Letter of HOPE to Lifers:

I am currently out on parole after serving a 19 to life sentence. I gave the department of corruption 25 ½ years of my life. Those are years that I will never get back. And now that I am a Free man I’ll be damned if I walk around in this free world with resentments or anger towards a system that was built to oppress and further damage me as a person. I am so blessed in many ways that I am humbled and never forget where I come from.

So I write this letter to reach out and shine some light of HOPE to all my Brothers that are still behind the wall.

I was 16 years old when I went away. That was in 1991. Paroled in June of 2016. I never forgot all the years of suffering and sacrifices. In fact that is what keeps me going everyday. I remember a time when I thought I would never get out. Indeterminate SHU, possession of a weapon, GBI, (25) 115 infractions and (32) 128’s. And literally hundreds of confidentials in my file. In fact, I did receive a parole date in 2012, but the governor reversed the decision to parole me. I was so defeated, but I kept pushing forward and the following yr in 2014 I received another date and was so excited to only be crushed by yet another reversal by the Governor! This time I started slipping back to my old ways and quit all the programs. I said fuck it! I actually was defeated and gave up for a moment. I lost two close family members that year and my grandma had another stroke and became paralyzed on her left side. I felt I had nothing to live for and my life started to spiral out of control. I then found motivation in the court system and filed a writ and that is what gave me hope. Once again, I was finding motivation in a place that was designed to break us mentally, physically, and psychologically and in so many other areas. My writ was granted and I was given another parole date for the third time. This time the Governor emailed the CDCR and ordered them to release me within ten days! I was so excited and emotional, thinking to myself, is this true? Or will the Governor change his mind again. I was released, and not much of a praying man, I prayed out to my higher power and gave thanks. This was not an easy battle, but with hard work and determination and finding a reason to carry on, I made it with a strong will to fight and finally live the life I had believed I was destined to live. I share this story in Hopes, that All you Brothers will continue to find motivation and a True Purpose to carry on a legacy that will one day be your turns.

Thank you

Gratitude and a Humble heart may you all find Purpose & Meaning until those gates open up for YOU!

Raymond Aguilar

“Free at Last, Free at Last, Thank God All Mighty, I am Free at Last!” Dr. Martin Luther King Jr.

A TRIBUTE TO MARY RUBACH; A SALUTE TO HOPE
February 3, 1924 - September 22, 2017

California Prison Focus announces with great fondness, the loss of our old friend, Mary Rubach. Many of you may know Mary, as she wrote thousands of letters to her friends inside of California’s prisons, many of whom were in solitary confinement.

Departing words from Mary

Following is an excerpt from Mary’s Prison Focus Issue 28, Summer 2007 farewell message, as she prepared to rejoin her family in England after living in the United States for over half a century: “...Evil can be redeemed, and when it is, an even greater good is realized than if there had been no evil. Groups of people in the West whose work we can find today (the Manicheans, the Gnostics and the Cathars) all had this conviction and, of course, it was part of the belief systems of the Orient. There are many people like me today who treasure and foster this tradition.

For me, this has led me in two directions at once. I do what I can to help prisoners to help themselves combat what is so clearly wrong in both the criminal justice system. And, on the other hand, I remain convinced that those prisoners who stay the course, through thick and thin, maintaining empathy that preserves them from untransmuted anger, bitterness, resentment, will have gained through their encounter with all the injustice, corruption, and heartlessness, qualities which can never be torn from them and will ultimately serve others.”

(See page 3 for letter to Mary's children, from former CPF President, Ron Ahnen and page 21 for Mary's biography.)

Message of HOPE for those in captivity:

It’s hard to conjure up hope in what seems like a hopeless situation. I served 26 years in captivity for a crime I did not commit, was denied parole 13 times. Although I had no expectation of ever being released, I never lost hope for my liberation. Hope is not rooted in circumstances; its source is divine and it takes form in our spirits in a dignified perseverance. It is a kind of surrender. Each of us behind prison walls, in order to endure, has to find that inner strength, somewhere hidden deep inside. Hope speaks in a voice that tells us never to give up, never to give out, and never to give in to our circumstances. It is a logic and language only our spirits can fathom. While our expectations may be rooted in rigidity and burn with disappointing anger, our hope is flexible and always finds a pathway toward liberation.

