60 Men Honored for Their Accomplishments in 2013

By San Quentin News Staff

It was standing room only as prisoners, volunteers, staff and family members filled the Protestant Chapel to honor more than 60 San Quentin residents for achieving a variety of vocational and educational goals.

Children playing, crying and cooing colored the backdrop as family members cheered their spouses, fathers, uncles, and brothers for doing something beneficial to public safety—achieve an educational milestone while incarcerated.

“I just want to say what a joy it is to hear little kids’ voices,” said Prison University Program Director Dr. Jody Lewen. “You guys have proven that success is possible.”

Graduates celebrating their accomplishments

Supreme Court Ruling on Habeas Corpus Reported as ‘Limited’ for State Prisoners

By Charles David Henry Staff Writer

A recent unanimous U.S. Supreme Court ruling has underscored the limits of habeas corpus as a remedy for state prisoners, according to Michael C. Dorf, professor of law at Cornell University.

The court in Mezvinsky v. Lancaster refused relief for a man convicted of murder; despite the fact that justices knew Michigan prisoners, according to Michael C. Dorf, professor of law at Cornell University.

“The U.S. Court of Appeals for the Sixth Circuit found his argument compelling,” accord- ing to Dorf, and ordered habeas relief. The U.S. Supreme Court reversed the ruling, reinstating Lancaster’s conviction.

In two previous rulings, the court’s evaluation of retroactivity was upheld in one case but not the other.

In a 1964 case, Besnik v. City of Columbus, the court held that due process forbade a state from retroactively applying a statute.

A Deeper Look Inside David Carpenter’s Life

By Boston Woodard Staff Writer

One of the most recognized prisoners on San Quentin’s Death Row was, born May 6, 1930 in San Francisco. His name is David Joseph Carpenter. In the late 1970s and early 1980s Carpenter was convicted of 10 homicides, which gave him the moniker—The Trialside Killer.

Carpenter says he spends the better part of every day writing letters and working on his complex legal case.

“There are many [court] cases to research and staying up with laws pertaining to my case is essential to my on-going appeal,” said Carpenter. During the 30-minute interview, Carpenter picked up a very long, handwritten letter from his bunk, “This letter is for my sister who will be 79 years old this year. We are very close,” he said.

Sitting at the end of his bunk, Carpenter said, speaking through the heavily meshed screen covering the bars on his cell door, that he is a devout Catholic. He attends a service every week in the East Block section of Death Row. Carpenter said he has a great relationship with San Quentin’s priest, Father George Williams and enjoys conversations with him often.

According to Father Williams, Carpenter “is a very devout, well informed Catholic who attends all services provided to the men on his yard on death row. He is well liked by many of the guys.

We are very close,” he said.
Kid C.A.T Welcomes Guest

‘I was impressed that an associate warden came’

By San Quentin News Staff

An audience of around 250 inmates, including many juvenile lifers, mingled with free people inside a prison chapel to learn about the introductory curriculum and the self-help group aimed at teaching juvenile lifers who were tried as adults principles rooted in restorative justice.

The group, called Kid Creating Awareness Together, commonly called Kid C.A.T., teaches a three-phased curriculum, in eight modules over a 24-week period “to encourage continued self-discovery/improvement, accountability, cultivated consciousness, and empowerment,” according to the group’s promotional material.

The idea for the program came from San Quentin staff members and several prisoners who wanted to demonstrate to the public how young men that if given the chance could mature into responsible citizens, even though their incarceration began as juveniles.

“I became enamored about the stories of these men,” said Brenda Rhodes, Kid C.A.T. sponsor. “They wanted to have a voice in the world. Telling their story to the world has a huge risk. It should be a story of opportunity and as a means to show redemption.”

The group’s facilitators are committed to educating its members through projects, including journal writing, creating short stories, poems and artwork. The creativity is intended to inspire, educate, and facilitate, placing emphasis on the human sides of participants.

San Francisco Public Defender Jeff Adachi spoke at the event and said that though he was unaware of Kid C.A.T., the group helps the public understand the criminal justice system. “Once people hear the stories, they will be willing to change some of the harsh laws that focus more on punishment than rehabilitation,” he said. “The criminal justice system needs to do a better job in humanizing people who encounter it.”

Kid C.A.T. advisor Mike King said one of the focuses of the group is to create an outside mentoring system that reaches kids through education and mentorship programs before they begin committing crimes. “As an educator, the hardest thing to do is to check (his or her) ego at the door,” said group facilitator Sonya Shah. “As educators, we need to make any learning experience about the group so they can develop themselves.”

Antoine Brown, 35, who has been incarcerated since age 17, said he was most impressed with speaker Phil Towlie because of the interaction Towlie had with his 17-year-old son.

“Phil was interested in the conversation I had with my son,” he said. “That impressed me, to know that he’s in tune with a man who’s trying to be a father behind bars. That was motivation for me to stay on the right path.”

Kid C.A.T. member, Michael Tyler encouraged the event. Tyler has been incarcerated since age 17. “I compare this event to the Oscars,” he said as he pointed out the “similarities” that all attendees shared, such as community, healing, and justice. “We’re just trying to make the world a better place.”

“I thought the event went well,” said Elizabeth Calvin of Human Rights Watch. Calvin sponsored SB 260 which is legislation that permits juvenile offenders the opportunity for a sentence review after a specified period behind bars and good behavior.

“I was impressed that an associate warden came to see what we’re about,” said San Quentin’s chairman, Michael Nelson. For Nelson’s, 31, incarceration begins at age 15. He is serving a life sentence for first-degree murder.

Solori’s Associate Warden, Kim Young, said she heard about our program from prisoners who transferred to Solano from San Quentin. She seemed intrigued to hear about us—wanting to get a program like Kid C.A.T. there. For an associate warden to recognize value in our program is really good.”

Elizabeth Calvin was also impressive,” Nelson said. “She’s worked on behalf of youth very diligently. One of her goals is to ensure the safety and welfare, of not just children, but public safety at the same time. The event inspired me not to wait for a possible parole date to begin changing, rather to begin change today.”

Kid C.A.T. has a newsletter, gives out pamphlets at reception centers, and has a juvenile lifers support group.

Community volunteer Jaimee Karello was honored with a special seat at the event.

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In collaboration with students from the

Berkeley Graduate School of Journalism

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An Opinion About the 19 Women Sentenced To Life Without the Possibility of Paroling

By Jane Dorotik  Contributing Writer

Today at the California In- stitute for Women, there are 19 women who have been sentenced to life without the possibility of parole. Their profiles, their indi- vidual histories, are replayed time and time again, and they roll off the pages with the same emotional damage.

The main reason these women received this inhumane sentence is not clear to me. Treatment is more than much more egregious than any other serious crime. It is well recognized that the imposition of an LWOP sentence, as opposed to a term-to-life sentence, is more much more a reflection of the judicial climate of the county where the prisoner is convicted, and the political aspirations of the legislators.

These women present no greater threat to public safety, if released into the community, than any other life prisoner. All of these women have been disciplin- ary-free for many years and present no danger to their com- munity. Virtually all of them committed one single crime many years ago and would be unlikely to ever do so again. No one is attempting to minimize the crime, or the loss of life, but these women have been kept behind bars because they are a danger to society and cannot be expected to refrain from committing the crime.

We are specifically advocating that these women be considered eligible for an Elderly Alternative Custody Program (in other words, be eligible to spend the rest of their years in the commu- nity with an ankle brace).

These women have collectively spent 544 years in prison.

Utilizing an average life expec- tancy of age 80, they will spend another 355 remaining years collectively behind prison bars. Recognizing that all but five of these women are currently "Golden Girls," costing an av- erage of $138,000, per year, per women, to continue incarceration will cost the state an additional $4,800,000 per year to keep these 19 women behind bars for the rest of their lives.

The question becomes: is this really a wise use of state funds?

Human Rights Watch publi- cized the Behind Bars, Janu- ary 2012, asking the following question: "Does the continued incarceration of the aging and infirm constitute disproportion- ately severe punishment that violates human rights even as it falls far short of acceptable conditions of confinement?"

In a recent report, No Exit, The Expanded Use of Life Without Parole in California, one of the recommendations for reform is eliminating sentences of life without parole.

Jane Dorotik is a prisoner at the California Institute for Women.
**Uncounted Imprisoned Black Men Skew Census Data**

*Estimate: Correct count would make bad numbers even worse*

By Michael “Yahya” Cooke
Journalism Guild Writer

Researchers from the University of Washington have concluded that failing to include incarcerated black men in census data on the standing of African-Americans overstates black progress.

**STUDY**

In an effort to quantify the growing proportion of black men incarcerated by age 20, Becky Petit and Brian Skyes, sociologists at the University of Washington, focused their research on black men born between 1975 and 1979, who were high school dropouts. The implication of their study determined that “these low-income, black, low-skilled men had been to prison than were alive.”

Pettit has presented her research in Invisible Men: Mass Incarceration and the Myth of Black Progress. According to the report, 68 percent of black men born between 1975 and 1979 who had dropped out of high school had been imprisoned at some point by 2009. Thirty-seven years later, in 2056, black men would have proper jurisdiction over the four-year college degree or complete military service. Black dropouts are more likely to spend at least a year in prison than to get married.

African-Americans make up nearly half of the 2.3 million people in prison. Neglecting to include them in the calculation of black progress, she argues, is akin to leaving states out of national counts.

We collect data to evaluate public policy and allocate resources,” she said. “One could argue that we already provide social services to inmates, but leaving them out of the data-distorts measures of progress.”

Heather Mac Donald, of the Manhattan Institute, said Pettit’s premise was credible but warned the fluctuating prison population might not be statistically large enough to take into consideration.

