About My Pick Against The Giants’

By DREW PIAZZA

Sports Editor

It was done in five against all odds, unbelievable but they did it. The San Francisco Giants won the World Series in grand fashion.

As the Sports Editor of the San Quentin News, I must humbly confess, I had to sit this one out. On paper, the teams were mismatched.

The Texas Rangers had the most potent offense in baseball; not only did they win, all the Giants handled them with ease. The Giants have proven that on any given day, whoever plays the best wins.

So this leaves the question: If the team that’s not considered the best, beats the team that is considered the best, isn’t the team that wins the best?

The answer: THE GIANTS ARE THE BEST.
OPINION
Life vs. Death—No Easy Answers

By MICHAEL R. HARRIS
Editor-in-Chief

San Quentin was hyped-up last month, edging toward what was believed to be an execution. Although Death Row is a world unto itself, when it comes to putting someone to death this becomes the talk of the entire prison. And it influences societal debate on the pros and cons of the death penalty. But what’s really at stake here? What lessons can we learn from these moments surrounding life or death?

First, we start with the victim, who in most cases is the most chosen one in the matter. More likely than not, his or her life was suddenly and violently taken away. Then there are the family and friends and those who specialize in the various fields of human behavior. And then there’s the list of difficult questions:

• Who would do this to my loved one or to a fellow human being?
• What kind of person would do this?
• What happened in the life of the person who did this?
• Where inside the perpetrator was the will to commit such a heinous crime against their fellow human being?

How did this happen? Some people want it explained to the last detail. Others want it explained to the last detail, and then some they want the perpetrator held accountable for what they did. Then there’s the list of difficult questions:

• How did this happen? Some people want it explained to the last detail. Others want it explained to the last detail, and then some they want the perpetrator held accountable for what they did. Then there’s the list of difficult questions:

• What happened in the life of the person who did this?
• Where inside the perpetrator was the will to commit such a heinous crime against their fellow human being?

We cannot ignore the fact that society promises something we may not have the moral right to deliver in a timely manner. This may be a crime within itself. For example, if somebody permutes a crime that would make them eligible for the death penalty, it is difficult to do this. Thereafter, the list of difficult questions:

• When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?

RESULTS OF POLL
A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelko asked people about their support of the death penalty for serious crimes. Californians maintain solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion.

But when a smaller number of respondents were asked which penalty they would lose access to the court-appointed counsel.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?

RESULTS OF POLL
A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelko asked people about their support of the death penalty for serious crimes. Californians maintain solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion.

But when a smaller number of respondents were asked which penalty they would lose access to the court-appointed counsel.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?

RESULTS OF POLL
A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelko asked people about their support of the death penalty for serious crimes. Californians maintain solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion.

But when a smaller number of respondents were asked which penalty they would lose access to the court-appointed counsel.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?

RESULTS OF POLL
A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelko asked people about their support of the death penalty for serious crimes. Californians maintain solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion.

But when a smaller number of respondents were asked which penalty they would lose access to the court-appointed counsel.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?

RESULTS OF POLL
A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelko asked people about their support of the death penalty for serious crimes. Californians maintain solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion.

But when a smaller number of respondents were asked which penalty they would lose access to the court-appointed counsel.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?

RESULTS OF POLL
A death penalty poll conducted in July by San Francisco Chronicle staff writer Bob Egelko asked people about their support of the death penalty for serious crimes. Californians maintain solid support for the death penalty as a punishment, but are divided whether they would impose a death sentence or life without parole for first degree murder, according to the poll. The survey of registered voters found 70 percent backing for capital punishment, up from 67 percent in the last statewide poll in 2006. A substantial majority support it, regardless of age, gender, race, religion or party. Twenty-four percent opposed and six percent had no opinion.

But when a smaller number of respondents were asked which penalty they would lose access to the court-appointed counsel.

When we sentence someone to death, what are we truly promising the survivors? Do we really honor our love to the deceased by connecting their memory to an extended drama?