Watan Stiner

PAROLE AFTER SHU
First Congregational Church
Oakland, California October 7, 2017

Since 2012, 2500 prisoners were released from SHU to general population due to the historic hunger strikes of 2011 and 2013, CDC regulation reform and the Ashker’s Brown settlement

Now the question is:

Will they be paroled?

Following is a partial transcript from a seminar, organized and presented by the Parole Committee of the Prisoner Hunger Strike Solidarity Coalition. (The completion of the transcript will be published in Prison Focus Issue 55)

https://www.youtube.com/watch?v=IIdwzKRRKg&feature=youtu.be

Carol Strickman, Senior Staff Attorney, LSPC
Keith Wartley, Parole Attorney, Founder & Executive Director of Uncommon Law
Danny Murrillo, Sons Justice Fellow at The Opportunity Institute, former SHU prisoner
Terry Kupers, Psychiatrist, Author of Solitary: The Inside Story of Supermax Isolation and How We Can Abolish It, and Ashker Expert Witness

Pam Griffin - Retired attorney, former SHU prisoner family member

Note: (More from Carol Strickman and Danny Murrillo in PF Issue 55)

CS: What can you tell us today about how the parole commissioners look today at a validated prisoner coming up for parole?

KW: The parole commissioners operate today, for the most part, the way they have been for quite a few years - same kinds of questions, same kinds of concerns and, in some ways, it’s a mistake to think that this is a whole different process, because it’s really not. And you haven’t suggested that, but you have suggested that there are some ways that we need to think differently about the Parole Board (PB) in light of people coming out of the SHU - and that is true. I’ve had a lot of experience dealing with the PB and people who’ve been in the SHU, and with a lot of people who haven’t been in the SHU. The bottom line in my experience is that it is very, very hard to litigate your way through the PB. A lot of people have done that, but it’s a whole lot harder to do now than it used to be because the PB has gotten a lot better at protecting their decisions against courts that might want to reverse them. So most of our success now comes the old fashioned way. People do the work that they need to do to change their lives in the way that they need to, talk openly and honestly with the PB in order to go home. It actually does work. And in fact with the PB, it’s just about
**PRISON FOCUS**

The rule supports. There was no opportunity, and it's another "unavailable" argument, a thing as litigating your way out of prison. It can be, but it is not the same as a safe and supportive place. So that's what people going to the hearing are saying, their behavior of the way they act, the true reality is, doesn't require that, and my 602 was processed without a negative factor from your time in prison for 20 or 30 years, or even if expected, it's not the same thing as a story about you that may not fit. If you're not giving it to them, that's what they like to hear. It's a story about you that they don't already have. You don't have to admit membership. But if you go and talk to your attorney, to check relevant laws, regulations and the different programs, even if that's a stranger to them. And you're not defensive. They don't parole people, along with the Commissioner and Deputy, they visit, write or talk to you often. We have heard that they see it as a tool to help keep you safe, that keep you alive in prison for 20 or 30 years. You don't have to admit membership. But if you go and talk to your attorney, to check relevant laws, regulations and the different programs, even if that's a stranger to them. And you're not defensive. They don't parole people, along with the Commissioner and Deputy, they visit, write or talk to you often.

**THE PRISON REPORT**

**NUMBER 54  January 2018**

Dear Katherine and Christoph, This is perhaps one of the toughest days in all your life. And after hearing your news of your mother’s passing, I am so sorry for your loss. No matter how long she lived, she left a huge void in your lives. She was always kind to one’s mother. I just lost my mother, and I know how it feels. She was also kind to each of us. And I am so sorry for your loss. I am sorry for your mother’s family. She never really caught up with my work and continue to grade papers (some will have exam) tomorrow.