**DATA**

According to federal data, 3.1 percent of black men were in state or federal prison at the end of 2010. Among black men age 30 to 34, 7.3 percent were serving a sentence of more than a year.

Orlando Patterson, a Harvard sociologist, said while “black progress is not a myth, the simple tragic truth is that a large number of young black men do engage in violent acts and other forms of criminal behavior.”

Habeas Corpus Rule Limit Prisoners Constitutional Rights

Free After 15 Years of Incarceration

Continued from Page 1

didn’t care about not knowing my father. Knowing him probably would’ve given me more of an identity.”

Adding to his insecurities, Scott said, his mother “was trying to raise me right; however, the male role models that I encountered were not helpful to my growth.”

Without a strong foundation, Scott said he felt detached from his household. “My disconnection with my family made it easy for me to be drawn to the streets and into the gang life at the age of 13,” he said.

During the first few years of incarceration, Scott said he felt “fear, anxiety, and a sense of hopelessness.”

As a convicted teenager, Scott said he spent his time focusing on how to cover a sports story. “The New York Times published an article he wrote about how prison is too violent for the person and his family I destroyed.”

**Continued from Page 1**

Thirty-seven years later, in Rogers v. Tennessee, the court permitted the retroactive refusal to apply a common law rule. The court, who wrote the court’s opinion, said, “In deference to Dorf said, “In deference to the supposed good faith of the state courts, the statute and the relevant precedent say that state courts only need to apply rules that were on the books at the time of the state court proceedings.”

First, he contends, “Politicians at every level and in both parties have little to lose by being tough on crime. Republicans and Democratic politicians have mostly concluded that there is no political angle for them in supporting civil liberties for criminal defendants.”

Secondly, he said, “That attitude has seeped into the judiciary, dictating the constitutional applications of the law.”

According to Dorf, there are three reasons the U.S. Supreme Court made this decision, even though the state court had proper jurisdiction over the case.

First, he said, “African-Americans have been supportive and instrumental to my growth during this process — Scott and Israel, Darnell Hill, Shaheed. It is just too many people to name,” Scott said smiling.

Richard Lindsey, San Francisco Assistant District Attorney Maria Rodriguez, Gary Scott and S.O. News Adviser Steve McNamara at Insight First Project showing of documentary “Unlikely Friends.”

“People don’t know how much my heart hurts for the person and his family I destroyed.”

As a convicted teenager, Scott said he spent his time focusing on youth issues. In 2010, he co-founded Kid C.A.T. Creating Awareness Together, a program that “inspires humanity through education, mentorship, and restorative practices,” according to its mission statement.

On June 12, during the Kid C.A.T. banquet, Chairman Michael Nelson gave a special congratulations to Scott for overcoming his incarceration and being paroled.

Scott was also involved with the SQUIRES program—an organization within San Quentin that mentors at-risk youth in hopes of encouraging young people in a positive direction. “Working with the kids, seeing the way we impact their lives, makes me want to continue the process,” Scott said.

“Malachi is one of the most thoughtful and sincere people I know,” said San Quentin Free Ceo advisor Lizzie Buchen. “I’ve learned a lot from him — how to stay focused on your priorities, how to confront people with compassion, how to approach every situation with integrity and an open heart. I can’t wait to see what he accomplishes now that he’s free.”

“Over 80 percent of black children have been abandoned emotionally and, usually economically by their fathers,” he said. “It is not the case that black children are deprived of paternal, emotional, and economic support because their fathers are in prison; rather, their fathers are in prison in good part because their own fathers had abandoned them emotionally and economically.”

Even though his third reason is highly speculative, Dorf said, “it is possible that the court’s unanimous willingness to interpret the habses rights of state prisoner narrowly arises out of the Beshack and those with low levels of education, have generated a statistical portrait that overstates the educational and economic progress and political engagement of African-Americans.”
A DNA sample found guilty of a crime."

"A few friends come to visit me, and I am extremely grateful to them."

According to www.crimelinkbay.com, "A DNA sample obtained from the evidence was matched to Carpenter through state Department of Justice files. In February 2010, San Francisco police confirmed the match with a recently obtained sample from Carpenter. Carpenter says he commits suicide before he was 18 months after his final execution.

According to www.sanquentinnews.com, "A new and improved San Quentin News is here. Carpenter Reveals Himself to San Quentin News. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter's second trial for a second group of victims began in San Diego in January 1988. Although three men were called to testify in his defense in his Los Angeles trial, more than 30 defense witnesses testified. Carpenter disagrees with accounts that he had an alibi during some of the murders. "Investigators said that if I did not have an alibi, then I must be guilty. I produced credible alibis and they knew it. But even where there wasn't an alibi, that does not make someone guilty," he said. The state Supreme Court, however, upheld the death penalty on two of the killings in 1997, and upheld carpenter's death penalty from his second trial in 1999. Six of seven judges agreed that Carpenter had a fair trial for the Marin County and Santa Cruz murders and had been sentenced appropriately. Carpenter was denied a new trial by the California Supreme Court in San Francisco, overturning the CDCR's order for a new trial. Justice Armando Arabian said it was "virtually impossible to keep secrets in such cases," and he "believed that the forewoman's knowl- edge had not unduly biased the jury."

With just a few minutes left on the interview, Carpenter said he could not go into any further details due to his ongoing appeals and the advice of his attorneys. To close the interview, Carpenter was asked, "If and when authorities ever catch the real Trailside Killer, what do you hope happens to that person?"

Carpenter's response was, "I hope he gets a fair trial." Carpenter remains on Death Row in San Quentin pending the exhaustion of all his appeals, which he suspects might take up to four more years, and possible executive clemency. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accommodated the interviewer in front of his cell, 01-EB-114L, on San Quentin's Death Row at midnight on June 18, 2013. Carpenter was convicted of first-degree murder in 1984 for the Santa Cruz murders. Carpenter had a fair trial for some of the dates. Carpenter says he committed suicide before he was 18 months after his final execution. Carpenter, who has a pronounced speech impediment, accom
Independence is a goal that many men and women strive for as they reach adulthood. One of the first steps that many make in the direction of independence is to leave their parents’ home and get a job.

“A man on The line” conducted random, informal inter-
views with 21 mainliners and asked, “What did you do?”

The Golden Gate Baptist Seminary in San Quentin’s Central Plaza

Oregon Groups Debate Over Voter-Approved Mandatory Minimum Prison Sentences

By Michale “Yuhua” Cooke Journalism Guild Writer

Oregon politicians and law enforcement groups are fight-
ing over efforts to reduce voter-
approved mandatory minimum prison sentences.

MANDATORY MINIMUM

Liberals claim the mandatory minimum terms are too harsh, and will overload prisons, and law enforcement leaders insist, they are appropriate, the Regis-
ter-Guard newspaper reported.

While the legislators continue to argue over whether the sentences are proportionate or not, and the prisons’ ability to house them, the Department of Corrections toted.

“Some of the people we are housing in prison are those who in the past 6 months were 7 nights in a row on parole, not because of anything they did personally, but because of who they knew.”

A Texas Prison Official Finds Inmate Friendship

By Samuel Hearnes Journalism Guild Writer

Texas prison officials deter-
mined that Facebook friend-
ships alone do not violate the ban, but many correctional officers and prisoners say the online friendship could be dangerous.

The decision came after a cor-
rectional sergeant at Huntsville State Prison was fired last May for using Facebook with a man with no Facebook history.

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ships alone do not violate the ban, but many correctional officers and prisoners say the online friendship could be dangerous.
A significant number of former foster care residents wind up homeless or in prison, according to a survey by the state Senate Office of Research and the California Department of Corrections and Rehabilitation.

More than 2,500 male and female prison inmates who had been surveyed for parole were studied. Fourteen percent were former foster care children.

The report states that inmates with a foster care history may need programs tailored to their particular experiences. It also suggests that children be allowed to remain in foster care up to age 21. They are now excluded, in most cases, at age 18.

The report revealed that 41 percent of men and 30 percent of women respondents spent time in these facilities. The report suggests that inmates with a foster care history may need programs tailored to their particular experiences. It also suggests that children should be allowed to remain in foster care up to age 21. They are now excluded, in most cases, at age 18.

It was reported that 41 percent of men and 30 percent of women respondents spent time in these facilities. The report suggests that inmates with a foster care history may need programs tailored to their particular experiences. It also suggests that children should be allowed to remain in foster care up to age 21. They are now excluded, in most cases, at age 18.

Seventy percent of those surveyed were between 13 and 19 years old when they left foster care.

Twenty-one percent of the males reportedly left because they reached the foster care age limit of 18 years. Fifteen percent were females, according to the report.

One category in the survey revealed the amount of time between leaving foster care and going to prison. It showed more than 49 percent of the male and female inmates entered prison more than five years after leaving foster care. Fifty-five percent were men.

STATISTIC

One important statistic had the number for males and females who left foster care before turning 18-years-old. The report revealed 35 percent of the females surveyed left foster care because they “reunified with family before reaching age 18,” while 30 percent of the males reconnected with their family before reaching age 18.

Another startling statistic showed 33 percent of males “ran away from foster care,” compared to 11 percent for females.

In the report, males and females who aged out of the foster care system were asked to describe their housing arrangements after leaving foster care. Fifty-two percent of the females said they “had a place to stay for one year or more.” Six women interviewed were “homeless with no place to stay after leaving foster care.”

“Of the surveyed inmates who had either aged out or run away from their foster care arrangement, slightly more than one-third (36 percent) of the male and female inmates had been homeless at some point during the first year on their own. A higher percentage of females (43 percent) compared to males (35 percent) reported being without a home during their first year after foster care,” the report states.

Latino males made up 34 percent of California’s population in 2008, but made up the largest proportion (39%) of men in prison in 2008. Sixty-six Latinos interviewed for the study had lived in foster care.