Society agrees that when a person has reached the age of consent, they may decide how their own body may be disposed of at the time of their death – burial, cremation, etc. Perhaps another document should specify that, in case I am murdered, I choose the following for my killer: life without parole or a swiftly executed death penalty. Are we there yet?
In Indian Country

By DANIEL TREVINO
Journalism Guild Writer

The animal most associated with the American Indian is the buffalo. As the salmon is to the northwest coastal tribes, the buffalo were synonymous with the life of the plains tribes. Most of the plains tribes were nomadic, which allowed them to follow the buffalo. There was nothing on the plains more powerful than the buffalo, both physically and spiritually. A powerful animal.

In today’s national parks, buffalo kill more photographers and campers than grizzlies do. They are a dangerous, large and unpredictable animal.

The animal most associated with the American Indian is the buffalo. As the salmon is to the northwest coastal tribes, the buffalo were synonymous with the life of the plains tribes. Most of the plains tribes were nomadic, which allowed them to follow the buffalo. There was nothing on the plains more powerful than the buffalo, both physically and spiritually. A powerful animal.

In today’s national parks, buffalo kill more photographers and campers than grizzlies do. They are a dangerous, large and unpredictable animal.

The plains Indians – Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche – were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power.

Reciprocity north, the place of wisdom, renewal and personal power.

In today's national parks, buffalo kill more photographers and campers than grizzlies do. They are a dangerous, large and unpredictable animal.

The plains Indians – Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche – were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power.

In today's national parks, buffalo kill more photographers and campers than grizzlies do. They are a dangerous, large and unpredictable animal.

The plains Indians – Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche – were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power.

The plains Indians – Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche – were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power.

In today's national parks, buffalo kill more photographers and campers than grizzlies do. They are a dangerous, large and unpredictable animal.

The plains Indians – Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche – were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power.

The plains Indians – Cheyenne, Lakota, Crow, Kansa, Kiowa and Comanche – were completely interwoven with the buffalo. When they hunted from horseback using bows and arrows, many were killed by buffalo.

On the medicine wheel of life, the buffalo represents the direction north, the place of wisdom, renewal and personal power.
Look Who Made It

By JOY RICHARDSON
Contributing Writer

Keith Chandler fought for many years to get out of prison and onto the streets. He has been out since D-Day, June 6, 2004. He says he always knew he would get out on D-Day and start the real fight.

What did you do when you first got released?
My PO, took me to Steve Sander's house. Steve took me straight to his office, showed me my desk, gave me a password to the computer, keys to the building, and my own cell phone. It was the first time I had seen the Internet. We were very busy. The firm was in the middle of the Yes on 66 campaign, and Steve was president of the corporation that controlled the campaign.

[Proposition 66 was an initiative on the November 2004 ballot that sought to amend the Three-Strikes law so that it covered only violent and serious felonies. It failed to pass, with 47.3 percent of the vote.]

Did you do next?
I played a joke on some friends that had donated to Yes on 66. They didn't know that I had been released. Steve hid behind their door and I pretended that I had escaped. They drug me inside, Steve came out and we all laughed.

You were only on parole for nine months? How did you accomplish that?
I filed a 602 arguing that my release order stated I was to be released from the custody of the Director of Corrections and parole was custody. They also knew I was using them. They never responded to the 602, but I received an order by fax discharging my parole.

Have you found a significant other?
I recently met a woman that I really care about. We spend some of our time riding horses and getting to know each other.

What do you do in your spare time?
Space time. I work full-time at Sanders & Associates, almost full-time on a green energy development company that I co-own, and volunteer at the Capital speaking out for prison reform. I recently testified at a hearing in front of the Assembly Public Safety Committee with Life Support Alliance, a group gaining momentum at the Capital advocating for life issues.

I understand you filed a lawsuit when you got out.
I sued the Parole Board and the Governor for violation of my rights. The Parole Board shouldn't be immune for knowingly and intentionally breaking the law, which was what the court found occurred in my case. I was allowed by the Ninth Circuit judges to do the oral argument myself. Unfortunately, they ruled against me.

Would you like to share any other thoughts?
The victim's rights people oppressing us are well-monied and bad-intentioned. The leaders have lost touch and they oppressing us are well-monied and bad-intentioned. The leaders have lost touch and they have become a vengeance rights movement. I also feel strongly that Parole Board members are intentionally ignoring the law, which is costing us at least $100 million in wasted tax dollars each year. It's an insult to the people of California. The biggest mess I'd like to get across to guys inside is to be really prepared for release. It's difficult out here.