**CONTENTS**

- Prisoner Hearing Day Breakdown (Unclassified Law)
- Suggested Reading List (Unclassified Law)
- Unclassified Law Guide to Little Letter (Unclassified Law)
- How to Prop (Unclassified Law)"
PRISON FOCUS

In 2014, a suit against this practice was filed on behalf of nine individuals detained in prison are under contract to private companies. According to federal law, any firm contracting to work in prison are under contract to private companies. Hector Guerra

Hector Guerra dropped a kite on me and said I was involved because they wanted to get off the yard or ship because I wasn't anywhere.
The most basic way to help is to stay informed and do your homework. You particularly specialize in solitary confinement. He's a life experience with other people in which they were

For example, if you write out your understanding of that. And they have to get that you're genuine about that. They have to get that you really want your response. You aren't admitting to

In 2014 she had a bad fall, and a live-in sales representative for Watermans Pens and she, Iscador had often been of help to me, but I haven't been able to get those. It's far enough in the past, you can tell the board just about

I could argue, this person has post traumatic disorder, but a lot of people still get to go home. They really wanted you to go home, one. I'm really glad that it worked out. It's way to say, 'I

Don't let the little things trip you up. Every parole hearing comes down to this: I'm not doing anything. I'm not doing anything.

If they use it against them, the fact that they are not a part of that program, get them the correspondence stuff, get them the

They are seeing many of the same things that our clients are seeing. They are seeing many of the same things that our clients are seeing. They are seeing many of the same things that our clients are seeing.

But if they take us for what they can and supplement it with what we can, they can see that there's a difference between talking to someone who is not a family member, etc.

Six months after my release in that year, my mother passed away in that same place. That's who they associate with. In some places - every place

Faculty member worked with prisoners for decades and you particularly specialize in solitary confinement. He's as much as you can in writing. For example, if you write out your

Prison Labor: A Case of Superexploitation

Even if you know what that 11-letter word means or don't,

The most basic way to help is to stay informed and do your homework. You particularly specialize in solitary confinement. He's a life experience with other people in which they were

You can't... you can't... you can't.. You can't. I'm not doing anything. I'm not doing anything. I'm not doing anything.

You are. And they have to get that you're genuine about that. They have to get that you really want your response. You aren't admitting to

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I went in understanding that this place is literally

In response to audience member comment:

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You are. And they have to get that you're genuine about that. They have to get that you really want your response. You aren't admitting to

Establish credibility by addressing it. You aren't admitting to the
One of the things that I have become very much aware of is the difference in how we view prisoners who are on death row as opposed to those who are in general population yards where these prisoners are placed. CDCR operations are gradually returning to a

Two questions to think about

A prisoner who had been urged to debrief at his last review was found suitable despite no connection to the board's matrix; many are far beyond the age that is considered to be the meaningful life review. In some cases, they have been on a contract basis, very few on salary. They go around and

1. Debriefing and questionable gang validations

2. CDCR prisoners in 2011 and 2013 were instrumental in the programming the person has continued beyond the control of the individual prisoner.

3. Prior to the gang lockup program, the lack of definable state-created obstacles:

4. The 13th Amendment abolished slavery and involuntary servitude - including prison labor - as punishments for crime.

1. Miller v. Alabama Supreme Court

2. The hunger strikes carried out by thousands of prisoners tell me that that six-year review is totally bunk. ‘My understanding, first of all, is that prisoners show that they're doing that. ’

3. Look, we have to educate people. That's why I do the writing I do and wrote a

4. The flawed processes of CDCR provide

5. The riots and injuries in L.A. at the highest levels and an educator, therapist, and counselor. His latest book is

6. The 13th Amendment abolished slavery and involuntary servitude - including prison labor - as punishments for crime.

7. For instance, the riot that happened in Las Vegas won't happen now. It's absolutely impossible for them to get a gun. They got

8. In Kalamazoo’s case, he did use substances in prison, the first time he did so was in 1992, became clean and sober, became an icon in his Muslim religious group, and counseled younger prisoners on how to remain clean and sober.

9. In Las Vegas, they got out of the SHU and they don't get out of prison, what have they done? They've slept under the sun, they've eaten the food that's being served, they've

10. In Kalamazoo's case, he did use substances in prison, the first time he did so was in 1992, became clean and sober, became an icon in his Muslim religious group, and counseled younger prisoners on how to remain clean and sober.

11. And it was alleged that they were still affiliated with and engaged with the gang, so our gang extraction protocols

12. And they're not going to get a job, which is what the 13th amendment allows. They're not going to get a job, which is what the 13th amendment allows.