POPULATION

The report showed black males made up only six percent of the overall population of California in 2008, but comprised 29 percent of the prison system. Thirty-three percent of those surveyed lived in foster care before going to prison.

According to the report, white men made up 45 percent of California’s population that year. Thirty-one percent said they “lived in foster care before going to prison.”

“Policymakers could improve and develop new services for foster care teens who are trying to navigate their paths to independence—particularly services that could more effectively help ward off potential interactions with the criminal justice system,” the report concludes.

Survey Show Many Former Foster Care Residents Are Homeless or Imprisoned

By Charles David Henry

Warden K. Chappell shaking hands with Adam Verdoux outside San Quentin prison walls

By Tommy Winfrey

Fighting for a Chance at a New Beginning

‘I truly believe I was locked up before I ever experienced a prison cell’

By Adam Verdoux

A large number of inmates lived in group homes. Fifty-two percent of male and 45 percent of female respondents spent time in these facilities. The report suggests that inmates with a foster care history may need programs tailored to their particular experiences. It also suggests that children be allowed to remain in foster care up to age 21. They are now excluded, in most cases, at age 18.

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One important statistic had the number for males and females who left foster care before turning 18-years-old. The report revealed 35 percent of the females surveyed left foster care because they “reunified with family before reaching age 18,” while 30 percent of the males reconnected with their family before reaching age 18.

Another startling statistic showed 33 percent of males “ran away from foster care,” compared to 11 percent for females.

In the report, males and females who aged out of the foster care system were asked to describe their housing arrangements after leaving foster care. Fifty-two percent of the females said they “had a place to stay for one year or more.” Six women interviewed were “homeless with no place to stay after leaving foster care.”

“Of the surveyed inmates who had either aged out or run away from their foster care arrangement, slightly more than one-third (36 percent) of the male and female inmates had been homeless at some point during the first year on their own. A higher percentage of females (43 percent) compared to males (35 percent) reported being without a home during their first year after foster care,” the report states.

Latino males made up 34 percent of California’s population in 2008, but made up the largest percentage (39%) of men in prison in 2008. Sixty-six Latinos interviewed for the study had lived in foster care.

POPULATION

The report showed black males made up only six percent of the overall population of California in 2008, but comprised 29 percent of the prison system. Thirty-three percent of those surveyed lived in foster care before going to prison.

According to the report, white men made up 45 percent of California’s population that year. Thirty-one percent said they “lived in foster care before going to prison.”

“Policymakers could improve and develop new services for foster care teens who are trying to navigate their paths to independence—particularly services that could more effectively help ward off potential interactions with the criminal justice system,” the report concludes.
Juvenile Lifers Find Hope in Senate Bill 260

The San Quentin News accepted this article from an anonymous lifer because of the personal growth and self-control it portrays. Her story highlights the opportunity for young men and women who had to mature under extremely adverse conditions. DLS said he believes more of his peers would identify with it if the story were published this way.

By Inmate DLS

At the age of 11, lacking inner strength and maturity, I had given in to peer pressures and behaved badly. I was soon led to thoroughly believe that as a “lifer” I was eventually going to die in prison one way or another, and that there was no chance of ever going home.

I felt as if there was nothing to work towards; no reason to want to better myself, and my future was ultimately death in prison. Thinking that adaptation was the key to mental and physical survival. I wrongly chose to submerge myself into the penitentiary “convert” lifestyle and culture, and I took on the related mentality and distorted system of values that exists within these prison walls.

It was almost ten years into my prison sentence before I finally made my “wake-up” moment. I finally saw the “light at the end of the tunnel” and started to feel like I might actually make it out of prison one day, have a normal life, and live it right. I was given a real sense of hope. But it was seriously enforced upon me that my release would have to be earned.

Reform, self-awareness, positive growth, self-rehabilitation, the development and exercise of self-control, self-discipline, integrity, and moral values were to become an everyday mandatory program. Just as much as rolling up my mattress first thing every morning, and keeping my shoes on all day until the lock was racked closed every night.

CHANGE

I now had an incentive with something positive to work towards. Trying other inmates repair their lives, making amends, giving back, finding inner peace, and actually being released was an enormous insipriation to me.

In retrospect though, did it really need to take so long for me to realize that I could be rehabilitated? That I should want to be, and that rehabilitation was the key to “freedom” within myself and to possibly being released someday.

If hope, an incentive, and inspiration were given or at least offered to me as a viable option when I first came into prison at 17 years old, would it have taken so long for me to get my priorities straight, fix my life up, steer myself away from “115’s” (disciplinary citations), stay out of Administrative Segregation and keep myself away from all the internal prison “politics” and negativity that would serve to stunt my personal growth and keep me here in prison.

I take full responsibility and I don’t blame anyone or anything else for all the negative choices I’ve made in my life and while here in prison. But as a juvenile offender, if more specific and personalized consideration was given to both my obvious and underlying rehabilitative needs by the courts and the California Department of Corrections and Rehabilitation, it would have made a positive difference in my life, to my future, and to my ability to contribute back to society? Yes. And the same would hold true for any other juvenile offender.

Recently a bill was introduced that addresses the issue of juveniles sentenced as adults for serious crimes. Senate Bill 260 serves to show errant youth that society still cares about them, and believes that they can be rehabilitated and one day become a contributing member of society as a mature, responsible adult; and that they don’t have to waste their lives away in prison. It’s not a “got out of jail free card.”

It will hold juvenile offenders responsible for their harmful acts by requiring them to serve a minimum of 10 years in prison before being able to petition to a court for a review of the remainder of their sentence.

ACCOUNTABILITY

A petitioner must demonstrate their acceptance of responsibility and their level of remorse for their crimes and their victims. They must show that they’ve made every effort to rehabilitate themselves through self-help programs. For example, the bills must show that they have acquired marketable job skills and fulfilling what the prison disciplinary record will be taken into consideration. And the parole board for the family will be notified, and allowed to attend any possible re-sentencing hearing, and be able to make statements. A judge would then have the discretion to suspend, modify, or stay the remainder of the juvenile offender’s sentence based on an evaluation of all these factors. Senate Bill 260 gives minors who have taken a turn down the wrong path the desperately needed hope and incentive that they need to truly want to better themselves in an effort to be able to earn their freedom. Senate Bill 260 is a positive change for our errant youth, and shows that society still cares about them to give them the chance to be successful, and be released.

I hereby pledge my full support for this bill, authored by Jason Chaffetz, is proposing a post-sentencing bill that would send low-risk offenders to low-risk offenders to halfway houses or home confinement using ankle-bracelike technology, reports The Salt Lake Tribune.

The U.S. Justice Department recently undergoing the legislative process before hopefully going up to the governor to be signed into law. Without a doubt, much more needs to be done to prevent juveniles from committing crimes, but as long as the juvenile system is there to help at-risk youth and incarcerated minors, and for juvenile rehabilitation, www.fairsentenc- ingforyouth.org.

1. Washington, D.C. – In an effort to reduce the number of prisoners in federal penitentiaries, Utah Republican Rep. Jason Chaffetz, is proposing a post-sentencing bill that would send low-risk offenders to halfway houses or home confinement using ankle-bracelike technology, reports The Salt Lake Tribune.

2. St. Louis, Mo. – The state's Department of Corrections is celebrating its 10th year helping local underprivileged schoolchildren with school supplies, reports St. Louis Today.com. Offenders in the DOC Restorative Justice program provide KidSmart, a nonprofit organization, with coloring books, journals, flashcards, bookmarks, note cards and learning games. No tax dollars are used in the endeavor.

3. Roanoke, Va. – More than 25 percent of the 12,000 prisoners released by the state each year return within three years, Virginia CARES assists more than 400 of the ex-offenders with employment, and follows their records. Roanoke.com. The organization works with a $105,000 annual grant from the state.  

4. Miami, FL – All 60 prison facilities are scheduled to offer programs for inmates by the end of the year, reports The Associated Press. Prison officials say the plan will follow strict Jewish dietary rules.

5. Tennessee – GED certifi- cates were awarded to 36 prin- cipal offenders at Correctional Industries of America’s Henderson County Correctional Center on May 17, reports the Jackson Sun.

6. Jackson, Miss. – A class-action lawsuit filed against a state prison alleges prisoners are iso- lated for long periods in “barbaric” conditions, life is dull and broken with rats and broken toilets. In addition, the suit claims prison guards are denied access to medical and mental health services, The Associated Press reports.

7. Hennepin County, Minn. – Drug busts doubled from 2010 to 2012, according to county of- ficials. Heroin deaths and over- doses climbed to a record level. There have been 37 drug-related deaths so far this year, with 15 of these due to heroin overdoses, report The Star-Tribune.


9. New Haven, Mich. – Prison officials are bringing commu- nity college courses and voca- tional training into the prison system. The program targets a small number of offenders who are near parole, the Detroit News reports. There are 42,000 prisoners in the state’s 31 pris- ons, and nearly half begin their sentences without a high school diploma or GED.

10. New York, N.Y. – A task force studied the 1.1 million- student city school system to find out how student misbe- havior was handled during the 2011-12 school year, reports the New York Times. The report found that an “overwhelming majority”of 70,000 suspensions were for “offenses of a personal nature,” which was a 40 percent increase from the previous six years. The report recommended that an in- teragency leadership team be developed, comprised of educa- tors, social service officials and court officials, with the goal of keeping students safe in school while decreasing the use of the harsher punishments.

11. Richmond, Va. – Ras-Solo- mon Tarari, 35, spent more than 10 years in segregation for wearing his hair too long for prison rules, and allowed to cut his hair, reports the Rich- mond Times-Dispatch. Tafari said he conformed to the prison’s dress codes in an effort to be transferred from the prison where he served sentences for a stroke, a stroke, and other injuries.