HATTIESBURG, Miss. — Two men have been freed after 30 years in prison for a rape and murder that DNA evidence proved they did not commit. Judge Robert Helfrich ruled on a petition filed by the Innocence Project on behalf of Bobby Ray Dixon and Phillip Bivens. He'll rule later on a posthumous petition for Larry Ruffin, who died in prison in 2002.

The three men were convicted of the 1979 rape and murder of Eva Gail Patterson, whose 4-year-old son watched her be killed.

CHINO — Last years riot at the California Institute for Men's West Facility caused $5.2 million in damages. 75 inmates were involved in the repairs which took eight months to complete.

FOLSOM — Folsom prison inmates have begun growing food to feed hungry zoo animals. The Folsom Zoo Inmate Garden Project has produced more than 600 pounds of vegetables for rescued animals.

CHOWCHILLA — On Saturday, October 2, 2010, 15 inmates from the Valley State Prison for Women (VSPW) were recognized as recipients of the 2010 Cloke-Milner Peacekeeping of the Year Award. This award is given by the Southern California Mediation Society.

Correction
In the previous issue of the San Quentin News, Abraham "Cuba" Vena’s name was misspelled in a Sports article. The News regrets the error.

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 130 words.
• Know that articles may be edited for content and length.
• The newspaper is a medium for writing, not for emails. (For that, use the appeals process.)

The San Quentin News encourages articles that are newsworthy and encompass issues that will have an impact on the prison populace.
• Please do not use offensive language in your submissions.
• Poems and art work (cartoons and drawings) are welcomed.
• Letters to the editor should be short and to the point.

Send Submissions to:
CSP - San Quentin
Editor-in-Chief ... Michael R. Harris
Poems and art work (cartoons and drawings) are welcomed.
Letters to the editor should be short and to the point.

San Quentin News
We Want To Hear From You!

FOLSOM — Folsom prison inmates have begun growing food to feed hungry zoo animals. The Folsom Zoo Inmate Garden Project has produced more than 600 pounds of vegetables for rescued animals.

CHOWCHILLA — On Saturday, October 2, 2010, 15 inmates from the Valley State Prison for Women (VSPW) were recognized as recipients of the 2010 Cloke-Milner Peacekeeping of the Year Award. This award is given by the Southern California Mediation Society.

Correction
In the previous issue of the San Quentin News, Abraham "Cuba" Vena’s name was misspelled in a Sports article. The News regrets the error.

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 130 words.
• Know that articles may be edited for content and length.
• The newspaper is a medium for writing, not for emails. (For that, use the appeals process.)

The San Quentin News encourages articles that are newsworthy and encompass issues that will have an impact on the prison populace.
• Please do not use offensive language in your submissions.
• Poems and art work (cartoons and drawings) are welcomed.
• Letters to the editor should be short and to the point.

Send Submissions to:
CSP - San Quentin
Editor-in-Chief ... Michael R. Harris
Poems and art work (cartoons and drawings) are welcomed.
Letters to the editor should be short and to the point.

San Quentin News
We Want To Hear From You!

FOLSOM — Folsom prison inmates have begun growing food to feed hungry zoo animals. The Folsom Zoo Inmate Garden Project has produced more than 600 pounds of vegetables for rescued animals.

CHOWCHILLA — On Saturday, October 2, 2010, 15 inmates from the Valley State Prison for Women (VSPW) were recognized as recipients of the 2010 Cloke-Milner Peacekeeping of the Year Award. This award is given by the Southern California Mediation Society.

Correction
In the previous issue of the San Quentin News, Abraham "Cuba" Vena’s name was misspelled in a Sports article. The News regrets the error.

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 130 words.
• Know that articles may be edited for content and length.
• The newspaper is a medium for writing, not for emails. (For that, use the appeals process.)

The San Quentin News encourages articles that are newsworthy and encompass issues that will have an impact on the prison populace.
• Please do not use offensive language in your submissions.
• Poems and art work (cartoons and drawings) are welcomed.
• Letters to the editor should be short and to the point.

Send Submissions to:
CSP - San Quentin
Editor-in-Chief ... Michael R. Harris
Poems and art work (cartoons and drawings) are welcomed.
Letters to the editor should be short and to the point.

San Quentin News
We Want To Hear From You!