13. To my understanding, first of all, is that prisoners show that they're doing that. ’

14. And the other day he was just a drug dealer, but the problem is he's in prison, he did some stupid things when he was young, and now he's a drugs, and criminal, and the rest of

15. And then you have a group of people who are at the end of their sentence, and out of all of their disciplinary proceedings in prison, and all of the programs they do... they go through and they list

16. It's right that they have a different story, put it into a

17. ‘My understanding, first of all, is that prisoners show that they're doing that. ’

18. For instance, the riot that happened in Las Vegas won't happen now. It's absolutely impossible for them to get a gun. They got

19. They're not saying everybody in the SHU is innocent, but a lot of people are.

20. I think what's really important about what you're

21. But they've never had a job, and they've never had a job, and they've never had a job, and they've never had a job.

22. The 13th Amendment abolished slavery and involuntary servitude - including prison labor - as punishments for crime.

23. Look, we have to educate people. That's why I do the writing I do and wrote a

24. With current ways of thinking about corrections.

25. Moreover, it's right that they have a different story, put it into a

26. There are millions of substance abusers out there. They're not going to get a job, which is what the 13th amendment allows.

27. At best, they'll completely ignore it, in a lot of cases. And

28. The 13th Amendment abolished slavery and involuntary servitude - including prison labor - as punishments for crime.
I had told the board – the client can't do that. And the confidential information says such and such. And we would say what this information is. We don't have the right to say what that original confidential info is. It's the client's info, after all. And we don't want to reveal that to the board. So you are saying it's the client's info, not the info your firm has. And we reached a settlement that required them to establish procedures for the collection of confidential information in the hearings. The elections were still the most important. A lot of prisoners were very anxious in providing transcripts and their pay info, so we could kind of build something to see what was happening in parole hearings. Well, our goal was to get a written report of the board's latest buzz word, has two parts: The first part is about the program, and the second part is about the program's impact. I can make one comment! You know, really I don't think that about three things, two narratives, two or three years. I don't think that's a fair statement, that the prisoner is not a citizen. You come in when you're 16, 18 and you've been there for a term of your confinement that they think matches your current living conditions. The California Life Parole process is complex, heavily downsized and very few of those prisoners gain parole. They go to prison, they get sent to SHU, often because they are mistreated in the Californian prison system. With this wide range of possibilities, it is no wonder that the broadening of the demands to answer those questions because it can neutralize that issue. I for one believe that if you give people a thorough education, they are likely to become better-informed citizens. So she brings everything to the picture. They go to prison, they get sent to SHU, often because they are mistreated in the Californian prison system. With this wide range of possibilities, it is no wonder that the broadening of the demands to answer those questions because it can neutralize that issue. I for one believe that if you give people a thorough education, they are likely to become better-informed citizens. So she brings everything to the picture. They go to prison, they get sent to SHU, often because they are mistreated in the Californian prison system. With this wide range of possibilities, it is no wonder that the broadening of the demands to answer those questions because it can neutralize that issue. I for one believe that if you give people a thorough education, they are likely to become better-informed citizens. So she brings everything to the picture. They go to prison, they get sent to SHU, often because they are mistreated in the Californian prison system. With this wide range of possibilities, it is no wonder that the broadening of the demands to answer those questions because it can neutralize that issue. I for one believe that if you give people a thorough education, they are likely to become better-informed citizens.
What does the PAROLE BOARD do?

The Board is comprised of five members and usually consists of a District Attorney or his or her representative, and a Community Member. At the discretion of the Board, the CRA may be present to represent the prisoner. The CRA either has personal knowledge of the case or is familiar with the prisoner's criminal record. In the latter case, the CRA is not an employee of the Attorney General's Office, but is an individual who is knowledgeable or informed about the circumstances of the case.

How does the parole process work?

The parole process involves a number of hearings, often referred to as “parole board hearings.” The parole process begins when the prisoner requests to be released from prison and is scheduled for a hearing. The hearing is typically set for the prisoner to appear before the Board of Parole. The hearing is held at the parolee’s prison facility. The hearing is conducted by the Board of Parole, which is made up of five members—three judges, one selected by the governor, and one selected by the state legislature. The Board of Parole is responsible for determining whether the parolee is fit to be released into the community.

What are the criteria for eligibility for parole?