12. Ohio – Three of the state’s central prison facilities are among the top 13 facilities in the U.S. for rape and other sex crimes, forced consen- sually against juvenile offenders, reports The Columbus Dispatch. The Ohio Department of Bureau of Juvenile Services found the three juvenile facili- ties had sexual-assault rates of 22.4 per 100 inmates, and 19.8 percent re- spectively.
Nigel Poor’s Passion for Photography

By Tommy Winfrey Contributing Writer

In the nearly three years Nigel Poor, 50, has been volunteering in San Quentin, her perceptions about life have broadened.

“I have been privileged to see the people some of society considers invisible,” she said. Poor is an artist who has tenure at Sacramento State, where she has taught photography for the last 10 years. She started teaching an art appreciation class on photography with Doug Dertinger at San Quentin through the Prison University Project, which gave her the opportunity to meet the men in blue.

Human nature has always fascinated Poor—a fascination that led her to teaching at San Quentin. Although she has always considered herself an artist, Poor has worked various odd jobs to support her endeavors, including being a cook, maid, chauffeur, English as a second language teacher and studio assistant.

“It’s not what you do for a living, it’s about idea,” Poor said, explaining how she has been exposed to ideas she could never have conceived of before coming into San Quentin. “I hear stuff I never imagined. Things I never thought of before.”

After growing up in Boston, she went on to earn an undergraduate degree from Bennington College and a graduate degree at Massachusetts College of Art in Boston. Poor said her work at San Quentin has helped her to figure out the direction of her own life, just as the men she interacts with in San Quentin have been forced to discover who they are. She said she’s taken their experiences as a lesson in life to figure out who she is.

Poor defines herself by what she does in life as an artist, teacher, and volunteer. As an artist Poor says, she is always looking for the story under the surface. She says she sees the story in the humble objects in every day life. Objects such as a crumpled up piece of paper or used t-shirt fascinates her. One of the projects she undertook was to photograph a different object that she found discarded by people everyday for a year.

 Poor says there is extraordinary in the ordinary, and after viewing her artwork, “I hope people think about the humble object.”

Poor says she hopes people will see something more besides the obvious in life, and quotes one of her San Quentin students Ruben Ramirez, when she said, “After taking the photography class I see fascination everywhere.”

She says this is the fascination she has for everything. Poor’s greatest influences as an artist have come from the German photographer August Sanders and Walker Evans, creator of American photographs. These photographers tried to create order out of the chaos of life, she said.

Poor seems almost amazed that after spending time in San Quentin her interest in photographing people has returned. She said after years of creating portraits her interest had waned, but now she is taking pictures of people both inside of prison and outside as well.

This interest in human behavior has pushed her into one of her new projects, working with the San Quentin Prison Report. She is working with prisoners Troy Williams, Tommy “Shaqu” Ross, Wallace-Stepter and Greg Estridge to produce radio shows for KAWL.

The radio spots are the first time San Quentin has produced radio shows for over 50 years. She is helping to bring the stories of the men that fascinate her to the public.

In a project she is producing outside the walls of prison, she is photographing the objects in people’s homes when they are not there. She says the point is to see the person through their possessions. Pictures of possessions turn into portraits of people when they are shot through the lens of Poor’s camera.

When asked what a portrait of her would look like if she was not in it she said, “A piece of paper that I have written on and erased several times, like if she was not in it” she said, “A piece of paper that I have written on and erased several times, like if she was not in it.”

Various photos arranged by Poor

A self portrait of Nigel Poor

Prisoners Celebrate Juneteenth on the San Quentin Lower Yard

June 19, 1865, is labeled the birth of Juneteenth.

By Lorenzo Robinson Journalism Guild Writer

Several hundred prisoners were drawn to San Quentin’s Lower Yard by a historical account of Juneteenth, the music of inmate bands and several rappers. The host kept the audience engaged in the extravaganza with comedy and a Father’s Day message.

It was five hours of celebration and displayed his rapping skills.

The studio where Poor enjoys her works

“Fatherhood is situational,” he said. “We can always be a father to someone who doesn’t have a father.”

Lincoln in 1863, abolishing slavery, “as a military strategy” in the Confederate states, took 2 ½ years to reach the enslaved Africans of Texas. They got the news on June 19, 1865, the birth of Juneteenth. “So, let this Juneteenth celebration today be more than a remembrance of what the enslaved Africans in Galves- ton, Texas did not know,” said Stiner. “Let us, instead cele- brate what we do know, and what we do know is that we have a responsibility and an obligation to remember and learn from our history. Let us remember the sacrifices we’ve made, the obstacles we’ve overcome, and the struggles we must continue to wage in order to move human history forward.”

The music included the jazz “We Came to Play,” the funk of “NSF,” and the blues of “Cold Blue Steel.”

Several rappers performed, touching subjects such as the Civil Rights movement, personal experiences and moving forward while retaining a historical perspective.

As the men-in-blue made their way to the makeshift stage, em-cee Aaron Taylor reminded the men the day was also Father’s Day. He blessed the event with a prayer and shared a few poignant words about fatherhood.

“Fatherhood is situational,” he said. “We can always be a father to someone who doesn’t have a father.”

In closing the event, Taylor returned to the stage and del-ivered a few humorous up- dates on San Quentin sports and displayed his rapping skills.
San Quentin’s SQUIRES Program

I don’t want to be here,” a young boy said as he toured the cellblocks in San Quentin Prison. He was one of the 24 at-risk young people from Richmond who made up the San Quentin SQUIRES Program. The teen gave the young men from the Terminator Kelly Youth Foundation of Richmond a view of what their future could be if they made bad life choices.

SQUIRES members and at-risk kids sitting down for an essay on the South Block Rotunda.

The SQUIRES Program conducts tours and screening for young who are demonstrating a propensity to engage in juvenile delinquency conduct. Participant Duarte Llamas, a San Jose High School student, said that the visit to San Quentin was one of the best experiences of his life.

“I want to see my brother come in here,” the 17-year-old said. “I’m not a bad kid! I want to be successful.”

The conditioning tour is designed to shock the young men into realizing that they might end up in a bad situation if they don’t change their ways. SQUIRES workshops are conducted monthly and include graphic, frank language about how they will be searched and looked at all over for contraband when they come to prison. No detail is spared. Some of the parents accompanied their son or child, and some were核查 from the kids.

“Terrorism is the new war,” said Duarte. “Terrorism is the new war.”

I was interested to learn the history. I was interested to learn the history. I was interested to learn the history. I was interested to learn the history. I was interested to learn the history.

I just want to thank you for opening my eyes!”

I don’t want to be here. I want to be in here. Nobody wants to be in here. The food is bad. There’s no privacy!”

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Get on the Bus’ Brings Joy Behind Bars

By San Quentin News Staff

It was a picture-perfect day in San Quentin’s visiting room as prisoners’ loved ones arrived from around the state to enjoy themselves with face painting, games, hugs and kisses.

Around Mother’s Day and Father’s Day, each year, Get on the Bus provides free transportation to the visiting rooms of several prisons for the relatives of convicts who live in communities as far north as the community of Citrus Heights as well as the southern city of San Diego.

“This is a much neglected population,” said community organizer, Cathy Kalin. “Families may have a certain outlook about the person behind bars, but the children shouldn’t suffer from their parent’s mistakes.”

The event is financed on a shoestring budget, said program director, Hilary Carson. Faith-based organizations put on bake sales and raffles, among other donations from ordinary people who support the program, she said.

This year, Pelican Bay was included in the event for the first time, said Kalin. “In the future, we hope to include some federal prisons too.”

Providing better access to phones, letters, and visitation for family members are instrumental to limit the “pains of incarceration,” and has a positive influence on offenders, according to The Impact of Family Visitation on Incarcerated Youth’s Behavior and School Performance: Findings from the Families As Partners Project, by Vera Institute of Justice.

“We as a society should help the children by assisting them build a relationship with their parent because one day the parent will get out of prison,” said Kalin.

“A lot of children are the only person in their classroom with an incarcerated parent. When they come to Get on the Bus event, they have the opportunity to see other children in similar situation as they are to see another child with an incarcerated parent.”

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“The event at Folsom was a picture-perfect day for the children played volleyball and other games,” said Carin. “Most people have learned about the program by word of mouth.”

Three families of Death Row prisoners were accommodated by the Get on the Bus program.

Isaiah Martinez, Brian Asey, Charlotte Casey, Allen Gonsoulin Jr. and Desiree Asey

Calderwood’s grandson Zaedyn. “Last year was the first time I saw my dad in about nine years,” said Calderwood’s daughter.

“T h e  e v e n t  a t  F o l s o m  w a s  a  p i c t u r e - p e r f e c t  d a y  for  the  child to come here and see they are not alone is fantastic,” -Cathy Kalin

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Advice That Could Make a Difference
An "OG's" Perspective

By Watani Stiner
Staff Writer

Question: If you, the OG, had the ear of the young people, what would you tell them?

Dear OG Watani,

My name is La-La, and I am 49 years old. I was in prison until about April — "OG" column, you asked an important question: “What would I say to the current generation of youth that could make a difference in their lives today?” I thought about this question long and hard before deciding to respond. Probably there is not just one thing I could say that would alter the lives of any young person. Instead, I thought about what I could do to make a difference in their lives.

I have accepted the “historical baton,” and I am all that I can to hand that baton to the next generation. I have learned some things from the generation that came before me — things from their successes as well as their mistakes. I believe that everything in life should be a lesson and a learning experience.

Moreover, I realize that this historical baton conveys much more than just a message. It compels us to accept and practice one of the most indispensable obligations embodied in every generation: “Each one teach one.”