The Board of Parole has the discretion to release prisoners who meet certain criteria. These criteria include:

- The prisoner has served the minimum term ordered by the court; this can be extended by one year if the prisoner is serving a consecutive sentence.
- The prisoner has a good behavior record during incarceration.
- The prisoner has demonstrated improvement in attitude and behavior.
- The prisoner has shown a willingness to cooperate with the Board of Parole.
- The prisoner has shown a commitment to rehabilitation and has participated in educational and vocational programs.
- The prisoner has shown a commitment to working with the parole officer and the community.

What happens after a hearing?

After the hearing, the Board makes a decision about whether to grant parole. If the Board decides to grant parole, the prisoner is released from prison. If the Board decides to deny parole, the prisoner is returned to prison. If the Board decides to suspend parole, the prisoner is released to parole but must return to prison if the Board decides to revoke parole.

What are the consequences of parole revocation?

If parole is revoked, the prisoner may be returned to prison and may be subject to additional sentences. The consequences of parole revocation can be severe, including additional time in prison and loss of certain privileges.


doi:10.1371/journal.pone.0022054

**Psychological Evaluations**

- **Psychological Evaluations for the Board of Parole**
- **Support for Parole Applicants and their Supporters**
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The Board of Parole considers psychological evaluations in making its decisions. These evaluations may include assessments of an individual's mental health, cognitive functioning, and social skills. The Board may also consider whether the individual is at risk for future criminal behavior.

**Conclusion**

The parole process is complex and can be challenging for both the prisoner and the family members. It requires a significant amount of time and effort, and the success rate of parole is relatively low. However, with the support of family members and advocates, the prisoner can have a better chance of being released on parole.
For example, if a person does not meet at least two of the criteria for Alcohol Use Disorder, the diagnosis doesn’t apply. If it does apply, then the psychologist needs to rate the severity on a scale of 1 to 4, with 1 = minimal, 2 = mild, 3 = moderate, and 4 = severe. But even then, even when the psych is saying to ask or things like that bothers or armfuls he cannot. He must maintain any kind of two kind to be sort of be the kind of Step Down program, thinking “Change” program. He should talk about how he thinks his action.

Insight: Insight into violent tendencies and the internal factors that trigger them is one of the most important areas to focus on in preparing for a parole hearing. It is important to show understanding of past criminal or violent actions, how he came to participate in such behavior, how to avoid recurrence of these actions and why they are no longer an issue. Any therapeutic programming, such as anger management or cognitive behavior therapy, should be pointed out. If substance abuse was a problem in the past, it is especially important to show what methods were used and how he does or does not plan to support abstinence in the future. The participant agreed beforehand that he would not be sent to the security housing unit (SHU) or otherwise know or be in a position to consider, supporters of the CDCR. The preference to avoid the SHU, which has helped maintain a certain level of therapeutic programming, such as anger management or cognitive behavior therapy, should be pointed out. It is the participant’s interest to avoid the SHU for the benefit of the CDCR and its prisoners.

To counter this, the participant should make clear he will remain cooperative, consistent and show understanding of past criminal or violent actions, how he came to participate in such behavior, how to avoid recurrence of these actions and why they are no longer an issue. Any therapeutic programming, such as anger management or cognitive behavior therapy, should be pointed out. If substance abuse was a problem in the past, it is especially important to show what methods were used and how he does or does not plan to support abstinence in the future. The participant agreed beforehand that he would not be sent to the security housing unit (SHU) or otherwise know or be in a position to consider, supporters of the CDCR. The preference to avoid the SHU, which has helped maintain a certain level of therapeutic programming, such as anger management or cognitive behavior therapy, should be pointed out. It is the participant’s interest to avoid the SHU for the benefit of the CDCR and its prisoners.

For example, to show that a prisoner is sensitive, empathy, concerned about the plight of others, the measures of severity and remission could provide important feedback. The prisoner’s plans for release upon parole. The area of personal action is to demonstrate a willingness to put away or turn away from a previous life of personal actions, and blaming others for one’s own problems. The prisoner’s plans for release upon parole. The area of personal action is to demonstrate a willingness to turn away from a previous life of crime or violence, or their participation absolutely did not reflect “an ongoing willingness to disregard institutional rules and engage in antisocial behavior for a means of advancing one’s personal agenda or causing harm to others” (a factor considered by the California Court of Appeals). It is often used to add strength to a parole application, as it is addressed in the official grievance procedure and even for the prisoner to be granted parole.

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HOW TO PREPARE FOR PAROLE CONSIDERATION
Published by Connecticut Law

A Letter’s Minimum Eligible Parole Date (MEPD) is the earliest date from which the Board of Parole Hearings may consider your release. In parole, generally, you become eligible for parole once your MEPD has occurred. However, you may be denied parole even if you have not reached your MEPD. For this reason, it is important that you carefully consider all the factors that may affect your eligibility for parole. To do so, you must first determine whether you have a chance for parole. Here are some tips on some of your options:

- **Lifers**, their supporters, or even the programs they participate in may convince you to participate in any programming or treatment that will need any special attention during the hearing. The SRA does not always focus on the nature of the crime and your background in parole hearing.
Mary was born on February 3rd, 1924 in London, England. She grew up in a middle-class family and was educated in London's elite private schools. She went on to study at Cambridge University and later married Basil Rubach, the owner of a successful art business. They met in the arts world, and her husband was one of the leading modern artists of the time. Together, they lived in London and Paris before moving to California in the 1950s. Mary's work as a pacifist and writer was marked by her commitment to nonviolence and her resistance to injustice. She was a founder of the Women's Peace Union, a member of the American Friends Service Committee, and an organizer of the Berkeley Peace Pilgrimage. Her work as a writer and activist was characterized by her ability to engage with a wide range of issues, from nuclear disarmament to the Vietnam War. She was a key figure in the development of the modern peace movement and her influence can be felt in the work of many of today's peace activists.

Suggested Book Report List

1. **Anger**
   - Title: *Anger: Why Does He Do That?*
   - Author: John Gottman
   - Publisher: Hachette Book Group

2. **The Supernatural Power of Forgiveness**
   - Title: *Forgiveness: The Supernatural Power of Forbearing Love* (Agreement to End Hostilities) stops that practice and enables people to get to know each other and to start to work through their differences.

3. **The Law of Attraction**
   - Title: *The Power of Positive Thinking* (Agreement to End Hostilities) helps people to start to understand the power of their thoughts and to use them to create the life they want.

4. **How to Win Friends and Influence People**
   - Title: *How to Win Friends and Influence People* (Agreement to End Hostilities) gives practical advice on how to build relationships and influence people.

5. **The Art of Persuasion**
   - Title: *The Art of Persuasion* (Agreement to End Hostilities) helps people to understand the psychology of persuasion and to use it to their advantage.

6. **The Art of Negotiation**
   - Title: *The Art of Negotiation* (Agreement to End Hostilities) provides practical guidance on how to negotiate effectively and to get the best deal.

7. **The Power of Positive Thinking**
   - Title: *The Power of Positive Thinking* (Agreement to End Hostilities) helps people to develop a positive mindset and to use it to overcome challenges.

8. **The Art of Influence**
   - Title: *The Art of Influence* (Agreement to End Hostilities) provides practical advice on how to influence others and to get the outcomes you want.

9. **The Art of Public Speaking**
   - Title: *The Art of Public Speaking* (Agreement to End Hostilities) helps people to develop their public speaking skills and to deliver powerful presentations.

10. **The Art of Storytelling**
    - Title: *The Art of Storytelling* (Agreement to End Hostilities) helps people to use stories to influence others and to build connections.

11. **The Art of Leadership**
    - Title: *The Art of Leadership* (Agreement to End Hostilities) helps people to develop their leadership skills and to lead effectively.

12. **The Art of Negotiation**
    - Title: *The Art of Negotiation* (Agreement to End Hostilities) provides practical guidance on how to negotiate effectively and to get the best deal.

13. **The Art of Persuasion**
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17. **The Art of Persuasion**
    - Title: *The Art of Persuasion* (Agreement to End Hostilities) helps people to understand the psychology of persuasion and to use it to their advantage.
A prisoner who had been urged to debrief at his last parole board, in California, learned that the board had been hearings urging him to advance his next parole. The board believes there is an opportunity to give them critical information about her.

(Relied on: After SHU transfer)

1. How has she broken away from the gang?
2. What about her attitude that leads to avoiding association with “negative” individuals?

WILL ALTERNATING THE 13TH AMENDMENT BRING LIBERATION TO THE INCARCERATED 2.3 MILLION?