In a very practical sense, I am engaging the youth. Of course, I realize that not all will listen and many of those who do listen are not always paying attention. However, each and every day I try to engage and teach at least one youngster something. My lessons can vary from merely listening to and discussing the lyrics of one of their favorite rap songs to even starting a conversation on some sensational event that took place in the news. I try not to be judgmental, instead I try getting that person or persons to think and hear another perspective.

"OG" PERSPECTIVE:

One thing that is quite clear in "OG" La-La's experience is my assessment that it is difficult to get the younger generation to stop and listen to an OG. Sometimes the resistance is because of generational differences. Other times it is perceived as condescending manner in which the information or message is conveyed. However, society’s one thing is clear, the breakdown in communication is the result of neither side listening.

Listening is the most neglected aspect of any relationship. Communication and good relationships come with mutual understanding and respect that require listening and not just talking-on both sides. To come to a “teachable moment,” the younger person needs to be heard and not simply preached to.

Listening well and really trying to put one’s self in the other’s shoes is a radical act. For example, I was able to understand some of my own children’s struggles when I heard about the terrible abuse they suffered in foster care. Before hearing that, I was just responding to their behavior and not understanding where that behavior was coming from. It’s like a micro-scan of the broken criminal justice system. It looks only at behavior and then tries to correct behavior by imposing laws and incarceration. It essentially targets the symptoms while completely ignoring the causes. The solution (like the problem) has both a personal and social dimension to it. Therefore, it requires transformations on both levels.

From an OG’s perspective, one of the biggest misconceptions in our communication is our individualistic lack of difference between criticism and condemnation. Condemnation is the way we human beings attack or react on the total person. Another word for condemnation — “Hatred.”

On the other hand, criticism is identifying and correcting human weaknesses or limitations in order to make the person stronger or healthier. It is not just about correcting shortcomings, but also about affirming what someone is doing well. OGs should not only see their role as teachers but also as a great way to affirm what someone is doing well. OGs should also reflect back on what is good, and be willing to listen. We must find a way to open some doors inside young minds that have not had the opportunity to support them to be self-reflective. Young people must see and believe that they are capable of doing the big picture.

In today’s digital world of instant gratification, drugs and violence, there are many distractions impacting the lives of young people. Requiring OGs, such as La-La, to be creative, courageous and committed to passing their message across. The task is neither glorious nor easy. This certainly does not mean you have no one to support or listen. OGs can to hand that baton to the young people for...
Diabetic Class Curriculum

**Basic Course**

Week 1: Type I and II

Week 2: Food & Nutritional, Food Logs & Labels

Week 3: General and Reading / Pass out meter

Week 4: Sugar levels

Week 5: Dietary Information

Week 6: Exercise part I - What exercise does

Week 7: Medication

Week 8: Exercise part II

Week 9: Meditation & Breathing

Week 10: Health care Maintenance

**Advance Course**

Week 1: Glucose Control

Week 2: Carb counting, Part I

Week 3: Carbs

Week 4: Hypo-hypoglycemia

Week 5: Cholesterol (LDL-HDL)

Week 6: Hypertension

Week 7: Mental Health & Diabetes

Week 8: Dental Care

Week 9: Neurobiology I

Week 10: Exercise I

Week 11: Meditation & Breathing

Week 12: Heart Disease

Week 13: Neurobiology II

Week 14: Eye Care

Week 15: Medications

S.Q. Food Menu

**Breakfast:** Stewed prunes, cracked wheat cereal, scrambled eggs, pinto beans, flour tortillas.

**Lunch:** Peanut butter, jelly, wheat bread, almonds, cookies, fresh fruit, beverage pack.

**Dinner:** Drizzled green salad, turkey tetrazzini, green beans, dinner roll, margarine, seasonal fruit, beverage pack.

**Unlimited Encounter Prompts**

**Successful Diabetes Program**

By Kris Hummberger

It was a chance encounter that led to development of a promising diabetes-control program that might improve the health of San Quentin inmates, says inmate Clint Martin.

In the summer of 2012, San Quentin’s Chief Medical Executive Dr. E. Tootell was chairing a meeting for the Breast Cancer Walk. She had asked to Martin if he knew any inmates who were diabetic, because she had wanted to get a diabetic program going for several years.

“It just so happens that I am a diabetic,” said Martin.

One year after the inception of the diabetes class, Tootell declares, “The class has been a success.”

According to Tootell, 10 percent of San Quentin’s prison population has diabetes, a potentially debilitating disease that prevents the individuals from metabolizing sugar appropriately.

Prison meals are rich in sugar and simple carbohydrates, which presents a problem for diabetics. Most medical authorities say these foods are detrimental to diabetics. By continuously consuming refined foods such as sugar, white bread, and sugary soft drinks, a person can develop insulin resistance, says Dr. Shari Lieberman, the author of the Glycemic Index Food Guide.

San Quentin’s diabetic population is slightly higher than the U.S. population, according to researcher Mark Kane who wrote an assessment of the San Quentin program in support of his master’s degree. Kane told conceived the idea for a diabetes class in 2008. She observed that most of her patients diagnosed with diabetes and other chronic illnesses had very little understanding of their disease. “I wanted the program to be targeted toward the general population and based on a balance of diet, exercise, and medication,” she said.

She thought it would be beneficial to have an inmate with diabetes help facilitate the classes. “Control of diabetes is a way of life. There is only so much that I can explain about diabetes to prisoners, not knowing what it’s like to live in prison,” she said.

Shortly after his meeting with Tootell, Martin started working on curriculum. He was able to draw on some of the material from the diabetes class he took in Soledad State Prison. Martin worked to improve the class and see glucometers to inmates so they could monitor their blood sugar.

Glucometers and the small needles called lancets used to draw blood from fingers have been previously banned under prison policy, because they can be used as a weapon or tattooing device. Prison diabetics also must contend with scheduling conflicts, because medications, including insulin, are issued only at designated times. Prison officials consider syringes to be a controlled item, and certain medications used to manage diabetes and nerve conditions may need to be used at a high.

But Centinela State Prison developed a pilot program that was accepted by the California Department of Correction and Rehabilitation for use in all prisons.

Participants in the San Quentin program are required to attend a weekly class. They are also required to maintain a food log and monitor their blood sugar on a daily basis.

During the class, Dr. Tootell analyses the food log with the participants. She found the kitchen food was healthier than the food given to the inmates prepared themselves.

“Diabetes is complicated to detect because there are no significant symptoms,” Tootell said. “As it progresses, individuals can experience thirst, frequent urination, and even weight loss.”

Early in 2008, inmate Haro Agakian was working as a visiting room porter when he got dizzy and fell. “At the hospital, I learned I had pancreatitis and the blood test showed I had Type II diabetes,” said Agakian. “I had Type II diabetes.”

Physicians put Agakian on a medication called metformin. After several years of taking medication, he lost 15 to 20 pounds and was taken off medication.

The diabetes program is comprised of two levels—basic and advanced.

The basic course consists of two-hour sessions held over 11 weeks. It “covers the core principle,” said inmate facilitator Martin. “Participants are taught the difference between Type I and II diabetes. They receive general dietary information and learn how to read food labels. They even learn about neuropathy, and how exercise helps.”

Martin emphasized that keeping the food log was the most important tool.

The advanced course is 18 training sessions, held over 36 weeks.

A pharmacy technician, who assists with the class and happens to be diabetic herself, said she learned three things from three classes. “Being a part of these classes, I learned how to balance my sugar. I think that this program should be taught at Kaiser (the health maintenance organization).”

Master candidate Kane observed both that advanced course participants and waiting list respondents voiced dissatisfaction with the prison meals. They said the food is rich in sugar and carbohydrates, and they have no healthy alternatives. The biggest concern was the daily box lunch.

Inmate D. Williams, who recommends the class, took the basic and advanced versions to learn more about neuropathy, a condition that devastates the nerves. He said, “The chow hall food is largely starchy, and lacks any alternatives.” For me, tracking and counting carbohydrates is important because we don’t have a diabetic diet.”

Tootell said the diabetes class has been a good experience. She recommends diabetess screening for anybody age 35 or over.

If you would like information on diabetes or if you think you might be exhibiting signs of diabetes, you can request a diabetes test submitted at a 7362 (Medical Request Form).
CDC Says Youth Violence in America Has Become a Public Health Problem

By Charles David Henry
Staff Writer

Youth violence has become a public health problem across the United States, according to several reports by The Centers for Disease Control. It is the second leading cause of death for young people between the ages of 15 and 24.

Bullying occurred against 25 percent of high school students during 2007-08, according to Understanding Bullying. A much higher percentage of middle schools reported daily or weekly occurrences of bullying compared to high schools.

Bullying is one of the major reasons for youth violence. The report found, anyone could be a bully, a victim or both.

San Quentin prison Mark Edwards was asked whether he was ever bullied or bullied, he added, “The use of violence was sometimes necessary when I was in the military and high school.” He added, “I had to fight to protect myself. There were other times when I had to put up or shut up.”

Accordingly seven percent of teachers reported being threatened with injury or physical attacks by students from their schools, the report said.

School bullying prevention programs are widely implemented but infrequently evaluated, according to the report. In 2010, 17 children aged 5 to 17 were older were murdered on school campuses, reporting Standing School Violence. Among 5,000 young people aged 10 to 19 were victims of homicide, the report said. An average of 11 youths died each day, the report found.

Deaths resulting from school violence are only part of the problem.

In 1990, 828,000 nonfatal injuries occurred at schools among students ages 12 to 18. The injuries included minor cuts, bruises and broken bones, according to the report. More than 707,000 young people ages 10-24 were treated in emergency rooms after being physically assaulted in 2011 - an increase of 1 percent.

Five percent of high school students reportedly took weapons to school.

Because of these statistics, the U.S. Surgeon General’s goal is “to stop school violence from happening in the first place.”

The CDC and Surgeon General are encouraging school administrators and parents to learn how to report any act of violence or bullying.