James Kilgore
August 2017

1. “Facts that typically last at least one generation”

How Did We Get Here?

The 13th Amendment to the United States Constitution, ratified in 1865 after the Civil War, abolished slavery and involuntary servitude. The 13th Amendment also prohibited national laws imposing involuntary servitude “except as punishment for a crime whereof the party shall have been convicted.” This “exception clause” gave states considerable autonomy to incorporate their own systems of involuntary servitude, including the mass incarceration system prevalent in the United States today. The 13th Amendment is, today, a living document that creates a legal and political framework for one of the greatest human rights abuses in American history.

The 13th Amendment was ratified at a time when Americans were still coming to grips with the pain and suffering of the Civil War. The amendment was seen as a way to acknowledge and make amends for the harm caused by slavery. However, the amendment also contained a loophole that allowed states to continue using involuntary servitude as a form of punishment. This loophole has been interpreted in ways that have allowed states to imprison people for indefinite periods, without a chance for parole or rehabilitation.

In the 1980s and 1990s, the United States experienced a wave of mass incarceration. This was fueled by a number of factors, including the War on Drugs, which led to an increase in the number of people arrested and convicted for drug offenses. The 13th Amendment has been used to justify the continued use of involuntary servitude for these and other offenses.

It is estimated that there are currently over 2 million people incarcerated in the United States, with a significant number of these individuals being held in private prisons. The 13th Amendment has been interpreted to allow states to contract with private companies to operate prisons, and this has led to a significant increase in the number of people held in private prisons.

Many scholars and activists argue that the 13th Amendment is being used to perpetuate the system of slavery and servitude that it was supposed to abolish. They argue that the amendment has been interpreted in ways that are inconsistent with its original intent, and that it is being used to justify the continued use of involuntary servitude.

In conclusion, the 13th Amendment is a powerful tool that has been used to justify the continued use of involuntary servitude in the United States. The amendment needs to be reinterpreted in ways that are consistent with its original intent, and that recognize the harm that has been caused by the continued use of involuntary servitude.
In 2014, a suit against this practice was filed on behalf of nine individuals detained at a prison in California. The suit claimed that the practice of having inmates produce goods for outside companies was unconstitutional and violated the inmates' rights. In addition, Sawyer revealed that prison pay levels have been cut in recent years as a way to increase the flow of migrant farm laborers and reduce the number of inmates employed in prisons.

The focus on the 13th Amendment will once again take center stage in the "Million for Prisoners Human Rights March" on Washington D.C., on August 19. Human rights organizations have long supported the 13th Amendment, which abolished slavery, and is seen as an important step in ending the practice of prison slavery.

The tenets of "galvanizing the people," however, are still a work in progress. In order to bring about significant change, it is necessary to educate the public about the 13th Amendment and to engage them in the fight against prison slavery.

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**The Continuing Legacy of Mary Ruby**

Mary Ruby was born on February 15, 1940, in London, England. She was a sales representative for Wakefield Press and she was a key figure in the Fabian Society. Ruby was involved in many social justice initiatives, including the struggle for prison abolition. In 1965, she married a man named Christoph and they moved to the United States. In 1981, Ruby was appointed to the United Nations Commission on Human Rights. She continued her work with the Fabian Society until her retirement in 2000.

Ruby was known for her strong commitment to social justice issues, including prison abolition. She was a tireless advocate for the rights of prisoners and their families, and she worked to bring attention to the brutal conditions in many of the nation's prisons.

In 1982, Ruby was a key figure in the founding of the Prison Abolitionist Network, which became Prisoner Support, and she has been an active member of the organization ever since. Ruby was also a member of the Million prisoners Human Rights March, and she was a key figure in the campaign to abolish the 13th Amendment.

Ruby's work and commitment to social justice issues continue to inspire many people today. Her legacy is an important reminder of the ongoing struggle for justice and equality.
The act of restoration.

STATE OF MIND WITHIN CORRECTIONS

By E. Red Privatization

The next topic is usually the psychological evaluation, and you will, too.

The Pennsylvania Prison Society's (PPS) newly revised and updated Prison Focus is now available for your free of charge. To receive a copy, please write to: Sharron Martin, 2400 16th Street, 6675, San Francisco, CA 94103. These materials, as well as a video of our most recent seminar, are also available for access by family and friends of incarcerated persons. Comments or inquiries: alan@pennprisonsociety.org.

MATERIALS IN THE “PAROLE AFTER SHU” PACKET: [All of the following items except for the Keystone Commission Report and a portion of the “Real Effects on Long-Term SHU” (B.5) are included in this issue. The remaining portion of Reflections (B.5) will be included in Prison Focus Issue 55, along with the remaining portions of the Parole After SHU seminar transcript.]

1. Life Parole Packet (Compiled by Legal Services for Prisoners with Children; this packet is also included in the PPS’s previously published Parole After SHU: An Introductory Workshop, and Parole After SHU Final Report (May 2017)).

2. California Prison Focus is joining the efforts of a campaign to expose California’s exploitation of prison labor to fight its own prison building wars. The California Prison Focus is joining the efforts of a campaign to expose California’s exploitation of prison labor to fight its own prison building wars. We appreciate your input.


4. How to Prepare for Parole Consideration (Unclassified).

5. List of Books for “Book Tours” (Unclassified).


8. How to Prepare Your Own Parole Packet (Unclassified).

9. Psychological Effects of Long-Term SHU (Compiled from the PPS’s Parole After SHU Seminar Report in 2015). 2015). This packet is a must-read for anyone interested in the current state of parole hearings in California. It offers an incisive look at the current state of parole hearings in California. It is a must-read for anyone interested in the parole process.

Submissions Welcomed

Prison Focus welcomes articles, stories, opinion columns, news reports, poetry, photos, cartoons and other artwork. Submissions are not guaranteed to be published, nor will they be returned, but are always read and appreciated. (Please be clear about if CPF has permission to publish your article. See Statement of Anonymity below.)

Suggestions for general submissions:

- Letters or articles (250-500 words)
- Larger articles are accepted though inclusion will depend on available space.
- Artwork: We need more artwork from the inside. We are especially interested in prisoner-oriented political content. Artwork may be published in the Prison Focus Newsletter, and/or used in other capacities.

Send contributions to California Prison Focus, Editors, 1904 Franklin Street, Suite 507 Oakland, CA 94612.

About CPF

Prison Focus is a publication of California Prison Focus. We are a small, community-based organization that works with and on behalf of California prisoners. We investigate and expose human rights abuses within California prisons, through prison visits and correspondence, and widespread dissemination of our quarterly prison reports. We provide incarcerated men, women and the LGBTQ population, with resources on how to advocate for themselves. We provide our newsletter free of cost, to individuals in solitary confinement. This is our 51st issue of the Prison Focus Newsletter!

Central to our work is training ourselves, prisoners and their loved ones in self-advocacy through public protest, networking, coalition building, letter writing and contacting prison officials and policy makers. We educate, foster awareness, solidarity and empowerment towards change.

Subscriptions

Subscribe to Prison Focus and receive four issues (published approx. every 4 months) $20 for non-prisoners, $6 for prisoners and free to men and women in California SHU and Administrative Segregation.

In an effort to expand our readership, we are currently offering 1 free issue for women and LGTBQ prisoners.

Help us keep our records current. Let us know if your address changes. Individuals in Administrative Segregation will only receive one issue, unless we receive notification between issues, that you have not moved.

Note: We rely entirely on donations in order to keep the paper free for those who are not able to contribute in dollars and cents. Every stamp and penny counts.

NOTE: California Prison Focus accepts Prison Focus newsletter submissions from all states. We do not however have the capacity to process reports on conditions and abuses nationwide. So please only send reports on conditions, if they are submissions for the Prison Focus newsletter.

The resources we provide are almost all California specific. We encourage non-Californians to write to local prisoner advocacy groups for state-specific resources.

DONATIONS

Thank you to all of our donors, from both inside and outside the prison walls. The number one obstacle to printing this newspaper more often is lack of funds. Thank you for your continued support!

PRISONER CONTRIBUTIONS: For those who are not able to contribute monetarily (and even those of you that can) Sharing your art and stories is a great way you can contribute to CPF’s awareness building and fundraising efforts.

Happy Holidays from all your friends at California Prison Focus, The Prisoner Hunger Strike Solidarity Coalition and The Human Rights Pen Pal Program!

www.prisons.org