The CDC is also corroborating with the U.S. Department of Education to study schools from around the country linked with violent deaths, in an effort to monitor this public health concern.

To learn more about these prevention programs, school administrators, law enforcement members and parents can visit Centers for Disease Control Division of Violence Prevention www.cdc.gov/violenceprevention/ACEs.html, School Health Index (SHI) www.cdc.gov/healthyliving/shi, Consumer Service www.violenceprevention/youthviolence/AACE, Guide to Community Preventive Services www.thecommunityguide.org.

New York Mayor’s Focus on Treatment Instead of Incarceration For the Mentally Ill

By A. Kevin Valvardi
Journalism Guild Writer

New York City Mayor Michael Bloomberg has begun an initiative focused on treatment programs for the mentally ill, rather than incarceration.

According to reports, the mentally ill jail population is comprised of mentally ill offenders who serve almost twice the amount of time as offenders without a mental illness, city officials report.

Longer incarcerations result from the mentally ill’s lesser resources for posting bail.

They often lack personal finances, or family members or friends to post their bail.

Mayor Bloomberg’s plan creates centralized teams to coordinate offenders with the health history. Such teams can provide recommendations to judges more quickly to help avoid making ill-informed decisions regarding bail availability, placement in community treatment programs, or other possible choices that might be considered.

The teams can also keep the courts apprised of a defendant’s progress.

The initiative is an improvement but not a total solution.

There is still the problem of ensuring the mentally ill receive appropriate drug treatments and other intervention benefits to reduce the chance that behavior causes them to be re-incarcerated.

City officials say they hope the program will take care of mentally ill prisoners who commit minor offenses and pose no threat to public safety by sending them directly to treatment programs, rather than jail or prison.

By Phoecn You
Design Editor

A 2006 report from the Human Rights Watch concluded that the numbers of mentally ill prisoners in the U.S. has quadrupled since 2001, demonstrating a failure in the current system, which failed to properly treat mentally ill prisoners.

While more than half the prisoners in the U.S. experienced some mental health problem, according to the Bureau of Justice Statistics. According to reports that quantify are symptoms of major depression, mania and psychotic disorders. In 2006, approximately 705,000 incarcerated adults are state prisoners, federal prisoners and local jails also suffer from the growing mental health population. Statistics concluded that 78,000 federal inmates and 475,000 prisoners are in local jails. An estimated 56.2 percent of the prison population suffers from mental health issues. In the adult general population it is 11 percent, according to BJS.

Reports find that doctors have trouble of incarcerating women with psychiatric disorders. An estimated 73 percent of mentally ill prisoners of incarcerated. Approximately 42 percent of mentally ill prisoners suffered from drug dependence or abuse.

Miami-Dade County Judge Steve Leifman, recognizes the ongoing issues concerning what mentally ill prisoners face in the justice system and is working to do more than incarcerate them.

Leifman’s ideas included focusing on the mentally ill prisoners who commit non-violent crimes to seek out treatment rather than sending them through the prison system.

According to reports, many politicians who considered improving the process of mentally ill prisoners admit that the issue was not their highest priority.

Some political leaders feared that tax payers would not support more money on improving medica-

ion for the mentally ill remained a wise sue was not their highest prior-

ers. Franci J. Braceland maintains that “prescription of drugs for

Counties in Iowa Foot Most Of the Role With Mentally Ill Prisoners

By Emilie DeWeaver
Journalism Guild Writer

There was a time most mentally ill people received treatment in hospitals staffed by mental health professionals. However, county jails have taken on much of this responsibility and they’re doing it on a shoestring budget.

According to reports, many prisoners have been physically abused or sexually abused in the past, living with family members with psychiatric or drug abuse problems, and have family members who had been incarcerated. Approximately 42 percent of mentally ill prisoners suffered from drug dependence or abuse.

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EDUCATION CORNER

Vice Principal Beebe Heads Rehabilitation for Prisoners

By Julian Glenn Padgett
Journalism Guild Chairman

The San Quentin education program is expanding after severe budget cuts in recent years. Tony Beebe, acting principal of the prison’s Robert Burton Adult School. “The statistics are very clear,” said Beebe. “If you get an education while in prison, recidivism rates drop.”

When people argue against educating the incarcerated and the benefits that can come from it, Beebe speaks from experience. “My argument is: educating the incarcerated works. The question is: what’s the price we are willing to pay for failing to do it?” Beebe said. “For me personally, that price is too high.”

In 2004, Beebe began working at San Quentin. Subsequently, he was transferred to California Medical Facility for about two years, returning to San Quentin in 2012. “I was the vice principal at CMF and it was really excellent,” he said. “It was the changes the best learning experiences I’ve ever had.”

Discussing educational history, Beebe said education was denied to African-Americans but it was forced on Native Americans. “I’m the Tsilagah (Cherokee Indian) nation, as my mother, my grandmother and all of my great-grandmothers,” he explained. “Children were taken from their tribes and beaten if they didn’t learn the language, but that has not affected my outlook on correctional education.”

“A graduate of Sacramento State University, Beebe received a degree in education administration. He said his style of leadership is to adjust to the situation and assume everyone is professional and doing what is expected of him or her. “My hand is expected to be on the wheel and in some cases my influence will be applied to get the desired outcome,” Beebe said. “My tendency is not to hide people. If you’re doing a great job, you’ll not hear from me.”

“We do have two new voca-

2009 Study Shows Youth Gang Violence Rising

By Phoeun You
Design Editor

Since 1980, gang violence among young people has been a growing problem throughout America, according to a 2009 study. An innovative gang prevention strategy was introduced to several communities focusing on teenagers involved with gangs and their families.

The prevention strategy supports local organizations that help transition troubled youngsters away from negativity towards being productive members of society. Supported by law enforcement, 65 cities were surveyed that reported serious gang problems.

After the survey, the following suggestions were made:

Community mobilization: This involves a community effort, including ex-gang members, community leaders, and programs.

Opportunities provision: Programs that develop towards education, employ-

ment, and gang-involved youth.

Social intervention: Provide services such as schools, grassroots groups, religious organizations, law enforcement and criminal institutions for youth gangs and families.

Suppression: Supervision and monitoring gang youth by agencies of the community, schools, and the criminal justice system.

Organization change and development: Implementing regulations policies by effectively using potential resources, within and across agen-
cies.

The Gang Violence Reduc-
tion Program was developed from the research, a project that lasted five years. The results included a decrease in violence and property crimes through the participation with older gang members.

A follow-up to the program, re-
searchers found that there was a decrease in gang participa-
tion and a decline in violence and drug arrest.

Investigation Finds Global Tel*Link’s Prepaid Service Misleads Customers

The company says it expects to recover the investment by increased inmate pay calls.

By Kevin D. Sawyer
Journalism Guild Writer

Global Tel*Link (GTL) has misled customers to pay in ad-
vance if they want to continue receiving collect calls from in-
mates in prison, a San Quentin News investigation has discover-
ed. This was accomplished by notifying customers that they must subscribe to GTL’s pre-
pared service, Advance Pay account. The plan was contained in a form letter mailed Oct. 26 to GTL customers who were currently receiving inmate collect calls made from state prison.

The letter states that effective Nov. 26, 2012 “the mechanism used for your Global Tel*Link Direct Billed account will no longer be in operation. ”

The letter gives the impression that a change in service is mandatory. Prisoners and called parties have complained. The letter said, “You must establish an Advance Pay account between Nov. 15 and Nov. 25, 2012 in order to avoid an interruption in service.”

Late last year, after con-
tacting the California Public Utilities Commission (CPUC), sending unanswered e-mails to GTL, and searching the Internet, the San Quentin News obtained a copy of GTL’s tar-
iff to provide prison pay phone service.

GTL has a contract to install the equipment and to maintain the use of the technology in each of the state’s 33 prisons. The installation cost to GTL is estimated at $33 million dol-
lars. The company says it ex-
pects to recover the investment by increased inmate pay calls.

Five times during April, be-
ginning with an “undeliver-
able” e-mail, the newspaper was referred to customer ser-
vice with its questions. It was later referred to technical ser-
vice, and then back to customer service. Information pursued on line www.offenderconnect.com was no help.

INCONSISTENCY

Other inconsistent information discovered when compar-
ing GTL’s form letter to its tariff is the amount of the mini-

mum deposit for Advance Pay. The letter said it “allows you to make deposits with a $5 minimum.”

However, according to the tariff, “The minimum amount required to set up the Advance Pay account is $25.”

Some customers, however, continue to utilize the existing Direct Billed account service, while others were unknowingly coerced to make the change to an Advance Pay account.

According to GTL’s tariff, “In those areas where the company (GTL) does not have a direct billing agreement with the existing local exchange carrier, or upon a customer’s request, the company will set up an Advance Pay account with the called par-
ty for payment of collect calls placed from institutions served by Global Tel*Link.”

The tariff also said, “The cus-
tomer may close the Advance Pay account at any time.” The San Quentin News was unable to ascertain whether GTL’s Di-
rect Billed account service will be discontinued.

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A follow-up to the program, researchers found that there was a decrease in gang participation and a decline in violence and drug arrest.
Complete This Puzzle Win a Prize!

50 competitors enter a singles ping-pong contest, how many games are required to decide the winner if the players are eliminated as soon as they are defeated?

The answer to last month’s puzzle is: first you weigh 3 dimes against 3 dimes, if the weight is equal, then the defective dime is with the 3 not weighed. Then you weigh 2 dimes out the 3 against another, if they don’t weigh equally the lighter dime is the defective one. If it’s equal, the dime not weighed is the defective one.

If on the first weighing the dimes are not balanced than the lighter scale has the defective dime. You can than repeat the second step from the process above.

Congratulations to Robert B. Lomas, for winning last months contest.

Congratulations to all the following participants who entered the contest: Joseph S. Orozco, and Louie Calvin. Due to shortage of supplies, hats will no longer be issued as prize.

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

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

Prize winner will receive: 4 Granola Bars Prize will only be offered to inmates with privilege group status that allow for the prize items. Inmates transferred, sent to ad/seg, or otherwise not available to claim their prize will result in forfeiture.

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

Book Review

By Randy Maluenda

MORY-DICK (By Herman Melville) High adventure pursuit intercut with whale industry trivia and philosophy sidebars.

SWITCH (By Chip and Dan Heath) Better living through forming better habits.

THE COPYRIGHT HANDBOOK (By Stephen Fishman) Guide on getting protection for your creations.

THE LADY AND THE LAPDOG (By Anton Chekov) Jaded/warried man going emo with enamored young woman is the headliner in this classic short story collection.

Snippets

Last Issue’s Sudoku Solution

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CORRECTION

San Quentin News would like to apologize to Scott McKinstry for the misuse and inaccurate author labeling of his painting in last month’s newspaper Edition 47.

Also in last month’s issue was the good works that led to James Houston’s release from San Quentin on May 29. Houston praised the article but would like to correct the record on details of the crime that landed him in prison. His email to the S.Q. News reads as the follow:

“Thanks for the great article on me. To honor my victim as well as show respect to his family I have to clear up the statements around my crime.”

“My neighbor and her boyfriend were having a domestic dispute when I chose to intervene. I asked Mr. Hightower to give the money back that he had taken from Miss Phillips. Mr. Hightower said, ‘Mind your business’ and that is when I pulled the gun I was carrying on Mr. Hightower. Mr. Hightower reached for my gun and I pulled back and shot him.”

“Thank you for clearing this up as best you can.”

Sincerely, James Houston

Sudoku Corner

By Troy “Humphrey” Ashmus

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POETRY CORNER

By Billy Combs

What “I love you”

Means to me

To some “I love you” are just 3 simple words,

To me these words can break down walls,

To me “I love you” are not words at all.

To me these words can make a legless man walk tall,

To me these words can be the light that shine on Mr. Hightower.

To me these words can make the blind see all,

To some “I love you” means nothing at all,

To me “I love you” are not words at all.

Snippets

Sunspots are dark spots that are visible on the surface of the sun. They are magnetic areas, which has a magnetic field that is a thousand times stronger than the earth’s magnetic field.

E lecric light bulb was discovered by Thomas Edison in 1879. However, Sir Humphrey Davy was actually the first to connect two wires to a battery and connect that to a charcoal strip that caused the charcoal to glow making it the first lamp in 1809.

Sachet containing gunpowder are: 10 percent sulfur, 75 percent potassium nitrate, and 15 percent charcoal.

Lightning temperature can reach up to 50,000 degrees Fahrenheit and can contain a hundred million electrical volts. It can also stretch out over five miles in length.

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“Thank you for clearing this up as best you can.”

Sincerely, James Houston
Poetic Justice Project: Helping Hand

By Boston Woodward

Staff Writer

“Every human being has a spark of something in them that can be ignited for the good of mankind... Someone getting out of prison has to make their own choices. Whether they end up sleeping under a bridge or whatever, they have to make the choice not to commit another crime. But when someone lends a helping hand, it makes a world of difference.”

These are the words of former prison inmate Guillermo Willie, being interviewed about the Poetic Justice Project by the online news magazine NewsCafe. An actor in several PJP productions, Willie is now on the advisory board for the innovative reentry program that provides formerly incarcerated people opportunities to involve themselves with the arts.

Based in Santa Maria, the Poetic Justice Project was founded by Deborah Tobola in 2009. A former journalist and teacher at a Master of Fine Arts degree, Tobola taught writing classes for 12 years at the following institutions: Tehachapi, Delano and the California Men’s Colony West Facility. Later she facilitated music, art and drama classes for both men and women participating in reentry programs, which has since been discontinued due to budget cuts.

Tobola says she has a passion for working with imprisoned people involved with the arts. “The qualities it takes to be a successful artist—commitment, discipline, honesty, integrity—are the same ones that could help these guys in everything they do.”

Dramatic Arts Inside Prisons

In the late 1960s, San Quentin inmate Richard Cluyette wrote a play called, The Cage. After a successful run through out the country, it was made into a WEEDS, the box office hit movi- ing starring Nick Nolte.

Theater groups have produced plays within the prison system for decades. For example, in the 1980s, the full-hedged production of Samuel Beckett’s Waiting For Godot was performed in San Quentin, sponsored by the Arts In Corrections program. In the mid-1980s Arts Coordinator Jim Currier, working with a Swedish director, Jan Jonson, who trained prisoner actors involved in the Arts In Corrections program, the inmate staff of the newspaper and their advisers.

Poetic Justice Project was started 10 years ago by Lesley Currier, co-director of the Marin Shakespeare Company, and is taught by Zuray Karajan, a professional drama therapist.

Currier and Karajan work as a team while directing the plays at San Quentin. During the last year, the program was expanded by students at Los Prietos Boys Camp, Planet Of Love by Deborah Tobola, and Women Behind Walls by Claire Braz-Valentine. This fall PJP will produce Macbeth With A Knife, a murder mystery. Four PJP actors will appear in the play, Hairy Ape, in Arroyo Grande, California.

When asked if she missed working behind prison walls, Tobola said, “I do miss it very much.”

Tobola recently had a chance to do a 12-week workshop on the arts at the Los Prietos Boys Camp. During this time, the students explored creative writing, art, music, and theater improvisation; their efforts culminated in the play, PJP. With! For artistically talented people reentering society after imprisonment, the Poetic Justice Project has a way for them to be involved and to be a part of a community. “The Poetic Justice Project is interested in looking at original plays. Stories can be about prison, re- demption, points of view from prisoner’s families, associates or prisoners or the prison sys- tem, etc. Stories should be vari- ous and or light hearted. The PJP is not looking to be a forum for political expression. It’s time to decide anyone or the system. Tobola emphasized the PJP is interested in giving the opportunity to connect and return to society.”

“Project helps people to contribute to the community and at the same time have a creative community of their own, with art and technical people, that’s sort of like a big family,” said Tobola. “We hope to enlighten people to this invisible subculture.”

Guillermo Willie and Nick Homick

in the play Of Mice and Men

For the actors, it’s powerful for them to be accepted by the audience. They have felt involved. For the performers may make people feel differently about men and women who have been incarcerated and are seeking to return to society as part of the community.

Tobola’s late father was at one time a prison guard. Although her dad passed away before she started working behind prison walls, she remembers he was a great mentor. “He would have said what I am doing today,” she said.

John Steinbeck was one of her father’s favorite writers. Tobola said he would have particu- larly loved PJP’s production, Of Mice and Men, based on Steinbeck’s novel.

PJP advisor Willie, who played the role of Charlie in Of Mice and Men, also performed in several other PJP productions. “Everyone reentering from the society will have a vehicle for expression,” Willie said. “Many prisoners get ridiculed, put down and shunned because of their criminal history. It’s sort of a sad mode of expression that folks around resonating ex-cons, and it shouldn’t have to be that way.”

There are approximately 75 prisoners, both men and women, participating in the Poetic Justice Project. Women make up approximately a third of the par- ticipants. The PJP has presented seven plays. In addition to Of Mice and Men they include: Off The Hook by Deborah Tobola, The Exoner- ated by Jessica Blank and Eileen Jensen, Blue Train by Clift Ray, What If? by students at Los Prietos Boys Camp, Planet Of Love by Deborah Tobola, and Women Behind Walls by Claire Braz-Valentine. This fall PJP will produce Macbeth With A Knife, a murder mystery. Four PJP actors will appear in the play. “Every human being has a spark of something in them that can be ignited for the good of mankind…. Someone getting out of prison, they have to make the choice not to commit another crime. But when someone lends a helping hand, it makes a world of difference.”

Website Offers Help to Families of those Incarcerated

A new and free search engine, www.PrisonPath.com, provides in- formation about the prisoner. The PJP agrees that families have a right to know the whereabouts of their relatives and fear of the unknown when a loved one is charged and arrested, “and imprisonment is stressful,” and they also provide information including the ability to find a person incarcerated, access to contact numbers, and a way to find out about every American prison and jail. It also allows families and friends of inmates to communicate with each other on a specific page.

Guillermo Willie and Nick Homick in the play Of Mice and Men

Editors Note

The articles and opinions published in the San Quentin News are the responsibility of the inmate staff of the newspaper and their ad- visers. These articles and opinions reflect the views of the individual authors and do not necessarily reflect the views of the inmate popu- lation, the California Department of Corrections and Rehabilita- tion, or the administration of San Quentin State Prison.

“Statistics dictate that many pa- roles will soon go back to crime. Lending a helping hand to men and women who truly want to turn their lives around is a noble gesture. That is exactly what the PJP does for people like me.”

The PJP operates on funds donated to the program. Various venues are used to prepare and prepare for the plays. Sometimes, local churches step up and provide and provide space and time for the PJP to get in production ready. In re- turn, some of the volunteers and actors do work for the church, construction, painting, cleaning, or what ever is needed.

The Poetic Justice Project www.poeticjustice.org is inter- ested in looking at original plays. Stories can be about prison, re- demption, points of view from prisoner’s families, associates or prisoners or the prison sys- tem, etc. Stories should be vari- ous and or light hearted. The PJP is not looking to be a forum for political expression. It’s time to decide anyone or the system. Tobola emphasized the PJP is interested in giving the opportunity to connect and return to society.”

“Project helps people to contribute to the community and at the same time have a creative community of their own, with art and technical people, that’s sort of like a big family,” said Tobola. “We hope to enlighten people to this invisible subculture.”

Guillermo Willie and Nick Homick in the play Of Mice and Men

We Want To Hear From You!

The San Quentin News encourages inmates, free staff, custody staff, volunteers and others to submit articles or their views to the San Quentin News. All submissions become property of the San Quentin News. Please see the following criteria when submitting:

• Limit your articles to no more than 350 words.

• Know that articles may be edited for content and length.

• The newspaper is not a medium to le grievances. (For that, use the pris- on appeals process.) We encourage submitting articles that are newswor- thy and encompass issues that will have an impact on the prison populace.

• Please do not use offensive language in your submissions, in art work (cartoons and drawings), etc.

• Letters to the editor should be short and to the point.

Send Submissions to: CSP - San Quentin Education Dept. / SQ News San Quentin, CA 94974 (No street address required)

To receive a mailed copy of the San Quentin News, send 10-32 cents postage to the San Quentin News, Main Street San Quentin, CA 94974

The process can be repeated every month if you want to receive the latest newspaper.
By Rahsaan Thomas
Contributing Sports Writer

Despite a size advantage, the San Quentin Warriors basketball team missed critical free throws and lost to the outside Christian Ministries basketball team, 80-79 on June 15.

The Warriors lead the game most of the way, living up to center Chris Mujahid Munns’ pre-game statement, “Nobody is coming in here imposing their will on us no more.” Making the best of their size advantage and a slow start by Ministries player Ben Ilegbodu. He missed three lay-ups early on, they lead by as much as nine points.

With seven seconds left in the game and the Warriors down one point, Vines went up from the key to make a potential game-winning jumper, but Ministries’ player Ilegbodu blocked the shot. It was called a foul and Vines fouled going to the rack.

San Quentin’s 1,000 Mile Club six-mile race that included Lorenzo Hopson and Herena.

San Quentin’s 2013 1,000 Mile Club six-mile race that included Munns and McIntosh on back-to-back plays, followed by Ilegbodu scoring from inside left in the game, Warriors player John Windham revived his team’s final chances of winning by hitting an “in your face” three-pointer, reducing their deficit 80-79.

With seven seconds left, Ministries could have padded their one-point lead when Ilegbodu went to the line, but he missed both free throws.

Warriors player John Windham going for a layup against Christian Ministries player Mark Ivy.

4th Annual Six-Mile Race

On a cool Friday evening, Miguel Quezada finished strong and posted a record-breaking 38:48 time to win San Quentin’s 4th Annual Six Mile Race.

“I think it’s good because records are meant to be broken. He earned it because he put in the work,” said all-time record holder Eddie Ruona about Quezada’s new record.

Quezada won first place in San Quentin’s 2013 1,000 Mile Club six-mile race that included 13 other runners.

His record placed him in San Quentin’s 1,000 Mile Club among elite runners such as Lorenzo Hopson and Herena.

“Lorenzo has set a new San Quentin 1,000 Mile Club marathone record of 2:36:58 in the first race of 2013,” said Quezada.

Quezada’s winning record beat Herena’s all-time record by 91 seconds.

“Eddie has maintained a 39:29 six-mile record since 2011,” said Quezada.

Quezada achieved the new six-mile record by a progressive running pace of 6:49; 6:44; 6:36; 6:25; 6:13 to 6:01.

Herena finished second with a time of 39:39. Third place was Morceli Abdul Kader’s time of 40:53.

“Eddie began the race five minutes after the six-mile race had officially started, and he had no knowledge of what exact time he was running,” said San Quentin’s 1,000 Mile Club coach and community volunteer Frank Ruona.

Herena began to fade in his second to fifth mile of the six-mile track meet. However, he finished just 10 seconds after his 2011 six-mile record.

Ministries player Ben Ilegbodu bringing the ball up court.

Eddie Ruona described Kader’s experience as a way to push himself to train more. “I think that runners have gotten much faster. I have to work twice as hard if I want to win next time.”

Ruona described Kader’s third-place run as a similar pace which Herena recorded.

“Morceli Abdul ran a successful third-place spot of 49:53. He started at 6:41; 6:47; 7:08; 7:01 and finished his last mile with 6:40,” said Ruona.

“In 2008, I got injured in a race, and since that day I never could get rid of my pain,” said Kader about his preparation towards his next 1,000 Mile Club track competition.

Kader expressed his personal growth as an admiration for his running coach Ruona.

“He is an older man, he tells us all to stay strong, have fun, and stay in shape. I am happy to have him as one of my running coaches,” said Kader.

San Quentin Warriors Basketball Leaders Through June 22-July 6, 2013

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Morceli Abdul running around the track on the Lower Yard.
2013 Graduation Ceremony for Achievements

Continued from Page 1

Brooklyn, New York, is involved in community development in San Francisco's Tenderloin Dis- trict. He said he wants to build community arts in the Tender- loin, so that everyone has access to the arts.

“The arts gets to what’s in the heart,” Padilla said. “Art centers can send a message that we only need help. Needing help doesn’t mean we’re helpless. We want to get past this constant message that we’re helpless and hope- less. Just because we’re broken, doesn’t mean that you don’t be- long.”

Alan Wesson, a teacher at the private school Lick-Wilmerding in San Francisco, came inside San Quentin for the first time. “The graduation was awesome,” he said, adding “I think it’s a little surreal, thinking about not being about to leave this place.”

The 2013 graduation con- sisted of 29 GED graduates, five machine shop graduates, 18 sheet metal graduates, a gradu- ate from Coastline Community College, Palo Verde College, Blackstone Career Institute, and seven graduates from Patten University.

“My diploma gave me a new- found understanding for acade- mic achievement,” said PUP valedictorian Michael Nelson.

Nelson said he’s going to use his education to better the lives around him. “Choose to be free, in whatever this word means to you,” Nelson said.

“I want to thank all the gradu- ates, because you’re the reason we’re here,” said PUP facilitator Kara Orton. “We never ever say getting past this constant message that we need help. Needing help doesn’t mean we’re helpless and hopeless. Just because we’re broken, doesn’t mean that you don’t belong.”

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“I want to thank all the gradu- ates, because you’re the reason we’re here,” said PUP facilitator Kara Orton. “We never ever say enough to the 100- 150 volunteers who help run this pro- gram.”

PUP volunteer Dominique Brassy said she’s leaving the country to travel, learn, and teach. “I wish I could take all the San Quentin guys with me,” she said. “I’ll be thinking about them wherever I am in the world.” Brassy gave a credit to the adminis- tration, in particular to acting community partnership manager Steve Emrick. “He’s a good gentleman, and a hard worker. We all appre- ciate him.”

I saw Gary Scott (recently released on parole) on the streets yester- day while riding my bike,” Brassy said. “I’m so proud of him for graduating.”

Scott was incarcer- ated since he was 15 years old and served nearly 16 years for second-degree mur- der. He was involved in several groups at San Quentin, in- cluding Kid Cat, SQUIRES, and he was sports editor for San Quentin News.

Among the guests was Debra Sheldon, who transferred in from San Quentin to a Southern California prison, and has subsequently retired from CDCR. Some of the groups Shel- don was involved with were the Veterans Group, Day of Peace committee, and the literacy group, Project Reach.

“Not having a high school di- ploma is something I’ve always regretted,” said GED Valedicto- rian Steve Piazza. “Now that I have a GED, a great weight has been lifted off my shoulders.”

The audience applauded this statement as Piazza told his fel- low graduates: “Don’t let what you’ve learned go to rest. Most of us have done things we re- gret; we can’t change that. But, the one thing we can change is our future.”

“Being in education is like being in an outreach body mo- ment,” literacy coordinator Gary Shimul told the audience. “When I’m asked how to spell a word, I say, ‘it’s you.’ Every day I come here, I leave a better per- son because of you.”

Music was provided by James Metters and Marlon Beason, singing My Congratulations, the group called Bunks and Maver- ick, singing I Hope You’re Proud of Me, and Sebastian Sprague on piano playing musical inter- ludes.

The ceremony opened with the presentation of the American flag and closed by retiring the colors by the Vietnam Veterans Group of San Quentin.

Graduates and family members prepare for the opening ceremony

Alliance for Change Embraces the Men in Blue’s Success

Continued from Page 1

Alliance for CHANGE exam- ines these forms of social jus- tice “educates the men in ways of achieving social harmony in a pro-social way,” said Presi- dent Matik Harris, who helped create the group five years ago.

“One of the main differences in this graduating class was the stark differences on how the ethnic groups interpreted how laws are applied,” said Isaiah Raheem Thompson, the group’s vice president. “Our course ex- plains the theory of these appli- cations, tears it down, and tries finding ways to reconstruct it, so students’ perspective of the law is more universal and even- ly understood.”

Social justice is how people feel about the fairness and equality of allocating resources. For example, it analyzes how schools, police and other public services are funded along with the factors are considered in distribution of funds, according to Harris.

“People’s perception about the law affects how they oper- ate in society,” said Dr. Kim Richman, who helped form the group.

Richman the president of the Board of Directors. Her admin- istrative duties include operat- ing the group’s non-profit sta- tus, streamlining the program’s operations and bringing quests into the prison to support class- es given by it facilitators.

Richman teaches criminal justice classes at the University of San Francisco and assists Al- liance for CHANGE by teaching inmate instructors how to facili- tate classes.

Facilitators strive to teach the course without giving partici- pants an opportunity to specu- late as to how or what the content of the classes might consider re- garding social justice and crimi- nal justice—giving participants an exceptional perspective about equity and fairness.

The discussion groups have several types of exercises which the participants experience in how certain types of criminal justice policies affect them.

“Since we’ve begun this program, we’ve had about 60 graduates,” said Harris. “David Cowen graduated in 2011. He paroled from San Quentin and is now our director for re-in- tegration.” Cowen picks up new volunteers, and helps them with things like getting identifica-